**Following People on Their Green Social Prescribing Journey:**

Working with healthcare services across Humber and North Yorkshire the programme has followed individuals on their journey from referral into services to connection with a Green Social Prescribing activity.

Partner services across Humber and North Yorkshire

North East Lincolnshire NAViGO

North Lincolnshire Citizens Advice North Lincolnshire

Hull HEY Mind / Forum and Humber Teaching NHS Foundation Trust

East Yorkshire Humber Teaching NHS Foundation Trust

Vale of York York CVS; Selby & District AVS, Selby Town PCN and Living Well

North Yorkshire Heartbeat Primary Care CIC and Age UK North Yorkshire Coast & PATT Foundation and North Yorkshire Moors Railway

People followed on their journey: 224

Criteria for taking part:

* Accessing a service such as social prescribing, mental health or occupational therapy.
* Aged 18 or over
* Experiencing mild to moderate mental ill health

87% of participants were aged between 18 and 64

Gender of those who took part:

* Female 59%
* Male 39%
* Non-binary 2%

44% of participants were either unemployed or unable to work due to ill-health or disability.

45% of participants live in the top 20% most deprived areas in England.

Activities referred to:

* 47% horticulture and gardening
* 23% exercise focused
* 14% creativity focused

Other activities included care farming, wilderness focused activities and conservation activities.

Of 171 participants who completed their before and after survey:

* 67% saw improvements in overall wellbeing (as measured by questions 1-3 of ONS4)\*
* 70% saw improvements in anxiety (as measured by the Hospital Anxiety and Depression Scale)\*
* 62% saw improvements in depression (as measured by the Hospital Anxiety and Depression Scale)\*

\* % of participants that showed any improvement between their ‘before’ and ‘after’ scores following 12 weeks of activity, or when the activity ended if time limited.

“It’s more therapeutic doing things outside”

“Being with the horses made me feel closer to nature, calmer, and has helped me with both confidence and assertiveness”

“My depression is now on a more even keel. I have strategies in place when I am at home, and now tend my own garden to relax myself and remain calm”