

Blooming Minds Green Social Prescribing December 2023

Funded through grants from:



What is Social Prescribing

Sometimes referred to as 'Community referral', is a way that enables Healthcare professionals to link people to a range of local, non-clinical services as a means of offering support for their needs.

The process involves a Social Prescriber or Link workers to engage and identify the needs of the patient and supports them in connecting with community initiatives that suit them.





Mental Health

- ▶ Health can be affected by a variety of socio-economic and environmental factors
- ▶ June 2021 - July 2022, 1.61 million people were in contact with mental health services
- ▶ For the same period the following year, 1.76 million people were in contact with mental health services
- ▶ 20% of patients consult their GP for primarily social issues, given this and the driving forces of an ageing population, increased complex health and social needs, and increasing demand on services, social prescribing is rapidly gaining popularity.

Advantages of Social Prescribing

- ▶ Reduced demand on health services
- ▶ Reducing health inequalities
- ▶ Personalised care
- ▶ Sense of belonging/social connection
- ▶ Improved health and well-being
- ▶ Increased confidence
- ▶ “harness[ing] assets within the voluntary and community sectors to improve and encourage self-care and facilitate health-creating communities.”

<https://bmjopen.bmj.com/content/7/7/e015203>





What is Green Social Prescribing

Community support in nature-based interventions and activities to improve mental and physical health.

Beneficial for people who:

- ▶ Need support with their mental health
- ▶ Have one or more long term conditions
- ▶ Are lonely or isolated
- ▶ Have complex social needs affecting their wellbeing

Blooming Minds - why are we doing it?

In April 2021, the NHS backed by many other organisations, launched 7 Green Social prescribing test and learn sites around the country .

This came about as a direct result of the pandemic in that:

- Increase of people experiencing distress, loneliness and anxiety
- Increased public awareness of the benefits of regular access to green spaces
- Recognise that this intervention could reduce the demand on the health and social care system

There is a need in our community to offer alternate therapies to:

- Bridge existing healthcare inequalities
- Make it easily accessible to our wider community
- Build stronger community ties
- Raise awareness of how to care for and appreciate our environment

Our site - F.R.A.G



The planning

Upgrade the existing site:

All year-round use:

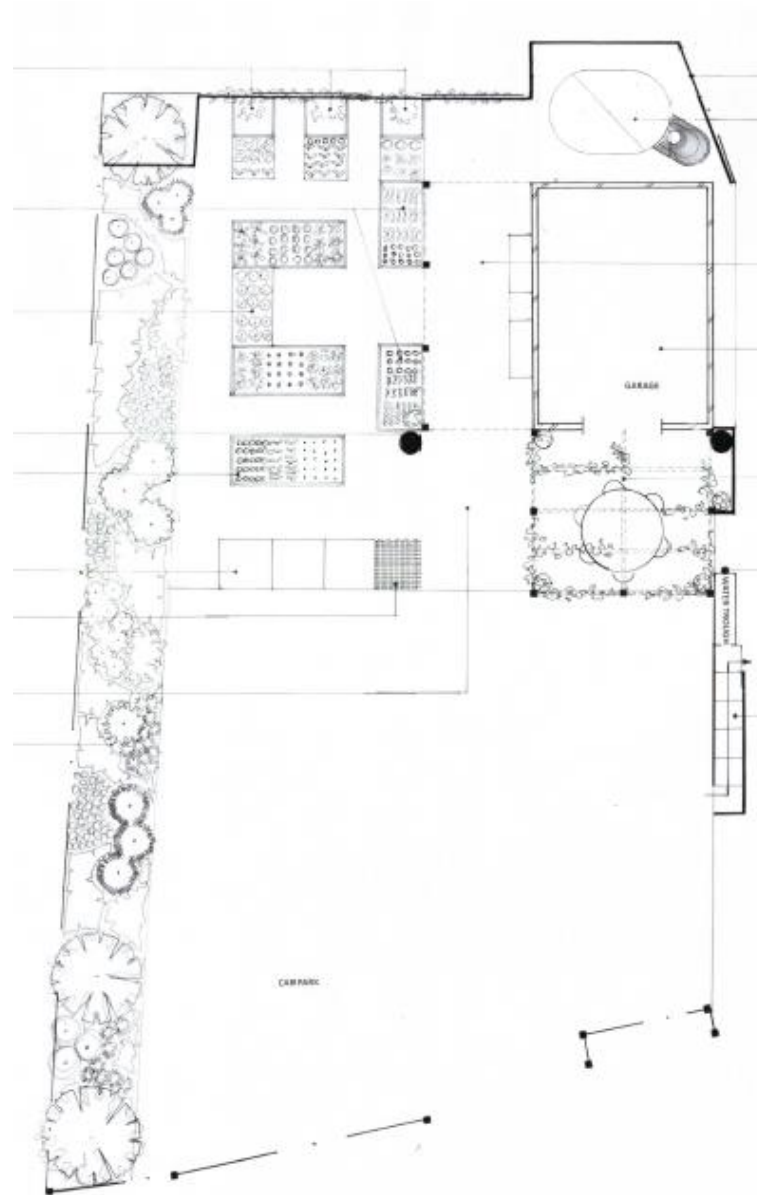
- Insulate garage
- Shaded seating area
- Lean-to structure
- Compostable toilet

Introduced more raised beds

Built in Compost Bins

Resurface the area to make it accessible

We have gained the upper adjacent plot





Artist impression of the F.R.A.G
garden

Blooming Minds - Programme

- ▶ 10-week programme supporting 6 participants
- ▶ The programme will empower individuals through
 - ▶ Learning
 - ▶ Improved health
 - ▶ Social interaction
 - ▶ Benefits of being in nature
 - ▶ Accessing the wider community
- ▶ ‘What happens next’ - offering opportunities for the next step of their journey.



A photograph of three mice in a natural setting. One mouse is at the top, another in the middle, and one at the bottom. They are gathered around a small purple flower. The background is a soft-focus natural environment.

Collaborating with others

Establish close links with Social Prescribers, Surgeries and Primary Care Network Providers to ensure that the placement is the right Social prescribing programme for the participant and ensure continuity of green provision.

Offering progression pathways to employment and volunteering opportunities within the Green Social Prescribing sector.

Collaboration inevitably results in innovation and a better understanding in meeting the needs of the local community

Thank-you

Any Questions?

