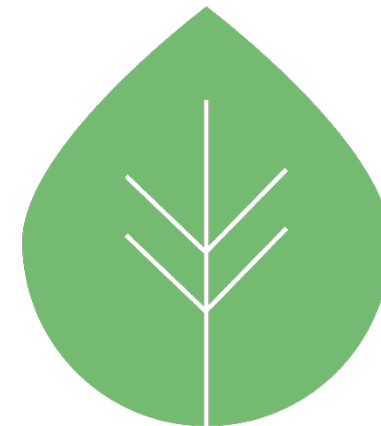




Welcome!

**Lothian Green Social
Prescribing Forum**

**21 March 2022
Newbattle Abbey College**



Edinburgh & Lothians
Health Foundation



**greenspace
scotland**

transforming urban spaces into people places



Agenda

11:30 – 12:00	Registration & workshop sign up
12:00 – 12:20	Welcome & golden threads Ian Mackenzie, Edinburgh and Lothians 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; Hannah Macrae, Cyrenians; Charlie Cumming, Edinburgh and Lothian Greenspace Trust
13:15 – 14:00	Lunch & networking
14:00 – 15:00	Experiential workshops Opportunities to get together and share what we want to do, what we have learned and what we need to do next. A list of workshops is provided below please sign up on arrival.
15:15 – 15:45	Q&A discussion
15:45	Closing remarks



Green Health Prescribing: its role in Lothian's COVID-19 recovery

What is green health prescribing?

Green health prescribing uses the interaction between people and health and care services to identify those who could benefit most and connect them with nature.

Encouraging that connection with nature can occur in a wide range of ways from suggesting a walk in the park, to signposting to local walking and gardening groups, to referral to a formal therapeutic programme.

It can take place in blue as well as green spaces.



Our vision shared vision

Green health prescribing that is:

- embedded across the system
- targeted at people who can most benefit

Resulting in

- reduced health inequalities
- stronger communities
- valued greenspace

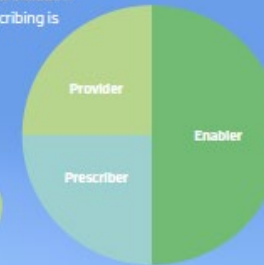
Who took part

The project spoke to a wide range of people and sought a balanced view across sectors and geographical areas.

Through interviews and pre-recorded videos we heard from those who could most benefit what was important to them, and the personal stories of people with lived experience of green health activities.



The project engaged with nearly 200 people. Potential providers and prescribers were equally represented. Enablers were an important group to include if green health prescribing is to become mainstream.



There was good representation from all of Lothian's areas. Lothian offers a huge range of both green and blue prescribing opportunities from sea to summit and everything in-between.



We made the most of digital technology to bring people together. This meant that health practitioners could join us from their consulting rooms and we could get the right people in the virtual room together.



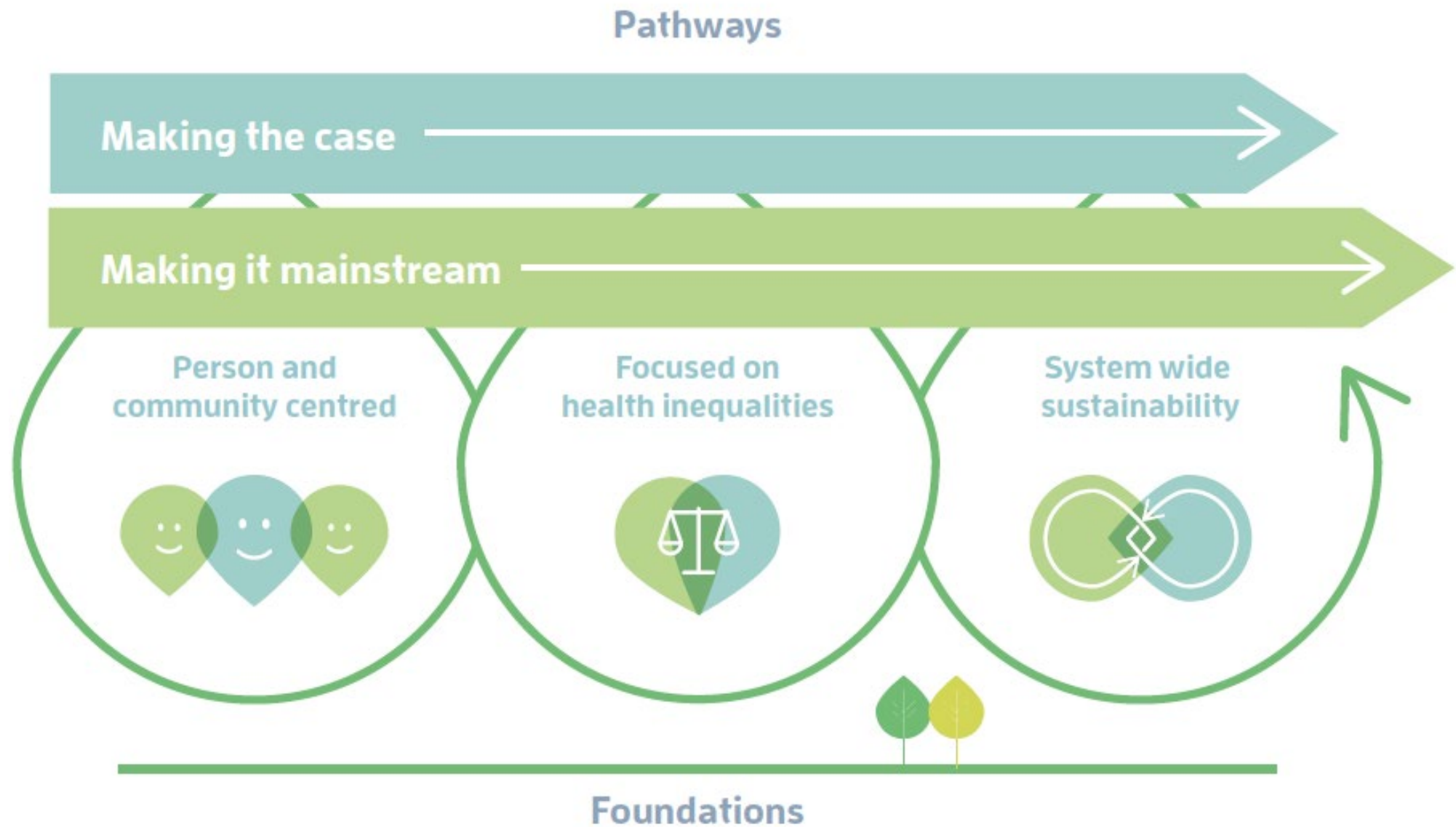


Figure 4 - Golden Threads for developing inclusive, effective and sustainable green health prescribing

What next for Lothian?

- **Learn:** sharing the learning by disseminating the report to a wide range of stakeholders
- **Communicate:** starting to understand what evidence decision makers need
- **Connect:** Building on our networks to encourage more collaboration; event in March 2022
- **Facilitate:** Working with pathfinder projects to develop processes and ways to integrate at systems level in all HSCPs

Call to action

Here are the actions we think everyone can take to help deliver the vision:



Champions are needed at every level: