



University of
Southampton



Southampton *Voluntary* Services

Green Social



Prescribing



Toolkit



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Two participants at the allotment tying a net to a frame to grow peas up. Community Roots, photo taken by Wendy Redman



Community Roots participants in the polytunnel on the allotment preparing pumpkins grown on the allotment for cooking by scooping out the insides and chopping into small pieces. Community Roots, photo taken by Wendy Redman

Reflective Foreword

by Rob Kurn, Chief Executive Officer,
Southampton Voluntary Services (SVS)

This project has been a wonderful opportunity to further develop SVS', and the Voluntary and Community sectors' relationship with the University of Southampton. It demonstrates what can be achieved through collaboration and coproduction with a research institute.

The four collaborating organisations have been mentored and supported to design bespoke solutions to measure and demonstrate the impact they achieve through Green Social Prescribing. Through this, we hope they will be able to grow their offer.

Through this toolkit, we hope other organisations can be inspired to design and deploy creative and innovative approaches that powerfully illustrate the difference they are making to individuals and communities.

A big thanks to University of Southampton's Public Engagement with Research unit (PERu), the four collaborating organisations, and Researcher In-Residence, Dr. Marty Climenhaga, for making this possible.



A participant at the Community Roots allotment sieving soil onto a soil bed. Community Roots, photo taken by Wendy Redman



Presentation and zine making activity by Drawing on the Outside team discussing their work on GSP with the Lord Mayor of Southampton at the GSP Showcase event, May 2024
Credit: Alex Ivancevic.

Introduction

by Dr Ronda Gowland-Pryde, Public Engagement
with Research unit, University of Southampton

Through a series of case studies, this toolkit presents the learning journeys and findings of the collaborators who support Green Social Prescribing (GSP) interventions in different ways. From drawing outside, growing and cultivation in allotments, volunteering in garden centres to working in a city-based farm. Based on need around evidencing, each of the community collaborators were able to receive direct coaching via an In-Residence researcher.

The purpose: to further develop and test impact measurement tools and in doing so, better evidence the impact of their Green Social Prescribing interventions in nuanced ways which can also be helpful for future funding, resource, capacity building and advocacy.

What is Green Social Prescribing?

NHS England, (2024), defines Green Social Prescribing as ‘the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health’. Green Social Prescribing interventions have been utilised to address a number of challenges in order to reduce health inequalities and improve mental health outcomes.

Context: About In-Residence

Funded by the University of Southampton, the Green Social Prescribing project was established from initial scoping carried out as part of the In-Residence programme: an innovative partnership programme between Southampton

Voluntary Services and the Public Engagement with Research unit, at the University of Southampton.

Initiated during the early stages of the global health emergency, funded by the University of Southampton, In-Residence aimed to create a shared and embedded community of practice in collective engagement between the Community Voluntary Sector and the University of Southampton, to better understand, respond, and meet the needs and priorities of local communities for positive change and impact.

What Happened?

Led by Southampton Voluntary Services and the University of Southampton, over 14 months, the Green Social Prescribing project recruited a community-university researcher to provide local Green Social Prescribing interventions with direct support and coaching, supporting their learning and use of impact measurement tools. A call-out for community collaborators to submit an expression of interest was then advertised through Southampton Voluntary Services and networks. After receiving several expressions of interest, a meeting with all potential collaborators and partners was held to introduce and discuss the project. The meeting concluded with four groups/organisations confirming their interest and commitment.

Each of the community collaborators were awarded a bursary. The bursary enabled collaborators to receive additional learning time for leads, to meet with and engage in direct coaching, and to create additional resources aligned to the impact measurement tools (for example, Drawing on the Outside created a zine that participants could use as a qualitative tool). The Project was managed by the University's Civic, Community and Public Engagement Manager and the Community

Engagement Worker from Southampton Voluntary Services. Throughout the different stages, equitable collaboration was core to the central values of the project and truly reflective of need.

