

# NHS Forest Conference 2015



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# Aims

- Improve health of staff, patients and communities through increasing access to greenspace on or near to NHS land
- Greening the NHS Estates
- Encouraging greater social cohesion between NHS sites and the local community.



# How you can be part of the NHS Forest

- Plant Trees at your Healthcare Organisation
- Encourage staff, patients and the local community to use their NHS Forest
- Sponsor a Tree
- See if the League of Friends will stock the NHS Forest Tree Sponsorship cards
- Partner with the NHS Forest as a delivery organisation
- Create a health route in your local area – include GP surgery



on the route

growing forests for health

# Benefits of the NHS Forest

Trees and Greenspace can provide:

- Accelerated patient recovery (Ulrich 1984)
- Providing healing environment
- enhance mood, self esteem, lower blood pressure
- Improve air quality, reduce surface temperature and risk of flooding
- Reduced costs through health prevention, reduced energy

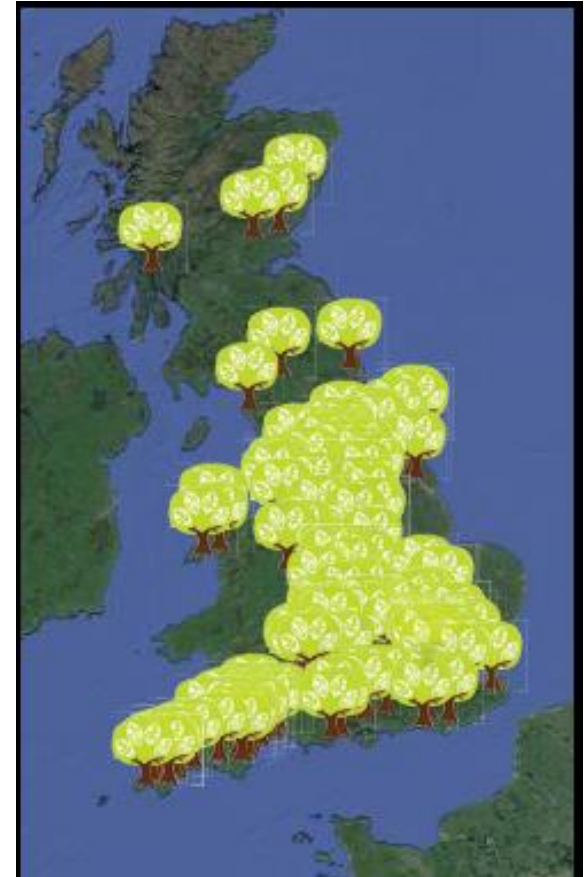
and maintenance costs

*For more information of the benefits of the NHS Forest [www.nhsforest.org/evidence](http://www.nhsforest.org/evidence)*



# Achievements in 2015, so far

- Number of Trees Planted: 38,742
- 150 sites have planted trees
- Autumn conference
- NHS Sustainability Day of Action
- Marston Green Health Route
- Green and Health Consultancy



# NHS Sustainability Day of Action

## 500 trees planted



Derbyshire Healthcare- 26 trees- paperless



growing forests for health



Gloucestershire Care – green gym volunteers



South Warwickshire, staff involved in planting

# Some Site Examples



Bradford Royal Infirmary



Nottinghamshire  
Health Care  
NHS FT



University hospital,  
Coventry

# Marston Green Health Route

- Lottery Awards for all grant
- Designed a green health route
- Developed promotional material
- GP – green prescriptions
- Involvement with Go Active
- Working with local primary schools- educational resources, walk with student councils
- Local Care home- re-engagement with nature



Marston Green Health Route Map - Length 2.5 miles approx

The Centre for Sustainable Healthcare has developed the Marston Green Health Route to take in the various nature reserves, schools, church and coffee shops of the Marston area.

Opposite is the Marston Green Health Route map. Please look out for the maps at the Residents Association displays throughout Marston and for signs along the route.

The route is flat and manageable with trainers or sturdy shoes and is suitable for wheelchairs or buggies. You can also stop off for coffee at the local cafe on Cherwell Drive or the 'Over 50's Cafe' at the Scout Hall on a Tuesday morning.

Go on get outside and try to do three walks a week enjoying the fresh air and the great green space in Marston.





# St Catherine's hospital, Doncaster

- People's Health Trust funded project.
- Local school children involved in environmental arts programme. Photography and ceramics work. Run by darts.
- Friends of Woodfield park, set up after Lottery Outer Space project. Build capacity, help with activities. Produce marketing facilities, regular walks. Coffee morning, held in Victorian Tea Room.
- Outdoor Gym equipment funded and walking group set up on site



# Tree Sponsorship Scheme

- Sponsor a tree for £10
- This can be planted on a hospital site of your choice or on the NHS Forest nationally.
- The Great Outdoor Gym Company has sponsored 1000 more trees- idea is to plant woodlands at NHS Forest sites
- Would you like to plant 100 trees or more at your healthcare estates- come and see the NHS Forest team!



# Green Space and Health Consultancy

- Bringing together Green Space and Health professionals
- Aim is to encourage more people to use green space to meet health priorities
- What CSH do: -workshops –comprehensive review of health policies to identify local area’s priorities –mapping green space projects
- Paper detailing the best way to measure health outcomes



# NHS Forest- Key Contacts

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