



National
Academy
for Social
Prescribing

NASP webinar: Celebrating the National Cross Government programme: Preventing and Tackling Mental Ill-health through Green Social Prescribing - Key Achievements and Next Steps

Thank you for joining us. The webinar will begin shortly.



Housekeeping

- Please note we are **recording** this webinar (*you will be sent the slides and the link to the recording, and they will be on NASP's website too.*)
- Please submit questions via the **Q&A function**. We will hold a Q&A session at the end of presentations.
- Please use the **chat function** for introducing yourself and networking. If you have any technical issues, please raise these in the chat, and a member of the NASP team will assist.
- BSL Interpreters will be on screen throughout. **Closed Captions** are available (turn these on at the bottom of your screen)
- There will be a short poll at the end asking you for your feedback about the webinar.



Chair:

Jules Ford - National Implementation Manager for the Cross Government Green Social Prescribing Programme

Speakers:

- **Nicola Gitsham** - Head of Strategy and Policy, NHS England
- **Dave Solly** - Senior Officer, Health and Environment Strategy, Natural England
- **Hannah Beck** - Strategic Project Manager, NASP





Nicola Gitsham
Head of Strategy and Policy
NHS England



Dave Solly

Senior Officer, Health and Environment
Strategy, Natural England

Green Social Prescribing



Dave Solly,
Senior Officer, Health and Environment Strategy
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Green Social Prescribing



- There is a significant body of evidence on the health benefits of exposure to nature including those reported through the Cross Government GSP Programme.
 - Public Health England, 2017: ‘There is a very significant and strong body of evidence linking contact and exposure to the natural environment with improved health and wellbeing.’
 - The World Health Organisation (WHO) describes nature as “our greatest source of health and wellbeing” (WHO 2020).
- Time spent in nature improves cardiovascular health, lowers blood pressure and is associated with lower all-cause mortality (BMJ 2023;383:p2745)
- Social prescribing can reduce loneliness and isolation, improve wellbeing and mental health, and has a positive impact for people living with a range of physical health conditions and has a positive impact on health service use and cost



Green Social Prescribing

- Natural England support the ambition for green social prescribing to become embedded and mainstreamed across England.
- Green social prescribing and access to nature play a key role in supporting health outcomes and in reducing health inequalities and support Natural England's work to align nature recovery and health.
- Natural England can help to facilitate system change by providing evidence and aligning policy, strategy and delivery models to support the Government's Health Missions.
- The next 4 slides suggest how we can do this.



Green Social Prescribing – Asset



- GSP needs to be delivered in a place - so we need to increase the quality and quantity of green and blue spaces close to where people live.
- Habitats, green infrastructure, green and blue spaces all provide health benefits by cleaning our air and water and mitigating against environmental pressures including the impacts of climate change. We also need spaces where people can socialise, exercise and connect with nature.
- Natural England is uniquely placed to play a strong and influential role in promoting the provision of high-quality green spaces in every neighbourhood and supporting Local Authorities and others to strengthen that provision and enable community engagement with these.

Green Social Prescribing – Access



There is a correlation between access to nature and health inequalities

- 47% of people do not currently have access to green space within 15-minutes' walk of home*
and
- members of our society face barriers that prevent them visiting nature. These include physical, social, economic and cultural barriers.

Natural England and the natural environment sector have a key role in supporting equitable access to the natural environment for which green social prescribing is an integral part.



*Source DEFRA 2024 [Access to green space in England](#) .- consideration against Natural England Neighbourhood standard.

Green Social Prescribing – Activation



We need to ensure that high quality and sustainable green social prescribing activities are available in a place.

Natural England has a key role as a convener and enabler to support the scale and spread of GSP through building strategic partnerships and supporting capacity building activity and the development of sustainable funding models.

