Transforming Mental Health and Dementia Provision with the Natural Environment

10th November 2016, at <u>Bartholomews Hospital</u>, 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

| 9.30-10amRegistration and Refreshments10-11amWelcome from10-11amConference WelcomeJim Burt, Chair, National Outdoors for All Working GroupIDENTIFYING THE ISSUEPresentations by key speakersGina Radford, Deputy Chief Medical Officer (Chair)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.Gregor Henderson, National lead, Wellbeing and Mental Health, Public Health EnglandRefreshments 11.30-12.40pmVorkshop Session 1 – Approaches to commissioning Natural Environment interventionsWorkshop Session 1 – Approaches to commissioning Natural Environment interventionsWorkshop leaders from the health and natural environment sector: Natural Health Service Consortium - The Mersey Forest11.30-12.40pmWorkshop Session 1 – Approaches to commissioning Natural Environment interventions explicitly to achieve clinical outcomes.Workshop leaders from the health and natural environment sector: Natural Health Service Consortium - The Mersey Forest11.30-12.40pmHow 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?The Idle Valley Ecominds project and commissioning acperience - Mind and the Wildlife TrustsLunch Lavol.1.30pmNetworking and opportunity to view partners' active semples:The Idle Valley Ecominds project and commissioning active the future? | Session | Topics | Speakers |
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| Session | Topics | Speakers |
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| 1.30-2.40pm | Workshop Session 2 – Delivering Natural | Workshop leaders from the health |
| | Environment interventions at scale | and natural environment sector: |
| | 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 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? | Health for Life at the Countess of Chester Country Park - The Land Trust Stepping Into Nature and Natural Choices – dementia friendly and sensory rich nature reserves - RSPB , Livewell Dorset AONB and Natural Health Service Weymouth and Portland Woodland therapy for dementia patients - Forestry Commission |
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| 2.40 - 3.40 | Panel discussion. | Chair – Rachel Stancliffe, Director, |
| WAYS FORWARD | What are the ingredients that we have? | Centre for Sustainable Healthcare |
| | What are the key barriers to achieving an uplift in scale? | Gregor Henderson, National lead, Wellbeing and Mental Health, Public Health England |
| | What policy and strategy do we need to see in order to enable an uplift? | Craig Lister, Managing Director, Green Gyms (The Conservation Volunteers) |
| | | Dr. Rachel Bragg, Care Farming UK |
| 3.40 – 3.55 ACTIONS AND NEXT STEPS | Conclusions and capturing actions: For deliverers For commissioners For Government and Agencies | Rachel Stancliffe – Centre for Sustainable Healthcare |
| 3.55-4.00 WRAPPING UP | | Jim Burt – Chair, National Outdoors for All Working Group |