Summary of Deliverables/Outputs

- Recruitment of a Community-University Researcher;
- Call out and confirmation of GSP Community Collaborators;
- Delivery of project: support and direct coaching with GSP Researcher;
- Interim project meetings held at Southampton Voluntary Services, which included guest speakers working in social prescribing, New Forest National Park Authority and Hillier Garden Centres, identified by as helpful for collaborators, proving further opportunities for sharing their work and /or opportunities for collaboration with others;
- Meeting to discuss the programming and co-curation of the GSP Showcase event in May 2024;
- Roadshow showcase of GSP collaborators work. This included:
 - Community Roots with Southampton Voluntary Services at the Community Zone, Science and Engineering Day.
 - Representation of the GSP project at the Green Halo Conference;
- GSP Showcase event, opened by the Lord Mayor of Southampton, with over 35 people attending, including representatives from organisations such as Natural England;
- Creation of GSP toolkit in collaboration with partners.



Photograph depicts the team from Southampton City Farm explaining something funny that happened at their project. Image credit: Alex Ivancevic.



Photograph depicting two GSP Collaborators/ participants engaged in discussion about the programme at the GSP Showcase event in May 2024. Image credit: Alex Ivancevic

The Partners

Southampton Voluntary Services

Southampton Voluntary Services (SVS) is the sector support body for local voluntary and community groups working in Southampton. SVS provides a wide range of services, including specialist support, advice and training to their membership. They also provide and promote information on volunteering to individuals and organisations in the city. SVS manages several programmes including, SO:Linked, Healthwatch Southampton, Community Roots, Southampton Shopmobility and SO:Lotto.

Southampton Voluntary Services is housed in the Voluntary Action Centre, which is a purpose-built resource for the voluntary sector in Southampton. It is centrally located in Southampton, in Kingsland Square opposite Hoglands Park. It is within walking distance of the city centre and Southampton Central train station.

The Voluntary Action Centre's primary objective is to provide a focal point for voluntary activity in Southampton and is managed by Southampton Voluntary Services (SVS).

Public Engagement with Research unit

Part of the University of Southampton, the Public Engagement with Research unit (PERu) enables, connects and inspires high quality mutually beneficial engagement between the University and society. Our work is a key part of the University's Civic role working in partnership with different groups in areas from Education to the Environment.

Reflections

University of Southampton (UoS)

By In-Residence partner representative,
Dr Marty Climenhaga

It has been wonderful working with the collaborators, and other members of the Southampton Green Network. Developing the toolkit was a great opportunity for two-way learning, as every idea I introduced was expanded, condensed, turned on its head or otherwise improved by the unique perspectives of each of the participants. I've learned more from this project than I'd ever expected to and have gained a new perspective that I can bring to future work.

Southampton Voluntary Services (SVS)

By SVS In-Residence partner representative,
Alex Ivancevic

Working on the Green Social Prescribing project has been an incredibly positive experience for me. This project emerged as a reflection of the needs and priorities as identified and expressed by members of the Southampton Green Network, which SVS facilitates with the support of the members-led steering group. It was a perfect way to focus on the UoS and SVS In-Residence programme and deploy innovative ways to reach out and engage with organisations and groups in the voluntary/charity sector.

Successes

The project was a true success. I found the hands-on involvement of our collaborators especially inspirational and positive and their input invaluable. Essentially this project is a great example of co-produced work, learning, and capacity building all around. Personally, I feel I have learned a lot, and being involved in the project has resulted in my further professional and personal development. The co-produced showcase event held at the Sir James Matthew's building was a fantastic example of collaboration, meaningful engagement and innovation.

Challenges

Working with community groups and organisations will inevitably involve some challenges – or better said, learning opportunities. For a start, typically working in a genuinely co-productive way results in better outcomes but the process can be slower than when using some other approaches. In the case of the GSP project, there were several meetings where we discussed ideas and ways forward and what would work best for the participant organisations. This process inevitably took some time, but we were reassured and confident that everyone was fully on board and the needs and priorities of the participant organisations were not only taken into account, but indeed, met, respecting their way of working and valuing their own ideas and approaches to research.

Opportunities

The project itself was a valuable opportunity for four community organisations to get involved in a fully-funded piece of research which was very much relevant to their work, aims and objectives. Involvement of the beneficiaries of these organisations was also a valuable aspect of the project. For me this was a wonderful opportunity to use my knowledge and skills to help make closer links between the UoS and the voluntary sector, working with colleagues from PERu to foster and build mutual trust, respect and relationships. The Green Social Prescribing project serves as an example of good working practices and meaningful engagement.

