

Partnerships

- What is a partnership?
- Why work in partnership?
- Examples of food growing partnerships



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Recruit Train Support

Master Gardener volunteers work to encourage and support people to grow their own food. They work with a variety of beneficiaries in 7 networks that are borough/county wide



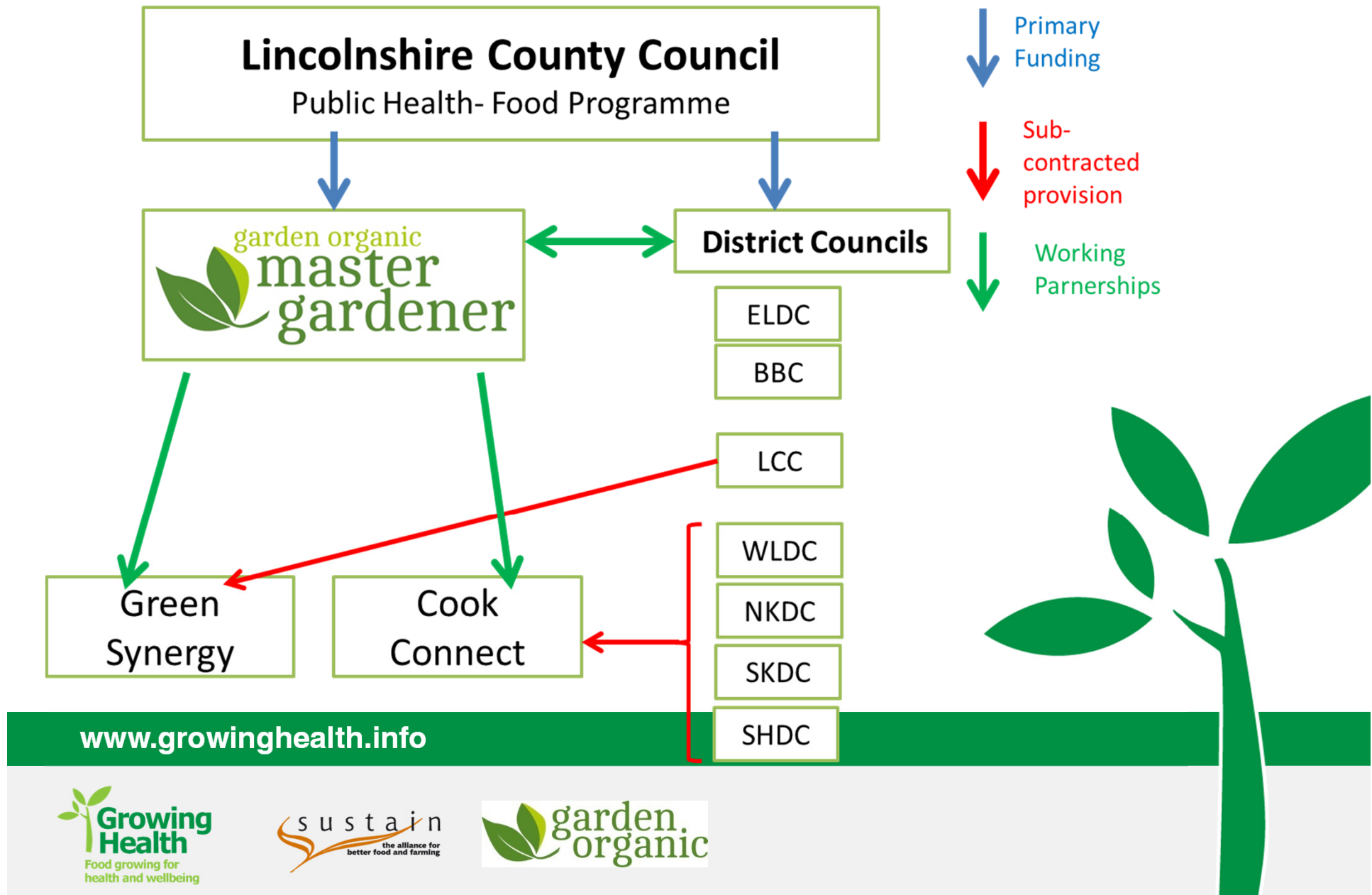
All networks are based on the same model but are adapted for local needs to work with different partners & funders with their own specifications



