

Agenda:

- 1. Welcome and Introductions (9.30-9.40)**
- 2. Discussion - how can nature support wellbeing at work?**
 - 9.40-9.55 SRWT to introduce the topic and share our experiences
 - 9.55-10.20 roundtable discussion
- 3. Green Network - future development & role (10.20-10.40)**
 - Including an update from the S. Yorkshire Green Social Prescribing Task Group
- 4. AOB/Any other updates attendees want to share (10.40 - 10.55)**
- 5. Discussion topic & date for next meeting (10.55-11.00)**

Workforce Wellbeing - the role of Nature Connection

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**Sheffield &
Rotherham**
Wildlife Trust

For nature, for everyone

The problem...

Sickness absence high:

Rangan Chatterjee's CH4 'Live well with the drug free doctor' - "1 in 5 of the UK workforce are absent from work at any one time" (mostly through health issues)

Higher in South Yorkshire (25.5%) than the national average (21.8%)

25,000 people absent from work with musculo-skeletal issues or mental health needs in South Yorkshire.

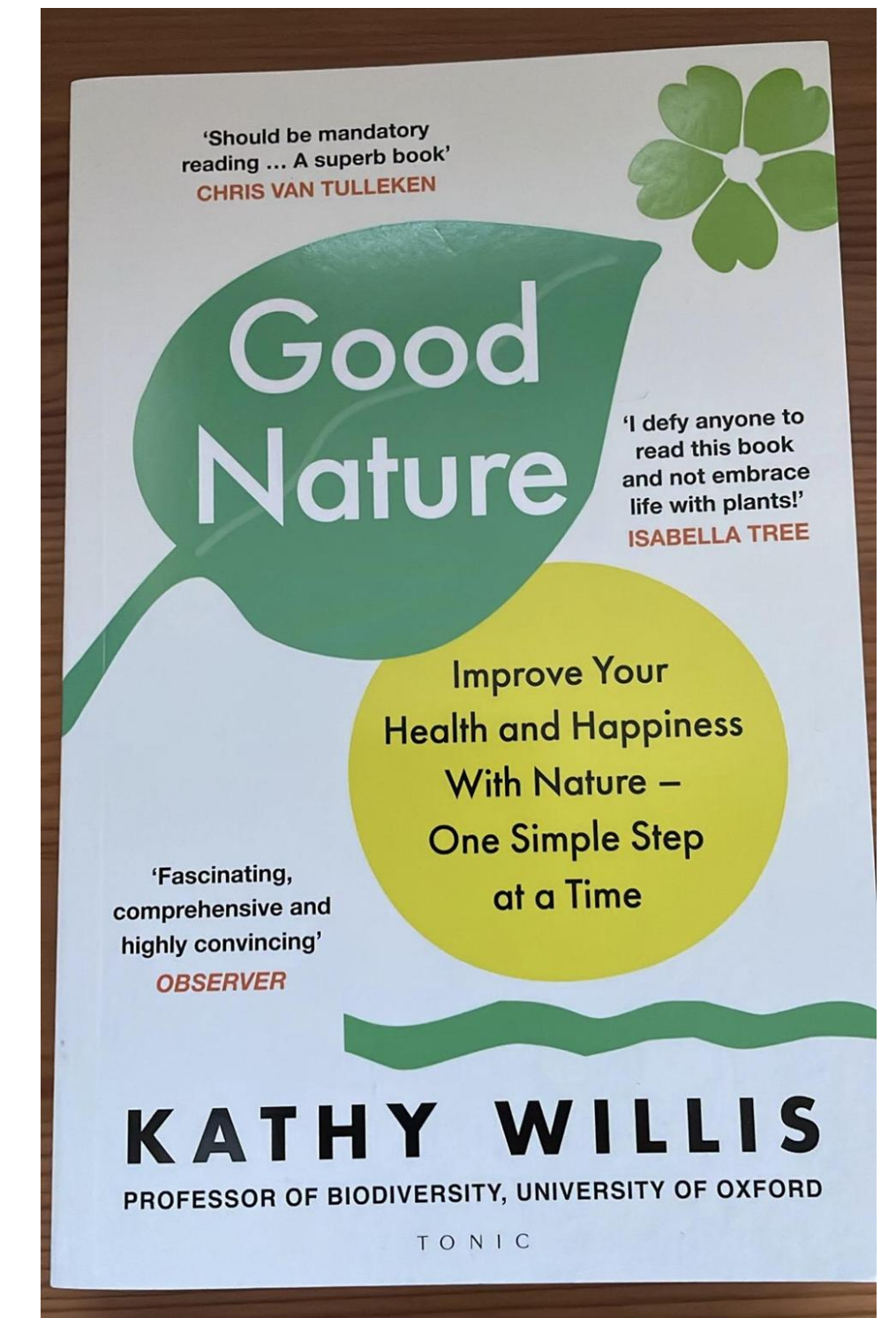
Evidence for nature...

University of Derby & University of Edinburgh have a “Nature Connectedness Research Group” - lots of evidence around nature connection & health and wellbeing

“Tackling & preventing mental ill health through Green Social Prescribing 2021-2024” - 2,500+ people supported in South Yorkshire through nature connection, with statistically significant improvements to mental health and reductions in anxiety.

Masses of scientific studies and evidence from around the world for the health benefits of nature connection and health: “Walking to work can reduce your cortisol levels by 37%, but taking a walk to work through nature can reduce it by 53%.” National Institute for Health study 2024

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11594215/>



Evidence for nature...