Learning

The Green Social Prescribing project, which emerged as a result of the In-Residence programme has made a significant positive difference to the participant organisations, and their beneficiaries, too. The benefit was clear from the beginning. The project was based on the principles and ethos of co-production, collaboration and mutual respect and learning. From the very start the project created the conditions for the participant organisations to feel the community based lived-experiences and ways of working were fully respected and supported. Everyone was patently aware that these lived experiences are extremely valuable and that throughout the project these genuine, real, community voices were expressed and respected. This was clearly a refreshing way to engage and work together collaboratively, in unison with each other. It was also endearing to see the positive interaction between the four organisation themselves – there was all-around knowledge exchange and I believe everyone involved in the project has a strong sense of learning and being enriched.

My In-Residence work has been a wholly enriching experience. I feel I have grown both professionally and personally through the project. It was wonderful to witness first hand, and be involved in building closer connections between SVS and UoS. This led to more effective engagement work with the voluntary sector. This way of partnership working has proved its value for all participants and I do hope and trust more meaningful, innovative engagement will take place in the months and years ahead. I am wholly aware that my contribution would not be as productive were it not for the support I received from both SVS and UoS – but particularly from the PERu Team (UoS) who have all been wonderfully supportive - and especially Dr Ronda Gowland-Pryde who has been a guide, mentor, colleague, and friend, and provided me her invaluable support all along.

The In-Residence programme has demonstrated its value as an excellent example of collaborative partnership-work that benefits all. I feel fortunate and privileged to have been a part of it. It's wonderful to see the positive difference it has already made.



Two participants at Community Roots allotment working together to build a wooden frame to grow beans up. Community Roots, photo taken by Wendy Redman



Presentation and discussion about their work with the Plants for People team at the GSP Showcase event, May 2024. Image credit: Alex Ivancevic.



Collaborators' Case Studies



City Farm

Southampton City Farm is a charity that focuses on transforming communities through outdoor education, alternative provision, and volunteering opportunities. The farm supports a range of people and we strive to work inclusively, to empower individuals and to provide a shared and supportive environment for everyone to grow. Our projects offer opportunities for people with physical or mental disabilities, mental health challenges, the elderly and those in receipt of benefits or on low incomes, to contribute and participate in our city farm.

The opportunity to volunteer, work and contribute to the farm provides a sense of wellbeing and satisfaction to everyone who takes part. We continue to empower people to realise their potential and go on to paid employment or maintain independent living skills. We also offer young carers and adult carers an opportunity to enjoy the farm and have a break from their caring responsibilities. One of our volunteers has gone as far as to say “I wouldn’t be here if it wasn’t for the farm”. The growing community that we support is constantly evolving, which brings renewed energy to all of our projects and fosters a greater sense of ownership, passion and consideration for others.

Oasis Southampton City Farm
Green Lane, Southampton, SO16 9FQ
www.Southamptoncityfarm.com
02380 522 706



Impact Evaluation Tool

The 'Short – Warwick Edinburgh Mental Wellbeing Score' (SWEMWBS) is a validated wellbeing measurement tool developed jointly by the Universities of Warwick and Edinburgh. It consists of a series of wellbeing questions for participants to answer, at two timepoints (usually the beginning and end of a project). It requires a license to use, but the license is free of charge to non-profit organisations and similar groups that register at the website (see References section).

The 7 SWEMWBS Questions:

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling close to other people
- I've been able to make up my own mind about things

Participants give answers on a score of 1-5, where:

- 1 = None of the time
- 2 = Rarely
- 3 = Some of the time
- 4 = Often
- 5 = All of the time

Why did you choose it and what was your process for developing it?

We chose the SWEMWBS because we'd found that we had lots of data in the form of written impacts and stories, but not enough quantitative data that we could show to potential funders or referrers. We had begun using the full-length (14 question) WEMWBS on an earlier grant, and after the close of that funding we decided to adapt it for this project.

The WEMWBS licence includes access to online templates and a spreadsheet for inputting the scores. We initially used those as provided, but over the course of this project we worked with the researcher to adapt the spreadsheet to make it simpler to use and more relevant to our specific situation.

Top Tips for using the tool

The SWEMWBS is perfect for places that have regular volunteers over a long stretch of time, where volunteers are willing and able to answer a questionnaire upon joining and then again after being involved with the project. City Farm has an online registration form for all new volunteers, and we incorporated the SWEMWBS questions into that. We can then send the same link out to our volunteers at 3 or 6 month intervals via our normal communication channels (we use a WhatsApp group) and ask people to answer the SWEMWBS questions again. We then have the two time points needed for the evaluation.

