

# Green Social Prescribing February 2022

## Session 3

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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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# Technology to support sessions



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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)



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# 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 and use it to gather resources.

Share with your colleagues. These recording will be online soon.



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# Today

Referrals and finding out about existing provision

Nature Connection through a person's whole life

Play in Adults

Nature connectedness in your own practice

Taking it further - Future of Green Prescribing



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A group of people are gathered in a park. In the foreground, a woman in a red jacket sits on a black bench, looking at a book. Other people are standing around, some looking at books or phones. The path is covered with colorful chalk drawings, including spirals, flowers, and abstract shapes. The background shows a grassy field and many trees.

Noticing 3 (good) things in  
Nature

#3goodthings



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[Michael's story: connecting with nature for my mental health - #MentalHealthAwarenessWeek 2021 - YouTube](#)



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What are the 5 Pathways to  
Nature connectedness

And can you give an  
example?



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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

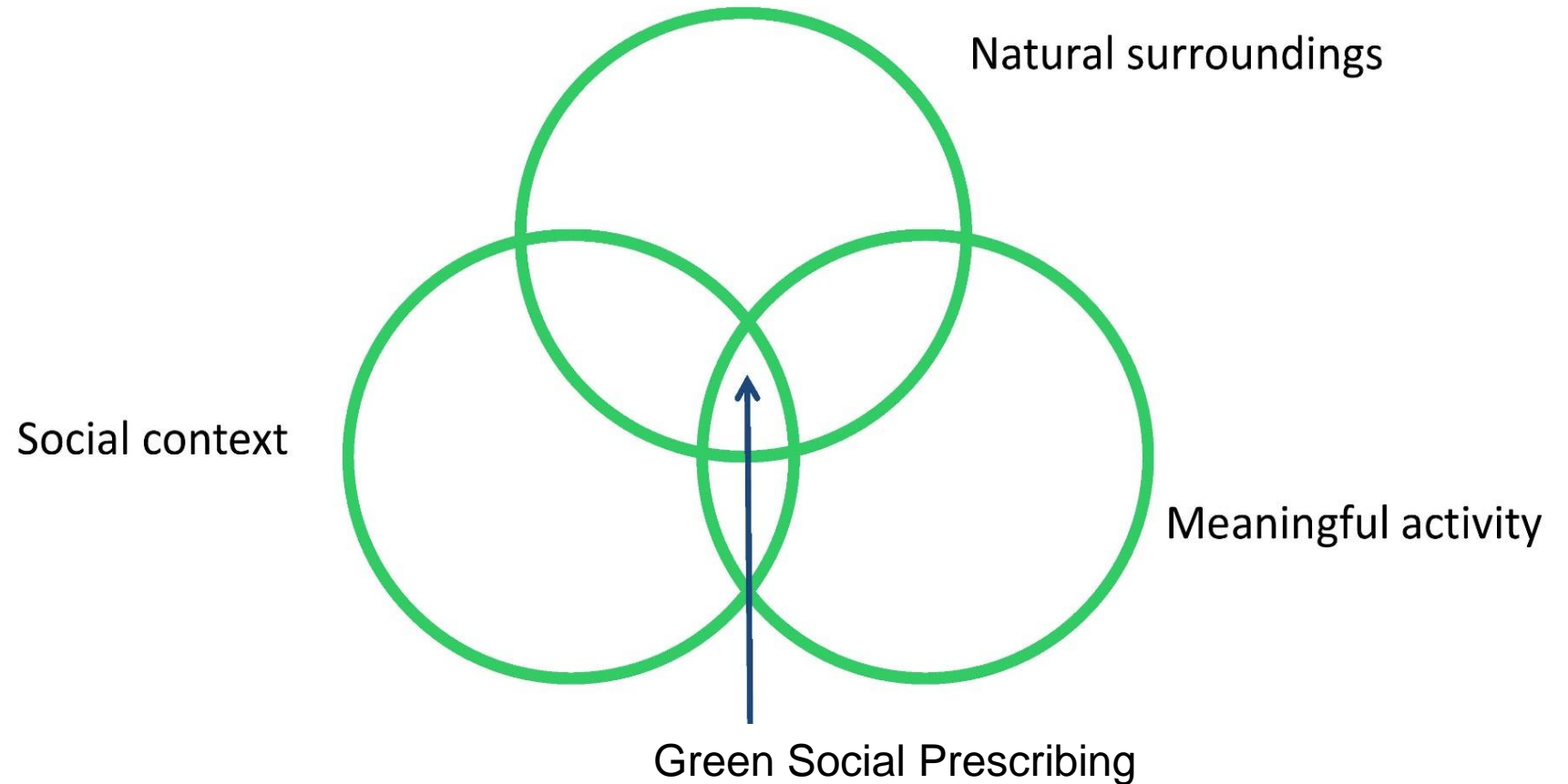




Humans are social animals. Community matters.

As practitioners - we are *part* of creating healthy environments and connected communities

[wildsheffieldrotherham](#)  
[\(@wildsheffieldrotherham\) TikTok |](#)  
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Bragg and Atkins, 2016



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# Play

[Animals at Play | BBC Documentary – YouTube](#)

We are human animals

Nature Connection through a person's whole life

Children usually have close connection to nature which by the time they are teenagers this dips and doesn't return to higher levels until later in life.

