

Green Social Prescribing January 2022

Session 2

Jenny King

Wild at Heart Project Officer,
Sheffield & Rotherham
Wildlife Trust

j.king@wildsheffield.com

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



**Sheffield &
Rotherham**

For nature, for everyone



Sheffield &
Rotherham

For nature, for everyone

Getting the most out of the session

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



Sheffield & Rotherham



Sheffield &
Rotherham

For nature, for everyone

Technology to support sessions



**Sheffield &
Rotherham**

This is your page where you can contribute to
[Green and Blue Social Prescribing \(padlet.com\)](https://padlet.com)

Wild at Heart Webpages

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

Wild at Heart Facebook Page

[Wild At Heart - Sheffield & Rotherham Wildlife Trust | Facebook](https://www.facebook.com/WildAtHeart-Sheffield-Rotherham-Wildlife-Trust)



**Sheffield &
Rotherham**

For nature, for everyone

Aims for today



Sheffield &
Rotherham

Recap Green Social Prescribing
Recap Nature connection and link to wellbeing

Humans are social animals. Community matters.

To understand that as practitioners - we are *part* of
creating healthy environments and connected
communities.



Sheffield &
Rotherham

For nature, for everyone

Noticing 3 (good) things in Nature

#3goodthings



Sheffield &
Rotherham



Sheffield &
Rotherham

For nature, for everyone

Green Social Prescribing TRAINING



**Sheffield &
Rotherham**

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



**Sheffield &
Rotherham**

For nature, for everyone

Green and Blue Social Prescribing



Sheffield &
Rotherham

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](#)



**Sheffield &
Rotherham**

For nature, for everyone

Green and Blue Social Prescribing



Sheffield &
Rotherham

TODAY

Best Practice in Green Social Prescribing

Barriers to accessing Green Prescribing Opportunities

Meeting patient needs and realistic expectations

[Potted History at the Centre for Wildlife Gardening
2016 - YouTube](#)



Sheffield &
Rotherham

For nature, for everyone

Green and Blue Social Prescribing

Session 3

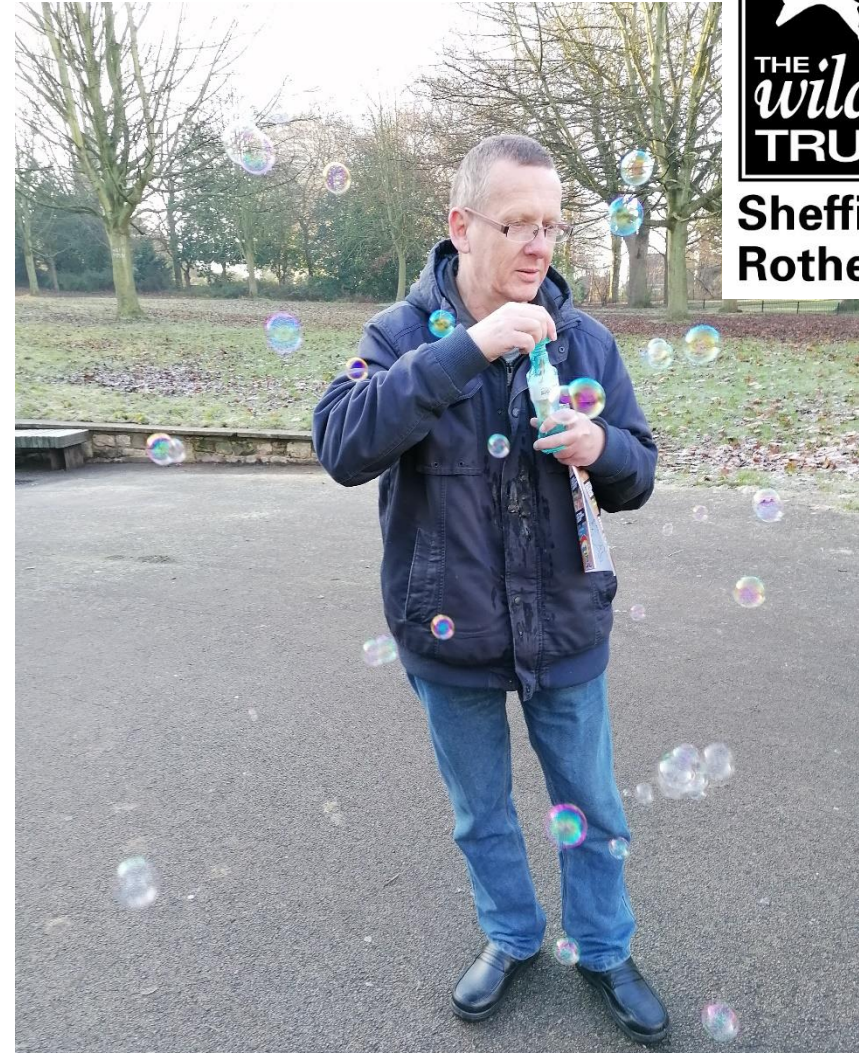
Play in Adults

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

Local provision

Taking it further - Future of Green Prescribing

[Potted History at the Centre for Wildlife Gardening 2016 - YouTube](#)



