

Green Health and a Garden Project

24th June 2021

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What do we mean by Green Health?

- Acknowledging the impact of Climate change, and the resultant climate crisis on our health
- Recognition of the value and importance of Green (& Blue) Spaces and Connecting with Nature
- Able to offer Nature-based (informed) interventions and approaches
- Researching and evidencing the impact of Nature-based work
- Placing sustainability at the heart of our future development plans

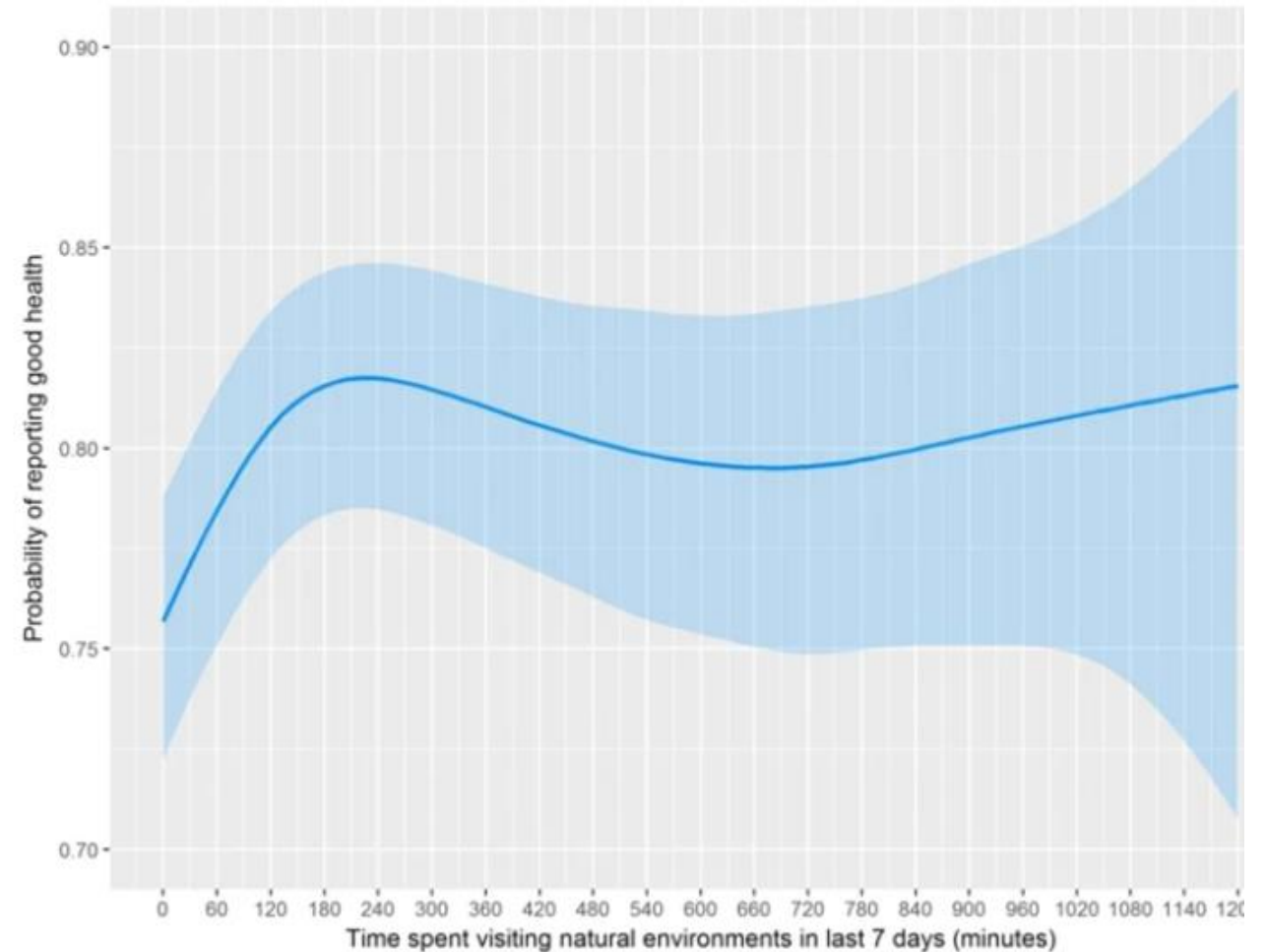
Created by Dr. Nicholas Barnes



120 minutes

Spending at least 120 minutes a week in nature is associated with good health and wellbeing

