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**Greenspace Project Overview**

Wellness in Mind’s Greenspace Project is offering an 8-week rolling programme of outdoor nature-based activities to improve physical health and mental well-being for people in need of mental health support in Nottingham.

Activities include: - Gardening

* Outdoor Cooking
* Mindfulness
* Walks
* Arts and Crafts
* Wildlife and Nature Photography

Spending time outdoors and connecting with nature can improve our mood, attention and focus and reduce the feelings of stress and anxiety. This programme aims to improve health and well-being through a variety of activities encouraging participants to take small, manageable steps to move themselves forward in their lives based on what is important to them.

Come along, meet new people, enjoy the outdoors and find out what nature can do for you.

The sessions will usually take place at: St Ann’s Allotment

121 Ransom Road,  
Nottingham   
NG3 3LH

**Referral Criteria**

**Severe Mental Illness Pathway**

Individuals who are 18+ and living in Nottingham City or registered to a GP in Nottingham City and are struggling with long term or severe mental health issues and those utilising secondary mental health services.

**Neurodiversity Pathway**

Individuals who are 18+ and living in Nottingham City or registered to a GP in Nottingham City and have a neurodiversity diagnosis or who are awaiting assessment or are currently accessing support around neurodiversity.

**Wellness in Mind - Greenspace Referral Form**

**To help us tailor our recommendations and support, please complete all the information requested**

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| **Today’s date:** | **Name:**  **Date of birth:** |
| **Address:**  **Post code:** | **Telephone Number:**  **Email Address:**  **First language:**  Translator required? Yes / No |
| **How do you prefer to be contacted?**  Text / Phone / Either | **What is your preferred language?** |
| **Referrer Details:**  Name:  Organisation:  Role:  Contact Details (phone number and email) | |
| **Emergency contact details (**Name, Relationship, Phone Number and Email) **:** | |
| **Risks to you or to others – brief details** | |
| **Are you barred or temporarily excluded from any services? If yes, please give brief details.**  We ask this to make sure we are recommending appropriate support that you are able to access. | **May we contact you for feedback after your support with us ends? This will usually be within 4 weeks after sign off.**  **Yes / No**  We ask for feedback to understand the impact of our support, and to try and improve the support we offer. |
| **NCVS are leading Greenspace and collecting information about the impact of green social prescribing on participants. Please sign below to confirm you are aware that by participating in this activity, you will be part of the Green Space evaluation and NCVS will have access to this data. Please ask if you require more information.**  **Name;**  **Signature: Date:** | |

Please complete all pages of referral form

**Monitoring Information** *Please complete in full*

|  |  |
| --- | --- |
| **Gender** | **Sexuality** |
| **Ethnicity** | **Religion** |
| **Student Yes / No** | **Is the client pregnant or have they given birth in the last 12 months?**  **Yes / No** |
| **Carer Yes /No** |
| **Do you consider yourself to have a disability? Yes /No**  **If ‘Yes’, put an ‘X’ by all that apply:** | |
| ☐Hearing Impairment  ☐Long term illness  ☐Mental health | ☐Physical or Mobility  ☐Visual impairment  ☐Learning difficulties |

**Support**

|  |  |
| --- | --- |
| **Registered GP practice (Name, Address and Telephone Number):**  ☐Tick if not registered with a GP | |
| **Current support network (professionals, community or family / friends):** | |
| **Do you have an active care/support plan in place? Yes / No**  If yes, please outline what it involves: | |
| **Details of any mental health diagnosis:** | **Any medications taken:** |
| **Details of any other conditions or co-occurring disorders** (e.g. anxiety, sensory processing issues, learning disabilities) | |
| **We are running 2 different groups, which group are you interested in joining?**  Severe Mental Illness / Neurodiversity | |
| **Greenspace Mental Health Levels ensure people are accessing services with appropriate support for their needs. Which level of support do you need? Please see notes at the end of this referral form for more information.**  **Level 1, 2, 3 or 4?** | |

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| **Self Assessment:**  *We ask these questions to get an understanding of your feelings about your life right now. We will never share your individual responses to these questions.*  **Overall, I am satisfied with my life.**  **0 1 2 3 4 5 6 7 8 9 10**  *Not at all satisfied Completely satisfied*  **Overall, what I do in my life is worthwhile.**  **0 1 2 3 4 5 6 7 8 9 10**  *Not at all worthwhile Completely worthwhile*  **I felt happy yesterday.**  **0 1 2 3 4 5 6 7 8 9 10**  *Not at all happy Completely happy*  **I was not anxious yesterday.**  **0 1 2 3 4 5 6 7 8 9 10**  *Completely anxious Not at all anxious* |
| **Do you have any immediate concerns about your well-being?** (e.g. anxiety, mood, stress)  **Yes / No**  **If Yes, please give details** |
| **Special needs or requirements** (please include information that may be useful including any allergies or dietary requirements, sensory sensitivities, mobility needs, behavioural issues including triggers and coping strategies, social interaction preferences and any other specific accommodations required): |
| **Wellness in Mind’s Greenspace programmes offer a range of nature-based activities. What sort of nature-based activities are you interested in? Please Circle.**  Gardening Outdoor Cooking Arts and Crafts Nature Photography  Walking Mindfulness Conservation Wildlife Watching |
| **Agreement to Participate in the Wellness in Mind Greenspace Programme:**  I consent to participate in the Wellness in Mind Greenspace Programme:  Name:  Signature: Date: |
| **Referral taken by: Date:** |

Send completed form to [info@wellnessinmind.org](mailto:info@wellnessinmind.org). If emailing from an external address please send as an encrypted message**.**

**Mental Health Support Levels Explained**

Level 1:

* You are seeing your GP about your mental health or are having some support from a health worker or social prescriber
* You feel lonely, you have a low mood and/or lack of motivation/structure/routine
* You are experiencing symptoms of anxiety and/or mild depression
* Your mood/feelings are having a negative effect on your wellbeing.

Level 2:

* You are currently getting support from your GP and receiving psychological therapies, such as cognitive behavioural therapy (CBT) or counselling
* You are taking short term medication and/or under ongoing monitoring, and this support is helping you to manage your mental health
* You feel a ‘Green Buddy’ would help you to go along to the first couple of sessions and to help you settle in
* You need specific sessions are designed to include more support or have a specific focus on wellbeing
* You would benefit from a volunteer to help you or work alongside you during the sessions to help you feel more comfortable and at ease in the group
* You have identified recovery goals with your health care professional that you can work towards during the activity

Level 3:

* You have complex needs and need more than one area of support, including specialists and local mental health team
* You need support to take part in sessions (if you have a support worker then they can attend with you)
* You need a short-term programme of activity, or a package tailored to meet your individual needs
* You need support from a team that specialises in working with people who have long-term and/or complex mental ill health

Level 4:

* You are experiencing an acute mental health crisis which requires you to receive inpatient or intensive crisis team support OR You have a long-term serious mental illness, and you need regular care and support
* You need an activity in a hospital-based location, such as a hospital community garden or therapy garden
* You need an activity provided by a specialist team that will make sure you get the help and support you need to get the most out of the sessions (this might include doctors and nurses and other people who have expertise in working with people with a range of complex mental health needs, both long-term and acute)