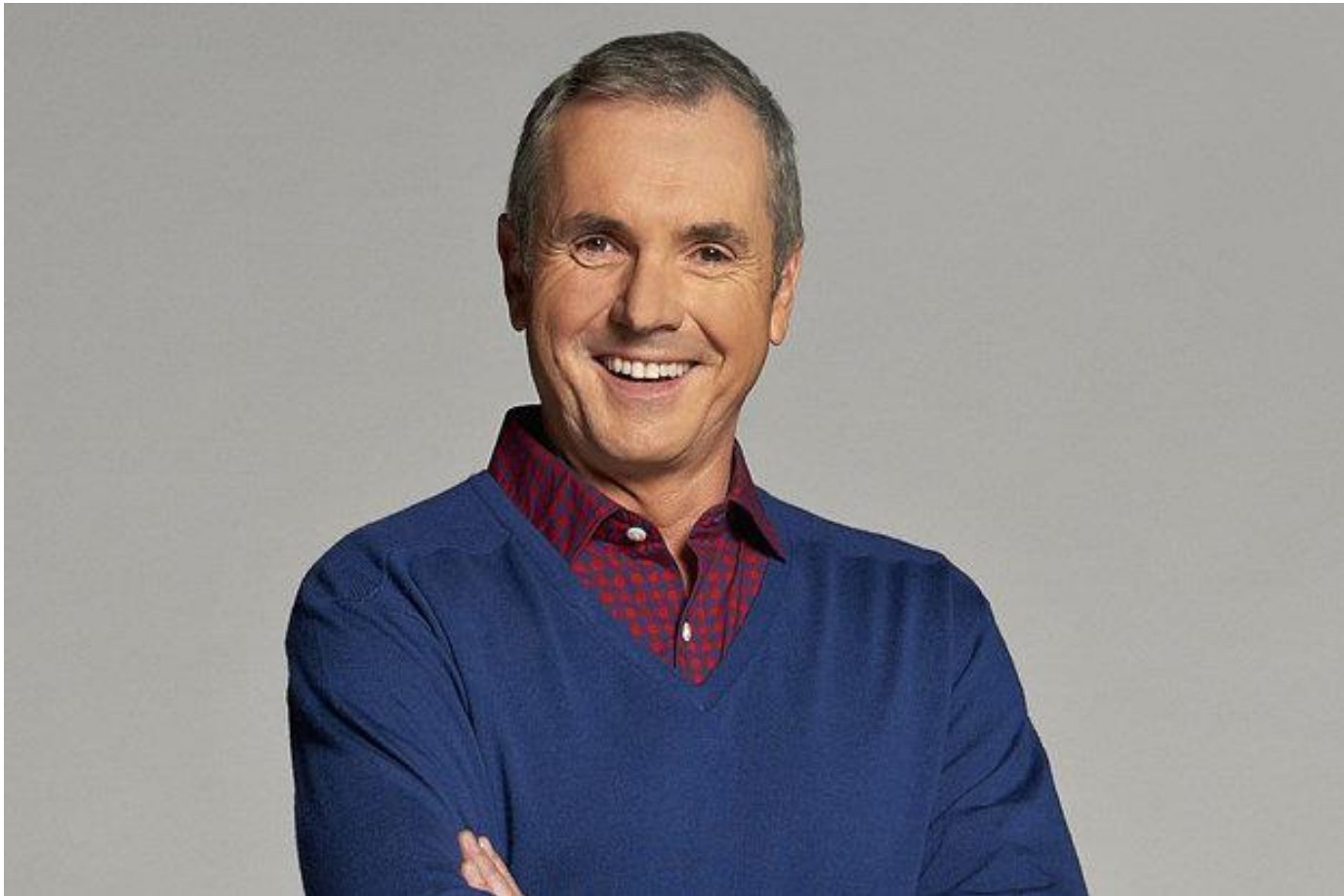




## **How we made a GP referral to nature programme in Dorset**

**Tom Clarke, Project Development Manager, RSPB**

Take one friendly doctor



# Who believes in the health benefits of accessing nature

PROUDLY SUPPORTING  
DAVID SUZUKI FOUNDATION

CottageCountry.com Presents  
**THE BIG DISCONNECT**  
THE URBAN MIGRATION HAS IMPORTANT PHYSICAL, MENTAL AND COGNITIVE IMPLICATIONS. WE URGENTLY NEED TO WAKE UP TO THE LINK BETWEEN HUMAN HEALTH AND THE NATURAL ENVIRONMENT AND MAKE A PERSONAL AND COLLECTIVE COMMITMENT TO RECONNECT WITH THE GREAT OUTDOORS.

*The*  
**COMMUNITY**  
BENEFITS

NATURE MAKES YOU NICER: COMMUNITIES WITH MORE GREENSPACE HAVE LOWER RATES OF CRIME & VIOLENCE

**ROOM WITH A VIEW**  
GET A GLIMPSE OF GREEN

HOSPITAL PATIENTS WHO CAN SEE TREES & OTHER GREENERY FROM THEIR HOSPITAL ROOMS RECOVER FASTER AND REQUIRE LESS PAIN MEDICATION.

NATURAL VIEWS AT WORK LEAD TO INCREASED JOB SATISFACTION, BETTER CONCENTRATION, DECREASED MENTAL FATIGUE AND LOWER STRESS LEVELS.

"HUMANS ARE DISAPPEARING FROM THE OUTDOORS AT A RATE THAT WOULD MAKE THEM TOP ANY CONSERVATIONIST'S LIST OF ENDANGERED SPECIES."  
TIM GILL, THE ECOLOGIST

*The*  
**COGNITIVE**  
BENEFITS

SPENDING TIME IN NATURE INCREASES CREATIVITY, CURIOSITY, AND PROBLEM SOLVING ABILITY

**HEALTH BENEFITS**

NATURE IS THE BEST NURTURE  
MANY STUDIES SHOW SIGNIFICANT HEALTH GAINS FOR THOSE IN CONTACT WITH NATURE

