

## Green Social Prescribing Case Study

<b>Date Participant joined Green Social Prescribing</b>	<b>September 2024</b>
<b>Reason for joining the program</b> Depression and anxiety.	<b>PT reported</b> "Following the death of my parents and my relationship breakdown with my wife, I felt there was nothing left. I felt like walking to the shop buying lots of whisky and never stopping! I live alone in the house that was my parents".
<b>Who referred the participant</b>	<b>DWP work coach</b>
<b>Introduction about the participant</b>	
<p>PT wants to continue to live his life and try as many different ways to improve his mental - health and wellbeing.</p> <p>Socially isolated, inactive (employment -wise due to full- time caring role for his parents) bereavement, on the loss of his parents resulting in depression, and anxiety. Carer for the last 10 years. Living with chronic pain due to back issues. Relationship breakdown. "I have no family left and no friends, I moved here from Sheffield to look after mum and dad, so I know no one".</p>	
<b>What actions were completed?</b>	
<p>Signposting</p> <ul style="list-style-type: none"> <li>• Seafront weekly walking group</li> <li>• Nature walks, including bird watching weekly</li> <li>• Weekly farm sessions, handling and caring for the animals</li> <li>• Introduced to a Green Social Prescribing (GSP) group that were going to regenerate a run -down community garden, in a sheltered accommodation block of flats</li> <li>• Referred into college, enrolled on Maths and English courses</li> </ul>	
<b>What changes came about because of this?</b>	
<p>Significant Improvements made (ONS4 measure moved from 18-29, happiness being a 10) :</p> <p>Farm green sessions: PT has built close friendships with the other four participants and has loved spending time each week with the animals. Learning much about animal care, feeds health and grooming etc. So much so that he has decided to peruse a future in animal care. DWP, on hearing how much he has learnt, have agreed to fund an "Animal Care Certificate "at the local college. On the back of his farm- experience and college attendance - PT shortly has a job</p>	

interview to “look after animals” in a local animal trust. PT reports his confidence has grown massively.

Barriers to employment removed: PT has just this week achieved his Maths Level 1! (First certificate achieved ever) And is currently attending English classes, with a view to improve “his employability”. GSP team Centre4 have awarded PT a GSP certificate, to build his portfolio.

Green Community Garden project involvement:

PT and his team have transformed the garden space, over the summer, and it now looks amazing! The residents were so happy with their new garden space they made a collection for PT, to thank him. PT was touched and felt he had done something incredibly, rewarding and satisfying. Feeling proud with the results.

PT loves his nature walks (becoming knowledgeable regarding nature/ wild life / seasons etc. to share with other green participants) and actively supports other participants on these walks. GSP team/ link workers are arranging for PT to complete the “Walk Leaders “qualification, to enable him to participate in a more formal role. Another qualification gained.

PT no longer feels isolated and has three close friendships (built from the GSP groups) which makes him happy.

**Feedback collected at last ONS4 review:**

PT states that he is feeling positive!

His greatest fear was that with the time spent caring for his parents “he would never work again”. This made him terribly anxious. Following his GSP experiences, he now feels he is making headway in finding employment and we wish him good luck with his job interview next week.

**Link Worker**

**Green Social Prescribing**

Tracey Beecham and Kay Dixon joint- worked.

Centre 4

Grimsby