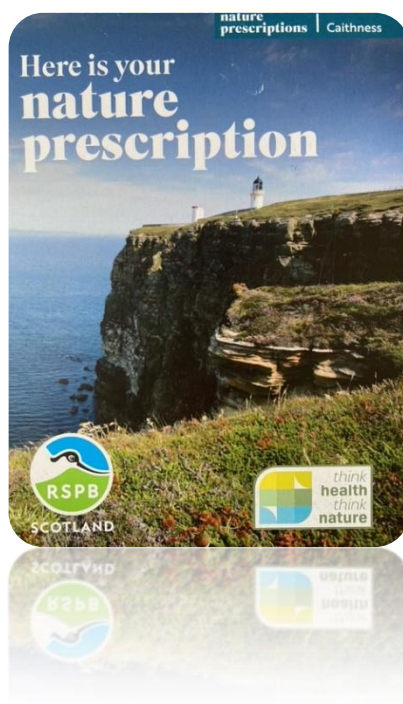


THEME 1: Building Capacity, Skills and Understanding

ACTION 1: Build on the Guidance and Support available to community groups, link workers and health practitioners in our toolkit and promote these further.

Nature Prescription Calendar



A collaboration between The Green Health Partnership and the RSPB has developed Nature Prescriptions to support the wellbeing of people through a strengthened personal connection to nature.

Working together, RSPB and NHS Highland aim to equip staff with materials, training and advice to enable them to offer RSPB Nature Prescriptions to their clients to improve their wellbeing through a strengthened connection to nature.

It is an effective, low-cost health intervention that has no negative side effects. The Nature Prescription is a guided conversation between a healthcare professional and their client to encourage and support them to connect with the natural world to benefit their mental and physical wellbeing. Complementing other health interventions, this conversation is supported by a prescription leaflet and a seasonal calendar of ideas and suggestions to enable people to explore ways of connecting to nature that are personal and meaningful to them.

A pilot project in Caithness between The Green Health Partnership and RSPB was initially developed with recognition that connecting to nature within your nearby area was beneficial. A nature prescription calendar was created for Caithness which includes activities within the specific local environment.



Nature Prescription 2024

Following the success of a training event held in Caithness with Kate Thompson , GHP and Francis Simpson ,RSPB , ongoing development of The Nature Prescription Tool has progressed over the past year .

This includes a Nature Prescription Online training event .



The event saw around 30 various participants invited from Mental Health Teams and Green providers to join a e-learning event to encourage use of the Nature Prescription tool .

The training session was built on the Nature Prescription Training Guidance developed to allow deeper understanding and connection with nature.

Joint working between GHP and RSPB has enabled progress from development of the Caithness Specific calendar Caithness Nature prescription Calendar and further development of a Highland Wide Nature Prescription Calendar .

Nature Prescription Training Guidance



Nature Prescriptions - An invitation to connect with nature

57%

An RSPB Training Tool

Think Health Think Nature

Exploring your own connection with Nature

Highland Green Health Partnership

The Highland Green Health Partnership

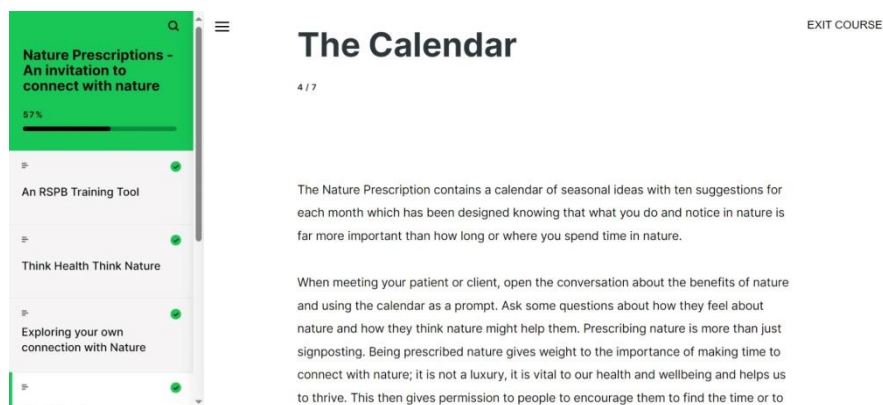
The partnership works to connect people in the Highlands with nature to improve their health and wellbeing.

