

Our Natural Health Service



“What nursing has to do... is to put the patient in the best condition for nature to act upon him” (Nightingale, 1859)

Vicki Trim, Green Health Partnership Manager

Our Natural Health Service :

- Our Natural Health Service builds on the successes of the Green Exercise Partnership (GEP) and is backed by the Scottish Government's health and environment portfolios
- Supports the health sector to embrace green health as part of policy and practice
- The initiative is being co-ordinated by **Scottish Natural Heritage**, with a national steering group



Four Pilot Green Health Partnerships (GHPs)

- GHPs established to demonstrate how better cross-sectoral co-ordination can mainstream approaches to improving health through engagement with the natural environment.

- NHS Lanarkshire



- North Ayrshire Green Health Partnership



- Dundee Green Health Partnership



- Highland Green Health Partnership



People living in
GREENER AREAS
experience fewer
health complaints
and better mental
and physical health...

...than those living in areas with
LESS GREENSPACE



Less than half of adults
in Scotland visit the outdoors
on a regular, weekly basis

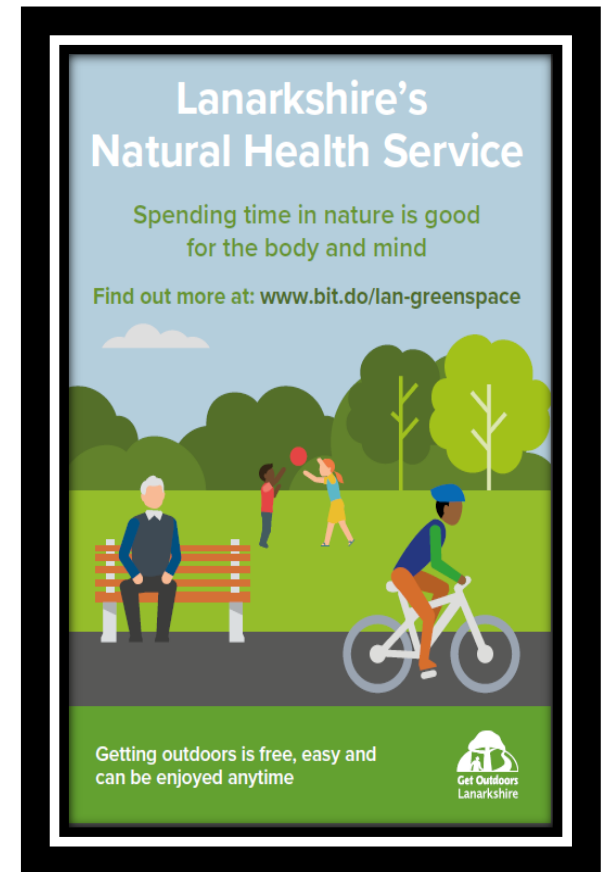
49%

And 14%
don't visit
at all

14%

Evidence Base....triple effect

- Benefits of physical activity
- Benefits of contact with nature
- Benefits of social prescribing



- **UN Sustainable Development Goals** | **National Performance Framework** | **Public Health Priorities for Scotland (2018)** | **Chief Medical Officer's Letters** | **Route Map to 2020 Vision for Health and Social Care** | **A More Active Scotland - Building a Legacy from the Commonwealth Games (2014)** | **Let's Get Scotland Walking: National Walking Strategy (2014)** | **Good Places Better Health: A new approach to environment and health in Scotland (2008)** | **Good Places Better Health for Scotland's Children (2011)** | **Equally Well (2008)** | **Dementia Strategy 2017-2020** | **Health and Social Care Delivery Plan (2016)** | **2017-2027 Mental Health Strategy** | **Public Bodies (Joint Working)(Scotland) Act 2014** | **Sustainable Development Strategy for NHS Scotland 2012** | **NSS Sustainability Strategy 2015-2035** | **Good Mental Health for All (2016)** | **Community Empowerment (Scotland) Act 2015** | **Children & Young People (Scotland) Act 2014** | **Nature Conservation (Scotland) Act 2004** | **National Planning Framework (NPF3): Central Scotland Green Network** | **NHS Lanarkshire Good Mental Health For All Action Plans** | **South Lanarkshire Commissioning Plan** | **South Lanarkshire Sustainable Development & Climate Change** | **The North Lanarkshire Plan** | **NHS Lanarkshire Healthy Weight Strategy**

