A consortium approach

Natural Health Service

Kirsty Rhind – Project Manager
The Mersey Forest

- 1,370 km²
- 1.7 million people
- 20% density of urban
- Deprivation areas high
- DUN land 74% higher

Partnership approach
More From Trees

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

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

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

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 the health professionals to maximise the use of woodlands, from increased day to day use through GP referrals.
Five Ways to Wellbeing

Connect...
Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...
Go for a walk or run. Stop walking. Swim. Play a sport. Garden. Dance. Everything makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of ability and fitness.

Take notice...
Be careful. Catch sight of the beautiful woman on the electric. Notice the smiling waitress. Notice the mountains, whatever. You’re walking to work, waiting in line or talking to someone. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...
Try something new. Rediscover an old interest. Sign up for a new course. Take a college course. Try a new activity of work. On a weekend, take an excursion or hike locally. Learning new things will make you more confident as well as being fun.

Give...
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Cook food, do well with. Seeing yourself, and your community, linked to the wider community can be incredibly rewarding and creates connections with the people around you.
The beginnings...

An early pilot

Natural Choices

- Liverpool PCT invested £300k
- informed by a Green Infrastructure study
- 38 programmes across the city
- collaboration; coproduction
- community cohesion
- environment discussion
- climate change consideration
- [www.ginw.co.uk/liverpool](http://www.ginw.co.uk/liverpool)

Natural Health Service
Target interventions to help increase physical activity and improve wellbeing in Liverpool
Robust evidence

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
“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...”
LJMU results observed in the playground

**Positive verbal interactions**

*increased from 46.3% to 54.1%*

This suggests that children were more confident in organising and supporting activities for their peers, and that they were more prepared to assist other children.

- Increase in physical activity
- Group size and social network increased
- Replayed Forest School activities
- Wider use of playground and more natural space
- When sedentary, used green environment to chill out
Parent observed play changes in children

We’ve been four times before and they’ve never even walked much across that grass and been over the hill... but they were up the hill, they were rolling down it, Richard came back with little acorns and acorn cups and yes, ..I think he’s changed a lot. [Parent 11]

I mean they’ve played out, they’ve been on the trampoline in the rain, they’ve made mud pies, whatever’s going on in the garden they’ve found it, anything alive [yeah] they’ve had to bring it in. We’ve had toads and frogs and caterpillars and butterflies... when these bloody frogs and toads and things come into the kitchen you’ve got to say ‘oh, yeah, that’s lovely, now take it back outside’ (laughing). [Parent 4]
Why Change?

1. Conceptualize
   - Define initial team
   - Define scope, vision, targets
   - Identify critical threats
   - Complete situation analysis

2. Plan Actions and Monitoring
   - Develop goals, strategies, assumptions, and objectives
   - Develop monitoring plan
   - Develop operational plan

3. Implement Actions and Monitoring
   - Develop work plan and timeline
   - Develop and refine budget
   - Implement plans

4. Analyze, Use, Adapt
   - Prepare data for analysis
   - Analyze results
   - Adapt strategic plan

5. Capture and Share Learning
   - Document learning
   - Share learning
   - Create learning environment

Conservation Measures Partnership Open Standards
A Consortium

Natural Health Service
Consortium Business Plan
2013
Why?

- NHS costs
- Increased evidence, awareness and application
- A coordinated, business-like approach required
- Restructuring of the health sector
Our mission:
As a Consortium, develop a financially sustainable, excellent Natural Health Service to treat physical and mental illness and promote and enable good health through high quality, natural environment based products.

Our objectives are:
• In 2013 create a focal point for health commissioners to enable the contracting of natural environment based products that are evidence based and cost effective ways to improve health and wellbeing.
• To develop a sustainable business and well-resourced Consortium that operates as a Social Enterprise.
• To become a centre of excellence for delivery of this type of health service by 2016
• Achieve annual delivery of 1000 units of treatment by 2018
160 years ago...

Places of Health and Amusement
Liverpool's historic parks and gardens

Returning urban parks to their public health roots
C. Philip Webster, Elizabeth Potts, Emma M. Shaw, Clare Perkins, Hannah Smith, Helen Castles, Penny A. Cook, Mark A. Bellis
Department of Environmental and Geographical Sciences, Manchester Metropolitan University
Centre for Public Health, Liverpool John Moores University

Victoria Park
Natural Health Service
Public Health Outcomes Framework

OUTCOMES

Vision: To improve and protect the nation's health and wellbeing, and improve the health of the poorest fastest

Outcome 1: Increased healthy life expectancy
Taking account of the health quality as well as the length of life
(Note: This measure uses a self-reported health assessment, applied to life expectancy.)

