

Highland Green Health Partnership

Notes of Meeting Monday 13th February 2023 Via TEAMS

Present:	Cathy Steer (Chair) – NHS Highland
	Ailsa Villegas – NHS Highland
	Kate Thomson – NHS Highland
	Bridget Finton - NatureScot
	Charlotte Mackenzie - HTSI
	Cattie Anderson - NatureScot
	Dan Jenkins – NHS Highland
	Gill McShea – Paths For All
	Carole Butler – Highland Council
	Adam Streeter-Smith – Cairngorms
	Sara Bradley - UHI
	Mhairi Wylie - HTSI
	Imogen Furlong - HLH
	Neil Howlett – University of Hertfordshire
	Emma Whitham – Highland Council

Apologies:	Caroline Vawdry – Highland Environment Forum
	Lynn Bauermeister - HLH

		Actions
1	Welcome and round the table updates Cathy welcomed everyone to the meeting. Everybody introduced themselves and shared the latest updates for their organisations.	
2	Note of last meeting & action log The previous minutes were noted as accurate. The action log has been updated.	
3	PHIRST (Public Health Interventions Responsive Studies Team) Presentation - Green Health Prescription Evaluation - Neil Howlett Neil shared the Green Health Prescription Evaluation slides with the group. Ailsa noted she recently had discussions with the community link work service and the active health project and they are both on board. There has been a link worker identified in both Inverness and Caithness from the GP community link work service who will carry out these surveys. Ailsa to speak to Katie Walters about identifying regular GP referrers in the active health project.	Ailsa

	Megan to circulate slides with the notes of the meeting.	Megan
4	Work Plan Update - Ailsa Villegas - (Papers)	
4a	Pilot Progress Ailsa shared updates on the following points from the work plan: <u>A10</u> Ailsa has run network events in Caithness & Lochaber with the community link workers in attendance. Ailsa shared the 'Think health Think Nature' resources, the website and directory with the community link worker team that they can now use. The resources have also been shared with the Macmillan Cancer Support team and the Community Support teams for distribution with patients. <u>A22</u> Kate has upcoming meetings with the Highland Council sustainability and climate change teams around workforce behaviour change. <u>A26</u> Ailsa noted they have delivered a lot of training to date through the partnership; in Lochaber and Caithness, Nature for Health has carried out their 'using nature as a resource for mental wellbeing' course. Ailsa has been doing promotion work with the NHSH Health Improvement team's training prospective. <u>A31</u> Ailsa shared the 'Think Health Think Nature' website with the group and noted some updates; a Tools & Resources page has been created and a new feature has been added which now gives users the option to translate the pages.	
4b	Stepping Stones – A model for community supported green health pathways Ailsa noted there was not a lot of engagement from GP surgeries in Kinlochleven. They worked hard with the community groups, applying for funding through grants to get services. They then struggled when they began to look further into how they could refer into these services, and then further struggled to get these off the ground. The group at Kinlochleven decided to take health and social care staff out of it and create community led pathways. The idea in Kinlochleven was by the time that people reached the GP, they had already been in crisis and problems may have been going on for a long time, so if they can capture them before they reach the GP and support them in the community.	
4c	Nature, Climate and Health – guidance for community partnerships Ailsa noted that she took this original concept to the Badenoch & Strathspey community partnership after the last HGHP meeting. Overall, it was not completely successful as there were questions around what it meant to them as a community partnership. Ailsa took all comments on board and rewrote the paper, making stronger links into the role of the community partnerships and overall outcomes. The next step is to take the latest draft edition to the Caithness	

	Community partnership in March.	
5	<p>Communication Plan update – Kate Thomson (paper)</p> <p>Kate noted the Communications sub-group met recently to update the communications plan.</p> <ul style="list-style-type: none"> • They are utilising Planit, who are an external communications organisation, and will be carrying out some of the comms work while Sophie is on maternity leave such as the monthly newsletter and a couple of social media posts each week. • There is an opportunity to work with Ross County football club on joint campaigns. • Dan is taking forward some health and equalities training and will be promoting this among wider heritage horizons project management staff and project leads with Cairngorms. • Kate asked the group to kindly pass her the details for their communications leads within each organisations. • Kate noted there are now a few Green Health champions identified in some locality areas but there is still some locality areas not identified yet. If anyone can suggest who Kate can approach, please get in touch. • Lastly, Kate asked if anyone in the partnership feels there are any networking events they should be attending or have a presence at, please let her know. 	All
6	<p>Almanac – Kate Thomson</p> <p>Kate noted a thanks to all who provided updates & changes to the draft document which has now been amended. Kate welcomed any further feedback.</p> <p>Adam noted a couple of changes. The brand for Cairngorms national park is not quite right and he will forward the change onto Kate. An advice section could be added to the back to help the overall flow of the document, which could include anything to do with the Scottish Outdoors Access code and similar.</p> <p>Kate noted since the initial idea of the Almanac began that the document has doubled in length. The budget is allowing for 3600 copies to be made at roughly £1.39 each. They are looking at launching the document in March with events in partnership with Trellis and the Highland libraries. Then Kate, Ailsa and Trellis will present the first workshop, and Kate & Ailsa will then take this further to other Highland libraries; Inverness, Thurso & Fort William. A supply of the Almanacs will sit within the libraries and the mobile libraries.</p>	
7	<p>Showcase Event – Ailsa Villegas</p> <p>Ailsa noted a sub-group to look at the showcase event has met twice. The overall purpose of the event is to celebrate all the achievements of the partnership from the past 4 years, and to also look at the future sustainability plan; what outputs can come from the event to put into a plan and what continued support the partnership can get.</p> <p>The group talked about the target audience, and they are looking to invite the 9 community planning partners, the 9 community</p>	

	<p>partnerships and the chief officers group of the community planning partners.</p> <p>When it came to “what next?” Ailsa noted the sub-group are proposing 4 workshops and she is looking for input for these from the partnership. Ailsa noted herself, Caroline & Emma are working on a workshop for Nature, Climate & Health. There is also a need to talk about sustainable funding for nature based improvement initiatives going forward, Ailsa has suggested herself and Mhairi meet to help shape what they are looking to come from this. The other 2 areas that need expert workshop leaders are the nature prescription referral pathways and evaluation, and green space and infrastructure. Please get in touch with Ailsa if you can help facilitate these workshops.</p> <p>Ailsa shared the event’s proposed outline with the group.</p> <p>Save the date for Thursday 18th May to be sent out.</p>	All
8	<p>Budget – Ailsa Villegas</p> <p>Ailsa noted the figure for the underspent budget carried over from the end of year 4 was £7077, this left a total of £106,523 to be spent by the end of the project. The 2 month delay between Kate starting in post and Ailsa leaving post, and the difference in Ailsa & Kate’s banding results in a reduction of £20,449 of what was expected to be spent in the budget for staffing this year. They are proposing to extend Kate & Sophie’s post beyond September 2023 to March 2024 to make use of the staffing underspend.</p> <p>£5000 of the Almanac printing has been earmarked from the Development fund, which leaves £18,000 to deliver a small grants scheme this year. They are looking to launch the scheme at the beginning of March and then distributing the funds in April, this timescales are dependent on HTSI and their support administering the fund for a further year.</p> <p>£2000 was allocated for Green Health week and they are proposing it is allocated for the showcase event in May.</p> <p>The partnership agreed all above proposals.</p>	
10	<p>AOB</p> <p>Nothing further to note.</p> <p>Next meeting date Tuesday 6th June 2-4pm.</p>	