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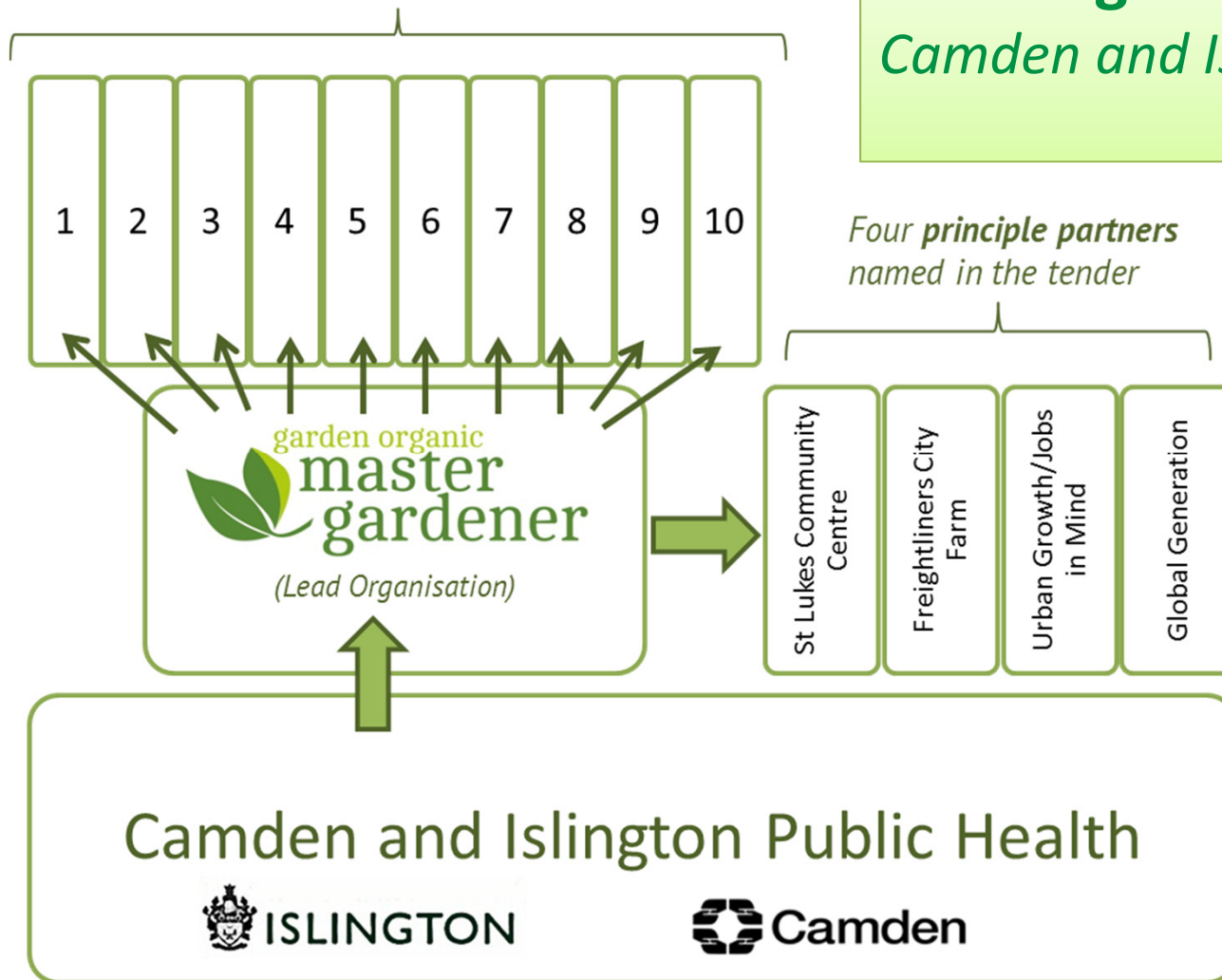


Lincolnshire Master Gardeners



Partners, key stakeholders, and supported groups working with Master Gardeners

Growing for Health Project Camden and Islington



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What is a partnership?