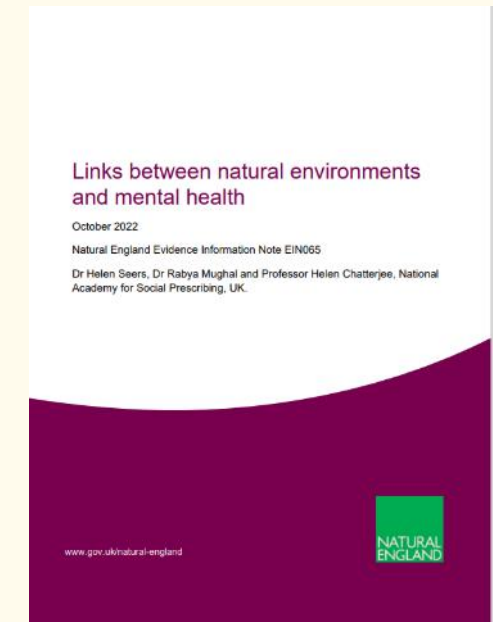


Green Social Prescribing – Advocacy



Natural England has a strong role in advocating for green social prescribing

- as a mechanism for delivery of multiple outcomes including benefits to people, nature, and wider institutions i.e. healthcare savings and links to growth and employability
- and
- to advocate for its adoption with decision makers across government nationally and regionally.



Red Whale GSP training course – by GPs for GPs



Green Social Prescribing (GSP) is a highly effective, low-cost treatment that is already improving patient outcomes in primary care.

Our consortium of partners collaborated with General Practitioners (GPs) and education provider Red Whale to create a learning module for GPs. This work originated in the Bristol, North Somerset and South Gloucestershire GSP test and learn site.

The free course explains the evidence that underpins the health benefits of connecting patients to nature and gives some simple, practical steps showing GPs how they can integrate nature-based solutions into their everyday practice

[Red Whale | Nature... so important that we should prescribe it?](#)

