

MORNING WORKSHOP OPTIONS

The Social Prescribing Network

Bev Taylor, NHS England and Malcolm Bray, West Sussex County Council

This workshop will introduce participants to the Social Prescribing Network, including how the network can support the development of local social prescribing programmes across the South of England. If you are interested in finding out more about social prescribing, want to commission or develop local social prescribing programmes, this workshop is for you.

Wellbeing Exeter

Jo Yelland, Integrated Care Exeter

Wellbeing Exeter is a public, voluntary and community sector collaboration to develop more connected and sustainable communities. Social prescribing is used as part of a system linking Neighbourhood Community Building with person-centred, non-medical support and coaching. Wellbeing Exeter is helping people to improve their mental wellbeing, reduce loneliness, re-engage with their community and manage their own health. The workshop will explain how Wellbeing Exeter developed, how it works, its sustainable funding strategy, system leadership and how its learning could help others.



Natural Choices

Maria Clarke, Dorset Local Nature Partnership

Dorset Local Nature Partnership leads a green prescription programme in the county called Natural Choices. This programme includes activities such as mindfulness, nature/health walks and practical conservation activities. This workshop will look at the details of the Natural Choices programme, how it's working, the referral pathways and how the programme links into the Dorset STP.



**The Blackthorn Trust
Dr Peter Hanrath and colleagues, The Blackthorn Trust**

Founded over 30 years ago by Dr David McGavin, the Blackthorn Trust offers medical care, specialist therapies and rehabilitation at its facilities including a biodynamic garden, vegetarian café, craft studios and therapy rooms. The Blackthorn Trust's ideology is that more than medication is required to affect positive change in people: namely community, meaningful work, therapeutic and peer support, and daily routine. Their work is based on Rudolph Steiner's Anthroposophy and the belief that people can be 'over-intellectualised and should pay more attention to feelings, to the imagination, to the emotions, to the body and the space it occupies, and to nature and all its rhythms.'



Designing healthy communities around green spaces

Alan Carter, The Land Trust and Julia Thrift, Town & Country Planning Association

This workshop will explore the role of the Town & Country Planning Association in championing the importance of planning healthy developments, and the role of the Land Trust in providing access to green spaces; influencing designs for developments to include green space, enable sustainable travel, provide opportunities to improve health and wellbeing and increase community cohesion.



AFTERNOON WORKSHOP OPTIONS

The Lightbox Marilyn Scott, The Lightbox gallery and museum in Woking

Marilyn will discuss how the arts and heritage can be an active agent in improving well-being in our communities. Her case studies will range from alleviating loneliness in older people to targeted programmes working with those with early stage dementia and mental health issues. She will talk about the difficulties encountered and the measures of success.

**The
Lightbox**
More than just a gallery

What makes a healthy town?

Allison Dugall, Kent County Council and Kevin McGeough, Ebbsfleet Development Corporation

Ever wondered what is being done to prioritise health in new housing developments? This session gives you the chance to learn from the health and development professionals working to deliver Ebbsfleet Garden City Healthy New Town, supported by NHS England. Plans to encourage active travel, provide green spaces and design health into the built environment will all be discussed.

**Kent
County
Council**



Ebbsfleet
DEVELOPMENT CORPORATION

Building the evidence for social sustainability and health

Prof Jane South, Leeds Beckett University

Presenting the evidence on social sustainability and health and why social connectedness matters for STP implementation. Case studies of community-level interventions will be used to examine the merits of different approaches, key outcomes and strategies for evaluation. Participants will discuss how to assess the economic, social and health impacts of building sustainable communities and how to apply the evidence locally. The workshop will conclude with key points about levers for change and what can be taken forward into local strategy.



Social prescribing and how we can deliver it Dr Simon Opher GP, Gloucester

Dr Simon Opher will demonstrate how social prescribing can make general practice more sustainable and reduce patient consultation rates. This workshop will also explore the use of arts and culture within SP and look at how SP has the power to de-medicalise problems presented by patients. Gloucestershire will be presented as a case study, where innovative solutions are being used to help the more difficult parts of clinical healthcare, such as getting young diabetic patients more involved in their care and how to increase men's involvement in pain clinics.

Health & Wellbeing - a view from the grassroots

Charles Whitehead, Transition Town Tooting

[The Transition movement](#) is about communities coming together to develop solutions and a caring culture built on connection and support. The movement has spread across over 50 countries inspiring thousands of groups to start reimagining and rebuilding the place where they live.

This workshop will tell stories of community-led projects which create wellbeing and increase resilience, including 'Gardens of Refuge' which brings the therapeutic benefits of gardening to refugees in South London. Charles will ask how STPs might best connect with and support the activities of the Transition movement.



**TRANSITION TOWN
TOOTING**