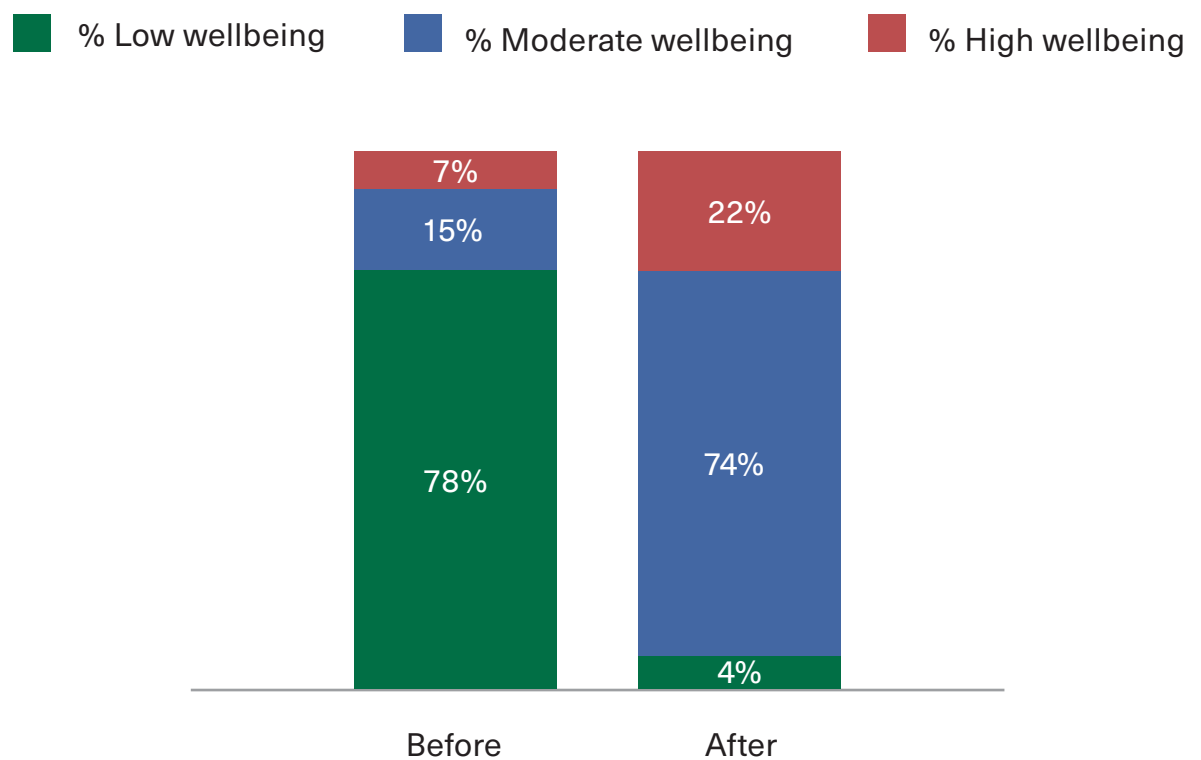
The tool may not be appropriate for drop-in style groups that don't have regular communications with their volunteers, or in cases where new volunteers are reluctant to fill out survey questions upon joining.

Outcomes from your evaluation

The following tables and graphs show the compiled results from 27 participants upon joining and after 3 months volunteering.



Proportions of wellbeing before & after Intervention



See pg 37 for a long description of these graphs

Community Roots

The Community Roots allotment project offers supported volunteering opportunities to adults living within Southampton who are recovering from alcohol or substance misuse, or managing mental health conditions such as depression and anxiety.

The allotment is a calm, peaceful place to escape the distractions of everyday life, yet just a short distance from Southampton city centre. It offers an opportunity to get some fresh air and exercise while learning new skills and developing existing ones. Through the project, participants meet new people and work as a team to grow, cook, and eat fresh produce. This, in turn, improves self-esteem and confidence.

