

National Evaluation of the Preventing and Tackling Mental Ill Health through Green Social Prescribing Project

Short Infographic slide deck

Set 1. Information for commissioners

Set 2. What is green social prescribing?

Haywood, A. et al. *National Evaluation of the Preventing and Tackling Mental Ill Health through Green Social Prescribing Project*. 2024. Defra.



National Evaluation of the Preventing and Tackling Mental Ill Health through Green Social Prescribing Project

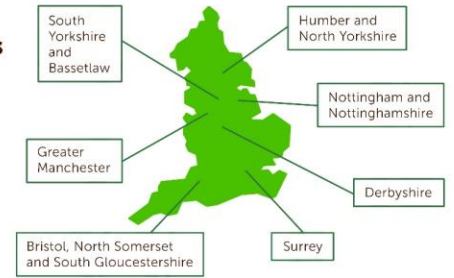
Set 1. Information for commissioners



Key messages for decision makers from the National Evaluation of the Preventing and Tackling Mental Ill Health Through Green Social Prescribing Project

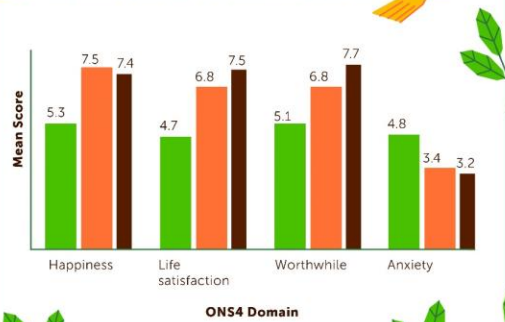
A two-year £5.77m cross-governmental Shared Outcomes Fund initiative to improve the use of nature-based settings and activities to improve mental health and wellbeing

8,339 individuals were supported across **7 pilot sites**



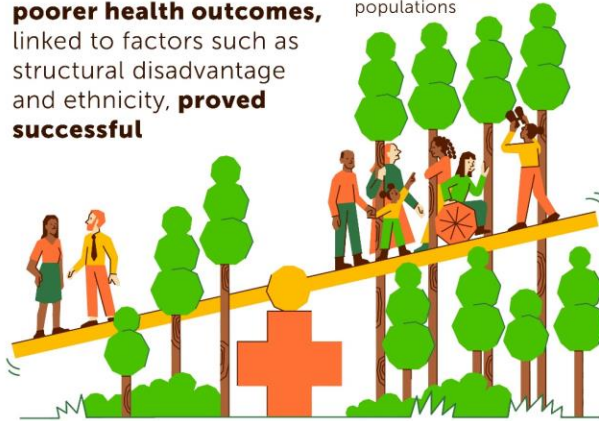
Taking part in GSP led to statistically significant improvements in wellbeing measures

Mean pre/post wellbeing scores (ONS4) compared to UK average (April 2022- March 2023)



Targeting GSP activities towards people and communities with poorer health outcomes, linked to factors such as structural disadvantage and ethnicity, proved successful

57% of participants were from the most socio-economically deprived areas, and 21% were from ethnic minority populations



Cost-efficient when compared to other standard therapies (e.g. CBT)

The GSP project resulted in a Social Return on Investment of £1.88 for each £1 invested



Clarity relating to monitoring and evaluation ensures data informs future funding and delivery

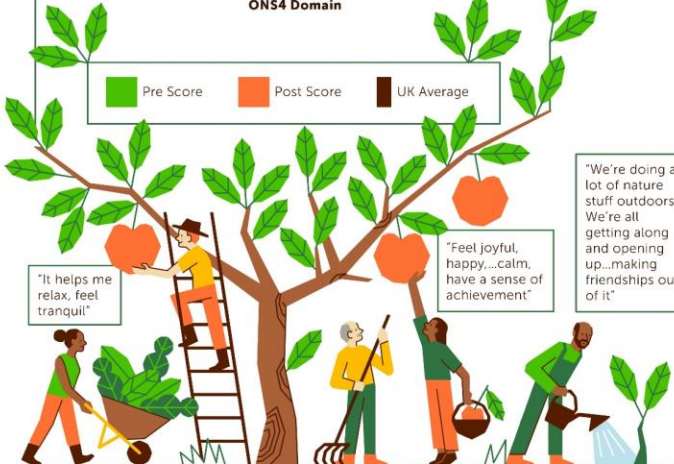


GSP success requires collaboration between all statutory and VCSE sector partners

Advocacy and designing programmes together including with users, **helps ensure a more efficient and effective service that has resilience and sustainability**