Mathew P. White et al.
Scientific Reports volume 9,
Article number: 7730 (2019)



Why is it important to connect to nature?

- Connecting to nature leads to feeling good and functioning well
- It increases:

Vitality

Personal growth

Self-acceptance

Purpose in life

Meaning

Autonomy



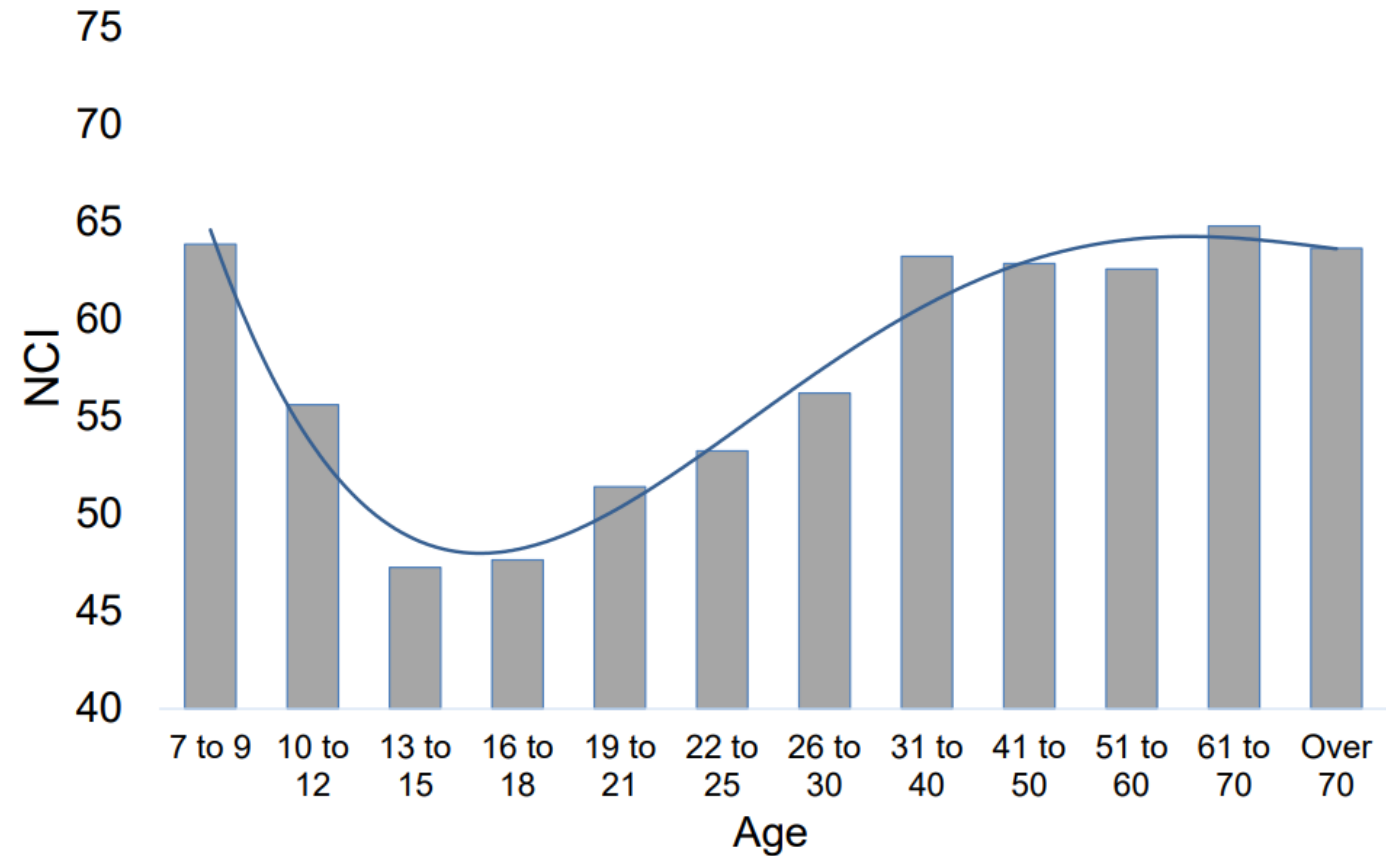
Pritchard, A., Richardson, M., Sheffield, D., & McEwan, K. (2019). The Relationship Between Nature Connectedness and Eudaimonic Well-Being: A Meta-analysis. *Journal of Happiness Studies*, 1-23.

