

Social Prescribing: Nature as Therapy



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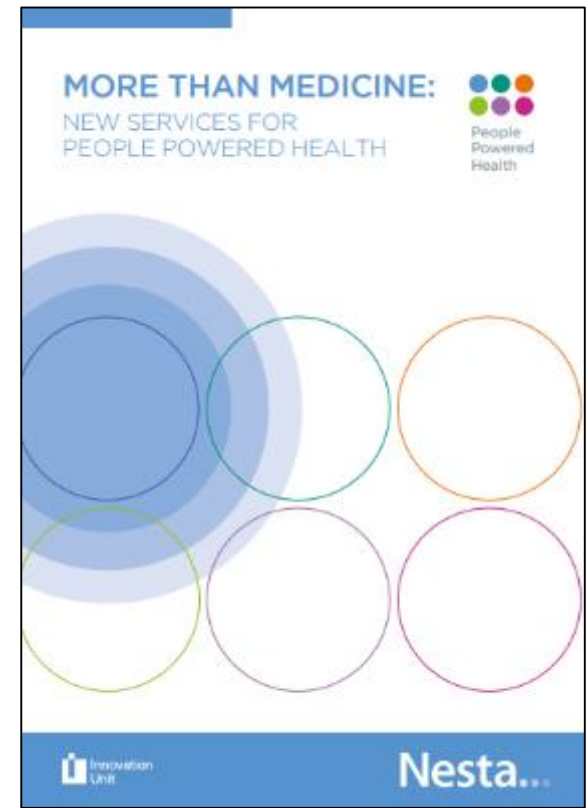
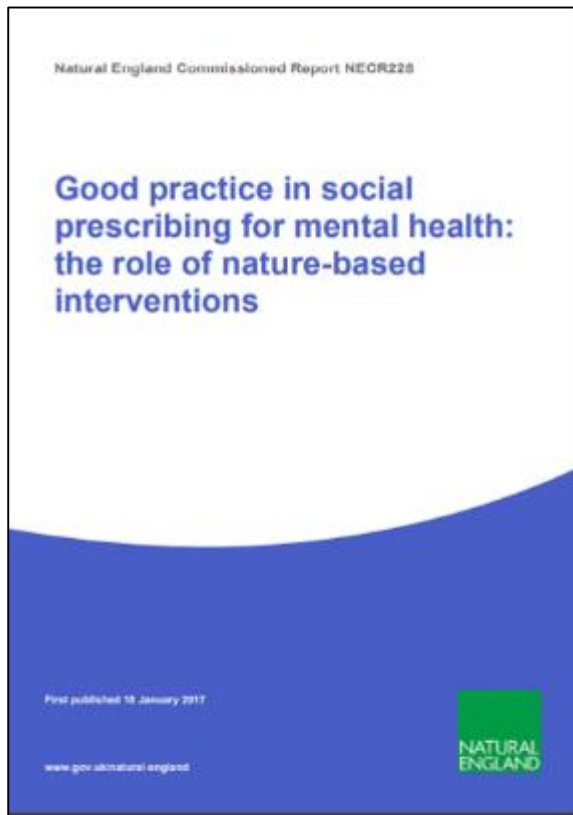
What is Social Prescribing?

Social prescribing links patients with non-medical facilities in the community which provide social, emotional or practical support.

Recognises that people's health is determined primarily by a range of social, economic and environmental factors and seeks to address people's needs in a holistic way.

It also aims to support individuals to take greater control of their own health.

Research & Reports



Benefits of Social Prescribing.

- Better outcomes for health and social care
- Improvements in the mental health and wellbeing of patients
- Cost-effective use of NHS resources
 - More effective use of GP time



Green Links – Hartlepool

Horticultural project working with local care homes and people with dementia to;

- reduce isolation and loneliness
- reduce the risk of deterioration
- Reduce unplanned hospital admissions.



Living With & Beyond Cancer



Living With & Beyond Cancer

Friday 16th March 2018
From 10am - 3pm
Billingham Forum, Town Centre, The Causeway, Billingham, Stockton, TS23 2LJ

People living with cancer, their families and those who have survived cancer are all welcome.

There will be a light buffet provided for lunch. Tea & coffee will be available throughout the day.

For more information or to book your place please call James Hadman on 01642 733906 or email: james.hadman@catalyststockton.org.

Catalyst, working in partnership with North Tees and Hartlepool NHS Foundation Trust and supported by The Northern Cancer Alliance have organised a VCSE Health and Marketplace Event. The event will be an opportunity to showcase what support and wider community projects are available locally to help patients move forward.

