

Nature and Health: Resources

Natural England Commissioned Report no 204: NECR204

A review of Nature based interventions for Mental Health Care:

By Rachel Bragg and Gavin Atkins

Explores the evidence base for Social and Therapeutic Horticulture, Care Farming and Conservation Volunteering; outlines issues of language and terminology, in order to streamline communications with health and social care commissioners, distinguishes between green care as specialist intervention and connecting with nature for mental health promotion, and proposes 9 actions

<http://publications.naturalengland.org.uk/publication/4513819616346112>

Factsheets, 2016.

A series of factsheets on the role of connection to nature, and the role of nature in mental health, physical activity, physiological health obesity and learning.

<http://publications.naturalengland.org.uk/category/6159558569361408>

Defra and University of Exeter (2017)

Evidence Statement on the links between natural environments and human health.

<https://beyondgreenspace.files.wordpress.com/2017/03/evidence-statement-on-the-links-between-natural-environments-and-human-health1.pdf>

The Wildlife Trusts and University of Essex

1) Wood Rogerson Bragg Barton and Pretty Sept 2015

An independent report into the Direct and indirect contribution of wildlife trusts to the health and wellbeing of local people:

http://www.wildlifetrusts.org/sites/default/files/health_wellbeing_report_low.pdf

2) Bragg, Wood, Barton and Pretty Sept 2015

A literature review on Wellbeing benefits from Natural environments rich in Wildlife:

http://www.wildlifetrusts.org/sites/default/files/wellbeing-benefits-fr-nat-env-report-290915-final-lo_0.pdf

3) A third review is due in July 2017

MIND, Ecominds and Ecotherapy:

The green agenda for mental health 2007

MIND have been active in calls for a new green agenda for mental health, following growing evidence in support of an accessible, cost-effective and natural addition to existing treatment options - ecotherapy.

Ecominds

<http://www.mind.org.uk/ecominds>

MIND's Ecominds oversaw 130 projects with Big Lottery Funding that ran from 2007 to 2013 helping people living with mental health problems to get involved in green activities to improve confidence, self-esteem, and their physical and mental health.

Projects range from horticultural and agricultural schemes, through to walking groups and regeneration projects in local parks. They all encouraged those attending to enjoy and benefit from nature and green spaces.

A useful video outlining MIND ecotherapy projects:

<http://www.youtube.com/watch?v=ONJDnEGWpzU>

MIND's current guide to ecotherapy:

<http://www.mind.org.uk/media/2699029/making-sense-of-ecotherapy-2015.pdf>

Walking for Health

<https://www.walkingforhealth.org.uk/get-walking/walking-works>

Growing and Gardening for health

Growing Health is a national project run by Garden Organic and Sustain, which is funded by the Tudor Trust, to see how community food growing can be routinely used by the health and social care services as a way of promoting health and wellbeing for a range of individuals and population groups.

http://www.sustainweb.org/publications/the_benefits_of_gardening_and_food_growing/?section=

Kings Fund Report on Gardens and Health

Buck, D. 'Gardens and health: Implications for policy and practice' The Kings Fund and National Gardens Scheme, 2016:

<http://www.kingsfund.org.uk/publications/gardens-and-health>

Dose of Nature

Dr Dan Bloomfield, NERC fellow at University of Exeter has set up and coordinated a range of pilot prescribing nature groups in the South West and launched his website to help co-ordinate, develop and promote interest in nature-based interventions for human health and wellbeing in July 2016.

A [Dose of Nature](http://www.adoseofnature.net) (<http://www.adoseofnature.net>) contains a blog, links to partners and projects, and relevant resources. New material is likely to be added over time, as well as providing a home for two working groups - one on funding, and one examining research evidence - that were agreed at a conference in May 2016.

ECOPSYCHOLOGY

Ecopsychology Resources and links

<http://www.ecopsychology.org.uk/>

Contains links to a whole set of useful information, resources and contacts in the field of Ecopsychology and Ecotherapy, ranging from [weblinks](#) to [downloadable files](#) to [book reviews](#) and suggestions.

Good example is Dr Martin Jordan on Taking therapy outside:

<https://mediastream.brighton.ac.uk/Play/1439>

Psychology and Sustainability

A good online resource for psychology students and mental health trainees on the various interconnections between psychology and sustainability can be found:

<http://www.teachgreenpsych.com>

Sustainability and the NHS

The Sustainability Development Unit, led by Dr David Pencheon, supports regional networks promoting sustainable practice in the NHS. A conference organized in Bristol in Nov 2016 brought Public health and NHS together with local nature partnerships (LNPs) :

<http://www.wenp.org.uk/2016/south-west-lmps-join-forces-with-public-health-england-and-nhs/>

The Centre for Sustainable Healthcare

Hosts psychsusnet, a forum for sustainability and mental health discussions, hosts a number of conferences.

NHS Forest: <http://sustainablehealthcare.org.uk/what-we-do/green-space/nhs-forest>

NHS Forest has a resource page with an evidence summary:

<http://nhsforest.org/evidence>

Faculty of Public Health:

The Great Outdoors

Report 2010; Faculty of Public Health, eds: Peder Clark & Rachael Jolley

ISBN: 978-1-900273-38-1

This report argues that green space can play an important part in tackling a range of health and social problems. It outlines the evidence that the natural environment can enhance our health and wellbeing, and explains how town planners, health professionals, policymakers and people themselves can work together to create more green space and make better use of it for the benefit of all.

http://www.fph.org.uk/uploads/r_great_outdoors.pdf

The briefing statement: *Briefing statement, 2010*

Faculty of Public Health, eds: Peder Clark & Rachael Jolley

ISBN: 978-1-900273-37-4

This statement gives examples of good practice and advice on how to work in partnership to develop and make best use of green spaces for health and wellbeing.

Other reports from the Faculty of Public Health: including Taking Action on Climate Change, Priority Setting, and Physical activity:

http://www.fph.org.uk/policy_reports

The faculty has a Sustainability special interest group.

'Public Health Outcomes Framework' Public Health England

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Public Health and Green Spaces:

'Local action on health inequalities: Improving access to green spaces'. PHE Health Equity Briefing 8: September 2014

Urban green spaces and health: a review of evidence' World Health Organisation 2016

Public health and Landscapes

The Landscape Institute summarised the evidence in Nov 2013 for the impact on public health of environmental planning, and their 5 principles of healthy places:

<http://www.landscapeinstitute.co.uk/policy/health.php>

Their 2016 report updated the evidence in:

Public Health and Landscape: Creating Healthy Places

http://www.housinglin.org.uk/library/Resources/Housing/OtherOrganisation/PublicHealthandLandscape_CreatingHealthyPlaces_FINAL.pdf

Laurence, B. Bath DPH, 'Building health and wellbeing into the built environment – the role of directors of public health in local authorities' Town and Country Planning October 2016

The Institute of Health Equity

IHE report Oct 2014 indicating how health inequalities can be addressed through attention to green infrastructure:

<http://www.instituteofhealthequity.org/resources-reports/natural-solutions-to-tackling-health-inequalities/natural-solutions-to-tackling-health-inequalities.pdf>

'The Natural Environment White Paper: The Natural Choice: securing the value of nature'.
Department for Environment, Food and Rural Affairs, 2011