

# Recovering from Covid through Nature

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## Social Return on Investment analysis of the health and wellbeing impacts of **Wildlife Trust** programmes



Protecting **Wildlife** for the Future

WILDLIFE TRUSTS GREENSPACE BLOG

LINKS AND RESOURCES

IMPACT OF GREEN SPACE FOR PEOPLE'S HEALTH

PRIVACY INFORMATION

PROJECT TEAM

PUBLISHED PAPERS

REPORTS & SUMMARIES

## Executive Summary

From 2015-17, researchers at the School of Sport, Rehabilitation and Exercise Sciences, University of Essex carried out a three-phased programme of research on behalf of The Wildlife Trusts.

In 2015, *Wellbeing Benefits from Natural Environments Rich in Wildlife* (Bragg et al.) reviewed the existing literature, to investigate whether nature-rich environments had any specific impacts on people's health and wellbeing. The researchers found that environments rich in wildlife, and increasing people's contact with them, resulted in:

- Improvements to health through increased physical activity.
- Reductions in stress and anxiety.
- Increased positive mood and self-esteem.
- A better and healthier social life.

The analysis found:

- A SROI value of **£6.88** for every £1 invested, for people with **low wellbeing** at baseline, who were part of a targeted programme.
- A SROI value of **£8.50** for every £1 invested, for people with **average to high wellbeing** at baseline, who were part of a nature conservation volunteering programme.

This latest research into the economic impact of volunteering with The Wildlife Trusts shows the importance of engaging

nature during COVID-19

- Rapid review of evidence for England's new Green Infrastructure standards
- New paper: Representation of future generations in UK newspaper coverage of climate change

Dorset  
Local  
Nature  
Partnership



Spaces are vital for our wellbeing, and  
together outdoors can offer opportunities  
to build and nurture friendships. Through its 25  
Year Environment plan, government has made  
commitments to green our towns and cities and  
help people improve their health and wellbeing by  
creating green spaces. We know that people living in  
urban areas can face particular challenges to social  
connection in terms of transport, services and simply  
not having 'someone like me' living locally. At the  
same time, rural areas often have a strong community  
and people living in the countryside are no  
more likely to report feeling lonely than those in  
cities. This strategy recognises the importance  
of rural communities and the Department for  
Environment, Food and Rural Affairs will ensure that  
government's work on tackling loneliness continues to

# Policy Context

- A connected society, a strategy for tackling loneliness: laying the foundations for change (2018)
- A Green Future: Our 25 Year Plan to Improve the Environment (2018)
  - Help people improve their health and wellbeing by using green spaces including through mental health services.
  - Encourage children to be close to nature, in and out of school, with particular focus on disadvantaged areas.
  - 'Green' our towns and cities by creating green infrastructure and planting one million urban trees.



# Policy Context

Public Health  
England

Protecting and improving the nation's health

Improving access to greenspace  
New review for 2020



- Advancing our health: prevention in the 2020s – consultation document (2019)
  - We want to embed nature-based interventions as part of strategies for preventing and treating mental ill-health.
- Improving access to greenspace

## Study 2: Dorset Stepping into Nature

Stepping into Nature is a project led by Dorset Area of Outstanding Natural Beauty and is funded by The National Lottery Community Fund, Dorset AONB & Dorset Council. The project aims to improve engagement opportunities with nature for Dorset's older adults, including people living with dementia and their carers. In addition, the project delivers a community dementia-friendly greenspace grant which has supported 19 projects with £28k in funding, matched by £43k in kind or match, including 672 volunteer hours.



- Dorset ICS – STP: Prevention at Scale
  - Starting Well, Living Well, Ageing Well, Healthy Places

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# Recovering from Covid through Nature

- Lower risk from covid outdoors
- Natural Choices



Conservation Volunteering, Parks in Mind,  
Walking for Health, Nordic Walking,  
Ecotherapy, Park Yoga  
(Activities on LiveWell Dorset website)

- Roadmap to recovery (guidance depending):
  - 29 March – Rule of 6
  - 17 May – Gatherings of up to 30Some activities will still be on hold – may start from 21 June

# Picnic in the Park

Dorset  
Local  
Nature  
Partners

**PICNIC IN THE PARK**  
LIVING WELL. LOVING NATURE

**ESTABLISHED IN 2018**

*a collaboration of organisations*

*Shared aims and objectives*

This was a collaboration of organisations: Active Dorset, Natural Choices, Stepping Into Nature and Dorchester Town Council. Between us, we had shared aims and objectives and worked together to pool resources to deliver an engagement event.

