NHS Greenspace

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NHS National Services Scotland

Forest Research

Forestry Commission Scotland
Coimisean na Coilltearachd Alba

Scottish Natural Heritage
Dualchas Nàdair na h-Alba

NHS Health Scotland

Green Exercise Partnership – who we are

- NHS Health Scotland (health department)

- Forestry Commission Scotland

- Scottish Natural Heritage

- NHS National Services Scotland

Shared interest in promoting greater use of the outdoors for health and wellbeing

www.healthscotland.com/topics/settings/nhsgreenspace

Research evidence

Importance of environment to Health well established

**Evidence of positive relationship between natural environment and health**

Interactions shown to benefit health:

- Viewing nature

- Being in nature

- Interacting with plants or gardens

- Observing or encountering animals

Greening NHS Estate Demonstration projects:

- improved access
- map boards & way-marking
- paths and trails
- seating & viewing areas
- new planting / trees
- growing spaces
- sensory gardens
- improved biodiversity
- wildflower meadows
- sustainable management plan

Forestry Commission

Practice Guide

Greenspace design for health and well-being

NHS FOREST
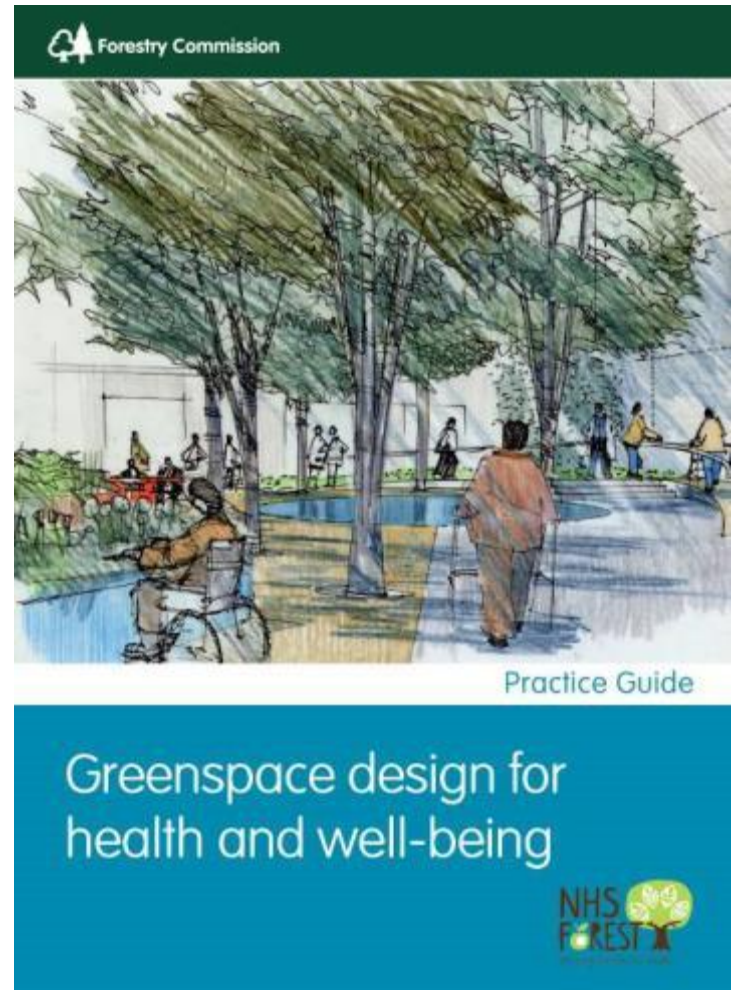
GREEN WAYS TO HEALTH
Case study – Ayr and Alisa Hospitals

GREEN WAYS TO HEALTH
Case study – Gartnavel Hospitals

GREEN WAYS TO HEALTH
Case study – Possilpark Health & Care Centre

GREEN WAYS TO HEALTH
Case study – Forth Valley Royal Hospital

GREEN WAYS TO HEALTH
Case study – Woodside and Maryhill Health and Care Centres

GREEN WAYS TO HEALTH
Case study – New Craigs Hospital

Green ways to health

Transform, create and revitalise the outdoor estate around healthcare facilities for health & wellbeing

2015 Chief Executive Letter:
Dr Catherine Calderwood CMO

"A relevant environmental health agenda for the 21st century is as much about the **creation of places** which engender good physical and mental health, as it is about protection from hazards."

Open air treatment pavilion, late 19th century
Source: NHS Greater Glasgow and Clyde Archive
Digitised by: University of Glasgow Photographic Unit

Five minutes' walk – a **world away** from the wards

Fancy a wee break?

Just outside the hospital, peaceful meadows and woodlands make the perfect place. It's great for wildlife too: you might spot hares among the grass, or surprise deer grazing in the fields on the far side of the valley. In spring and summer, orchids raise tall pink spikes by the side of the path and the scent of frothy meadowsweet flowers hangs in the air.

And a walk in this surprising patch of countryside is good for you too. A little walking every day:

- Improves your sense of wellbeing
- Increases your energy levels
- Helps you sleep better
- Reduces your blood pressure
- Reduces the risk of heart disease and diabetes
- Keeps you trim. Just strolling for half an hour burns 75 calories. Walk fast and you'll use 150: as many as in a fruit scone!

Take it easy

You'll find plenty of seats along the way. Walk as far as you feel comfortable with, and stop for a rest to enjoy the peace and quiet. There are maps of the paths just inside the main entrance and at convenient places around the grounds.

WOODS WALKS

NHS
Ayrshire & Arran

The Scottish Government

Perspectives of decision makers:

Directors / Consultants in Public Health
Head of Estates management
Head of Asset management
Head of Corporate planning
(Interviews with 10 people)

Exploring

1. How NHS greenspace might help them to deliver their priorities and objectives
2. To identify what monitoring and evaluation would be considered appropriate in order to provide an evidence base of the outcomes of NHS greenspace

Key priorities identified:

- Health – physical activity, mental wellbeing, less obesogenic environments, reduction in length of hospital stay

- Biodiversity – improving it

- Energy – potential savings, sustainability, climate change

Beneficiaries

- Patients (priority)
- Staff (priority)
- Visitors
- Local community

Barriers to NHS Greenspace

- Funding

- Responsibility

- Costs of on-going maintenance

- Concerns about abuse of greenspace with increased community use – e.g. vandalism

- Not seen as core part of the business

Monitoring and evaluation

- Green book
- Value for money
- QALYS
- M+E framework
- Pragmatic
- Simple measures

- *'I would tend to work with people and build a conceptual model of what we think, how we think about the benefits to patients, the workforce and I think we have plenty of evidence from elsewhere that if we do X then plausibly this can lead to Y, we don't have to measure every single thing'*

What does success look like?

'*I have a simple view, if I can look out of the window and see mental health patients working in the garden as a regular feature then that is a success. If we can see people enjoying the green space and I think we will see staff out enjoying it then we can tick the box and if we have the community allotments then we've done the job'*
(NHS Glasgow and Clyde)

Recommendations

- Establish long term vision for NHS outdoor estate
- Champion inter-directorate working
- Ensure greenspace design written into specifications and procurement processes for new build and refurbishment
- Increase the use of NHS greenspace in health care programmes
- Build in monitoring and evaluation

Questions?