Trees and Health in The Mersey Forest

Developing partnerships and calling it a consortium!

Paul Nolan - Director, Mersey Forest







The Mersey Forest

- 1,370 km²
- 1.7 million people







Our vision is to get "more from trees" to help make Merseyside and North Cheshire one of the best places in the country to live.



We will work with partners, communities and landowners across rural and urban areas, to plant trees and woodlands, improve their management, and complement other habitats. This will increase woodland cover to 20% of the area. We will revitalise a woodland culture, and bring economic and social benefits through our transformed environment.







Policies

Who

- 1. Partnership working
- 2. Empowering communities
- 3. Advising and supporting landowners

What

- 4. Planting and design
- 5. Long term management

How

- 6. Strategies, plans, policies, programmes and initiatives
- 7. Funding
- 8. Monitoring and evaluation
- 9. Research, evidence and mapping
- 10. Communications

Why

- 11. The economy and tourism
- 12. Woodfuel, timber and forest industries
- 13. Wildlife, biodiversity and ecosystems
- 14. Climate change
- 15. Flood alleviation and water management
- 16. Access recreation and sustainable travel
- 17. Health and wellbeing
- 18. Natural play and education
- 19. Life-long learning, training, skills and jobs
- 20. Culture, heritage and landscape

Where

Cheshire West and Chester

Halton

Knowsley

Liverpool

Sefton

St.Helens

Warrington

Policy 17. Health and Wellbeing

We will promote the health and wellbeing benefits of trees and woodlands, for individual health as well as the wider wellbeing of our communities. We will make use of the maturing woodland resource to help support the five ways to wellbeing. We will work with health professionals to maximise the use of woodlands, from increased day to day use through to GP referrals..

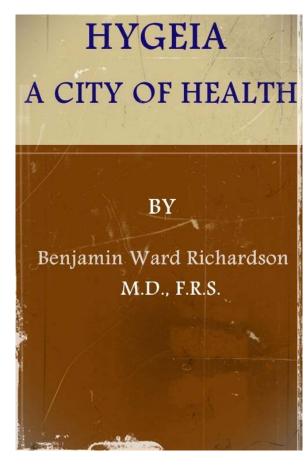






Urban Public Health as a Focus of Concern

- Physician Benjamin Ward
 Richardson wrote Hygeia, City
 of Health (1876) envisioning:
 - air pollution control
 - water purification
 - sewage handling
 - public laundries
 - public health inspectors
- such concerns motivated the Parks Movement









- During the 19th and early 20th centuries, the synergies between urban planning and public health were evident in at least three areas:
 - creation of green space to promote physical activity, social integration, and better mental health;
 - prevention of infectious diseases through community infrastructure, such as drinking water and sewage systems; and
 - protection of persons from hazardous industrial exposures and injury risks through land-use and zoning ordinances.







Why?

 "Our city faces some of the greatest health challenges in the country. It has some of the highest levels of deprivation and lowest levels of life expectancy. It has a high burden of disease and a relatively low take up of healthy lifestyles."









Or

- Joined up approach
- Business like
 - WWGD!

- Shared experience
- Avoid duplication

Natural Health Service







The **Natural Health Service** provides a single contact point to well-developed services in the natural environment, proven to tackle a range of health and wellbeing issues.

"Green spaces and natural environments provide a break from our busy lives - a great place to get some fresh air, reduce stress, exercise or play - a place to go and relax."

The Natural Health Service is a new way of linking people, their health and wellbeing and the natural environment through coordinated management with many partners and health focused organisations.

Halton Natural Health Service

The Natural Health Service in Halton, Merseyside, will offer fifteen free services from early September to just before Christmas this December, taking advantage of the area's wealth of green spaces and natural places.

www.naturalhealthservice.org.uk







Our Consortium

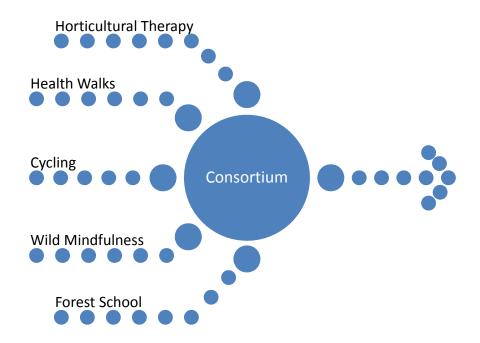
- Why a consortium?
 - Involved in too many partnerships
 - -Sounded more business-like

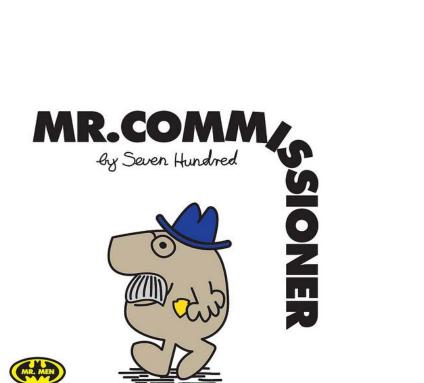
–So not really good reasons











Natural Health Service

Consortium Health Products 2013

Product Sheets

The following product sheets provide an overview of the products that are being offered by the Natural Health Service. They provide an overview of the product; identify the client group and outcomes from delivery, the evidence base and links to case stribles.