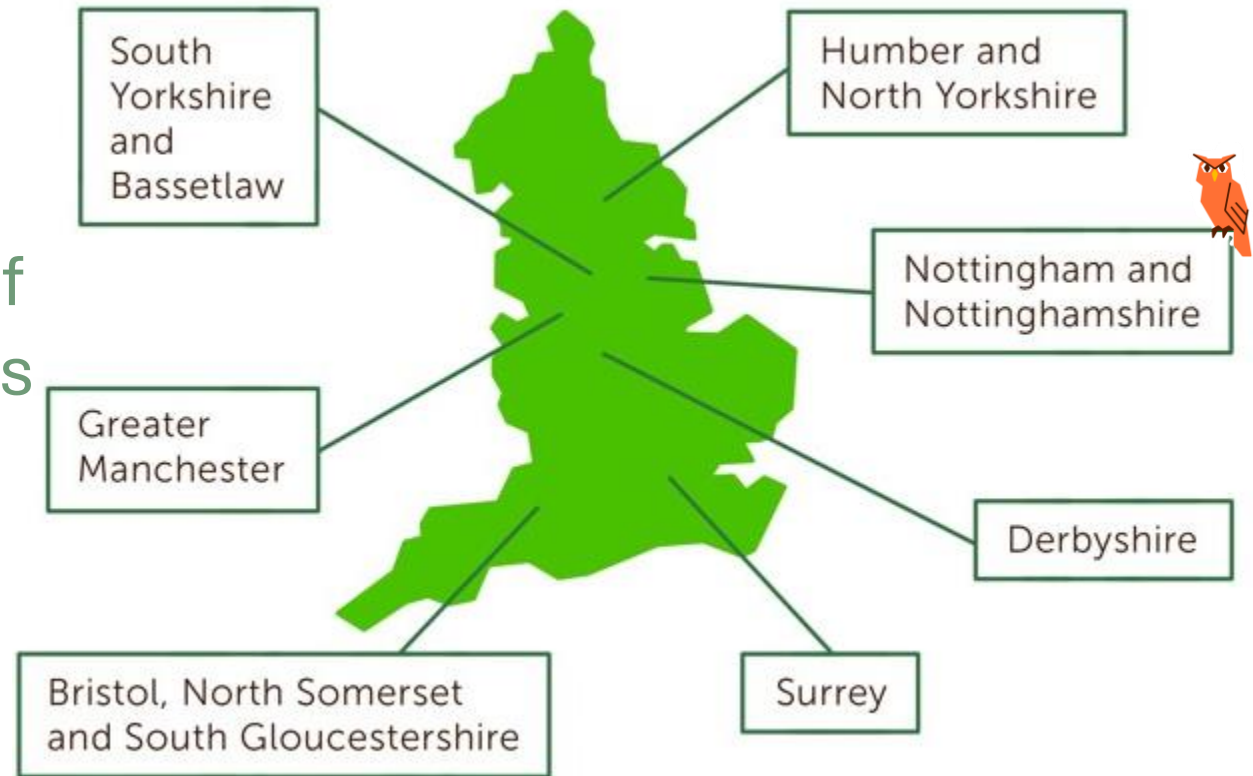
Recognise that building the system of GSP is a long-term change, and acts such as capacity building and funding project managers and green providers will help ensure lasting impact and consistency