Collaborative working:- spectrum of joint working options, ranging from informal networks and alliances, to joint delivery of projects, to full merger

‘Partnership’:- describes different forms:

- Informal partnership
- Consortia
- Lead partners
- Supply chain
- New legal body



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Why work in partnership?

- **Sum of the whole – greater than parts**
- **Wider appeal**
 - Geographically**
 - Activities**
- **Marketing**
- **Seasonal & weather issues**
- **Clients & funding**



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Example 1: Your Options Berkshire

- Informal partnership
- Led by Reading Voluntary Action
- Funded through CCG Partnership Development Fund



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Find a provider

Pick a category... ▼

or

Enter Provider name...

[Search Name](#)

Latest news

- NHS 5 year Forward View – what could it mean for us?
- New Chair of South Reading CCG
- Great feedback on Your Options Berkshire

Events

- GP Question Time – 11th November
- Carers Rights Day 28th November
- Health and Wellbeing Board 30th January 2015

Welcome to Your Options Berkshire

Together we are making a difference to the health and wellbeing of local people. Your Options Berkshire helps you to find voluntary organisations that offer a wide range of services and activities aiming to promote and improve health for local people.

Do you know someone who is looking for support for a particular health condition? Advice about healthy eating? Exercise classes that suit particular needs? You may be a GP or community nurse looking for specific support for a patient or a social worker helping a client to find activities. You may be looking for support or activities for yourself. You may be a neighbour or friend who wants to find support for someone who is struggling.

How to find what you are looking for:

Your Options Berkshire aims to make it easy to find activities and services will be of interest to you. You can search under four categories:



Lifestyle & Nutrition

With lots of choices for active and healthy living, this section is for people who want to learn more about gentle exercise, more active sports, growing their own food, cooking healthily within a budget, help with an addiction...

[▶ Find out more...](#)



Family & Children

Support in the all important early years, this section is for people seeking advice and support for themselves and their babies and young children, activities to help their children develop socially and emotionally...

[▶ Find out more](#)



Example 2:

Feel Good Greenwich

- Consortia with lead partner
- Run by Greenwich Mind in partnership with *Greenwich Council, Volunteer Centre Greenwich, Greenwich Co-operative Development agency, Oxleas NHS Foundation Trust and Big White Wall.*
- Delivering a suite of activities to improve mental health of the population
- Public Health funding

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**FeelGood
Greenwich**
[Home](#)[About Us](#)[Activities](#)[Ideas](#)[Top Tips](#)[Young People](#)[Contact us](#)

Take notice of


The good
things

NATURE


What
you
feel

Go
outdoors

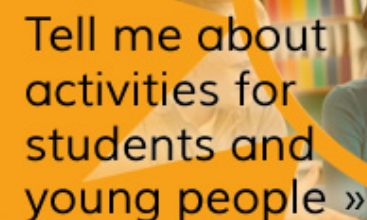
Try
mindfulness

Show me the
activities you have »



Give me ideas about
what might make
me feel better »



Tell me about
activities for
students and
young people »

Life can always get better. Feel Good Greenwich is here to help.

On this site, you can find out about things you can try to feel better, from new activities to meeting people who might feel like you. The services we offer are for everyone who lives in Greenwich.



Activities

These links will lead you to information and organisations that can help you try out new things, get to know new people, or speak to people about issues which are affecting you.

- [Mindfulness Meditation](#)
- [Gardening4Health](#)
- [Greenwich Healthy Living Service](#)
- [Greenwich Time to Talk](#)
- [Greenwich Co-operative Development Agency](#)
- [Volunteer Centre Greenwich](#)
- [Greenwich MIND](#)
- [Big White Wall](#)
- [Men in Sheds](#)
- [Greenwich libraries](#)



You can also find out more about any of these by calling the Feel Good line on 07557 230560.

