

Highland Green Health Partnership

Notes of Meeting Tuesday 6th June 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
	Sara Bradley - UHI
	Johannes Peterson – Àban Outdoor Ltd
	Kirsty Ellen – Highland Council
	Matthew Hilton – Highland Council
	Chrissie Lane – NHS Highland

Apologies:	Imogen Furlong - HLH
	Lynn Bauermeister - HLH
	Caroline Vawdrey – Highland Environment Forum
	Emma Whitham – Highland Council
	Adam Streeter-Smith - Cairngorms

		Actions
1	Welcome and round the table updates Cathy welcomed everyone to the meeting. Everybody introduced themselves.	
2	Introduction to Àban Outdoor Ltd from Johannes Peterson, Chief Executive Johannes shared a presentation detailing the work of Àban. Bridget asked the question of what extent of links are with health practitioners in the area, and if Àban is available for Green Health prescriptions from the health sector. Johannes noted to date the networks have been aimed towards youth work and school, green prescriptions was discussed at their last board meeting and it was decided not to go ahead with it. Upon review, there was going to be a lot of work to become a part of it and there doesn't seem to be a sustainable funding stream. Kate asked for information around their Ebay charity shop. Johannes explained they have a partnership with Alpkite, who has just opened a shop in Inverness, they take donations in and they send onto Àban. Àban also take donations at their own office. Ailsa made note of HLH's 'Kit For All' programme and has suggested she introduces Johannes	

	to Lynn & Imogen to make the connection.	
3	Note of last meeting & action log The previous minutes were noted as accurate. The action log has been updated.	
4	Green Health Week – Kate Thomson (paper) Kate noted Sophie created the paper detailing the social media reach and the number of events that were put on as part of GH week, which was circulated with the papers of the meeting. Sophie also created the Green Health week poster that was shared with all organisations that took part in the week's events. A google form was created and was distributed to the activity providers to fill in to note what they were up to. 27 events were shared across the week, taking place in all areas. Green Health week was linked in with Mental Health Awareness week via the Mental Health Delivery group and their communications, to increase the network reach. Ailsa mentioned the 'Walking and Wheeling festival' which took place in Inverness, and how it would be helpful to hear at the next meeting how this event went. Dan noted in Badenoch and Strathspey, Green Health week overlapped with the Cairngorms Big Nature festival. It was difficult to find comms time from the National Park as they were so focused on the nature festival, the clash is something to look at avoiding in future years. Dan further noted during this time that Aberdeenshire had a month long Wellbeing Festival with hundreds of activities.	
5	Showcase Event – Ailsa Villegas Ailsa noted it was a great turnout of colleagues in a variety of professions from health professionals; decision makers, the director of public health, the lead for realistic medicine, colleagues from Grampian health board, the dean of the UHI and third sector colleagues. In terms of the output from the event, Ailsa will be sharing the presentations soon. In terms of the long-term outputs, the content gathered from the workshops on the day have been written up and will be taken forward to develop an ongoing sustainability plan for the partnership, and this will be shared around September. At that point, discussions will be had around creating a charter for people to sign up to. Feedback from the day from colleagues attending the meeting: <ul style="list-style-type: none"> • Gill congratulated colleagues on a great day and noted as a national partner it was good to be a part of local conversations. Paths For All are making changes as a result from conversations had at the sustainability workshop. • Dan noted it was great to celebrate as a partnership the work that has gone on, but also importantly how we use this to look 	