About the Green Social Prescribing Test and Learn programme

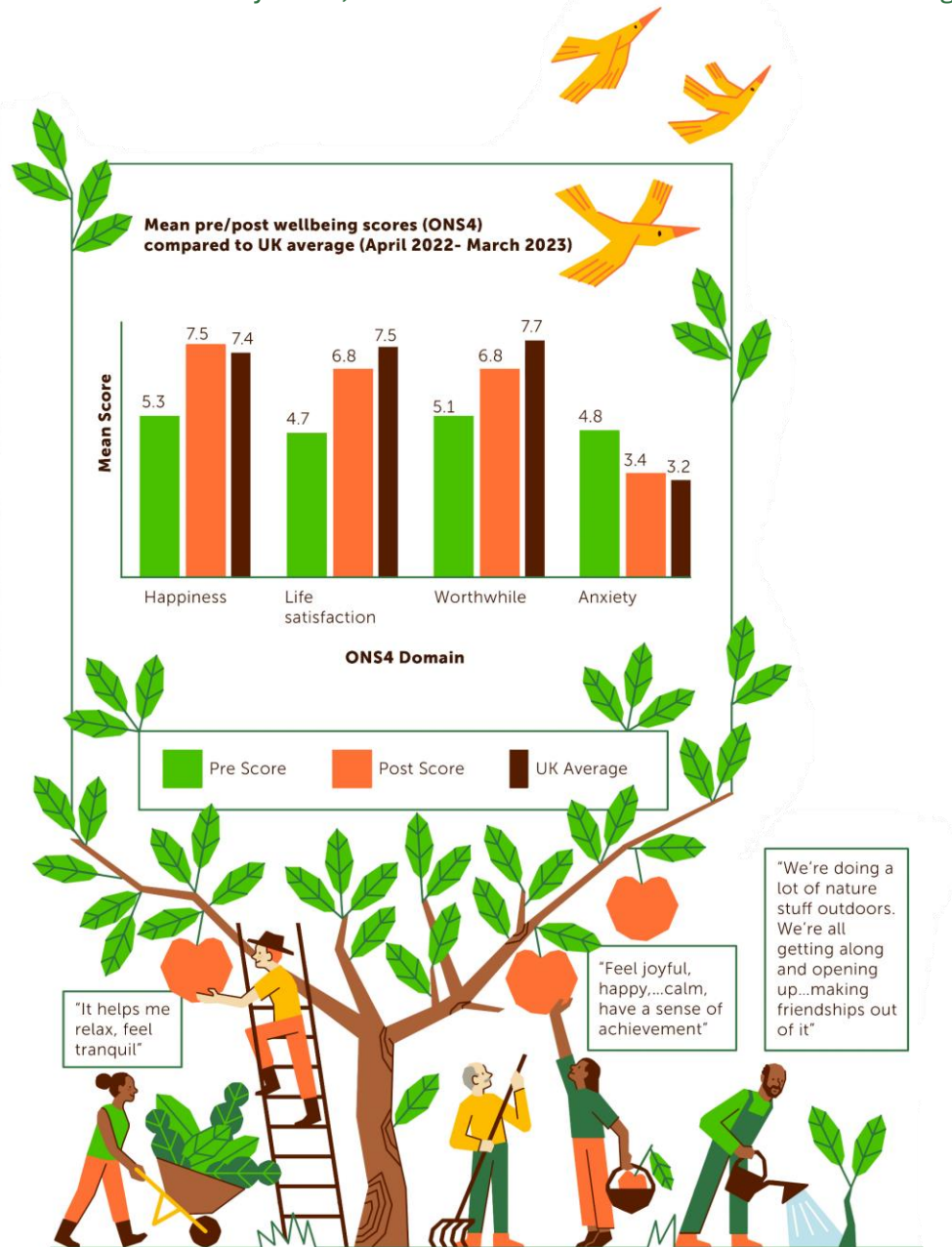
A two year £5.77m cross government Shared Outcomes Fund initiative to improve the use of nature-based settings and activities to improve mental health and wellbeing

8,339 individuals were supported across seven sites in England



Impacts of Green Social Prescribing

Taking part in green socially prescribed activities resulted in statistically significant improvements in wellbeing measures