Nature connection across life span

A study of 30.000 Canadian adolescents showed that:

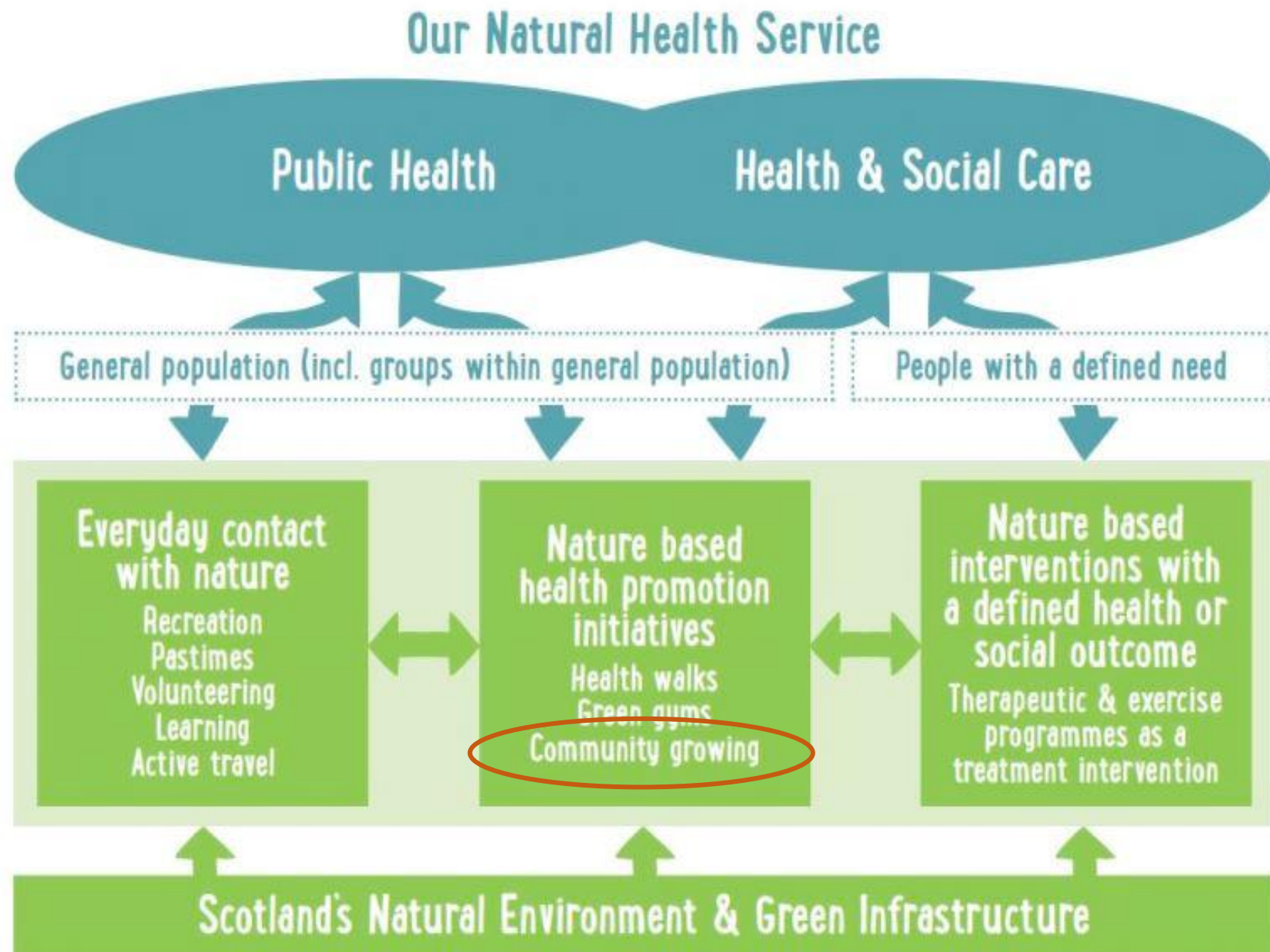
- Increased exposure to outdoor environments and connectedness to nature led to a 25% improvement of psychological wellbeing


