



Transforming Mental Health and Dementia Provision with the Natural Environment

**Workshop Session 2 –
Health for Life at the
Countess of Chester Country Park**

**Alan Carter
Director of Portfolio Management**

10th November 2016



The Land Trust



We are an independent charity providing long-term sustainable management of green open spaces on behalf of and in partnership with local communities

Our Vision

To improve the quality of people's lives by creating, improving and maintaining sustainable, high quality green spaces.

Objectives

Take land into our ownership and manage it in perpetuity to:

1. Improve health and wellbeing
2. Protect & improve the environment
3. Enable social cohesion
4. Create economic uplift
5. Provide educational opportunities



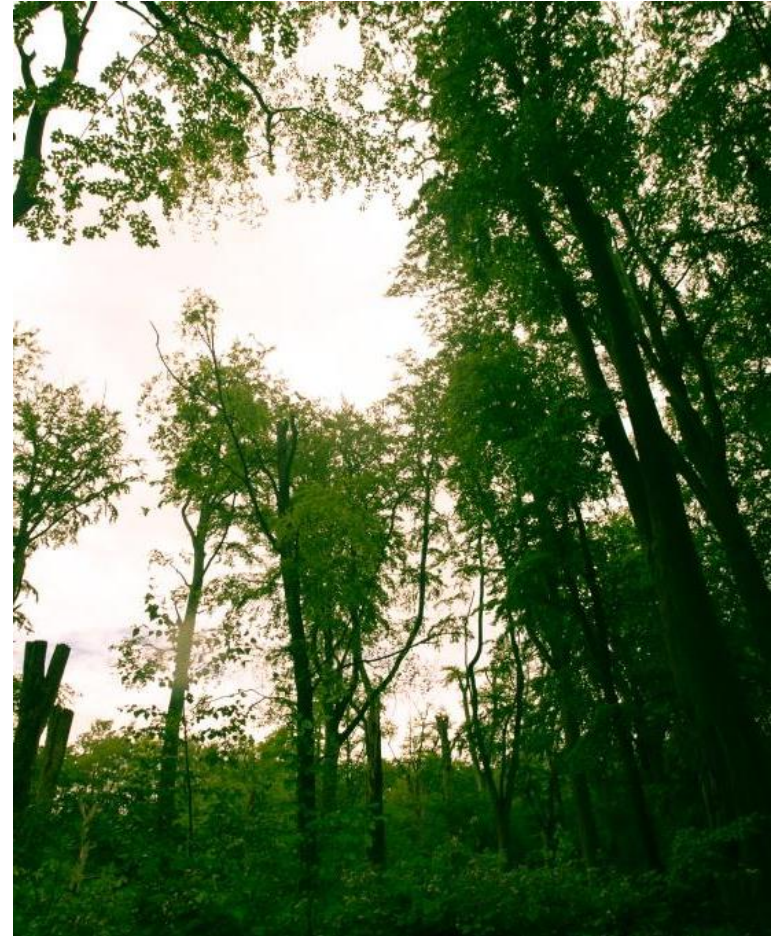
Long term investment is key



**We only take land with an income stream,
to invest and manage land sustainably.**

This can be from a range of different sources...

- Service charges from residential or commercial properties
- Endowments
- Section 106 payments
- Commercial use of sites, e.g. private events/licences
- Onsite charges, e.g. car parking, concessions
- Third party grants, e.g. English Woodland Grant scheme, Lottery, Landfill Communities funding



Well designed spaces create great places...

