

Green Social Prescribing January 2022

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[https://www.wildsheffield.com/
discover/your-community/wild-
at-heart/](https://www.wildsheffield.com/discover/your-community/wild-at-heart/)



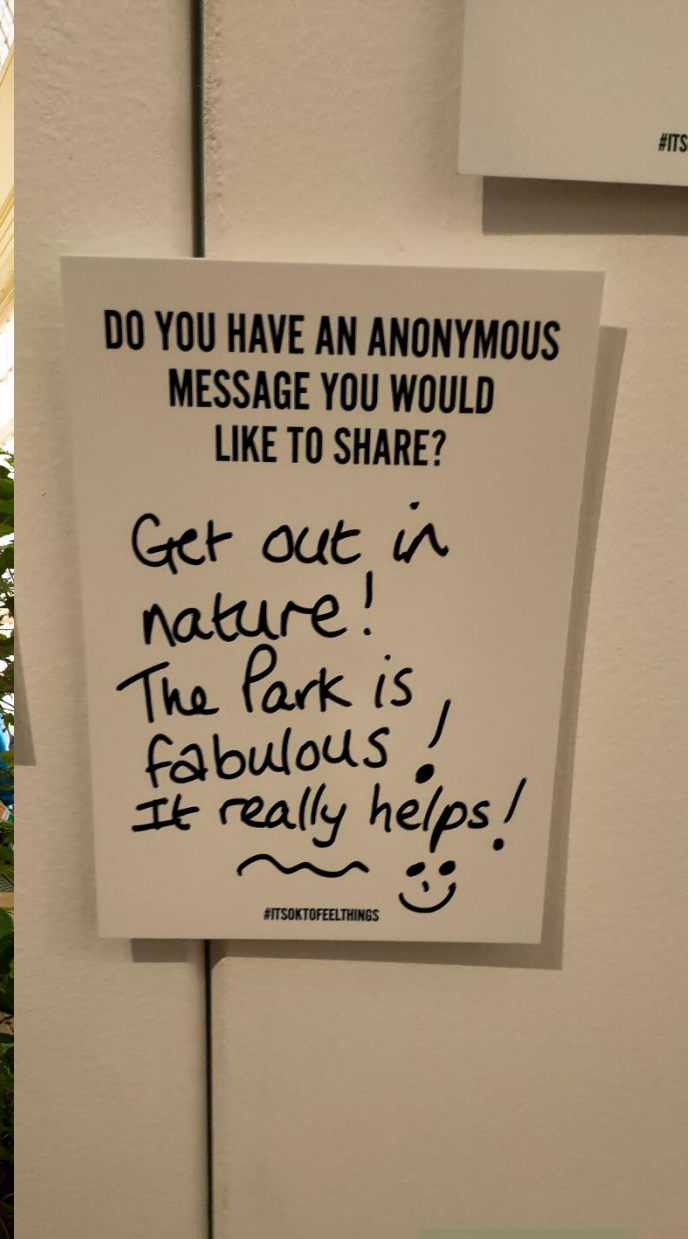
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DO YOU HAVE AN ANONYMOUS
MESSAGE YOU WOULD
LIKE TO SHARE?

Get out in
nature!
The Park is
fabulous!
It really helps!
~ ~ ~ 😊

#ITSOKTOFEELTHINGS



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Technology to support sessions



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[Green and Blue Social Prescribing \(padlet.com\)](https://www.padlet.com)

This is your page where you can contribute to

Practice using menti.com

Go to

<https://www.menti.com/xfc8c8s8oe> use the voting code **1049 8630**

[My First Presentation - Mentimeter](#)

What do you really think about nature?



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Getting the most out of the session



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Jenny King and Mary O'Connell from Sheffield and Rotherham Wildlife Trust

Person centred approach – these sessions are yours for finding out more. Please ask any questions in the chat or raise hand.

