



CENTRE *for*
SUSTAINABLE
HEALTHCARE



Introducing the Centre for Sustainable Healthcare and Green Walking

Dr. Frances Mortimer

Medical Director, Centre for Sustainable Healthcare

Guide for Green Walking in Mental Health Recovery launch event, 20 May 2020

@SusHealthcare

@Green_Walking

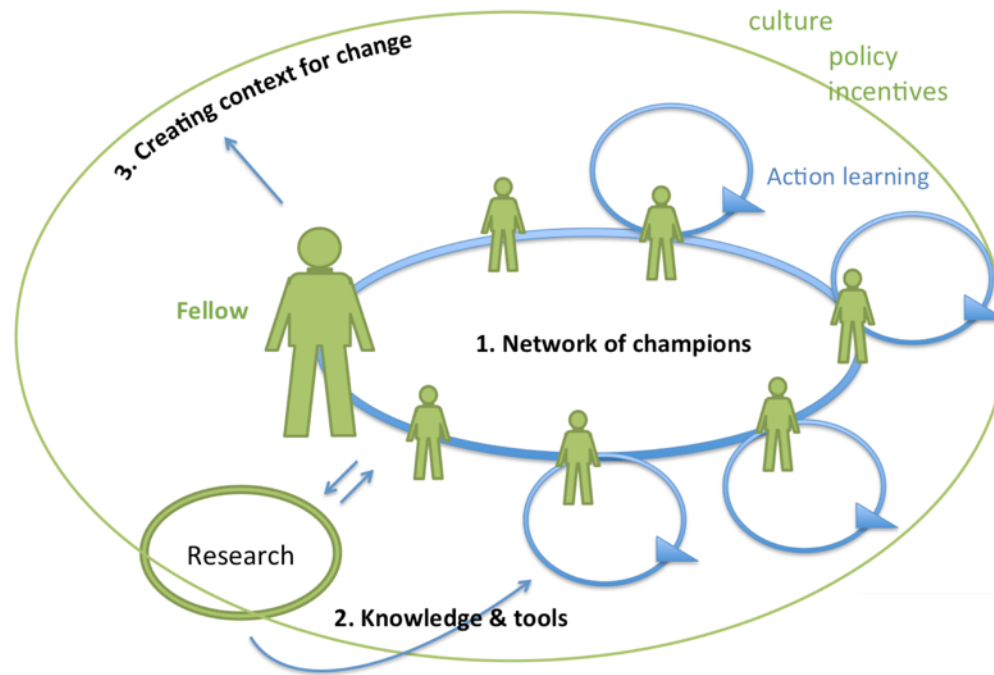
#GreenWalkWednesday

Centre for Sustainable Healthcare



Centre for Sustainable Healthcare Est. 2008

Sustainable Specialties



sustainable
healthcare
education

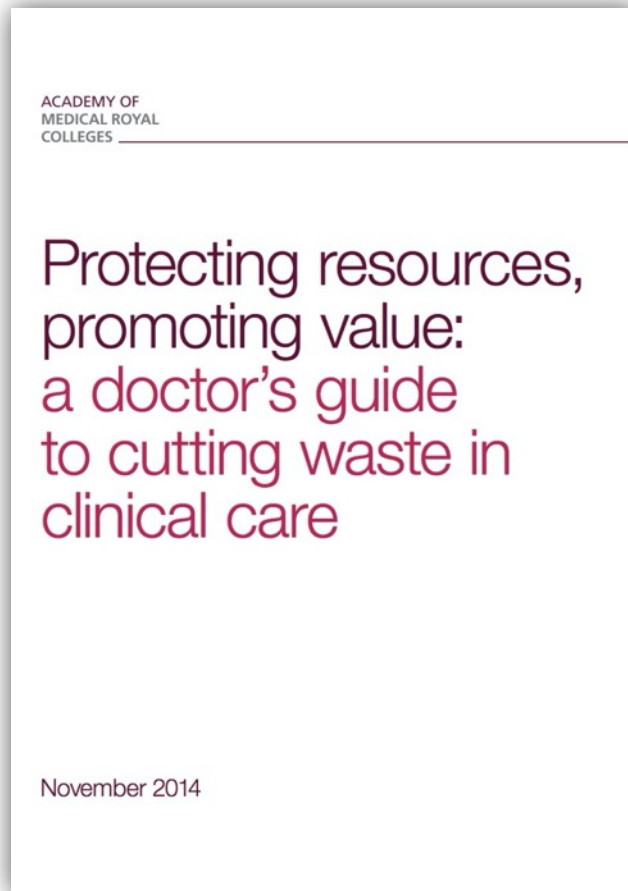
Outcomes for patients and populations

Environmental + social + financial impacts
(the 'triple bottom line')



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SUSTAINABLE
HEALTHCARE
inspire • empower • transform

RCPsych Sustainability Fellow 2013-15



<http://networks.sustainablehealthcare.org.uk>

POSITION STATEMENT

As leading organisations in mental health we will strive to improve the sustainability of mental health care, by designing and delivering services that....