Our Natural Health Service

Public Health

Health & Social Care

General population (incl. groups within general population)

People with a defined need

Everyday contact
with nature

Recreation
Pastimes
Volunteering
Learning
Active travel

Nature based
health promotion
initiatives

Health walks
Green gyms
Community growing

Nature based
interventions with
a defined health or
social outcome

Therapeutic & exercise
programmes as a
treatment intervention

Scotland's Natural Environment & Green Infrastructure



Scottish Forestry
Coilltearachd
na h-Alba



Lanarkshire Green Health Partnership

Connecting health and nature
using
“Our Natural Health Service”



Promotion: Greenspace portal

www.bit.do/lan-greenspace



Read more about Greenspace



North Lanarkshire Activities

See what's on in your area

[North Lanarkshire Activities > →](#)



South Lanarkshire Activities

See what's on in your area.

[South Lanarkshire Activities > →](#)



Get Walking Lanarkshire

Find out how to get involved

[Get Walking Lanarkshire > →](#)



Resources

View Greenspace resources

[Resources > →](#)



Training & Events

Browse training and events

[Training & Events > →](#)



Some Facts

Read some Greenspace facts

[Some Facts > →](#)



Good News

Some uplifting Greenspace news

[Good News > →](#)

Pathways

Enhancing existing referral processes such as:

- Active Health (North)
- Physical Activity Prescription (South)
- Well Connected (social prescribing programme)
- Weigh to Go
- Self Referral

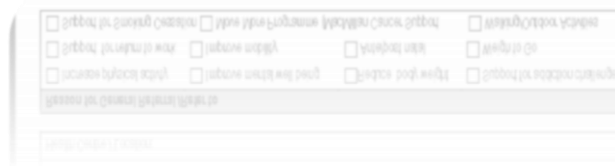
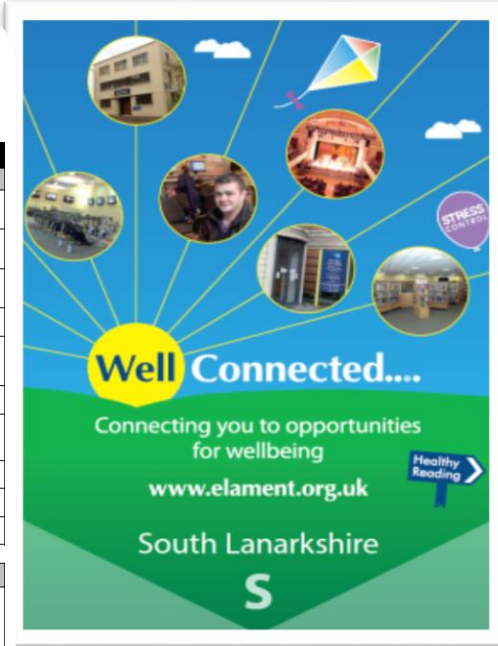
South Lanarkshire Leisure Ltd
Active Health Referral Form
 August 2015

Please complete Page 1 in full the Active Health Referral Form if the person being referred could benefit from participating in physical activity.
 Please complete both Page 1 and Page 2 of the Active Health Referral Form if the person being referred would benefit from an increase in physical activity levels but requires a supervised "specialist health exercise programme." (please refer to "Guidance Notes" for completing form)

Active Health Referral Form (Use also for Get Active Teens)