Be Kind

Open mind

Add to the padlet - We can tweak further sessions to your interests

Share with your colleagues. Encourage them to book on the Wednesday sessions



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Green Social Prescribing TRAINING

Each programme consists of 3 sessions, each 2 hours long so please book either Programme 1 or Programme 2. The interactive sessions will enable you to:

- 1 Grow your understanding of green prescribing and nature connectedness
- 2 Increase your knowledge of what opportunities are available and how to support people to overcome barriers in accessing them
- 3 Give you the confidence to use nature connectedness to boost well being, and tips on how to thread it into your work with the people you are supporting

Please click on either link to book your place on Eventbrite – with the hope you can enjoy attending three sessions on your chosen day.

If you have any questions please email j.king@wildsheffield.com for more information.

GREEN SOCIAL PRESCRIBING



in South Yorkshire and Bassetlaw

Connecting with nature for a happier and healthier you

Programme 1:

Tuesday 18th January
Tuesday 25th January
Tuesday 1st February
at 10am - 12pm

[BOOK NOW](#)

Programme 2:

Wednesday 26th January
Wednesday 2nd February
Wednesday 9th February
at 1.30pm - 3.30pm

[BOOK NOW](#)



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Green and Blue Social Prescribing

3 sessions

Today – Session 1

What is green social prescribing?

What is Nature connection?

Session 2 Best Practice in Green Social Prescribing -
Institute of Outdoor Learning Best practice

Barriers to accessing Green Prescribing Opportunities
Meeting needs realistic expectations



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Session 3

Play in Adults

More practical examples and ideas for working with your patients by finding Nature connectedness in your own practice

Taking it further - Future of Green Prescribing



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Green and Blue Social Prescribing



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South Yorkshire and Bassetlaw ICS part of the national Test and Learn Pilot

- The project will test how to embed green social prescribing 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.

GREEN SOCIAL PRESCRIBING



in South Yorkshire and Bassetlaw

Connecting with nature for a happier and healthier you

[NHS England » Green social prescribing](#)



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What is Green and Blue Prescribing?



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[What is Green Social Prescribing? | Green Prescribing for Sustainable Healthcare Event – YouTube](#)

Nic Gitsham – Head of Social Prescribing for NHS Improvement

Share ideas in chat or group discussion

#Nature Connection
Growing
#Social Connection



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Example - Wild at Heart

We run nature connection activity social groups for adults across Rotherham and Sheffield for people to improve wellbeing through connecting with the natural world and each other.

The main aim is to reduce feelings of loneliness and isolation and boost confidence.

Patients referred from Rotherham Social Prescribing Advisors

The groups are informal, shaped by ideas from participants and incorporate seasonal nature based activities and short walks in local green spaces.



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Improving wellbeing and tackling loneliness with Wild at Heart - YouTube

Wild at Heart

Be wild, whatever your age

Blackberrying

Abundant and probably one of the best-known wild edible berries. You can find them growing everywhere - woodland, waste ground, footpaths, hedges and gardens. They have been eaten since Neolithic times.

There are 400 micro species in the UK and different clumps of blackberries can have a wide difference in taste. Some are sour and not good for eating, whereas some are luscious and juicy with a great taste.

In Scotland they are known as Brambles - where the thickets of blackberries and bracken were used as natural boundaries around a home.



Harvesting. I have been keeping an eye on the various black berry patches on my local walks, sampling a few berries as I go. It's the first few weeks of August now and the first berries are truly ripe.

The juiciest, fattest berries are the first to ripen. As the season progresses the berries further up the stalks will ripen. But they aren't ever as sweet and benefit from cooking with other fruits. It is said its best not to eat blackberries after the first frosts in October.

Make sure you leave plenty for wildlife and for other people to enjoy.



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Don't try and solve problems rather you are trying to support an individual to develop a new relationship with nature and the environment we find ourselves in

Done well, good green social prescribing can help people to boost their own personal sense of wellbeing, both feeling good and functioning well

Done badly it can undermine people's natural motivation to connect with nature

The need for hyperlocal, meaningful, complementary approaches with a low risk of side effects is widely acknowledged.



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Wellbeing Tool - #3GoodThingsinNature



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Noticing the good things in nature everyday, throughout the seasons.

