Nature Prescriptions Norfolk and Waveney

March 2024 update

RSPB Nature Prescriptions

- a guided conversation between a healthcare professional and their client to encourage and support them to connect with the natural world to benefit their mental and physical wellbeing
- supported by a prescription leaflet and a seasonal calendar of ideas and suggestions to enable people to explore ways of connecting to nature that are personal and meaningful to them
- free to the recipient, non-medical approach based on accessible, self-led activities that people can do from anywhere with no need to travel, on their own or with others

Photo credit – Ben Andrews (rspb-images.com)

Why Nature Prescriptions

More aware of and more scientific evidence to support that nature benefits our health and wellbeing:

- improve mood
- reduce feelings of stress
- help people to feel more relaxed
- improve physical health
- improve sleep quality
- reduce loneliness
- improve confidence and self-esteem

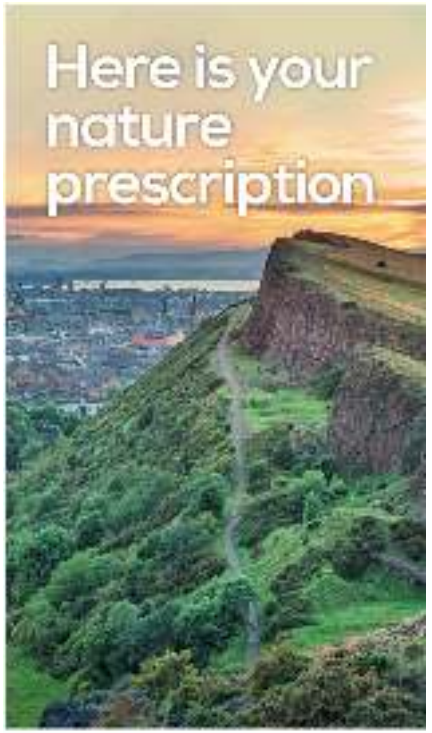
The link between nature and wellbeing, along with the need for us to look after nature better than we are, is what inspired RSPB Nature Prescriptions

There is no human wellbeing without natures wellbeing

Photo credit - Ben Andrew (rspb-images.com)

Nature Prescriptions Origins

- Collaboration between the RSPB in Shetland & local GPs in 2018
- Collaboration between RSPB and NHS in Scotland
- Informal feedback positive from Shetland
- Formal pilot successful in Edinburgh (see rspb.org.uk/naturepreScriptions)
- Moved to England in January 2023



Nature Connectedness

Photo credit – Sam Turley (rspb-images.com)

It has been a saviour. It has allowed me to listen to my feelings, a greater awareness of how things affect me, and just how much beauty is around us. I have slowed down, and I am so much calmer thanks to this initiative'.
Patient Feedback

Not about the length of time you spend in nature or where you visit, but the quality of the time you take to really notice nature.

Suggestions for ways of taking just moments to connect with nature.

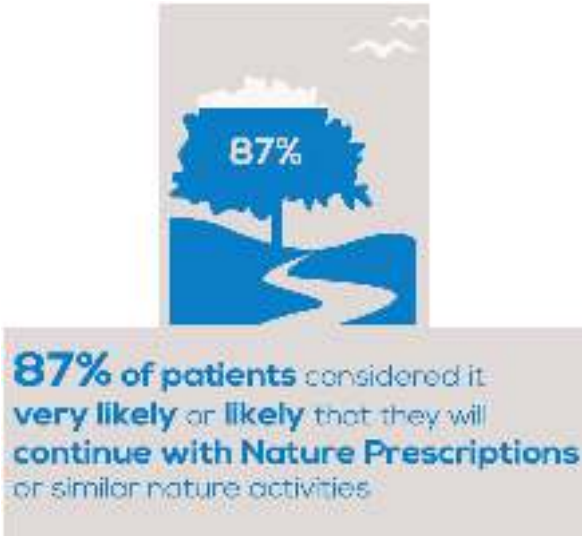
Evidence linked to feeling one's life has meaning, has a sense of purpose and is worthwhile.