Piccininni, C., Michaelson, V., Janssen, I., & Pickett, W. (2018). Outdoor play and nature connectedness as potential correlates of internalized mental health symptoms among Canadian adolescents. *Preventive Medicine*, 112, 168-175.



Richardson, M., Hunt, A., Hinds, J., Bragg, R., Fido, D., Petronzi, D., Barbett, L., Clitherow, T.J., and White, M. (2019). An Affective Measure of Nature Connectedness for Children and Adults: Validation, Performance and Insights. *Sustainability*, 11(12), 3250.

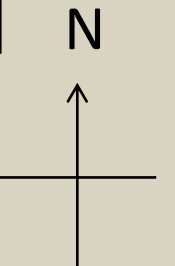
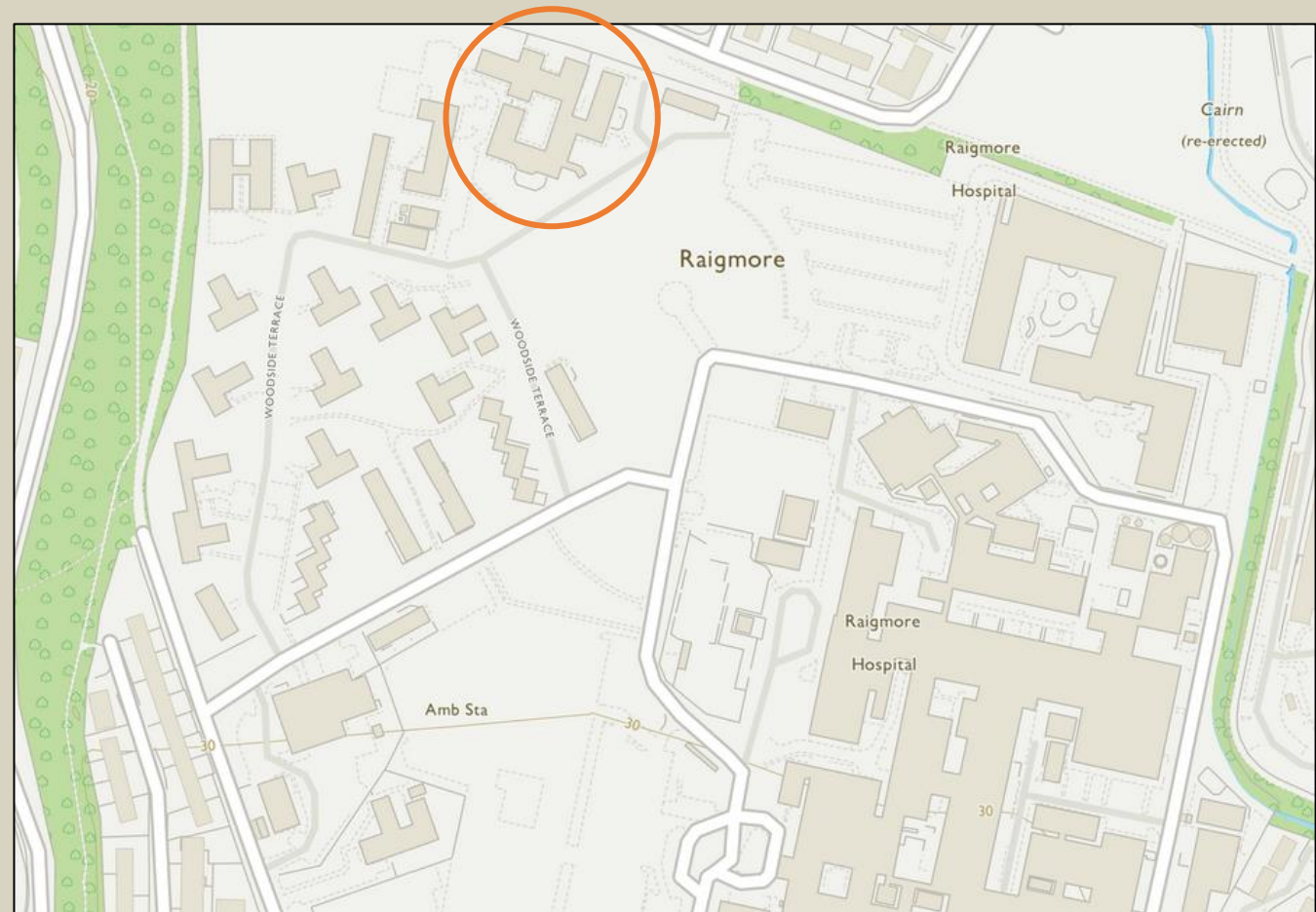
Our Natural Health Service



