

GREEN HEALTH

South Ayrshire Community Planning Partnership

“Working together to make lives better”

Eileen McCutcheon, Health Improvement Officer

Marie Gobert, Countryside Ranger

Robert Walsh, Greenspace for Health Senior Project Officer, Ayr & Ailsa Hospitals



Overview

- Benefits of green health and barriers to access
- South Ayrshire Green Health sub group
- Green Health app
- South Ayrshire Council Ranger Service volunteering opportunities
- The Conservation Volunteers Green Gym Project



Our Natural Health Service – Green Spaces



Links between natural environment & health

- ✓ Reduction in pain and stress
- ✓ Shown to have an effect on heart rate and blood pressure rates
- ✓ Relieves depression and anxiety
- ✓ Promotes relaxation
- ✓ Reduces aggressive behaviour
- ✓ Promotes physical activity
- ✓ Reduces social isolation and loneliness
- ✓ Promotes social interaction and cohesion
- ✓ Sharing skills and knowledge



The image is a screenshot of a BBC News website page. At the top, the BBC logo is on the left, and a search bar is on the right. Below the logo, the word 'NEWS' is prominently displayed in white on a red background, followed by 'LIVE' and 'BBC NEWS CHANNEL'. The page is dated 'Friday, 7 November 2008'. The main headline is 'Green spaces 'reduce health gap'', with a sub-headline: 'A bit of greenery near our homes can cut the "health gap" between rich and poor, say researchers from two Scottish universities.' To the right of the text is a photograph of a green leafy branch. Below the photo is a quote from Dr Terry Hartig of Uppsala University, Sweden: 'This study offers valuable evidence that green space does more than 'pretty up' the neighbourhood'. The article text explains that even small parks in cities can protect from strokes and heart disease by cutting stress or boosting exercise. It also mentions that councils should introduce more greenery to improve wellbeing. The left sidebar contains a navigation menu with categories like World, UK, England, Northern Ireland, Scotland, Wales, Business, Politics, Health (highlighted), Medical notes, Education, Science & Environment, Technology, Entertainment, and Also in the news. Other sections include Video and Audio, Have Your Say, Magazine, In Pictures, Country Profiles, Special Reports, and Related BBC sites like Sport, Weather, and Radio 1 Newsbeat.

Barriers to using greenspace

- No garden or available greenspace near own home
- Too busy (work, caring responsibilities etc)
- Lack of public transport to greenspace areas
- Poor weather
- Disadvantaged areas have lower quality greenspace; may be perceived as unsafe, antisocial behaviour, overgrown areas intimidating, rubbish/dog poo!
- Health/mobility issues (PIP – if active may lose allowance)
- Accessibility, lack of seating
- Communication, raising awareness of green spaces, lack of signage



Impact of greenspace on health

People living in
GREENER AREAS
experience fewer
health complaints
and better mental
and physical health...

...than those living in areas with
LESS GREENSPACE



Impact on health for those who visit the outdoors

More than
9 IN 10
visitors to Scotland's outdoors
report improvements to their
physical and mental health as
a result.

OF THOSE WHO VISIT THE OUTDOORS:

94% Say it helps them de-stress,
relax and unwind

92% Found it improved their
physical health

90% Report that it makes them
feel energised and re-vitalised

81% Say they enjoy getting
closer to nature

76% Value the social
experience



South Ayrshire Communities & Population Health Strategic Delivery Partnership



Green health sub group – priority areas

- Protect and enhance access to natural space, open spaces and the wider countryside, particularly in areas of most need
- Support and encourage green and natural prescribing
- Support more active lifestyles through the promotion of locally based green/natural activity including walking and cycle routes, coastal paths, parks, allotments and open spaces informed by:
 - Links to wider health outcomes
 - COVID-19 recovery/safe use of spaces
 - 20 minute neighbourhood concept

Green health sub group activities

- Development of South Ayrshire Green Health app
- Workshop held to help create action plan
- Plans to incorporate Active Living element of Physical Activity & Sport Strategy
- New members welcome!

