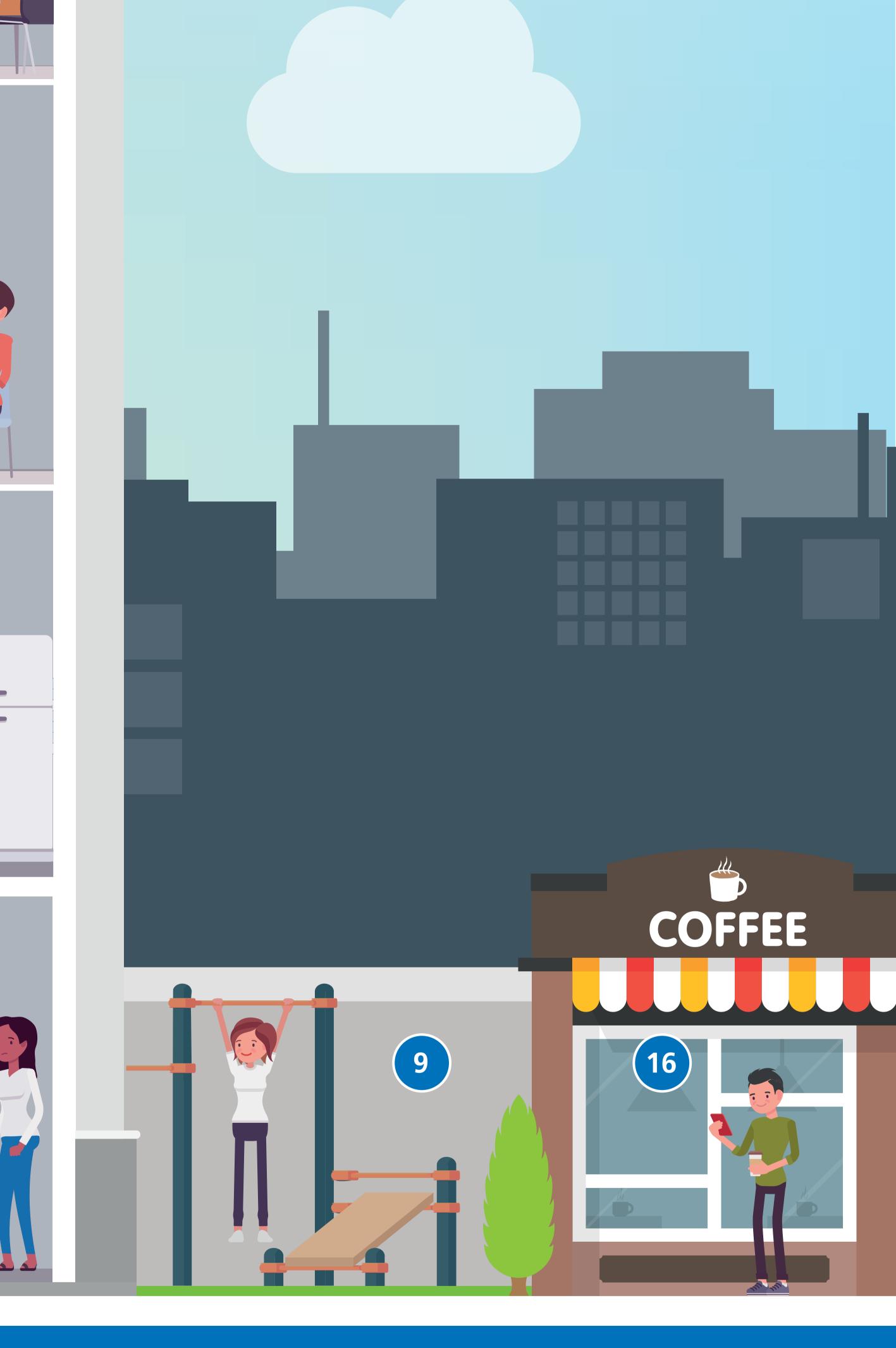


How to use your building to support social prescribing

Small changes can create great opportunities







- Welcoming entrance with a less clinical feel
- 2 Decorative pieces from local artists and schools to create sense of shared ownership
- Information on self-referral and community services

- Space for volunteers to isolated or struggling
- Tea and cake station and chairs facing each other to encourage conversation
- 6 Charity-run cooking classes or food bank support

- Allotments managed) by local people and community groups
- Wellbeing gardens for people to relax, talk and destress
- 9 Outdoor gym for mental and physical wellbeing

- Use sheds or outbuildings 10) for outdoor community
- Bookable shared space for singular or group therapy
- Bookable shared space for 12 Bookable snared space for community groups, with evening access enabled for after work classes

