

The Natural Health Service

The Mersey Forest



Natural Health
Service



The Natural Health Service

- Natural environment – as a health asset
- Consortium of practitioners and landowners
- Specific, targeted, evidence based interventions – “dose” of nature
- Long term research



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Our Products

OUR FIVE NATURE4HEALTH ACTIVITY PRODUCTS



HEALTH WALKS

Walking is the easiest form of outdoor exercise supporting the widest age and ability range.



HORTICULTURAL THERAPY

Improving mental and physical wellbeing through gardening and growing food.



MINDFUL CONTACT WITH NATURE

Applying the principles of mindfulness to the outdoors brings a walk in the woods to a new level of intensity. It's all about submerging yourself in the sights, sounds and smells of the woods.



FOREST SCHOOL

Forest School allows children to play, explore and learn about the natural environment and do activities like shelter-building, outdoor cooking, growing plants, using tools and bug-hunting. It's a hands-on approach to promote play in natural environments.



PRACTICAL CONSERVATION

Our Conservation Workout sessions involve getting stuck in to do practical tasks to improve the environment, boosting health at the same time.

Who are we supporting?

Working with local delivery partners

1750+ participants have engaged in programmes since 2016

- ✓ Children who are not reaching milestones in primary school (difficult family dynamics)
- ✓ Older people becoming more active/fall prevention & Dementia Support
- ✓ Adults in Recovery- substance misuse
- ✓ Younger Parents
- ✓ Social housing tenants experiencing anxiety
- ✓ People affected by cancer

- ✓ Young people with learning difficulties
- ✓ Adults with disabilities
- ✓ Veterans
- ✓ Adults with enduring mental health difficulties
- ✓ Isolated Males 50+
- ✓ Open groups - all delivered in areas of health & economic disadvantage



Cheshire's Natural Health Service

Over the next three years and building on our Lottery funded Nature4Health we are:

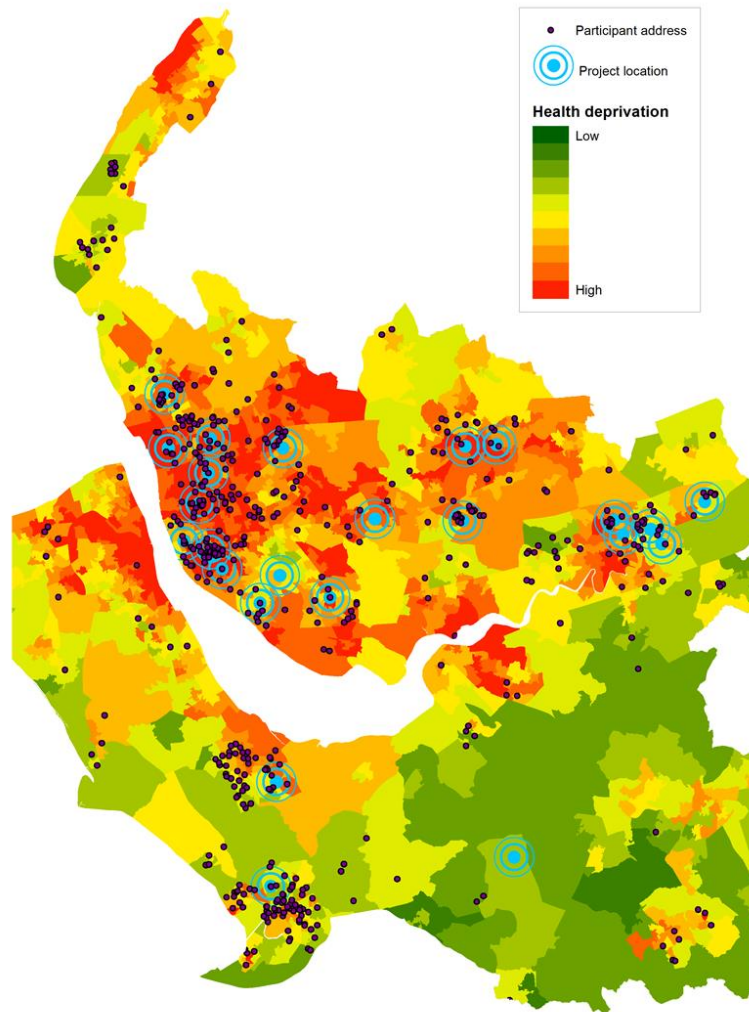
- engaging >3,000 people in evidence-based activities, including horticultural therapy
- increasing physical activity by 40%
- increasing wellbeing by 20%
- working with other agencies to signpost on to other services
- Providing support and new skills for local people to volunteer to continue to deliver sessions



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Participants across The Mersey Forest



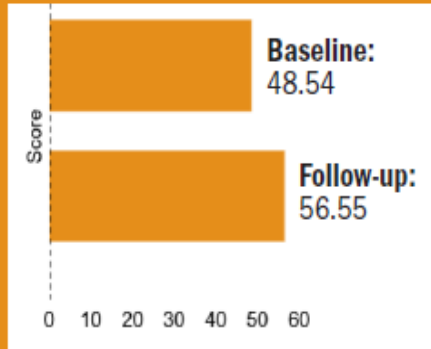
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Results so far

MENTAL WELLBEING RESULTS

WEMWBS AVERAGE:



PHYSICAL ACTIVITY RESULTS



WALKING ACTIVITY

↑ 34%

Before:
42.9 mins per day

After:
57.6 mins per day



MODERATE ACTIVITY

↑ 163%

Before:
19.8 mins per day

After:
52.2 mins per day



VIGOROUS ACTIVITY

↑ 12%

Before:
26.8 mins per day

After:
28.8 mins per day

- Improvement in Wellbeing of 12 points (3-8 significant)
- From 48.5 to 56.5 where UK average is 51
- Increase in all levels of physical activity



Social Return on Investment



For every £1 invested the programme will deliver a social return of £6.75



Feedback

It was a beautiful day in the sunshine.... I thought I'd be out of my depth ...but gladly I was wrong.

This exercise is keeping me out of the hospital

I want to continue - 12 weeks is too short! I would go mad if we stopped as I enjoy my regular session

The group is good and I can now take on the world - bring it on!

“If it wasn't for the course I would probably still be stuck sat in my house”

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast cycling?

___ days per week No vigorous physical activities Skip to question 3 →

2. How much time did you usually spend doing vigorous physical activities on one of those days?

___ hours per day Don't know/Not sure

Think about all the **moderate** activities that you did in the last 7 days. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

3. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads or cycling at a regular pace? Do not include walking.

___ days per week No moderate physical activities Skip to question 5 →

4. How much time did you usually spend doing moderate physical activities on one of those days?

___ hours per day Don't know/Not sure

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise or leisure.

5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

___ days per week No walking Skip to question 7 →

6. How much time did you usually spend walking on one of those days?

___ hours per day Don't know/Not sure





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Thank You!

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