

Perspectives

Charlie Cumming CEO Edinburgh and Lothains Greenspace Trust





Thrive Edinburgh: Physical Activity & Greenspaces

Lothian Green Social Prescribing Forum

21 March 2022

Charlie Cumming Edinburgh & Lothians Greenspace Trust

Edinburgh & Lothians Greenspace Trust

OUR VISION:

Everyone in Edinburgh and the Lothians has access to quality greenspaces to improve their health and wellbeing.

- What we want to accomplish:
 - 1. Create, enhance and improve access to quality greenspaces for people and wildlife.
 - 2. Improve physical and mental health through the use of greenspaces.
 - 3. Increase community engagement to highlight the importance of greenspaces.

Edinburgh & Lothians Greenspace Trust

- ELGT's Service Delivery:
 - The Greenspace Trust deliver a range of health activities in South Edinburgh to address health & social inequalities through a programme of greenspace activities and healthy eating
 - ELGT employ a Community Link Worker that is based in 3 GP practices in South Edinburgh with another part-time post starting soon
- ELGT's Project Delivery:
 - Range of greenspace projects including biodiversity and park improvements, green active travel creation and woodland establishment
 - Programmes of greenspace activities through community engagement in areas of disadvantage - Craigmillar Castle Park, West Pilton Park
 - Large scale delivery of new parks and active travel routes: Little France Park and the West Lothian Shale Trail

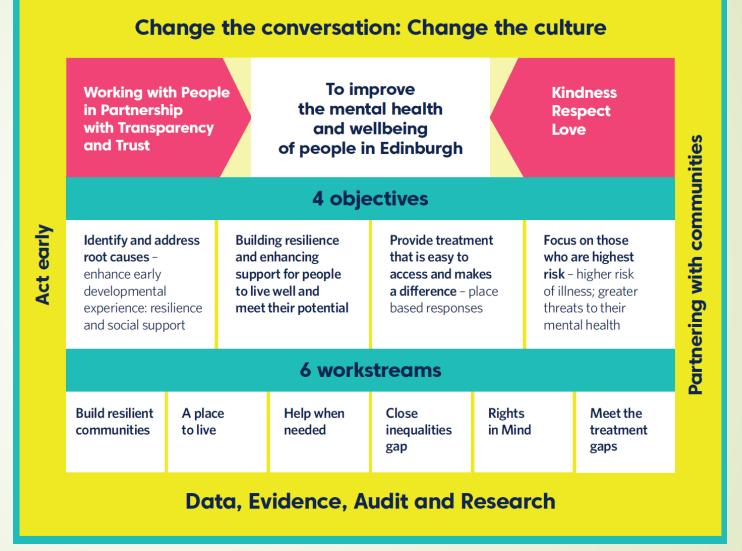
Edinburgh & Lothians Greenspace Trust

The evidence base for green health activities is strong.

- There are a wide range of initiatives established across Edinburgh and the Lothians to support people to engage either individually, or in groups.
- Services provided by third sector organisations such as ELGT
- Referrals can be either self-referred (non-prescribed) or through health and care practitioners.
- Referrals to greenspaces activities vary considerably by area.
- COVID mitigation measures resulted in many activities being significantly scaled back during periods of lockdown and social distancing restrictions.

Thrive Edinburgh

- Part of the Edinburgh Health & Social Care Partnership Strategic Plan 2019-2022
- The Thrive Collaboration offers a fresh and exciting public health approach to urban mental health, built on explicit principles for action that guide, anchor, and align work along the wide breadth of its vision.



