Janet Angus

Natures Health System...The New NHS?

My Work in Dermatology

- Worked over 30 years in the NHS
- General Practice
- Consultant Dermatologist
- Special Interest
 Psychodermatology





What Is Psychodermatology

- Medically Unexplained Symptoms
- Primary Psychiatric disorders
 - Psychotic illness
 - Body Dysmorphic disorder
 - Compulsive Skin Picking





Mental Health Service Provision

Improving Access to Psychological Care IAPT

Patients I work with

Psychiatric Care

Milder Levels
Anxiety
and Depression

Gap in Provision in Care

Actively suicidal

Worsening Impairment of Functioning

Longstanding Medical View of Treating Mental Health



Integration of Mental And Physical Health



Horticulture helps Wellbeing... Connection

- Lower levels of stress, fatigue and anxiety, among other benefits (Improving Access to Greenspace. A New Review for 2020, 2020).
- Encouraging social connections with others.
- Particularly beneficial for vulnerable populations. Those with greater access to green space experience lower levels of health inequalities linked to income deprivation (Mitchell & Popham, 2008).
- Could save the NHS £2.1 billion every year
 - An Estimate of the Economic and Health Value and Cost Effectiveness of the Expanded WHI Scheme 2009, 2009



My Mother-in-law..... Ahead of Her Time

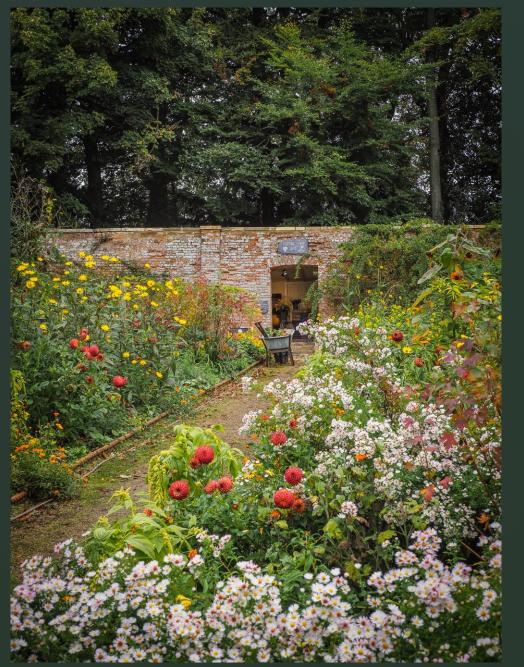




The Garden She Created.....Cerney House Gardens



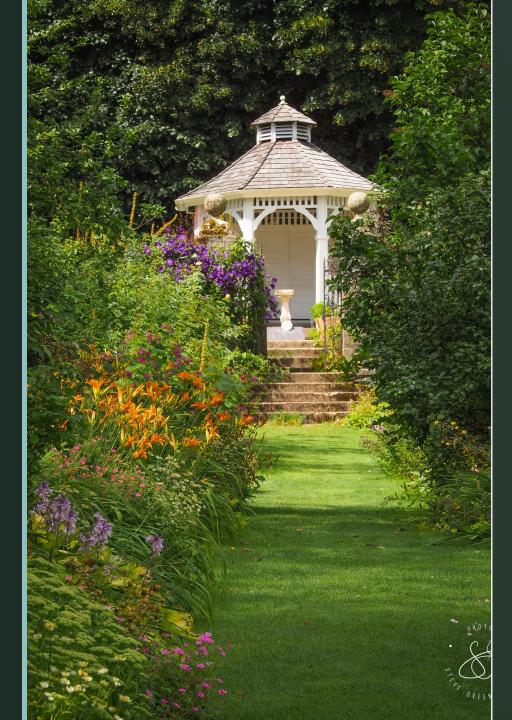












What COVID showed us..

- People to interacted with familiar surroundings in new ways
- Bedrooms have become offices
- Gardens and the areas within walking distance of home – have become wildlife-watching spots and gyms
- Nature has been a source of solace for many, as
- lockdown rules have heightened our appreciation for local parks and green spaces.



Green and Social Prescribing



The NHS Forest

Nature Recovery Rangers

Bee Healthy

Green Health Routes

- Green prescribing has referred to the use of physical activity as part of a patient's health management plan (Green Prescriptions, 2016).
- Social Prescribing -use of naturebased activities for improving the physical and mental health of individuals (Robinson & Breed, 2019)
- Social prescribing which allows healthcare providers to refer patients to local, non-clinical services (What Is Social Prescribing?, 2017)
- Common activities used in green prescribing include walking and cycling in nature, conservation activities, horticulture and meditation (Robinson & Breed, 2019).

NHS Long Term Plan.... Next 10 years

- Expanding the provision of social and green prescribing
- In July 2020, Environment Secretary George Eustice announced a <u>£4 million investment for a cross-</u> <u>government project</u> aimed at preventing and tackling mental ill health through green social prescribing.
- This fund has since been increased with additional contributions from NHS England and NHS Improvement, Sport England and the National Academy for Social Prescribing (NASP), taking the total to £5.77 million.
- The project will test how to embed green social prescribing into communities in order to:
 - improve mental health outcomes
 - reduce health inequalities
 - reduce demand on the health and social care system
 - develop best practice in making green social activities more resilient and accessible.





Applying this
To
Secondary
Care