Example 3: Natural Health Service

- Supply chain consortia led by Mersey Forest
- Running since 2013 with 21 organisations
- Set up with investment funding



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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.

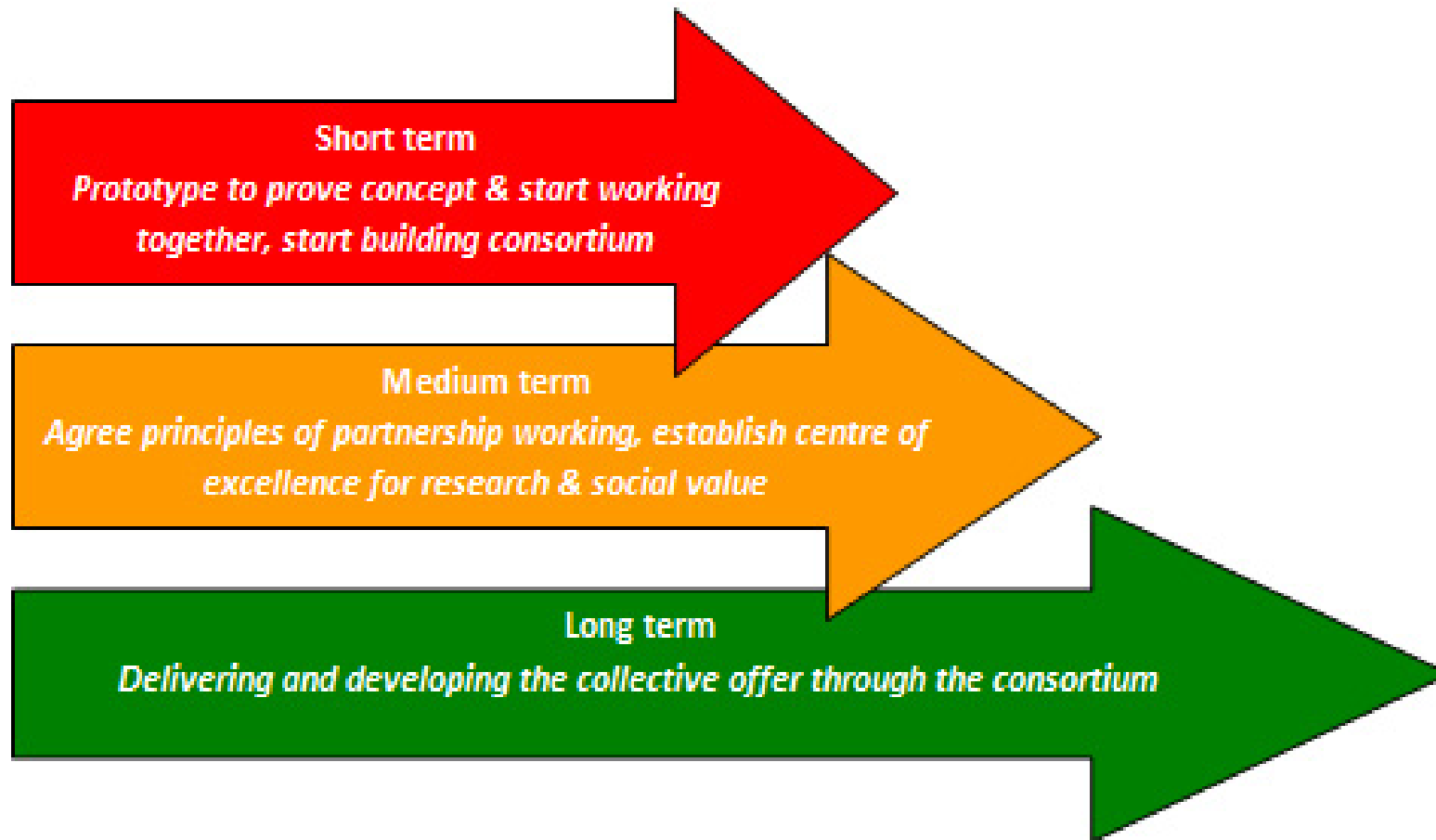
"Green spaces and natural environments provide a break from our busy lives - a great place to get some fresh air, reduce stress, exercise or play - a place to go and relax."

