

Scottish Natural Heritage

## Developing Scotland's natural health service




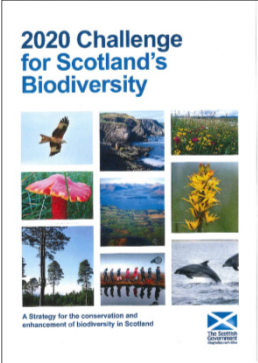
**Alan Macpherson**  
People and Places Group  
Manager, Scottish Natural Heritage



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## Background

- **Natural** health service
- **National Health Service (NHS)**

**2020 Challenge for Scotland's Biodiversity**

A Strategy for the conservation and enhancement of biodiversity in Scotland



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## Policy Framework

**National Performance Framework**


- Increasing people's use of the outdoors
- Increasing physical activity
- Increasing active travel

**National Policies & initiatives**

- Let's Make Scotland More Active
- Mental Health Strategy
- Obesity Route Map
- National Walking Strategy
- Good Places, Better Health
- Equally Well
- Healthy Working Lives
- Active Nation

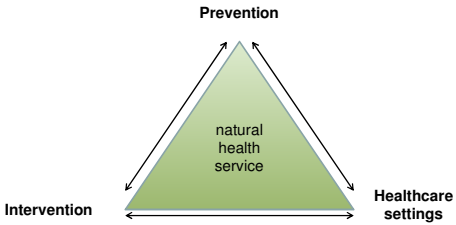

**NHS Policy & statutory responsibilities**

- A sustainable development strategy for NHS Scotland
- Good Corporate Citizenship
- Health Promoting Health Service
- Quality Strategy
- Chief Executive Letters and Performance Management targets
- Biodiversity and carbon reduction targets



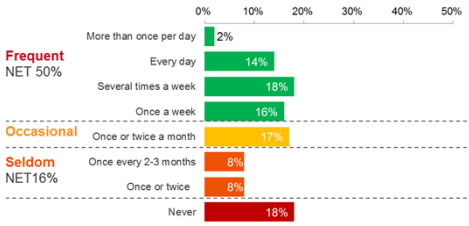
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## A natural health service – what does it look like?

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## Visits to the outdoors – levels of participation




Frequency	Percentage
More than once per day	2%
Every day	14%
Several times a week	18%
Once a week	16%
Once or twice a month	17%
Once every 2-3 months	8%
Once or twice	8%
Never	18%


**Frequent**  
NET 50%

**Occasional**

**Seldom**  
NET 16%



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- Helped me de-stress/ relax/ unwind: 70%
- Improved my physical health: 64%
- Made me feel energised & revitalised: 62%
- A good social experience: 55%
- I felt closer to nature: 49%

Variations in strong agreement for several statements by place of residence. Typically higher amongst those:

- Living in rural areas
- Living outside of the 15% most deprived areas in Scotland

**Benefits gained from outdoor visits (agree strongly) – SPANS 2013/4**

All who visited the outdoors in the last 4 weeks (1,155)



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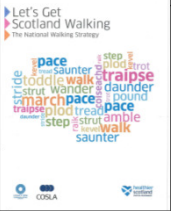

**Current focus**

**3 new national drivers**

- Physical Activity Implementation Plan
- National Walking Strategy
- National Planning Framework 3

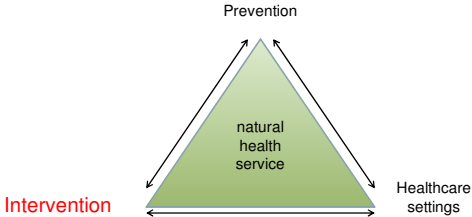

**Local Partnerships**

- Lanarkshire Greenspace Health & Well-being Partnership

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A natural health service – what does it look like?

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**Mainstreaming Green Prescription - challenges**

- Integrating green prescription into the 'NHS system' = change.
- Information & products to support referral
- Capacity of environmental sector to deliver green referral projects
- Progression
- Quality assurance
- Referral and feedback pathways



Activity Programmes

Make some Natural Connections

Green Health a natural connection

WALK IT! is the local Health Walks scheme – see below for details of walks and Walk Leader contacts:

**Hawick - Town Centre**  
Weekly: Every Thursday at 9pm  
Meet at Lawson's Bridge, Common Haugh  
Contact Walk Leader: Wally - 0774 505485

**Hawick - Burnfoot**  
Weekly: Every Friday at 10.30am  
Meet at Burnfoot Health Flat  
Contact: 04633 373793

**Hawick - Town Centre**  
Weekly: Every Wednesday at 10.00am  
Meet at Lawson's Bridge, Common Haugh  
Contact Walk Leader: Bill - 04633 370637

Enjoying the outdoors is fun, free and close to home. Discover what's on your doorstep and breathe some fresh air into your life.

You don't have to wait for an appointment with the outdoors... and it's open all hours. It could be as easy as a walk in the park...

More information on walks available on [www.scotborder.gov.uk/walking](http://www.scotborder.gov.uk/walking)

KNOW THE CODE BEFORE YOU GO

Simple Pleasures. easily found.

Leaflet developed with assistance from

Healthier Scotland

Green Health opportunities in and around Hawick



**Hawick Waverly Walk**  
1.5 miles, 18 stops, 100 minutes walk



**Wilton Lodge Park**  
1.2 miles, 14 stops, 90 minutes walk



**Other places nearby**



Unwind and breathe in some fresh air with our new...



**Green Exercise**  
In Dundee

One small step ...

...to feeling better.

