

# Lanarkshire Green Health Partnership

## Year 3 Report, March 2020–21



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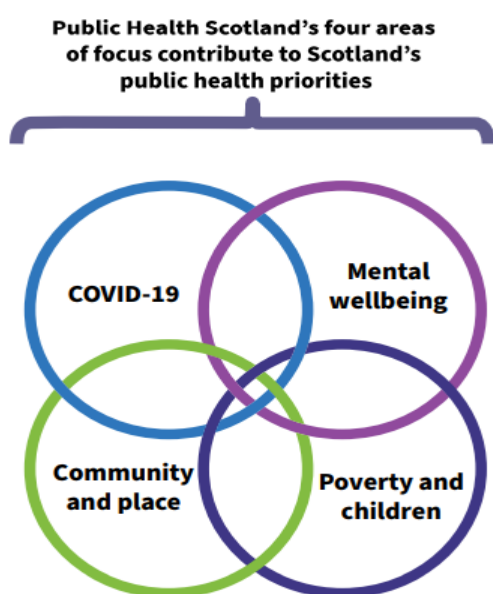
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Lanarkshire Green Health Partnership (LGHP) was established in March 2018 and is a cross sectoral collaboration working together to connect people with nature and maximise the use of health inducing green assets. Our Natural Health Service provides benefits to physical, mental and social health <sup>3,4,5</sup> and can help to reduce inequalities in health through access to quality greenspace<sup>5</sup>.

## Introduction: Pandemics, Ponds, People and Puddles...

It has been a year like no other due to the impact and scale of COVID-19. However, the paradigm is that nature and being outdoors has never been so important to help people to cope, maintain wellbeing and stay connected to their community. The Lanarkshire Green Health Partnership (LGHP) has continued to ensure outdoor activities are promoted, valued and integrated into how we provide health and care services and are proud to report their achievements in this year 3 report.



The context this year is certainly very different to previous work, and we now have a new oversight body (Public Health Scotland (PHS)) to help identify priorities for our population. The diagram showing how the four areas of PHS focus are linked and is taken from the PHS 2020 strategic plan<sup>1</sup>. It provides our Green Health Partnership with clear priorities to contribute to, supporting the greatest improvement in those communities with the worst outcomes. We recognise that responsibility for improving Scotland's health

through access to nature is best achieved in partnership, making the whole more than the sum of its parts. Our Chief Medical Officer felt that green space was so important to health and wellbeing that he made green and sustainable healthcare one of his five key themes this year, specifically mentioning Green Health Partnerships, Lanarkshire's Community Growing Initiative, and its role in recovery from the pandemic<sup>2</sup>.

Scottish Government restrictions to protect the population from further transmission of COVID-19 meant that almost all group activities in Lanarkshire e.g. Branching Out, community garden groups and the majority of patient focused nature interventions could not continue; however creative, flexible and digital solutions were devised and implemented at every stage of the year by partners and their volunteers. Everyday access to nature has become vital to support passive and active forms of engagement with the outdoors but this has also highlighted inequalities in access to quality green space in our most deprived areas and for those people living without a garden in their

home. Ways in which the LGHP in 2020-21 has managed to build capacity and profile include:

- Embedding green health within the Lanarkshire Weight Management Service
- Recruiting a new team leader for green health & weight management
- Recruiting a Health Improvement Senior specifically for active travel
- Working with Sustrans to host a workplace engagement officer for active travel
- Securing a permanent contract through Voluntary Action South Lanarkshire for the current green health volunteering development officer
- Providing funding contribution to Voluntary Action North Lanarkshire to recruit a green health volunteering officer
- Securing NHS endowment funding for a 2 year period for the community hospital growing programme delivered by CCI.

Nurturing the success of year 2 outcomes by enhancing the relationships between multi-sector agencies; this report outlines each of the seven medium term outcomes (Years 2-3) as presented in the LGHP logic model (Appendix 1), and the contribution that we have made in achieving them. Case studies have been selected to complement each of the chapters and to allow the reader to get a true sense of the impact of the work on individuals and their families. I would like to take this opportunity to extend my thanks and appreciation to all members of the LGHP and for the national funding that we received to grow this small seed into a flourishing partnership!

### **NatureScot acknowledges the work of the LGHP in this statement:**

*Green health partnerships are a central pillar of the Natural Health Service programme which is seeking a step-change in Scotland in the use of nature-based solutions to deliver a range of public health outcomes. Lanarkshire is the longest established of the four current partnerships and as this report makes clear has delivered an exciting, innovative and locally tailored programme of work over the last 3 years to encourage greater use of green health activity to tackle local health priorities. The importance of nature-based solutions such as this for the health of both people and planet has increased during the pandemic and is set to be a key element of the green recovery we now need to see in Scotland.*

Pete Rawcliffe: **Head of the People and Places Activity**

## 1. Improving physical and mental health of participants

There is a significant evidence base for the range of individual and wider social health and well-being benefits that can be achieved through outdoor activity and contact with nature and many of these have been verified in years one and two reports (available from [Nature Scot's](#) webpage on Green Health Partnerships). These benefits include, improved physical and mental health; therapeutic and restorative qualities enhancing recovery; reduced social isolation and greater community cohesion, as well as opportunities to establish lifelong healthy behaviours. Walking for just 30 minutes per day, 5 days per week has been shown to reduce a range of illnesses, reduce stress levels helping to reduce blood pressure and reduce the risk of depression with 9 in 10 people reporting improvement in their mental health<sup>6</sup>.

Lanarkshire is rich in green space where we can enjoy the benefits of being outdoors and even over this past year of COVID-19 restrictions, national guidance has actively encouraged getting outdoors. Understandably this guidance and necessary restrictions resulted in challenging times for Clydesdale Community Initiatives (CCI) delivering our hospital gardening programme of work, and supporting individuals in our community who face barriers to inclusion and contribution to their community. Impressively CCI adapted by making appropriate adjustments and continued to operate and remain active in these challenging times supporting six NHS hospital growing sites across Lanarkshire. See case studies 1 and 2 for further details about the work done by CCI.

Occupational Therapists (OTs) across the six NHS sites have worked in partnership with CCI and its volunteers by providing remote advice, tutorials, equipment; such as plants, seeds and compost to support continued vegetable growing activity with inpatients. They also identified additional food growing space within CCI's base throughout the pandemic for vegetable growing and community grower engagement contributing to an impressive 852kg of fresh produce donations to the Clydesdale foodbank and delivery of 668 food parcels to local vulnerable residents this year.





Restoration activity at Airbles Road Centre's dementia garden included occupational therapists, outpatients, community volunteers and a litter pick project by Firhill Primary School. The garden provides another welcoming area for all to use and access.



Another development that CCI have recently introduced includes a private WhatsApp group for staff. This serves as a platform for delivery of the John Muir Award, which is being offered to inpatients/outpatients and/or volunteers from Kirklands, Coathill, Airbles Road and Ladyhome Hospitals. The award will be used to encourage people to connect with their local green spaces through a programme of seasonal activities using videos and resource sharing such as bird song & tree I.D. fun activities as well as signposting to the newly developed [Get Outdoors Lanarkshire website](#) to help complement the directory of activities found in the [green health portal](#), these activities will gradually be incorporated into group work sessions as restrictions ease. CCI Gardeners' DEN (online forum for the Clydesdale Food Growing Network) is also accessed as a resource for the John Muir Award.