REDUCED ANXIETY & DEPRESSION	DECREASED STRESS	INCREASED ENERGY	INCREASED IMMUNITY
50% LOWER RISK OF DIABETES	INCREASED VITAMIN D PRODUCTION	INCREASED WEIGHT LOSS & FITNESS	REDUCED SYMPTOMS OF A.D.D.

★ 50% LOWER RISK OF HEART ATTACK    ★ 30% LOWER RISK OF COLON CANCER    ★

**SUGGESTED DOSAGE**

CONTACT WITH NATURE IS AN AFFORDABLE, ACCESSIBLE AND EQUITABLE FORM OF PREVENTATIVE AND RESTORATIVE MEDICINE.

**2 MINUTES**  
STRESS IS RELIEVED WITHIN MINUTES OF EXPOSURE TO NATURE (AS MEASURED BY MUSCLE TENSION, BLOOD PRESSURE AND BRAIN ACTIVITY)

**2 HOURS**  
MEMORY PERFORMANCE AND ATTENTION SPAN IMPROVES 20% AFTER SPENDING AN HOUR INTERACTING WITH NATURE

**2 DAYS**  
LEVELS OF CANCER FIGHTING WHITE BLOOD CELLS INCREASE 50% AFTER SPENDING TWO OR MORE CONSECUTIVE DAYS IN NATURE

BY THE AUTHOR OF THE INTERNATIONAL BESTSELLER  
*Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*

**RICHARD LOUV**

*The*  
**NATURE**  
PRINCIPLE

Reconnecting *with* Life  
*in a* Virtual Age

"There is great urgency to this work . . . This book makes utter sense."  
—LOS ANGELES TIMES

Now with an updated feature on the New Nature Movement

# To introduce you to other doctors



To see if there is interest in referring their patients to nature

- **Mildly depressed**
- **Isolated**
- **Over 55**
- **House bound**
- **Frequent flyers**

# Then apply for funding from the Clinical Commissioning Group

- Meet the patients group
- Create joint RSPB/CCG project with  
CCG Commissioner



And fail....



