

Humber, Coast and Vale Green Social Prescribing Programme

Why Here, Why Now

**Brent Kilmurray: CEO of Tees, Esk and Wear Valley NHS
Foundation Trust and Chair of the Humber, Coast and Vale
Green Social Prescribing Steering Group**



Humber, Coast and Vale

Green Social Prescribing in the current landscape

Why now?

What can Green Social Prescribing do for our healthcare systems?



Hull Road Park, York. Credit Dr Hannah Armitt



View towards Sutton Bank, North York Moors. Credit Dr Hannah Armit

The role of the
Steering Group and
our vision and aims

Where do we want
to be in March
2023?



Bushcraft at St Nicks Environment Centre, York.
Credit Ecotherapy at St Nicks Environment Centre



Humber, Coast and Vale Health and Care Partnership

Gary Sainty

VCSE Programme Director



What is an ICS?

Integrated care is about giving people the support they need, joined up across local councils, the NHS and other partners.

Integrated Care Systems - <https://youtu.be/mz4FFE2y8PM>

- New partnerships between the organisations that meet health and care needs across an area
- Coordinated services
- Improve population health and reduce health inequalities
- Part of the NHS Long Term Plan
- Partnership working between voluntary sector, local government and the NHS is crucial to improving care for people and communities



VCSE Programme

The vision...

‘to **influence** and facilitate greater **collaboration** between the Humber, Coast and Vale Health and Care Partnership and the Voluntary, Community and Social Enterprise Sector, **enhancing** the role of the VCSE sector in the delivery of the **transformation** of health and wellbeing and cementing their role as a **key strategic partner**’



VCSE Programme Connectivity

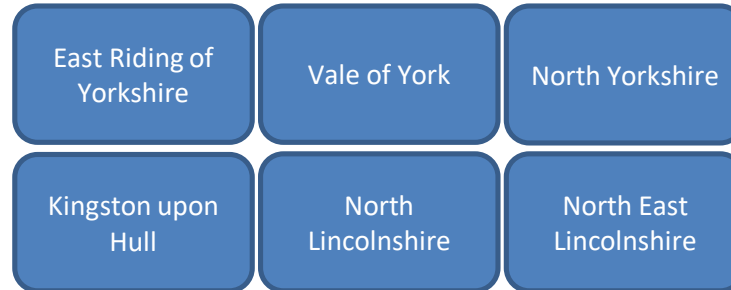
NEIGHBOURHOOD

At a local level the people and the communities make up the area that need to connect through their 'place'



PLACE

At 'place', networks and connections exist that are linked to the system via the place leads



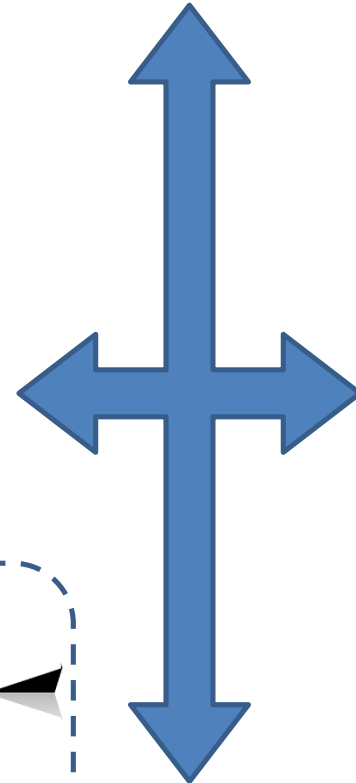
SYSTEM

VCSE connected at a system level through the leadership group and the various HCV programmes



VCSE Leadership Group

The text 'VCSE Leadership Group' is contained within a blue rounded rectangular box positioned below the skyline image.



Humber, Coast and Vale Green Social Prescribing Programme

The journey, not just the destination

Anthony Hurd – Programme Manager (Green Social Prescribing)



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National context:

One of 7 'test and learn' sites across England looking at how to embed GSP into communities in order to:

- Improve mental health outcomes
- Reduce health inequalities
- Reduce demand on the health and social care system
- Develop best practice in making green social activities more resilient and accessible

Programme is being delivered by the Lead Provider, HEY Smile Foundation, on behalf of the Humber, Coast and Vale Health and Care Partnership

Overseen by a Steering group of 11 individuals representing the healthcare, mental health, nature, active and social prescribing sectors, alongside lived experience



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**BRIDGES
OUTCOMES
PARTNERSHIPS**



**ACTIVE
HUMBER**



smile
foundation

yorkcvs

 **EAST RIDING**
OF YORKSHIRE COUNCIL

 **mind**
for better mental health
Hull and East
Yorkshire

NHS

Tees, Esk and Wear Valleys
NHS Foundation Trust


NAVIGO



Yorkshire
Wildlife Trust

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Humber, Coast and Vale Green Social Prescribing Programme – what are we looking to achieve:

Our ambition is that no one feels alone whilst waiting for mental health interventions by utilising community based green and blue assets to support recovery and improve mental health and wellbeing.

