

Health Improvement Flash Report 2021/22

Lanarkshire Green Health Partnership



The Lanarkshire Green Health Partnership is helping to make more use of Scotland's outdoors as [Our Natural Health Service](#). Led locally by NHS Lanarkshire with partners from North and South Lanarkshire councils, leisure services and voluntary and community sector organisations. Some achievements over the last year are detailed below:

Growing a Community Garden

King George Vth Park Wishaw

- Enhancing quality of greenspace
- Planning for a community garden
- Locality driven ownership model
- Collaboration with Tobacco Control Team for smoke free environments
- Partnership with North Lanarkshire Council



Completion due 2022

104 participants

Hospital Gardening

- Clydesdale Community Initiatives (CCI) funded by NHSL endowments, to provide therapeutic gardening sessions in community hospital sites with our most vulnerable patient groups and volunteers
- Mitigations put in place during covid restrictions including delivery of plants and seeds, online sessions and 13 participants awarded their John Muir Discovery Award
- Green health sessions held at community hospitals: Coathill, Kirklands, Airbles Road, Ladyholm and Kello.



Hairmyres growing progress

Get Walking Lanarkshire

- Financial investment in Get Walking Lanarkshire health walks including further support to recruit an assistant co-ordinator to help expand the programme and target specific areas of poorer health.

Restoration of Airbles Road Dementia Garden: huge thanks to Cllr Magowan, Dalziel Rugby Club and all others for their help



7807 total walkers

- Number of new walkers: 239
- Number of weekly walks: 835
- Number of walks on programme: 33
- Number of new walk leaders trained: 31
- 5 more dementia friendly walks, total of 23

20 take part in O.T led Trail Therapy

Trail Therapy is an innovative intervention programme that seeks to use mountain biking in combination with more traditional therapy techniques to support those with a diagnosed mental health illness.

- Hairmyres Hospital wards 19 & 20 set up a food growing site and have gone from strength to strength
- 103kg's** of veg harvested from hospital gardens donated to Clydesdale Foodbank

Our Natural Health Service

Lanarkshire Weight Management Service systems are in place for referrals from primary and secondary care routes to green health, and wider physical activity. Options with North & South Leisure providers as well as third sector community organisations such as Grow 73 and Get Walking Lanarkshire.

More than 20 outdoor gyms!



Promotion

- [Get Outdoor Lanarkshire](#) Webpages & social media to promote activities
- Go Jauntly app to find and add in local walking routes
- Outdoor Gym [interactive map](#) to identify local assets
- Digital 'Weigh to Go' online classes



The LGHP has targeted people from our most disadvantaged groups and those living in our most deprived communities

- Getting Better Together Shotts/Lanarkshire Weight Management Service: e-bike loan scheme/Brompton Bikes project
- Currently 8 e-bikes are currently available + additional 10 bikes being purchased through Sustrans' Capital Fund.
- The organisation also has 50 Brompton pedal bikes available for community loan access via partnership scheme and are open to all.



Health board gets staff in gear with low-cost bike hire scheme

Wheels for Heroes initiative enables users to enjoy benefits of cycling through affordable and convenient bicycle hire

- 13 NHS sites registered as 'Cycle Friendly Employers'
- 7 new Bike parking Installations
- 7 new Bike stores/7 Sheffield stands planned



1624 participants

2021 Walking Challenge with Healthy Working Lives
720,000,000 steps
494,000 kilometres
40+ sites engaged
377 teams

Promotion and encouragement from Sustrans active travel workplace engagement officer



Next steps include: Contributing to NHSL Sustainability Assessment Tool to improve access and quality of NHS estates, Udston Community Hospital restarting therapeutic gardening, Lanarkshire Weight Management Service strengthening pathways and referrals to green health options, Green Health Volunteer network continues to expand and promote nature

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