Do you live in South Ayrshire?

Why not check out the Green Health App to find out what Green Health opportunities are available to you.

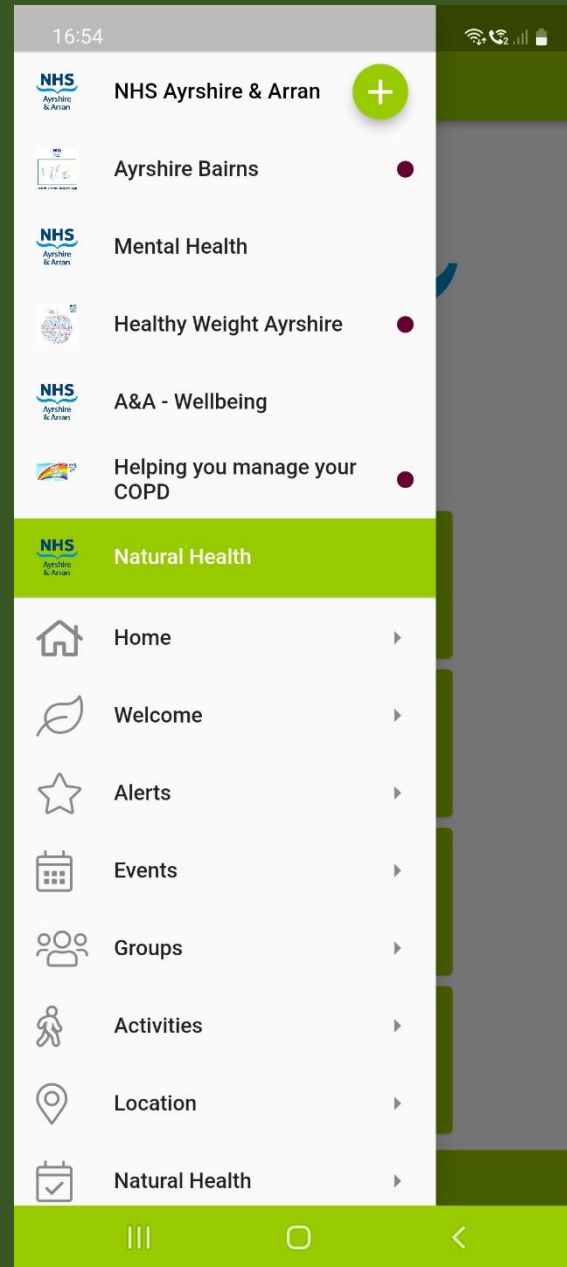
NHS
Ayrshire & Arran

NatureScot
Scotland's Nature Agency