# So go find more nature organisations...





# And some more organisations



# And you've got yourself a partnership

- And we're better together at bringing in money



giving  
nature  
a home



# Do some difficult work

- Research what is happening
- Research what people want
- Research what 'nature providers' can provide
- To provide some evidence base to the process

# Then aim for the sky

- A programme of sessions that ‘connect’ people to nature through GP referrals to improve their physical and mental wellbeing
- The sessions have to be able to run on a business as usual basis

# Launch to a fanfare



And not get any referrals because the referral hub has just changed



**LiveWellDorset**  
Helping you to live healthier

# But all is not lost...

- Because you have the friendly doctor... and other doctors
- ...and all those environmental organisations...
- ...and health/research/statutory orgs on board...
- ...and some funding to underwrite initial delivery

# That even though 18 months after the launch and numbers are low

- Everyone is committed to making this happen...
- Problems are getting resolved...
- The LNP are hosting the delivery...



# More providers are coming on board

Area	Activity	When	Meeting point for activity
Weymouth	Mindfulness in the Natural Environment	Weekly. Sunday 11.30-1pm	Alternates between Radipole (Swannery Car Park, Weymouth DT4 7TZ) and Lorton Meadows (Conservation Centre, Lorton Lane, Weymouth, DT3 5QH) meeting at the reception areas.
Holton Lee, Poole	Flourish ecotherapy	Weekly. Monday 10am-3pm	Holton Lee, Poole, BH16 6JN
Holton Lee, Poole	Walking for Health	Weekly. Monday Noon-2pm	Holton Lee, Poole, BH16 6JN. Meeting in the Coffee Shack at the Farmhouse
Nr Dorchester	Furzecutters Group Conservation Work Party	Fortnightly. Tuesday 10am-3.30pm	Hardy's Birthday Visitor Centre, Thorncombe Woods and Black Heath, Higher Bockhampton, DT2 8QJ
Bournemouth	Guided walk along the River Stour.	Weekly. Tuesday 2pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth BH9 3NZ
Nr Dorchester	Of the Wood	Fortnightly. Wednesday 10am-noon	Hardy's Birthday Visitor Centre, Thorncombe Woods and Black Heath, Higher Bockhampton, DT2 8QJ
Swanage	Conservation Work Party	Weekly. Wednesday 10am-1pm	Learning Centre, Durlston Country Park, Swanage
Holton Lee, Poole	Flourish ecotherapy	Weekly. Wednesday 10am-3pm	Holton Lee, Poole, BH16 6JN
Weymouth	Conservation Work Party	Fortnightly. Wednesday 10am-3pm	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH
Dorchester	General Gardening	Weekly. Wednesday 10am-4pm	Max Gate, Alington Avenue, Dorchester, DT1 2AB
Weymouth	Nature Walk	Weekly. Thursday 10am	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH
Nr Dorchester	General Gardening	Weekly. Thursday 10am-4pm	Hardy's Cottage, Higher Bockhampton, DT2 8QJ
Weymouth	Nature Walk	Weekly. Thursday 11am-noon	Wild Weymouth Discovery Centre, Radipole Lake, Swannery Car Park, Weymouth DT4 7TZ
Holton Lee, Poole	Flourish ecotherapy	Weekly. Friday 10am-3pm	Holton Lee, Poole, BH16 6JN
Weymouth	General Gardening	Weekly. Friday 10am-3.30pm	Portland House, 24 Belle Vue Road, Weymouth, DT4 8RZ

And by getting something started you help others get projects going too



## And inspire organisational change

- Much greater acknowledgement that RSPB has to do more work around health.

# Get in touch

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Natural Choices -

[http://www.dorsetlnp.org.uk/Natural\\_Choices\\_in\\_Dorset.html](http://www.dorsetlnp.org.uk/Natural_Choices_in_Dorset.html)