Working together, RSPB and NHS Highland aim to equip staff with materials, training and advice to enable them to offer RSPB Nature Prescriptions to their clients to improve

Training

Nature Prescriptions – an invitation to connect with nature

A e-learning module has been created in partnership with RSPB to accompany the distribution of nature prescriptions by health professionals. The recommendations are to take the course prior to ordering the nature prescriptions resources.



Nature Prescriptions - An invitation to connect with nature

57%

An RSPB Training Tool

Think Health Think Nature

Exploring your own connection with Nature

The Calendar

4 / 7

The Nature Prescription contains a calendar of seasonal ideas with ten suggestions for each month which has been designed knowing that what you do and notice in nature is far more important than how long or where you spend time in nature.

When meeting your patient or client, open the conversation about the benefits of nature and using the calendar as a prompt. Ask some questions about how they feel about nature and how they think nature might help them. Prescribing nature is more than just signposting. Being prescribed nature gives weight to the importance of making time to connect with nature; it is not a luxury, it is vital to our health and wellbeing and helps us to thrive. This then gives permission to people to encourage them to find the time or to

Training

Nature Prescriptions – an invitation to connect with nature

The course takes 30 minutes to complete and is available for free through TURAS. To use the service you will need to create an Turas account .

Turas Nature Connection Module

[Turas Nature Connection e-learning modulezone/mental-health/mental-health-nature-prescription-an-invitation-to-connect-with-nature](#)

The course can be found within the Mental Health learning resources.

Mental health : nature prescription - an invitation to connect with nature

The guidance resource is for healthcare professionals encouraging and prescribing clients to connect with the natural world to benefit their mental and physical wellbeing.

The aim of this resource is to:

Learn what a Nature Prescription is and understand the benefits of health of connecting with nature for professionals and the people they work with.

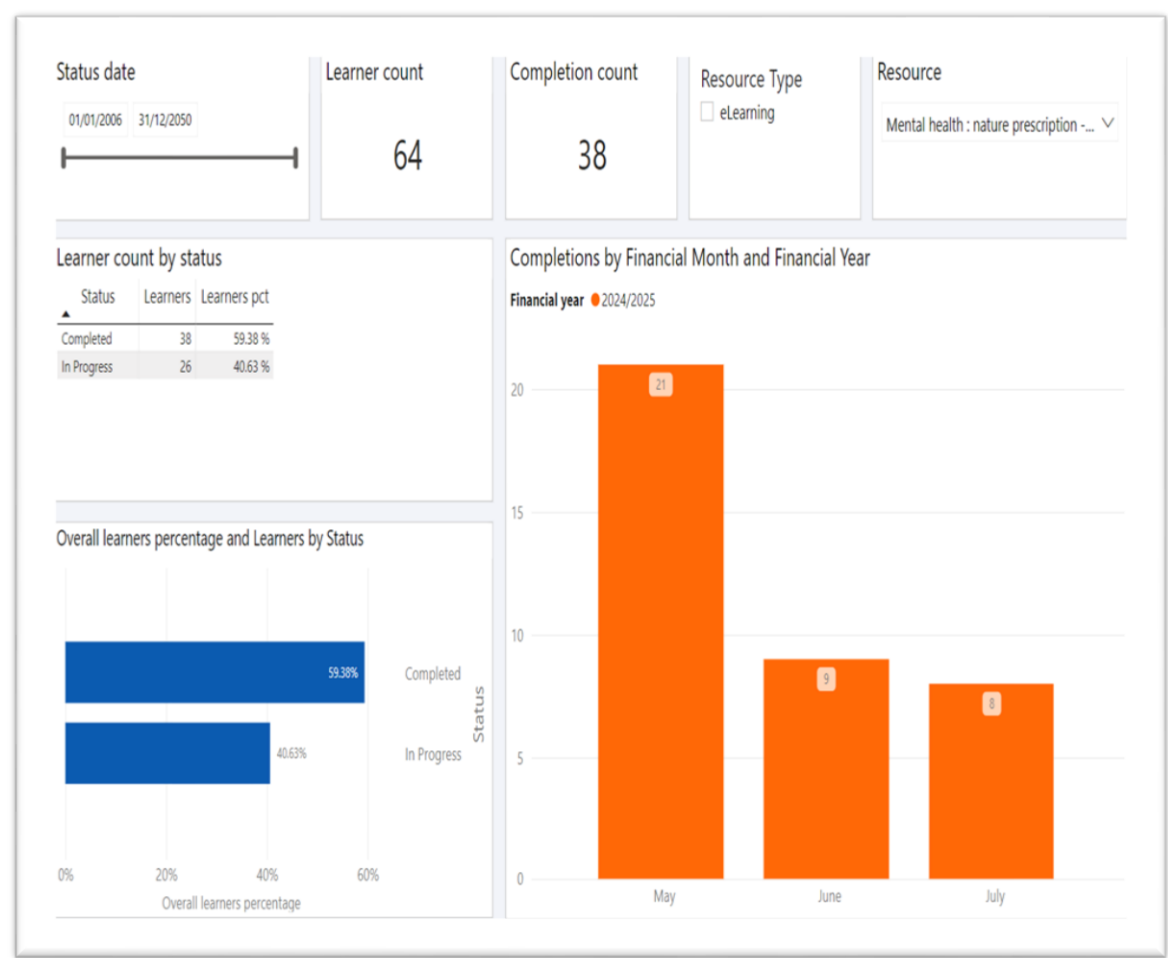
Review; gain an overview of some of the research evidence that underpins this work.

