

**COLLABORATIONS FOR LEADERSHIP IN APPLIED
HEALTH RESEARCH AND CARE ANNUAL REPORT**

**Examples of the Value of NIHR CLAHRC Funding
2018/19 Financial Year (1 April 2018 – 31 March 2019)**

Nature and Health

OUTCOME, IMPACT, OR POTENTIAL IMPACT

Research conducted by NIHR PenCLAHRC, in collaboration with the European Centre for Environment and Human Health (ECEHH) at the University of Exeter, the Sensory Trust and members of the public has demonstrated the health benefits of environment-based health interventions, explored potential mechanisms for these benefits and contributed to the development of improved research methods in this field.

Our research has detailed how interventions based in or using natural environments can promote health across the life-course from school children to older people living in care homes. This evidence has been cited in a joint DEFRA-ECEHH report which underpins the health aspects of the UK Government 25-year Plan for the environment (*DEFRA, 2018. A Green Future: Our 25 Year Plan to Improve the Environment. HM Government, London*). DEFRA is developing policy commitments including the creation of national standards for Green Infrastructure, environmental investments, and large-scale funding initiatives including c.£10million on health and nature initiatives, reaching significant populations including over 500 schools.

Further examples include:

1. Evidence syntheses on the impact of gardens in care homes for people with dementia, and about older people's sensory engagement with nature (co-produced with Sensory Trust) are being used to support healthcare professionals to improve older people's sensory experiences. Our research was used as the basis of a dissemination event for care home staff in the South West, and the production of an evidence-based information and activity kit *My Nature* which has been trialled in two care homes in Cornwall to support care home staff to maximise nature contact for residents.
2. Social prescribing has been suggested as a possible route to improved care for patients and to improvements in public health but evidence remains patchy. Primary and secondary research conducted within PenCLAHRC has helped understand how the patient pathway can operate for different groups. This evidence has had an impact on practice regionally, particularly through the Cornwall Social Prescribing Network which includes general practitioners, Clinical Commissioning Groups, patients, academics and local authorities, and nationally through our engagement with the NHS England Personalised Care Group. With Volunteer Cornwall, the AHSN, Cornwall Public Health and the Wolseley Trust, we have successfully bid for DHSC funding to deliver new social prescription schemes in Plymouth and Cornwall. The funding includes evaluation work, conducted by a Researcher in Residence, alongside delivery of the schemes. We are in addition working with teams in Ontario and Melbourne to implement social prescribing and develop the evidence base.

CLAHRC researchers have successfully obtained grant funding for this work from:

- DEFRA.(PI R Garside) Understanding what works and supporting provision of nature-based therapeutic interventions for people with mental illness. Co-Is B Lovell, N Orr, K Husk, R McEachen (CLARHC Yorkshire & Humber), I Dickie

- MRC PHIND (PI R Garside) The development of a nature-on-prescription group intervention for people with common mental health conditions. Co-Is M Tarrant, D Richards, J Lloyd, R Lovell, R Byng, K Husk, D Bloomfield
- NERC (PI R Garside) AMR exposure and transmission from the environment. Co-Is W Gaze, A Leonard, A Bethel.