



**EVENT REPORT**  
Lothian Green Social  
Prescribing Forum  
Appendices

**BUILD A LOCAL NETWORK**  
Making Connections

# 1 APPENDICES

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## 1.1 APPENDIX 1. EVENT PROGRAMME

### **Green Social Prescribing Conference**

21st March 2022 - 11:30am - 4:00pm

Newbattle Abbey College, Dalkeith, EH22 3LL

**11:30-12:00 Registration & workshop sign up**

**12:00-12:20 Welcome & golden threads**

Kim Simpson and Rachel Hardie (on behalf of Ian Mackenzie) Edinburgh and  
Lothian Health Foundation / greenspace Scotland

**12:20-13:15 Perspectives on developing green social prescribing in Lothian**

Tracy McLeod, NHS Lothian Public Health

Judy Paul, Newbattle Abbey College

Charlie Cumming, Edinburgh and Lothian Greenspace Trust

Hannah Macrae, Cyrenians

**13:15-14:00 Lunch & networking**

**14:00-15:00 Workshops / experiences**

Opportunities to get together and share what we want to do, what we have  
learned and what we need to do next.

**15:15-15:45 Q&A panel discussion**

**15:45-16:00 Closing remarks**

## 1.2 APPENDIX 2. IMAGES FROM THE DAY



*Attendees gathered in the conference room at the start of the day.*



*Workshop providers meeting facilitators*



*Workshop A: Good Conversations*



*Workshop B: Nature Prescriptions*



*Workshop C: Green Health Strategies*



*Workshop E: Discover the Elder Tree*



*Workshop F: Kelly Kettles and Tree Art*



*Workshop G: Mark the Spring Equinox Mandala Making*



*The completed mandala*

## 2 APPENDIX 3. WORKSHOP SUMMARIES

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### 1. What have you been doing / want to do?

Attendees of all the workshops represented all three of the groups of potential prescribers, providers and enablers. The common theme for the aims and motivations for attending were to gather information and foster a better understanding. For prescribers this was largely a fact-finding mission for most attendees who were looking to find out more about what projects and services were available and how they worked. For providers it was about explaining their services and what the benefits of them were to previous and existing users as well as promoting them to potential prescribers to gain more referrals.

Individual answers included:

I have been:

- *Hosting outdoor activities with mums & kids.*
- *Helping to build resilience - they don't see it as learning.*
- *Therapeutic gardening.*

I want to:

- *Find out what options exist.*
- *See how it will actually work. I think we all believe in the idea of green social prescribing but are not sure how to access it and make it work, particularly in built up parts of the city.*
- *Understand which projects are available.*
- *Find out how to engage with and support the project.*
- *Join up the various services and providers and not feel like we are working in isolation.*
- *Start providing blue prescribing.*
- *Get clients to identify a green area where they are and visit them there and meet them where they are.*
- *Understand the mechanisms of prescribing.*

### 2. What have you learned?

Attendees of all sessions were very open to listening and learning from the providers and from each other. The experiential workshops provided a real taste of the sort of benefits that green social prescribing can offer, while the indoor workshops provided opportunities to share experiences.

Individual answers included:

- *Women take up and prescribe more than men.*

- Prescriptions really help people take up the recommended activity - they are more than just a piece of paper.
- Evaluation and measurement can be difficult. Forms / paperwork remind users of negative experiences and can negate the benefits.
- You need to treat whole family - social prescribing can help with that.
- It's so simple, you don't need loads of equipment, you don't need experience to attend a session.
- It's so accessible, activities can be done on a long or a short walk.
- It's great for people who are disconnected to nature.
- You need patience, trust, sustainability - it can be difficult to build up trust with programmes as they can pop up and disappear due to short term funding.
- Suitable for all ages, all social groups.
- I think medical staff have been blinkered to medication, but we are realising that there are other options to be used alongside or even instead of meds.
- This is really suitable for people who have experienced trauma. The outdoors works well as they are able to walk away / escape if they feel uncomfortable.
- To try to meet in neutral spaces which are not an institution.
- Being outside promotes ownership and a sense belonging in that space.
- I am feeling more empowered after today.
- To take time to listen to nature and just be.
- That Covid offered an opportunity for a rapid response and investment in outdoor learning.
- That personal journals give a greener insight and show the benefits of nature in building confidence.
- That meeting people's needs is the most effective way to help.
- Outdoor activities give people a sense of purpose eg. witnessing nature and becoming custodial / empathetic / conservation minded (such as litter picking, helping wildlife).
- Being present, slowing down, enjoying the journey.
- It's great to find some space in the day.
- We don't get permission as adults to reconnect with childhood.
- You can learn so much by being outdoors.
- If you are prescribing you must experience it yourself.
- We are all just humans.
- Activity can be passive as well as active.
- A prescription form is an aid to write down and take-away but prescribers need to actually understand what they are signposting patients to. A 'warm handover' is far better and likely to result in the patient accessing a service.