Community Roots
[www.southamptonvs.org.uk/
projects/community-roots/](http://www.southamptonvs.org.uk/projects/community-roots/)
02380 216014



Impact Evaluation Tool

For the project we created a bespoke Head, Hand, Heart photo evaluation tool. The tool uses photos taken while participating in activity at the allotment to illustrate an individual's thoughts and feelings. The photos are accompanied by comments linked to what they have learnt, experienced, and felt mentally and physically. It can be used as a one-off evaluation or repeated on a regular basis to record a participant's journey. Completing the proforma is designed to be done throughout a session, taking photos as things happen and adding comments on sticky notes as they occur. Large versions of the three elements are up in the communal polytunnel for reference and sticky notes are available.

Why did you choose it and what was your process for developing it?

We wanted to create something that would not be too daunting for the target audience of the project; something that reflects how we naturally record our lives today and has become part of everyday life: taking and sharing photos. This would be accessible to all participants, regardless of the challenges they were facing, and would be an integral part of project participation rather than an add-on.

The idea was sparked when one of the participants was taking photos to send to her family, with whom she had lost contact as a consequence of her addiction. Through the allotment project she'd developed a love of gardening, and this had provided a bridge to reconnect with her family, as she was able to show them the positive steps forward she was taking. This made us think about how our lives are often shared through photos, and we decided to take this familiar activity and incorporate it into an evaluation tool. It offers an alternative to questionnaire-style evaluation, which can be daunting for some participants as the nature of questions can make people think there is a right or wrong answer.

To create it we looked at various evaluation toolkits already created, and condensed the concepts into 3 elements of focus:

Head – thinking and learning, whether knowledge or skill;
Hand – physical activity and doing;
Heart – the social elements of connecting with others and giving something back.

Top Tips for using the tool

This tool can be used with all groups with access to a camera (e.g., smartphone), and can be easily anonymised by not including faces in the photos. It can be used by participants who come to a project as a one-off or with people who regularly engage.

Outcomes from your evaluation

The tool has been easy to use and encouraged participants to share how they feel and what they are gaining from being part of the project. Individuals have willingly shared what they are getting out of the activity, and this is becoming a natural part of informal chat as they work.

For many participants, physical activity was something that they did not take part in regularly, but they recognised as being important and good for them. The social element came out strongly too, as being something they gained from coming to sessions with the atmosphere at the allotment being described as welcoming. Participants enjoyed taking photos and it became an integral part of the sessions. Photos taken were shared further on than the evaluation tool, often sent to family and friends.



A display of produce grown on the Community Roots allotment including baskets containing courgettes, runner beans, tomatoes, and cucumbers. Community Roots, photo taken by Wendy Redman



The Community Roots allotment with 3 raised beds, 3 dug beds, and a polytunnel. Community Roots, photo taken by Wendy Redman



Presentation by Community Roots of their GSP journey and outcomes, during the GSP Showcase event in May 2024. Image credit: Alex Ivancevic

Drawing on the Outside

Drawing on the Outside is a programme of making sessions for adult men experiencing social isolation. It provides a space to get together, make stuff, draw and reconnect with our green outdoor spaces. The project was originally conceived by artist sarah filmer in response to producer Katie Daley-Yates' public art programme for Riverside Park, Southampton.

The group has been meeting in and around Riverside Park since September 2022, producing work in outdoor locations and community spaces using pencil, charcoal, home-made oak gall ink, pencil crayon, felt tips, coloured inks, printmaking and cyanotype process.

The work the group has produced has come together for exhibitions in locations including October Books in Portswood and God's House Tower in the Old Town of Southampton. Most recently the group have produced a series of murals for the windows of Swaythling Train Station.

sarah filmer
www.sarahfilmer.com
Katie Daley-Yates
www.hostproductions.org.uk

Impact Evaluation Tool

We brought participants together in an evaluation workshop where each participant, and organisers, created a 'zine'. In developing the zine-making workshop, we incorporated elements of 'Domains of Social Prescribing Outcomes', '5 Ways to Wellbeing' and the 'H-Han Wellbeing Wheel and Questions'.

Why did you choose it and what was your process for developing it?

We chose the co-production of a creative output as our evaluation tool, partly because we had not taken baseline data at the start of our project. We also felt that this method offered more opportunity for it to be bespoke and holistic, rather than trying to fit our project into a particular evaluation method based around measuring wellbeing.