They are updatable and adaptable to local circumstances and developing evidence. Product Sheets are provided for:

- Horticultural Therapy
- Walking for Health
- Cycling for Health
- Forest Scho
 Green Gvm

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Product Sheet

Forest School

Forest School is an innovative approach to outdoor play and learning, inspiring individuals of any age through positive outdoor experiences.

By participating in engaging, motivating and achievable tasks and activities, in a woodland environment, each participant has an opportunity to develop intrinsic motivation, sound emotional and social skills.

Forest Schools have demonstrated success with children of all ages who visit the same local woodlands on a regular basis and through play have the opportunity to learn about the natural environment, how to handle risks and most importantly to use their own initiative to solve problems and co-operate with others. Forest schools help develop children's confidence, social skills, an interest in nature and the natural world, and their knowledge and understanding of the environment.

Target Client Groups and outcomes

| Client Group | Outcomes |
|---------------------------|--|
| Young People | Evidence for restorative health benefits in young people |
| Families | Time spent in natural environments linked to enhanced emotional well- being, reduced stress, and, in certain situations, improved health |
| Local Community Groups | Evidence of links to reduction in BMI from regular exercise |
| Socially isolated | Social integration improved mental health |
| | |

Evidence

ESRC/Forestry Commission review

Forest school: evidence for restorative health benefits in young people based on research by Jenny Roe, Peter <u>Aspinall</u>, and Catharine Ward Thompson (Edinburgh College of Art), available from:

http://www.openspace.eca.ac.uk/pdf/appendixf/OPENspacewebsite_APPENDI_X_F_resource_36.pdf

Towards Forest Schools in Birmingham

A report on a pilot study in Birmingham entitled Towards Forest Schools in Birmingham:

http://www.brumforestschools.org.uk/files/towards forest schools downloa d version.pdf

Case Study links

Details of The Forest School Experience, Nature workshops and the Norwood Forest School Southport's experience with Forest schools at

Forest Schools in Merseyside

About The Natural Health Service

Natural Health Service

01925 816217 | Paul Nolan <u>info@naturalhealthservice.org.uk</u> <u>www.naturalhealthservice.org.uk</u>

Short term

Prototype to prove concept & start working together, start building consortium

Medium term

Agree principles of partnership working, establish centre of excellence for research & social value

Long term

Delivering and developing the collective offer through the consortium

Investment Forum - Health Consortium

Rivers Trust

British Waterways

Guided Walks, Water activities e.g. canoeing

The Land Trust

Links to green gyms

Cheshire Wildlife Trust

Wild Walks, Volunteer Groups, Community Payback

National Trust

Health Walks, cycling, surfing, horseriding

Keep Britain Tidy

Research on waking and health Green Flag awards parks

Natural England

Walking for health

Green Space North West

RSPB

Walks for Health

BCTV

Green gym, volunteering

Groundwork Cheshire

Out and About Project Walking for health

CPRE

Protecting and enhancing tranquil spaces and countryside, especially near towns and cities, for quiet leisure and relaxation, stress relief, inspiration, sense of place and identity etc. Promoting and protecting local food webs, enabling more fresh food to be grown, processed, sold and eaten locally. Promoting active travel and the infrastructure required to increase levels of participation.

National Trust

Volunteering opportunities.
Opportunities for physical recreation at all levels from walking to mountain climbing Mental refreshment through access to places of tranquillity and natural beauty. Connection with place and space contributing to sense of wellbeing. Promotion of local food and other sustainability agendas

The Wildlife Trust – Lancashire, Manchester & N Merseyside

Volunteering - practical, educational, events, campaigning, office. Health walks. Community Food Growing Family events that encourage families to make the most of their local greenspace Community involvement and empowerment in a number of our projects

Woodland Trust

Guided walks; leaflets/info about woodland sites for walking, cycling, running, peaceful enjoyment.

"VisitWoods" - partnership support to health and wellbeing orgs such as Dementia Adventure - giving advice and access on how to enjoy woodlands.

Environment Agency

Pollution prevention and environmental monitoring. Prevent flooding. Regulate waste industry. Provide environmental evidence & advice. Promote angling and water based recreation.

Forestry Commission

Access to woods re recreation & health, economic income direct and indirect and health consequential, spiritual relaxation via trees and woodlands

Health Consortium Current Service Delivery

Groundwork – Lancashire West & Wigan

Address health inequalities. Increase community based preventative services Healthy Streets, asset based community development. Reducing cost of physical activity. Improved perceptions of personal safety. Gardening and growing projects support people with mild to moderate mental health difficulties and improve their health and wellbeing, reducing the impact of social isolation.