Details of person being referred		Date:
Name		Date of Birth:
Address	Postcode:	
Telephone: Home	Mobile:	
Email:		
Does the person being referred have a disability that needs to be considered to encourage them to access leisure activities? If yes, please give details.		Yes <input type="checkbox"/> No <input type="checkbox"/>
Does the person being referred require support from a carer to participate in leisure activities?		Yes <input type="checkbox"/> No <input type="checkbox"/>
Is the person being referred a Carer? If yes please also direct to www.carerstogether.org or telephone 01698 404065 for further information on support opportunities available.		Yes <input type="checkbox"/> No <input type="checkbox"/>
Ethnicity:	Employed:	Yes <input type="checkbox"/> No <input type="checkbox"/>
GP and Practice Name:		
Health Centre / Location:		

Reason for General Referral/Refer to			
<input type="checkbox"/> Increase physical activity	<input type="checkbox"/> Improve mental well being	<input type="checkbox"/> Reduce body weight	<input type="checkbox"/> Support for addiction challenges
<input type="checkbox"/> Support for return to work	<input type="checkbox"/> Improve mobility	<input type="checkbox"/> Antepost natal	<input type="checkbox"/> Weigh to Go
<input type="checkbox"/> Support for Smoking Cessation	<input type="checkbox"/> Move More Programme (MacMillan Cancer Support)	<input type="checkbox"/> Walking/Outdoor Activities	



WEIGH TO GO

WEIGH TO GO is a free 15 week healthy eating programme incorporating education and exercise element. Feel confident as you change your eating habits and learn about weight loss.

Would you like to feel fitter, slimmer, healthier and more active? When it comes to losing weight, it's often hard to know where to start. ML Leisure can show you the Weigh To Go. If it's not a quick fix but an all-in-one health and fitness course run in partnership with NHS Lanarkshire.

Join Weigh To Go and you'll be part of a small group of people (15 at most) with a common goal. You'll gain friends as you lose weight. Each time you drop a dress size or more as a ball bats, they'll be there to cheer you on. Your group is led and supported by a health and fitness expert who'll guide and inspire you.

LOW IMPACT

- Active Age Leavers
- Fit New

Five Community Hospital Gardening Sites: Cleland, Coathill, Kirklands, Lady Home, Udston



Lend a hand at Kirklands Hospital

Interested in gardening & growing vegetables?
Come along and take part in fun and therapeutic gardening sessions.
Family & friends all welcome.

Meet at the Hospital Entrance, Fallside Road, Bothwell, G71 8BB every Tuesday, 1.15-3.15pm

To book contact helen@cciweb.org.uk / 01555 664211

No experience required
Bring suitable clothing/footwear for outdoors

 Clydesdale Community Initiatives - CCI  @CCInitiatives



Lend a hand at Lady Home Hospital

Interested in gardening & growing vegetables?
Come along and take part in fun and therapeutic gardening sessions.
Family & friends all welcome.

Meet at the Hospital Entrance, Ayr Road, Douglas, Lanark, ML11 0RE every Tuesday, 10-11.30am

To book contact helen@cciweb.org.uk / 01555 664211

No experience required
Bring suitable clothing/footwear for outdoors

 Clydesdale Community Initiatives - CCI  @CCInitiatives




Lend a hand at Cleland Hospital

Interested in gardening & growing vegetables?
Come along and take part in fun and therapeutic gardening sessions.
Family & friends all welcome.

Meet at the Hospital Entrance, Bellside Road, Cleland, ML1 5NR every Thursday, 10.15am-12.15pm

To book contact helen@cciweb.org.uk / 01555 664211

No experience required
Bring suitable clothing/footwear for outdoors

 Clydesdale Community Initiatives - CCI  @CCInitiatives



Lend a hand at Coathill Hospital


Interested in gardening & growing vegetables?
Come along and take part in fun and therapeutic gardening sessions.
Family & friends all welcome.