Our decision to not take baseline data or ask for personal information was a key part of our engagement strategy with the men. We were concerned that asking questions and requiring the men to fill out forms and tell us how they were feeling before we had got to know them might create barriers to them joining the project. Our focus was on helping the men feel comfortable and building a relationship with them. We didn't want them to feel like they were being analysed or subjects within an art project, so right from the start we have been very careful about not photographing participants or asking questions that might make them feel observed or studied. We are part of the project with the men drawing together, but also making decisions about the project including how we evaluate it.

Zine Making Evaluation Session, held on Tuesday 9 January 2024

1. We reviewed all the literature and existing wellbeing surveys that had been supplied at the start of the Green Social Prescribing Project.
2. We chose the Case Study approach as our main framework, but also decided to incorporate 'Domains of Social Prescribing Outcomes', '5 Ways to Wellbeing' and the 'H-Han Wellbeing Wheel and Questions' into our evaluation session with the men to see how they responded.
3. We looked at our original funding applications where we had identified some possible outcomes for our project, which were:
 - Skills development (in 4 areas – creative, organisation, financial, communication)
 - Confidence building
 - Pride in self and wider community
 - Friendships, isolation, and participation in community

4. Taking the outcomes from the funding application we wrote these onto slips of paper to form prompts for our discussion with the men at our evaluation session. These included:
 - Your own creativity
 - Contributing to your local area
 - Experience of green space
 - Outcomes group & individual
 - Confidence & pride
 - Developing friendships
5. We gathered basic creative materials together so that with the men we could each make our own zine expressing our thoughts on the 6 topics / themes listed above.
6. The zine evaluation session lasted 4 hours.
7. We took it in turns to select one of the 6 topics / themes out of a hat, which helped to prompt and keep the conversation flowing.
8. The session was left very open/free so that the men could verbally or visually express themselves – the zine also allowed text or pictorial representation.
9. We also set up a recording to capture the conversation in the session.
10. At the end of the session, we had each created a zine which was a personal reflection of Drawing on the Outside.

Top Tips for using the tool

A group creative output approach can provide an in-depth understanding of a project. The process can incorporate different methods but mostly utilises qualitative data. It enables seeing a project from different perspectives, drawing feedback and data from different sources such as participants, staff, members of the public and stakeholders. The approach also allows individual participants to tell their stories in their own words, to show the impact a project can have on an individual.

The bespoke nature of this approach means there is no standardised or quantitative data, which can make it more difficult to collate aggregate data. Its advantage, however, is that it provides an alternative and potentially very powerful way to capture impact in situations where taking baseline data would put off potential participants, and where participants are not keen on answering questions about wellbeing.

Outcomes from your evaluation

The group enjoyed making the zines. If we had not been engaged in a making activity there would not have been so much conversation. It provided a focus and prompt for discussion.

The topics 'Developing Friendships' and 'Outcomes – Group & Individual' sparked the most conversation amongst the group. The other topics didn't fire up much conversation despite us trying to bring the group back to focus through gentle facilitation. This has been a continuing observation. The men will only turn up and engage if they want to. They are quite clear what they are interested in doing and talking about. It's about gently following them and responding to what they want to do.

Responses from the men to the topic 'Developing Friendships' included:

- "It takes a long time to get to know people, so when you have an activity to do together it helps to breakdown the awkwardness around getting to know people"
- "Having an activity gives you a reason to spend time together"
- "Men need a task to connect with each other ..."

We identified many 'Outcomes – Group & Individual' some of these included:

- Two exhibitions one at October Books and one at God's House Tower.
- A series of public murals at Swaythling Train Station.
- Most of our regular men now are in contact with each other independent of our facilitation.
- One man has gone on to become part of the visual art group Zing.
- One man is now leading his own art sessions at October Books.
- One man has achieved his own solo exhibition at Southampton Art Gallery

We provided some wellbeing charts and surveys at the workshop but the men were not very interested in discussing these. A lot of men told us that they wouldn't have wanted to fill out surveys on their first session.

Some of the zines reflected the conversation, but others didn't. We wanted the men to feel that they could put what they wanted into the zine. Some of the men are very chatty and are happy to share their thoughts, feelings and opinions but others aren't and they are very quiet. The process of the zine allows the men to share what they want.

Some of our regular men weren't able to attend our evaluation session. We did approach these men to see if they wanted to make the zine independently and we provided the topics. None of these men ended up making a zine. The group situation with our gentle facilitation plays an important part in the men being able to engage and participate.

