

Perspectives

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Midlothian Green Health Prescribing

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Project Aim:

The Midlothian Green Health Prescribing project has been established to support Lothian's health and care workforce to **enable people to access green health activities**, particularly people most affected by COVID.

Green health activities should be part of COVID recovery because people taking part in them, staff as well as patients, experience:

- 
- Improved physical health
 - Improved mental health
 - Reduced social isolation and improved community cohesion
 - Reduced risk of transmission compared with indoor activities – “safer outside”



The Midway

In the Midlothian Health and Social Care Partnership we look for what is strong, not what is wrong.

We focus on what matters to someone and support them towards their personal outcomes.

Every time someone contacts our services they should be greeted in a way that works with them in the context of their life. We measure the difference we make to their outcomes.

The Midway is based on human rights and a person's assets. It recognises the role of communities, and focuses on:

Beliefs & Values	Good Conversations	Understanding Trauma	Addressing Inequality
Our staff are facilitators not fixers.	Our staff shift power to the person.	Our staff understand trauma.	Our staff recognise inequality.
They recognise the person is an expert in their own lives.	They support self management, building on coping and hopes.	They recognise and respond to the impact of trauma.	They address unfair disadvantages people face.

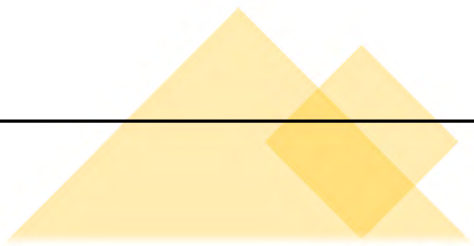
Staff Learning & Development

We offer training to all HSCP staff and some of our colleagues in the Council, Primary Care and Third Sector to help them develop their own practice and design their services.

We reduce barriers and increase accessibility by providing Bitesize Workshops and half day sessions. We model the approach when we work with our peers and manage others.



<p>Prescribers</p> <p>GPs</p> <p>Physiotherapists</p> <p>Pharmacists</p> <p>Practice Nurses</p> <p>Pry Mental Health Nurses</p>	<p>How many people signposted through green health prescription?</p> <p>How many referred to wellbeing for more support?</p> <p>What have you learned and gained and what could be improved and will you continue to prescribe?</p>
<p>Providers</p> <p>Ageing well</p> <p>Cyrenians/ MC Hospital Garden</p> <p>MAEDT/ Pavilion Garden</p> <p>Health in Mind</p>	<p>How many new people have contacted your service?</p> <p>How many attended?</p> <p>What was the health inequalities profile of person attending?</p> <p>What have you learned and gained and what could be improved and are you happy to continue to receive referrals?</p> <p>Ask participant if they have improved their wellbeing by attending?</p>



Practices

Quarryfoot

Newbattle

Pathhead

Eastfield

Loanhead

Strathesk





GREEN HEALTH PRESCRIPTION

Increasing time outdoors can help you feel better, less stressed, improve your self esteem and get you active.

Name:

CHI number:

We have agreed you will try to spend time outside by:

We have agreed you will contact one of the groups.

I will refer you to our wellbeing practitioner.

Signed/Date:

Pathways to address health inequalities

Self Supporting

We have agreed.....

- Time outside
- Contact a group

Supporting Self Management

- Wellbeing Practitioner



What is a Green Health Prescription?

A Green Health Prescription is to help people identify ways of increasing time outdoors in nature.

How long should I spend outdoors in nature?

20-30minutes three times a week is thought to be beneficial.

How can I overcome potential barriers such as pain or low energy?

Make small changes, doing things you will enjoy or find relaxing whilst paying attention to nature in your everyday life (read your book outside). Work with your highs and lows – consider what time of day you're likely to feel more energised.

How can I get the best out of the activities?

Practice mindful walking. Be present, notice how your feet feel on the ground. Count your breaths in time to your walking. Focus on one sense at a time: what do you hear, see, smell or feel?

Blue health?

Many people enjoy swimming outdoors but remember to think about safety before going in. There are organisations, groups and coaches who can support you.

Other outdoor organisations

- Out & About healthy lifestyle Programme - Ruth Wyatt: ruth@elgt.org.uk
- Communities and Lifelong Learning, Midlothian Council – cll@midlothian.gov.uk
- Midlothian Ramblers - www.ramblers.org.uk
- Royal Society for the Protection of Birds - www.rspb.org.uk

How to prescribe a Green Health Prescription

Green health activities can also be part of COVID recovery because they

1. Improve mental & physical health
3. Reduce social isolation and improve community cohesion
4. Reduce risk of transmission compared with indoor activities

1) Have a Good Conversation

A prescription should follow a 'good conversation' about what a person is hoping for, how they keep well and what may interest them. The Wellbeing Service can help with this.

2) Create a plan together

You can prescribe:

- **A personal recommendation** - e.g. take a 10min walk each day
- **A signpost to a service** – The services on the prescription are expecting people to contact them through this route. These are:
 - Pavilion Garden** - garden & café with activities
www.maedt.org.uk
 - Midlothian Hospital Community Garden** - garden & community space with activities
<https://cyrenians.scot/how-we-help/127-community-hospital-gardens>
 - Ageing Well** - walks and activities including netball, football and Tai chi
www.midlothian.gov.uk
 - Health in Mind Outdoors** - wellbeing groups in nature (may need transport)
www.health-in-mind.org.uk/services/d1/?filter1=midlothian
 - Mental Health Swims** - Portobello and Wardie Bay (will need transport)
www.mentalhealthswims.co.uk/swim-meet-locations/
 - Midspace** – website with advice on how to keep well & links to local organisations
<https://midspace.co.uk/self-help/tips-and-advice-to-boost-mental-health-and-wellbeing/>
- **A referral to the Wellbeing Service** – if the person needs more support and a longer conversation about their wellbeing. Email their name, CHI number, address and postcode, telephone number and your GP practice to refer them. It is helpful if you can say what the person is hoping to be better/different.
loth.wellbeingmidlothhscp@nhslothian.scot.nhs.uk

3) Share it

The prescription can be filled out on your computer and attached to an email – or printed and given to the person.