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.

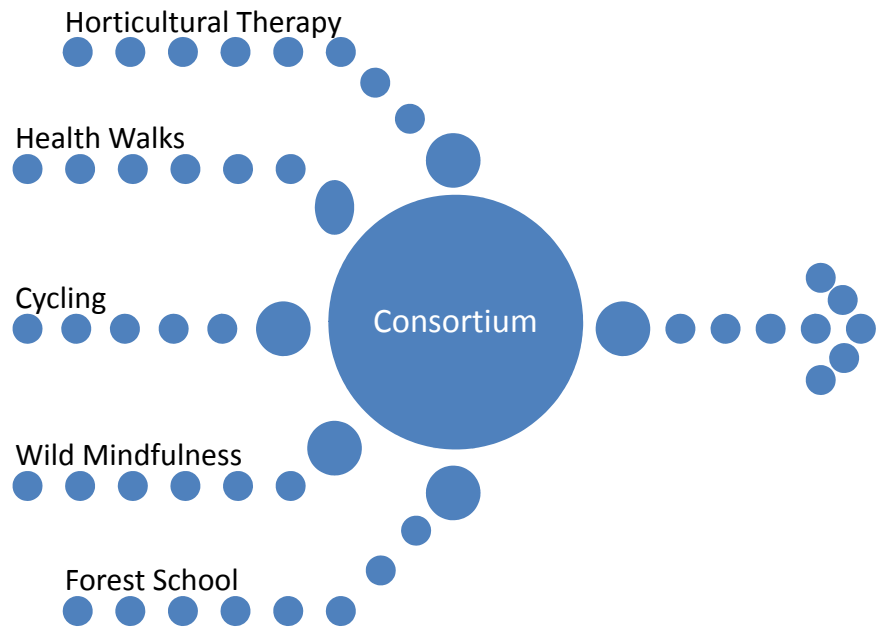


Halton Natural Health Service

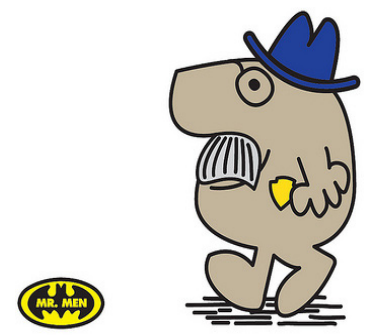
The Natural Health Service in Halton, Merseyside, will offer fifteen free services from early September to just before Christmas this December, taking advantage of the area's wealth of green spaces and natural places.



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MR.COMMISSIONER
by Seven Hundred



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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 studies.

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

1. Horticultural Therapy
2. Walking for Health
3. Cycling for Health
4. Forest School
5. Green Gym

P 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	<ul style="list-style-type: none">Evidence for restorative health benefits in young people
Families	<ul style="list-style-type: none">Time spent in natural environments linked to enhanced emotional well-being, reduced stress, and, in certain situations, improved health
Local Community Groups	<ul style="list-style-type: none">Evidence of links to reduction in BMI from regular exercise
Socially isolated	<ul style="list-style-type: none">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 Aspinall and Catharine Ward Thompson (Edinburgh College of Art), available from:

http://www.openspace.eca.ac.uk/pdf/appendixf/OPENspacewebsite_APPENDIX_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.brumforestschoools.org.uk/files/towards_forest_schools_download_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 info@naturalhealthservice.org.uk
www.naturalhealthservice.org.uk

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‘A city providing natural choices for health’

- £296k funds from Liverpool PCT (as was)
- 38 projects delivered
- Cost £2.35/person/week
- Wellbeing scores improved by 18% from start to finish
- A greater proportion had a ‘high’ well-being score by the end of the programme



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ARE WE THERE YET?