We can re connect to nature and find our personal connections simply by noticing nature. The 5 pathways of nature connection provide a good framework for this.

Green Social Prescribing can provide a supportive environment.



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# Play for adults

Why is Play Important? - Dr. Stuart Brown - Dirt is Good – YouTube

Groups discussion-

Do you play?



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# Play in adults

We still need elements of play as adults.

Self expression

Non judgemental approach is key

Where appropriate - If you as practitioners bring your authentic playful self it allows the other person to feel safe to begin to try out playful moments.

Builds a sense of community through positive social interactions. Play is a great leveller – people are naturally finding moments of connection.

For that moment it allows us to step from all the labels that have been applied to us.



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# Play and Nature connection

Using nature experience playful moments  
and using play moments to experience nature!

Share your experiences of playful moments in  
nature



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# Break

If you were on a desert island what animal companion would you like?



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# Desert island animals!

If you were on a desert island what animal companion would you like?



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# Play and Nature Connection

Fun, engaging no fail activities, take the pressure off having to do the activity perfectly to be able to fit in. The nature based activity becomes the ice breaker for people to start to have conversations.

Feel good and positive

Confidence boosting

People are able to express who they are and see themselves in a positive way.

Non judgemental approach



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# Institute of Outdoor learning Best Practice

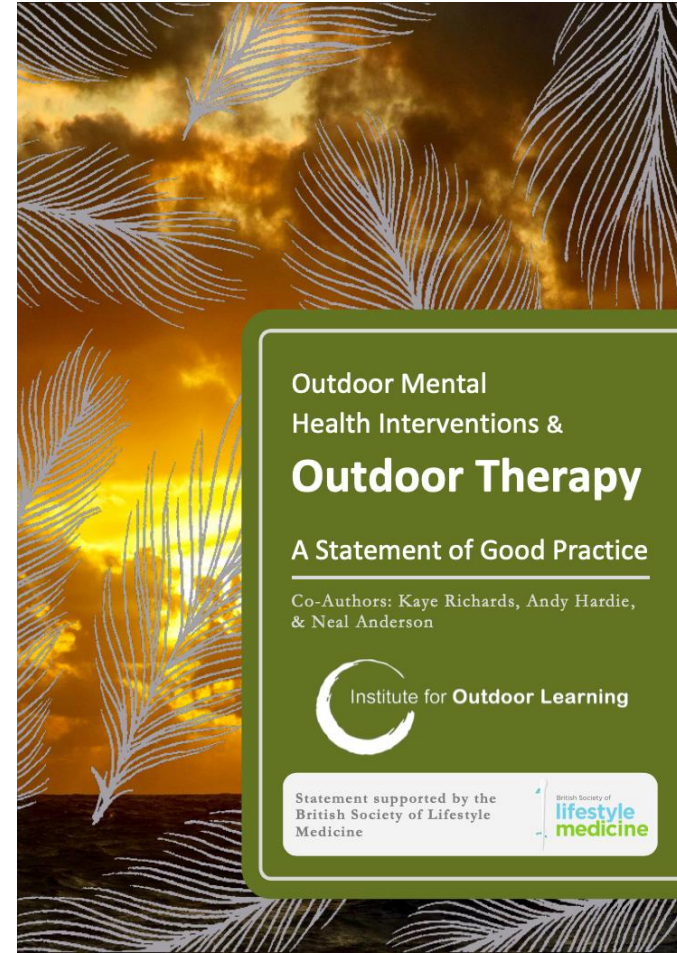


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[Outdoor Therapy \(outdoor-learning.org\)](http://outdoor-learning.org)

Ensuring that patients are able to access high quality appropriate opportunities.