We aim to support our Mental Health and Social Prescribing services by:

Working with existing Social Prescribing networks to ensure easy access to Green Social Prescribing community interventions, helping to divert patients away from clinical mental health services where appropriate.

Collating and gathering data on the individual and wider community impacts of Green Social Prescribing by working with partners and a clinical cohort who we will follow on their Green Social Prescribing journey.

Developing a shared Common Outcomes Framework to use across all of our six places.

We aim to support our Voluntary, Community and Social Enterprise (VCSE) sector by:

Ensuring GSP is sustainable through 'Growing Our Own': using grant funding to support our leading GSP initiatives to thrive, whilst sharing best practice to nurture new and innovative GSP initiatives.

We aim to help those in need of mental health support by:

Embedding GSP in to our six places as an integrated part of the health care system.

Supporting and championing a diverse range of GSP interventions that cater for a wide user base.



Where is your favourite **green** or **blue** space?

Type in the chat box your go to place





All photos Anthony Hurd, Dr Hannah Armitt and Harriet Johnson

What does **green** and **blue** social prescribing mean to you?

What activities do you associate with **green** and **blue** social prescribing?



Yorkshire Bike Belles CIC



credit Olivia Brabbs Photography / York Bike Belles CIC

Woodland Wellbeing Walks with Raincliffe Wood Community Enterprise



credit Paul Thompson



Grimsby Garden Centre Horticulture course

credit Navigo



Community Clean Ups in Hull with Groundwork Yorkshire

Credit Groundwork Yorkshire



Credit Groundwork Yorkshire

Community Gardening at the Western Library, Hull



Storytelling at St Nicks

Credit Ecotherapy at St Nicks Environment Centre, York



Volunteers repairing PRow with Raincliffe Wood Community Enterprise

Credit Paul Thompson

Social Prescribing Networks

Well established, and different, Social Prescribing networks in each of our 6 places encompassing VCSE sector, Mental Health Provider and Public Health invested approaches.

We are partnering with Social Prescribing Leads from across Humber, Coast and Vale to establish a working group to look at better connecting Social Prescribing and Green Providers.

We will work with our existing Social Prescribing networks to see what is and isn't working and how we can embed Green Social Prescribing in to the networks in each of our 6 places.



Progress so far:

Lots of networking: Mental Health providers, Social Prescribing Leads; existing Green Social Prescribing providers; and local networks such as the Local Nature Partnerships

Established our GSP Steering Group and our governance; held our first meeting 18th May with the next on 22nd June

Starting to build a database of Green Providers across the Humber, Coast and Vale region. 260 initiatives identified. Spoken to 17 of you.

Established working relationships with our national partners – NHS, DEFRA and Natural England alongside the national evaluations team

Working on our Monitoring and Evaluation framework (locally and nationally)

Engaging with active organisations through Active Humber and North Yorkshire Sport

Funding opportunities – NHS charities together

Issued our first newsletter – monthly communications

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Phase 1: Summer to Winter 2021

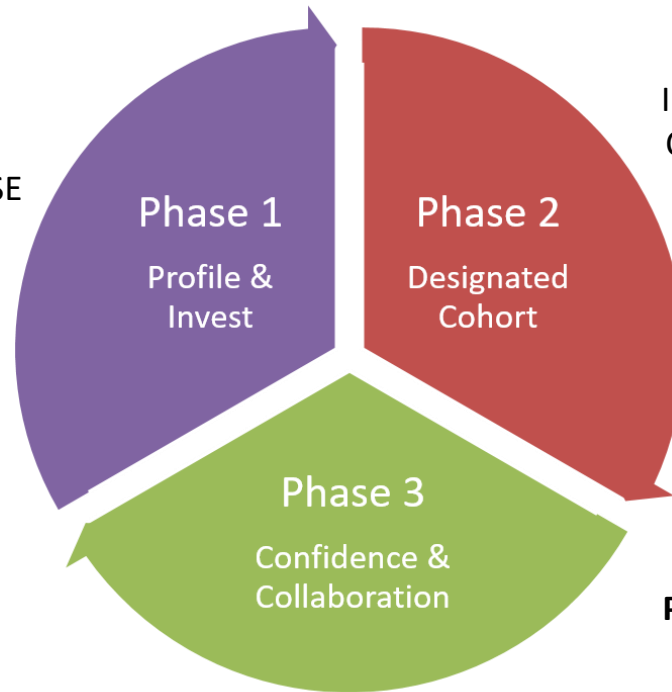
Input: Social Prescribing Leads, Mental Health Providers and Green Providers - existing delivery and monitoring. Grant round 1.

Output: Data from places. What is going on and where; who is benefitting from GSP; barriers and enablers. Release funds to the VCSE sector.

Phase 2: Autumn 2021 to Winter 2022

Input: Social Prescribing Leads, Green Providers - existing delivery. Grant round 2

Output: Data from cohort and places. Impact of GSP on individual and system. Case studies. Release funds to the VCSE sector.



