

HEALTH AND NATURE DORSET

Increasing the access to, use of and connection with greenspaces to support and enhance physical and mental wellbeing across Dorset.



Launch Event

13 May 2021

Thank you for joining us – we'll be going live at noon

- Welcome
- Launching HAND – the why, what and how?
- Thriving Communities Pilot
- Q&A

Why HAND?

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Connection to nature is beneficial to physical and mental wellbeing.

The health system needs to refocus attention on prevention to become sustainable.

Nature-based wellbeing offers a cost-effective solution while also supporting and enhancing our environment.

Dorset has a strong nature-based wellbeing offer but this could be better coordinated and communicated with the system and to the public.

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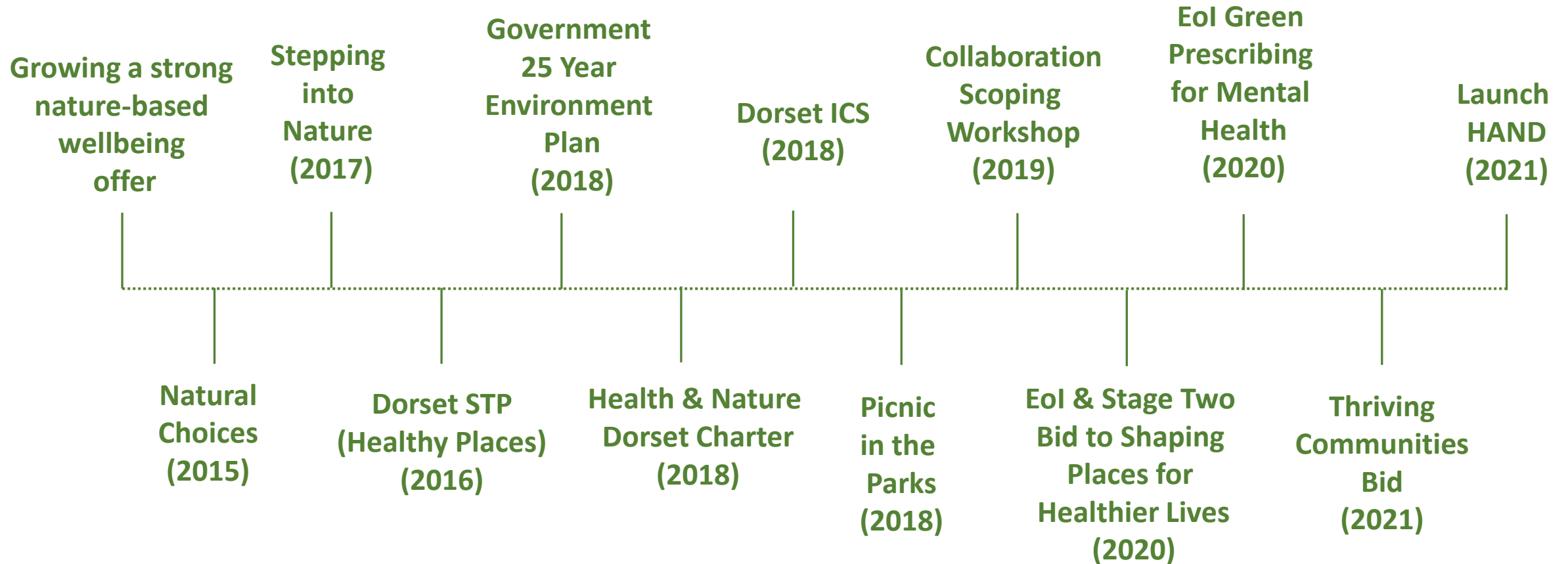
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Why now?

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Why collaborate?



Scoping workshop – November 2019

What's working well and why?

- Good range of nature-based activities / opportunities – how do we scale it up.
- Good leadership and existing structures to build on and policies to link into.
- Learning opportunities to enable networking and information sharing.

What's not working (well) and why?

- Coordination could be improved.
- Improved communication between the providers and with those who can signpost.
- Limited capacity for facilitation reduces collaborative working.
- Resources are limited – e.g. short-term funding, small pots, limited links to budget holders.

What are the challenges for future collaboration?

- A shared Vision is needed – what's the point/role/remit?
- Resources needed – how to do it differently?
- Listening to the voice of people – service user / organisations.
- Potential difficulties of working in partnership when not sharing goals.
- Good communication essential.

