

Health and Nature Dorset

1 November 2022

Maria Clarke

Dorset LNP Manager



What is HAND?

Need

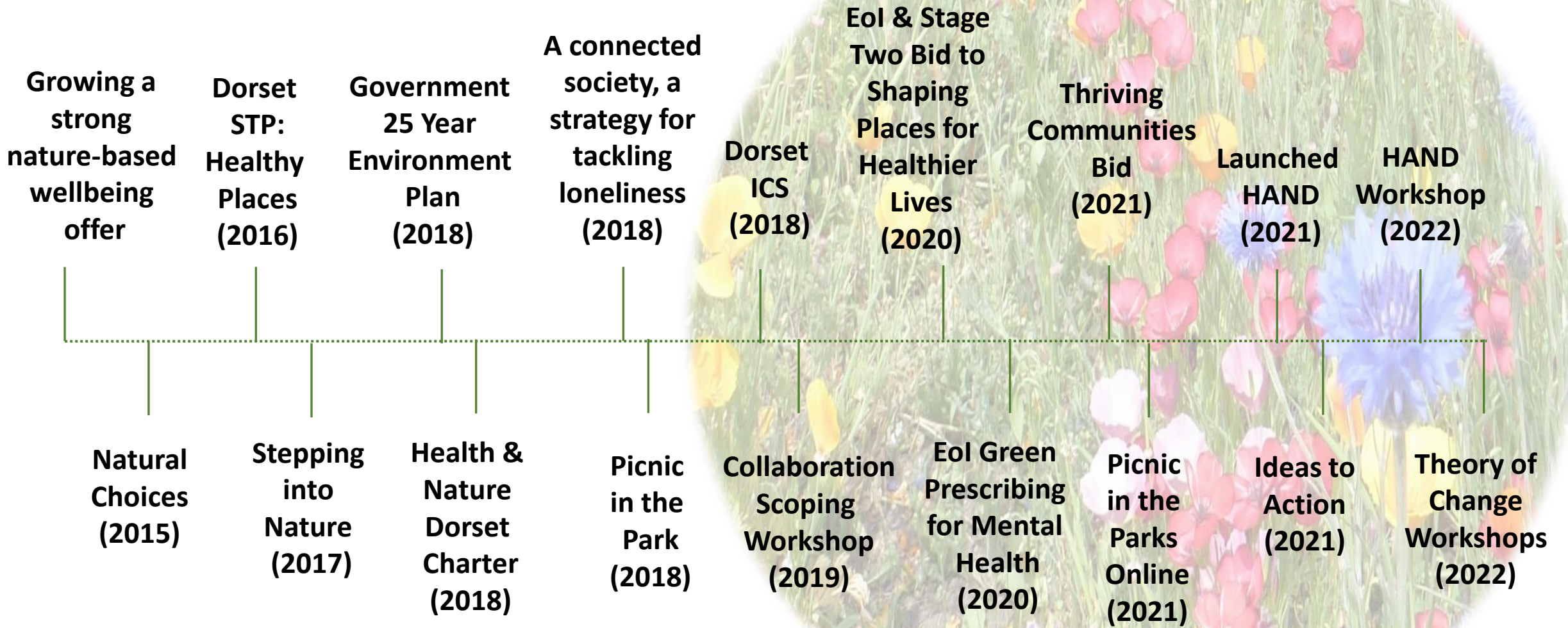
- Health and wellbeing needs
- Inequalities of access to greenspace and improvements to the environment
- Improved connection between environment and health sectors