The LGHP manager has been successful in securing a further two years of endowment funding (subject to a successful year 1 report) therefore we will no doubt see further developments and improvement to the physical and mental health of some of our most vulnerable patients. It is finally worth noting that winter months (even without a pandemic!) are challenging to engage patients outside for good health and safety reasons therefore the incredible digital solutions from this year will be able to help bring *the outdoors in* for future winters.

Planning for this year's mental health awareness week in May, (which coincides with green health week May 8<sup>th</sup>-15<sup>th</sup>) have seen a number of locality staff awarded £500 from the Scottish Mental Health and Arts Festival to develop outdoor or virtual creative events with the theme this year being "Normality". Examples so far have included

community groups identifying local walks, booklet of nature ideas, photography competition, heritage stories, bird song, and environmental art activities.

## **Case Study 1 – Community Food Growing Initiative Lanarkshire**

### **Summary**

The Community Food Growing Initiative provides therapeutic gardening sessions for inpatients/outpatients at seven hospital sites in Lanarkshire. The benefits from the initiatives include improved health and wellbeing amongst participants and volunteers, increased access to volunteering opportunities and produce from the sites being offered to local foodbanks.

### **Introduction to activity and delivery organisation:**

The Community Food Growing Initiative Lanarkshire (CFGIL) is provided by Clydesdale Community Initiative (CCI), and consists of a community growing and healthy food network at seven hospital sites in Lanarkshire. CFGIL delivers both a nature based intervention and a therapeutic exercise programme at each of these sites. Service user/volunteer activities include planting, growing vegetables, building raised beds and cooking with fresh produce. Some sites use CFGIL activities as part of their rehabilitation and/or therapeutic pathways.

### **User / client group:**

NHS Lanarkshire inpatients and out-patients, volunteers and hospital staff and visitors. CFGIL has primarily worked with mental health patients and has also worked with dementia patients.

**Geography:** The initiative works at sites across Lanarkshire.

### **Outcomes:**

- **Health and wellbeing of user group:** The initiative has reported positive health and wellbeing improvements for those involved in its work. These include enhanced physical and mental wellbeing, increased social connectivity and improved aspirations. Some of those involved have gone on to secure employment and others have continued their involvement in the initiative as a volunteer following discharge.
- **Innovative Volunteering:** The onsite approach has allowed individuals who would not normally be able to access regular volunteering opportunities to engage with voluntary work as part of their treatment pathway e.g. forensic psychology.
- **Foodbank support:** Significant fresh produce donations have been made to local food banks by the initiative, aiding the promotion of healthy eating within local communities. During lockdown CCI helped co-ordinate runners for Clydesdale Foodbank and Lanarkhelps, delivering produce grown by CFGIL.

### **Key learning points:**

- Service has to be person centred to meet the needs of the individuals involved.
- Maintaining communication and developing relationships with NHS colleagues regarding those supported is important given that the initiative is only onsite for a few hours per week. This has also been critical during the COVID-19 pandemic to continue the work when some regular activities were halted e.g. supplying ward staff with bulbs.

### **Future plans / next steps:**

- Funding has been secured for year 4 of the work at hospital sites.
- Restart of halted work in some hospital sites will depend on consultation with NHS colleagues but the initiative will be ready to go when the all clear is given for each site.
- CFGIL is planning to move into a new site next year (Wishaw)
- Currently assessing whether a further site worked on during COVID 19 pandemic will be used in the future. (Airbles Road Dementia Garden)

## **Case Study 2 – Community Food Growing Initiative Lanarkshire volunteer**

### **Summary**

An older male joined CFGIL as an external volunteer mentor following recommendation by a third sector organisation (Healthy Valleys) and his GP. Prior to involvement he was experiencing a 'dip in mental health' linked to personal problems since retiring. Participating in CFGIL increased his self-esteem through involvement in a worthwhile activity.

### **Introduction to individual**

70 year old male experiencing poor mental health following personal problems since retirement.

### **What green health activity did they engage in?**

Became involved in NHS food growing activities following the suggestion of the initiative by Healthy Valleys and his GP.

### **What were the impacts/outcomes?**

Involvement in initiative provided a distraction from his personal problems, built his self-esteem and created a sense of being involved in worthwhile work that benefited his community. The gentleman stated that "this project has been a lifesaver for me!"

### **Key learning points**

CFGIL improves the health and wellbeing and quality of life of volunteers as well as service users



## 2. Improved social connections for participants



At the end of year 2 and as we went into the first lockdown we produced a booklet called [19 Ways to Stay Connected with Nature during Covid-19](#) - a range of suggestions to help people either bring nature indoors or to give them ideas of how to connect with nature on their daily walk. This was made available on the [green health portal](#) on Elament and was widely distributed by Voluntary Action North Lanarkshire (VANL) and Voluntary Action South Lanarkshire (VASLan) on their social media. The focus of both their newsletters changed rapidly, becoming more frequent, weekly in the first instance, and there has been a green health article about connecting with nature in every edition, with over 50 articles written.

The Green Health Volunteering Network (GVN) continued to meet online from March. A Facebook group was established (currently 127 members) for anyone interested in green health volunteering in Lanarkshire. During the first lockdown there were regular network meetings for staff, plus additional weekly tea break sessions on a Friday afternoon which were open to anyone, as an opportunity to chat, share ideas and talk about nature. Since summer 2020, the Facebook group has remained active online with the GVN meeting monthly and new members continuing to join.

During Volunteers' Week (1<sup>st</sup>-7<sup>th</sup> June) the GVN took the opportunity to reach out to their volunteers, thank them for their support and remind them they had not been forgotten. To support this, we set up the Get Outdoors Lanarkshire [YouTube channel](#) and produced six videos, featuring a range of the groups in the network. In total these videos were viewed over 600 times.

In addition to the newsletter articles, there have been 2 articles produced for Mental Health Matters magazine. One of these focused on photography as a way of connecting with nature through the 5 Ways to Wellbeing, and the other on different ways to walk, encouraging people to connect with nature while they are outside.

As restrictions eased, we started hearing from community groups who wanted some support with taking their activities outside, as they



were no longer able to operate indoors. Between August and November 2020, over 30 people attended 3 sessions of Getting Groups Outside training delivered by the South Lanarkshire Countryside Ranger team. This session is now available on video. The training built new connections with a range of people from NHS occupational therapists to community groups who wouldn't have previously been involved in any aspect of green health, and has helped them to offer new opportunities to their participants.

As lockdown 2 loomed, through this work and with the support of the Green Volunteer Network, we started to think creatively about how we could help people connect to nature during the winter, and so the Winter Project was born with additional funding from NatureScot.

The [Get Outdoors Lanarkshire website](#) was launched in November 2020, backed up by new social media accounts on [Facebook](#) and [twitter](#). The website has received over 1700 unique visitors with over 2500 site sessions. We've sent out bi-monthly updates to a mailing list of over 90 people and have 400 followers on Facebook and 200 on twitter. The website hosted our Nature Advent (ure) Calendar with 24 videos,



with involvement from 23 different groups encouraging people to undertake a different activity every day in the run up to Christmas, from a yoga pose to photography. On Christmas Day we launched the [12 Days of Nature](#) with our [lockdown performance](#) from the Stonehouse Male Voice Choir, our most popular video so far. As well as being online this was supported by paper materials: over 400 leaflets and 50 posters were distributed in the run up to Christmas with the help of our partner

organisations. We have now posted nearly 60 videos on our YouTube channel and have had over 3500 views in total.

