

YEAR 3

#thinkhealththinknature

WORK PLAN REPORT

Think Health Think Nature is the work programme of the Highland Green Health Partnership. Below are some of the highlights from the 3rd year of the programme.


1 Website and Social Media

Our website has had 19,000 unique visitors to date. Our facebook page has 892 followers (6% increase) , twitter has 432 (33% Increase) and Instagram 303 (40% Increase), since year 2. Total reach has been 148,000 and engagement 1568. The greatest engagement occurred in May 2021 during Green Health Week.

351 people have subscribed to our monthly e- newsletter

2 Green Health Week

In 2021, Green Health Week, 8th - 16th May, coincided with Mental Health Awareness Week, which had the theme of 'Nature'. We worked with the Highland Mental Health Delivery group to produce a campaign and add mental health resources to our website.

A circular illustration showing a person with long dark hair, wearing a striped shirt, sitting on a rocky shore and looking down at a small object in their hands. The background is a sketchy, textured landscape with water and hills.

"Time in nature makes me feel more relaxed, more focused. It helps me to think about things more"

250 people took part in our Pop it On a Postcard Campaign Read and listen to the submissions

[here](#)

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Networking

Watch the film



90 people attended our first online Seminar, introduced by the Minister for Public Health Maree Todd. [Click Here](#)

70 people turned up to our Badenoch & Strathspey 'come and try' event including health practitioners, service providers and service users. This was delivered in partnership with the Cairngorms National Park and Badenoch & Strathspey Transport Company.



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Promoting

In partnership with High Life Highland we piloted the playing of a Green Health film in the vaccination clinics held in the Aviemore Community Centre over the summer.

Aviemore Library was the first to pilot a dedicated Think Health Think Nature Resource station.



Kyle Medical Practice are piloting the distribution of green health packs to patients.

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HLH Leader Funded Events

With extended funding provided through LEADER and supported and steered through the partnership, a further 21 organisations were supported to run small scale events/activities in the summer of 2021. In total there were 204 activities across Highland promoting Green Health. Many have been summarised [here](#).



Watch one of the films



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Resources

In our 3rd Year we have built on the resources on our website including new sections on:

- [What is a Green Prescription?](#)
- [Find a Greenspace](#)
- [The Evidence](#) Supporting Green Health
- We published a [Community Green Health Guide](#).



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Training

- 200 new Health Walk Leaders were trained through the Paths for All programme in 2021
- 32 people attended an online course 'Using Nature as a Resource to Support Mental Health'
- 23 people attended an outdoor training workshop on 'Using Nature as a Resource to Support Mental Health'.



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Funding

Green Recovery Funds, delivered through Voluntary Action Badenoch & Strathspey, supported the delivery of Health Walk Leader training (£880). The Cairngorms Trust funded an enhanced training programme for walk leaders and green health service volunteers in Badenoch & Strathspey (£4005) as well as the re-establishment of Branching Out in Aviemore (£8026). Funding was secured through Smarter Choices Smarter Places Open Fund and the NHS, to continue the Think Nature Health Walk coordinator role at Highland Third Sector Interface and the Velocity the Active Health Project.

Think Health Think Nature were invited to be on the panel for the Ideas Fund which delivered funding amounting £505k to 13 projects across Highlands and Islands.

[Learn More](#)

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Online Directory of Services

In our Aviemore Pilot area we have seen the Directory of services increase from 14 to 27 different activities. These have been mapped by locality.

We have developed a simple grading system to allow people to choose which activity may suit them best. [Click here](#)

20 Buggy Walks have been set up in Highland with the HC Early Years Practitioners



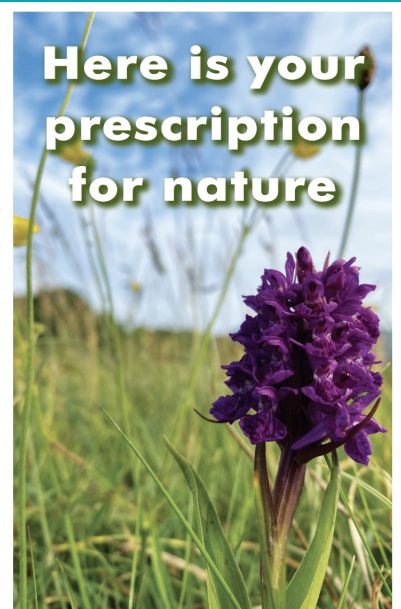
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Referral Pathways

A referral pathway has been established between Kyle Medical Practice and the Kyle & Lochalsh Community Trust. [Click here](#)

The Velocity [Active Health Project](#) has received 256 referrals in the last year. Of those that have completed all three sessions since April 2021, 78% are walking regularly, 22% cycling and 28% gardening (88% are more active as a result of their engagement with the project).

Here is your prescription for nature



Kyle & Lochalsh Community Trust



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Research & Evaluation

- We continue to support 3rd Year students from the University of Aberdeen Sustainable Medicine course each year.
- We have produced two evaluation reports from the LEADER funded events programme and Green Health Home Packs.
- Research projects that have taken place in Highland in relation to green health are now listed in a dedicated section of our website. [Click here](#)

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Influencing others

We continue to present to many community groups and organisations across Highland and feature within Community Planning discussions.

We have integrated Green Health principals in to **15** regional plans or policies.



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The Year Ahead

Our priority in 2022 will be to maintain momentum across all the achievements to date; to increase the networking and shared learning opportunities across Highland; to expand on the training and capacity building initiatives underway; to focus on integrating green health into formal referral pathways; and to develop pathways in consultation with localities to meet the health needs of the population.

We will link with regional efforts on climate change, greenspace enhancement and staff health and wellbeing initiatives.

The Partners

The Highland Green Health Partnership is one of four area-wide partnerships developed in Scotland. It will contribute towards “[Our Natural Health Service](#)”, an action programme being led by NatureScot, which aims to encourage more use of the outdoors to tackle physical inactivity, mental health issues and health inequalities. The partnership is made up of representatives from NHS Highland; NatureScot; The Highland Council; The Cairngorms National Park Authority (CNPA); Highlife Highland (HLH); The University of the Highland and Islands (UHI), The Highland Environment Forum; The Highland Third Sector Interface (HTSI); Paths for All; Forest and Land Scotland and practitioners in health and social care.