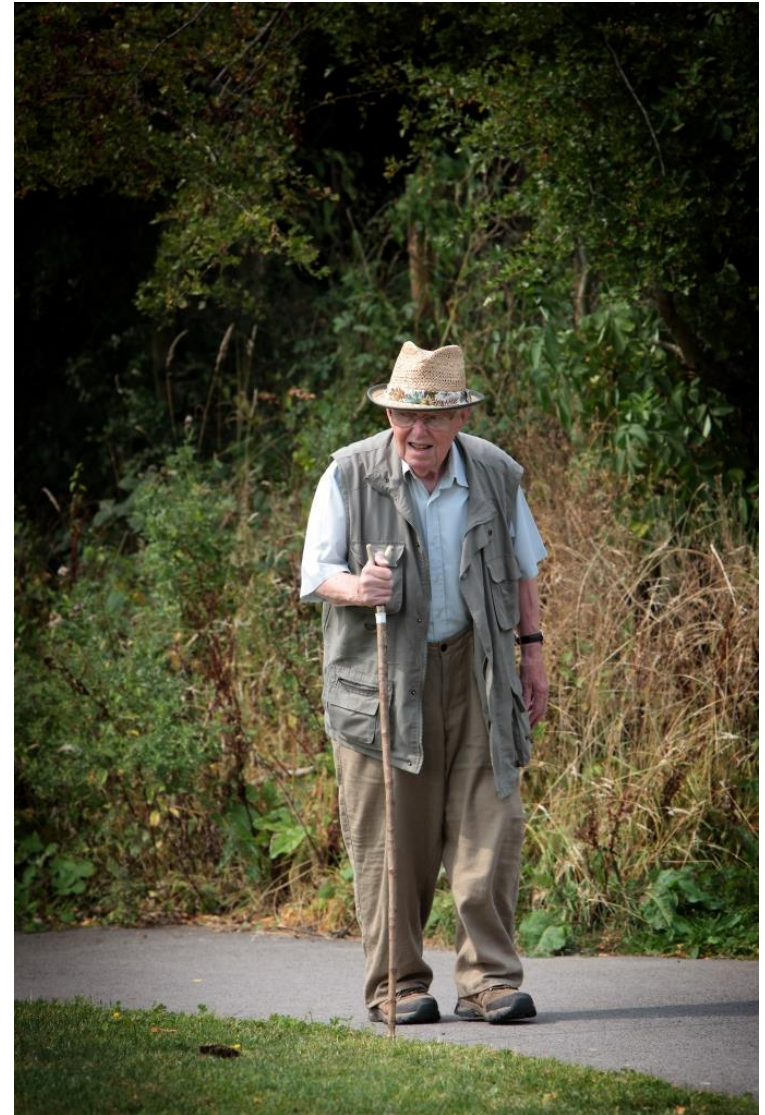


...to live, work and play

Being well designed and well managed, they:

- Encourage use
- Deliver wide benefits
- Reduce long term costs

In particular, they deliver significant physical and mental health benefits



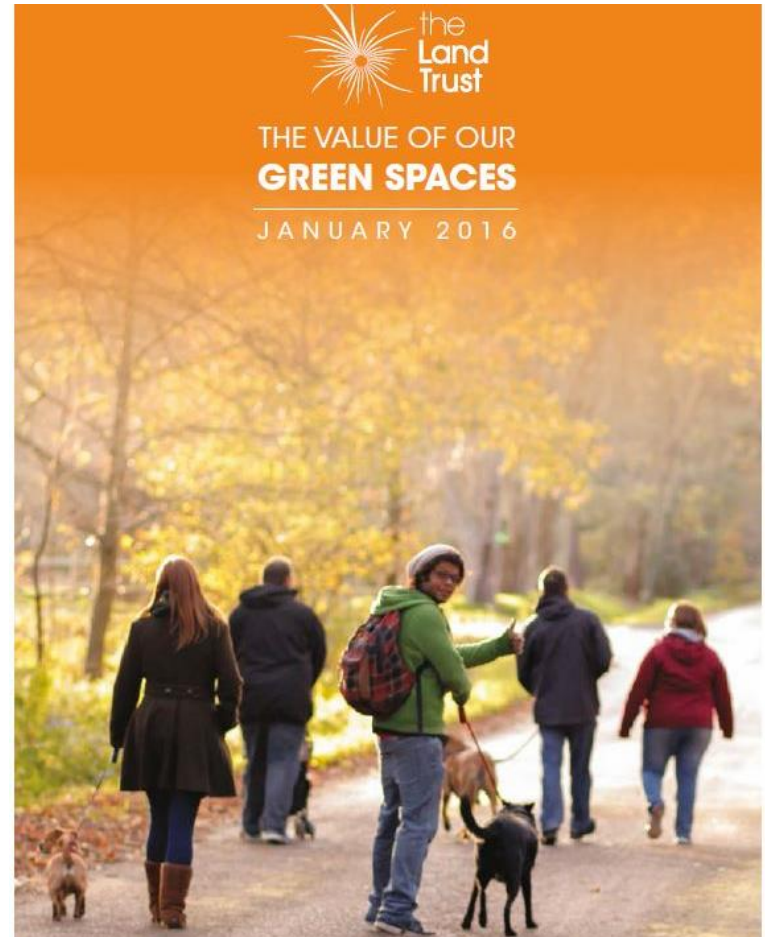
Independent research of our green spaces



Perceptions survey and SROI study

We wanted to find out...

