



## For Discussion

**Title:** Cairngorms 2030: Health and Wellbeing update

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### Purpose

1. To update the committee on the progress made against the objectives of the Public Health and the Outdoors and Outdoor Dementia Resource Centre projects, part of the Health and Wellbeing Theme in the Cairngorms 2030 Programme.

### Recommendations

2. The Performance Committee is asked to:
  - a) Note progress to date and future plans for Cairngorms 2030 (C2030) delivery.
  - b) Note specific points of C2030 delivery risk.
  - c) Highlight any issues arising that members may feel need specific consideration by staff from a strategic and board perspective.

### Cairngorms 2030: Health and Wellbeing

3. Anthropogenic climate change and accelerating nature loss are a proven fact, but unless we enable people to change their behaviours and act at a local level within their community, the wider work of the Cairngorms 2030 programme such as the nature-based solutions will have little impact and no long-lasting benefits or legacy.
4. This thematic update covers two projects:
  - a) Public Health and the Outdoors
  - b) Outdoor Dementia Resource Centre

### Public Health and the Outdoors

5. This project will focus on:
  - a) Developing a green health partnership across all relevant sectors.
  - b) Delivering nature prescribing from healthcare services using referral through developing a Green Health Link Worker role.



- c) Increasing levels of outdoor access, connection with nature and improve the health and wellbeing of patients, staff, hospital visitors and the wider community.
- d) Expanding awareness of green health opportunities (especially mental health and health inequalities).
- e) Supporting individuals to improve their health and wellbeing and build resilience through engaging with and appreciating the natural environment.

### **Action against Milestones 2024**

- 6. Badenoch and Strathspey Green health network.
  - a) Quarterly network meetings have been held to share best practice and develop connections. Monthly news emails are circulated to the network that has 33 member organisations.
- 7. Promote Green Health Week.
  - a) Events linked to Green Health Week were promoted through the network. The week coincide with Mental Health week based on the theme of movement.
- 8. Develop promotional materials for Nature Prescriptions Programme.
  - a) It has been identified that awareness of the project is key to its success. Promotional materials have been developed in partnership with National Health Service (NHS) Highland Comms to be displayed in health and social care premises.
- 9. Develop a training programme for activity providers and local organisations.
  - a) A programme of training events has been delivered for network members including mental health first aid and risk assessment.
- 10. Establish average yearly patient contact capacity figures for resource planning.
  - a) It has been recognised that for future resource planning there needs to be an understanding of the number of referrals that can be dealt with effectively by the Green Health Link Worker on an annual basis.



<b>Total number of referrals</b>	<b>62</b>
Completed referrals	19
Incomplete referrals	23
GP referrals	43
Self-referrals	11
Referrals from other sources	8
Referrals declined or uncontactable	20

11. Roll out provider agreement for activity providers across Badenoch and Strathspey.
  - a) A provider agreement has been developed and shared with partner organisations in the green health network with a view to ensure their activity provision is fit for purpose.
12. Develop risk management procedures.
  - a) This area of work is new to the Park Authority and has required a new set of risk assessments and standard operating procedures. These have been written and signed off by the Park Authority's Health and Safety Committee.

## **Milestones 2025**

13. Establish average yearly patient contact capacity figures for resource planning.
  - a) Continuing to monitor this capacity as the project progresses.
14. Regular visits to GP practices and Health and Social Care Teams.
  - a) It has been noted that referrals increase after a practice or social care team visit and that having a regular timetable of meetings will facilitate more referrals.
15. Joint Chief Executive Officer (CEO) meeting with the Park Authority, NHS Highland and Alzheimer Scotland for legacy planning.
  - a) To facilitate legacy planning this meeting has been tabled for June 2025.
16. Develop resources for Nature Prescriptions Programme.
  - a) This will include a welcome pack for new referrals, a Wintering Well pack and an update Nature Prescription leaflet.