Purpose

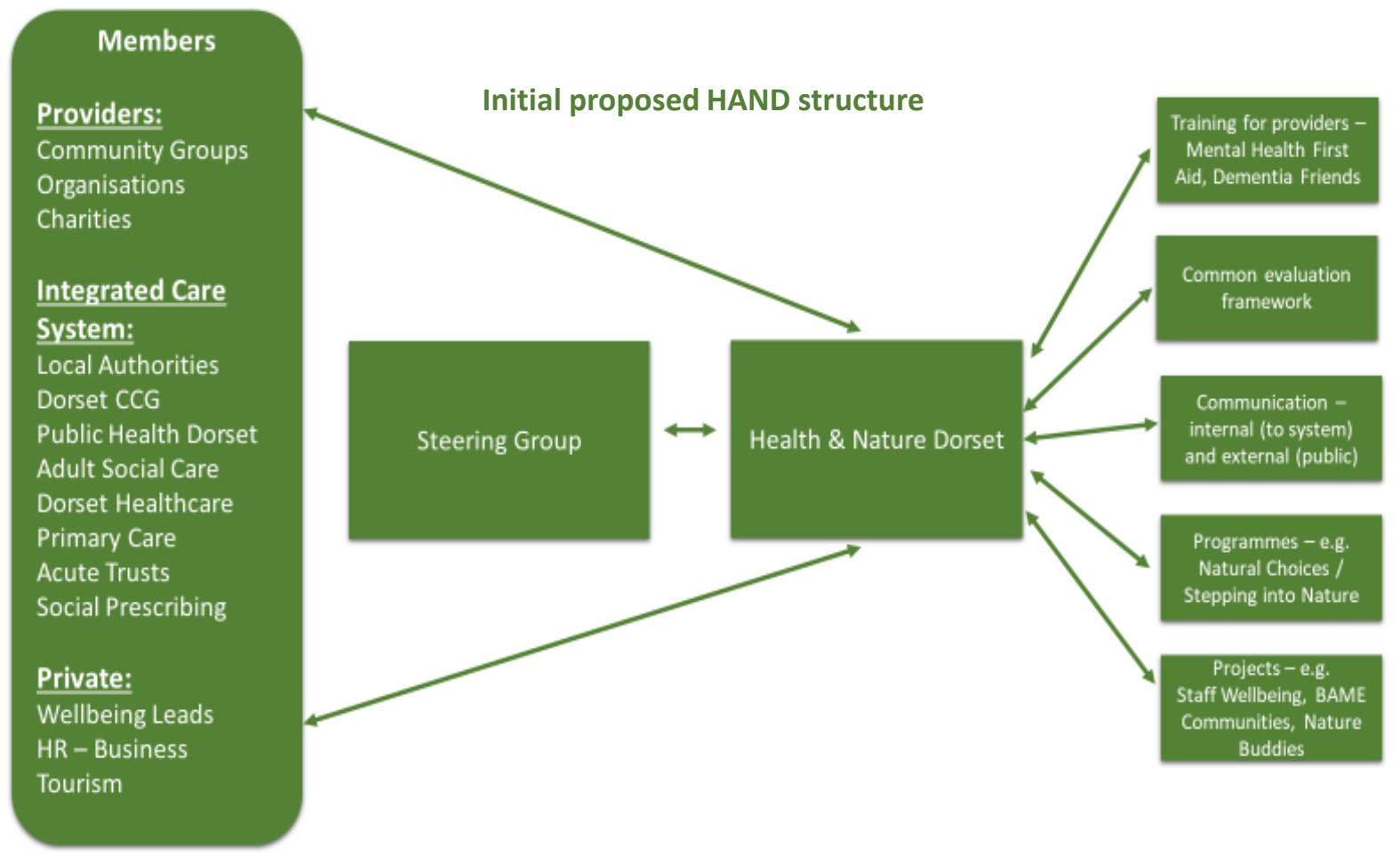
- Connect organisations, providing a bridge for more efficient joint working
- Build understanding and champion the health benefits of natural spaces
- Ensure all voices can be heard through co-production
- Evidence need for nature based activities
- Demonstrate and evidence value of environment to health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



Developing HAND



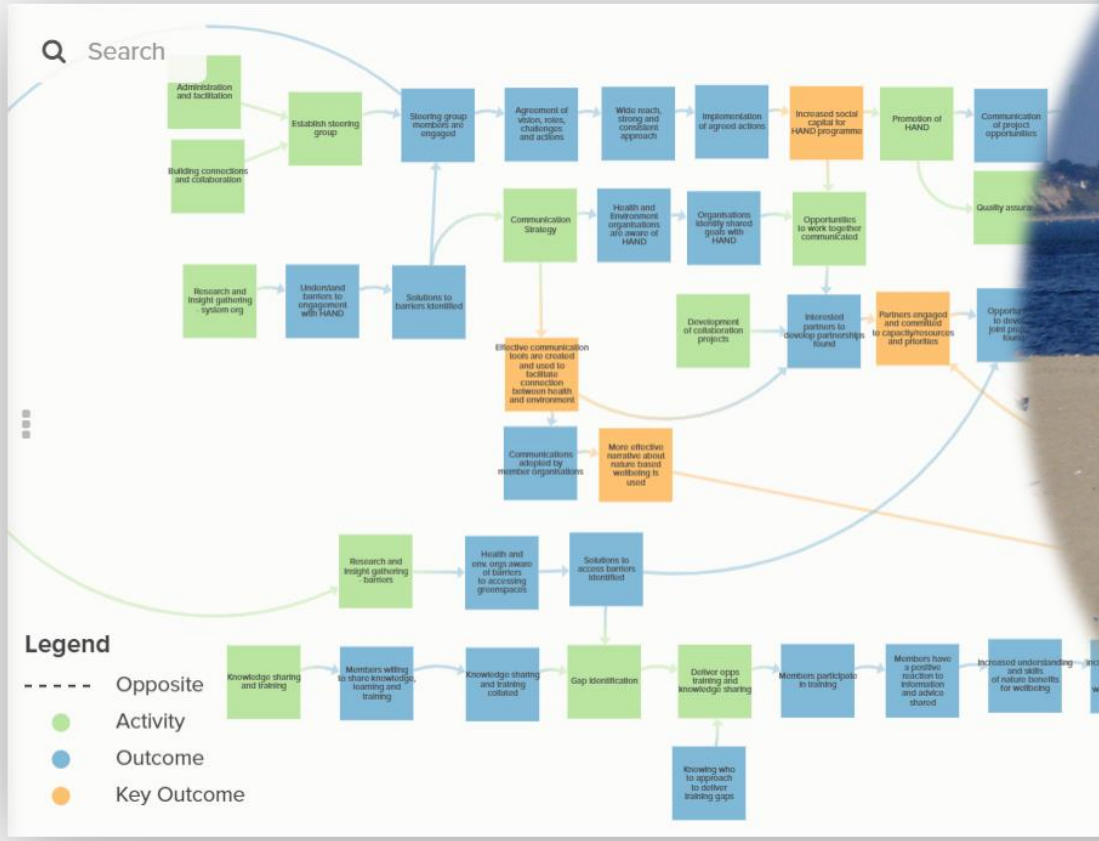
Draft Structure



Theory of Change

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

Health and Nature Dorset Public Combined map Untitled view (2)



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

hand@dorsetlnp.org.uk

www.dorsetlnp.org.uk/hand



Thank you

hand@dorsetlnp.org.uk

www.dorsetlnp.org.uk/hand