Plants for People

The Plants for People project is an initiative between Mayfield Garden Centre, Southampton City Council and the National Lottery (Reaching Communities Fund) combining community development work with gardening to make a lasting difference to people living on social housing estates in Southampton.

It is a community development-focused gardening initiative to improve open spaces, community connections and positive wellbeing in communities. We create safe spaces to grow, learn and get to know your neighbours, to reduce isolation and improve integration. We offer free, open access gardening sessions across the city in one of our 7 gardens/growing spaces for the community, residents, and other groups/charities. The project and participants feel they have greater investment and control over their neighbourhoods. With our expertise and support this enables people to form constituted sustainable gardening groups, creating a domino effect of improving their social networks, rebuilding confidence, restoring their sense of worth, and improving their mental and physical wellbeing.

Plants for People was a project of
Mayfield Garden Centre
www.mayfieldgardencentre.org.uk
023 8044 7743



Impact Evaluation Tool

We were using a bimonthly monitoring form that asked participants to rate their experience of the project in a number of areas related to wellbeing and skills development. This gave us a blend of quantitative and qualitative data. We worked with the researcher to add or modify some questions to more closely map to the domains of NEF's 5 Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning, Give). This helped to ensure that the data we were collecting was reflective of the aims of the project. The 11 questions on the form can be filled out in a number scoring section (1–10) with free text space for participants to express their feelings or stories as they wish.

Why did you choose it and what was your process for developing it?

We elected to adapt our existing monitoring form as the bimonthly evaluation sessions were already working well for participants. The data we collect has now been strengthened, as it offers participants a way of evaluating their individual experiences and in turn the project outcomes, including improvements.

We held a focus group to trial the new style form, which helped our understanding of why we had amended it and the positives behind it.

Top Tips for using the tool

Plants For People made the monitoring forms available online. Paper copies were also handed out at the end of a session for participants to fill out on-the-spot, or take home and return.

The monitoring form could be used by any community groups looking for a blend of quantitative and qualitative data. In particular, due to our client base (some learning supported clients) we now feel it is more user friendly.

It can be used for projects that run on a drop-in basis as well as longer-term, as it does not require two timepoints for each participant.

Outcomes from your evaluation

Feedback Form

Date:

Name (optional):

Activities Today:

Item	Please rate 1–10 (10: awesome)	Comments
Enjoyment		
Favourite Thing About The Group		
Making Friends / Social		
Chances to Give or Receive (Help/Advice/Kindness)		
Noticing Nature		
Learning New Skills		
Being Active		
Confidence / Self- Esteem / Optimism Improved?		
What Are You Getting Out Of It?		
Health / Safety Awareness		
Suggestions On Project Improvement		



Drawing on the Outside team engaged in discussion about their work with a participant at the GSP Showcase event, May 2024. Image credit: Alex Ivancevic



Community Roots participant holding a bunch of red radishes over a raised bed. Community Roots, photo taken by Wendy Redman



Appendix A



Head, Heart, Hand Evaluation Tool developed and used by Wendy Redman Community Roots

 HEAD Thinking Connect + Keep Learning Have you learnt something new today? Strongly Agree, Agree, Neither, Disagree, Strongly Disagree	 HAND Doing Be active + Connect Were you more physically active than you would be on an average day? Strongly Agree, Agree, Neither, Disagree, Strongly Disagree	 HEART Feeling Connect + Take notice + Give Was today more sociable for you than an average day? Today's activity has made me feel more relaxed and enhanced my mood. Strongly Agree, Agree, Neither, Disagree, Strongly Disagree
Add photo	Add photo	Add photo
Add comments	Add comments	Add comments
I've been feeling useful. I've been feeling useful. I've been feeling interested in other people. I've had energy to spare. I've been dealing with problems well. I've been thinking clearly. I've been feeling good about myself. I've been feeling close to other people. 1. none of the time 2. rarely 3. some of the time 4. often 5.all of the time		