Thrive Collective – Physical Activity and Greenspaces



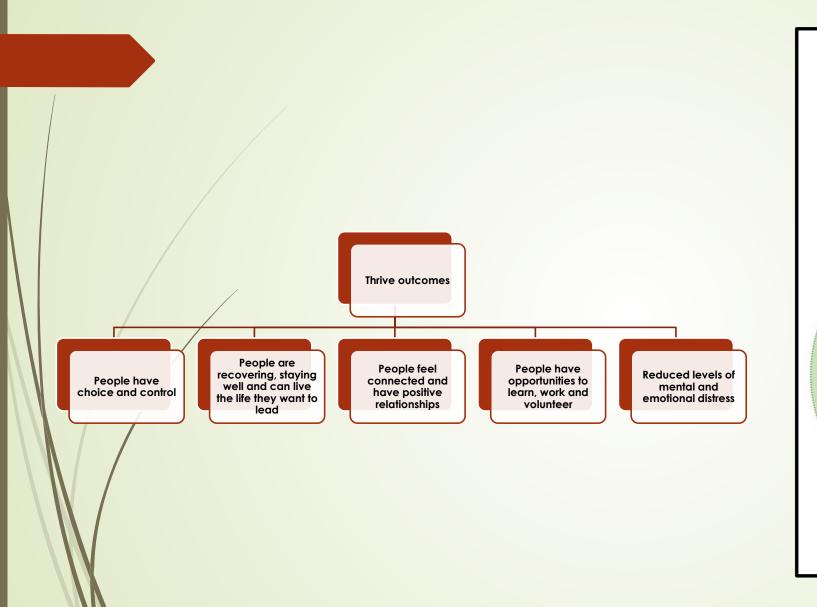


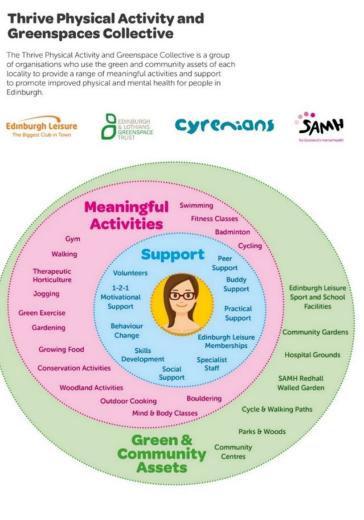






cyremians





Meeting Thrive Outcomes

- People have choice and control the partnership offers a wide range of physical activity and outdoor activities
- People are recovering, staying well and can live the life they want to lead we encourage participants to get outside, form healthy habits and make sustainable lifestyle choices
- People feel connected and have positive relationships our activities connect participants to their local community by using local greenspaces and developing positive peer networks with other local people
- Reduced levels of mental and emotional distress we support participants to be aware of their mental and emotional health and help them to develop coping mechanisms, which may include going for walks and interacting with their natural environment.

- 5-year (+3 year extension) contract
- £250,000 value per annum commenced 1st December 2020
- The Collective will provide a range of opportunities for people to connect with their natural environment and enjoy getting active outdoors.
- key priority will be to build working relationships with the new Thrive Welcome Teams and other organisations within the Thrive Network
- group will promote our range of activities to The Welcome Teams and other referring partners, to ensure that people are choosing and reaching the right project for them.
- to build understanding of the benefits of physical activity and greenspaces and how they aid people in their mental health recovery

ELGT Activities

- ELGT are delivering meaningful outdoor activities that enable people to access local greenspaces to improve their physical and mental health.
- ELGT have developed weekly walking groups in each of the localities. Walks will be suitable for a range of abilities.
- ELGT are also working with with jogscotland to introduce two jogging groups, which run over 12 week blocks, in each locality.
- 8 weeks of 'Conservation and Bush Craft' activities, held 12 times each year, spread across the localities.
- One 12-week 'Branching Out' woodland programme in each locality working with 48 people each year.

Partner Activities

- Edinburgh Leisure deliver Healthy Active Minds (HAM), a city-wide physical activity referral service that supports people affected by mental health conditions from across all four localities each year.
- Biodiversity, orchard and woodland management workshops delivered by Cyrenians using the Royal Edinburgh site and other hospital sites.
- SAMH Redhall Walled Garden (RWG) in the South West of the City are providing people with opportunities to become 'trainees' and take part in therapeutic horticulture in a safe and calming space

Referrals

- Currently, professional referral and self-referral enquiries can either be submitted directly on our paper referral form or via the ELGT website
- Professional referrals have come via Thrive Welcome Teams, CLW's, Turning Point and Cyrenians
- To date most of the participants have been self referrals albeit some do not necessarily really fit the Thrive mental health remit
- Still early days for the project and the fall out from Covid has resulted in lower numbers than expected and the Thrive welcome Teams are still in the prototype stage
- Longer term it is envisaged that activities will be tailored to meet the demand of incoming referrals



Thank you

Charlie Cumming charlie@elgt.org.uk @cicumming