



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

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



Five Ways to Wellbeing



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. Stay outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Enjoy the moment, whatever it is. We are working to work, eating, teach or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Keep learning...

Try something new. Revisit an old interest. Sign up for a class. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



2020
Decade of Health & Wellbeing



The beginnings...

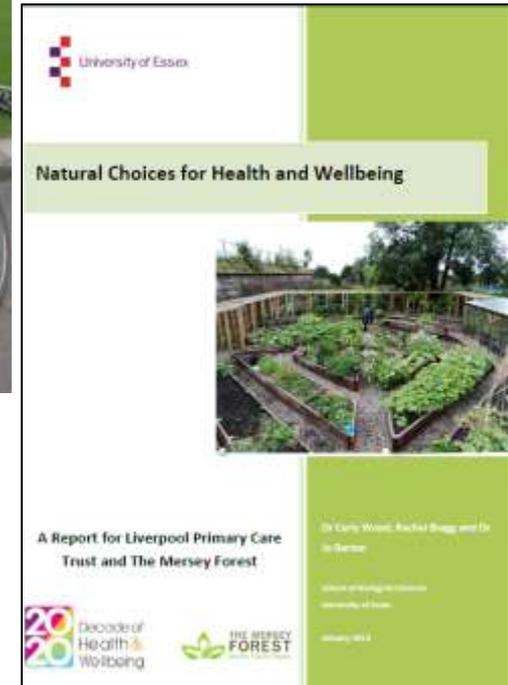
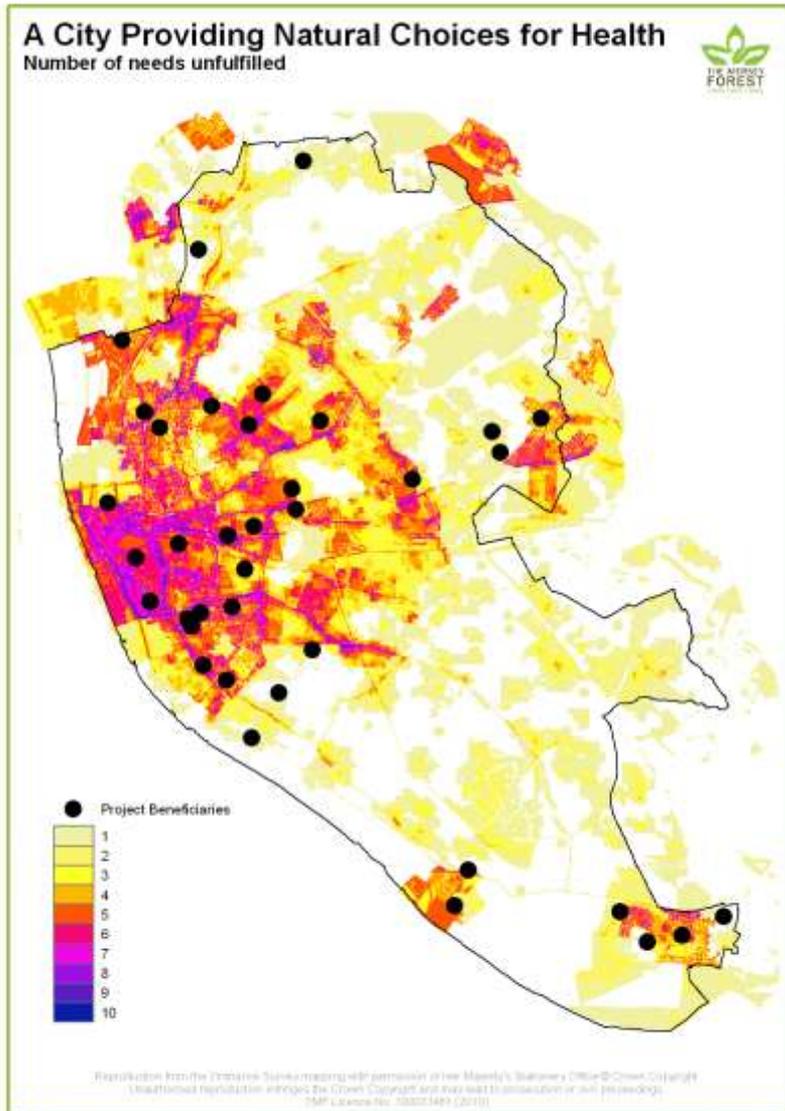
An early pilot

