



CENTRE for
SUSTAINABLE
HEALTHCARE

CSH Sustainability School

Green space and Health

Wednesday 26th February 2020, 9:30am - 4:45pm

Oxford Quaker Meeting House, 43 St Giles', Oxford OX1 3LW

<https://www.eventbrite.co.uk/e/csh-sustainability-school-24th-to-26th-february-2020-tickets-78950887229>

Introduction

Human health is inextricably linked to the health of the earth's natural systems, which determine the air we breathe, the food we can grow, the spread of disease and much more. Currently, many natural systems are being disrupted on both a local and a global scale as a result of human activities – including healthcare delivery. This complex set of relationships is sometimes referred to as 'planetary health' and is increasingly recognised as a critical perspective in health improvement and protection.

This new one-day course on green space and health will help you to understand the evidence, learn about different examples of green prevention and therapy and how you can integrate this into your own practice. Aimed at healthcare professionals in primary and secondary care including those working in mental health, rehabilitation, diabetes or musculoskeletal conditions. We are also training those who want to look after their staff and manage services differently.

Drawing on research evidence and case studies, the course will explore in-depth how health professionals can work with partners to develop and initiate green space for health initiatives. Intensive, small-group exercises will develop confidence and provide the opportunity to hone advocacy, partnership working and strategy development skills.

During the day we will teach participants about the two-way links between health and the natural environment; share the results of our work looking at use of green space in healthcare settings for patients, staff and the wider community; as well as discuss how to improve the green spaces or set up a green walking project in your organisation.

Participants will receive a reading list tailored to issues raised in advance by the group, and support in applying concepts to their own context. Before the course, participants will be able to select a project on which to work on the day.

Please make sure you have filled in a pre-questionnaire to enable us to understand your particular learning objectives.

Methods of teaching will be a balance of content with interactive and immersive sessions with plenty of discussion and networking.

The Centre for Sustainable Healthcare Cranbrook House 287-291 Banbury Road Oxford OX2 7JQ

t +44 (0) 1865 515811 email info@sustainablehealthcare.org.uk www.sustainablehealthcare.org.uk

The Centre for Sustainable Healthcare is registered as a company limited by guarantee in England & Wales No. 7450026 and as a charity No 1143189. Registered address 8 King Edward Street, Oxford OX1 4HL.

Course objectives:

- Be able to convey an overview of sustainable healthcare
- Feel confident to use the evidence base on the health benefits of engaging with green and blue space.
- Develop the personal, interpersonal and strategic skills to enable you to develop and initiate green space projects for health

Who should attend?

We welcome a diversity of people working in healthcare including allied health professionals, public health, clinicians, estates and management.

Course fees:

This day: £300 + VAT

Reduced rate for attendance at all 3 training days: £650 + VAT

Size of group: Up to 30 people

Online registration

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CPD accreditation

We are looking at where best to get CPD accreditation for this day. Please contact us if you have ideas!

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Programme

0930 Registration/tea and coffee.

0945 Welcome and group introductions

Rachel Stancliffe, Director, Centre for Sustainable Healthcare (CSH)

1000 Presentation: Overview of green space, sustainability and health

Rachel Stancliffe, Director CSH

1020 Evidence for health benefits of green and blue space

Alan Kellas, Practitioner, Royal College of Psychiatrists

1040 Exercise in groups: What do you want to do?

James Szymankiewicz, GP, LNP and CSH

1100 Examples in practice. 3 short case studies of greenspace and health

Sarah Dandy/Carey Newson, CSH

1130 Break

1145 Interactive Session in groups and plenary: How to make it happen

- Using narratives
- Using values
- Using levers in the health system

Lead by James and Alan

1300 Lunch (including green walk)

1400 Immersive session in the park. Making change happen: case study from Oxford with question time

Julie Pink and Tom Cox, Oxford Health

1445 Examples in practice: 3 case studies

Jacob Krzanowski, Psychiatrist, RCPsych

1530 Break

1545 Applying what we have learnt. Interactive session with the opportunity to share challenges & generate ideas for solutions.

Rachel Stancliffe

1600 Exercise: creating a plan in your own context

With support from the team

1645 Sustaining change

James Szymankiewicz

1700 Close and opportunity to continue conversations over a drink

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Faculty

Rachel Stancliffe – Director, Centre for Sustainable Healthcare



Rachel's first degree is in Human Sciences from Oxford where her interest in systems thinking and population health was stimulated by Muir Gray. After an MSc in Demography from the LSE, she worked in public health in the UK and then spent 5 years in Moscow, Georgia and Kazakhstan where she worked for Save the Children, The Norwegian Refugee Council, UNDP, Unicef and the Red Cross on projects including capacity building for the government, running household surveys and writing the Human Development Report.