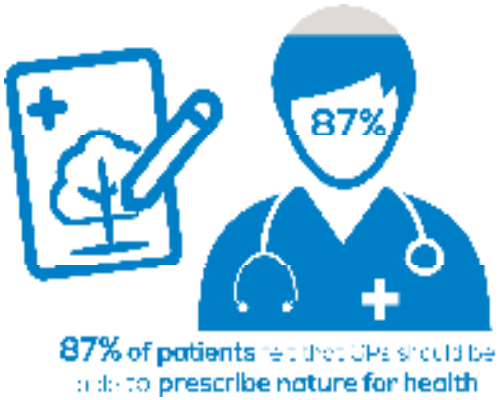
They are not based on visits or activities- can be a springboard for people then going further afield, joining groups, taking action.

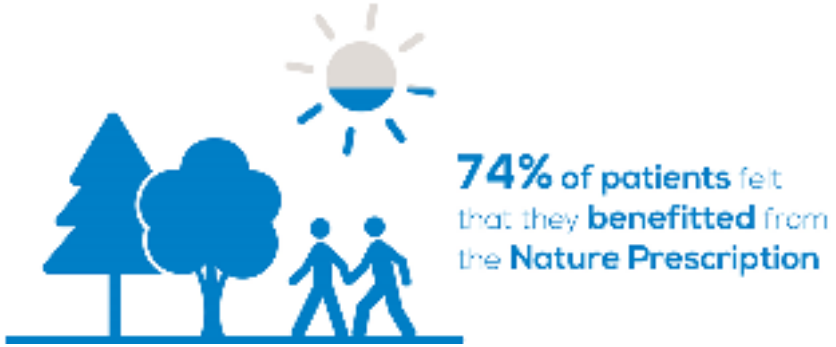
Aims to cultivate lasting connections with nature.

Recipient Feedback

"Having the "permission" to take time out and reconnect with nature has made a huge difference. It is a powerful and deep emotional boost/tonic that does help, as simple and basic as it may seem." **Patient Feedback**







Prescriber Feedback

- **Low cost, safe, sustainable healthcare**

  "It has no side effects and it's easily accessible and available. **GP**

Photo credit – Wren Ben Andrews (rspb-images.com)

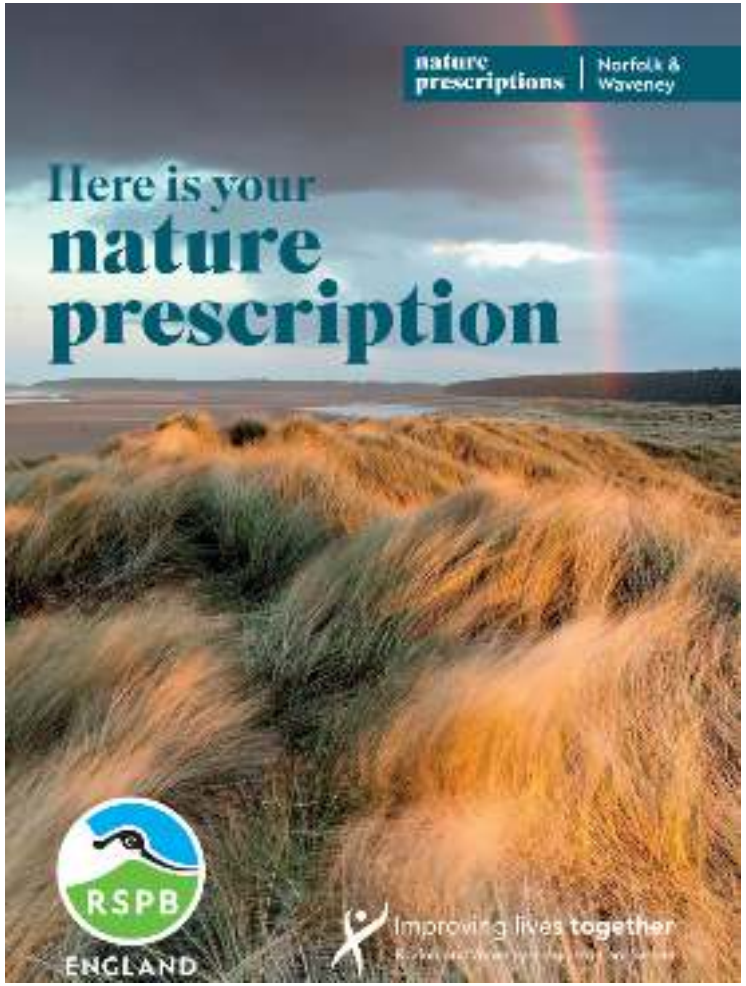
- **Enthusiasm of prescribers and patients**