- What are green spaces are used for?
- What value they bring to local communities
- What value they bring to society
- Understand this in monetary terms



How people feel about our green spaces...



OVER 90%

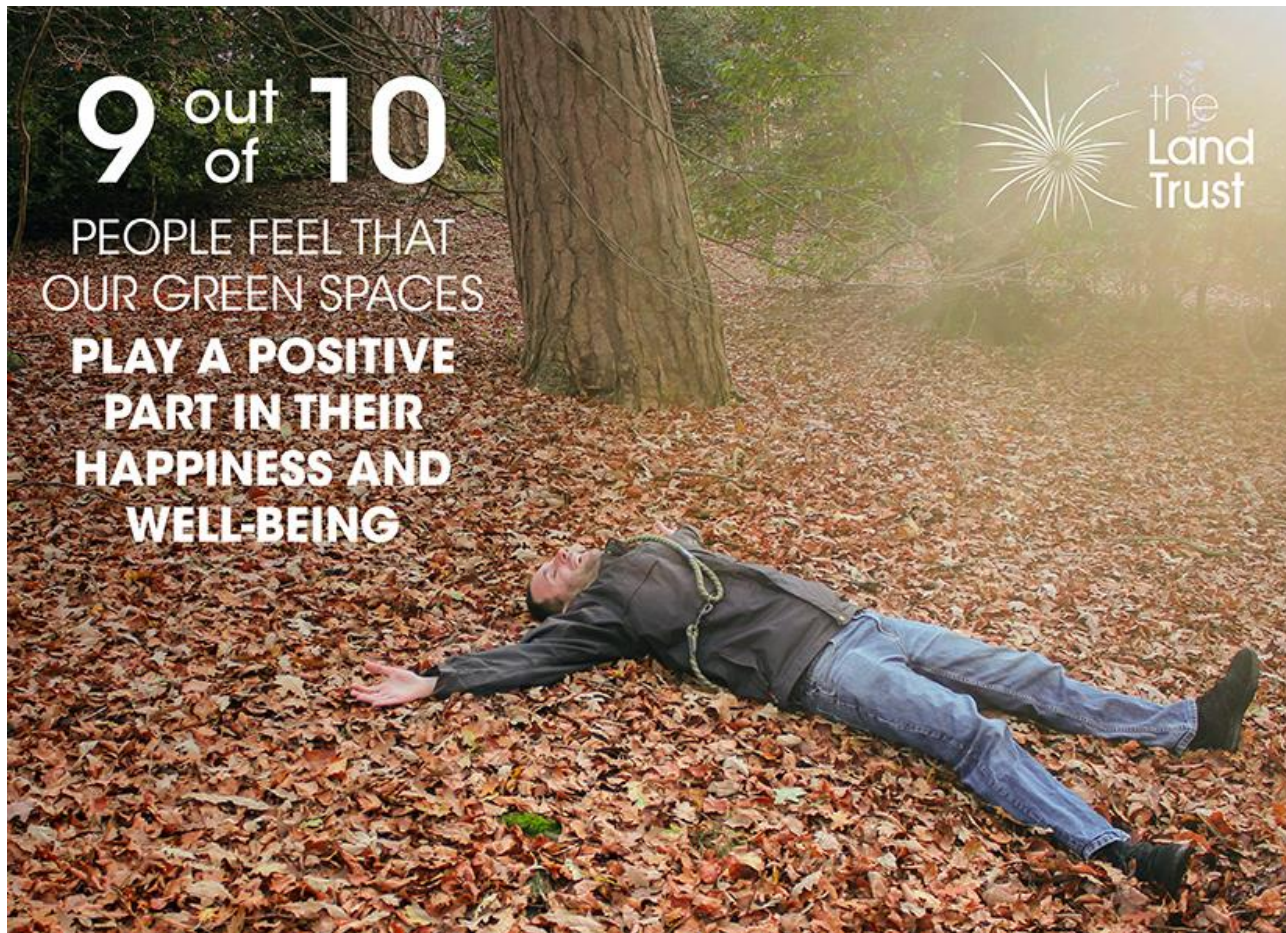
OF PEOPLE FEEL THAT
OUR GREEN SPACES
**HELP ENCOURAGE
THEM OR OTHERS
TO KEEP FIT AND
HEALTHY**



The site “has supported me with my fitness and weight loss in a pleasant and safe environment”



Impact on happiness and wellbeing



“Suffering mild depression and anxiety, I come to walk and jog to let of some steam.”