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

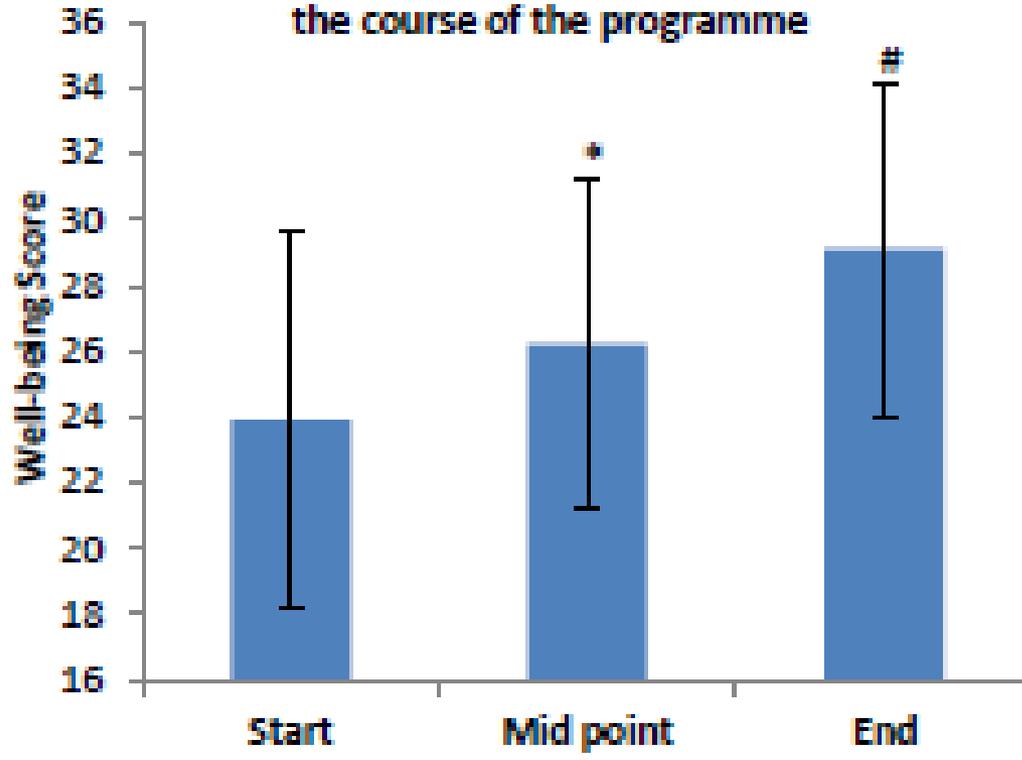


Target interventions to help increase physical activity and improve wellbeing in Liverpool



Robust evidence

Figure F: Changes in well-being scores over the course of the programme



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

(*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 ($P < 0.001$)).

Life's stories

“The best lesson we have ever had”

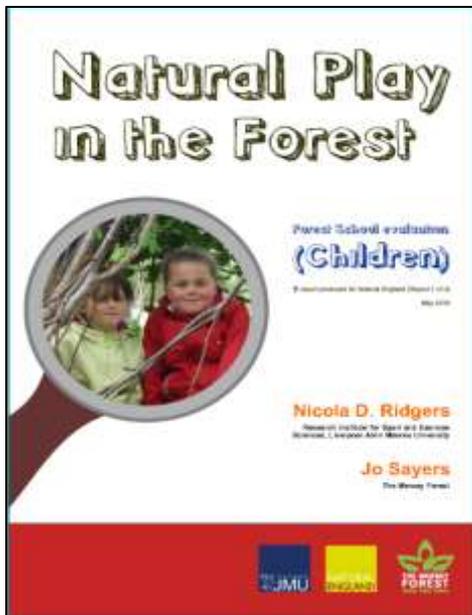
“children are outside and engaged...doing something practical and that in itself can be therapeutic...caring for plants and watching them grow has a better effect psychologically than anything that we could teach in lessons or that circle-time could deliver...”