Where practitioners and volunteers are well supported and working within the boundaries of their training and skill set.



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# Finding out about local provision



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Exploring what is going on locally in your area – work with your colleagues

Creating a local directory of the contact details and how to access various community activities.

Share what you know

Making sure that the organisation or community group is able to meet the needs of the patient.

That the patient is ready for and wanting to try the opportunity.



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# So you have a patient who is interested in a Green Social Prescribing opportunity



**What do you need to know – from your point of view as link workers and social prescribers?**

Have you and your team created a list of what is available locally

How is it organised?  
By patient group, by location etc

Are there any joining criteria, is there capacity in the group for new people to join.

How is the patient going to attend the group? For how long etc



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# Referrals

**Information to include and prepare for the person who is being referred**

What are they interested in? Start with what is meaningful.

What is out there locally and hyper-locally already?

Where can they travel to? A map, travel route, extra support to attend?

Cost of joining in

What do they need to feel comfortable attending



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# Referrals

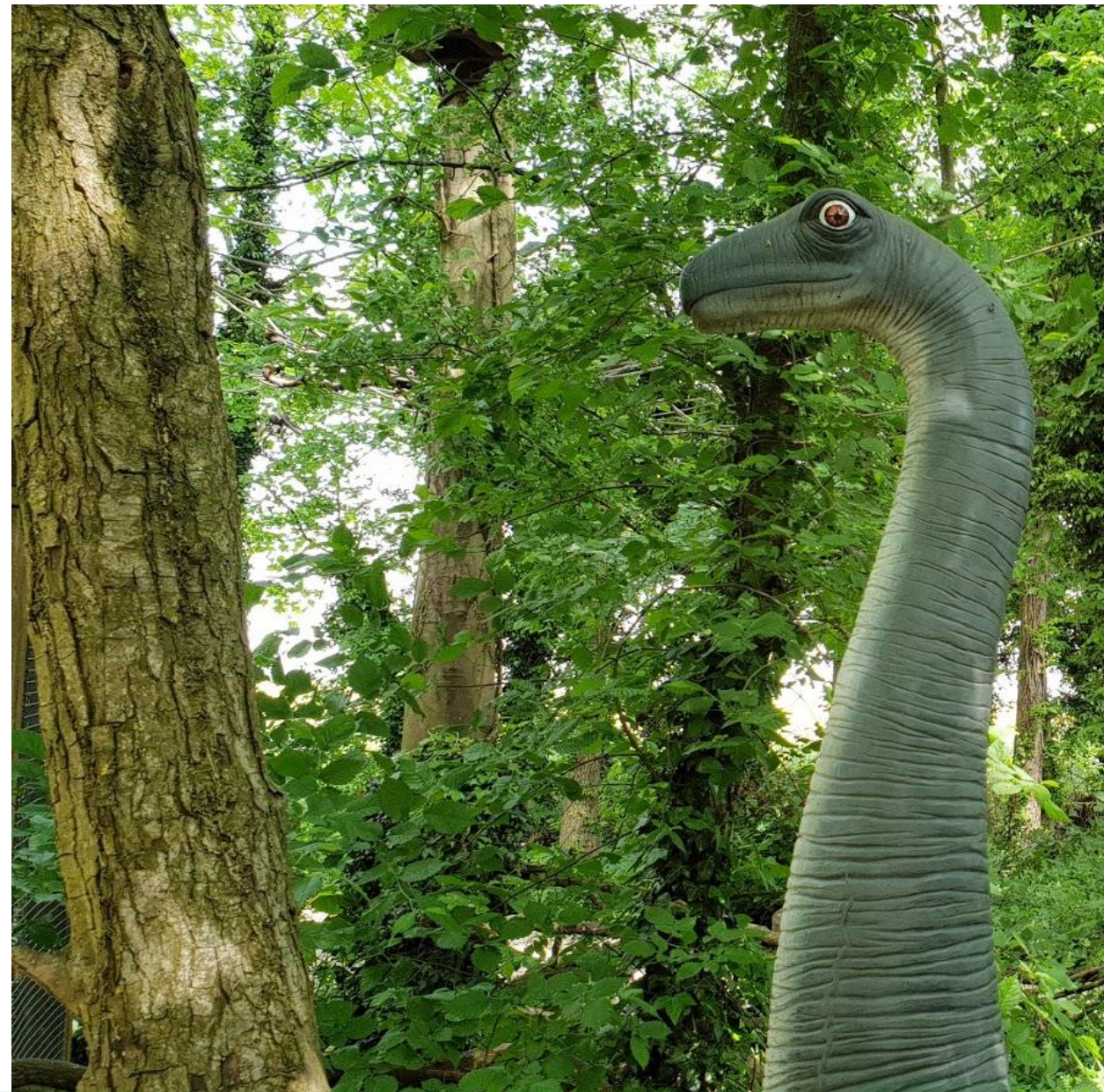
principals & practice in the [NHS Outcomes Framework](#) and [Social Prescribing Quality Assurance Guide](#)