Recruit Train Support

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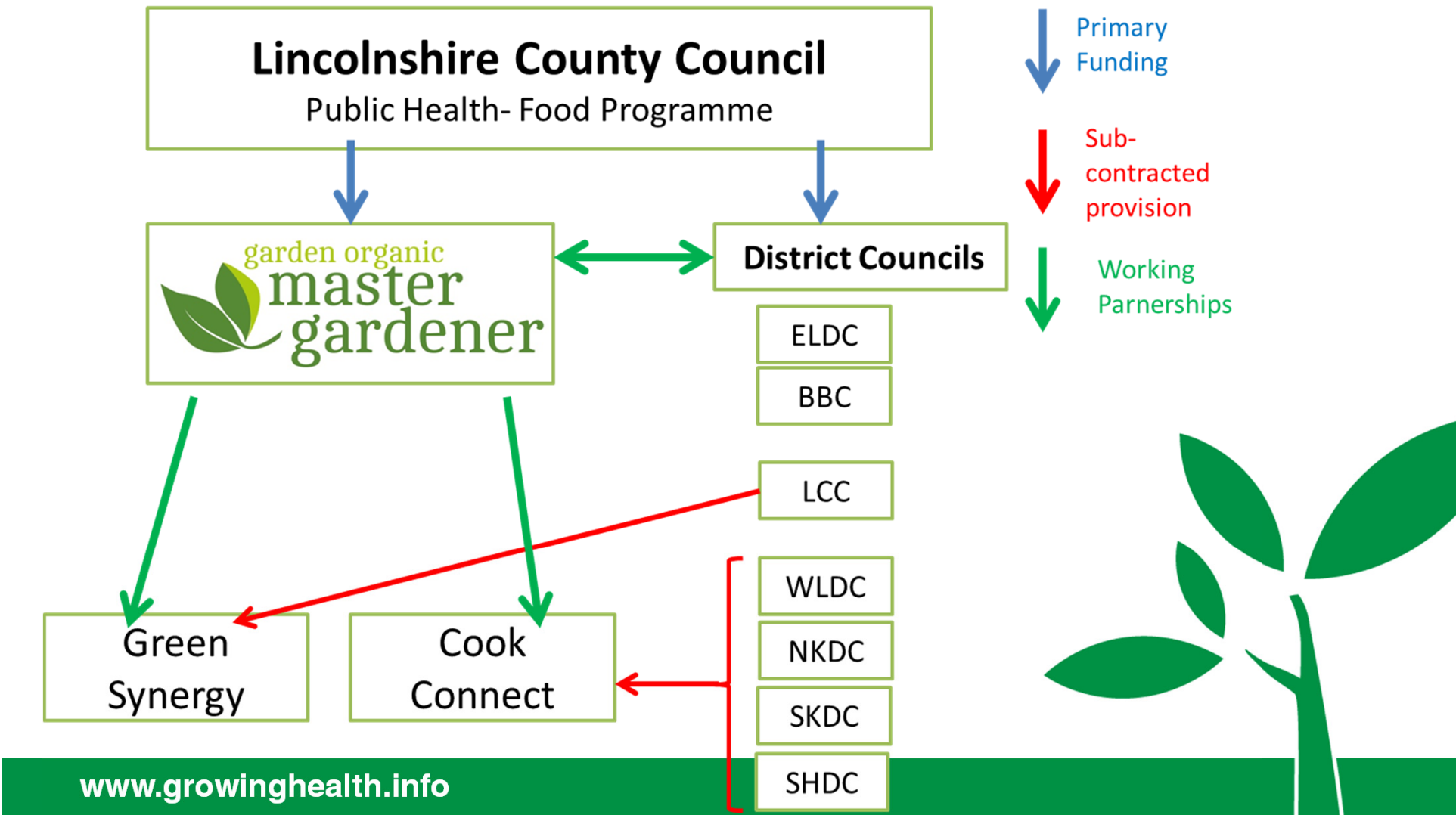
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