17. Promote project through the Park Authority and NHS Highland Communications Teams.
  - a) As previously mentioned, awareness of the project is key to its success.
18. Promote Green Health Week 2025.
  - a) Green Health Week will be 03 - 11 May 2025 with a diversity and inclusion theme of green health is for everyone. A programme of activities will be put together and delivered by partners.
19. Badenoch and Strathspey Green health Network.
  - a) Continue to develop the network to share best practice and make connections.
20. Develop a training programme for activity providers and local organisations.
  - a) Create a programme of training for network members to develop best practice.
21. Roll out provider agreement for activity providers across Badenoch & Strathspey.
  - a) Continue as previously.
22. Establish an events programme to connect participants in nature referral programme.
  - a) Participants in the nature prescriptions programme have asked for the opportunity to meet others from the programme to form self-support groups. The Green Health Team are looking in to how to facilitate this in an appropriate manner.

### **For discussion**

23. This is a new area of work for the Park Authority and as such has required a flexible and adaptive approach to developing working procedures.
24. There are three areas that we need to consider:
  - a) The number of referrals in relation to staff capacity. No two referrals are the same and each bring their own considerations regarding time and resource. To develop an effective and trusted service we need to ensure there is an adequate staffing level to develop this.



- b) Face to face work of this nature can have a heavy toll on staff and we need to consider what measures we have in place to ensure staff wellbeing.
- c) Planning for the long-term sustainability of the Nature Prescriptions Programme.

## **Outdoor Dementia Resource Centre Project**

25. The development phase of this project launched Scotland's first Outdoor Dementia Resource Centre (ODRC) for people with dementia at Badaguish Outdoor Centre. The delivery phase will build upon this success, developing green health services for people with dementia locally and contributing to the development of practice and policy in this field, so that people with dementia may benefit from green health services at national level. This will be achieved through the following key project outputs:

### **2024 activity**

- 26. The monthly programme of therapeutic activities will continue to develop, incorporating nature-based interventions with a defined health or social outcome.
  - a) The monthly programme attracts an average of 200 people per quarter.
  - b) Staff deliver 12 activity sessions per month at the ODRC, during the winter months activities are delivered in communities to overcome difficult travel conditions.
- 27. Improved infrastructure for dementia friendly outdoor activities at Badaguish.
  - a) Staff are working on developing a dementia friendly cycling programme in partnership with the C2030 transport Team and local providers.
  - b) Centre staff are working with the Park Authority Access Team, the Green Health Link worker and the C2030 transport team to identify dementia friendly paths in communities and at Badaguish.
- 28. The ODRC building will evolve, becoming more dementia friendly by implementing the findings of the dementia friendly environment audit, providing a workshop space and adequate storage.
  - a) The ODRC underwent an audit by Stirling University Dementia Services Development Centre and make the recommended alterations to receive their level one accreditation.



29. A green health referral pathway for people with dementia will be established locally.
  - a) This pathway has recently been completed identifying the routes into involvement with the ODRC. A leaflet has been created for promotion to GP practices, health and social care teams and general distribution.
  
30. Transport arrangements for participants to access the ODRC will be improved and the carbon footprint reduced.
  - a) This area of work has been difficult to progress for a number of reasons but recent discussion with Community Connexions transport company has led to a pilot transport scheme to be launched in the next few weeks.
  
31. A business plan to secure long-term funding will be developed.
  - a) Plans for the long-term sustainability and legacy of the ODRC is a key piece of work that needs to be progressed; to this end a joint CEO meeting with the Park Authority, NHS Highland and Alzheimer Scotland for legacy planning is tabled for June 2025.
  
32. A national community of practice for those providing green health for people with dementia will develop across Alzheimer Scotland.
  - a) Based on the success of the work at Badaguish, Alzheimer Scotland are looking to develop a Green Health Pathway package for people with dementia, incorporating elements of brain health with a focus on prevention and risk reduction.
  - b) Following on from the success of the ODRC at Badaguish Alzheimer Scotland are opening a second ODRC at Lauriston Castle near Edinburgh.

### **For discussion**

33. How to develop the monthly activity programme informed on feedback from users.
  
34. Developing a dementia friendly cycling programme.
  
35. Developing a network of dementia friendly paths in communities.
  
36. Begin legacy planning for the long-term sustainability of the ODRC.



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