Can you develop a practice of noticing #3GoodThings in Nature, wherever you are?



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Look at the our Menti.com results – What does nature REALLY mean to you

[My First Presentation - Mentimeter](#)

Nature Connection is a personal, meaningful relationship with nature.

Reconnecting with nature can boost our mood and bring meaning to our lives.



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Nature Connection



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Doesn't have to involve far-away travels with exotic wildlife, but comes from taking active notice of the everyday and nearby nature to you.

It's the everyday nature which has personal meaning *for you* which is most important for your nature connection.

Video -

[Nature Connection - Sheffield & Rotherham Wildlife Trust \(wildsheffield.com\)](http://wildsheffield.com)



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Nature Connection



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Nature Connection is about: Experiences and Relationships, NOT Knowledge and Learning

5 Pathways to Nature Connection:

1. Senses
2. Emotion
3. Meaning
4. Beauty
5. Compassion

Five Pathways to Nature Connection

[5 Pathways To Nature Connection – YouTube](#)



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How Nature Connected are you?



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The more you grow your nature connectedness the more you can improve your own wellbeing.

Go to: [menti.com](https://www.menti.com)

Then type in the code I read out as I click this link!

[My First Presentation – Mentimeter](#)



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Nature Connection Index (NCI)

The following questions are about you and nature. By nature we mean all types of natural environment and all the plants and animals living in them. Nature can be close to where you live in towns; the countryside or wilderness areas further away.

Please tell us how often you agree with each of the following statements, by putting a tick in the relevant box.

CLARIFICATION TEXT IN INTERVIEWER INSTRUCTION USED IN RESPONDENT IS UNCLEAR: By nature I mean all different types of natural environment and the things that live in them. It can be close to where you live or further away, and includes green spaces in towns and cities (such as your own and other people's gardens, parks, playing fields and allotments); the countryside (such as farmland, woodland, hills and mountains); and watery places (such as streams, canals, rivers, lakes, the coast and the sea.)

	Completely Disagree	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree	Completely Agree
1. I always find beauty in nature							
2. I always treat nature with respect							
3. Being in nature makes me very happy							
4. Spending time in nature is very important to me							
5. I find being in nature really amazing							
6. I feel part of nature							

NCI items and weighted points index for each point on the response scale – conversion spreadsheet is available.

Statement	Response Scale Rating						
	1	2	3	4	5	6	7
1—I always find beauty in nature	0	1	2	3	5	9	15
2—I always treat nature with respect	0	0	1	2	4	6	10
3—Being in nature makes me very happy	0	1	2	3	6	10	16
4—Spending time in nature is very important to me	0	1	2	3	6	11	19
5—I find being in nature really amazing	0	1	2	3	6	10	17
6—I feel part of nature	0	1	2	4	7	13	23

Richardson, M., Hunt, A., Hinds, J., Bragg, R., Fido, D., Petronzi, D., Barbett, L., Clitherow, T. and White, M. (2019). A Measure of Nature Connectedness for Children and Adults: Validation, Performance, and Insights. *Sustainability*. 11(12), 3250; <https://doi.org/10.3390/su11123250>



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The research also provides insight into how strong nature connectedness needs to be to deliver the pro-environmental benefits required for a sustainable future. The table below shows the most straightforward behaviour, recycling, is associated with a relatively modest NCI of 63, just above the population mean. Whereas the NCI of the 5% of people giving up their time to volunteer to help the environment is 76. The correlation between percentage of participation in the ten behaviours and the NCI of those participating was 0.97. This suggests that the behaviours requiring greater commitment (resulting in less participation) are strongly associated with greater NCI.

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Supporting your own wellbeing though connecting to nature



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Wild at Heart Webpages

[Wild at Heart | Sheffield & Rotherham Wildlife Trust
\(wildsheffield.com\)](http://wildsheffield.com)

Wild at Heart Facebook Page

[Wild At Heart - Sheffield & Rotherham Wildlife Trust | Facebook](#)



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Putting Nature Connection into Practice



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**Start with what is meaningful
for you**

What do you enjoy?

