



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





A lush garden with various plants, including a trellis with red flowers on the left and a path leading through greenery. Several people are walking through the garden, looking at the plants. The scene is bright and vibrant.

What is a Garden?

A person interaction with
Nature



Isabel's Principal Working with Nature



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.



The Way Forward...
New Pathways of Care

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 nature-based 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 **£4 million investment for a cross-government project** 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.

Green Prescribing for sustainable healthcare:
from policy to practice



- What is Green Prescribing, why does it matter & how does it fit with social prescribing
- Experiences of Green Prescribing for mental health & long term conditions
- How green prescribing is being scaled up in the UK and why this is important to do now
- Systems change to facilitate nature connection, green space use and green prescribing; test and learn site interview

SUSTAINABLEHEALTHCARE.ORG.UK @SUSHEALTHCARE #GREENPRESCRIBING

The Health Foundation
CENTRE for SUSTAINABLE HEALTHCARE

TO
plant
A GARDEN
IS  TO
BELIEVE IN
TOMORROW

AUCKLEY HEPBURN

Applying this
To
Secondary
Care