Buidheann Nàdair na h-Alba

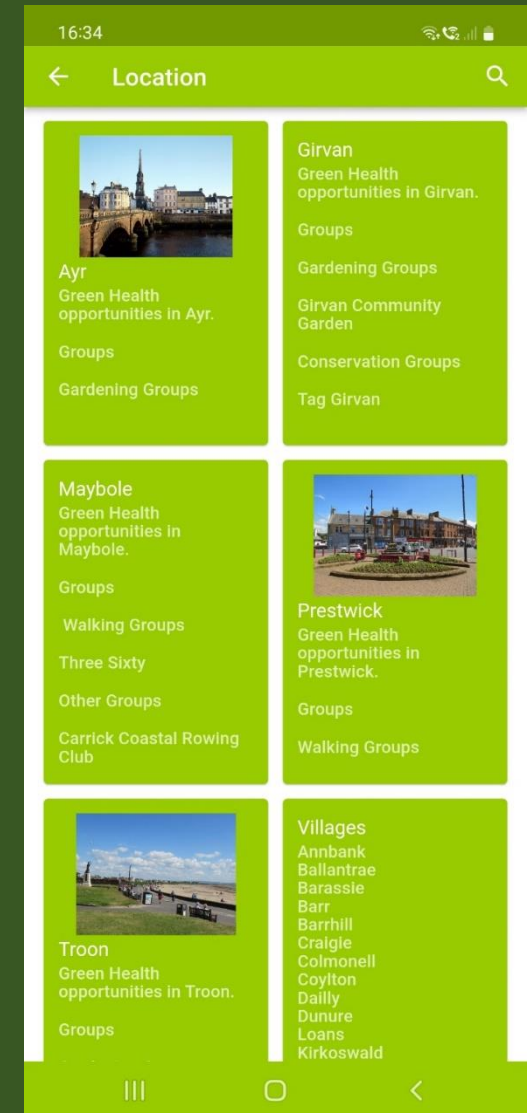
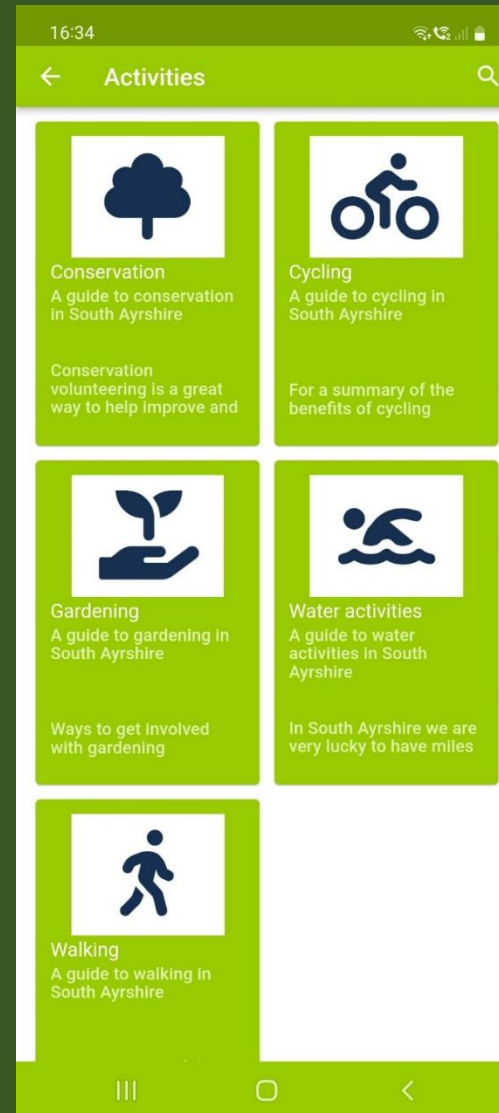
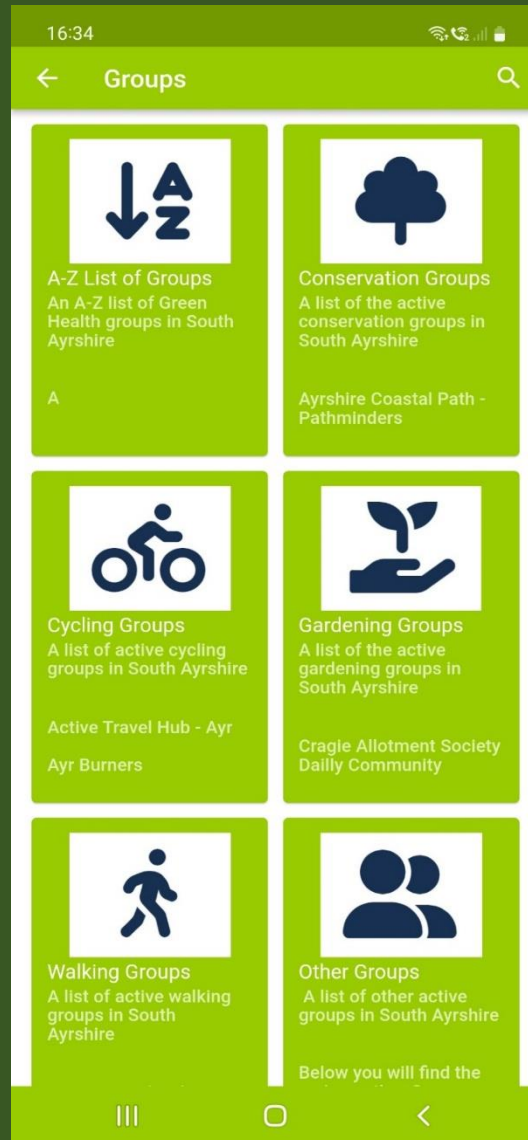
South Ayrshire COUNCIL
Comhairle Siorrachd Àir a Deas
Making a Difference Every Day