What sparks your curiosity?

What brings you joy?



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Noticing 3 good things in nature

– you could note what you find mentally, or in a note book, take photos, draw create poems

– this can be a springboard into all sorts of hobbies.



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Using the 5 Ways to Wild Wellbeing

Five

ways to wild wellbeing

Building these five actions into your everyday life can improve your mental and physical health

- Be Active**
Explore your nearest nature reserve
- Take Notice**
of the everyday wildness on your doorstep
- Connect**
with the people around you, share your wildlife experiences
- Learn**
Let nature be your teacher
- Give**
Volunteer for your Wildlife Trust



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Find out more at wildlifetrusts.org



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Supporting your own wellbeing though connecting to nature



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Active 10 – start with spending 10mins outside each day exploring your local area.



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Revisiting a tree or local green space



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Enjoy
your
lunch
outside!



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Bring the natural world indoors



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Visit the Wild
at Heart
Website and
download
some seasonal
nature activity
packs



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Use the Wild at Heart Nature Connection A-Z

A-Z of Nature Connection and Wellbeing

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Wild at Heart
Be wild, whatever your age



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We are celebrating the great variety of ways we can use nature to improve our mental and physical wellbeing. So join in and see if you can do something each day to boost your wellbeing and nature connection! [#AtoZWildWellbeing](#)

- A Active:** Get active and go for a walk around your local park, or jog on the spot!
- B Beauty:** Finding beauty makes us feel good, and beauty is everywhere in nature!
- C Compassion and Connect:** Put out food or make a home for wildlife.
- D Dance:** Put some music on and dance! It's great for exercise and for boosting your mood.
- E Emotion:** How does nature make you feel? An emotional connection to nature is really important for wellbeing.
- F Foraging:** Pick some wild blackberries, raspberries or apples and make a crumble!
- G Give:** Make a flower posie or a nature craft and give it to someone as a thoughtful gift.
- H Hello:** Say hello to your favourite street tree – what makes it special?
- I Identify an Insect:** Easily overlooked, but colourful, ingenious and incredible!
- J Journal:** Fill your nature journal with a garden visitor record, pressed flowers, leaf rubbings, sketches, & poems!
- K Keep Learning:** Let nature be your teacher – learn to paint, to bake bread, or the names of butterflies!
- L Look Closely:** Beauty is in the detail, so marvel at the tiny world of mosses, mushrooms, minibeasts, and lichens.
- M Mindfulness:** Slow down, breathe, and focus on the peaceful sensations of nature.
- N Notice Nature:** Use a pencil and sketchbook or a camera to help you really notice nature.
- O Observation Walk:** Go outside and spend some time just watching a bee, a bird, or a tree.
- P Painting and Poetry:** Get creative and express what nature means to you on paper.
- Q Question:** Be curious! Question how birds fly, or how bees communicate, then Google it!
- R Recipes:** Home-cooking is healthy, fun and cheaper than eating out, so why not make your own seasonal soup!
- S Senses:** Use each of your 5 senses in turn to explore your garden or your local park.
- T Three Good Nature Things:** Look for 3 good things in nature which make you happy.
- U Urban Wildlife:** Appreciate the nature on your doorstep – the wallflower, crow, and fox!
- V View:** Open your window and take in the colours and shapes of the clouds in the sky.
- W Write to a Friend:** Write a letter to someone to show you care and stay connected.
- X Exhale and Inhale:** Use calming breaths to slow down and ground yourself.
- Y Yoga:** Use simple Yoga exercises to de-stress, and improve your physical wellbeing too.
- Z Zzz Sleep:** Unwind before bed using nature sounds to help you to get a good night's sleep.

We hope this A-Z has helped you connect with nature. Why not share what you have done on our [Facebook page](#) or email us at: j.king@wildsheffield.com.



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Connecting Steps

Cadent Foundation



ure, for everyone

Hokusai says – Roger
Keyes Hokusai Says -
written and read by
Roger Keyes - YouTube



Thank you



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