Business in the Community report on 'The Power of Nature for Workplace Wellbeing' <https://www.bitc.org.uk/wp-content/uploads/2021/05/bitc-toolkit-environment-ignition-thepowerofnature-may21.pdf>

- **Less sick leave:** Employees with views of trees and landscapes took an average of 11 hours less sick leave per year than employees with no view (a 23% decrease in sick leave taken by employees with a view of nature.)
- This equates to an average saving of around £1,600 per employee
- **Greater productivity:** Workers with a view of nature handle calls 6-7% faster than those with no view. This generates annual productivity savings of around £2,400 per employee

Nature connection into workplaces: “Biophilic design” January 2025

“Incorporating elements of nature, greenery and natural lighting into the workplace has been shown to have a positive impact on employee mental and physical wellbeing, creativity and productivity”

<https://www.britsafe.org/safety-management/2025/a-green-and-bright-workplace-how-biophilic-design-boosts-employee-wellbeing>

“Space to Breathe” study on value of NHS green space for staff wellbeing, October 2020

<https://nhsforest.org/blog/news/space-to-breathe-study-shows-value-of-nhs-green-space-for-staff-wellbeing/>

“Large majority of staff (83–89%) said they would like to spend more time in green space at their site than they currently did. Benefits described included feeling relaxed and calm, refreshed and re-energised and positive effects on mental and physical wellbeing.”

“Staff who said they regularly spent time in their sites’ green spaces during the working day reported significantly higher levels of wellbeing.”

‘Health Growth Accelerator’ funding

Key outcome of the programme is to prevent people from becoming economically inactive in 2025/26 through:

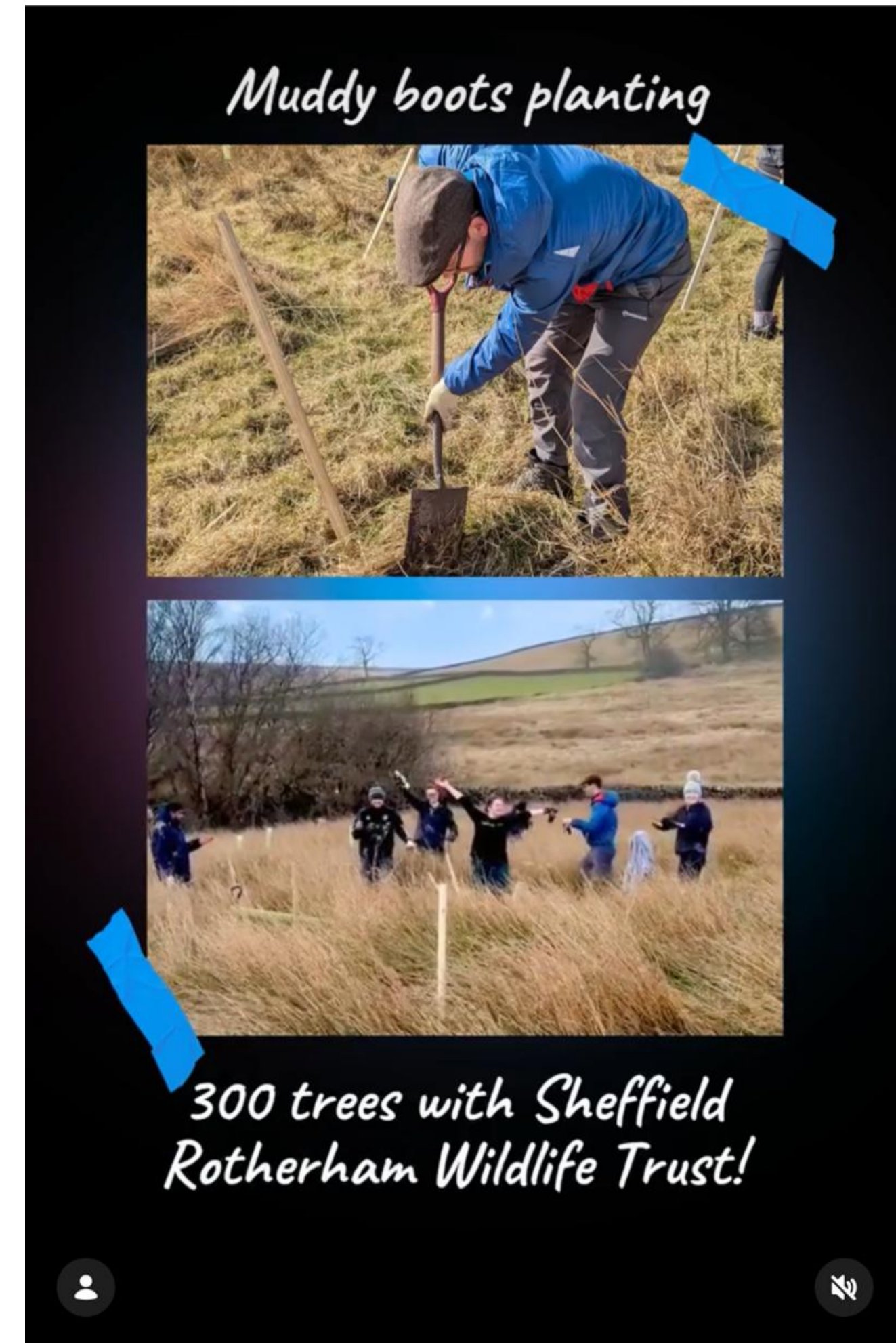
- Improving workplace health support and early intervention
- Integrating employment and health services to provide a cohesive support system
- Improving workforce retention by helping employers and employees manage long-term health conditions

40+ VCSE groups funded to provide interventions and support to people, many through green activity, getting outdoors and nature connection.

Health Growth Accelerator funding



Work with employers



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hive_sheff Here's to another year of doing good work with brilliant people. As we are coming to the end of 2025, our annual video is making... more

18 December 2025



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Thank you

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