

YEAR 4

#thinkhealththinknature

WORK PLAN REPORT

Think Health Think Nature is the work programme of the Highland Green Health Partnership. The work is coordinated and delivered by the Senior Development Officer for Green Health, at NHS Highland. A part-time Engagement Officer was also employed through Highland Third Sector Interface (HTSI) in 2022, to assist with the delivery of the work. Below is a summary of progress for the 4th year of the programme 2021/2022.

1

Website and Social Media

Our **website** has had 13,103 views in the past 12 months. Our facebook page has 1000 followers (11% increase over previous year) with a reach of 12,894 , Twitter has 567 followers (31% Increase) with 55,120 tweet impressions and 9725 profile visits. Instagram has 353 followers (16% Increase) with a reach of 797. The greatest engagement occurred in May 2022, during Green Health Week.

In June 2022, our **e-newsletter** moved to Mail Chimp and has 91 subscribers with a 55-70% opening rate.

2

Green Health Week 2022

In 2022, Green Health Week took place the 14th - 22nd May. We encouraged Green Health activity providers across Highland to put on an event or activity to encourage people to connect with nature for health & wellbeing. 46 activities were promoted across our website and directory, searchable by local area. We launched our Green Health Small Grant Fund for 2022, and ran a social media campaign resulting in 1084 website views and a facebook reach of 7000 - a ten fold increase on the previous year.



3 Networking

70 people attended our **Caithness** online Green Health Seminar, introduced by the Minister for Public Health, Women's Health and Sport, Maree Todd MSP. There followed a network lunch for Green Health activity providers and 16 organisations attended and learned about how they can be involved.

East Ross-shire hosted Maree Todd MSP, at Evanton Woods in May 2022, to launch the continued funding for Our Natural Health Service to 2023. Trellis Therapy Gardening Network held Green Health activity themed gatherings in East Ross-shire and Aviemore.

In **Lochaber**, Green Health activity providers attended a network lunch and later, offered taster sessions in activities such as e-bikes and health walks as part of the Kinlochleven Be Happy Be Healthy Event in May 22.

Watch the Kinlochleven Be Healthy event film



Watch Caithness the Seminar



Maree Todd MSP



Lochaber Network Lunch in Caol

4 Green Health Small Grants 2022

In June 2022, we awarded £23,000 to 14 Highland groups funding through our small grant fund which aims to contribute towards sustained green health action across Highland. Projects were awarded up to £1500 and have been summarised [here](#).



Highland Community Mental Health Fund

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A Communities Mental Health and Wellbeing Fund was administered in 2022, by the Highland Third Sector Interface, as part of the overall Scottish Government's Mental Health Transition and Recovery Plan. Of the **102** successful projects, **19** were nature-based mental wellbeing initiatives (18.6%). Read the full report [here](#).

6 Resources

Following the pandemic we have now been able to print resources and offer these through the Health Improvement Resource Service run by NHS Highland. The printed resources were launched in April 2022, and offer free printed materials sent to anywhere in Highland. The available resources can be viewed [here](#):

Our **[Hike the Highlands from Home](#)** virtual walking challenge, now has 2 213 participants registered and collectively they have walked 364 million steps across 155 361 miles. That's 6.2 times around the equator!

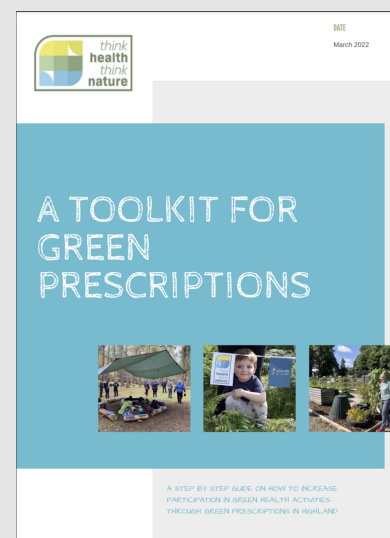


7 Guidance for Practitioners

Following the pilot programmes run in years 1-4, we have published a [toolkit](#) for Green Prescriptions aimed at communities.

We have also developed guidance on running Green Health taster events and a suite of associated tool. Click [here](#)

We have presented awareness sessions to GP Practice MAnagers, Community Link Workers, Cancer Support Workers and District Nurses across Highland.