Green health app

- Partnership between South Ayrshire Council Ranger Service, Nature Scot and NHS Ayrshire & Arran
- Found within the NHS Ayrshire & Arran retainer app
- On the main menu, press the '+' icon at the top right to search for and add 'Green Health'



Green Health App screenshots



Green Health Opportunities

South Ayrshire Ranger
Service



Making a Difference Every Day ●●●●●●

Green Health and the Ranger Service

- Connecting people with nature
- Tackling biodiversity loss and climate change
- Fostering community links
- Encourage healthy living
- Building skills and confidence outdoors





The Green Health App

Engaging with the local community



Opportunities with South Ayrshire Ranger Service

Conservation Volunteers

Meet every 2nd Wednesday
between 10.30 and 2pm

Planting trees, sowing wildflowers,
improving habitat



Opportunities with South Ayrshire Ranger Service Young Volunteers

Meet every second Saturday between 10am
and 12pm in Rozelle

Building skills

Experience in the conservation sector

Meeting like-minded people



Opportunities with South Ayrshire Ranger Service Community Gardens

- Lochside Community Group

Weekly meet-up on Thursday afternoons

Transformation of their community centre garden into a fruitful and enjoyable green space

Fresh supply of fruits and veg

Fostering community links

Gentle exercise, close to amenities



Opportunities in South Ayrshire

Allotments

- Self-led
- Healthy eating, sustainability
- Physical exercise
- Cost of living crisis





Opportunities in South Ayrshire – Green & Blue spaces

Green spaces – parks, play parks, woods

Blue spaces – beaches, sand dunes, promenades, sea



Opportunities in South Ayrshire



Citizen science and biodiversity surveys



Opportunities with partners

- Nectar Network
- Friends of Fullarton Woods
- Active Travel Hub
- Girvan Community Garden



Contact us:

- Ranger.service@South-Ayrshire.gov.uk
- On Facebook - @SouthAyrshireRangerService
- Visit the App

How do I get the app?

- First you need to download the NHS Ayrshire and Arran app
- Next scroll down to or search for "Green Health"
- Finally give it a tap and you're good to go!



A close-up photograph of several fresh green spinach leaves, heavily coated with small, glistening water droplets. The leaves are vibrant green and have a slightly crinkled texture. The background is a soft, out-of-focus green, creating a natural and fresh atmosphere.

Green Gyms and Health and Wellbeing

BY ROBERT WALSH

GREENSPACE FOR HEALTH SENIOR PROJECT
OFFICER – AYR & AILSA HOSPITAL

The Conservation Volunteers (TCV) connects people to the green spaces that form a vital part of any healthy, happy community.

We bring people together to create, improve and care for green spaces.



Our teams of dedicated, passionate staff and volunteers work with communities across England, Northern Ireland and Scotland, and through our community network, we support local community groups across the UK.





Since 2016 we have transformed...

1,500 green spaces in UK communities

Delivering 130,000 volunteer days at 12,500 projects

120m of dry stone wall built or repaired

60 ponds improved

66,000 trees planted

56km of footpath constructed or built

40 hectares of woodland managed

50 hectares of meadow managed

6.75km of hedgerow planted or laid

15km of waterways improved

1000 homes for nature improved

224,000 trees distributed to community groups, contributing to...