Impacts of Green Social Prescribing

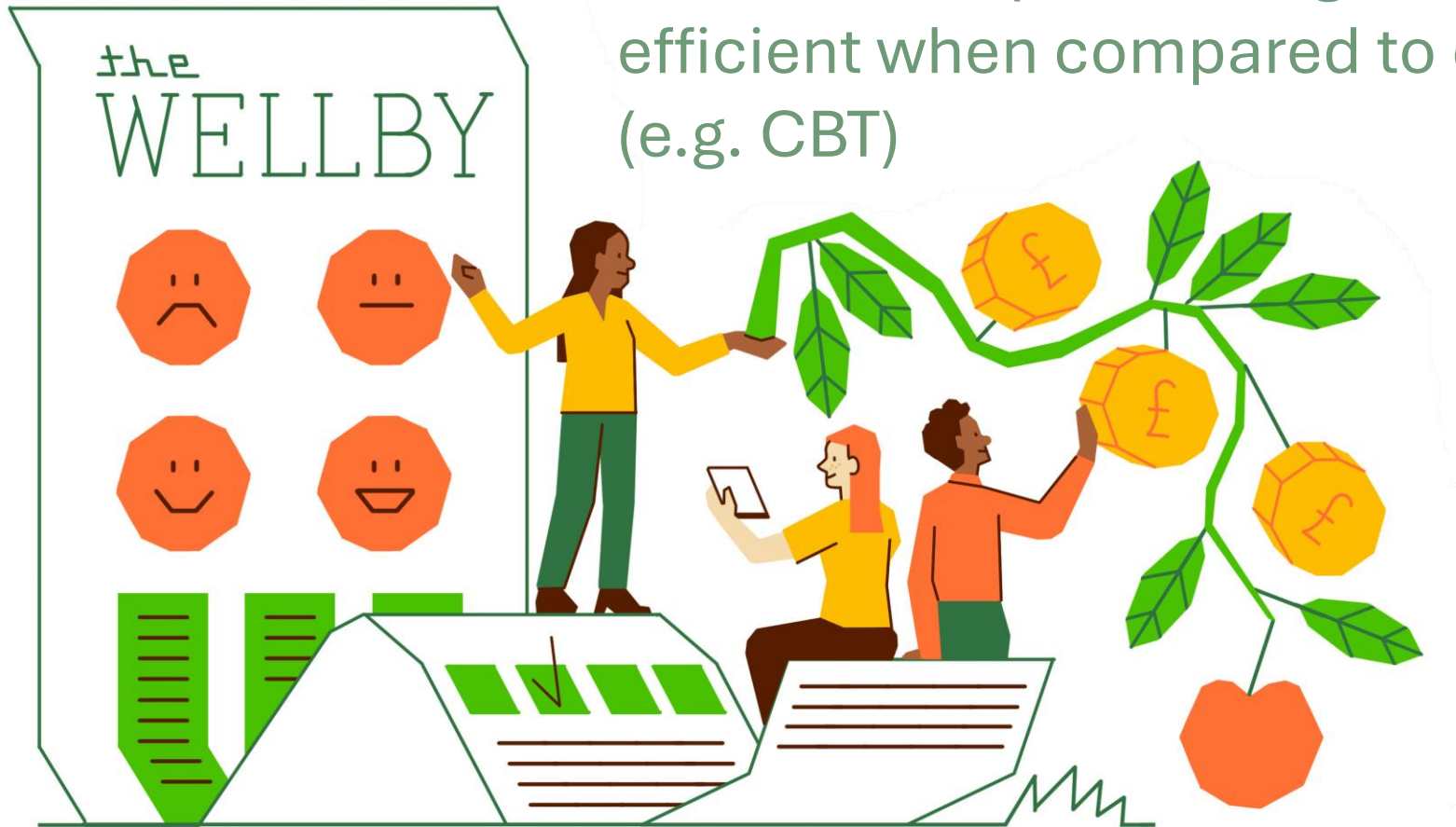
Targeting green social prescribed activities towards people and communities with poorer health outcomes, linked to factors such as structural disadvantage and ethnicity, proved successful

57% of participants were from the most socio-economically deprived areas, and 21% were from ethnic minority populations



Impacts of Green Social Prescribing

Green social prescribing was shown to be cost-efficient when compared to other standard therapies (e.g. CBT)



The GSP project resulted in a Social Return on Investment of £1.88 for each £1 invested

Strengthening the Green Social Prescribing system

Clarity relating to monitoring and evaluation ensures data informs future funding and delivery



Strengthening the Green Social Prescribing system

Advocacy and designing programmes together, including with users, helps ensure a more efficient and effective service that has resilience and sustainability

Green Social Prescribing success requires collaboration between all statutory and VCSE sector partners



Strengthening the Green Social Prescribing system

Acts such as capacity building and funding project managers and green providers will help ensure lasting impact and consistency

Recognise that building the system of Green Social Prescribing is a long-term change



National Evaluation of the Preventing and Tackling Mental Ill Health through Green Social Prescribing Project



Set 2. What is green social prescribing?



What is GSP?

Green Social Prescribing is a way of supporting people to take part in activities in nature that may help to improve their mental health and wellbeing

People might find out about Green Social Prescribing from:



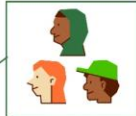
a referral to a Social Prescribing Link Worker by a doctor



mental health workers



education and community groups



family and friends



job centre



housing officers

Green Social Prescribing can be for **EVERYONE**



Some activities will be run for particular groups of people, for example, people with mental health conditions, **others welcome anyone**



Some people will have **lots of experience of attending activities in nature**, whereas other people have **never attended activities like this before**

Our research showed that **before joining a group, most people had low levels of happiness, life satisfaction, and feeling that life was worthwhile, and high levels of anxiety** compared to most other people in England

After taking part in activities in nature, most people felt happier, had better life satisfaction, improved feelings that life was worthwhile, and felt less anxious