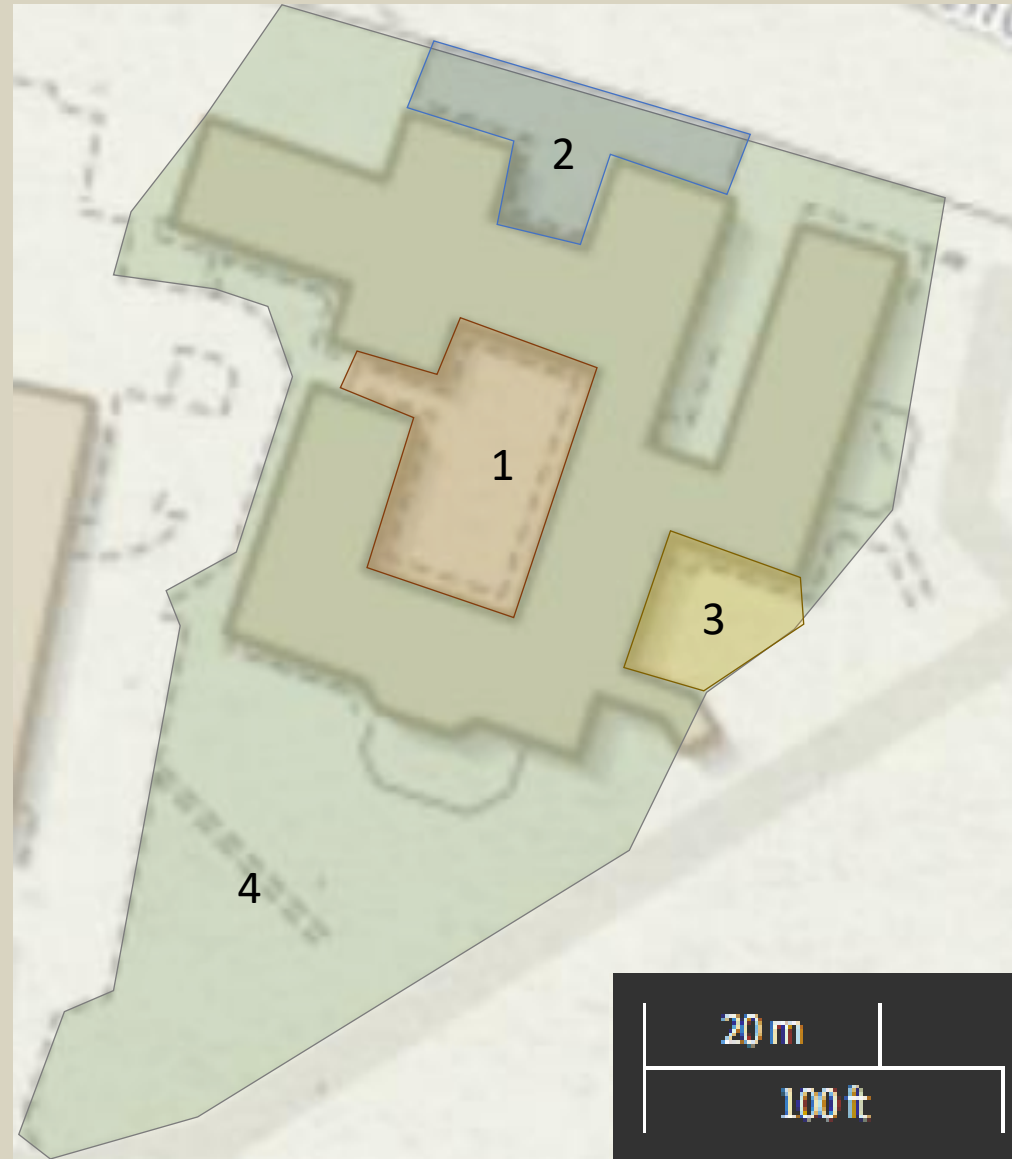
A scenic landscape featuring a river flowing through a valley. The river is filled with numerous smooth, light-colored rocks of various sizes. The banks are covered in lush green grass. In the background, rolling green hills rise under a bright blue sky with scattered white clouds. The overall atmosphere is peaceful and natural.