Mersey Forest

Community Forests, Forest Schools. Natural Choices programme. Support community engagement

Red Rose Forest

Outdoor activities, community engagement, Greener attraction space -'street greening' - GI planning with hospitals. Greater Manchester Forest Network. Health walks.

Groundwork Manchester

Health and wellbeing projects (supporting increased physical activity, improved mental wellbeing and healthy eating); Open space improvements; employment support; training; schools projects; community allotments.



REWETWERE VER?

Some example of what we are up to!

- Natural Choices
- Mindfulness and Forestry



"A city providing natural choices for health"



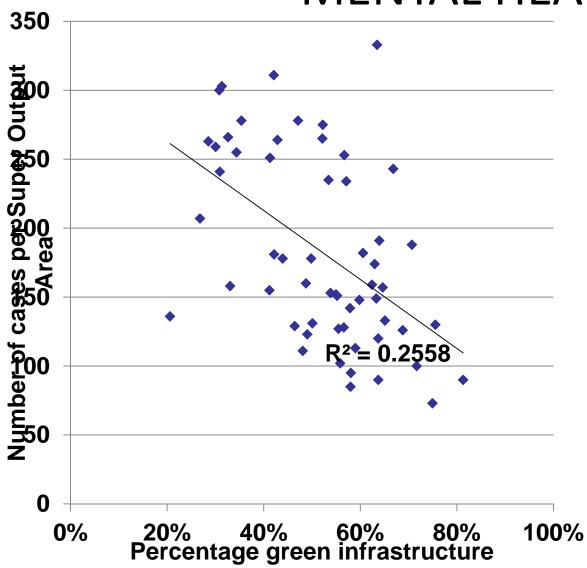
- £296, 000 funds from Liverpool PCT (as was)
- 38 projects delivered
- Cost £2.35/person/week







MENTAL HEALTH

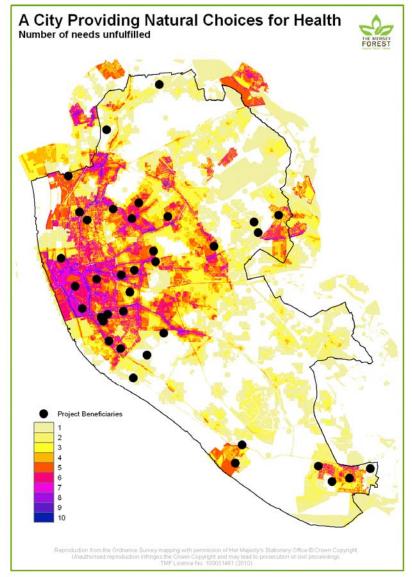








Target interventions to help increase physical activity and improve wellbeing in Liverpool.









"The best lesson we have ever had"

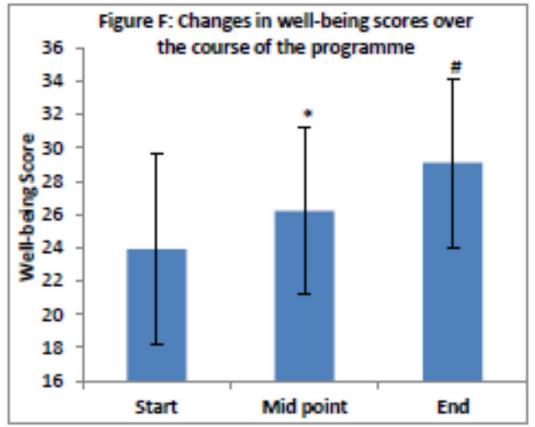
"children are outside and engaged...doing something practical and that in itself can be therapeutic...caring for plants and watching them grow has a better effect psychologically than anything that we could teach in lessons or that circle-time could deliver..."











(*indicates a significant difference between start and mid point scores (P<0.01), # indicates a significant difference between start and end, and start and mid point scores (P<0.001)). Wellbeing scores of those involved improved by 18% from start to finish

A greater proportion of participants had a 'high' well-being score by the end of the programme, whilst fewer had a 'low' well-being score.

Cost £2.35/person/week







Mindfulness and Forestry

 According to WHO we are now entering an era where health professionals are concentrating on chronic and non-communicable diseases rather than infectious diseases as the main causes of mortality and morbidity

(Hägerhäll, 2010)











Natural Health Service feel better outside



27 March 2014 Last updated at 01:25







Councils diverting public health cash, says journal



Measures to tackle smoking and drinking come under the public health remit

Councils in England are using public health budgets to fund other services, the British Medical Journal has said.

Local councils in England took over responsibility - and funding - for public health last April.

The BMJ says Freedom of Information requests reveal a third have stopped at least one public health service, with money being spent on other services such as parks and leisure instead.

But the Local Government Association said the report was "scaremongering".

Related Stories

Cash to help keep libraries open Inactivity 'pandemic' in poor areas Councils 'face 10% funding cut'

Thank You







