

Derbyshire GSP pilot GreenSpring

GreenSPring



The purpose of today is not to update you on the GreenSPring projects but to tell you about the project aim and the challenges the project is facing and then to ask you what you think? and what influence you can have?

National context

- NHSE, DEFRA, DHSC, NASP, Sport England
- April 2021 - March 2023
- £500k over two years; 7 test and learn sites
- MH focus, particularly most disadvantaged communities
- Promoting the benefits of connection with nature for wellbeing (including indoors/outdoors, alone/in groups)
- Social prescribing context
- Project management approach
- Test and learn programme – what it is and...

What the project is not:

- Reinventing the wheel as there is well-documented evidence of benefits of nature-based activity for wellbeing and MH
- Creating new interventions where we have existing activity in communities
- Simply a thing to be updated on; we're seeking engagement to lead to system change, and

What the project is:

- A programme working towards system change, including colleagues **across** the system
- Identifying barriers and challenges in SP, and working to remove them
- Aiming to create a system with a sustainable place for green providers to thrive and deliver
- A complex challenge, but is needed for long term benefit
- A showcase of partnership working across sectors

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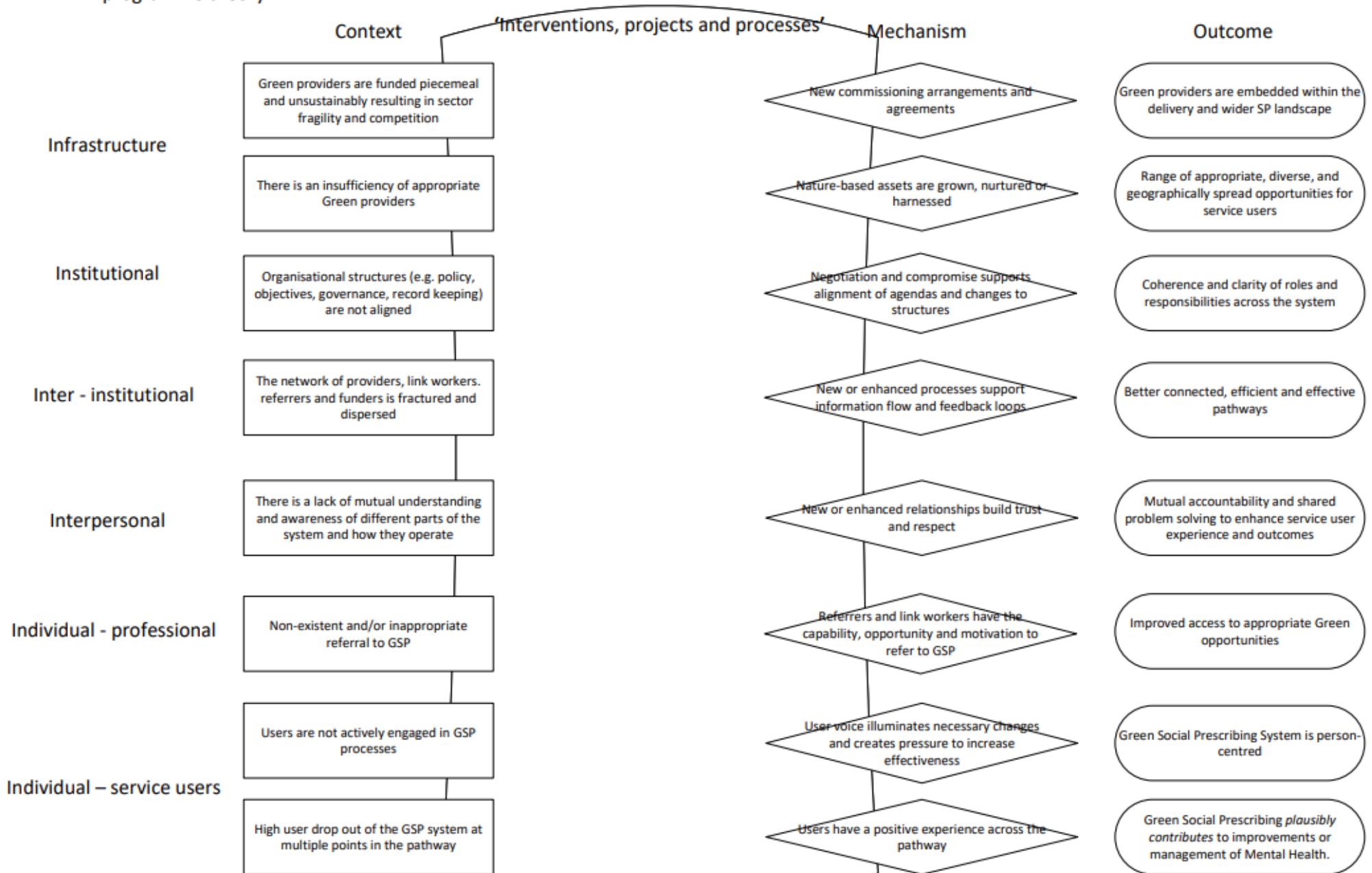
	Activity	Example interventions	QA/level of assurance	Participant numbers	Level of MH support required	Cost to provide	Level of MH support required
LEVEL 1	Independent use of greenspace	nature reserves, downloadable walks and trails, online nature, local parks and open spaces, urban nature					none
LEVEL 2a	Free (at point of use) opps	open volunteering activities, community gardens (unsupported), conservation volunteers, walking groups					No specific MH support
LEVEL 2b	Pay to attend opps	Nature connection sessions, workplace wellbeing, private workshops/training, Forest schools, forest bathing, bush crafts, etc.					No specific MH support
LEVEL 3	One off time-limited targeted intervention (funding-driven cohort targeting)	Nature based programmes, can be created with MH VCSE groups. Outdoor wellbeing, social therapeutic horticulture, eco-therapy, animal assisted therapy, nature based mindfulness, confidence building					Green providers lead and support the activities. MH support, if available, provided through peer support or MH VCSE
LEVEL 4	One off time-limited targeted intervention, often co-created with system partners to identify those most in need	Nature based programmes. Outdoor wellbeing, social therapeutic horticulture, eco-therapy, animal assisted therapy, nature based mindfulness, confidence building					Green providers and OTs lead and support activities MH support provided by OTs and can include peer support