Reflect on own feelings about nature

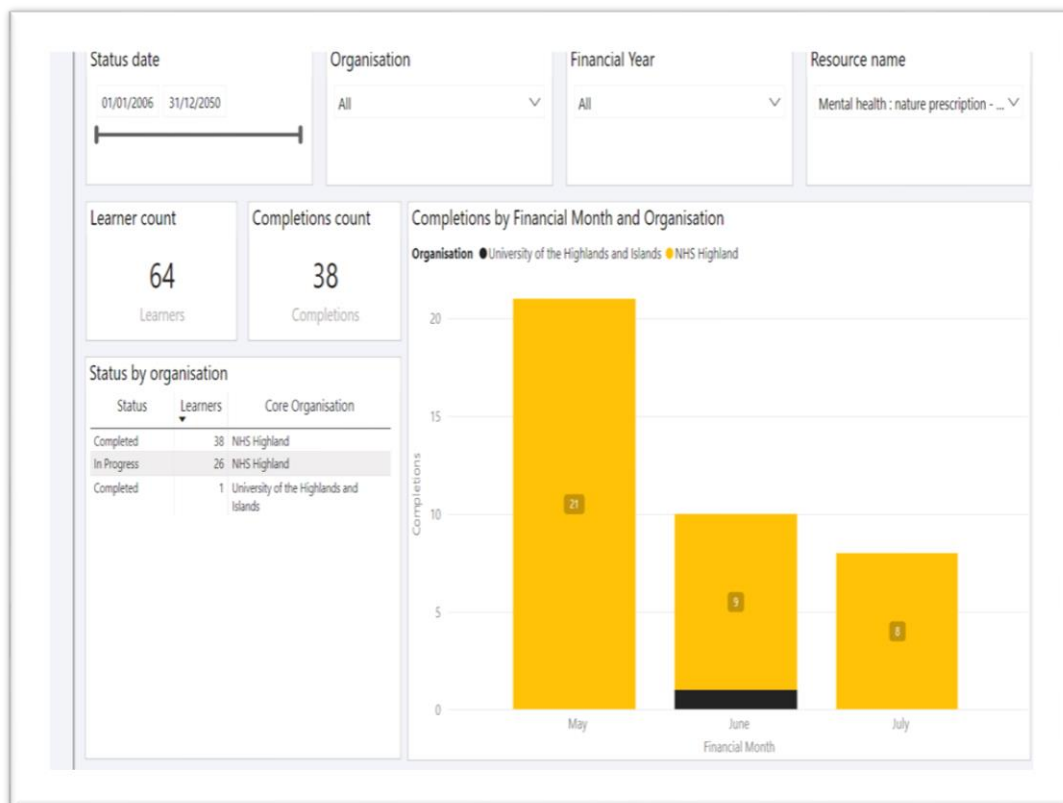
Deliver; know how to prescribe nature to patients and clients using the Nature Prescription calendar of seasonal suggestions and activities.

Reporting from Tura’s Module From May to August 2024, 73 Learners September have signed onto the e-learning course .