- Getting care at a time and place that works for you.
- Care and support designed around you and those close to you.
- Support to manage your recovery yourself.



be more active

support your
mental
wellbeing

support
with your
finances

be healthier

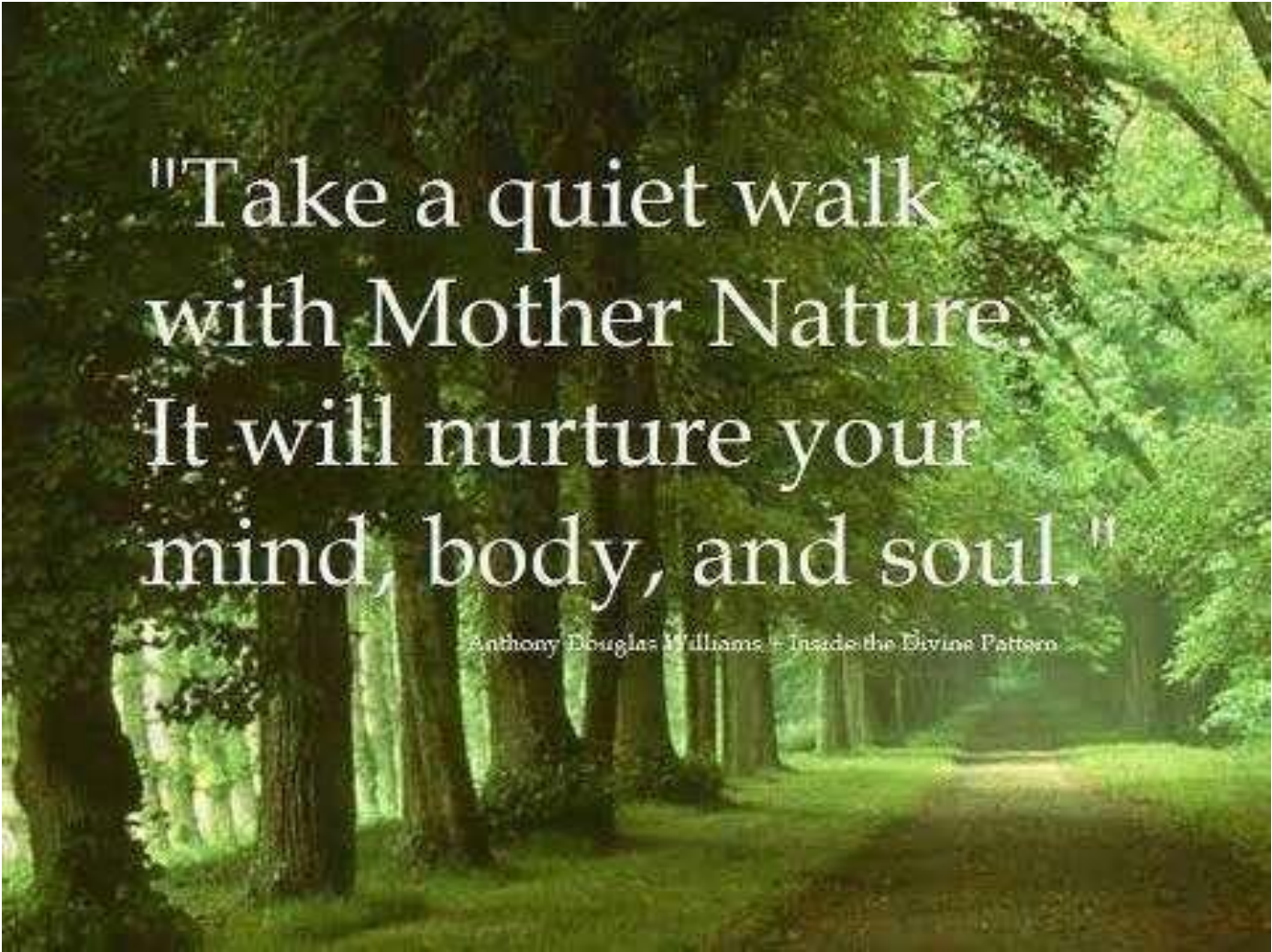
live well
& more
independently

be more socially
connected



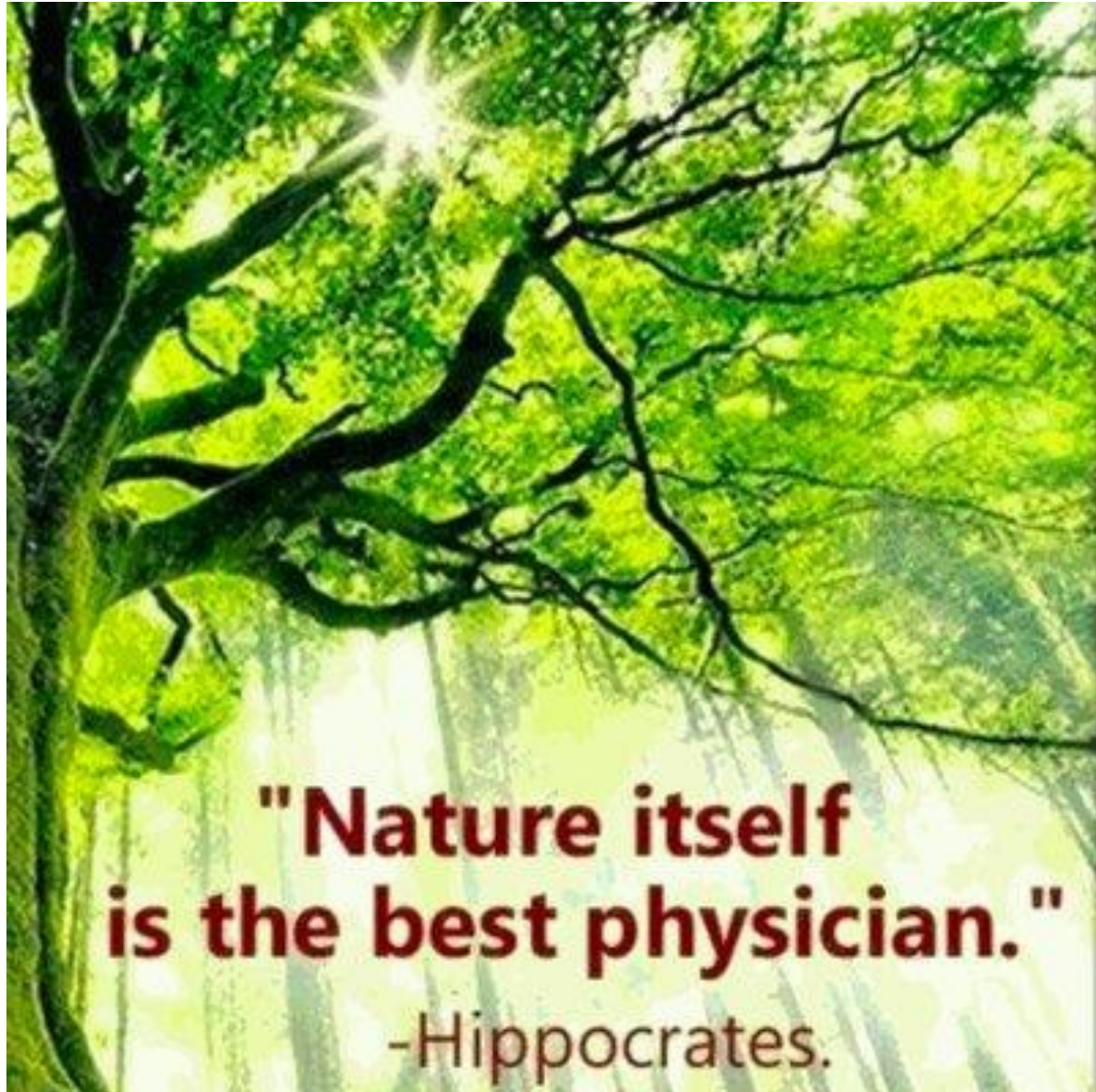
How Does Nature Impact Our Health and Wellbeing?



A photograph of a dense forest with tall, slender trees and a thick canopy of green leaves. Sunlight filters through the trees, creating a dappled light effect on the forest floor. The overall atmosphere is peaceful and serene.

"Take a quiet walk
with Mother Nature.
It will nurture your
mind, body, and soul."

Anthony Douglas Williams + Inside the Divine Pattern



**"Nature itself
is the best physician."**

-Hippocrates.

How nature is good for our health and happiness.

Being in nature can reduce anger, fear, and stress and increase pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality,

Source: Taking Charge of Your Health & Wellbeing



supporting voluntary
and community action



RCVDA

Redcar & Cleveland Voluntary Development Agency



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Any Questions?