...over 1 million trees!





In 2019 we worked with...

101,000 people

23,000 school children

14% of our registered volunteers are from a BAME community

18% of our registered volunteers have a disability

25% of our registered volunteers are in the top 20% most deprived UK areas

65% of our registered volunteers commit their time on a regular basis

7,000 employees from partner organisations volunteer their time for our cause

100+ partner organisations work with TCV across the UK

...and celebrated 60 years of conservation work!



Who are we?

- ▶ Began back in 2016 under David Meechan – Green Exercise Partnership (2007) - Jointly Forestry and Land Scotland, Public Health Scotland and NatureScot.
- ▶ Aimed primarily at Cardiac/HARP/Pulmonary individuals as a referral pathway after finishing rehab.
- ▶ Complimenting, not replacing physiotherapy.
- ▶ Slow, gentle approach to individuals.
- ▶ Social prescribing – “Green Gyms”



Types of Activities

- ▶ Gardening – Garden area located down at the Acorn Mind & Body Garden
- ▶ DIY projects – paper crafts, coat hanger snowflakes, home herb plants
- ▶ Walks – Ayr & Ailsa Hospital are home to 4 different walks around the grounds
- ▶ Litter Picking
- ▶ Biodiversity Surveys
- ▶ Mindfulness
- ▶ Many more!



Where we are now?

- ▶ Still running clinical (Cardiac/HARP/Pulmonary/Musculoskeletal) GG sessions – Thursdays mornings and currently Wednesday afternoons) – Referrals come in from Physiotherapists
- ▶ Open GG sessions – open to anyone within the community. Merged in with our Clinical sessions
- ▶ Across the wider greenspaces of A&A Hospital



Ayr & Ailsa Green Gym activities





Green Gym activities – cutting logs



Green Gym activities

Green Gym – path volunteers enjoying the view





Green Gym – willow archway

Green Gym – willow arch & berries





Green Gym – tree identification

Green Gym - planters





Green Gym - planting



Green Gym – path volunteers

Green Gym – recycled coathanger artwork





Green Gym – making recycled artwork



Green Gym – displaying recycled artwork



Green Gym – making planters

When and where?

- ▶ Meeting at Acorn Mind & Body Garden – Past Furniture Workshop
- ▶ Wednesdays (12 noon – 3pm) and Thursdays (10am – 1pm)
- ▶ Drop-In / Drop-Out