Social value of health



FOR **EVERY £1 SPENT** P.A. BY THE LAND TRUST, **SOCIETY BENEFITS** ON AVERAGE **£30.30** IN HEALTH CARE PROVISION BECAUSE PEOPLE USING OUR SITES FEEL FITTER AND HEALTHIER.⁴

The Land Trust's green spaces contribute the equivalent of **£53.2 million** p.a. of benefits to the health and welfare sector.

What people say...



“I feel like my life is like swimming underwater – and drowning at times. These sessions at Monkton Community Woodlands are my breathing holes and keep me going.”

“Greenwich Peninsula Ecology Park is a nice place to relax and get away from work”

“Through involvement with Port Sunlight River Park, my estate has become a community. I am getting to know people I have never spoken to before, even though they are my neighbours”

“Rabbit Ings has supported me with my fitness and weight loss in a pleasant and safe environment”

“Kiveton Community Woodland is very important to me as a form of exercise for me and our dogs as well as a good way to make friends and meet them regularly”

Health costs of inactivity



5 major physical diseases are linked to physical inactivity (WHO)

Heart disease

Stroke

Breast Cancer

Colon / Rectal Cancer

Diabetes

NHS identifies the total cost of treating these diseases and cost per head of the population

Disease	Total cost to NHS (2012/13 (£bn))	Cost per head of population (£)
Heart disease	1.6	30.15
Stroke	0.82	15.46
Breast cancer	1.54	28.97
Colon/rectal cancer	0.48	9.11
Diabetes	0.37	6.95

Source: NHS Programme Budgeting 2012/13

Countess of Chester Country Park



19 Hectare site incl:

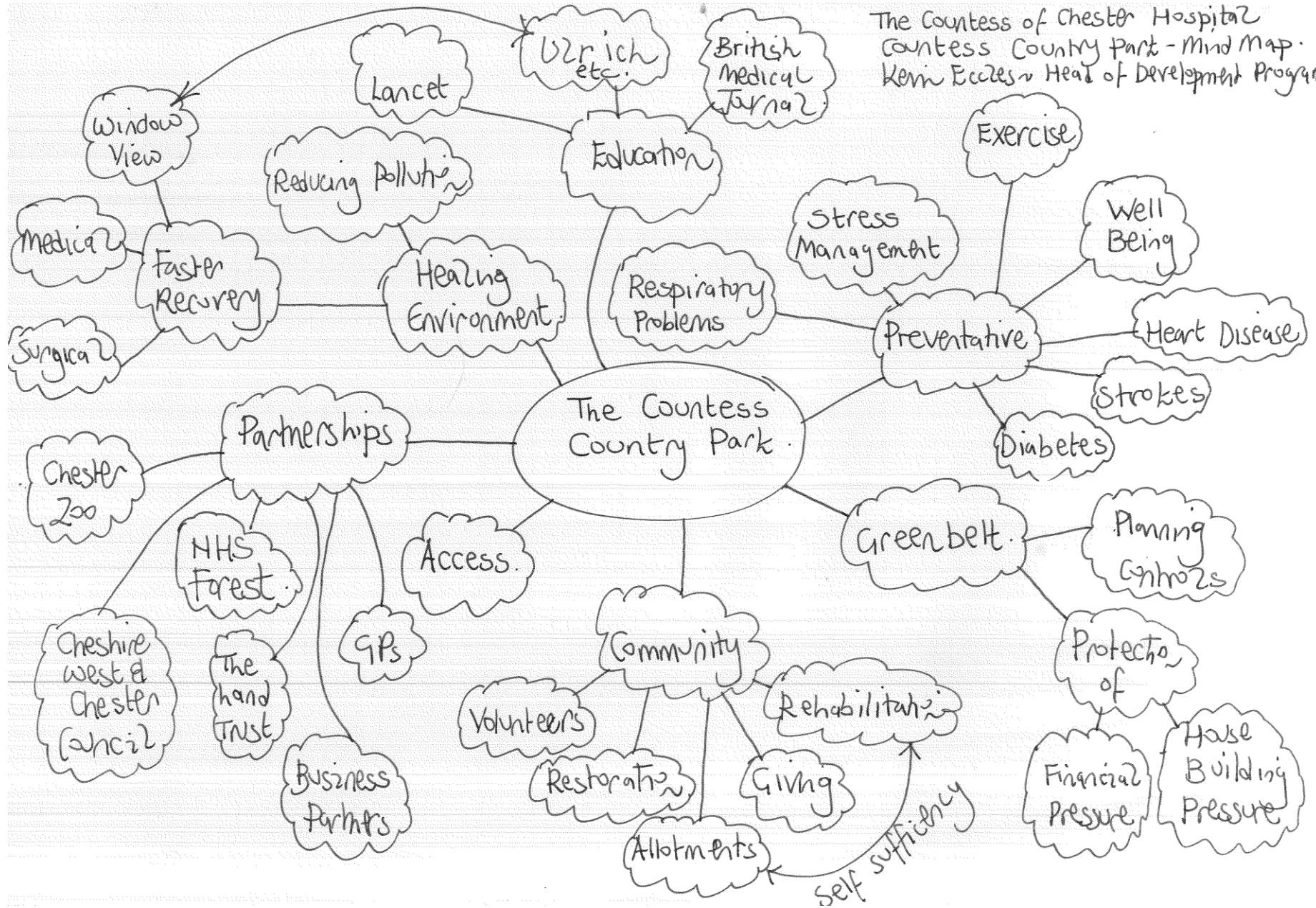
- Mature trees, woodland and understory vegetation
- Hedgerows & Informal grasslands
- Managed grassland and wildflower areas
- Paths for walking, cycling and horse riding
- Marginal and aquatic vegetation of ponds
- Way marking posts and signage, community engagement & car parking facilities