*Strong brand and ethos*

Together we created a strong brand and ethos for Picnic in the Park and aimed to create:

- A non-discriminatory environment
- A collaborative networking event
- A wellbeing event that would engage the whole population, not just those that are already engaged.

*Bringing communities together*

With multiple partners inputting ideas, we established a core steering group. This consisted of Active Dorset, Stepping Into Nature and Natural Choices. The group took ownership of the planning and delivery of events across the county.

*shared ownership*

"We all had the same aims and vision. There's no point doing similar things when we can work together!"

*taster sessions*

"There is a lot of trust amongst the partnership and a refreshing lack of competition about who takes credit for its success."

We wanted to link health and wellbeing to nature in a non-clinical way. The focus of events was to make them inspiring, fun and relaxing whilst informative. In addition to offering taster sessions, encouraging people to give it a go and try something new.

*local stall holders*

*working in partnership*

*collaboration of organisations*

Working as a collaboration of organisations with shared aims and objectives allowed us to pool resources to deliver a series of engagements events.

*utilising organisational strengths*

Using each organisations strength and resource is paramount to distributing the workload. This way everyone is an equal part of the event, creating a sense of co-design and shared ownership.

*multiple partners*

With different locality priorities and lots of providers, there was a challenge in keeping the ethos and brand of the events consistent.

*a growing brand*

"We're trying to encourage and inspire people to get out there and be more active. This is more important than our individual organisations"

Working differently in each locality is crucial to ensure local engagement in the events. Now established, the Picnic in the Park brand can continue even if delivery partners come and go.

**PROVIDERS**

- Community Development Organisation
- Private
- Working Locals
- Local Authority
- Public Health Council
- Local Food Store
- Local Health Centre
- Local Food Store
- Local Food Store

**DORSET HEALTH & NATURE COLLABORATION**

**STEERING GROUP**

**TRAINING**

**INFORMATION**

**PROJECTS**

**PROMOTION**

**GOALS**

We are expanding how we work together by developing a health and nature collaboration for our wider organisational purposes. The collaboration will have two functions:

1. A core group which operates at a strategic level, taking a whole system approach to embedding nature based activity into prevention and management of health conditions.
2. A forum that will bring together a broad range of health and nature organisations who are providing and developing opportunities to be active outdoors.

**PICNIC IN THE PARK**  
LIVING WELL. LOVING NATURE

**SAT 8TH SEPTEMBER 2018**  
BURNHURST GARDENS, DORCHESTER  
11AM TO 3PM

★ GRAB A PICNIC AND JOIN US ★  
★ LIVE MUSIC ★  
★ 'GIVE IT A GO' ACTIVITIES IN NATURE & MORE!

FREE EVENT  
ALL AGES  
WILL ENJOY!

01305 266861  
Find the event on [Facebook](#)  
[www.steppingintonature.org](#)

[stepping into nature](#) [natural choices](#) [LiveWell Dorset](#) [Dorset Health & Nature Collaboration Group](#)

[www.dorsetlnp.org.uk/picnic-in-the-park](http://www.dorsetlnp.org.uk/picnic-in-the-park)

PICNIC IN THE PARK STORYBOARD

active  
dorset

stepping  
into  
nature

stepping  
into  
nature

Supported by  
community  
fund

Dorset  
Council

Public Health  
Dorset

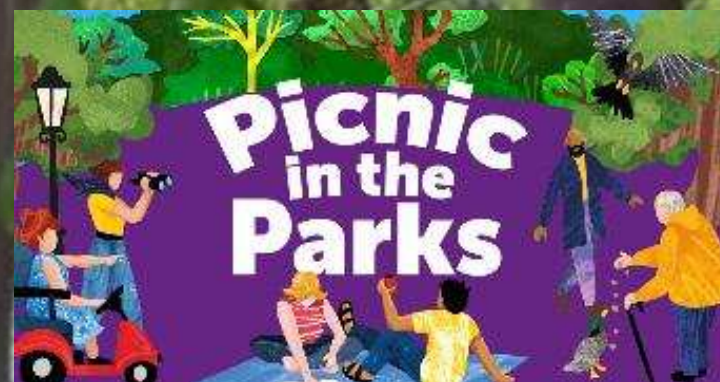
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# Picnic in the Parks now online



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## Creativity River Activities



### LET'S GO WILD CRAFTS

→  
A series of educational and fun video diaries and activity sheets from Moors Valley Country Park.



