

Derbyshire GSP pilot GreenSpring

OVERVIEW

Our ambition is to create a joined-up approach across the county and city using green social prescribing to better support and improve the mental health and wellbeing of local communities through use and development of green space, by supporting people to feel confident and encouraging them to become active participants in the natural world.

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Testing and learning across the system through a five level approach from independent use of greenspace to co-designed, bespoke wellbeing programmes.

Range of referral routes from self to professional, providing opportunities for support to the individual at a level appropriate to their needs.

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Aim to embed Green Social Prescribing in the longer term as a recognised and valued approach to improving individuals' mental health and overall wellbeing. Responsive health intervention into proactive investment.

There is a gap in knowledge about existing green social prescribing interventions, and disconnect between the sectors referring to and providing those interventions.

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PLAN

Employ a Project Manager and Green Advocates to enable and support connectivity across the sector.

Audit current green provision across the county, and develop ways to promote this through Social Prescribing Link Workers (SPLW), other social prescribers

Identify key activities, practices and wellbeing measures to test and evaluate.

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Invest time and resources in building effective, mutually beneficial long-term partnerships with the VCFSE sector.

Capacity-build this sector and provide training & support - be able to expand high quality delivery to more people, and beyond this funding.

Identify and embed appropriate referral routes from referring organisations/groups to intervention/activity providers - a key outcome for this project.

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Our request:

engage with us by contributing to our audit; tell us what you do and what's needed.

<https://s.surveymonkey.com/-5cddOy4L>