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]

A Consortium



Natural Health Service
Consortium Business Plan
2013



Our mission:

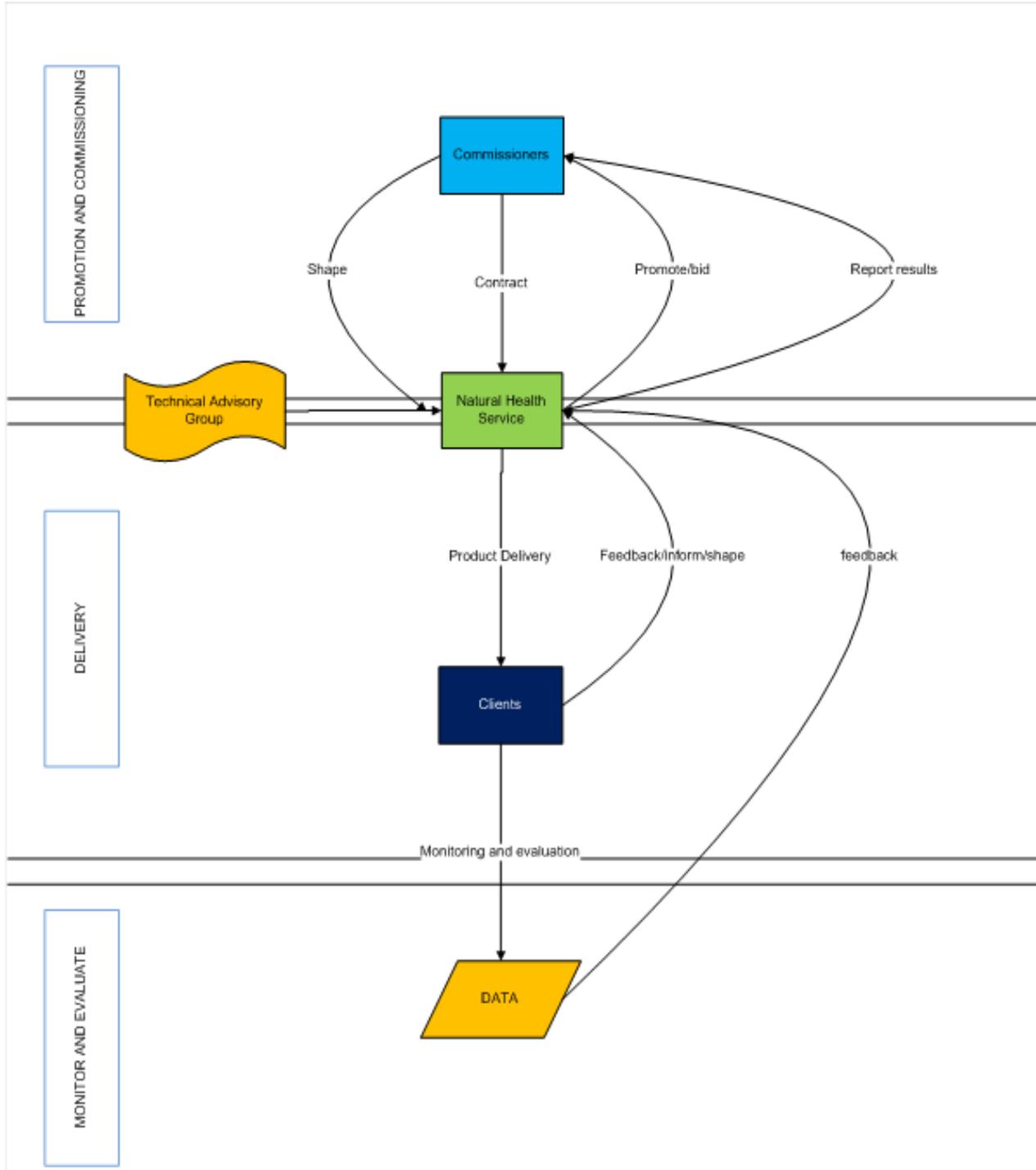
As a Consortium, develop a financially sustainable, excellent Natural Health Service to treat physical and mental illness and promote and enable good health through high quality, natural environment based products.