An additional part of the winter project has been to help engage some specific groups and support their nature connection. Through this project, Scottish Badgers and the Scottish Wildlife Trust (SWT) have facilitated a Leonard Cheshire Can Do project with New College Lanarkshire for a group of young people with disabilities. The LAMH writing group has worked with Bazooka Arts to experiment with nature writing. Neighbourhood Networks have supported their photography group to connect with

nature through photography and in addition will experience some Wild Wellbeing with Scottish Badgers and SWT. Bazooka Arts have run a session on the therapeutic benefits of [art and nature](#) for over 15 staff and volunteers from a variety of community groups, enabling them to offer a printmaking session to their own participants. In addition to this we have hosted 12 zoom sessions for the general public reaching over 150 individuals on a variety of topics from nature photography to mindfulness to an awareness raising session on the benefits of our peatlands, as well as producing some new nature connection videos.

The Volunteering Development Officer has been employed by VASLan with a similar new post in VANL, funded for a further year. One of the current aims will be to continue to support green health being embedded in community groups who wouldn't traditionally connect with nature, as well as the continued implementation of the volunteer framework.

Through the new Get Outdoors Lanarkshire social media channels, the LGHP has connected with the team behind [Go Jauntly](#) – a free award winning walking app with a particular focus nature connection. Launching this summer 2021, we will seek to engage with health walk leaders and other community groups to map and share walks across Lanarkshire. Case study 3 highlights how involvement in a walking group has improved a volunteers social connections.

### Case Study 3 – Get Walking Lanarkshire Health Walk Leader

#### Summary

A retired individual volunteered as a Get Walking Lanarkshire (GWL) health walk leader and has established a popular walking group in her local area. Their involvement in health walks has increased their physical activity, widened their opportunities for socialisation and given them a sense of purpose.

#### Introduction to individual

A retired female who is in good health but wanted a regular activity to engage in after stopping work.

#### What green health activity did they engage in?

The person was linked in to the GWL project after seeing it advertised locally. After contacting the service they attended a health walk leader training day and subsequently established a walking group in her own area. The group has been ongoing since early 2020 but has recently had to pause activities due to COVID 19 restrictions.

#### What were the impacts/outcomes?

Volunteering as a GWL health walk leader has...

- Helped keep the health walk leader active and ‘out in the open air’
- Offered wider opportunities for socialisation with other members of the local community.
- Given the health walk leader and sense of purpose and of ‘feeling useful’ by providing a regular routine.

#### Key learning points

The health walk leader was initially concerned about leading a group but the training and support provided gave them the confidence to do this. Involvement in health walks was seen as being beneficial for both the health walk leader and the group members.

### 3. Improved Physical Activity Levels

Activities and services delivered indoors by leisure and sport have been particularly susceptible to restrictions aimed at controlling the spread of the virus. As such, alternative ways to keep active whilst gyms, community centres, sports facilities and even our schools have been forced to suspend their services; have provided an opportunity for people to think “green” and consider their outdoor spaces. Plans are underway to utilise leisure staff taking on the role of health walk leaders, cycle leader training and renewed efforts to create an accessible eCycle hire service are consistent with emerging trends around outdoor fitness and will diversify the range, quality and equity of physical activity opportunities.

Public Health Scotland (PHS), in collaboration with stakeholders including Scottish Government Active Scotland Division, sportscotland, Paths for All and the University of Edinburgh Physical Activity for Health Research Centre, have facilitated the development of [key physical activity](#) related public health messages which endorse and promote outdoor opportunities for various life stages and ages. We have seen some new trends emerge under government guidance to stay local, with walking increasing by [61%](#) and [cycling rates by 43%](#) therefore we are keen to capitalise on this legacy.

**Get Walking Lanarkshire** has been affected by restriction to numbers that can meet outdoors and were only able to recommence some walks with volunteers who were not clinically vulnerable or shielding from Covid. During Level 3 restrictions (summer 2020) two thirds of the health walks (23) started again only with existing walkers, and a booking system was essential to control the number of people on the walk. New walking groups also started including a buggy walk in Fernbrae Meadows (Rutherglen) and health walks in Gowkthrapple (Wishaw) and Forgewood (Motherwell). At time of writing there are no health walks able to meet in Lanarkshire and people are being encouraged to walk independently or with one other person outside their household as per Scottish Government guidelines.

#### Green Health & the Outdoors

Resources and advice to support outdoor activity.

 <p><b>Walk to School Kit</b> The Living Streets Family Walk to School Kit gives step-by-step tips for stress-free walking - one of the best ways to start the day. <a href="http://livingstreets.org.uk">livingstreets.org.uk</a></p>	 <p><b>Outdoor Play</b> Play Scotland have created an excellent toolkit for outdoor loose play sessions during current COVID restrictions. <a href="http://playscotland.org">playscotland.org</a></p>	 <p><b>The Daily Mile</b> The Daily Mile is a social physical activity, with children running or jogging - at their own pace - in the fresh air. <a href="http://thedailymile.co.uk">thedailymile.co.uk</a></p>
<p>Need more inspiration? Why not check out the brand new <a href="#">Get Outdoors Lanarkshire</a> website!</p> 		





**Healthy Schools PEPAS COVID-19 Guide:** The Healthy Schools team identified the need to consolidate official advice on COVID-19 risk management in support of the delivery of physical education and sport on the return of pupils. [This simple guide](#) was well received by colleagues within education and has continued to be updated and used as a handy reference whilst restrictions have been in place. Naturally, outdoor and green space activities feature prominently within the menu of opportunities and resources. Case study 4 details how the North Lanarkshire Active Schools Bike Project has promoted cycling to school age children.

**Healthy Working Lives (HWL):** Whilst the NHSL HWL work was suspended (due to staff redeployment), health improvement staff continued to share guidance and resources for Lanarkshire business leaders through their newsletter, with features on walking, cycling and being active outdoors. Promotion of [Paths for All's Autumn Step Count Challenge](#) led to 5 teams across NHS Health Improvement chalking up nearly

14 million steps over the four week challenge – an average of 230 miles for each team member.



**Outdoor Gyms:**  
Building upon the

promotion of green space, public parks and play areas, the LGHP has profiled each of the sixteen outdoor gyms across Lanarkshire, with advice on travel and responsible use of equipment. Details of their location will be made available to the public through an open source mapping tool.

Collaboration at a national level with Public Health Scotland colleagues and equivalent physical activity staff in other NHS Boards has resulted in improved sharing of good practice and an enhanced awareness of the national strategy. Similarly, the production of WHO Guidelines on [Physical Activity and Sedentary Behaviour](#) have provided expert analysis on how to promote physical activity, including access to green space.

## **Case Study 4: North Lanarkshire Active Schools Bike Project**

### **Summary:**

The Active Schools bike project provides skills training for school aged children in North Lanarkshire. They work with non-bike riders in Primary 5–7 and can provide equipment through a partnership with NHS Lanarkshire and NLC Restorative Justice. Reported benefits include boosted confidence for participants, improved road safety awareness and greater inclusivity with peers.

