



Sheffield &
Rotherham
Wildlife Trust

Introduction to Green Social Prescribing and Nature Connectedness

The health benefits from nature connection are well recognised. The South Yorkshire Integrated Care Partnership were partners in a successful national test and learn project to realise the benefits of increasing the use of green social prescribing within health and care provision. As part of the learning from the pilot, we are able to offer you the opportunity to join in with a training session to find out more about Green Social Prescribing and how you can bring nature connection ideas into your role to support both your own wellbeing and your patients.

The training is open to anyone who works with people and who has conversations about wellbeing and support, such as Social Prescribers, Link Workers, GPs, Health Champions, Community Workers from Community Development Organisations, Health staff, Physiotherapists, Nurses, Carers and Support PAs.

- 1** Experience a green social prescribing session as your patients would.
- 2** Learn and practice using simple nature connection tools to support your wellbeing and gain confidence in sharing them with others.
- 3** Meet your colleagues and network with people from the wider workforce.

Dates and locations on reverse.

Book here: <https://bookwhen.com/wqw74>

For more information please contact Jenny King
j.king@wildsheffield.com



South Yorkshire
Integrated Care Board

All session run from 10.30am - 1pm (2.5 hours)

2024

15th January

ONLINE SESSION

20th February

The Dorothy Fox Classrooms, Sheffield
Botanical Gardens, Sheffield

5th March

The Garden Rooms, Clifton Park,
Rotherham

More information about the location and what is needed on the day will be sent out prior to the session date.



This practical face-to-face training workshop is for anyone working with people and aims to raise awareness of what Green Social Prescribing is and its potential benefits for patients. You will gain a greater understanding of the principles of nature connectedness, how they are linked to wellbeing and how you can use elements of nature connection in your everyday practice.

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If you have any additional questions, please email j.king@wildsheffield.com. These training sessions have been funded by South Yorkshire ICB. Delivered by Sheffield and Rotherham Wildlife Trust.



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