

**Delivering the health  
and wellbeing benefits  
of the natural  
environment**

**Conference – Huntingdon**

**14<sup>th</sup> March 2019**

**Natural  
Cambridgeshire**



# Introduction – Will Day

- Welcome
- Health and Safety
- Wifi code: Cambswifi
- Social Media: @NaturalCambs #NaturallyHealthy2019
- Aims of today

# What you are hoping to achieve...

- Particularly interested the role of the NHS in prevention. How can the benefits of natural environment be sold to commissioners and service providers?
- My role influences the major growth sites to ensure they develop into healthy communities with better outcomes. Looking to develop my narrative and evidence sources
- To find new ways to help our patient population
- Learning about social prescribing and involvement of communities in green agenda
- To understand more about how the environment affects physical and mental health
- Keen interest in the developing evidence base with a view to integrating with thinking on dementia-friendly communities
- To look at the role of charities and communities within this agenda and how they can be supported to do more
- Linking health agenda to biodiversity delivery
- Interested in social prescribing and helping older adults remain independent at home for longer. I am also a great believer in the power of Nature for wellbeing.

# Agenda

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9.30 – 9.45 Chairs introduction – Will Day

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9.45 – 10.15 Dr Nicola Dempsey, University of Sheffield – IWUN

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10.15 – 10.45 Professor Catharine Ward Thompson, Edinburgh University

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10.45 – 11.05 Dr Mark Brookes - Social prescribing in East of England

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11.05 – 11.20 Panel Q&A

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11.20 – 11.35 **Tea and Coffee Break**

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11.35 – 11.50 Local Case Study - Living Sport

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11.50 – 12.05 Local Case Study – PECT

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12.05 – 12.20 Local Case Study – PCVS

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12.20 – 12.40 Panel Q & A

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12.40 – 1.30 **Lunch**

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1.30 – 1.45 Recap from the morning and introduction to the workshop

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1.45 – 2.30 Workshop session

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2.30 – 2.45 Feedback from the workshop and next steps

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3.00 Close

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# Panel Q&A

# Workshop

- Key benefits and opportunities
- Collaborations and partnerships
- Organisational and personal actions
- How can the Local Nature Partnership help?

**Thank you!**

Contact the Local Nature Partnership:

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