### **Introduction to activity and delivery organisation:**

The Active Schools bike project works with school age children to deliver cycling skills for non-bike riders. The main aim of the project is to give children the opportunity to learn to ride a bike and enable them to take part in Cycling Scotland's Bikeability 1 cycle training alongside their peers. As well as providing this training the project can address access to equipment by gifting bicycles, helmets and locks provided in partnerships by NHS Lanarkshire and NLC Restorative Justice. Support and funding for the project comes from NLC Restorative Justice, NHS Lanarkshire, Cycling Scotland and Active Schools.

### **User / client group:**

School age children – Primary 5–7

### **Geography:**

Cumbernauld, North Lanarkshire

### **Outcomes:**

- Increased number of children able to ride a bike
- Increased inclusion for young people who would not otherwise be able to purchase cycling equipment.
- Parents and teachers reported that the project had increased participants' confidence, helped them connect with their bike riding peers and improved their awareness of road safety.
- By providing refurbished equipment in partnership with Restorative Justice the project is helping reduce waste at landfill sites.

### **Key learning points:**

- Developing partnerships with other agencies has been key to the project's success.
- In order to ensure inclusivity for all young people, the project needed the equipment as well as being able to teach cycling skills.

### **Future plans / next steps:**

- The project plans to seek further resources in order to widen its provision.

## 4. Improving Weight Management for participants

Two-thirds (65%) of adults in Scotland are now overweight, with almost one third (29%) obese <sup>7</sup>. The associated harm that comes from carrying excess weight is severe and it is the most significant risk factor for developing type 2 diabetes <sup>8</sup> and resulting in the increased risk of conditions including cardiovascular disease and hypertension<sup>9</sup>. We know that people living in more deprived areas tend to be most affected than those living in the least deprived with links between lower income and better food choices being limited. Overall, around 32% of adults living in the most deprived areas are obese, compared with 20% of those living in the least deprived areas<sup>10</sup> and with poor diet and weight often going hand in hand as well as low physical activity levels; action to support our communities are of paramount importance.

These rates of obesity pose future concerns not only for individuals in Lanarkshire but for our already stretched NHS services. More worryingly following this last year of the coronavirus pandemic, the evidence linking individuals who are overweight or living with obesity who contract coronavirus (COVID-19) compared to that of a healthy weight are more likely to be admitted to hospital and experience severe health impacts from COVID-19. In direct response to the rising level of overweight and obese individuals in our communities and in line with Scotland's national directive to reduce child/young person and adulthood obesity rates by 2030, NHS Lanarkshire has built upon and further developed a Lanarkshire Weight Management Service (LWMS) and are embedding green health opportunities and promotion within it. This approach is endorsed by the [Nice guidance 53](#) whereby adopting an integrated approach across sectors is encouraged.

Many traditional physical activity options such as group exercise classes within leisure facilities do not appeal to some people therefore identification of outdoor local services, facilities or groups that could be included in the local obesity pathway, can help to meet the needs of different groups and address the wider determinants of health. Examples include community walking groups or gardening schemes. See case study 5 for an example of how outdoor space can be used for structured exercise.

The LWMS is working to introduce a targeted integrated approach to ensure that residents across Lanarkshire have access to sustainable and effective weight management services when required and aims to deliver on the early intervention, prevention and early diagnosis of Type 2 Diabetes, with weight reduction being the most effective modifiable risk factor.

From tier 1 universal services to tier 4 complex case management, the new integrated approach will ensure that at every contact point across the service, the Lanarkshire Weight Management Team will promote the importance of weight management, physical activity and green health activity and the benefits that come from these three elements. These include:

- *Exercising in natural environments compared to exercising indoors is associated with **greater feelings of revitalisation, and a greater intention to repeat the activity***<sup>11</sup>
- *In studies relating to obesity there is a **positive association between access to greenspace and physical activity, weight and associated health conditions***<sup>12</sup>
- *There is an **additional positive benefit of a walk or run in a natural environment in comparison to a synthetic environment***<sup>13</sup>

- 50 staff across a variety of NHS professions (students nurse, physiotherapist, community link workers, occupational therapists, health improvement staff) trained in 'Raising the issue' & 'MAP' (Motivation, Action & Prompt) training, providing staff with tools to support them when discussing the risks associated with obesity and sedentary behaviours.
- A newly recruited Communication Officer has developed a communication plan to support the promotion of the integrated approach of the LWMS & LGHP work.
- The NHSL partnership tier 2 programme '[Weigh to Go](#)' delivered within leisure trusts has seen the introduction of supported led walks around facilities.
- Development of a 10 week tier 2 Outdoor Education programme in partnership with expert SLLC's Outdoor Team for Children and Young people.

Finally in addition to the Healthy Weight Strategy group, the Green Health & LWMS Manager is currently chairing the early intervention sub group for the Lanarkshire Rehabilitation Strategy group. This group was formed in recognition of the significant disruption to everyday routines and connections, the physical constraints of staying

indoors with reduced mobility or opportunity for exercise and increased social isolation and loneliness which have adversely impacted on the level of physical functioning, and mental health or wellbeing of many individuals.

### **Case Study 5: Specialist Individual Support Personal Trainer**

#### **Summary**

A personal trainer providing support as part of NHS's specialist weight management service for people with a Body Mass Index of  $>35\text{kg/m}^2$  makes use of outdoor spaces as environments for physical exercise. This has improved access, overcome barriers to use of gym facilities and exploited the use health and wellbeing benefits of greenspaces.

#### **Introduction to activity and delivery organisation**

The specialist individual support (SIS) weight management service provided by NHS offers clients a package of support involving both dietician input and exercise. One of the service's personal trainers (PT) has made use of local parks and outdoor spaces to deliver their activities. The PT encouraged clients to consider all outdoor space as an opportunity for exercise and promoted the mental health benefits of simply getting outside.

#### **User / client group**

Clients supported by the SIS.

#### **Geography**

The SIS service covers all of Lanarkshire.

#### **Outcomes**

- Clients engaged well with outdoor activities, lost weight and reported improvements in sense of wellbeing.
- Outdoor spaces have provided an alternative to gym based delivery and overcome some client's concerns related to such environments.
- Use of outdoor gyms in local parks has seen unprompted peer support from passers-by who have shared their personal stories of weight loss. The PT noted that this had provided good motivation for SIS clients.
- The PT was able to continue exercise activities during COVID 19 lockdown since these did not rely on gym facilities. It was also noted that the use of outdoor spaces allowed shielding patients to continue with exercise during periods that gym attendance was not advised.

#### **Key learning points**

Use of outdoor spaces for exercise can provide an alternative to gym facilities whilst highlighting the health and wellbeing benefits of using greenspaces.

#### **Future plans / next steps**

PT plans to continue using greenspaces as part of the delivery of the exercise component of the SIS.



## 5. Increase in people participating in green health opportunities

**Active Travel:** With additional capacity through the recruitment of two dedicated officers (Health Improvement Senior for Active Travel and a Project Officer for workplace engagement), there is renewed momentum around active travel. Developing partnerships have led to considerable investment across a number of key areas, all geared towards improving the opportunity for more people to walk and cycle in Lanarkshire.