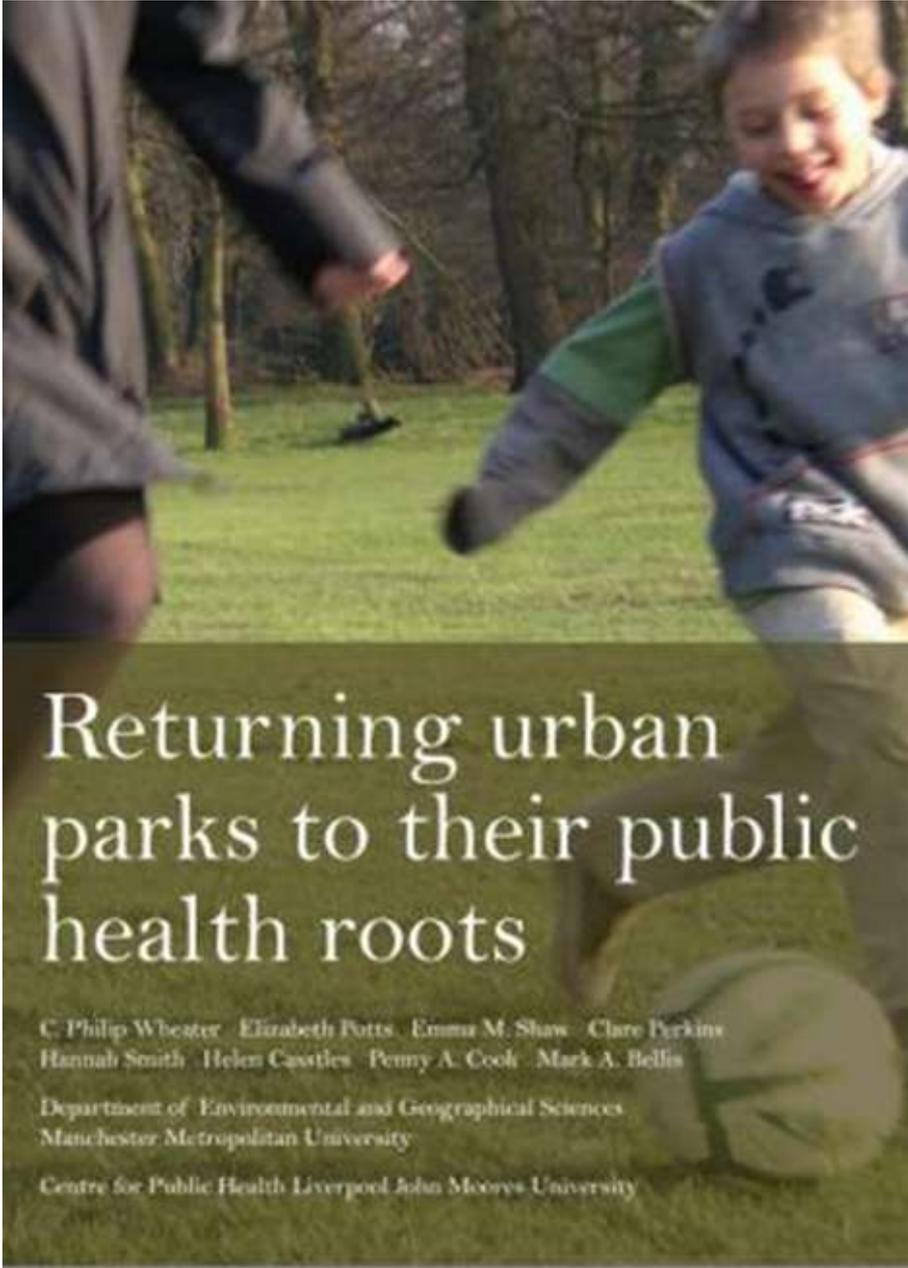
Our objectives are:

- 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...



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
Indicators }
Indicators }

DOMAIN 2:

Health improvement

Objective: People are helped to live healthy lifestyles, make healthy choices and reduce health inequalities

Indicators } Across the life course
Indicators }
Indicators }

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
Indicators }
Indicators }

DOMAIN 4:

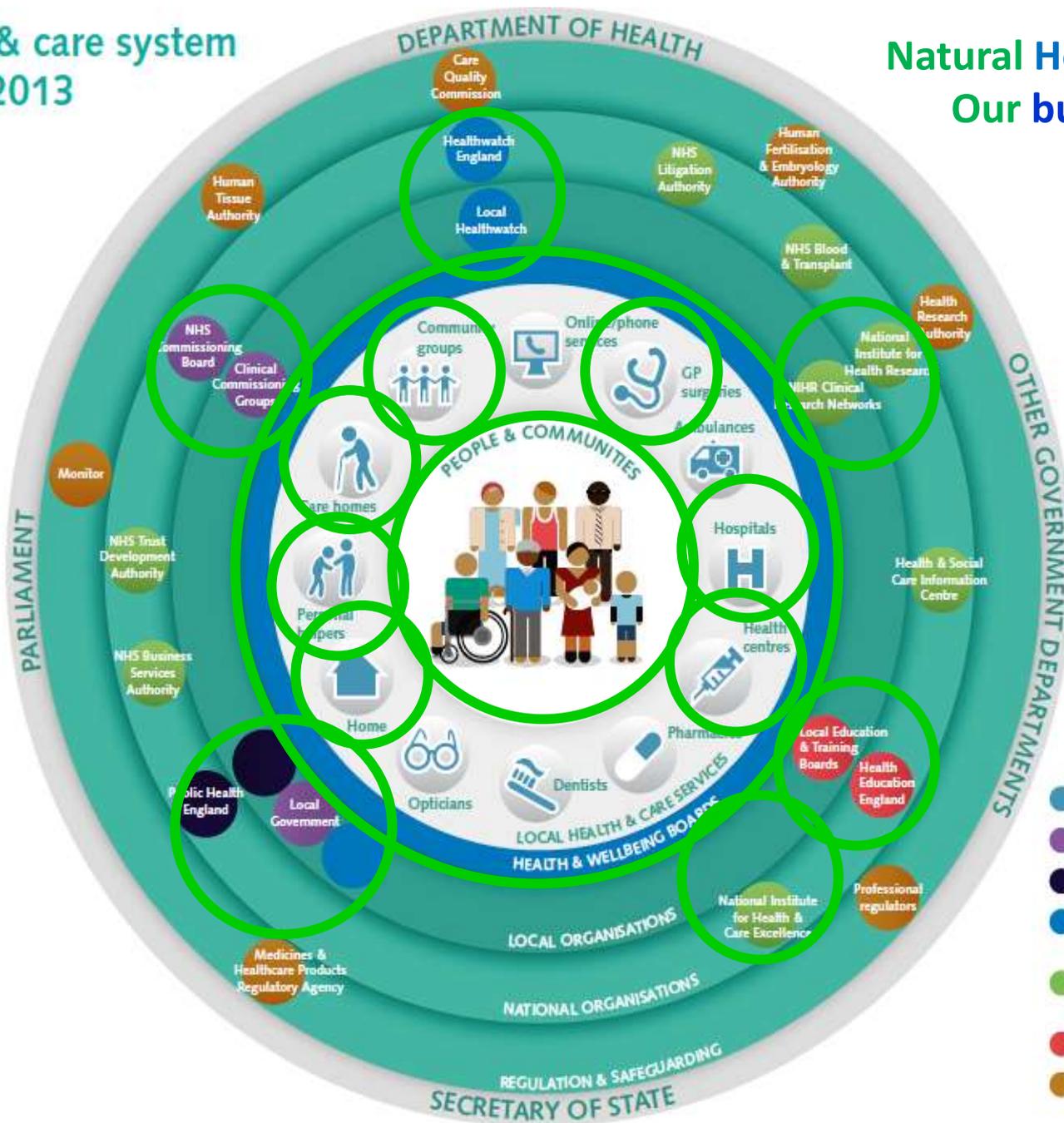
Healthcare public health and preventing premature mortality

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
Indicators }
Indicators }

The health & care system from April 2013

Natural Health Service Our business areas



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 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 respiratory health

Evidence

A useful review of the available public health benefits of walking. The importance of walking to public health. A literature review
Lee IM, Buchner DM

[Medicine and Science in Sports and Exercise](#) (2008, 40(7) Supp

Academic evidence on health benefits of the physical environment
Factors of the Physical Environment Associated with Walking
[Exercise Behaviour](#) 2008, Good
<http://erib.unimass.nl/show.cgi?fid=2304>

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 £4008.98 per QALY. The scheme is estimated to save the NHS £81 million and have a cost benefit ratio of 1:7."
www.naturengland.org.uk/images/health-information-pack_tcm6-51487.pdf

Case Study links

[See concern Liverpool](#)

