

Transforming Mental Health and Dementia Provision with the Natural Environment

10th November 2016, at [Bartholomews Hospital](#), London

Purpose of conference

To bring the health and social care sectors together with natural environment sector to inspire each to work closer together by outlining practical ways of upscaling provision and commissioning of 'natural solutions' as a mainstream activity in helping mental health and dementia.

AGENDA

Session	Topics	Speakers
9.30-10am	Registration and Refreshments Welcome from	
10-11am IDENTIFYING THE ISSUE	Conference Welcome Presentations by key speakers We have a huge problem, and a huge potential solution. Exploring the potential of the natural environment to help commissioners, practitioners and service users achieve therapeutic benefits for mental health and dementia. What is desirable? What is possible?	Jim Burt, Chair, National Outdoors for All Working Group Gina Radford, Deputy Chief Medical Officer (Chair) Gregor Henderson, National lead, Wellbeing and Mental Health, Public Health England Alistair Burns, National Clinical Director for Dementia James Cross, Chief Executive – Natural England
Refreshments 11.00-11.30		
11.30-12.40pm	Workshop Session 1 – Approaches to commissioning Natural Environment interventions Interactive session looking at the critical success factors and transferable elements in projects that address health priorities using green space interventions explicitly to achieve clinical outcomes. How did these interventions start? What barriers did they face? How do they measure and communicate their impact? How are they currently commissioned and what are their plans for the future? What lessons can we learn from these examples?	Workshop leaders from the health and natural environment sector: Natural Health Service Consortium - The Mersey Forest Commissioned horticulture activities in care home gardens - Growing Support, Bristol. The Idle Valley Ecominds project and commissioning experience - Mind and the Wildlife Trusts
Lunch 12.40-1.30pm	Networking and opportunity to view partners' stands	

Programme continues overleaf

Session	Topics	Speakers
1.30-2.40pm	<p>Workshop Session 2 – Delivering Natural Environment interventions at scale</p> <p>Interactive session looking at projects delivering outcomes in key parts of the UK’s natural estate, outlining how natural environment interventions can become part of integrated estate management planning and how to increase the scale and geographic spread of commissioning on these and other national estates</p> <p>How are sites managed for mental health? How can we engage management staff in the activities? What is the scope for scaling and integrating into normal care?</p>	<p>Workshop leaders from the health and natural environment sector:</p> <p>Health for Life at the Countess of Chester Country Park - The Land Trust</p> <p>Stepping Into Nature and Natural Choices – dementia friendly and sensory rich nature reserves - RSPB, Livewell Dorset AONB and Natural Health Service Weymouth and Portland</p> <p>Woodland therapy for dementia patients - Forestry Commission</p>
2.40 – 3.40 WAYS FORWARD	<p>Panel discussion.</p> <p>What are the ingredients that we have?</p> <p>What are the key barriers to achieving an uplift in scale?</p> <p>What policy and strategy do we need to see in order to enable an uplift?</p>	<p>Chair – Rachel Stancliffe, Director, Centre for Sustainable Healthcare</p> <p>Gregor Henderson, National lead, Wellbeing and Mental Health, Public Health England</p> <p>Craig Lister, Managing Director, Green Gyms (The Conservation Volunteers)</p> <p>Dr. Rachel Bragg, Care Farming UK</p>
3.40 – 3.55 ACTIONS AND NEXT STEPS	<p>Conclusions and capturing actions:</p> <p>For deliverers For commissioners For Government and Agencies</p>	<p>Rachel Stancliffe – Centre for Sustainable Healthcare</p>
3.55-4.00 WRAPPING UP		<p>Jim Burt – Chair, National Outdoors for All Working Group</p>