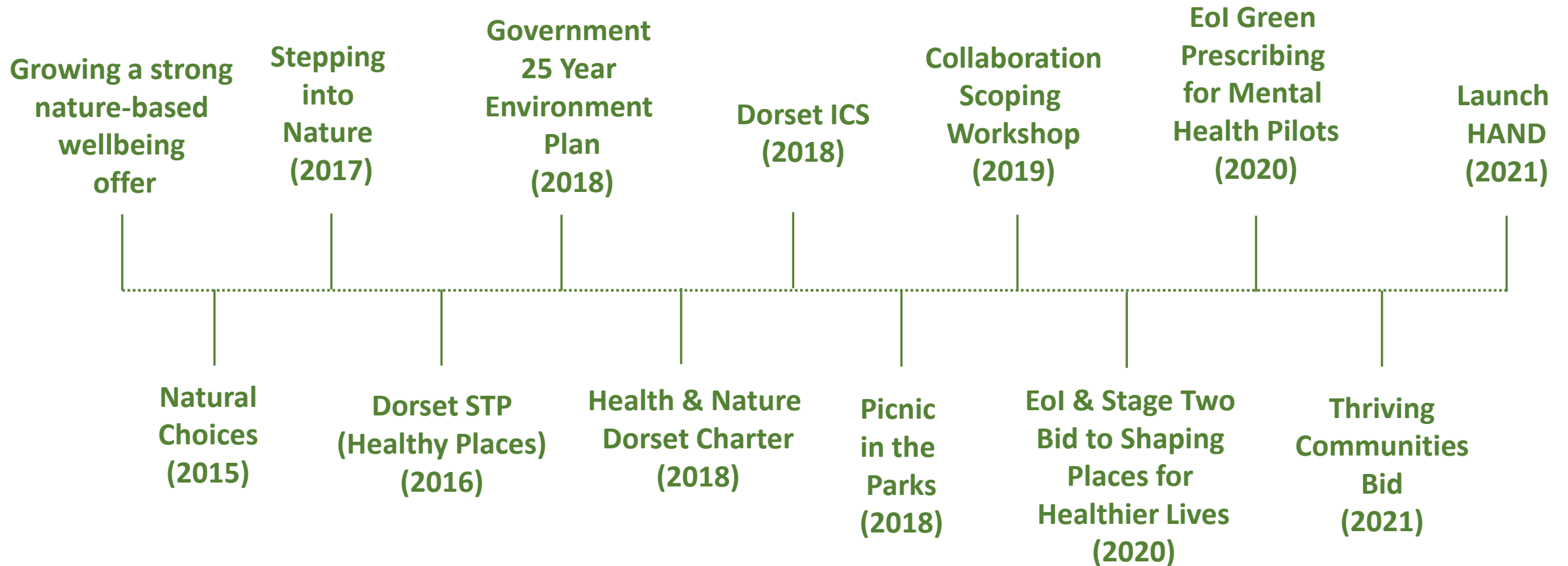
How do you want the collaboration to help you?

- Efficiencies in joint working – bringing “workforce” together.
- Common / collective voice – locally & nationally.
- Common evaluation.
- Enhancing the offer – fill gaps & reduce duplication in project development.
- Improving communication within the system and to the public.
- Model and structure options.

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What is HAND?

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- A strong collaboration to advocate with a common voice for nature-based wellbeing in Dorset through a more formalised approach.
- Improved communication between providers, with health and social care sign-posters, and to the public.
- Improved joint working and co-production (inc. with communities) on nature-based solutions.
- Levering in funds from external sources to maximise the wellbeing benefits the natural environment provides.
- Improved shared learning and training within the system to support an efficient and effective offer.
- Improved monitoring and evaluation through development of a common framework.
- Increased participation in activities in, and connection, to the natural environment.
- Improved physical and mental wellbeing of residents, workers, and visitors to Dorset.