### 3. What do you need to do next?

The workshops and experiential sessions created an environment of empowerment for attendees to feel positive and able to make positive change.

Individual answers included:

- Understand about referral to both open sessions / drop ins and closed sessions.
- Understand and talk through the process when prescribing.
- Understanding offerings is key but takes time / NHS doesn't have time to do research.
- Training in *Good Conversations*.
- Start designing an 'action research' project.
- Start small.
- Put info in our practise to raise awareness of local green spaces.
- Make more of an effort to put my *Good Conversation* training into practice.
- Follow up networking - people I have meant to chat with before and have met today.
- Look into local third sector organisations that I can link up with.
- I'm going to carry on trying to smash through my middle-class filter of what outdoor spaces are!
- Just because I view a space a certain way it doesn't mean everyone else does.



## 2.1 APPENDIX 3. FACILITATOR NOTES:

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Allyson H. Haysler

What have you been doing / want to do?

Creating a walking tour for the park  
 That provides the following:  
 - walk route - gets ideas to identify a path from a road to a park  
 - map for the class that shows where they are  
 - walk route that shows where they are  
 - walk route that shows where they are

What have you learned?

That it is a good idea to have a walking tour that is not too long and not too short. It is important to have a walking tour that is not too long and not too short. It is important to have a walking tour that is not too long and not too short.

What do you need to do next?

Training in "Good Conversations" - provided by the staff of the park. 5 workshops @ 3 hours.

Start doing an action research project - start small. Put up signs in the park to begin the process of local progress. Not sure if a sign to put my Good Conversations training in practice.

**Workshop feedback sheet**

Workshop ID: B Facilitator name: Kim Simpson

What have you been doing / want to do?

- AFB's walking tour book
- "Ecologically gardening" - measurement of positions of positions
- have started a book with it
- working community with other interests within school

What have you learned?

- women take up and practice more than men
- maps + prescriptions + photos paper helps people take up
- people like to be involved in the process
- worked with families to do a walk also a positive result
- provides information on this group
- how also fun and enjoyable
- expected to be less
- how do we get people to do it?
- how do we get people to do it?
- how do we get people to do it?

What do you need to do next?

- evaluate and measure the impact
- evaluate and measure the impact
- evaluate and measure the impact

**Workshop feedback sheet**

Workshop ID: C Facilitator name: Sharon Grant

What have you been doing / want to do?

- Community-based health with people activities. Want to encourage people to do more of it.
- Encourage people to trust people to trust themselves
- Encourage people to trust people to trust themselves
- Encourage people to trust people to trust themselves

What have you learned?

- Community-based health with people activities. Want to encourage people to do more of it.
- Encourage people to trust people to trust themselves
- Encourage people to trust people to trust themselves
- Encourage people to trust people to trust themselves

What do you need to do next?

- evaluate and measure the impact
- evaluate and measure the impact
- evaluate and measure the impact

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Sue Houghton

What have you been doing / want to do?

Creating a walking tour for the park  
 That provides the following:  
 - walk route - gets ideas to identify a path from a road to a park  
 - map for the class that shows where they are  
 - walk route that shows where they are  
 - walk route that shows where they are

What have you learned?

That it is a good idea to have a walking tour that is not too long and not too short. It is important to have a walking tour that is not too long and not too short. It is important to have a walking tour that is not too long and not too short.

What do you need to do next?