- 1 Prioritise prevention.** We will seek to prevent poor mental health and thereby reduce the need for health care in the future.
- 2 Empower individuals and communities.** If people become unwell, we will promote opportunities for self-management and independent living and will support community projects, social networks and employment, all of which improve mental health resilience.
- 3 Improve value.** If people need services, we will seek to offer interventions that provide the maximum patient benefit for the least economic and environmental cost by delivering the right intervention, at the right time, to the right person.
- 4 Consider carbon.** We will work together to understand the carbon impacts of interventions and models of care within mental health. This knowledge will become increasingly important in the design of carbon efficient services.

2015 onwards: RCPsych Scholars



Green Walking

Beginnings...



Dr Emma Brandish, RCPsych Sustainability Scholar 2016-7

Staff and patient walking group



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Funded by: **Network for
Social Change**
charitable trust

Mission: to provide respite and healing to people receiving inpatient psychiatric care through walking together in nature

Delivered by:



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SUSTAINABLE
HEALTHCARE



Supported by:



Royal College of
Occupational
Therapists





- Literature review
- Telephone survey of MH Trusts
- Focus group with patients and carers
- Recruitment of Green Beacon sites



Dr Jacob Krzanowski,
RCPsych Sustainability Scholar 2018-19

NHS
**South London
and Maudsley**
NHS Foundation Trust

Birmingham
and Solihull **NHS**
Mental Health
NHS Foundation Trust

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Norfolk and Suffolk **NHS**
NHS Foundation Trust

Cornwall Partnership **NHS**
NHS Foundation Trust

Derbyshire Healthcare **NHS**
NHS Foundation Trust

Kent and Medway **NHS**
NHS and Social Care Partnership Trust

NHS
Bradford Teaching Hospitals
NHS Foundation Trust





Dr Jacob Krzanowski,
RCPsych Sustainability Scholar 2018-19

- Literature review
- Telephone survey of MH Trusts
- Focus group with patients and carers
- Recruitment of Green Beacon sites
- Summit – April 2019
- Pilots: 83 new walks at 8 sites
- Lots of surveys filled out!
- Guide, case studies, resources
- Launch event (today)
- Media

[@Green_Walking](#)
[#GreenWalkWednesday](#)



Learning

‘I really enjoy spending time with staff and peers away from the ward as it’s good to be able to talk about random things and not things to do with the ward or our illnesses.’

Patient

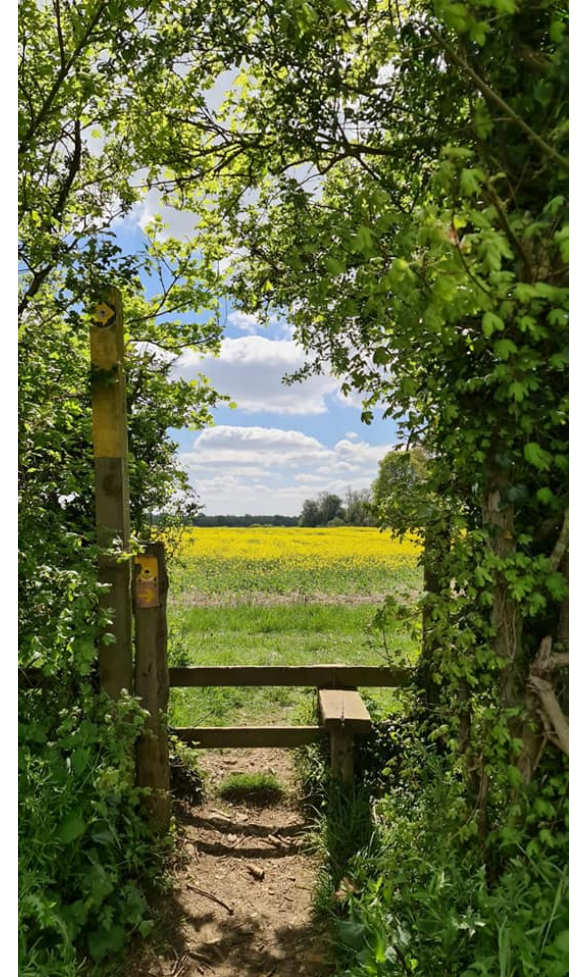
‘The walk today had a positive impact, facilitating two of the highest risk patients to get outdoors’

Nurse

‘In ways the ward environment cannot access, the walking group creates a space in which conversation can flow and patients’ internal environment opens up’

Occupational therapist

‘It feels like freedom’







Thank you!

<https://sustainablehealthcare.org.uk/green-walking>

#GreenWalkWednesday @Green_Walking

 green
walking
in mental health recovery