[Walking for health - walk finder north west - Halton Council](#)

About The Natural Health Service
Natural Health Service

01925 816217 | Paul Nolan info@naturalhealthservice.org.uk
www.naturalhealthservice.org.uk

Product Sheet

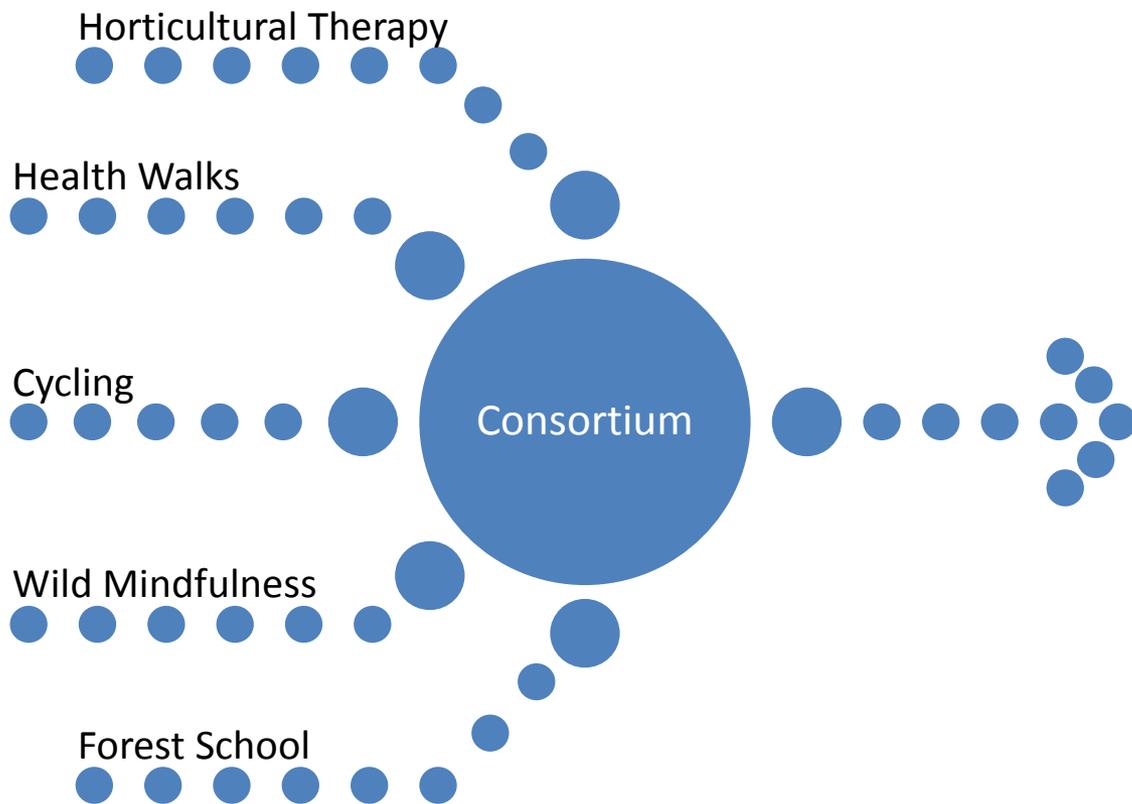
Horticultural therapy

Horticultural Therapy is a client-centred treatment that utilises horticulture activities to meet the specific therapeutic or rehabilitative goals of its participants. The focus is to maximise social, cognitive, physical and/or psychological functioning and enhance general health and wellbeing.

Activities encourage people with to work alongside our staff and volunteers, encouraging new friendships and growing horticultural skills. Activities are based within local communities, and the plants grown from these activities are planted out on sites for local councils, housing associations, community groups and other organisations – helping to improve the environment by supplying locally sourced plants to the local community areas.