**Infrastructure:** Working with Sustrans and the [Spaces for People](#) programme, we have delivered a range of active travel improvements at Wishaw Hospital including new pedestrian walkways, safer crossings and improved signage throughout the site. Similar work is planned at Hairmyres Hospital and designs are being drawn up for smaller sites. This programme of work was influenced by efforts to reduce the spread of COVID-19 and is referenced by Public Health Scotland in their [analysis of emerging transport patterns](#) and the implication for health and health inequalities.

Investment from Cycling Scotland has allowed for the installation of secure cycle parking across all three acute facilities and at least five other health sites this year.



Further collaboration with Sustrans and [Scott Associates Sculpture & Design](#) led to the installation of bespoke cycle maintenance stations at Wishaw and Hairmyres, which offer great promotional as well as functional value. The project team have secured **£323,000** in active travel capital investment in the last year; with both Hairmyres and Wishaw hospitals being awarded [Cycle Friendly](#) status. A number of other sites are in line for accreditation following delivery of agreed improvement plans.

**Access to Bicycles:** Prior to COVID-19, only one household in five owned a bicycle in Lanarkshire, considerably less than the national average (1 in 3). During the pandemic there was a 44% increase in participation and surge in the demand for bicycles with affordable new and used bikes becoming scarce, excluding many from enjoying the benefits of cycling. Working with [Cycling UK](#), LGHP linked in with a number of local retailers and community organisations – such as [Socialtrack](#) and [Bike Town](#) and through the [Scottish Cycle Repair Scheme](#) to deliver low cost cycle maintenance support and free bike loan to key health workers.



Further efforts to close the equality gap led to rehoming pre-loved bicycles in collaboration with North Lanarkshire's Restorative Justice Team and the launch of our amnesty appeal.

There were more than 70 donations in the first wave of the appeal, with mechanics preparing a range of adult and children's bicycles ready for delivery to their new homes with the help of social work and education colleagues (see case study 6). To reduce further financial barriers the LGHP provided funding for locks, lights and helmets. The success of both initiatives attracted notable local and [national media attention](#) (and by [Scottish Parliament](#)) and bode well for similar interventions in future. In June 2020 NHS Lanarkshire were able to enhance the Cycle to Work scheme through Cycling Scotland's investment in free bicycle locks for every applicant, and the following 6 months reported a staggering **140%** increase in subscription to the scheme compared to the same period the previous year.

**Wheels for Heroes:** London-based bicycle manufacturer Brompton raised almost £345,000 from their [Wheels For Heroes](#) initiative back in April 2020. Donations from

sports personalities such as Chris Froome helped support their ambition to [raise enough funds for 1000 NHS bikes](#). NHS Lanarkshire will be the first health board in Scotland to launch the scheme with



the support of Shotts-based social enterprise [Getting Better Together](#). The first 50 of the colourful and amazingly practical folding bicycles will be allocated to staff this spring via a low-cost subscription plan enhanced through sponsorship from [Foundation Scotland](#), [Paths for All](#) and with Lothian cycle wear firm [Endura](#).

**The Out There Award:** Our alliance with [Scottish Ramblers](#), [Lanarkshire Epilepsy](#) and [Routes to Work](#) will see the delivery of the pilot [Out There Award](#) in late spring 2021. The award funded by the National Lottery is designed for young adults (18-26) in mind, supporting them to develop the skills and confidence to enjoy the outdoors. Navigational, outdoor and leadership skills along with advice on access rights and responsibilities will feature in the three-day course that will equip candidates with Ramblers membership and the opportunity to volunteer with a range of local community outdoor projects.



**Active Travel for Health Group:** With representation from health improvement localities and a variety of local, regional and national partners, the *Active Travel for Health* group met for the first time in December 2020 (this is a sub group of the LGHP implementation group). The group now meet regularly with the purpose of working together to promote and develop our active travel offer across Lanarkshire, covering themes such as funding, events, inclusion and infrastructure. Activities and actions delivered by the LGHP over the last 3 years around active travel, biodiversity and greening of NHS estates has also helped to progress the work of the NHS Sustainability Strategy. This has fostered strong relationships with our property and support service colleagues and helps to deliver the [UN's sustainable goals](#).

## **Case Study 6: Bike Amnesty Participants**

### **Summary**

A family of four received bicycles via the NHSL Bike Amnesty scheme which resulted in increased physical activity and wider engagement with their local area. This would not have been possible without access to the scheme and has resulted in much improved health and wellbeing for the family.

### **Introduction to individual**

Family of four living in North Lanarkshire who wanted bicycles for exercise and transport but could not afford to buy the equipment. In addition, some family members were struggling with walking longer distances and thought it would be easier to use a bicycle.

### **Green health activity**

One of the family became aware of the NHSL Bike Amnesty scheme via an announcement at their local mosque. They contacted the scheme and following a brief assessment the family was provided with four bicycles, helmets and bike locks. It was noted that the equipment provided was in excellent condition.

### **Impacts / outcomes**

The family noted the following benefits since receiving the bicycles:

- Use of bicycles has seen improved health and wellbeing for the whole family – this was particularly noted in relation to their two children.
- Access to local greenspaces for exercise and leisure has been greatly improved.
- Family can now access a wider range of local amenities more easily and do not have to rely on infrequent public transport.
- Improved transport has helped the family explore their local area and feel more connected with it.

### **Key learning points**

Use of the NHSL Bike Amnesty has provided good quality equipment and led to significant improvements in this family's physical and mental wellbeing.



## 6. Increased participation in Green Health opportunities for SIMD 1 & 2 populations

*"I've never seen the parks look so busy.... it looks like Easter weekend every day right now! It's a bit strange having to plan where I walk to make sure it's not too busy and so I can avoid crowded places"*  
Member of the public, South Lanarkshire

Communities in the areas of greatest deprivation have suffered from the direct and indirect [impact](#) of the virus at a higher level. Often with harsher outcomes depending on social and economic factors available to them such as: overcrowded housing, occupation, understanding and compliance with public health messages.

We have also witnessed the incredible "coming together" of communities and shared compassion and caring for each other and those in need. It is this community spirit that we would like to build momentum around in the first of the Public Health Priorities: 'A Scotland where we live in vibrant, healthy and safe places and [communities](#).' Working together as a Green Health Partnership alongside communities, we can continue to help increase participation in green health activities, including access to *quality* green spaces to allow for a "green" recovery from the pandemic. This is also timely as climate change and the role of the natural environment on people, places and the planet is further heightened.

The LGHP led on a collated response (on behalf of NHSL, the LGHP and Health & Social Care NL) to North Lanarkshire's Act Now Climate Change Strategy consultation. The Partnership identified where we could work collectively in an "inclusive and green" recovery from Covid19 in the months and years ahead. Outcomes would support improved wellbeing, equality and sustainability by tackling our other great challenges of reducing carbon emissions and poverty.

To address environmental inequity; the actions and locality areas from Year 2 are still relevant. However, these have been hindered due to the pandemic because of restrictions, staff being unavailable or redeployed and the immediate focus being on clinical health needs. As a reminder, the areas below were identified in GIS mapping and observation through work with Glasgow Clyde Valley Green Network. The following areas were lacking in biodiversity, identity, have low levels of functionality, lack play for a range of age groups, have low aesthetic value and numerous redundant red blaes pitches:



## **North Lanarkshire:** Wishaw, Coatbridge, Bellshill and Bargeddie

Wishaw: King George V Park sits directly in front of Wishaw General Hospital and was identified last summer as an under used green asset that staff, patients and visitors could be engaging with for therapeutic and general wellbeing options. Restorative Justice will build the community garden as soon as restrictions allow them to proceed (funding was awarded by the Green Exercise Partnership). NHSL has led on this development and are working with Wishaw Community Consortium to progress. Plans were also put on hold for a Green Health Event for the community at Green Head Moss in Wishaw.