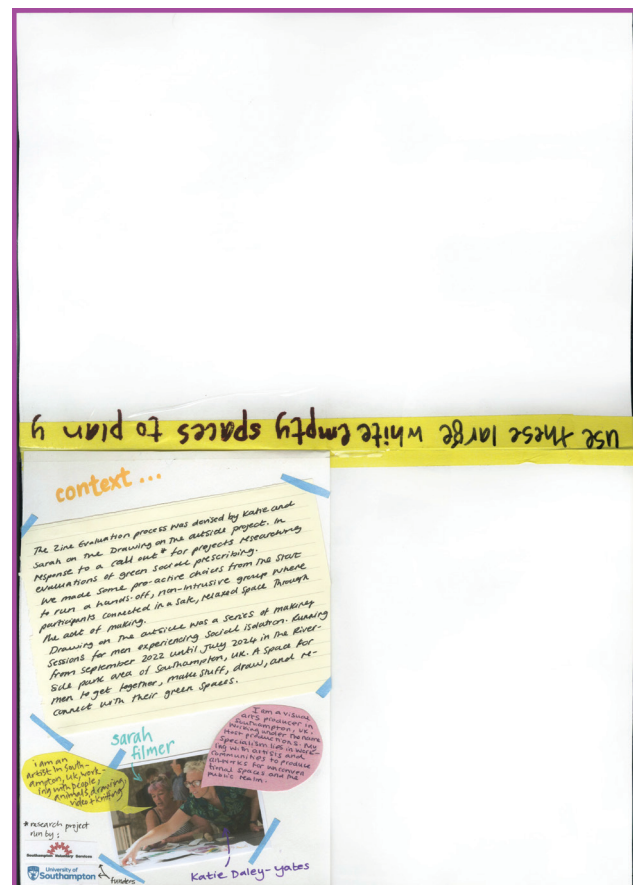
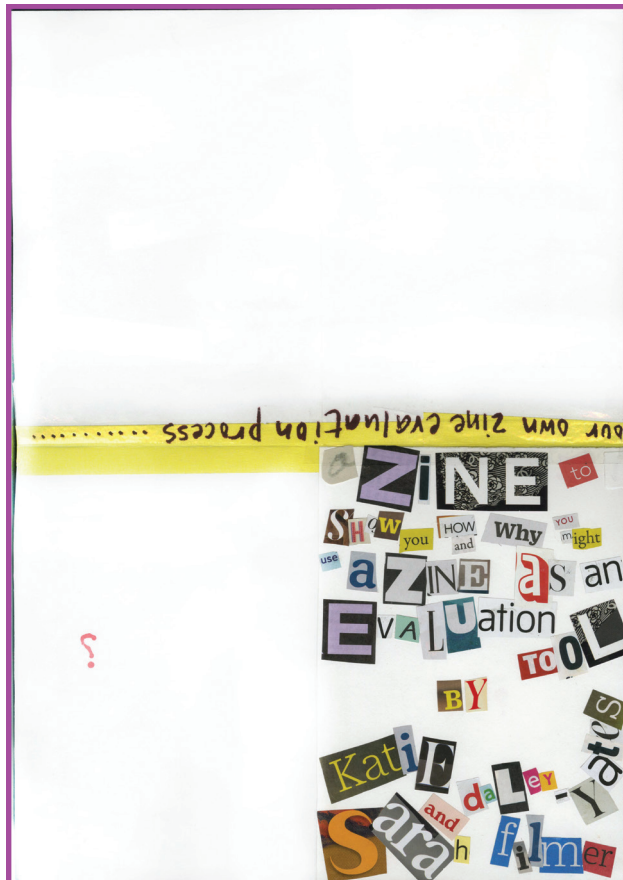
W Redman Dec 2023



Appendix B



Drawing on the Outside – Zine



Links to More Resources

Alford, S. (2023). *Green Social Prescribing Toolkit*. National Academy of Social Prescribing. Version 1.0. Produced in partnership with the 7 Green Social Prescribing Test and Learn sites. Available from: www.socialprescribingacademy.org.uk/media/3ozd3tv2/nhs-green-social-prescribing-toolkit.pdf (Accessed: 7 September 2023).

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Appendix C – Long descriptions of images

Long description

Bar graph showing proportions of well being before and after intervention.

Before:

78% Low wellbeing.

15% Moderate wellbeing.

7% High wellbeing.

After:

4% Low wellbeing.

74% Moderate wellbeing.

22% High wellbeing.

Acknowledgement and Thanks

With thanks to all partners, collaborators and supporters

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The In-Residence programme, between the University of Southampton and Southampton Voluntary Services, aimed to provide a better understanding of the impact of Green Social Prescribing on health and social outcomes for people who took part in green activity in a variety of different and innovative ways.

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