Target Client Groups and outcomes

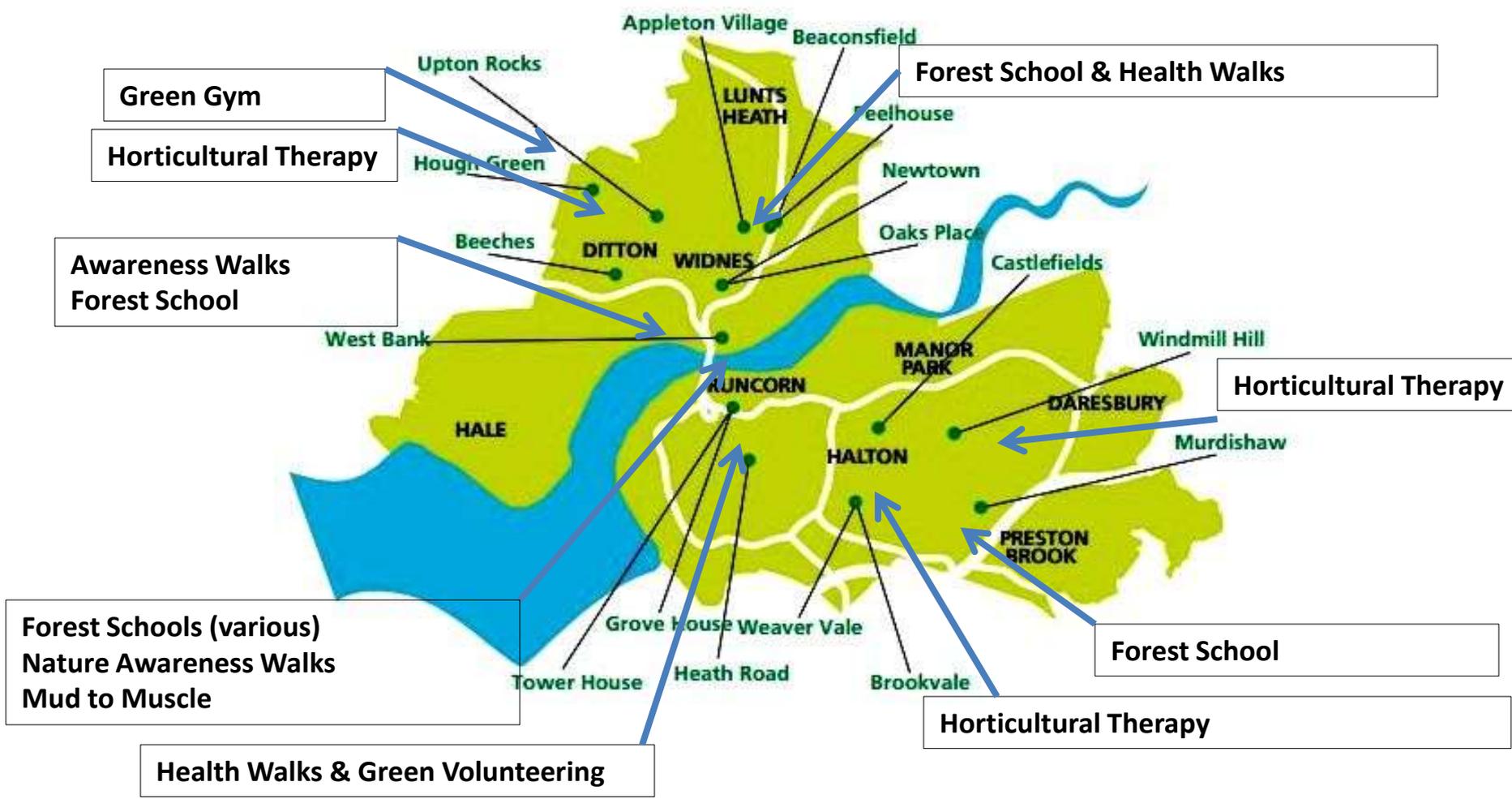
Client Group	Outcomes
Children	• <i>Effective as supplemental therapy for children with behavioural disorders</i>
Older People	• <i>Increased engagement from people with dementia</i>
People with Disabilities	• <i>Physical and mental fitness, well-being and sensory stimulation</i>
Local Community Groups	• <i>Enabling a move into employment</i>
Socially isolated	• <i>Reducing social isolation</i>
People with mild to moderate mental health issues	• <i>Improved mental capital, mental wellbeing, emotional wellbeing.</i>
People with mobility issues	• <i>Improved fitness & mobility</i>