Green Health a natural connection

Visit a park... [dundee.gov.uk/environment/parkgardens](http://dundee.gov.uk/environment/parkgardens)

Take a stroll... [dundee.gov.uk/outdoors/healthcards](http://dundee.gov.uk/outdoors/healthcards)

Countryside Ranger events... [dundee.gov.uk/rangerevents](http://dundee.gov.uk/rangerevents)

Join a walking group... [dundee.gov.uk/outdoors/healthwalks](http://dundee.gov.uk/outdoors/healthwalks)

Get on a bike... [dundee.gov.uk/outdoors/healthbicyc](http://dundee.gov.uk/outdoors/healthbicyc)

Get more adventurous... [onorum.com](http://onorum.com)

To contact the Dundee City Council Access Officer - 01382 434738

Dundee CHANGING THE FUTURE



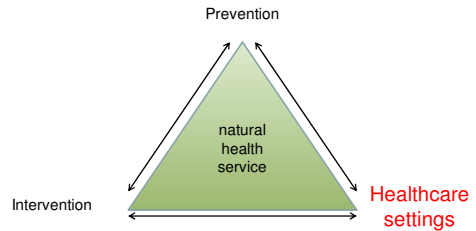


## Green exercise toolkit

- 2 versions – health; environment
- Content:
  - key communication messages about physical activity and green exercise
  - summary of the evidence
  - key policy drivers that support the case for green exercise
  - what makes a good green exercise project
  - case studies



## A natural health service – what does it look like?



## Functions of NHS Greenspace

### Health and well-being

- Views from the hospital buildings
- Outdoor rehabilitation and recovery programmes
- Exercise referral schemes
- Informal use
- Active travel

### Supporting sustainability

- Enhancing biodiversity
- Contribution to biomass schemes
- Sustainable drainage
- Active travel



Web link:  
<http://www.healthscotland.com/topics/settings/nhsgreenspace/index.aspx>

## The NHS greenspace demonstration project - key elements

- Demonstration projects
  - Range of health care settings covering all mainland area health boards
  - Retrofit and new build
  - Practical advice and support
  - Scottish Government funding
- Monitoring and evaluation
- Mainstreaming



### Forth Valley Royal Hospital

Before



After



### Forth Valley Royal



Cardiac Rehab programme in Woods



Hospital Ranger working with NHS staff, Occupational therapist and cardiac nurses

### Forth Valley Royal



Teaching circle in FVRH estate – local nursery school visit.



Tai Chi classes for staff.

### Gartnavel Hospital



### Midpark Hospital Dumfries



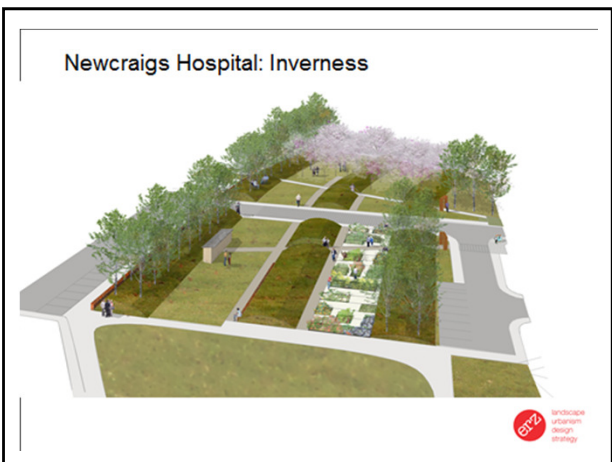
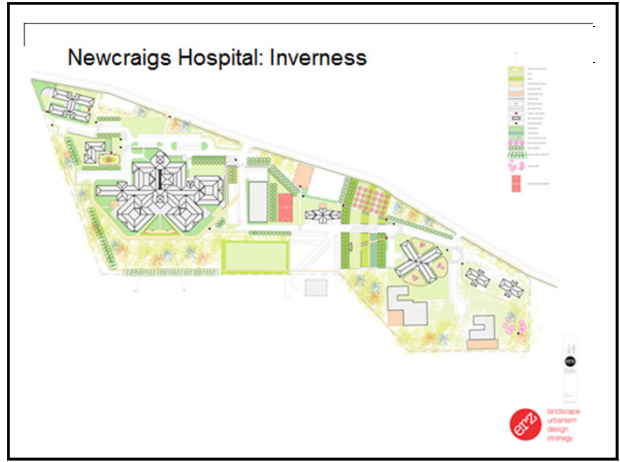
### Foresterhill Health Campus

#### Strategy



- Site Boundary
- ▭ Building
- ▭ Shared Green Space
- ▭ Green Space
- ▭ High Street
- Main Road
- Access Road
- Shared Footway
- Pathway
- Green Space (High Street)
- Green Space (Main Road)
- Green Space (Shared Footway)
- Green Space (High Street)
- Green Space (Main Road)
- Green Space (Shared Footway)





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NHS Greenspace - Challenges & Issues

Greenspace as core NHS business

- Embracing green exercise as a clinical intervention
- Commitment to the outdoor estate as a positive asset

USING THE OUTDOOR ESTATE  
the hidden health benefits of great site design  
An alternative vision for hospital grounds and management of NHS Scotland's outdoor estate based on user centred design  
The Green Exercise Partnership

### NHS Greenspace - Challenges & Issues

- Pace of change & working with regional structure - 14 arguments to be won and cultures to be influenced!
- language
- Funding & maintaining greenspace improvements v. other priorities & pressures
- New buildings – commitment to green design
- GEP capacity to help
- Training and support for staff to use the outdoors for clinical benefit



Thank you!

