



# **COSTS SAVINGS TO NHS OF WILDLIFE TRUSTS PROGRAMMES**

**TUESDAY 3RD  
SEPTEMBER  
10:00-11:00**



**MEETING  
STARTING  
SOON**



The main presentations within this meeting will be recorded and made available online following the event.



**COSTS SAVINGS TO  
NHS OF WILDLIFE  
TRUSTS  
PROGRAMMES**

**TUESDAY 3RD  
SEPTEMBER  
10:00-11:00**



**Welcome**

**Pippa Langford**

Principal Specialist Recreation and Access  
Natural England

ORN Co Chair



**ORN Vision**

‘Support and encourage everyone to responsibly enjoy and engage with the outdoors’



## **ORN Academic Research Group**

The ORN Academic Research Group (ARG) helps researchers share insights with each other and with those who work in more practice and policy fields. The sessions take place on a quarterly basis online and contributions are welcome on research topics related to outdoor recreation from those working in universities and colleges, research institutions, and sector organisations.

## Next ORN ARG Sessions

### Shaping Outdoor Environments to Promote Healthy Aging

**Date and time:** Wednesday 4<sup>th</sup> December 2023 (12:00 – 13:00)

### Managing Recreational Disturbance and Responsible Use

**Date and time:** Thursday 6<sup>th</sup> February 2025 (11:00 – 12:00)

### Tbc – Contributions welcome

**Date and time:** Thursday 27<sup>th</sup> March 2025 (12:00 – 13:00)

Researchers are invited to volunteer 15/20-minute presentations and updates on research projects and areas of interest for ORN ARG session on Thursday 27<sup>th</sup> March 2025 12:00 – 13:00. Please submit these to Jayne at [jayne@outdoorrecreation.org.uk](mailto:jayne@outdoorrecreation.org.uk) using 'ORN ARG Proposal' in the Subject field of the email.



## **COSTS SAVINGS TO NHS OF WILDLIFE TRUSTS PROGRAMMES**



**Dom Higgins**  
Head of Health and Education, The Wildlife Trusts



GOAL 1

Nature in recovery

GOAL 2

Meaningful action

GOAL 3

Nature-based solutions

Goal 3: Nature will be playing a more significant role in keeping people healthy and reducing health inequality.

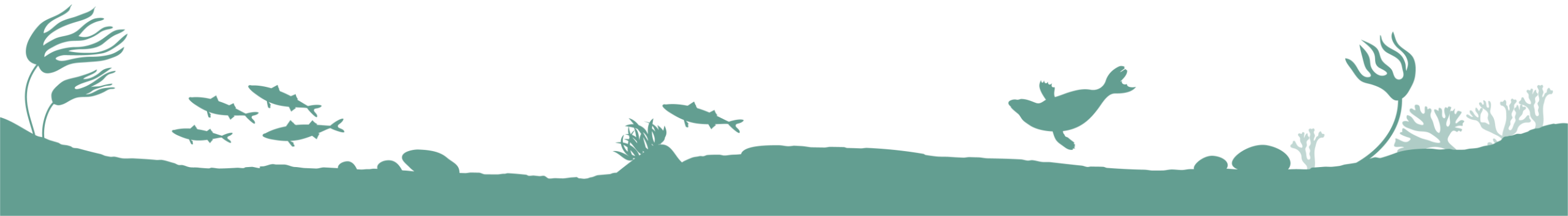
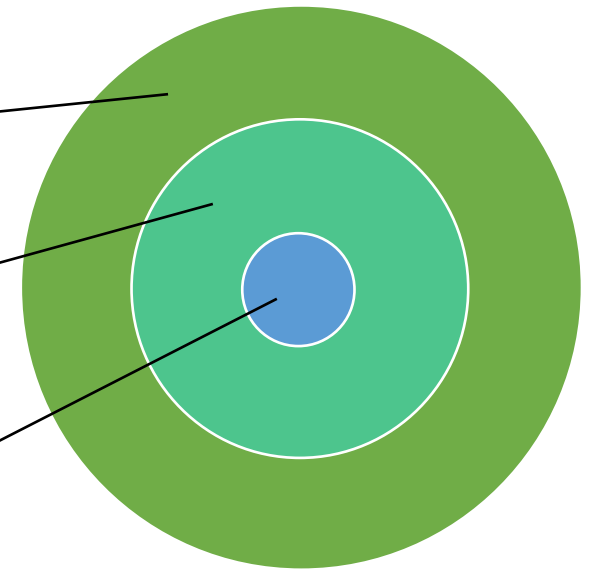
# What does health and wellbeing look like to The Wildlife Trusts?