In Airdrie there is local work to form a community garden in Petersburn, and consideration of how to make walking around the area easier for



everyone, but especially the older generation. Similarly in Cumbernauld, work is going on to look at the footpaths and the availability of resting places for older adults. See case study 7 for details of the community work done by Shotts Healthy Living Centre.



## **South Lanarkshire:** Fairhill and Larkhall

The Health Improvement Practitioner for the Larkhall area has been working with the community to provide a map of green spaces including play parks across the locality area. This work is in progress and recognises that the most important predictor of woodland use in adulthood is regular use in childhood<sup>11</sup>. Community planning partners are also aware that the LGHP is keen to support work to address the environmental issues/neighbourhood plans that the 2019/20 Fairhill community consultation has raised for the area. [Beat the Street](#) launched on 17<sup>th</sup> March 2021 in the Hamilton and Blantyre area which also helps to provide impetus and increase community engagement with local greenspace.

[Greening CamGlen](#) is a network of groups with an environmental focus based in Cambuslang and Rutherglen. The group is facilitated by Healthy n Happy Community Development Trust. It aims to increase awareness and knowledge in local residents in relation to food growing, active travel and environmental issues to enable them to proactively face the challenges of climate change in their local community. Work is

underway to build a new garden area at Rutherglen Primary Care Centre. Also, to formalise a referral process with the mental health team in the building and with Grow 73, who have responsibility for the garden area as well as a nearby growing project in Overtoun Park.

Other programmes of work to help increase participation from SIMD 1 & 2 areas include:

**Green health events targeting priority groups:** In addition to the delayed green health event in Wishaw, two other locality areas (Clydesdale and Cumbernauld and the North) also had to cancel the 2020 event and hope to reschedule when possible.

**Get Walking Lanarkshire:** Securing an assistant Walking Co-ordinator will allow the steering group to reflect on the current areas where health walks are provided and to increase the availability of health walks in SIMD 1 & 2 areas.

**Referral Pathways:** People in our most deprived areas are more likely to have an unhealthy weight and not meet physical activity guidelines therefore integration of green health options into the weight management service helps to promote and encourage people to connect with nature.

A cruel irony is that the “lungs” of the community (as parks were described in Victorian times) are the very antidote to some of the covid effects around physical & mental health, immunity, and social connections, however the “lungs” are in better shape in some areas than others and as a partnership we’d like to address this.

## Case Study 7: Shotts Healthy Living Centre

### Summary:

The Shotts Healthy Living Centre provides the local community with a range of educational and physical activities linked to the use and preservation of greenspaces. In order to improve health and wellbeing they seek partnerships with other local agencies and act as a voice for the community on greenspace issues.

### Introduction to activity and delivery organisation:

The Shotts Healthy Living Centre (SHLC) promotes health and wellbeing through community engagement with greenspaces in and around the Shotts area. Activities include local health walk groups, provision of community transport, development of the active travel network, projects to improve and maintain greenspaces, educational work with community members and schoolchildren and advocacy on the community's behalf regarding planning and development issues. The SHLC is run by Getting Better Together Shotts.

**User / client group:** Local community including school age children and older adults.

**Geography:** Shotts and the Fortissat ward area

### Outcomes:

- Local walking groups and promotion of active travel have improved people's physical and mental wellbeing whilst providing socialisation and educational opportunities. For example, a walking group member with dementia has enjoyed the sensory benefits of engaging with greenspaces and his carer has had some respite.
- Youth workers have provided activities for early years children, such as mucky boots groups for bushcraft. They have also used podcast production to successfully engage school age children in outdoor activities and improved young peoples' awareness of greenspace preservation via litter picking and recycling activities.
- The pathskills project has provided volunteers and schoolchildren with vocational and practical skills whilst improving access to and the quality of local greenspaces. Some young people who have not been achieving academically have found an alternative means of developing skills. One such project won the Paths for All project of the year.
- SHLC has acted as a voice for the local community in participatory budgeting and protecting greenspace interests during housing developments.

### Key learning points:

- The value of partnerships with other organisations and volunteer groups has been critical to success and SHLC will continue to build on learning to date.
- Communities respond well to locally-developed and run green activities, which have yielded benefits across the whole demographic

### Future plans / next steps:

- The pathskills project will look to enhance a local nature park and support the maintenance work undertaken by local volunteers.
- Early years/school age work and health walk groups will restart as soon as COVID 19 restrictions allow.
- SHLC will continue to advocate on behalf of the local community in relation to connections to the outdoors and preservation of local greenspaces.
- There is an appetite to work with local authorities to help tackle local issues such as antisocial behaviour, the quality of pedestrian paths and the lack of bicycle lanes.
- SHLC will continue towards only using sustainable resources and has already acquired an electric minibus for project use

## 7. Reduced prescribing for physical and mental health issues

An evaluation by Dr William Bird<sup>15</sup> in 2004 estimated that if 20% of the population that lives within 2km of a green space used it for 30 minutes of physical activity per day, five days per week, the savings to the National Health Service could be over £1.8million per year. In light of the burden of cost due to the pandemic and the subsequent mental health tidal wave predicted due to the severe impact on people's lives, it seems even more pertinent to advocate the use of the outdoors for therapeutic and wellbeing purposes.

Rather than seen as a cost; the investment in green health can help to mitigate escalating prescription burdens. Whilst we are unable to make a fair comparison on prescription levels from years two to three of the programme due to the unprecedented Covid-19 health crisis; we have continued to work to promote and support a number of national and local initiatives to improve physical and mental health.

**At a national level:** We have promoted the Scottish Government's [Clear Your Head](#) campaign which has tips and ideas on keeping connected to friends, family and nature. [Scotland's Service Directory](#) on NHS Inform provides quality assured health & wellbeing services and can be filtered by health board and topic category, including keeping active and mental health. Paths For All health walk information, Step Challenges and [strength and balance](#) exercises are especially important right now; as many frail and elderly people who have been shielding have experienced loss of muscle mass and general deconditioning due to an increasingly sedentary lifestyle.

**At a local level,** and in addition to programmes previously highlighted in this report, we have promoted Lanarkshire's Good Mental Health for All Strategy, mentally healthy environments and communities, Lanarkshire Mental Health resources: [www.elament.org.uk](http://www.elament.org.uk), a Well Connected app (social prescribing resources in Lanarkshire). Getting Groups [Outside](#), Rest and recovery areas for NHS staff during the pandemic and peer supporters (see case study 8), and updates to NHS Lanarkshire's webpages for [Health & Wellbeing](#). Our Green health portal had 4222 views and 3254 new visitors for the calendar year 2020.