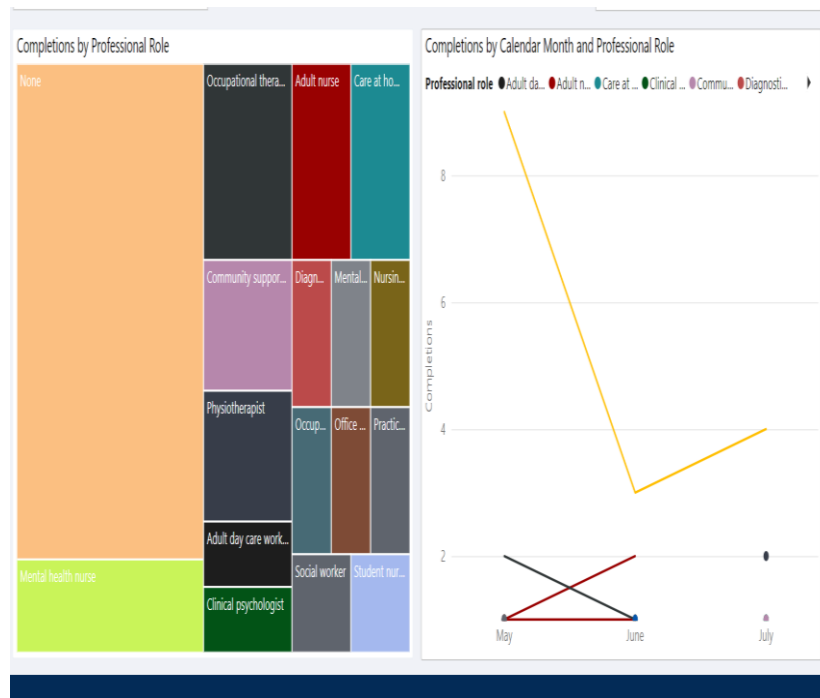
Organisations includes NHS Highland and University of Highland and Islands .



Completion by Organisation includes NHS Highland and University of Highland and Islands



A variety of Health Professionals have completed the course including : Occupational Therapists , Physiotherapists , Clinical Psychologists , Occupational Health , Psychiatrists , Social workers , Nurses , Team leads and Professional Team leads in Mental Health , Dentistry , School Nurses , Radiographers, Care at home providers and Practice educators .



Positive User Comments include :

" This was lovely and I really enjoyed the interactive nature of this module "

" Really helpful ideas and insight into the importance of connecting with nature "

" This was a lovely read and very appropriate for a rural Mental Health Team to apply to their working "

Nature Prescription Evaluation

"Nature calms me and gives me a sense of belonging."

"I'm learning new things, and it is satisfactory especially when you are older. Nature can teach you things all the time and it is amazing!"

"Going to my garden, listening to the birds and bees makes me think with more clarity and I feel calmer."

"I got a better understanding of who I am and organised my thoughts better after I got in touch with nature."

"I felt more comforted and settled after I started using the calendar."

"After I lost my husband, being in my garden and observing the birds and planting flowers are the only things that help with my pain and makes me go on."

link worker and Nature Prescriber:

'It is rewarding, as a professional, to observe how Nature Prescription could help some clients overcome their problems by improving their well-being and giving them some sense. Nature can really help people to evolve and become a better version of them'.

link worker in Thurso/Halkirk:

'the nature prescription is a great tool to have when introducing the benefits of connecting with nature and mindfulness to our clients. It's something that all ages can use too and it's great to have something so relevant to the local area.'

NHS Highland and the Highland Green Health Partnership NHS Highland has carried out its own consultation with people across the region and the feedback from RSPB's evaluation supports our Pilot's findings:

Caithness resident

Nature is open and doesn't bother you, you can speak to it but it will never respond. It doesn't care who you are it's always there. Nature is welcoming and has helped me a lot; even just looking out the window on a rainy day was calming.

Caithness resident

When I visited my special nature place, I sat near the small lochan. I could smell the pond; I felt the roughness of the bark on the fence I sat on. I could hear the plop of rain drops on the water and I could see small movements in the water as fish fed on the insects on the surface.

I've been prescribing nature but didn't know what activities to suggest or where to tell patients to go. You're now giving us the materials we need to do this!

GP, Inchpark Surgery