### CREATIVE WRITING INSPIRED BY SEASONS

→  
Use these seasonal orientated writing prompts to enhance your creativity.



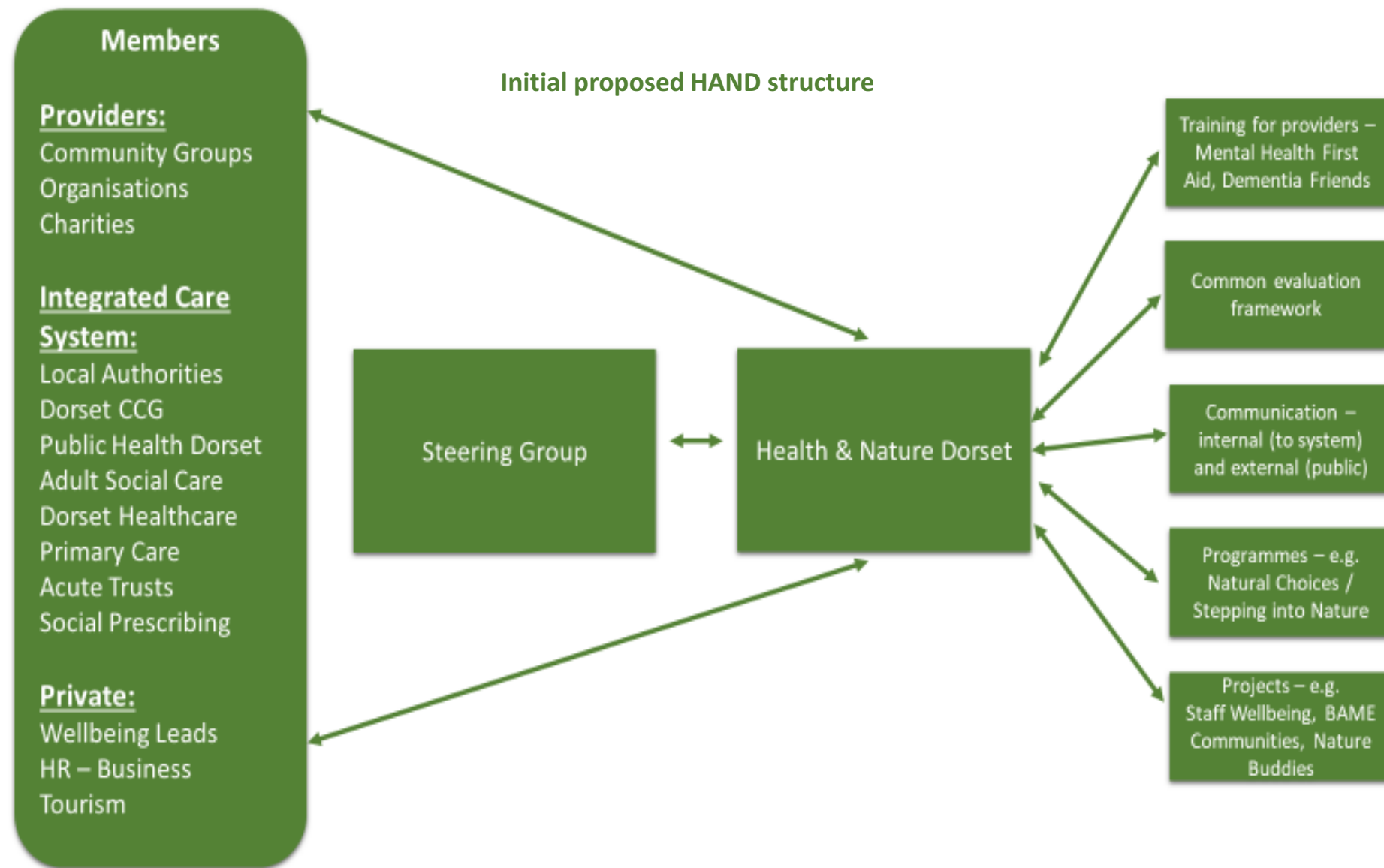
### RELAX WITH DORSET SCENERY

→  
Choose a stunning Dorset view, a sound you'd like to hear and enjoy relaxing mindful techniques with 'My Dorset Mind'.

[www.picnicintheparks.org](http://www.picnicintheparks.org)

# Health and Nature Dorset (HAND)

Initial proposed HAND structure



Thank you

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