November

November is a wonderful time to visit the garden. The weather is just what you need to get out and about. It's also a great time to see the autumn colours and the birds in their natural habitat.

December

December is a wonderful time to visit the garden. The weather is just what you need to get out and about. It's also a great time to see the autumn colours and the birds in their natural habitat.

NHS

IT SCRIPTION FOR AGEING WELL

Health needs checklist:

- Ageing Well
- Healthcare
- Medication
- Physical
- Mental
- Social
- Environmental

For more information, contact your GP or the Ageing Well team.

NHS

Ageing Well

CALL 0131 561 6506

Ageing Well is a national programme that helps older people live well and stay independent.

MIDLOTHIAN AGEING WELL PROGRAMME

Day	Time	Activity	Location
Mon	10.00-11.00	Best Step Forward	Penicuik Leisure Centre
	11.00-12.00	Best Step Forward	King George V Park, Bonnyrigg
	12.30-1.30	Line Dancing	Leith Community Centre
	1.30-2.30	Line Dancing (Beginners)	Leith Community Centre
	2.30-3.30	Line Dancing	Leith Community Centre
	3.30-4.30	Line Dancing	Leith Community Centre
	4.30-5.30	Line Dancing	Leith Community Centre
	5.30-6.30	Line Dancing	Leith Community Centre
	6.30-7.30	Line Dancing	Leith Community Centre
	7.30-8.30	Line Dancing	Leith Community Centre
Tue	10.00-11.00	Best Step Forward	Penicuik Leisure Centre
	11.00-12.00	Best Step Forward	King George V Park, Bonnyrigg
	12.30-1.30	Line Dancing	Leith Community Centre
	1.30-2.30	Line Dancing (Beginners)	Leith Community Centre
	2.30-3.30	Line Dancing	Leith Community Centre
	3.30-4.30	Line Dancing	Leith Community Centre
	4.30-5.30	Line Dancing	Leith Community Centre
	5.30-6.30	Line Dancing	Leith Community Centre
	6.30-7.30	Line Dancing	Leith Community Centre
	7.30-8.30	Line Dancing	Leith Community Centre

Cyrenians

Community Gardens Autumn Newsletter

Autumn is a beautiful time to visit the garden. The weather is just what you need to get out and about. It's also a great time to see the autumn colours and the birds in their natural habitat.

Connecting to nature

Connecting to nature can improve your mental health, reduce stress, and increase your energy levels. It's a simple way to feel better and live healthier.

Green Health Prescribing

For more information speak to your healthcare professional

GREEN HEALTH PRESCRIPTION

Increasing time outdoors can help you feel better and get you active.

Try to spend 20-30 minutes 3 times a week outside. Start small, stay local. Try doing everyday things the outdoor way. Consider the time of day you feel most energetic. Find somewhere local that is easy to get to.

Be mindful. Practice mindful walking. Notice how your feet feel on the ground. Check your breath as you go. Focus on one sense of a thing: what do you see, hear, smell or feel?

Medication Community Support Services (MCS) FREE
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NATURE ACTIVITIES FOR KIDS

Activities include: Find a 'T' word, Build a sandcastle, Dig for worms, Plant a seed, Make a garden, and more.

Community Payback Teams in the garden

These teams are working hard to improve the garden and make it a better place for everyone.

Blog Highlight: Building something beautiful with the John Muir Award

Read more about the John Muir Award and how it can help you build something beautiful in your garden.

Garden Guru Top tip

Leaf mould is a great way to improve your soil. It's easy to make and it's free. Just collect fallen leaves and let them rot.

NORTH ESK CYCLE LOOP

A route for cyclists that takes you through some of the most beautiful scenery in the North Esk valley.

NORTH ESK CYCLE LOOP & PENICUK LINK

A route for cyclists that takes you through some of the most beautiful scenery in the North Esk valley and Penicuik.

Health in Mind Outdoors

Promoting the use of greenspace and nature based activities to help improve mental health and wellbeing.

Outdoor Garden Group

A group of people who meet regularly to work on the garden and enjoy the outdoors.

Walking group

A group of people who meet regularly to go for walks in the park and enjoy the outdoors.

Quarryfoot Practice

100 High Street, Bonnyrigg EH19 2ET

Local Greenspace

- King George V Park
- Springfield Mill
- Mavisbank House
- Vogrie Country Park
- Dalkeith Country Park
- Florentine and Pentlands Hills Regional Park
- Old Railway from Penicuik to Dalkeith
- Goreghen
- Crichton Castle
- Rosslyn Glen Nature Reserve
- Newbattle Abbey
- Penicuik House
- Stratton Pond Nature Reserve

Park run

- Vogrie

Outdoor Gyms

- King George V Park
- Mayfield Park

Proud to be a parkrun practice

In linking with Vogrie parkrun event

is certified as a QUALITY FOOT PRACTICE

parkrun practice

parkrun UK and the Royal College of General Practitioners (RCGP)

Date: _____

Signature: _____



Thank You