	<p>forward and obtain the level of commitment from partner organisations to facilitate the work.</p> <ul style="list-style-type: none"> • Cattie noted it was great to meet colleagues face-to-face. The market place was also a great opportunity to talk with providers. 	
6	<p>Community Partnership Guidance, Climate, Nature and Health – Ailsa Villegas (paper)</p> <p>Ailsa noted when carrying out the pilot work in green prescriptions, the green networks were created in the communities. When having these conversations, it was discovered that biodiversity and climate change needed to be touched upon also. Throughout this project there has been a governance structure in reporting back on what was being done in each area, to the Community Planning Partnership. Now, looking towards the end of the project there were then questions of “what is going to happen”, and if these discussions continue what route does people have to have accountability of what is being done and for support in local communities. Guidance was then developed around climate, nature and health and developing networks. This was then taken to the Caithness Community Planning Partnership, and they are looking to set up a subgroup to take this forward. Now that the pilot work has been carried out in Caithness, there is an avenue for the work to continue in that role.</p> <p>At the showcase event, there were workshops on these topics. The CPP Manager who also sits on the Caithness CPP, Gail Prince, joined in on these and will support this work to roll out to other CPPs in Highland.</p> <p>The group agreed on the approval of this document.</p>	
7	<p>Senior Development Officer Update – Kate Thomson (paper)</p> <p>a) Highland Green Health Fund</p> <p>Kate noted she circulated a paper on the Highland Green Health Fund, which gave a summary on the projects that received funding. £18,000 was allocated to the small grant fund, with additional funding from Cairngorms National Park and the HTSI admin contributions. 18 projects were able to be supported across Highland.</p> <p>b) Almanac</p> <p>Kate advised the Almanac has now been distributed widely, giving thanks to members of the partnership who have helped. There has been a lot of positive feedback. All libraries in Highland have received copies and have been looking for more.</p> <p>Ailsa added she has submitted the Almanac for Nature of Scotland award under the Health and Wellbeing category.</p> <p>c) Workplace Wellbeing</p> <p>Kate noted she attended a meeting with Lynn Laing and Jonathan Bennett from the Highland Council and the council have been working on their net zero strategy. It was acknowledged how the partnership is well placed with resources to support behaviour changes around net zero. They were both interested in the project based volunteering</p>	

	opportunities, if anyone has projects to put forward to the council to pilot then please let Kate know.	
8	Caithness & Lochaber Pilots – Ailsa Villegas (paper) Ailsa shared and discussed the papers that were circulated for the meeting, summarising the pilots in Caithness & Lochaber. Ailsa noted there was work being done in East Ross-Shire, this fell flat when the meeting attendance worsened. This was due to the GP champion moving on and the ward manager who was supporting the work being on long term sick. Therefore, there is no paper to share on East Ross-shire.	
9	RSPB Nature Prescription Caithness (paper) Kate noted the Nature Prescription has elements similar to the Almanac but it is Caithness specific. It utilises images and sites from around Caithness to make up the A5 calendar. When looking at launching and supporting the network of referrers, Kate noted there have been discussions regarding a launch to introduce people to the resource and so they can experience some of the nature connection activities. The resource is currently with the printers and hopefully they will arrive soon.	
10	Active Cairngorms Action Plan Review – Dan Jenkins (paper) Dan shared a presentation on the Active Cairngorms Action Plan and the Development with the group. Dan/Adam looking to have consultation on this paper returned from the partnership by the end of the Summer ahead of the revised draft going out in September. All to send any responses to Ailsa to collate.	All/Ailsa
11	Think Nature Health Walks Project update – Kate Thomson Kate noted the following update on behalf of Mhairi Wylie: Following the generous legacy from Margaret Somerville, HTSI are looking to establish a new project that will work with groups to grow their confidence in offering outdoor art based activity options. The legacy would support a project from 13-18 months but they hope to find additional funding to extend the project to a full 3 years. Charlotte Mackenzie will be the responsible officer for the project from September. In terms of the Think Nature Health Walks it has become apparent that the walks, their audience and their ability to influence behaviour, do not fit well with the Smarter Choices, Smarter Places funding needs. It is felt that the project has achieved as much around this as it is likely to do. For this reason, they have made the decision to withdraw from the Smarter Choices, Smarter Places money. An expression of interest has been submitted to the Health walk fund for a part time support worker, with a view that the new worker will support volunteers.	
12	Green Health Partnership National update – Bridget Finton	

	<p>Bridget noted NatureScot requires HGHP activity reporting for Year 5 by the end of August. Partners may be asked to provide some statistics. The key metric is engagement; the effort and the numbers of engagements with key audiences ie. Health & Social Care, Green Health providers and the Public.</p>	
13	<p>AOCB</p> <p>Ailsa noted Sophie Isaacson returns from maternity leave 12th September; Sophie's job has been secured until March 2024. Kate Thomson has become full time & permanent within NHS Highland's Public Health team; her current job will be advertised and shared shortly.</p> <p>Date of next meeting is Wednesday 30th August.</p>	