Training in "Good Conversations" - provided by the staff of the park. 5 workshops @ 3 hours.

Start doing an action research project - start small. Put up signs in the park to begin the process of local progress. Not sure if a sign to put my Good Conversations training in practice.

**Workshop feedback sheet**

Workshop ID: E Facilitator name: Jamison

What have you been doing / want to do?

Extra notes when July presenting

Participants of workshop

- Being present, slowing down
- outdoors
- demands pleasurable (birds, outdoor music)
- "Enjoying the journey"
- Very mindful

What do you need to do next?

- "jobs to have the end product"
- All forest + Outdoor Learning covered in this workshop
- show how simple and effective an activity like this can be
- Plant identification, learning properties of plants; safe use of tools; fabrication of product; REFLECTION ... etc)

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Judy Paul, Outdoor Learning, Newcastle

What have you been doing / want to do?

WHAT LEARNED

- Tried different evaluation methods eg NRS, Nature Journals
- PERSONAL JOURNALS give a greener insight + show the benefits of nature in building confidence
- meeting people's needs most effectively - relating to Midway conversations
- outdoor activities gives people a sense of purpose eg witnessing nature becoming cultural / environmental / conservation minded (like planting, helping wildlife etc)

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Kelly Kettles

What have you been doing / want to do?

WHAT NEXT

- outdoor learning (accredited) moving into midlethorpe certified high school curriculum
- tools for Learning 2nd programme
- FAMILY DAY "Prescribe Nature"
- Provide participants with clothing, transport + childcare
- Provide participants with kit + flask etc
- Developing work with course participants + include their families
- Develop Level 5 FOLA award

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Bianca

What have you been doing / want to do?

Prescribe Nature

What have you learned?

It is so simple. Don't need loads of equipment. Don't need experience to do this session. So accessible. Can be done at any of our sites. Great for people who are concerned by nature. Also, provide a sense of responsibility. Great for people who are concerned by nature. Also, provide a sense of responsibility. Great for people who are concerned by nature. Also, provide a sense of responsibility.

What do you need to do next?

- evaluate and measure the impact
- evaluate and measure the impact
- evaluate and measure the impact

**Workshop feedback sheet**

Workshop ID: [ ] Facilitator name: Lisa McCall

What have you been doing / want to do?

WHAT NEXT

- outdoor learning (accredited) moving into midlethorpe certified high school curriculum
- tools for Learning 2nd programme
- FAMILY DAY "Prescribe Nature"
- Provide participants with clothing, transport + childcare
- Provide participants with kit + flask etc
- Developing work with course participants + include their families
- Develop Level 5 FOLA award

## 2.2 APPENDIX 4. MARKETPLACE:

The image shows two sheets of paper with handwritten notes and colorful sticky tabs, likely from a workshop or brainstorming session. The left sheet is titled "WHAT YOU NEED" and the right sheet is titled "WHAT YOU CAN OFFER".

**WHAT YOU NEED**

- Need for... (blue tab)
- How can... (orange tab)
- Need for... (yellow tab)
- Need for... (yellow tab)
- Need for... (green tab)
- Need for... (green tab)
- Need for... (orange tab)
- Need for... (orange tab)
- Need for... (blue tab)
- Need for... (green tab)
- Need for... (green tab)
- Need for... (orange tab)
- Need for... (orange tab)
- Need for... (green tab)
- Need for... (green tab)

**WHAT YOU CAN OFFER**

- Need for... (green tab)
- Need for... (orange tab)
- Need for... (orange tab)
- Need for... (green tab)
- Need for... (yellow tab)
- Need for... (blue tab)
- Need for... (green tab)
- Need for... (orange tab)
- Need for... (pink tab)
- Need for... (green tab)
- Need for... (orange tab)
- Need for... (pink tab)

2.3 APPENDIX 5: VISUAL MINUTES



## 2.4 APPENDIX 6: FILM OF GREEN SOCIAL PRESCRIBING FORUM 2022

hosted <https://www.elhf.co.uk/what-we-do/greenspace/>



# Lothian Green Social Prescribing Forum 2022



*Report prepared by Ros Halley, Tartan Jigsaw,*

*30. March 2022*