8 Think Nature Health Walks

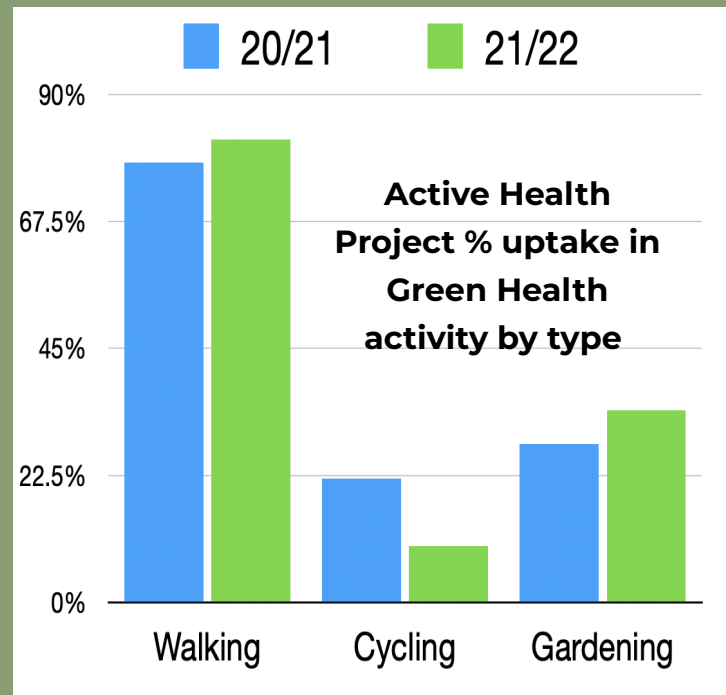
- High Life Highland (HLH) Countryside Rangers joined health walk groups to lead nature themed walks and delivered an online 'Engaging with Nature' training course for walk leaders.
- Creative walks which included nature photography, watercolour painting and family nature crafts.
- A bi-lingual Polish speaking buggy group was set up in Alness
- 6 arthritis awareness walks and workshops were delivered across Highland
- Active travel survey delivered to all walking groups and sharing relevant info at events.



9 Referral Pathways

In May 2022, Community Link Workers began making referrals in 28 Highland GP practices and have been equipped with the Think Health Think Nature resources and directory. Results will be available in Year 5.

The Velocity [Active Health Project](#) has received 329 referrals in the last year - a 28% increase. (86% are more active as a result of their engagement with the project).



Training 10

- 52 new Health Walk Leaders trained through Paths for All programme in 2021/2022
- 32 people attended 'Using Nature as a Resource to Support Mental Health'
- 24 Green Health Activity Providers Outdoor First Aid Trained

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Cairngorms 2030: People and Nature Thriving Together

Inspired by the Gaelic word Dùthchas – meaning the deep-rooted connection between people and nature – Heritage Horizons: Cairngorms 2030 is putting the power to tackle the climate and nature crises in the hands of people who live, visit and work in the UK's largest national park.

The programme will put local people at the heart of decision-making; work with land managers to restore and enhance landscapes; make getting around the Park easier, safer and greener; and foster healthier, happier communities with wellbeing at their heart.



Heritage Horizons is an unprecedented partnership of over 45 organisations and is supported by The National Lottery Heritage Fund. The Highland Green Health Partnership and NHS Highland are supporting work streams around green prescribing.

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High Life Highland Green Leadersip Award



Launched in 2022, the **Green Leadership** programme is a partnership with the High Life Highland (Leadership/Rangers), Trees for Life, NHS, Highland Adapts and others. It is open to young people aged 12-25 years, and although underpinned by leadership in sport and youth work, the awards can be utilised by young people volunteering in conservation and other health & wellbeing initiatives outdoors. All members of the programme are also encouraged to sign up for **Saltire Awards**. These national awards are designed to formally recognise the commitment and contribution of youth volunteering.

To date have integrated Green Health principles in to 21 Highland plans and policies.

We continue to support 3rd Year students from the University of Aberdeen Sustainable Medicine course each year.

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The Year Ahead

Our priority in 2023 will focus on integrating Green Health into formal referral pathways; and to promote and raise awareness and use of the fleet of tools produced to date. We will link with regional efforts on climate change, biodiversity and workplace health and wellbeing initiatives.

A showcase event will take place in May 2023, with a long term sustainability plan developed as an output of this to ensure progress is maintained beyond 2023.

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 Highlands and Islands (UHI), The Highland Environment Forum; The Highland Third Sector Interface (HTSI); Paths for All; Forestry and Land Scotland and practitioners in health and social care.