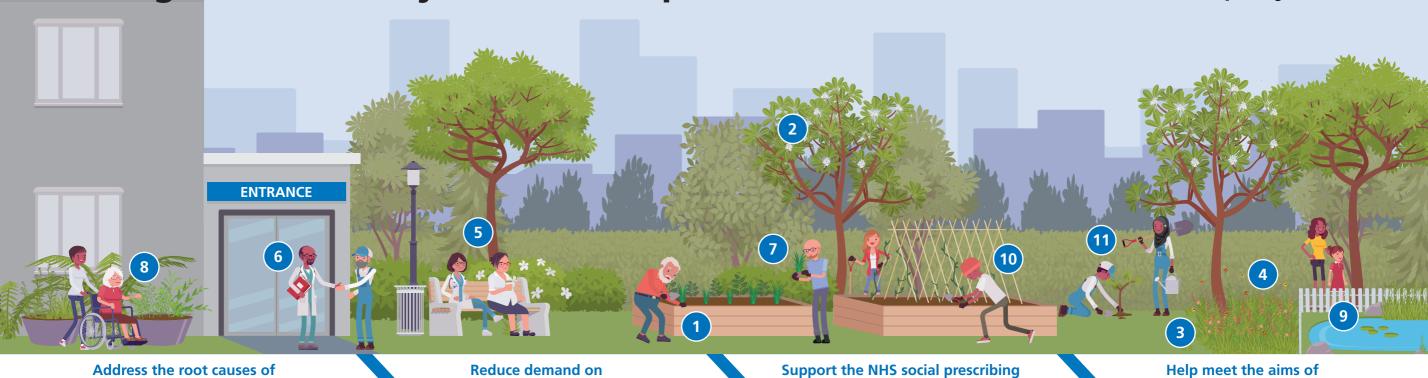
- Co-locate support services such as free legal advice
- Office for link workers to work between clients
- Involve community members in the design of facilities and build relationships with them to understand their needs and priorities, and work together to cocreate initiatives
- Partner with local cafes to run support groups and other activities
- Nurture partnerships with ICS partners to enable more integrated care for communities





Making the most of your Green Space





Giving patients with long-term health conditions the opportunity to grow their own food not only provides a sustainable source of good nutrition, but also brings people together to reduce feelings of isolation and loneliness. 10.2 million people in the UK do not have easy and affordable access to healthy foods such as fresh fruit and vegetables, which leads to a range of health issues.

health concerns

- Green spaces help improve air quality and reduce pollution levels in the air we breathe. Poor air quality is the highest environmental risk to public health in the UK and can lead to many chronic conditions such as respiratory disease, asthma and lung cancer.
- Having an outside space that is looked after by patients and colleagues or leaving a defined wildflower area to grow freely can reduce maintenance costs at a site.
- Increasing the biodiversity of plants helps to support pollinator populations, which are essential for our global ecosystem by increasing the availability of food for these important species.

Spending time outdoors can help NHS colleagues feel more relaxed, refreshed, and reenergised, helping them to deliver excellent patient care. Studies show that staff who regularly spent time in green spaces during the working day reported significantly higher levels of wellbeing than those who did

primary care services

objectives set out in the Long-Term Plan

- Retain and build good relationships with customers by providing them with services and support they may not be able to source otherwise, as well as attracting new customers by improving our reputation and service offering.
- Horticultural therapy is becoming more widely used within mental health services, giving patients the opportunity to socialise, learn new skills, and have a sense of purpose and responsibility. The spaces can help reduce feelings of isolation and loneliness, and provide a better treatment experience.
- 8 Aromatic and tactile plants can stimulate the senses of people with Alzheimer's and dementia, as gardens play a key role in triggering memories.

Blue spaces provide a lot of the same benefits as green spaces, such as increased feelings of calm. They can also help improve site drainage, reduce the risk of flooding, and attract more diverse insect and invertebrate species.

the Green Plan

- Green spaces provide our colleagues with opportunities to volunteer to directly support our customers and their patients. It gives teams a chance to come together, build relationships, and see the difference their work is having on out communities.
- Planting native trees can provide a habitat for insects and birds, mitigate flood risk, cool building temperatures, and capture carbon. Research has also suggested that patients with a view of trees from their window have faster recovery times and reduced need for painkillers.

References

- NHS Forest: Green space for health
- NHS Forest: Space to Breathe
- R S Ulrich study
- Public Health England: Health matters, air pollution
- 10 Million Britons are Living in a 'Food Desert'