**Investing in the Community:**

Supporting the Voluntary, Community and Social Enterprise sector to deliver Green Social Prescribing activities across Humber and North Yorkshire.

Total amount of money invested in 2022: £354,589

£148,136 - Amount of total invested through GSP programme

£206,453 - Amount of total invested through NHS Charities Together

Number of projects funded: 36

Activities funded:

* Nature
* Gardening
* Physical Activity
* Creative
* Bushcraft
* Heritage

Number of projects funded by ‘place’:

* NORTH YORKSHIRE: 6
* YORK: 5
* NORTH LINCOLNSHIRE: 2
* EAST RIDING OF YORKSHIRE: 4
* HULL: 13
* NORTH EAST LINCOLNSHIRE: 6

People have so far engaged in the projects: 1393

85% are aged between 18 and 64

34% are male

66% are female

* 15% of participants were referred by Social Prescribing services
* 10% of participants were referred by Mental Health services
* 40% of participants were referred by other Voluntary, Community and Social Enterprise sector organisations or other Statutory services
* 35% of participants self-referred themselves into the activity

Challenges:

* Promoting activities
* Measuring impact
* Formalising referral pathways.

Key learning

* Give power to the participants. Involve them in developing activities.
* Relationships with local referral partners is key.
* Outdoor and in-nature activities offer a wide range of health and wellbeing benefits including improved mental and physical health, social inclusion, sense of purpose, building community and increasing confidence and skills.

Support needs going forward

* Improve referral pathways.
* Ensure funding is flexible and longer term.
* Transport provision to support participation.

“I come every week and it takes me out of myself. I didn’t realise it had transformed my life but when I look back on the last few months, I can see that it has”

“I am reducing my anxiety medication and I think being at the plot has helped this to happen”