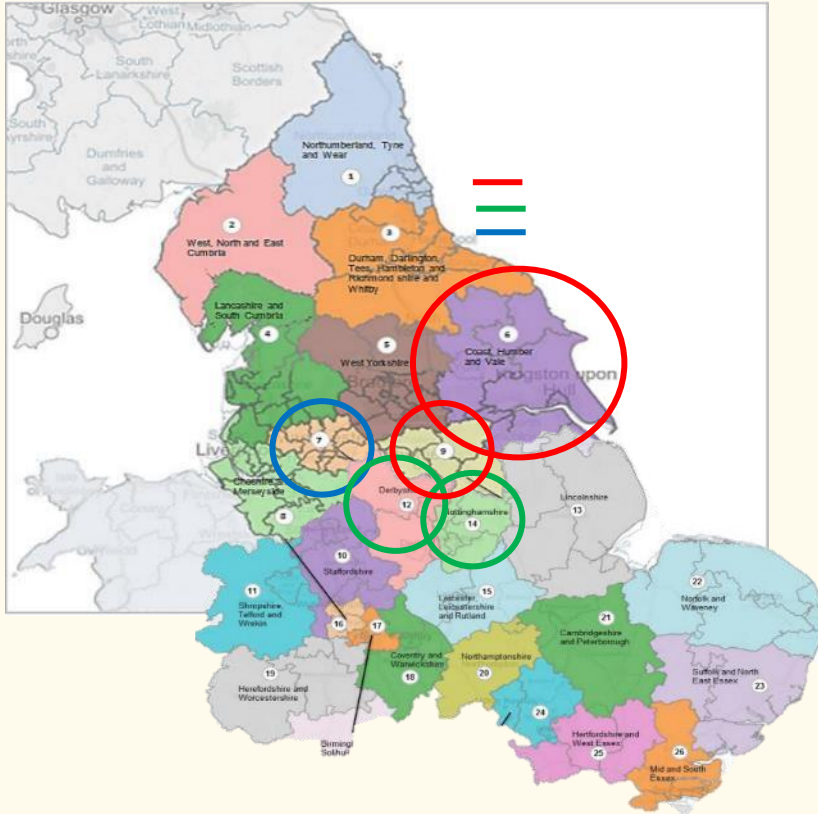
On GP learning platform



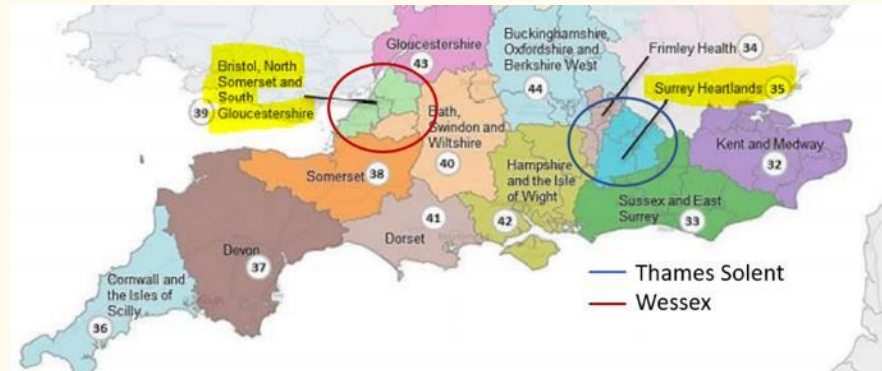
Taster video: <https://youtu.be/r67V94r3lY8>



Green Social Prescribing - system change in partnership



- Humber and North Yorkshire Health and Care Partnership
- South Yorkshire Integrated Care System
- Nottingham and Nottinghamshire Integrated Care System
- Joined Up Care Derbyshire Integrated Care System
- Greater Manchester Integrated Care Partnership
- Surrey Heartlands Integrated Care System
- Bristol, North Somerset and South Gloucestershire Integrated Care System



- Toolkit
- Research
- Evaluation
- Body of learning
- Community of Practice
- Videos
- Webinars



Hannah Beck
Strategic Project Manager
NASP



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Green Social Prescribing Innovation Community



Overview & Features

The GSP Innovation Community provides a space to advance the scale and spread of Green Social Prescribing through shared insights, learning, and peer support. It aims to improve access to knowledge and resources, and provide practical support.

This offer has been co-produced and developed directly from asks and insights from stakeholder feedback, surveys, needs requests, and focus groups, ensuring it addresses sector priorities.

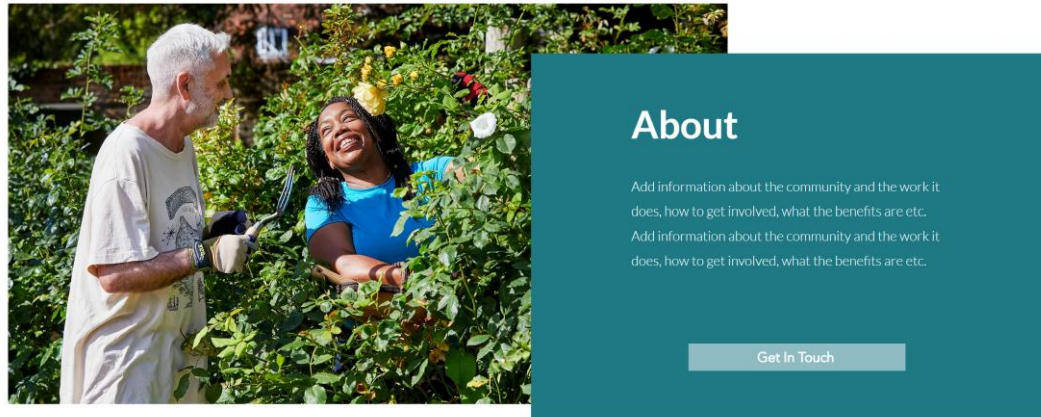
Green Social Prescribing

Introduction to the concept and the space.

This is your space to connect, collaborate, and advance the delivery of social prescribing with others from across the social prescribing system.

[Get Involved](#)[Visit Resource Hub](#)

Key Features



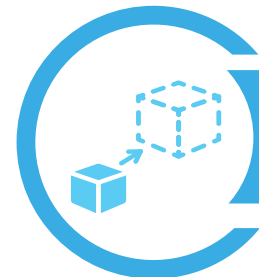
Resource Hub

Practical tools & resources such as toolkits, case studies, and guidance.