Sheffield & Rotherham



Sheffield & Rotherham

For nature, for everyone

Nature Connection and Wellbeing

#Nature Connection
Growing
#Social Connection

Nature Connection is a personal, _____ meaningful relationship with nature. Reconnecting with nature can boost our mood and bring meaning to our lives



Sheffield &
Rotherham



Sheffield &
Rotherham

For nature, for everyone

What is Green Social Prescribing?

#Nature Connection
Growing
#Social Connection



Sheffield &
Rotherham



Sheffield &
Rotherham

For nature, for everyone

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



Meeting needs

Huge variety of human needs won't be solved by simplistic attempts to make people do what's good for them!

What matters to them? Where is their starting point for nature connection?

What is out there locally and hyper-locally already?

Are there specific green prescribing activities that would fit?



**Sheffield &
Rotherham**

For nature, for everyone

Wild at Heart's Experience

- Complexity
- Supportive social networks
- Meaningfulness
- Shared endeavour
- Something to do, someone to love
- Find a friend in nature
- Emotion Regulation
- Nature rich urban green spaces
- Local and hyper local connection and ownership
- Seasonality
- Variety of activities
- Caveat - Not a Cure All! (not enough research has been done yet about nature and trauma)
- Grief, loss, ageing, death and resolution
- Personal stories
- Barriers and solutions to joining in a group activity

Adelaide's experience

Patient referred from Rotherham Social Prescribing Advisor Team.