MR.COMMISSIONER
by Seven Hundred



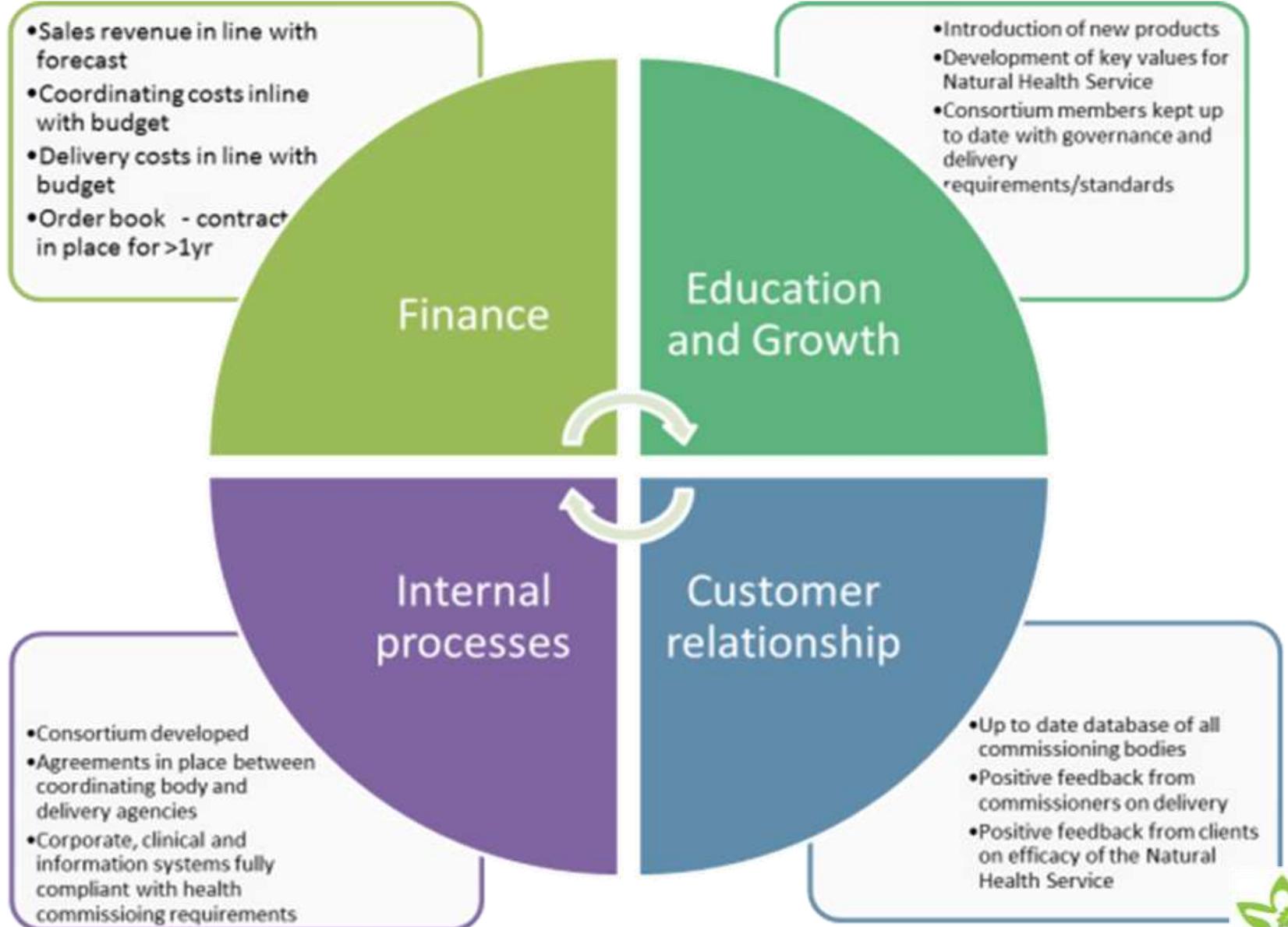
Halton CCG practitioners and our products



Natural Health Service areas of activity

	Mental Health	Physical Health
Health Care	Products aimed at treating mental illness (mild to moderate),	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
Health Improvement	Products focussed at maintaining emotional wellbeing and self-reported wellbeing	Products focussed on managing excess weight, proportion of physically active adults, accidents and falls.

Our balance score card



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



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.





The final measure of success of The Mersey Forest won't be in the number of trees planted...



Thank You



**THE MERSEY
FOREST**
more from trees

paul.nolan@merseyforest.org.uk

kirsty.rhind@merseyforest.org.uk