Health and **Nature Dorset**

1 November 2022

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AND

HEALTH Increasing the access to, use of and connection with greenspaces to support and enhance physical and NATURE mental wellbeing across Dorset.



What is HAND?

Need

- Health and wellbeing needs
- Inequalities of access to greenspace and improvements to the environment
- Improved connection between environment and health sectors

Purpose

- Connect organisations, providing a bridge for more efficient joint working
- Build understanding and champion the health benefits of natural spaces
- Ensure all voices can be heard through coproduction
- Evidence need for nature based activities
- Demonstrate and evidence value of environment to health and wellbeing



Developing HAND

Growing a strong nature-based wellbeing offer	Dorset STP: Healthy Places (2016)	Government 25 Year Environment Plan (2018)	A connected society, a strategy for tackling loneliness (2018)	Tw S Pla Dorset ICS (2018)	1 INC. 1278330/1777 AX	Thriving mmunities Bid (2021)	Launched HAND (2021)	HAND Workshop (2022)
Natural Choices (2015)	Stepp into Natu (201	o Nature re Dorset	Picnic in the Park (2018)	Collaboration Scoping Workshop (2019)	n Eol Green Prescribing for Mental Health (2020)	in the	Ideas to Action (2021)	Theory of Change Workshops (2022)

HEALTH

DORSET

TURE

Draft Structure

HEALTH AND NATURE DORSET



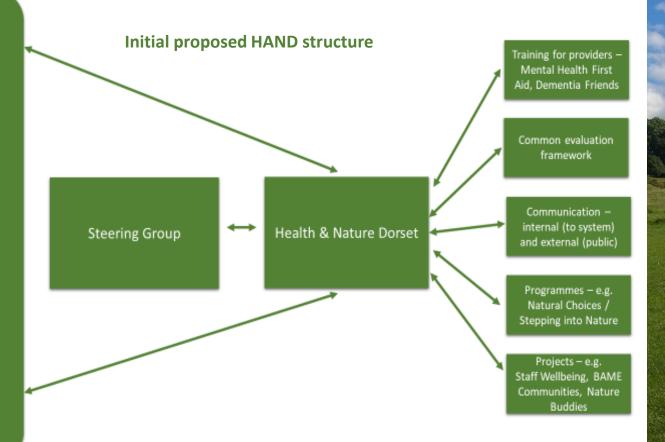
<u>Providers:</u> Community Groups Organisations Charities

Integrated Care

System: Local Authorities Dorset CCG Public Health Dorset Adult Social Care Dorset Healthcare Primary Care Acute Trusts Social Prescribing

Private:

Wellbeing Leads HR – Business Tourism





Theory of Change

https://kumu.io/phd/health-and-nature-dorset





Give Nature a Go: ICS Staff Wellbeing Programme

"As soon as I smelt the woodsmoke from the bell tent, saw the view and the two lovely ponies my shoulders relaxed and felt the tension that fulfils my life melt away within seconds.

It was a rare moment in time for me to be able to do something for me, and to hear there was no expectation of me to have to do anything was amazing and if all I wanted to do was sit and just gaze at the view and watch the ponies, this was also OK."



Future Work

- Set up Steering Group / agree ToR
- Assessing local barriers project
- Funding Bid
- Set up working groups as necessary
- Pilot projects
- Improve communication
- Promote joining HAND (sign up to mailing list)

Thank you <u>hand@dorsetInp.org.uk</u> <u>www.dorsetInp.orguk/hand</u>



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