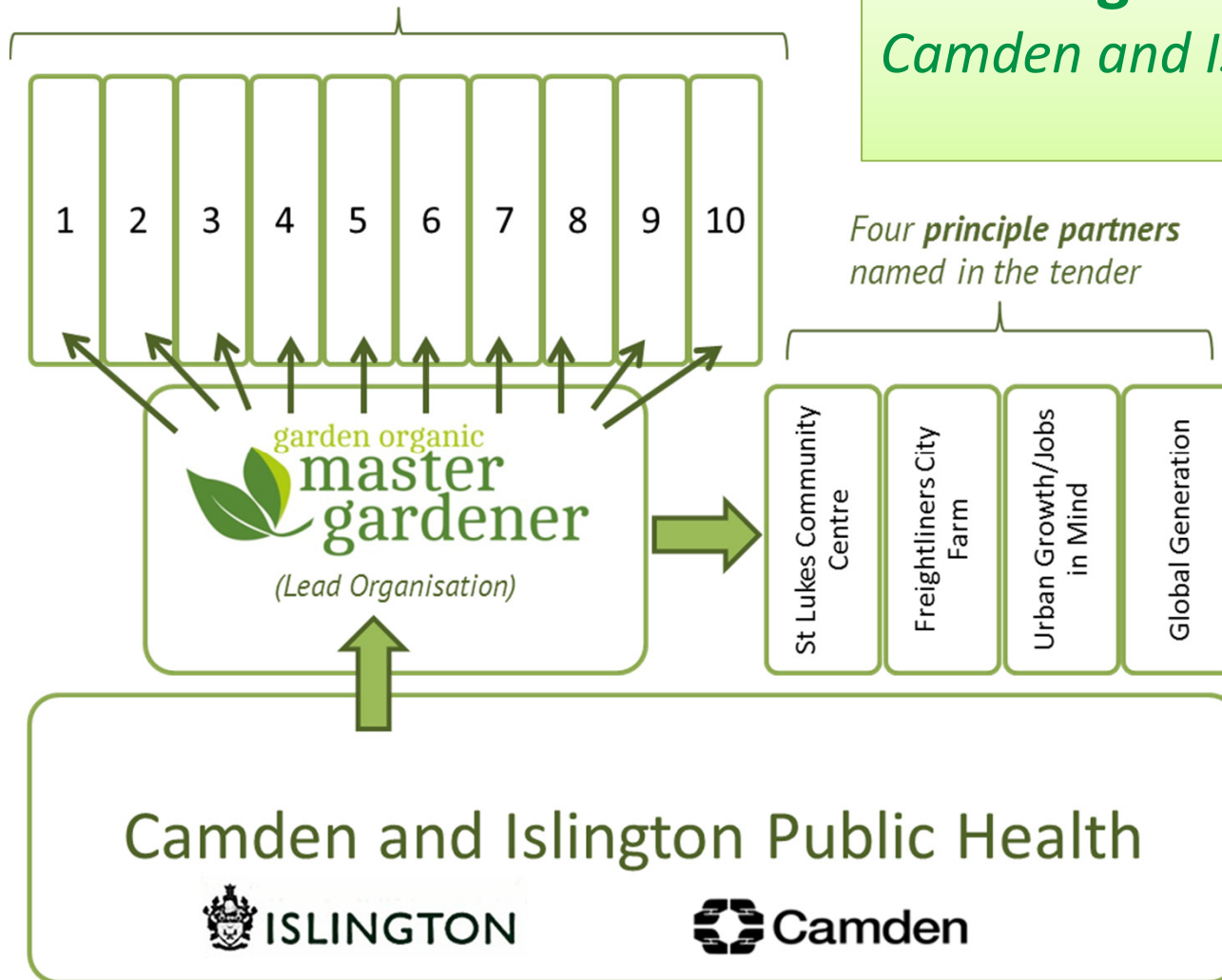


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Partnerships – a word of caution



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