Countess of Chester Country Park



The Countess of Chester Hospital
Countess Country Park - Mind Map
Kevin Eccles - Head of Development Programme



Health for Life Program



Pilot program funded by CWP NHS Trust, Cheshire West and Chester Council & Mersey Forest, delivered in partnership with TCV

- £35k pa running costs
- Up to 650 registered participants per year
- A series of differing streams of activity which people can sign up to – health walks, green gyms, buggy walks, green angels, nordic walking
- Some activities led by ‘Health for Life’ ranger, other providers or self led
- Baseline assessment and 12 week follow up assessed in partnership with Liverpool John Moores University



Health for Life Program



Cheshire & Wirral Partnership NHS Foundation Trust

“We’re so pleased that this programme is running right on the doorstep of our Chester bases. This is not just a great opportunity for local residents, but it’s important that staff feel they can take time out to enjoy the green space. As a Trust we recognise that staff are our greatest asset in achieving better outcomes for patients. If staff are feeling fit and well, they’ll be able to deliver the best possible experience to our service users and carers.”

Sheena Cumiskey, Chief Executive



“Even 10 minutes out here between meetings to gather my thoughts makes a big difference”

Nikki Kiyimba, Clinical Psychologist,

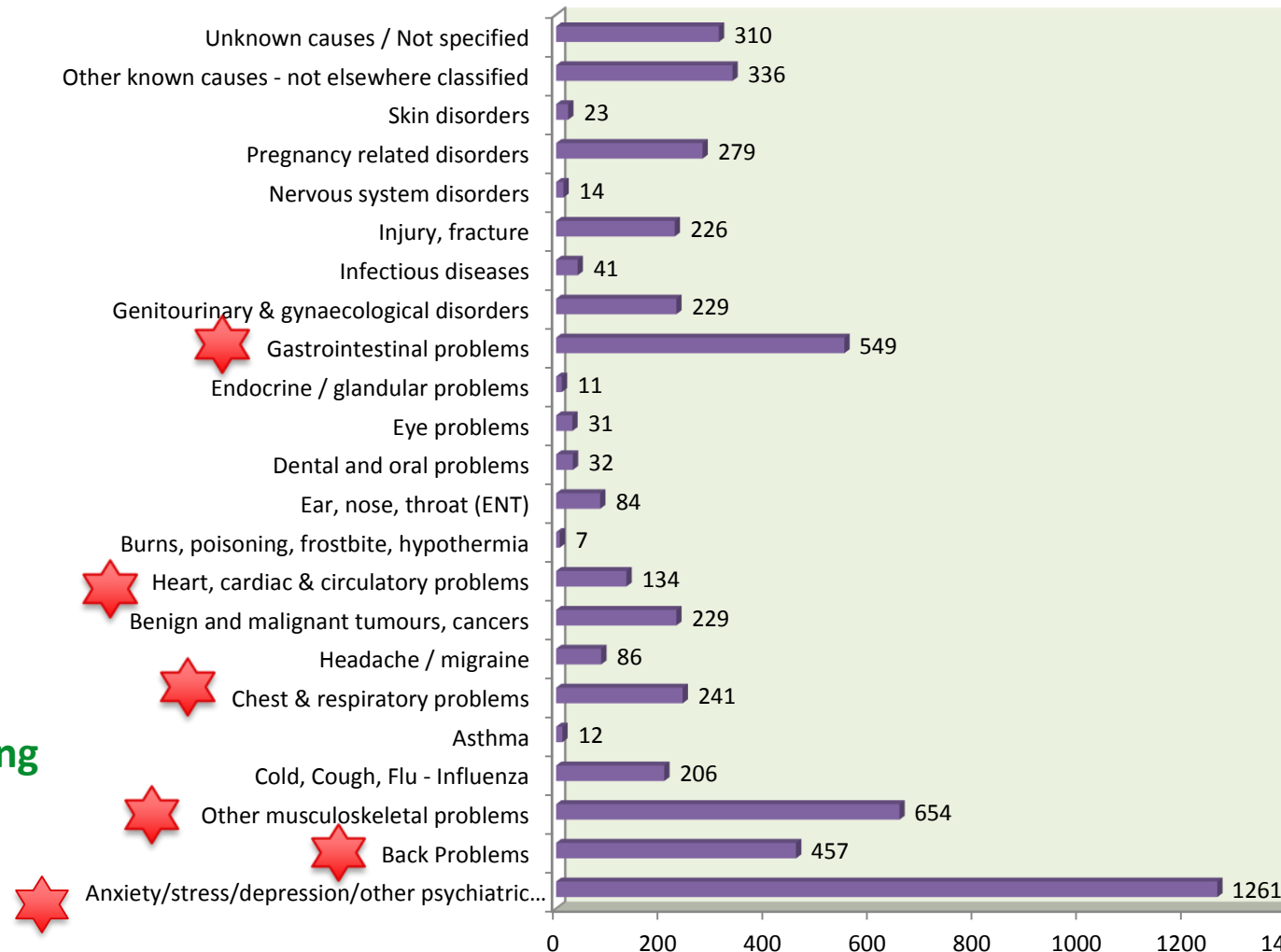
NHS & Health for Life



5000 NHS staff on site:

Absence stats for
one part of hospital

- Management staff key
- HR and Occ Health
- MECC
- Buy in and understanding
- Linking to care pathways



An exciting new approach to managing health, parks and green spaces