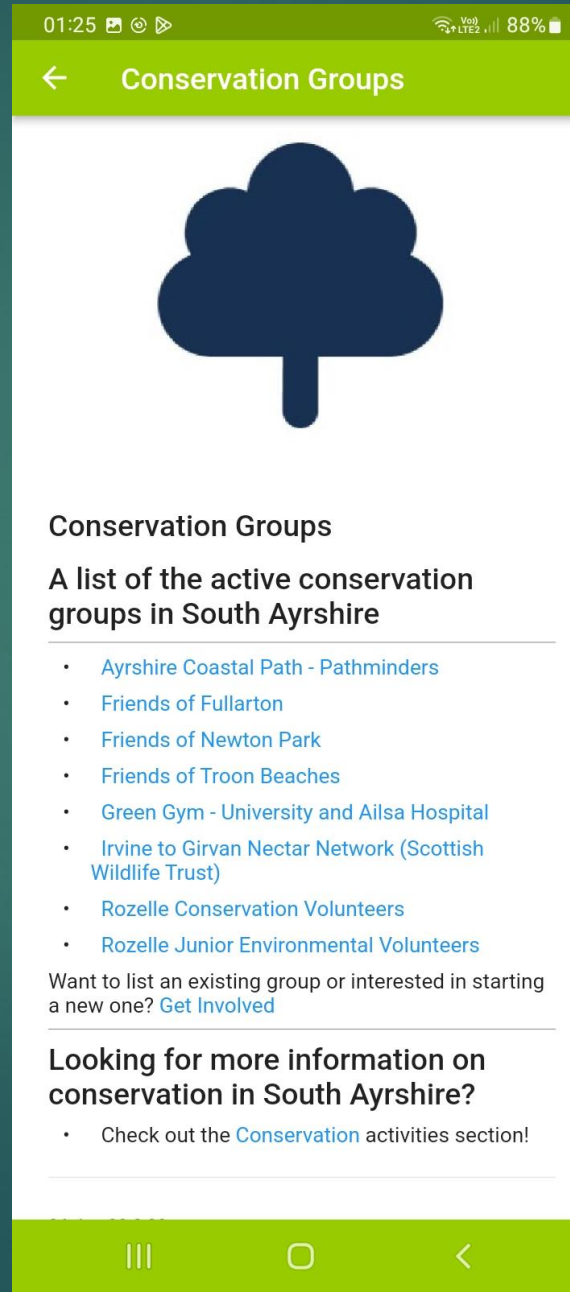
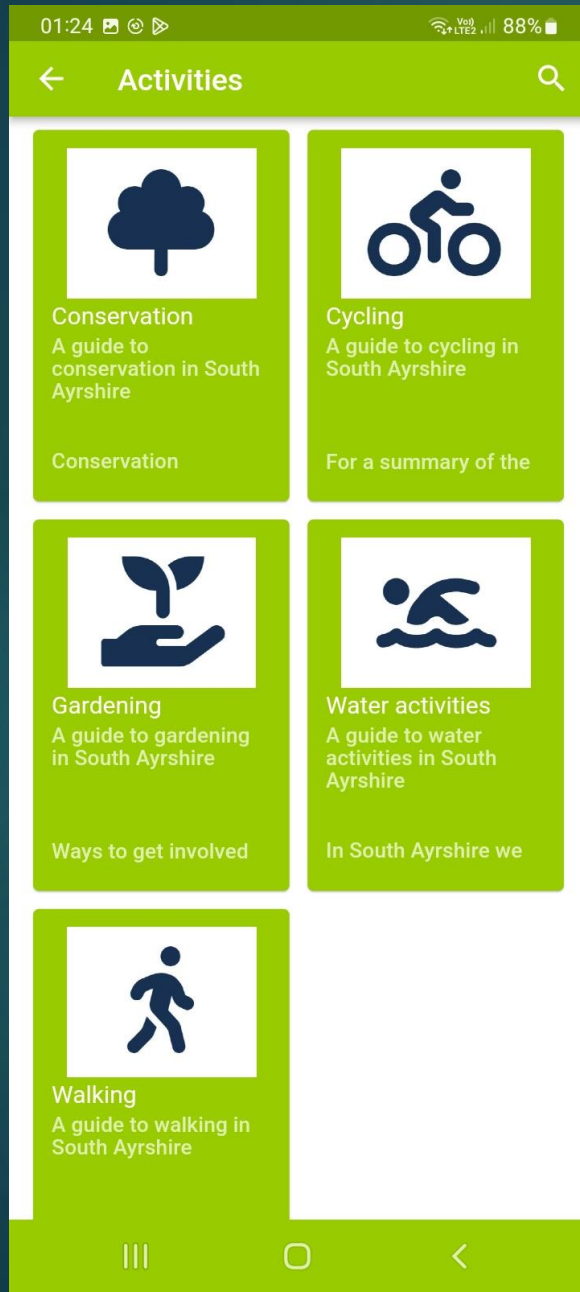


Contact Information

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- ▶ Email – Robert.walsh@aapct.scot.nhs.uk
- ▶ Mobile: 07483 050748



Green health app – TCV Green Gym



A few questions...

- ▶ Do you know of any opportunities that should be listed on the app?
- ▶ Do you know of any groups that would love to hear about the app as end-users?
- ▶ What would you like to see appear on the app?
- ▶ Can you share the app around your networks?
- ▶ Do you have any questions?

Do you live in South Ayrshire?

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Thank you for listening!

- ▶ Eileen McCutcheon

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