"We go for walks, we do things near woods, so like we'll make fires, and, um, do all stuff like that. And obviously everybody there, you know, shares stories. But nice to, like, even though we're doing a lot of nature stuff outdoors, we're all, like, getting along and opening up, and then making friendships out of it"

"Feel joyful, happy, feel calm, have a sense of achievement and I feel my wellbeing increasing. I look forward to attending"

"It helps me relax, feel tranquil and stops me thinking about alcohol, and getting back into bad habits"

"It works better than medication for me, it works better than CBT for me. I have my counselling and that is really, really valuable, but this is on a par with that"



**Green social
prescribing can
be for EVERYONE**

How do people get to take part in green social prescribing?

People might find out about Green Social Prescribing from:



What kinds of people do green social prescribing?

Some activities will be run for particular groups of people, for example people with mental health conditions, others welcome everyone

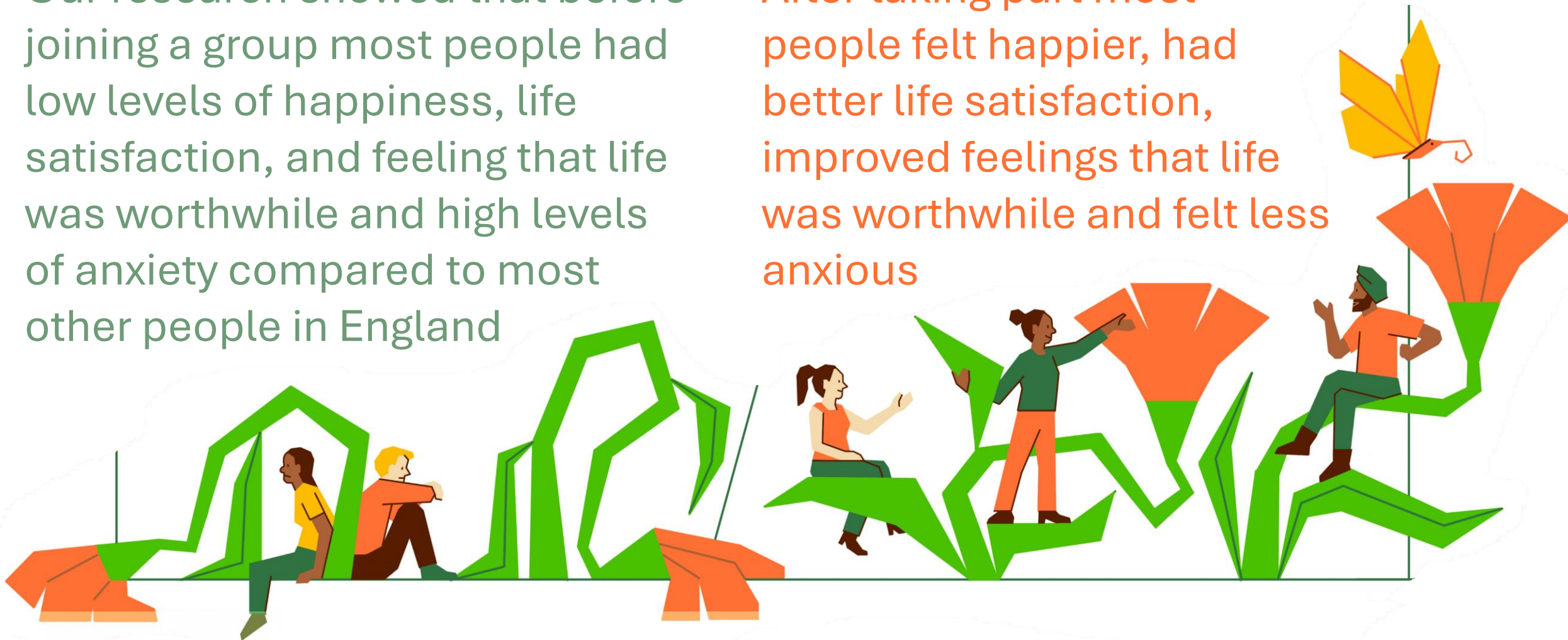
Some people will have lots of experience attending activities in nature, other people have never attended activities like this before



How does green social prescribing help people?

Our research showed that before joining a group most people had low levels of happiness, life satisfaction, and feeling that life was worthwhile and high levels of anxiety compared to most other people in England

After taking part most people felt happier, had better life satisfaction, improved feelings that life was worthwhile and felt less anxious



How did other people feel that green social prescribing helped them?