Reducing prescriptions is not just about funding, it is also about building momentum, maximising resources and generating community champions to develop long term buy-in. We have used a sustainable approach in that we have added value to existing systems and programmes. The value from dissemination of effective strategies and tools that have been evidenced from the programme of green health work may act as a substantial lever, to encourage other health and social care professionals to consider offering holistic reviews where nature is regarded as a therapeutic tool, and embed the outdoors in work practice.



## Case Study 8: Peer Support Service

### Summary

Health improvement staff were redeployed to support staff at acute sites during the first COVID 19 lockdown. The peer support service engaged staff in conversations and provided information and signposting regarding green health options. Follow up conversations indicated improvements in the reported health and wellbeing of those engaged.

### Introduction to activity and delivery organisation

A peer support service was established as part of NHSLs spiritual care and staff welfare response during the COVID 19 pandemic which promoted the green health options available for hospital staff. Peer supporters were based onsite and discussed these options via “conversations” with interested staff. These conversations promoted the benefits of green health activities in relation to relieving stress and highlighted locally available options for engaging in such activities, such as walking routes.

### User / client group

Staff at NHS Lanarkshire acute sites

### Geography

Local areas surrounding NHSL acute sites

### Outcomes

- Staff were signposted to green health opportunities in the local area such as medal walking routes.
- Follow up conversations indicated increased use of outdoor spaces amongst those who had engaged with the service. Other changes reported as a consequence of green health activities included better sleep, lowered stress and improved wellbeing.

### Key learning points

- Key challenge for promotion of green health option in the workplace is persuading staff to get outside.
- Approach has to focus on the individual rather than “preaching”
- Staff appreciated this service and would like to see it continue rather than being something that was only available during the COVID 19 pandemic.

### Future plans / next steps

- Service was scaled down as other health improvement services were stepped back up but aims to be maintained, potentially as a remote rather than onsite service.

## 8. Stakeholder review of Lanarkshire's Green Health Partnership

At the transition from the end of NatureScot's three years of funding into sustainable arrangements for future provision, it was felt to be important to reflect on progress to date. Although many stakeholders continue to experience COVID-19 related time constraints, six were able to participate in a short interview. Three worked for NHS Lanarkshire, two voluntary sector interface organisations, and one for a third sector provider. Conversations took place by telephone and lasted 15 to 20 minutes, all being recorded to ensure nothing was missed. Analysis involved coding the main issues until no new categories emerged, then assembling them into key themes.

### WHAT HAS WORKED WELL

**LGHP has raised awareness of green health:** Many of the interviewees highlighted the partnership's success in raising awareness of green health options. One noted that the LGHP agenda has started to become embedded in discussions regarding service delivery and planning, with people starting to 'talk the language' of green health. Others noted that work linked to the LGHP, such as CCI's work had often raised awareness through being highly visible.

**LGHP has promoted joined up working:** The LGHP was seen as having been highly effective in bringing together a diverse array of agencies and promoting joint working. A few particularly noted the partnership's success in fostering cross agency collaboration. One interviewee suggested that the LGHP had managed to breach the 'silo thinking' that often exists between health and conservation agencies.

**LGHP has developed specific roles:** The project manager and volunteer development roles within the LGHP were seen as crucial elements in the partnership's success to date. Several noted that the project manager had proven highly effective at driving forward a variety of work and the volunteer development role had helped bridge the gap between the third sector and other partners.

**LGHP has measured and evidenced its outcomes:** A few noted that the LGHP has ensured its work was properly monitored and measured against the agreed outcomes. One highlighted that having such information regularly presented in flash reports had been useful when promoting the benefits of the partnership to others.

**LGHP has sustained the work it started:** A few were happy to see that work started by the partnership had gone on to flourish. One highlighted that activities which had previously been hard to sustain, such as gardening and walking groups, were doing well with the support of the LGHP. They suggested the partnership had avoided projects being ‘flash in the pan’ activities which disappeared after the initial enthusiasm for the work faded.

## **WHAT HAS BEEN CHALLENGING**

**Funding for partners:** It was noted that certain partners were still relying on ad hoc funding to support their activities and would benefit from a longer term financial commitment. One suggested that whilst the partnership had secured the finances to sustain the strategic elements of its work, a lack of consistent funding for delivery risked that, “value is placed on people talking about it rather than doing it”.

**Stakeholder commitment and ownership:** Some felt the partnership could use its stakeholders’ spheres of influence more, to ensure green health is a core consideration for a wider range of projects. One noted that some stakeholders could better highlight the good work being done by the LGHP within their own organisations. Another suggested that the LGHP had sometimes missed the opportunity to influence projects by not being involved from the outset.

## **LGHP’S FUTURE**

All of the interviewees felt the LGHP had delivered on its purpose, indeed several noted that the partnership had gone “above and beyond” what had been planned. The LGHP was seen as having a bright future, and many expected it to expand its work, influencing widely to ensure green health remained a core consideration.

The LGHP was now embedded within Lanarkshire’s Healthy Weight Strategy, which was seen as a crucial development in relation to its future. Not only would Healthy Weight staff networks be utilised to widely promote green health, but several had and would continue to be involved in direct implementation. A few interviewees particularly highlighted the partnership’s role in promoting green health to tackle the mental and physical health issues experienced during the COVID-19 pandemic.

## 9. Reflections and Next Steps

Each of the chapters in this report details a wealth of activity progressed by Lanarkshire's Green Health Partnership this past year. A quick count of the various organisations and services mentioned comes to an incredible 62, which does not include all the links that have been developed over the partnership's first three years. In the interests of brevity, not everyone could be name-checked, but the examples included demonstrate the breadth and depth of partnership working that have been critical to our success. People of all ages and abilities, living across the whole of North and South Lanarkshire have engaged with green health activities, sometimes venturing into new territory and hopefully developing new habits. From gardening to peer support, from new bikes to walking groups, from helping to create new green spaces to enjoying visits to others that have been available for years, Lanarkshire has embraced the green health opportunities we've been able to offer and build upon. We have evidence of contributions to all of the outcomes set for Years 2-3, including improved physical and mental health, weight management, social connections and levels of participation in green health opportunities.

Our success is not just about quantity, though, as our range of case studies demonstrates. We have heard how community food growing, acquiring bikes, and Shotts community initiatives have all improved people's health and wellbeing, in particular increasing self-esteem and gaining 'a sense of purpose' for individual participants. A health walk leader increased their socialisation, while a whole family rode bikes to explore their local area without the need for public transport. People with a high body mass index were able to continue supported physical activity during the pandemic when leisure facilities were closed, which also overcame perceived barriers to exercising outdoors. A few passers-by even shared personal experiences that helped to boost participant motivation. Green health opportunities were also shown to be critical for Lanarkshire staff this past year as peer support from health improvement colleagues encouraged them to venture outdoors to improve their sleep, lower stress, and generally enhance wellbeing.

The impact of COVID-19 on Lanarkshire's Green Health Partnership has been both positive and negative. There is no doubt that much more of what was planned for Year 3 would have been completed in the absence of the pandemic, yet it has also led people to be creative in finding solutions in the face of closures and lockdowns. It is

too early to say where the balance lies, but the benefits of being outside were obvious to the whole country, and a welcome inclusion in national guidance to promote good mental health and wellbeing.

Much of what has been achieved has improved the quality of green space available to the residents of Lanarkshire. Not everything that was planned has been progressed as yet, but those that have not simply await the right conditions. Our Green Health Partnership has been able to support a range of initiatives that have improved the local environment for many people, and contributed to Lanarkshire's sustainability goals.

