



think
health
think
nature



Year 2 Workplan Report

Think Health Think Nature is the work programme of the Highland Green Health Partnership which formed in November 2018, through [Our Natural Health Service](#)

Highlighted below are some of our key achievements to date :

www.thinkhealththinknature.scot

1



Website and Social Media Following

Our website was formally launched in June 2020, and has had 12,000 unique visitors to date. Our facebook page has 841 followers , twitter has 290 and Instagram 183.

#thinkhealththinknature

2



Online Directory of Services

We mapped the available green health services in Highland and identified 282 green health opportunities. We have listed them in our [online directory](#).

300 people are signed up to our distribution list receiving monthly e-newsletter. To sign up please email:

info@thinkhealththinknature.scot





We developed a [natural pathway to recovery and health](#) for use by practitioners and patients.

We produced [COVID guidance](#) to enable those shielding and self isolating to engage with nature from home.

3



Resources

We have published a walking journal, and nature identification cards as well as downloadable [guidance documents](#) on:

- Nature and Grief
- Nature and Mental Health
- Pre-Habilitation
- Nature and Recovery from Addiction

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Research

We have worked with two medical students from Aberdeen Universities Sustainable Medicine module on 6 weeks research projects. One focused on family engagement with nature and one on COVID impacts for key workers and those shielding.



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Green Health Week

175 people took part in our 'My Outdoor Space' photography competition during green health week 2019. Winner Holly, received a £150 outdoor voucher. View all the finalists [here](#).

50 stakeholders attended an [event](#) at the HLH Inverness Botanic Gardens. We also ran a radio campaign on MFR.

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Green Health Small Grant Fund

11 Highland projects were awarded a total of £43,000 in grants to carry our green health projects. These projects have been working with those with diabetes, the homeless, mental health groups, accessibility groups, youth groups and those with long term health conditions. More details can be found [here](#).



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HLH Leader Funded Project

With funding provided through LEADER and supported and steered through the partnership, a communication campaign was launched. 12 organisations were supported to deliver green health home packs to over 2000 recipients during lockdown. A further 22 small scale events/activities were supported. These are summarised [here](#)

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Hike the Highlands

We created online interactive content for nine [Highland Nature Reserves](#) to allow people to engage with nature from home during lockdown. To date they have received 851 virtual views.

More than 1000 participants have signed up to the hike the [Highlands virtual walk](#) challenge and collectively they have walked 38,650 miles



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Match funding

We have provided £27,000 of match funding to projects that have gone on to secure grants from the Heritage Lottery Fund, Smarter Choices Smarter Places Fund and Paths for All, bring in £365,000 worth of projects to Highland in the next 1-5 years. We have provided 12 letters of support to projects applying for external funds and provide guidance and advice.



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Job Creation



In partnership with HTSI, we have created a full time Think Nature Health Walk Coordinator for rural Highland. Through HLH a full time project officer has been appointed to manage the LEADER funded programme. A cycling development officer is now in post in Sutherland, through joint working with Cycling UK. We supported the Kyle and Lochalsh Development Trust in their funding applications to appoint a countryside ranger and outdoor learning officer.

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Influencing Others

We have presented to many community groups and organisations across Highland and shared our experiences further afield including:

- International Rural Mental Health Conference hosted by UHI
- The Valuing Nature Network at the Royal College London
- Public Health Scotland's Annual Conference
- The Gathering 2020 - Scottish Council for Voluntary Organisations, SEC Glasgow.

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The Year Ahead

Our priority in 2021 will be to have a strong focus on Mental Health and using nature as the foundation to a green recovery from the COVID19 pandemic.

We wish to widen the implementation and uptake of Green Prescriptions across Highland and build on the momentum and so far.

We have been promoting the benefits of green health to NHS staff and key workers and wish to extend this work in 2021.



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; Forest and Land Scotland and practitioners in health and social care.



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