Phase 3: Winter 2022 to Spring 2023

Input: Data, confidence, communications.

Output: Investment for 2023 delivery from ICS & Providers

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Research and evaluation

- Green social prescribing can be highly effective and connecting with nature has significant health and wellbeing benefits for those involved
- GSP has been around in New Zealand for 20+ years – majority of the focus on physical health
- Research evidence base is significantly behind practice.
- Test and learn site
 - **What works for whom, in what circumstances and why?**



Research and evaluation

- Local evaluation plan – Test and Learn
- National Evaluation focusing on Preventing and Tackling Mental Ill Health Through Green Social Prescribing
- Led by Sheffield Hallam University, The University of Sheffield and The University of Exeter
- Working with the 6 places and the national team to consider how best to evaluate
- Qualitative and quantitative data collection across 7 stages

**Sheffield
Hallam
University** | Centre for
Regional Economic
and Social Research



The
University
Of
Sheffield.

UNIVERSITY OF
EXETER



Test and learn

- **What works for whom, in what circumstances and why?**
- How many people benefited from GSP?
- Who were they?
- What activities did they engage in?
- What do the outcomes indicate in regards to how effective GSP is?
- Does GSP support lead to positive increases in mental health and wellbeing?

- What is the best way to deliver GSP?
- Barriers and ways to overcome them



How to evaluate

- Case study report – rich data but can't generalise
- Outcome measures – ONS-4, WEMWBS, SWEMWBS
- What matters to me?
- Moodbeam
- What are your experiences of filling these types of measures? Any ideas on how it could be done better?

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Organisational Guide to the Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
© University of Edinburgh, 2006, all rights reserved.

Personal well-being is assessed through 4 measures, often referred to as the ONS4:

Next I would like to ask you 4 questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I'd like you to give an answer on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'.

Measure	Question
Life Satisfaction	Overall, how satisfied are you with your life nowadays?
Worthwhile	Overall, to what extent do you feel that the things you do in your life are worthwhile?
Happiness	Overall, how happy did you feel yesterday?
Anxiety	On a scale where 0 is 'not at all anxious' and 10 is 'completely anxious', overall, how anxious did you feel yesterday?



Other connected research

- The University of Hull grant funding connected with Team GB
- The University of York



UNIVERSITY
of York



UNIVERSITY
OF HULL



Summer-Autumn 2021: what next?

- **Monitoring and evaluation proposal identifying actions:**
- Gathering existing outcome practice and data
- Case studies
- Examples of good practice
- Building links and connections between groups
- Linking with the Universities in the region on successful bids and upcoming bids.



Autumn 21 – Winter 22: Phase 2 Cohort

- Group of people with shared characteristics
- Understanding what is already happening in phase 1
- Following a cohort of individuals through their GSP pathway journey in phase 2
- Initial work to define a cohort of people
- Consultation with mental health providers around waiting lists, priorities



Cohort

- 18-65 years of age
- Those experiencing mild to moderate mental health issues
- A low level of risk to themselves and others
- Exclusion criteria around additional more complex risk and additional needs such as significant substance misuse

- Interesting discussions around supporting individuals within secondary care mental health services with higher complexity
- Cohort selection does not mean GSP doesn't benefit others just important to start somewhere in terms of measuring outcomes



Getting Involved:

Mental Health providers – voluntary and statutory

If we haven't spoken to you already please get in touch via the Expression of Interest.

We are looking to understand:

How Green Social Prescribing currently fits in to and links with your existing work streams

Barriers and enablers to Green Social Prescribing

What data is out there already to showcase Green Social Prescribing and its impact

What needs to occur at a system and place level to embed Green Social Prescribing



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Getting Involved: Social Prescribing networks – voluntary and statutory

If we haven't spoken to you already please get in touch via the Expression of Interest. We are looking to:

Better understand how Green Social Prescribing is currently linked in with your existing work.
What needs to happen to form better links between Green Providers and Social Prescribing
Capture current best practice and showcase what works well

Do you have data to answer the following questions?

How many people are currently benefiting from Green Social Prescribing?
Who is benefitting from Green Social Prescribing?
What activities do they engage in?
What outcomes are being measured?



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Getting Involved: VCSE Green Social Prescribing initiatives

If we haven't spoken to you already please get in touch via the Expression of Interest. We are looking to:

Better understand how Green Social Prescribing is currently working with regards to:

Referral routes

Barriers and enablers to accessing healthcare systems

Capacity for referrals

Any training and support needed to enhance your offer

Gather case studies

Current monitoring and evaluation being carried out

Could you support our clinical cohort work?



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Any Questions?

Please type in to the chat or raise your hand



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Barlow Common. Credit Claire Burton

A photograph of a pond surrounded by lush green vegetation and trees. The sky is overcast with grey clouds. The text "Thank You" is overlaid in the center of the image.

Thank You