In addition to the wide range of evidence presented in this report, key stakeholders have endorsed the Green Health Partnership's achievements, sometimes in the background, raising awareness or promoting joint working, but also in creating bespoke posts that will sustain the good work started. The Project Manager post being permanent will enable a wide range of work to continue, much in collaboration with our weight management team. The Volunteer Development roles will now be taken forward by both of our third sector interface organisations (Voluntary Action North Lanarkshire and South Lanarkshire) to ensure concrete links are made to maximise green health opportunities into the future.

While some stakeholders cautioned us not to forget issues around ongoing funding and organisational responsibility to promote green health awareness and work in partnership with others, the consensus was that the future of Lanarkshire's Green Health partnership was bright and widely expected to continue to shine sustainably, well-beyond the COVID-19 pandemic.

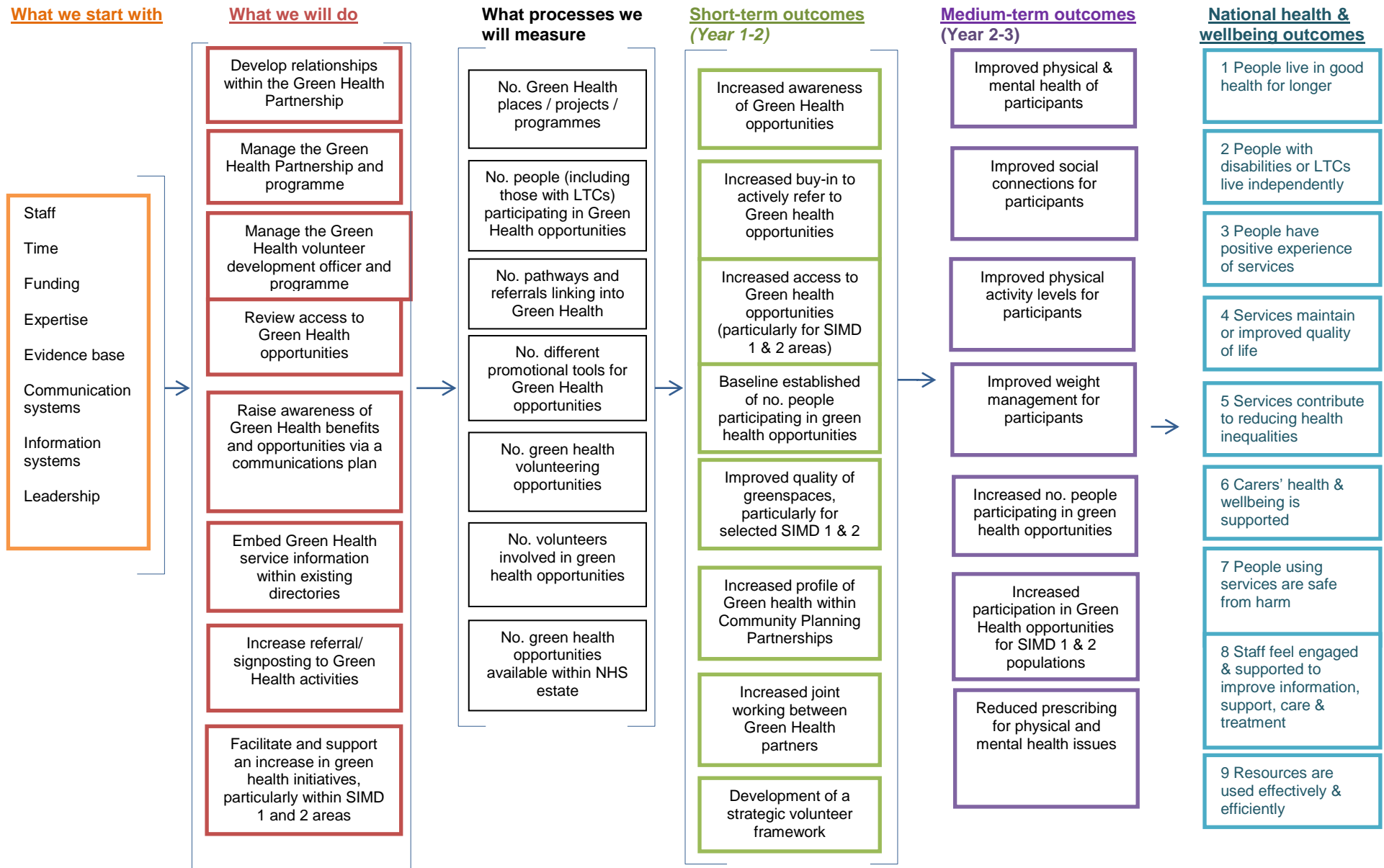


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## Appendix

### LANARKSHIRE GREEN HEALTH PARTNERSHIP – LOGIC MODEL 2018-2021



A big thanks goes to both the strategic and implementation group members for LGHP. The folk involved in the latter group have been responsible for making it happen on the ground during years 2 and 3 and include:

Organisation	Job Title	Name
North Lanarkshire Council	Assistant Business Manager – Greenspace	Hayley Andrews
South Lanarkshire Council	Countryside Ranger Team Leader	Mike Brady
South Lanarkshire Council	Grounds Advisor	Colin Reid
Get Walking Lanarkshire	GWL Coordinator	Paula Hubens
NHS Lanarkshire	Health Improvement Lead HSCPSL	Gillian Lindsay
NHS Lanarkshire	Senior Health Promotion Officer – Mental Health	Susan McMorris
North Lanarkshire Leisure	Health and wellbeing Manager	Mel Menzies
South Lanarkshire Leisure and Culture	Health Development Officer	Scott Crone
Clydesdale Community Initiatives (CCI)	Placement Support Manager	Helen Thompson
NHS Lanarkshire	Advanced Practitioner Occupational Therapist	Maureen Black
Cumbernauld Living Landscapes	Project Manager (Creating Natural Connections)	Fiona McGrevey
Voluntary Action North Lanarkshire (VanL)	Senior Manager, Community and Voluntary Sector Development and Volunteering Programmes	Kirsty Struthers
Voluntary Action South Lanarkshire (VasLan)	Delivery Services and Organisational Development Co-ordinator	Tina Cameron
Voluntary Action South Lanarkshire (VasLan)	Development Officer (Green Health Volunteering)	Sarah Burgess
NHS Lanarkshire	Health Improvement Senior-Active Travel	Paul Wright
Scottish Forestry	Branching Out Manager	Natalie Moriarty
NHS Lanarkshire	Service Manager-Wishaw	Margot McLean
Nature Scot	Policy and Advice Officer	Bridget Finton
Health Improvement North	Health Improvement Senior	Gabi Mitas
Health Improvement South	Health Improvement Practitioner/Senior	Kenny Lees/ Jennifer Newman
NHS Lanarkshire	Senior Health Improvement Manager	Vicki Trim
NHS Lanarkshire	Lanarkshire Weight Management Service & Green Health Partnership Manager	Marie McKeown
Health and Social Care	Senior Officer/Suicide Prevention Lead	Lynne MacDonald
sportscotland	Partnership Manager	Steven Lytham
Glasgow & Clyde Valley Green Network Partnership	Development Officer	Ally Corbett

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