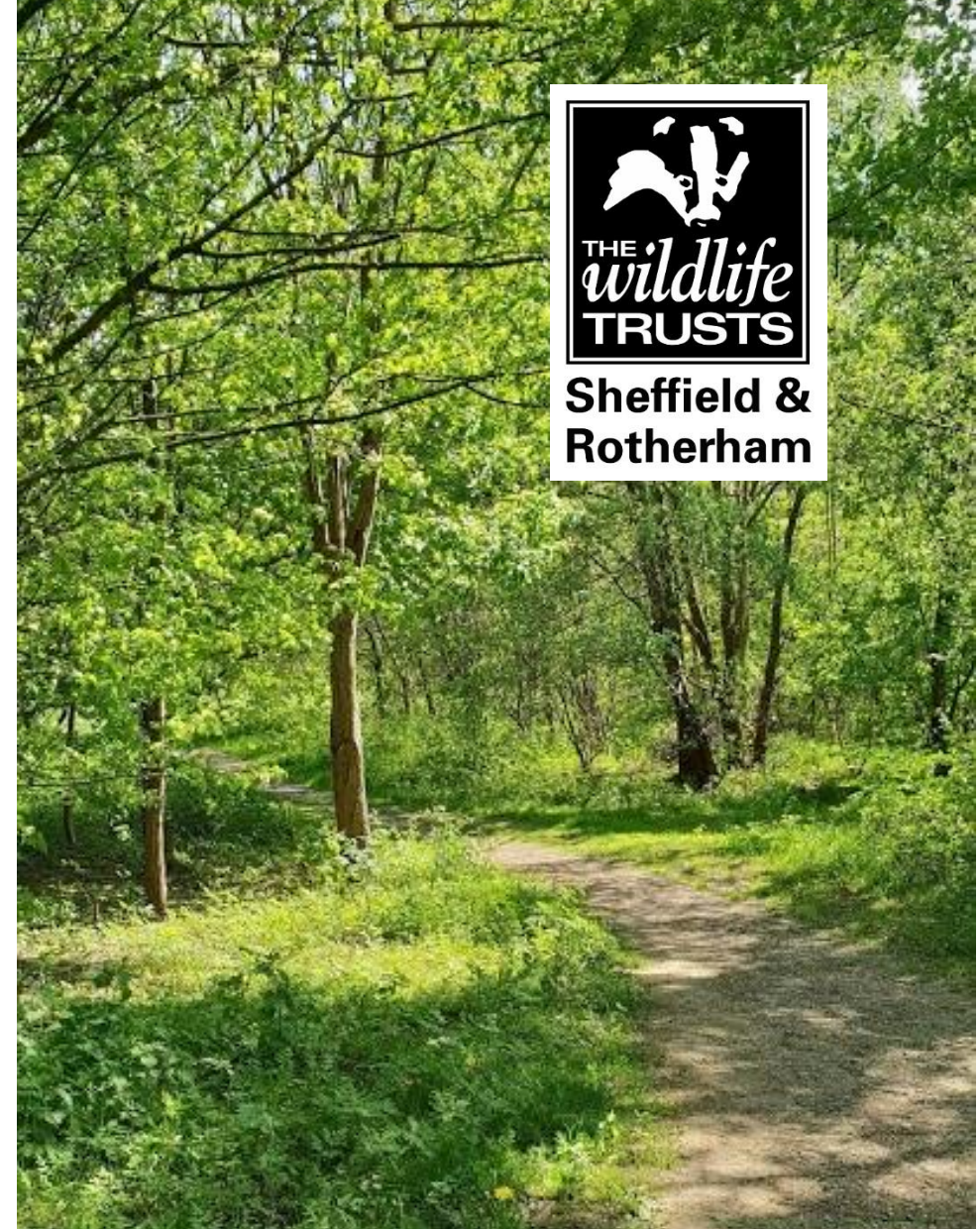
Complex health issues

Built confidence

Shared skills

Made friends able to support others

Grown in confidence



**Sheffield &
Rotherham**

For nature, for everyone

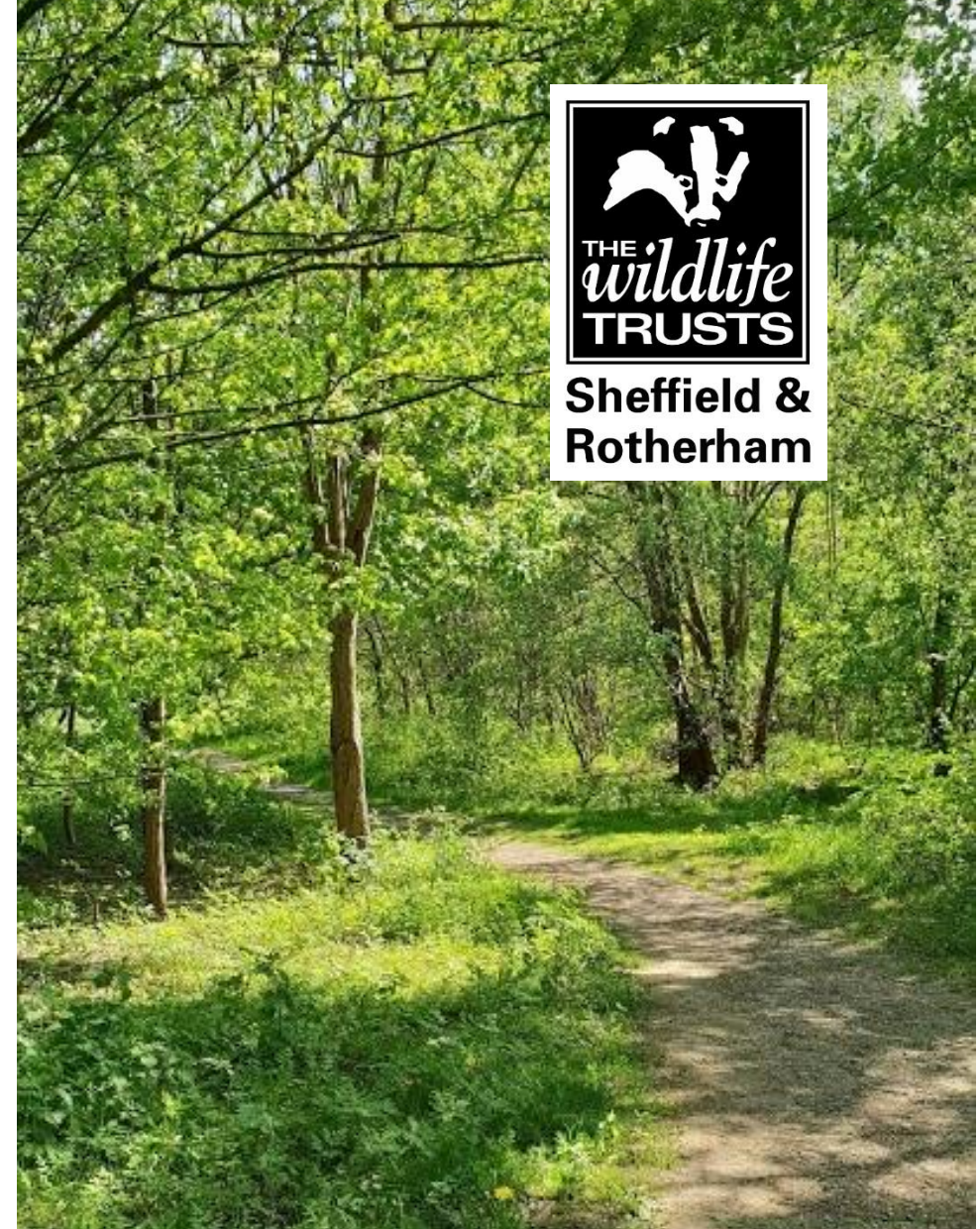
Adelaide's experience

Now 4 YEARS later she is starting to volunteer at a cat rescue centre.

