

GREEN HEALTH ROUTES

BY THE **NHS FOREST**

CENTRE FOR SUSTAINABLE HEALTHCARE



The Centre for Sustainable Healthcare promotes the crossover between people's health and sustainability. Our Green Health Route Programme supports communities to connect with parks, gardens and forests, experiencing the subsequent health benefits.

We work with healthcare practitioners to develop Green Health Routes in their local areas. Our aim is to enable everyone to use their local green spaces as an integral part of maintaining a healthy lifestyle



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WHAT ARE THE BENEFITS?

It has been well evidenced that our mental and physical health is benefited by spending time in green spaces.

- The NHS' **ONE YOU** campaign tells us to keep moving in order to support our physical and mental well being, recommending aerobic and strengthening exercise . Find out more: <https://www.nhs.uk/oneyou>



The availability of good quality green space in a neighbourhood can lead to higher activity levels. People living in close to



good quality green spaces enjoy better health and live longer *

It's been shown that exercise in green spaces is more beneficial for health than other kinds of exercise. Green spaces can also greatly benefit mental well-being. **



Our Green Health Routes are a simple intervention that can help individuals access the benefits of being more active in a local, free, accessible green spaces.

HOW DOES IT WORK?

- Working with GPs around the UK, the Centre for Sustainable Healthcare works to increase access to green spaces for patients and communities.
- Specially designed green health routes are created in and around the area of the GP practices.
- We run activities, provide resources and training to accompany the routes enabling more people to benefit from exercising outdoors in their local area.

*Natural Solutions for Tackling Health Inequalities', Jessica Allen and Reuben Balfour UCL Institute of Health Equity

**Jules Pretty, Murray Griffin, Jo Peacock, Rachel Hine, Martin Sellens and Nigel South 2005, A countryside for Health and Well-Being: The Physical and Mental Health Benefits of Green Exercise, Countryside Recreation Network



Marston Green Health Route: Marston is an area just outside of Oxford's city center. Working with the local GP surgery, CSH created and promoted a route that have enabled residents to access and enjoy their green spaces. Since 2014, CSH have also been running numerous programmes to support engagement with the green health route- these include working with the local primary school, care home and GP practices



Jericho Green Health Route: This route begins and ends at the Health Centre, enabling people to access the route directly from consultation with their doctor. Local people have been involved in creating the walk which includes a stretch of the canal towpath, community centres and cafes, as well as green spaces.

The walk has been mapped using our **new interactive mapping tool**, and will also be available as a printed leaflet and downloadable map.



GET INVOLVED

Who is the programme for?

We work directly with GP practices, healthcare professionals as well as with park and outdoors departments in councils. If you, or someone you know are interested in hosting a walk, or in finding out more, get in touch!

What do you get from taking part?

- Create the green walk route collaboratively with CSH staff
- Support in connecting with stakeholders and key partners
- Educational resources, including: training for staff and workshops, worksheets/ lesson plans for primary schools
- Access to established brand and visual identity
- Specially designed online and paper mapping tools
- Support accessing local grants to help develop your work.
- Publicity via the the NHS forest website



Contact us to find out more about setting up a Green Health Route in your area:

Email Sarah on: sarah.dandy@sustainablehealthcare.org.uk

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