For the organisation you are referring to

Most Green Social Prescribing providers will have some sort of referral process.

Useful and meaningful information sharing about the person and what they hope to get out of the opportunity.

This makes it easier for the organisation to contact the person and build trust and rapport. Leading to a more satisfying experience for the patient and more likely to increase take up and be a successful referral.



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# This depends on community infrastructure

Effective healthcare interventions that build connections with the natural world require a strong and vibrant network of community organisations.

They also depend on a physical network of high-quality, well-maintained green spaces, woodlands and watercourses.

How can healthcare organisations effectively signpost patients to community-based activities that link to their neighbourhood or interests, and identify gaps and under-served areas? — How can healthcare practitioners link patients with local 'Friends' groups in parks and green spaces to encourage volunteering and social connections?

. How can GP practices and therapy services link with community-based organisations and refer patients to activities in natural settings, and promote local nature-based activities? — Creating everyday opportunities to connect with nature. How can healthcare practices provide their own green spaces or offer their patients maps showing green routes and natural spaces in their localities? Can they work with artists to help people connect with nature? — Supporting a range of locally suitable opportunities to build nature connections. How can healthcare professionals signpost service users to nature-based activities that are culturally and socially



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# Recommendations from IWUN (Improving Wellbeing through Urban Nature)

How can healthcare organisations effectively signpost patients to community-based activities that link to their neighbourhood or interests, and identify gaps and under-served areas?

How can healthcare practitioners link patients with local 'Friends' groups in parks and green spaces to encourage volunteering and social connections?

How can GP practices link with community-based organisations and refer patients to activities in natural settings, and promote local nature-based activities?

How can healthcare practices provide their own green spaces or offer their patients maps showing green routes and natural spaces in their localities? Can they work with artists to help people connect with nature? —

Creating everyday opportunities to connect with nature.

Supporting a range of locally suitable opportunities to build nature connections. How can healthcare professionals signpost service users to nature-based activities that are culturally and socially accessible?



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# Nature Connection and Wellbeing

Everyday experiences matter for wellbeing. Wellbeing benefits can come about through simply noticing the small things in nature, as well as being in wider green spaces, and are reinforced by repeated connections.

Opportunities for connection with others using the natural world to find meaning and shared endeavour.

Something good is possible – supporting people to feel that enjoyment in life is possible, even if briefly.



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# Continuing to grow over time



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What are you going to do to bring more “green” into your social prescribing?

Using your own connection to nature to boost your own wellbeing.

Give each other ideas.



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## Can you imagine bringing elements of play and 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



# Further study

[Nature Connectedness: For a new relationship with nature - Free courses - University of Derby](#)

[Finding Nature | Nature Connectedness Research Blog by Prof. Miles Richardson](#)



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