Much longer process than the 12 weeks allocated. Which is why it is so important that there is long term provision of community activities for people to attend.

[My Puzzles - Wild at Heart Sheffield & Rotherham Wildlife Trust - Cinnabar](#)

[Moth Caterpillars \(jigsawplanet.com\)](http://jigsawplanet.com)



**Sheffield &
Rotherham**

For nature, for everyone

Nature Connection: a NEW relationship with nature

Can you imagine bringing Nature Connection into your role?

- Noticing **3 Good Things in Nature** as a personal practice and then share it with your patients.
- Create **Micro Moments** of Joy, Beauty and Compassion in your contact with your patient.
Can you bring the natural world inside? Have a couple of beautiful natural objects on you desk.
These can be a really great talking point. E.g painted rocks, beach shells/stones/pine cones....
- **Giving**: Take a posy of hedge flowers (if appropriate)
- **Micro activity** - growing marrowfat pea tops to eat! (see factsheets)

Positive sensory experience rather than a cognitive learning experience

Identifying and overcoming barriers



Sheffield &
Rotherham

Financial, accessibility, suitability..... Etc

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 (Self Determination Theory)

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



Sheffield &
Rotherham

For nature, for everyone

Example: Accessible Bee Keeping

- Bee keeping sessions with army veterans
- Adapting the how to guide to feel meaningful and relevant
- Awareness of PTSD and mental health challenges
- They are more inclined to another person with lived experience rather than an outsider.
- The bees are tool to get people talking

[Cardiff City FC Foundation | Positive Pathways](#)

[How beekeeping is helping Welsh ex-servicemen cope with Post Traumatic Stress Disorder - Wales Online](#)



**Sheffield &
Rotherham**

For nature, for everyone

Putting Nature Connection into Practice



Sheffield &
Rotherham

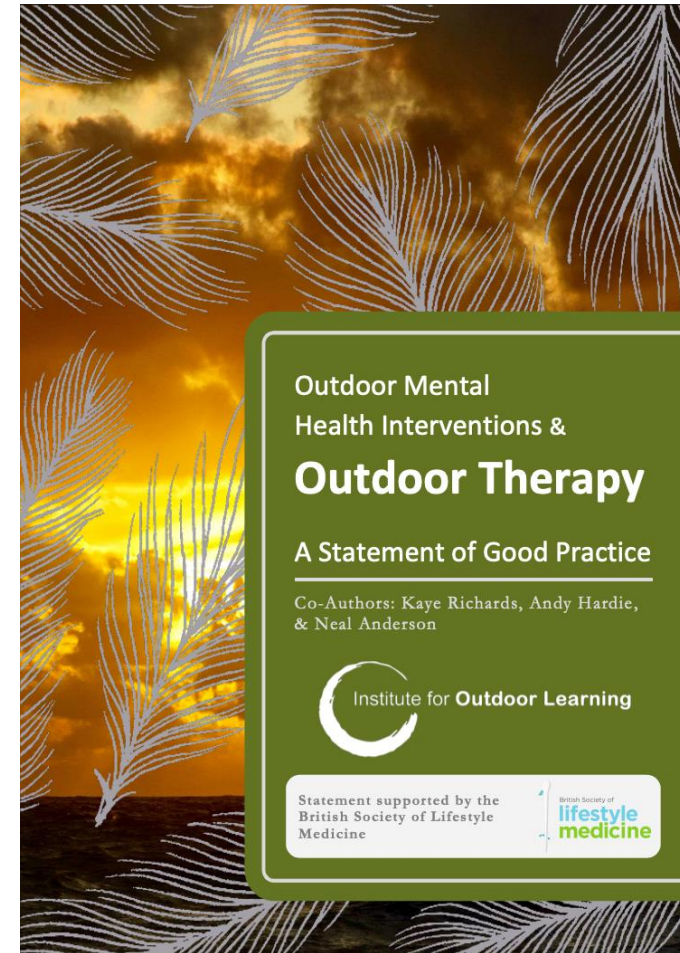
For nature, for everyone

Institute of Outdoor learning Best Practice

[Outdoor Therapy \(outdoor-learning.org\)](http://outdoor-learning.org)



Sheffield &
Rotherham



Sheffield &
Rotherham

For nature, for everyone

Next week Session 3

Mapping of existing provision

Children and adolescents Nature
Connection through a person's whole life

Play in Adults

Nature connectedness in your own practice

Taking it further - Future of Green Prescribing

Derby University Nature Connectedness Online
Course

[A Love Song #ShowTheLove - YouTube](#)



**Sheffield &
Rotherham**