Goal 3: Nature will be playing a more significant role in keeping people healthy and reducing health inequality; at least 30% more people will be participating regularly in outdoor activity in high quality accessible natural green and blue spaces near where they live

**Nature in recovery & functioning ecosystems:** doorstep access to biodiverse places, clean water, plentiful food, cooling spaces, safe air to breathe, protection from flooding.

**People thriving:** in connected communities where they have a say; schools that teach in and about nature, a job that contributes to a greener future, a high-quality home, wildlife-friendly places to walk and cycle along. And so, living pro-nature lives.

**Natural health service:** people turning to nature to calm minds, exercise bodies, preventing unnecessary ill-health; leaning less on the National Health Service .





# Ancient technology, superheroes & medical marvels!



5 March 2024

## London Wildlife Trust and ELFT Collaborate on Nature-Inspired Wellbeing Program for Young People



This is a new partnership project between London Wildlife Trust and East London NHS Foundation Trust, facilitated through Newham Children and Adolescent Mental Health Service (CAMHS).




...a safe, inclusive, and friendly space for young people to nurture their mental health through a variety of outdoor activities. These include wildlife identification, sensory activities, wellbeing walks, practical conservation, creative arts, bushcraft, and hands-on exploration of different habitats.




# The public health role of the environment sector


- As exemplars of best practice
- Delivering many outcomes government are seeking;




Mobilising communities and increasing access to green space




Increasing physical activity




Improving mental wellbeing and social connection




Improving local places for everyone



Increasing biodiversity, quality of green space and climate solutions



Advancing knowledge, engagement and skill development



Enabling quality volunteering

# The evidence so far...



**A Natural Health Service**  
Prescribing nature works - and is excellent value for money  
A summary of research carried out by University of Essex and Leeds Beckett University for The Wildlife Trusts

**“**  
It has stopped me living under a duvet all day  
**”**  
Wildlife Trust participant

**“**  
For every £1 invested in Wildlife Trusts' volunteering programmes, there is a **£8.50 social return.**  
Leeds Beckett University  
**”**

**“**  
It has helped my depression and agitation and helped me to wind down and make decisions about my life  
Wildlife Trust participant  
**”**

**“**  
I come every week and I don't like missing it for any reason... getting out in nature makes me feel like I've been born again  
Wildlife Trust volunteer  
**”**

**“**  
Since coming here I've managed to give up smoking - I was depressed... but now I really look forward to coming here  
Wildlife Trust volunteer  
**”**