Outcome 2: Reduced differences in life expectancy and healthy life expectancy between communities
Through greater improvements in more disadvantaged communities
(Note: These two measures would work as a package covering both morbidity and mortality, addressing within-area differences and between area differences)

DOMAINS

Domain 1: Improving the wider determinants of health
Objective: Improvements against wider factors that affect health and wellbeing, and health inequalities
Indicators: Across the life course

Domain 2: Health improvement
Objective: People are helped to live healthy lifestyles, make healthy choices and reduce health inequalities
Indicators: Across the life course

Domain 3: Health protection
Objective: The population’s health is protected from major incidents and other threats, while reducing health inequalities
Indicators: Across the life course

Domain 4: Healthcare public health and preventing premature mortality
Objective: Reduced numbers of people living with preventable ill health and people dying prematurely, while reducing the gap between communities
Indicators: Across the life course
Natural Health Service

Consortium Health Products 2013

Product Sheets

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 cooperate 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

<table>
<thead>
<tr>
<th>Client Group</th>
<th>Outcomes</th>
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<tbody>
<tr>
<td>Young People</td>
<td>Effective educational outcomes for all ages, improved self-esteem, increased confidence, improved health and wellbeing, increased engagement with nature and the environment.</td>
</tr>
<tr>
<td>All Ages</td>
<td>Improved self-esteem, increased confidence, improved health and wellbeing, increased engagement with nature and the environment.</td>
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</tbody>
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Evidence


An evidence based information pack from Natural England HEALTH AND NATURAL ENVIRONMENTS - The report contains six evidence based information sheets that outline the natural environment's contribution for improved health and wellbeing and includes the statement “An illustrative cost benefit analysis of Natural England's Walking for Health Scheme found that it would deliver 2817 Quality Adjusted Life Years (QALYs) at a cost of £4008.88 per QALY. The scheme is estimated to save the NHS £681.8 million and have a cost benefit ratio of 1.7.”

Case Study links

See content Liverpool
Walking for health - walk finder north west - Liverpool Council

About The Natural Health Service

Natural Health Service
01925 616217 | Paul Nolan info@naturalhealthservice.co.uk
www.naturalhealthservice.org.uk
Consortium

Horticultural Therapy

Health Walks

Cycling

Wild Mindfulness

Forest School

Natural Health Service
Halton CCG practitioners and our products

- Green Gym
- Horticultural Therapy
- Awareness Walks
- Forest School
- Forest Schools (various)
- Nature Awareness Walks
- Mud to Muscle
- Health Walks & Green Volunteering
- Forest School & Health Walks
- Horticultural Therapy
- Forest School
- Horticultural Therapy
- Natural Health Service
### Natural Health Service areas of activity

<table>
<thead>
<tr>
<th>Health Care</th>
<th>Mental Health</th>
<th>Physical Health</th>
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<tbody>
<tr>
<td>Health Care</td>
<td>Products aimed at treating mental illness (mild to moderate),</td>
<td>Products focussed on providing physical activity to reduce mortality from all cardiovascular disease, respiratory diseases, older people’s quality of life, winter deaths, recovery from illness or surgery/treatment</td>
</tr>
<tr>
<td>Health Improvement</td>
<td>Products focussed at maintaining emotional wellbeing and self-reported wellbeing</td>
<td>Products focussed on managing excess weight, proportion of physically active adults, accidents and falls.</td>
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Our balance score card

**Finance**
- Sales revenue in line with forecast
- Coordinating costs inline with budget
- Delivery costs in line with budget
- Order book - contract in place for >1yr

**Education and Growth**
- Introduction of new products
- Development of key values for Natural Health Service
- Consortium members kept up to date with governance and delivery requirements/standards

**Internal processes**
- Consortium developed
- Agreements in place between coordinating body and delivery agencies
- Corporate, clinical and information systems fully compliant with health commissioning requirements

**Customer relationship**
- Up to date database of all commissioning bodies
- Positive feedback from commissioners on delivery
- Positive feedback from clients on efficacy of the Natural Health Service
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).
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.
What are the barriers?
Knowledge and evidence

Who is in charge?
Snakes and ladders

What happens if we are all well?
The final measure of success of The Mersey Forest won’t be in the number of trees planted...
Thank You

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