




Green social prescribing

guidance for
groups offering
activities in
nature.



This guidance document has been produced by the Green Social Prescribing Project, a partnership between Energize Shropshire, Telford and Wrekin and Shropshire Wildlife Trust, with support from both local authorities.

There are many groups and organisations across Shropshire, Telford and Wrekin offering activities that take place in our beautiful green and blue spaces. For example, gardening groups, walking groups, walking football, croquet clubs, paddleboard clubs and conservation groups.

These groups do a great job of encouraging people to get outside and take part in low levels of activity whilst socialising. There is a real need for more people to benefit.

If your group has talked about expanding and helping others enjoy our green spaces, you might want to consider becoming a green social prescribing intervention. This guidance will show you how to do that.

What is Social Prescribing and Green Social Prescribing?

Social Prescribing is like a prescription for medicine but is a non-clinical approach.

Social Prescribers are available through GP surgeries to explore issues that are negatively affecting patients' physical and mental health and overall well-being.

Social Prescribers connect people to activities, groups and services in their community to meet the practical, social and emotional needs that affect their health and well-being.

Green Social Prescribing refers people to local, non-clinical, nature-based outdoor activities to help improve their physical and mental health.

The National Association of Social Prescribing outlines the benefits in their evidence briefing:

Social Prescribing: the natural environment.

Nature-based social prescribing activities can positively impact happiness and well-being. This can be by reducing social isolation and developing a connection to nature, particularly in people who may be experiencing health inequalities. Both contact and connection with nature play a role in improving health and well-being outcomes.

Social prescribing interventions are schemes/activities which are usually provided by voluntary and community sector organisations.

Any community group or organisation can become an approved activity and receive referrals from the Social Prescribing Link Workers/Healthy Lives Advisers.

Alternatively, you can list your group/organisation in a directory as this will let people know who you are and how they can contact you directly.

Which area is your group based in - Shropshire, Telford and Wrekin or both?

Social prescribing is done slightly differently in Shropshire than in Telford and Wrekin, so you will need to follow the route relevant to where you are based/deliver activities.

Shropshire Local Authority Area

In the Shropshire Council Area, the Social Prescribing Link Workers are known as **Healthy Lives Advisers**.

Here you can

1. Become a Quality Assured Green Social Prescribing Intervention.
2. Become an organisation that clients are signposted to rather than referred in to, by being added to the Shropshire Directory.

To become a Quality Assured Green Social Prescribing Intervention please contact one of the four **Community Development Officers** who will support you through the process.

Find out who to speak to here

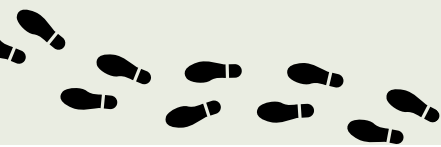
www.shropshire.gov.uk/media/25366/community-connectors-leaflet.pdf

If you need help to get your group/organisation constituted with Terms of Reference, Governance and Policies, then please contact the **Shropshire Infrastructure Partnership Team**. www.community-resource.org.uk/about-us/sip-team

Once you are a fully constituted group/organisation your Community Development Officer will complete a Quality Assurance Process and sign you off as a Green Social Prescribing Intervention.

You will have the opportunity to join the Community Connectors Virtual Network which is an e-Bulletin sent to the community and voluntary sector and other partners.

If you decide not to become a Green Social Prescribing Intervention, but would like to get your group/organisation activity onto the **Shropshire Local Directory**, please go to www.shropshire-directory.co.uk where you can download a form to register.



Telford and Wrekin Local Authority Area



In Telford and Wrekin, The Social Prescribing Link Workers are known as **Social Prescribers**.

To become a Green Social Prescribing Intervention, contact the Lead Social Prescriber for your Primary Care Network (PCN) Area.

To find out which PCN area your activity falls in, please see:-

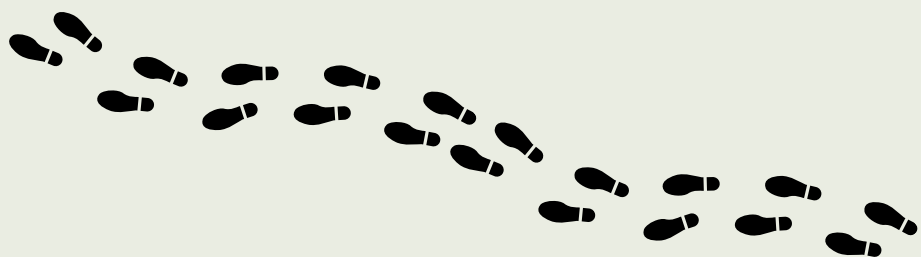
www.shropshiretelfordandwrekin.nhs.uk/your-health/where-to-get-advice-and-help/gp-services/primary-care-networks-pcns

For **TELDOC PCN** contact the Social Prescriber on socialprescribing.teldoc@nhs.net

For **Newport/Central PCN, Wrekin PCN and South East Telford PCN** contact the Social Prescribing Lead jen.caldicott@telford-mind.co.uk

If you need help to get your group/organisation constituted with Terms of Reference, Governance and Policies in place then please contact the **Telford and Wrekin Community Support Team** on www.telford.gov.uk/info/20349/community_support_/3366/community_support/2

If you decide not to become a green social prescribing intervention, but would like to get your group/organisation activity onto the local directory, then please contact the **Live Well Telford Directory** <https://livewell.telford.gov.uk/information/addingaservice>



Examples of policies and procedures

Your group or organisation may wish to develop proposals and apply for funding. To do this, you will need to have various policies and procedures in place. Here is a list of organisations that can help you and provide templates.

Local

If your activity is based in Shropshire, you can contact the **Shropshire Infrastructure Partnership** for support and guidance:

<https://www.community-resource.org.uk/about-us/sip-team>

If your activity is based in Telford and Wrekin, you can contact the **Community Services Team** for support and guidance:

<https://www.telford.gov.uk/communitysupport>

National

For the Government department that registers and regulates charities see:

www.gov.uk/government/organisations/charity-commission

To increase your charity governance, management and funding effectiveness see:

www.charityexcellence.co.uk

For support specifically for small charities and voluntary organisations see:

www.smallcharitysupport.uk

Additional Resources

Telford Mind have produced a leaflet about Social Prescribing which you can access via this link

<https://telford-mind.co.uk/wp-content/uploads/2021/10/Social-Prescribing-leaflet.pdf>.

To read or subscribe to the **Voluntary and Community Sector Assembly (VCSA) Newsletter**, which covers Shropshire, Telford and Wrekin, see

<http://www.vcsvoice.org/latest-news/>



Photo Credit Sharon Smith

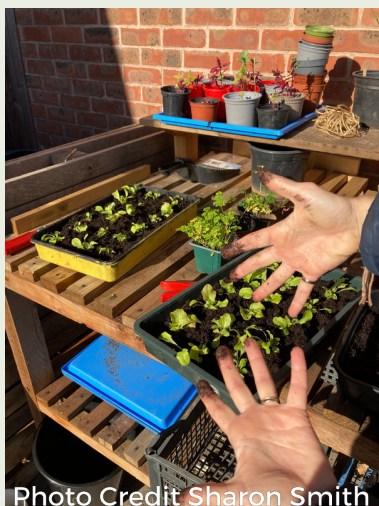


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Adrian Payne