Events

Brining the system together to collaborate, exchange knowledge, and overcome challenges.



Forums

Collaboration and knowledge sharing to develop models that can be replicated, knowing what works.



Badging and Contact Points

Knowing where to go, supporting peer learning and implementation.

The community aims to surface local successes, spread effective practice, and break down silos. At a time when demand for holistic, preventative approaches to health is rising, this kind of community is vital to building confidence, consistency, and scale in the sector.



Practical Use and Benefits

Connect with
peers:

Find others
working on
similar projects

Find resources
relevant to you:

Download
guidance, case
studies, and
reports

Share
Innovation:

Promote new
approaches
and get
feedback from
across the
system

This space is focused on GSP on a national and local level. It aims to support and signpost to wider nature & health forums and communities preventing duplication and supporting collaboration.

Discussion & Connection

Green Social Prescribing

Welcome! Share your thoughts and join the conversations for your area.

National

Welcome! Join the national conversation on green so...



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South East

Welcome! Share and collaborate with others from the...



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Midlands

Share and collaborate with others from across the Mi...



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- Easy to navigate, with search and notification tools that make engagement efficient and rewarding.
- Dedicated forum leads to initiate discussions, highlight resources, and encourage participation.
- The goal is for this to be self-sustaining and valuable—a space that grows with the needs of its members.

Category

General Discussion



Posting as Hannah Beck

Give this post a title

+ Write your post here. Add photos, videos and more to get your message across.



Cancel

Publish

Category Guideline:

This forum is for questions, updates, and open discussions that don't quite fit into other categories. Whether you're looking for a space to share relevant updates, just want to spark a conversation, this is a great place to connect with others and explore a wide range of topics. It's an open space for networking, information, and insights. If you're unsure where to post, start here.

Be respectful

Everyone has a right to share ideas and opinions.

Innovation Platform

This community is connected and backed by NASP's broader innovation work and ongoing facilitation. It connects members to a broader ecosystem of innovation across the social prescribing landscape, enabling cross-pollination of ideas, access to a wider pool of expertise, and greater visibility for green initiatives.

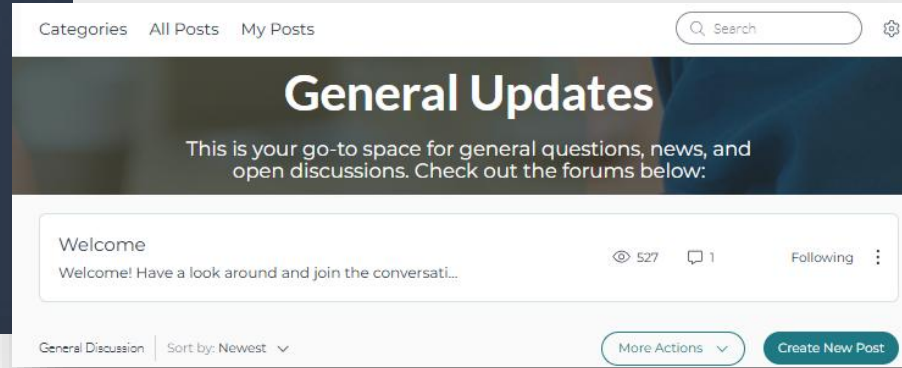
For green social prescribing to thrive, we need more than just individual projects - we need a **connected movement**.

This platform brings together:



The platform is designed to stay **active** and **aligned** to member **needs**, which in turn ensures the community remains a **responsive** source of support and inspiration for those **delivering** and **championing** green social prescribing.

Innovation at NASP



Learning Exchanges

Interactive online Q&A sessions where organisations can present their work, discuss challenges, and learn from peers.



Expert Tutorials

Focused sessions led by field experts offering guidance on key topics or toolkits.