"It's amazing how people are quite positive about it and you could have it as an adjunct to the prescription or to other techniques that we use." **GP**

- **Simplicity of process/availability of quality materials**

  "I find this a delightful inspiring resource." **GP**

Developing RSPB Nature Prescriptions in Norfolk



- For Social Prescribing Link Workers and Health and Wellbeing Coaches
- Funded by the NHS - Integrated Care System
- Co-designed
- Connect people to nature AND place
- Partnerships with Wild Oak Workshops and Fen Zen Retreats

Training available for Social Prescribing Link Workers and Health and Wellbeing Coaches

I can't believe how much better I feel personally after this workshop. Just taking time away from the office and noticing nature in the reserve has been rejuvenating – I feel full of energy

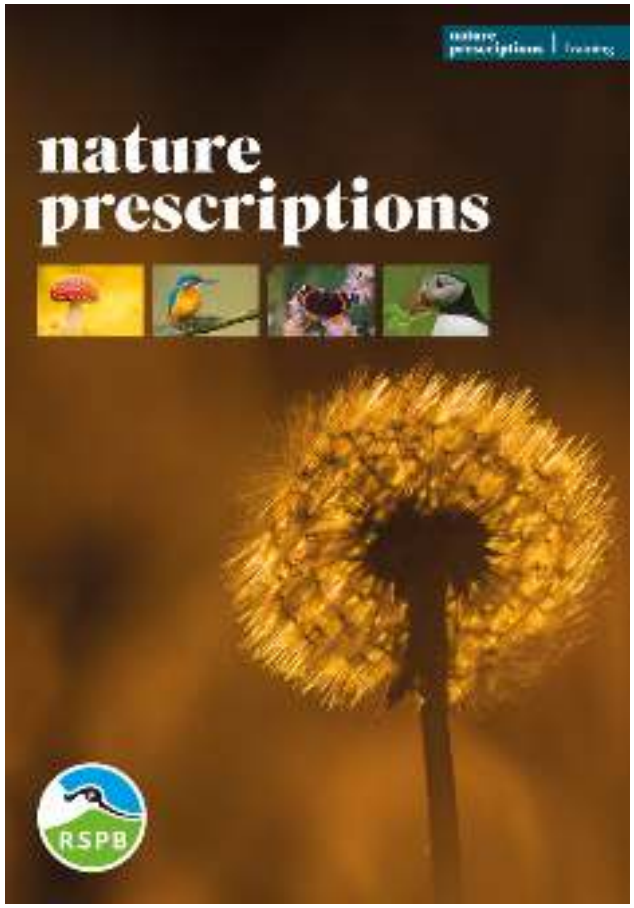
I can't wait to get started – I'm definitely going to use the materials myself as well as with my clients

Sessions already held at RSPB Titchwell and Strumpshaw

4 more - March and April:

- Fenzen – Downham Market
- Wild Oak Workshops – East Winch
- Norfolk Wildlife Trust Sweet Briar

www.eventbrite.co.uk/e/norfolk-and-waveney-nature-prescription-training-tickets-772122317637



The Future of RSPB Nature Prescriptions

Photo credit - Matt Wilkinson (rspb-images.com)

- Spreading across Social Prescribing Link Workers and Health and Wellbeing Coaches
- Specialist teams - Stroke rehab pathway
- Occupational Therapists in Secondary Mental Health Services
- Versions for people who are homeless, people with a Learning Disability
- Versions for Children and Young People
- Version for supporting the wellbeing of NHS staff

For further information or discussion:

naturerescriptions@rspb.org.uk

Stay connected

Keep up to date with the latest thinking, news, events, and information from the RSPB in your local community.

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Protecting habitats, saving species and helping to end the nature and climate emergency.

Nature is in crisis.
Together we can save it.