Learning/challenges

- Providers' referrals primarily through alternative community routes
- Referrals not made across levels (see previous slide)
- Range of concerns around making referrals
- 'Social prescribers' – not clear what their remit is, lack of confidence, SPLW, etc.
- Lack of sustainable funding for providers to deliver
- Existing commissioning and funding arrangements are too prohibitive for small organisations to contend with

GreenSPring is digging deeper into these issues, to increase understanding and find collaborative approaches to problem solving

Transformative change – high level
programme theory



Our aim

Embed Green Social Prescribing in the longer term as a recognised and valued approach to improving individuals' mental health and wellbeing.

So far:

- Relationship building; developing a shared language/understanding
- Auditing green activity, provider support and community SP experience
- Understanding referrer and provider perspectives
- Exploring investment opportunities for sustainability and recognition of value
- Understand range and benefit of wellbeing/impact measures in use
- Testing referral processes and initiating network development

Next:

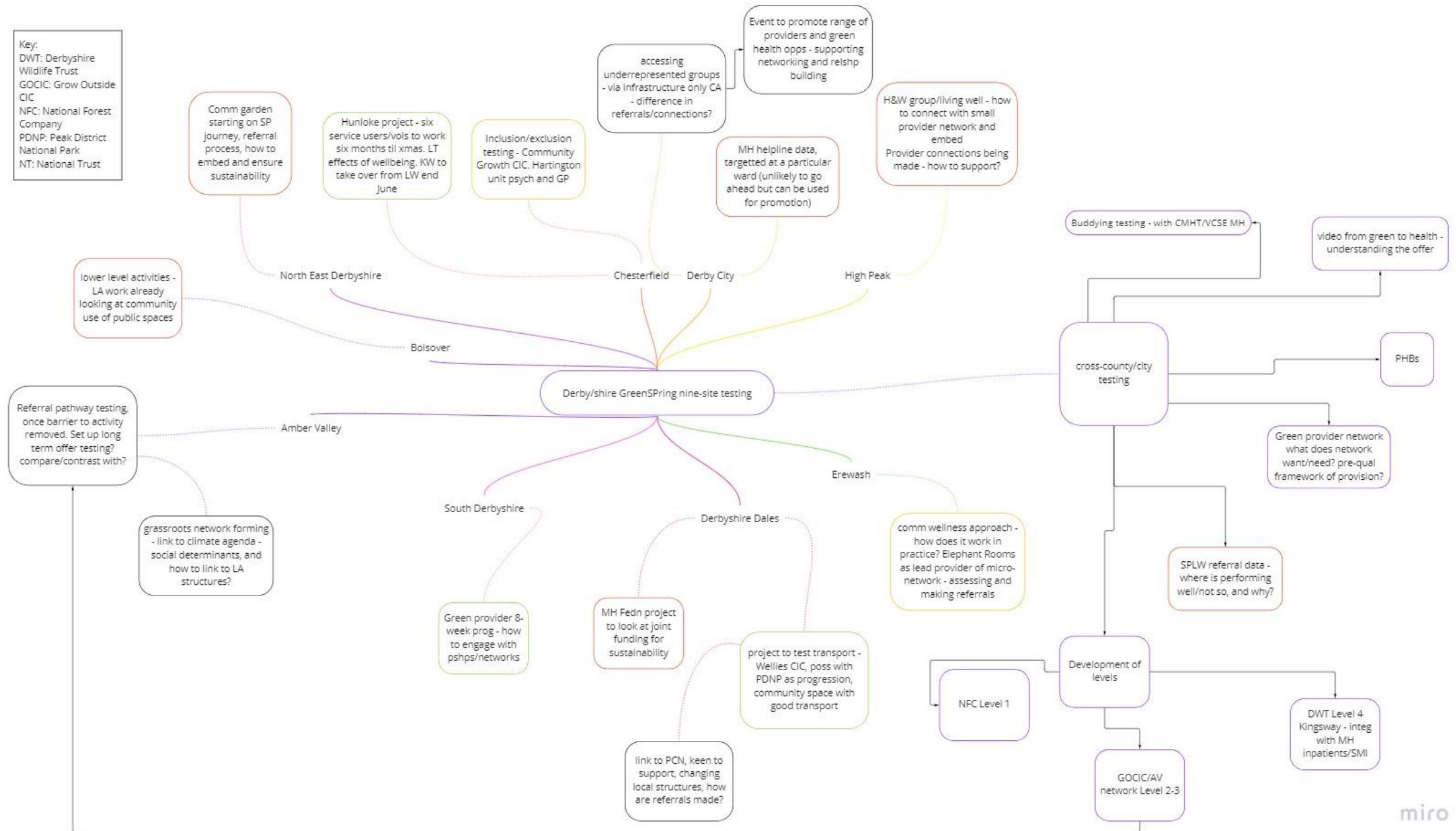
Network of green providers

Testing nine boroughs/districts, approach tailored to each locality and informed by cross-sector intelligence of need and existing provision

From ICS Implementation Guidance:

- The VCSE sector is a key strategic partner with an important contribution to make in shaping, improving and delivering services, and developing and implementing plans to tackle the wider determinants of health
- VCSE partnership should be embedded in how the ICS operates, including through involvement in governance structures in population health management and service redesign work, and in system workforce, leadership and organisational development plans.

Key:
 DWT: Derbyshire Wildlife Trust
 GOCIC: Grow Outside CIC
 NFC: National Forest Company
 PDNP: Peak District National Park
 NT: National Trust



Now its your turn!

GreenSpring have identified the following needs for the system to build capacity in the sector:

- Understanding social investment
- Working in commissioning world
- Move from small grants to sustainability
- Procurement processes
- Business development
- Capacity build
- Start up support
- Define the offer and product
- Demonstrate impact
- Marketing

What do you think?

What change is needed? And where can you have an influence?

Questions?

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Resources:

www.greenspring.org.uk

.gov GSP page

Twitter handle