Meet at the Hospital Entrance, Hospital St, Coatbridge, ML5 4DN, every Thursday, 1.15-3.15pm

To book contact helen@cciweb.org.uk / 01555 664211

No experience required
Bring suitable clothing/footwear for outdoors

 Clydesdale Community Initiatives - CCI  @CCInitiatives



Lend a hand at Udston Hospital

Interested in gardening & growing vegetables?
Come along and take part in fun and therapeutic gardening sessions.


Meet at the Hospital Entrance, Farm Road, Hamilton, ML3 9LA
Every Tuesday, 11.00am-12.30pm

To book contact helen@cciweb.org.uk / 01555 664211

No experience required
Bring suitable clothing/footwear for outdoors

 Clydesdale Community Initiatives - CCI  @CCInitiatives

This project is helping to make more use of Scotland's outdoors as Our Natural Health Service



Walking is recognised as the most cost-effective way of improving physical health and provides a sustainable form of transport.

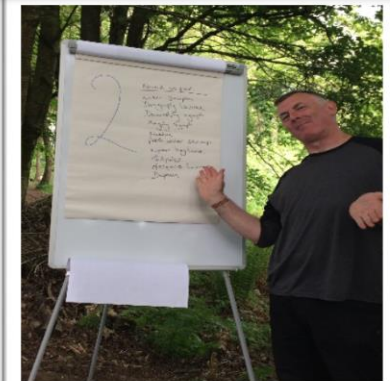
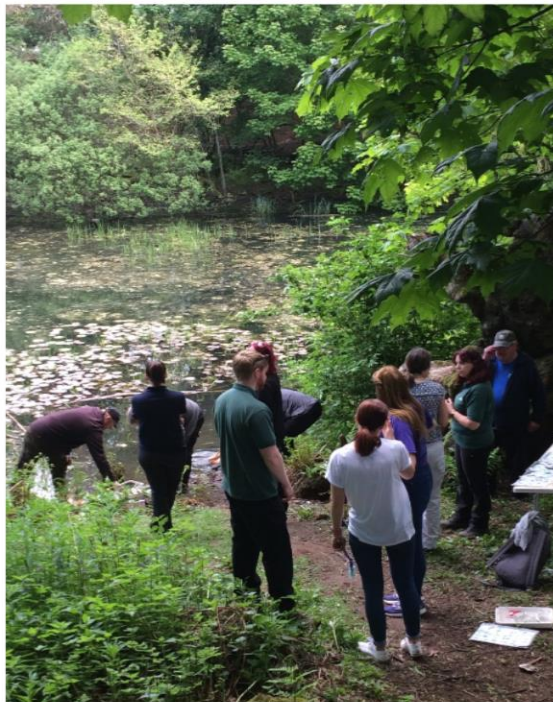
- *Get Walking Lanarkshire*
- *Over 40 community health walks*
- *Free!*



**Get Walking
Lanarkshire**

Green Health Event 16th May

- 170 health & social care professionals
- 50 volunteers and green health activity leaders



Active Travel

- Tips and ideas resource
- Showering facilities
- Wishaw Hospital to train station route improvements: signage, safer crossing, path upgrade in park leading to hospital
- PSSD, PFI manager, Serrco, North Lanarkshire Council (£75k pedestrian crossing), Architect (£12k concept designs awarded from Sustrans), Scottish Forestry (£50k award)
- Providing active travel directions with any meeting arrangements



And over to NHS Ayrshire & Arran.....

Elaine Caldow, Public Health Programme Lead



Our Natural Health Service
Getting more people, more active in nature

Contact: Rebecca Strofton,
NA GHP Team Leader
M: 07739 447 964 or
email: r.strofton@tcv.org.uk

Follow us on Twitter @NAGreenHealth and 

Scottish Natural Heritage
Dualchas Nàdair na h-Alba
nature.scot

Our Natural Health Service a national initiative led by Scottish Natural Heritage and supported by national and local partners