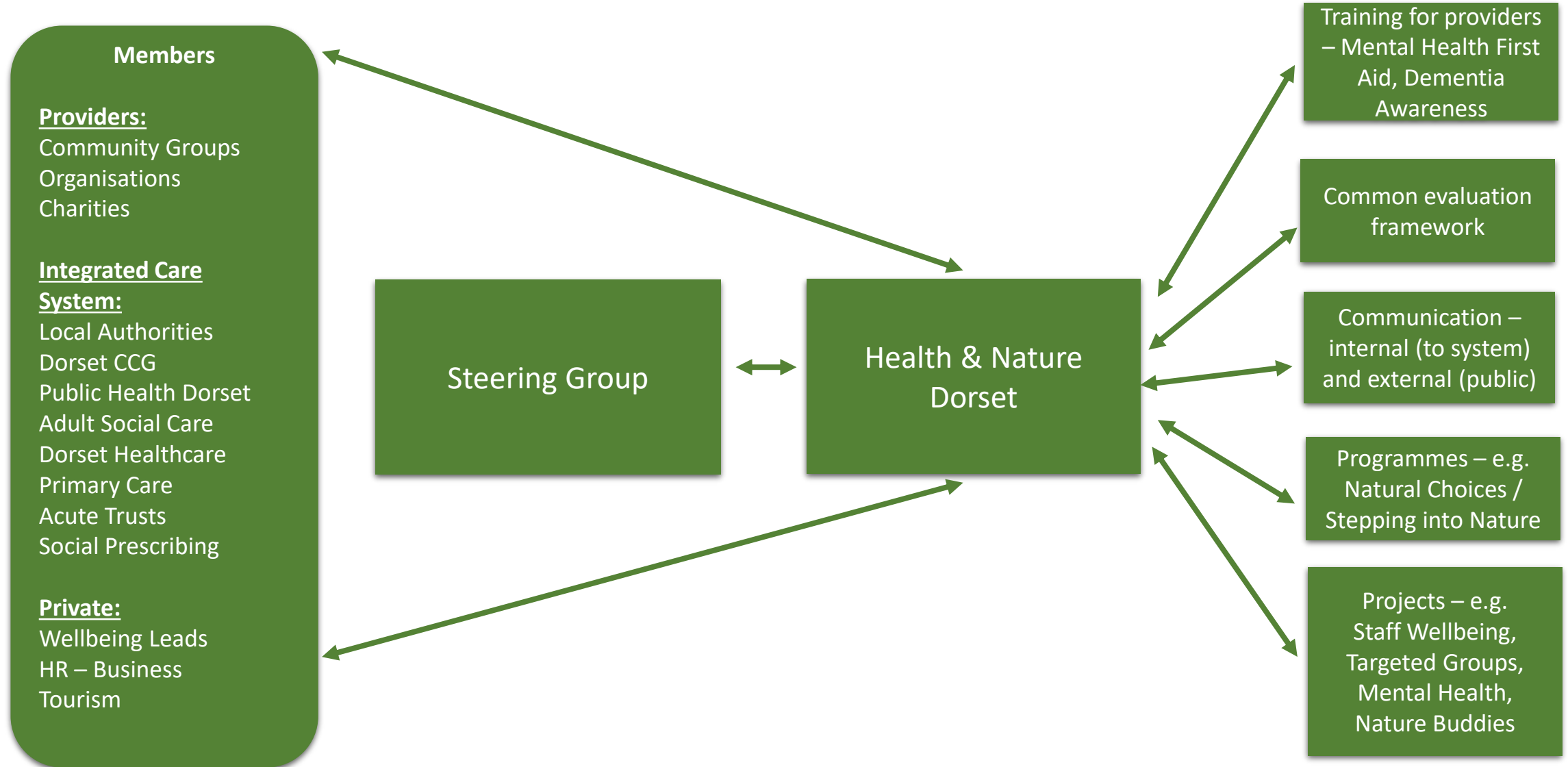


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How will HAND Work?

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How will we deliver?

Short term

- HAND (collaboration)
 - Open to all with an interest in nature-based wellbeing (providers & sign-posters).
 - Coordination of activities.
 - Promotion to sign-posters.
 - Regular newsletters – information sharing.
 - Annual conference / workshop.
 - Call for issues/barriers stopping access or sign-posting (from providers & sign-posters).
- HAND Steering Group (membership to be agreed)
 - Quarterly meetings.
 - Discussion of issues and look to problem solve barriers / address issues.
 - Develop a funding bid for ongoing coordination costs and to address barriers / pilot solutions.
 - Develop a common voice for nature-based wellbeing.

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Long term*

- Hand collaboration:
 - Training offer – e.g. Mental Health First Aid, Dementia Awareness.
 - Common Evaluation Framework.
 - Relevant webinars.
 - Opportunities for developing joint funding bids.
 - Common promotion of offer to the public – e.g. Naturally Healthy Month, Picnic in the Parks.
 - Task Groups to be developed as necessary.
- HAND Steering Group
 - Detailed research to test out assumptions to barriers/issues.
 - Engagement with business for staff wellbeing offer.
 - Engagement with targeted group to reach new audiences.
 - Look to address gaps in provision.

* with additional resources



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Initial Priority Areas

- Social Prescribing and Community Wellbeing
- Knowledge and Skills Sharing
- Monitoring & Evaluation
- Mental Health
- Physical Wellbeing
- Inequalities to access and engagement
- Workforce wellbeing
- Communication channels



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How do you get involved?



- Join the mailing list - <http://eepurl.com/hxbchD>
- Complete our follow up form:
 - collaborative project ideas
 - what you can bring to the collaboration
- Join working groups as developed

Next Steps

- Fund raising for collaboration administration (short term funding committed)
- Steering Group terms of reference / recruitment to be developed
- Developing Working Groups



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Thank you

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