Land Trust contract with current land owner to take land under management (freehold or interim) with secure income source, run Green Angels programs

TCV are appointed to act as managing partner, engaging with volunteers and local community to ensure site is managed safely & delivers impact, run Green Gym programs

Mind provide advice and support, having been involved in delivery of nature based interventions for mental health (Ecominds) for many years.



- 1 project aligns with at least 14 public health indicators
- Clear link between long term health conditions & worklessness
- 50% of people using Green Angels program got jobs
- Prevention of mental health issues linked to increased employment
- No need for expensive Gym kit
- Immediate gratification & success – ‘we just built a path’
- Rationale for involvement is ‘doing good’ rather than ‘being good’!
- Improves social interaction and a sense of belonging
- Measured via NHS health check program

Integrated mental and physical healthcare delivers prevention & management of:

Cardiovascular disease

Hypertension

Mild/moderate Mental Health

Loneliness and isolation

Diabetes

Obesity

Musculo-skeletal

Discussion



- Any Questions?
- What key elements do you think are transferable to projects you're involved in?
- What success have you had in engaging with health professionals?
- What recommendations would give us?
- How do we all scale up?



Less cost, greater benefits in the long term



Creating well managed, sustainable places, where people want to live, work and play contributes to:

- Health & wellbeing
- Social cohesion
- Economic uplift
- Protecting & enhancing the environment
- Education

Long term funding for managing green open spaces is the key to success!





Thank you

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