Back in Oxford, she helped to develop The Cochrane Library for its first ten years which gave her a thorough understanding of evidence based medicine, an appreciation of the importance of methodology, and practical experience of how to integrate evidence with healthcare guidelines and policy. Rachel has been working on the intersection of health and the environment for the past 12 years since she founded The Centre for Sustainable Healthcare (CSH) in 2008. She remains interested in the best use of good quality evidence and in creative partnerships to achieve change.

Sarah Dandy - NHS Forest Coordinator



Sarah has developed the [NHS Forest](#) since its inception in 2009. She is an experienced sustainability advisor, with an MA in environment and development from Kings College, London. She has worked extensively in the state sector, including for DEFRA and also worked for an environmental consultancy.

Carey Newson - NHS Forest and Greenspace programme lead



Carey has worked extensively as a consultant in social and environmental policy, including for Oxford's Environmental Change Institute, the Department for Transport and Local Trust. She has an MSc in Environmental Psychology and a doctorate in Cultural Geography. Carey formerly worked at the Campaign for Better Transport where she led many programmes to support walking, cycling and public transport through best practice. She began her career in journalism and broadcasting.

Dr James Szymankiewicz – GP and Director of Strategy and Partnerships, Centre for Sustainable Healthcare



James is a GP in North Devon who has worked in healthcare commissioning for several years. He brings extensive experience in partnership working with roles including current Chair of Devon Nature Partnership and Chair of the North Devon GP Collaborative Board. He believes there is an urgency with which we need, as a society, to transition to true sustainability and to deliver this will require system change. His focus is on delivering effective change through a collaborative, cross sector approach.

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Dr Jacob Krzanowski – Specialist Registrar in General Adult Psychiatry



Jacob is a specialist registrar in general adult psychiatry carrying out his training at the South London and Maudsley (SLaM) NHS Foundation Trust. He has an interest in the interface between mental health and green spaces having organised and implemented green-space walking groups for patients and staff. In 2018-19 he worked with CSH to establish the Green Walking Project to promote and facilitate green-space walking groups for psychiatric inpatients, in partnership with the Royal College of Psychiatrists. He continues to support this and other work through his role as CSH Associate.

Dr Alan Kellas



Alan has recently retired from twenty years in NHS psychiatry. Over the last few years he has become interested in the theory and practice of ecopsychologies and ecotherapies - how nature in its many forms can be a resource for mental health. He has explored these as part of strategies for mood regulation and managing challenging behaviour amongst other indications. Since retiring he has been studying sustainability and permaculture and linking this to his earlier work. Alan is currently the Green Care lead on the Royal College of Psychiatrists Sustainability Committee.

The Centre for Sustainable Healthcare

An independent charity, CSH has been leading efforts to incorporate the values of environmental sustainability into the health sector since its establishment in 2008. It has a particular focus on engaging clinicians, promoting the concept of 'sustainable clinical practice'¹, based on four principles:

1. Prevention - promoting health by tackling the causes of illnesses and inequalities
2. Patient self-care - empowering patients to take a greater role in managing their health
3. Lean service delivery - streamlining care systems to minimise wasteful activities
4. Low carbon alternatives – prioritising treatments & technologies with a lower environmental impact

The Centre's pioneering Sustainable Specialties programme fosters change within existing clinical communities, supported by research into the carbon footprint of alternative technologies and models of care. The specialty-led approach is complemented by tools designed to empower clinicians, including SAP (Sustainable Action Planning for clinical teams), online clinical Networks and the Green Ward Competition.

CSH hosts the Sustainable Healthcare Education (SHE) network, which supports the integration of sustainability into health professional education. In 2012-13, the SHE network coordinated a national consultation on priority learning outcomes for sustainability which informed the revision of (and are referenced from) the General Medical Council's "Outcomes for graduates 2018". CSH runs sustainability scholarship and fellowship programmes for practising clinicians and provides sustainable healthcare training in a range of formats.

CSH has pioneered the integration of sustainability into quality improvement and has developed the "SusQI" framework^{2 3} for integrating sustainability into quality improvement methodology. It has been at the forefront of developing training and supporting sustainable QI projects.

¹ Mortimer, F. The Sustainable Physician. Clinical Medicine (2010), Vol 10, No 2: 110-11

² Sustainability in quality improvement: redefining value. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):88-93

³ Sustainability in quality improvement: measuring impact. Mortimer F et al. Future Healthcare Journal, 2018 Vol.5(2):94-97

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