A Members Platform

Dedicated online space for members to share resources, discuss challenges, and collaborate on innovative ideas.



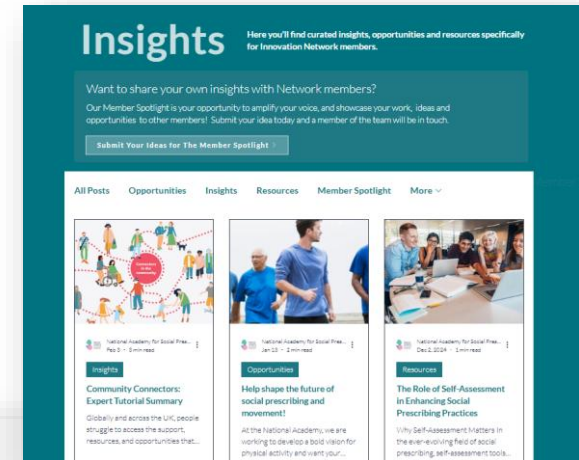
Member Spotlights

Highlighting impactful practices, success stories, and innovative contributions from network members and global leaders.



Resources and Insights

Innovative repository of useful materials and toolkits, inspiring and ensuring members remain up to date on the latest innovations.



Upcoming Events



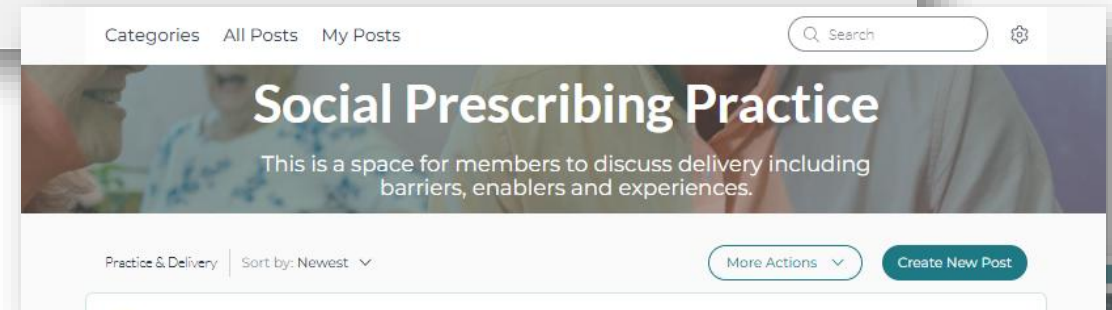
Social Prescribing Innovation Network
Learning Exchange

7 DAYS TO THE EVENT

**Learning Exchange: Co-Designing Meaningful
Social Prescribing for Older Adults**

24 Mar 2025, 12:30 | Zoom

[Register Now](#)



Innovation Network

Welcome to the Social Prescribing Innovation Network. This is your space to connect, collaborate, and advance the delivery of social prescribing with others from across the social prescribing system.

[View Our Network](#) [Sign Up Now](#)

[Download Your Membership Badge](#)

Moving Forward



User Guidance
& Demonstrations



Stakeholder Workshops
& Refinement



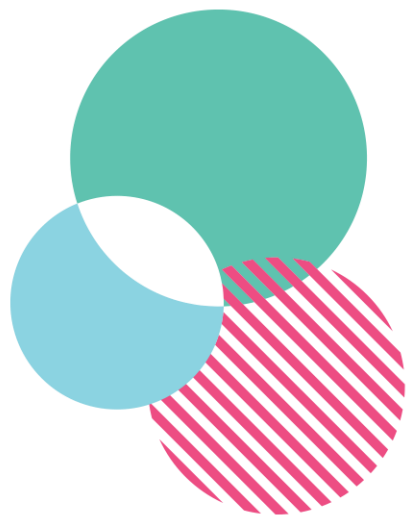
Register Your
Interest



Content and Opportunities
Planning

Stakeholder Workshop: Advancing the GSP Digital Community of Practice





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Get in touch

socialprescribingacademy.org.uk



@NASPTweets



@NASP_insta

Q&A