A garden project on a health care site...

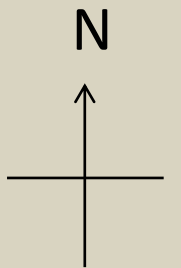
The site



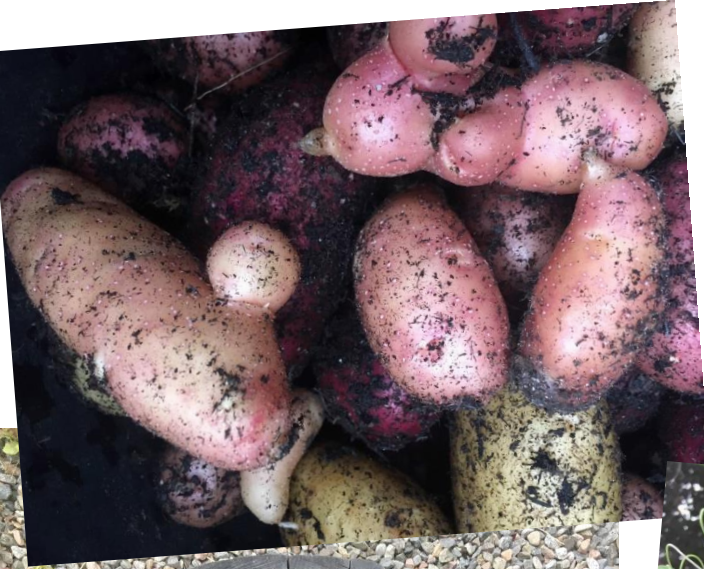
The vision



- 1 Staff wellbeing garden
- 2 Therapeutic garden
- 3 Outdoor waiting area
- 4 Community Garden



Current status



Any questions?