**Social Return on Investment**  
analysis of the health and wellbeing impacts of **Wildlife Trust** programmes

Protecting **Wildlife** for the Future

# Wildlife Trusts programmes could save £100M per 1.2 million people

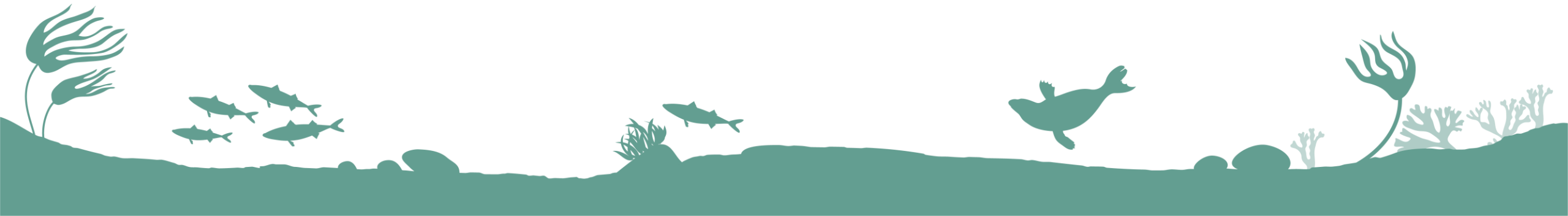


# How was the research carried out

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- Data collected Wildlife Trusts that collected running costs, health and wellbeing outcomes and tracking.
- Research into different approaches to capturing aspects of participants' health that would benefit the NHS.
- A literature / evidence review – existing studies and reports, the latest data and evidence sources.
- Apply the valuation of impacts on mental & physical health, loneliness & inactivity to each programme type
- Work out the costs of running each Wildlife Trusts programme
- Scaled the costs of running an individual local green prescribing project to the UK level.

\*\*Other benefits – to wildlife, individual residents not taking part, local neighbourhoods and the economy (through for example increased productivity) were not included.\*\*



# Detailed findings from the Economic Analysis

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- **Wild at Heart** (Sheffield and Rotherham) – a social group for adults which boosts wellbeing, develops new skills, and reduces isolation:
  - **£38,646** in reduced NHS costs associated with mental health conditions of 82 participants over a year.
- **Feed the Birds** (Shropshire) - once a week volunteer visits to enable connection with Wildlife, address social isolation and loneliness
  - **£15,460 per year** in healthcare cost savings of 57 people. If all participants completed 31-months , this rises to around **£102,440**.
- **Nature for Health** (Greater Manchester) one of seven national test and learn sites for Green Prescribing for Mental Health
  - **£44,475** reduced NHS costs associated with mental health conditions per year, equating to **£471 saving per participant**.
- **Wild Health** (Gwent) - provides opportunities for recreational, social, and work-based outdoor activities for physical and emotional well-being.
  - **£66,882** reduced NHS costs associated with mental health conditions per year, equating to **£471 saving per participant**.



Thanks to this project, individual X now has a care package in place, which wouldn't have been possible before because they were reluctant to allow anyone into their house.”



It's great outdoors – Green spaces clear minds and pave way for research

“Cost savings of £7,024 for reduced mental health treatment and £28,442 for the costs of treating mental health conditions that occur due to participants being economically inactive.”



# Findings from the Economic Analysis

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1. Nature prescribing programmes save the NHS money and cut reliance on their resources.
2. Larger savings and benefits if these programmes were delivered at scale UK.

*“It’s clear from our results that **green prescribing has the potential to deliver cost saving benefits to the NHS and ‘take weight out of the system’.**”*



# “THIS IS THE MOST IMPORTANT EVIDENCE I HAVE SEEN...”

.... I feel confused by the seeming lack of attention to this critical financial evidence by both commissioners and clinical leaders. This should be at the top of all of our list because it is better for us as clinicians”





Thanks,  
**nature**  
helped

The Wildlife  
Trusts

#NatureHelps

# Why? Because #NatureHelps

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- GPs and other health professionals are at the sharp end
- They hardly ever hear when things go *well* for patients!
- To hear - and tell - first-person stories and experiences
- Grow 'nature prescribing' so it is available everywhere
- So that nature recovers



# What you can do – thank you, diolch! [Nature Helps | The Wildlife Trusts](#)

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- Send a postcard!
- Share on your socials
- Feedback





## **Nature For Everyone Campaign**

Nature everywhere for everyone - putting a right to nature in law



# We need nature on our doorsteps



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Booking Now Open



# PLANNING THE FUTURE

A Very Special Member Meeting  
20th & 21st November 2024



**Thank you for joining**  
**Recording will be available soon**

