



Community
Woodlands
Association

COMMUNITY WOODLANDS ASSOCIATION

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ENTERPRISING WOODS HIGHLAND

Health in Woods Proposal

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1. INTRODUCTION

“Being out there and seeing the hills covered in snow, and walking and talking to the staff has rescued me from a bout of depression more than once.”

SJ, Birchwood Highland and Newcraigs Forest School participant 2011

Community woodlands provide an ideal opportunity for healthy and health improvement activities. Some community woodland groups are already providing activities in this field including Abriachan Forest Trust’s work with NHS Highland – Birchwood Highland and Newcraigs and Dunnet Forestry Trust’s work with the Health and Happiness charity.

The CWA Employability Services project supports around 10 highland based CWA members with regards to developing social enterprise and employability opportunities. There are 3 key themes emerging from the project with will be developed through the Enterprising Woods project. They are

- Growing Woodlands
- Health in Woods
- Wood Products and Skills.

This proposal concentrates on capturing and developing models of working with people suffering from poor mental health. Many of the groups involved in the Employability Services project are already working in partnership with others to provide positive experiences for those with poor mental and/ or physical health. Abriachan Forest Trust is developing a proposal to support people with dementia and other health based training in partnership with the NHS Highland and Scottish Natural Heritage.

This proposal will provide strategic and high level support with other agencies on behalf of the woodland groups, explore options, offer training, support experience and write up models for the future.

2. AIMS AND OBJECTIVES

The Enterprising Woods Highland – Health in Woods proposal aims to:

- Share skills between community woodland groups and strengthen the range of activities for people with poor health
- Run training in working with people with poor mental and/or physical health
- Produce a guide to different models of improving health activities within community woodlands
- Support groups to develop business plans and proposals
- Increase knowledge levels and create a peer support network

3. PROJECT DETAILS

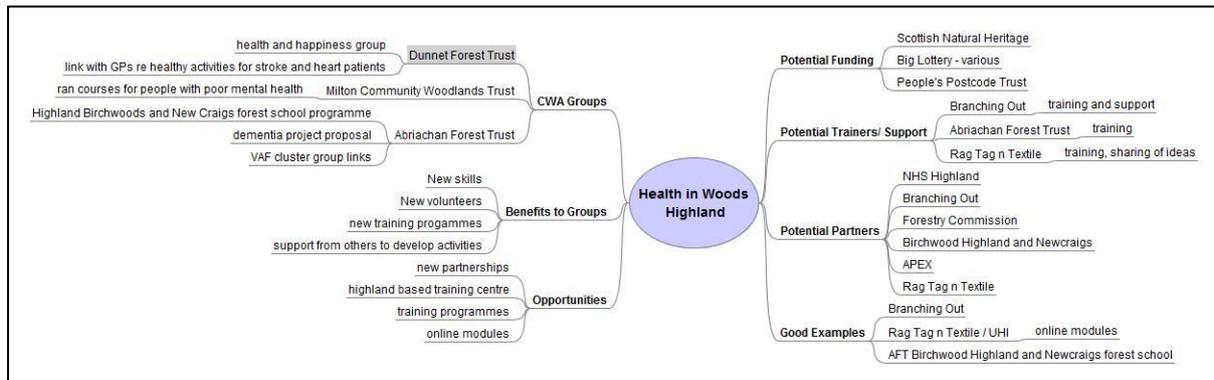
The project will facilitate networking, support and development of health related activities in community woodlands. This will be done via the following activities:

- A seminar to introduce the project to community woodland groups, share current practice and develop ideas
- Training by Abriachan Forest Trust and relevant partners/ other projects eg Rag Tag n Textile for community woodland groups and potential partners
- Branching Out training course or similar pilot run in highland
- Liaising with partners and agencies eg NHS on behalf of the groups

- Production of manual(s)/ guidance of activities suitable for working with people with poor mental and/or physical health in community woodlands
- Development of a peer support network.

4. STRUCTURE AND OPERATION

The diagram below outlines key stakeholders and the range and potential scope of the project.



The proposal will be facilitated and coordinated by CWA through the Enterprising Woods project.

5. OUTCOMES

5.1 Social

This proposal will:-

- Bring groups and sector experts together
- Increase confidence in groups regarding running activities for people with poor mental and/or physical health
- Increase skills
- Models and examples for others to use and adapt

The wider impacts are likely to include the above and:-

- Ongoing development
- A network of peer support

5.2 Environmental

This proposal will:-

- Increase access to the outdoors for people with poor mental and/or physical health
- Increase skills across community woodland groups and improve their sustainability

5.3 Economic

A Social Return on Investment analysis of a woodland based mental health project in Tayside found that “every £1 invested in the Woods for Health Pilot generated around £9 of benefits”, Greenspace Scotland. NHS Greater Glasgow and Clyde Trust has recently been tendering many contracts, similar in type and aspiration to some of the objectives of the AFT health and outdoor learning project proposal. It is anticipated that this type of contract may be applicable to future work in the NHS Highland Trust area (further information on recent contracts is in Appendix 8.1)

This proposal will:-

- Support the development of skills which can be used with volunteers, long term unemployed and people with poor mental or physical health
- Increase community capacity
- Increase ability to tender for health service related contracts

The wider impacts are likely to include the above and potentially:-

- Jobs and employability training

6. MARKET RESEARCH

6.1 Strategic Fit

This proposal fits objectives of both national and local strategies including:

- Delivering for Mental Health, 2006
- Mental Health Strategy for Scotland, 2012-2015
- Healthy Working Lives: A Plan for Action, 2005
- The Highland Council Single Outcome Agreement
- Forestry Commission Scotland, Woods for Health Strategy, 2009
- Scottish Natural Heritage, Health - developing the contribution of the natural heritage to a healthier Scotland, 2009

6.2 Existing Resources

Rag Tag n Textile and North Highland College developed online training modules aimed at More Choices, More Chances learners for SQA Access level 1 to Intermediate level 1 and cover arts & crafts and life skills (see appendix 8.2 for a full list).

6.3 Existing Organisations

There are a number of groups and organisations now focusing on activities based in and around woodlands to improve health including:-

- Branching Out
- Abriachan Forest Trust
- Coed Lleol, Wales - Aber Active Woods programme of woodland health and wellbeing activities in and around Aberystwyth

7. COST ANALYSIS

The Enterprising Woods project provides grant funding for CWA to provide a part time Development Officer to support the Health in Woods Highland project. There is also a budget to cover training, workshops and events plus participants travel. This funding is however limited and it is anticipated that further funds will be sought if required (although this will take time as it is likely to involve applying to grants and trusts with different timescales).

Each community group project will have its own costs associated with developing their growing woodlands project and a number of potential funders are identified in the diagram in section 4. This list is not exhaustive or guaranteed.

8. APPENDICES

8.1 NHS Greater Glasgow and Clyde Contracts

NHS Greater Glasgow and Clyde Trust has recently been tendering many contracts, similar in type and aspiration to some of the objectives of the AFT health and outdoor learning project proposal. These include:

Environmental and Greenspace Activity

This service specification relates to the purchase of an Environmental service model for people who currently access mental health services in Greater Glasgow and Clyde area and have the aspiration to explore a range of meaningful day activity and employability opportunities. Physical activities such as walking, gardening and exercise to help lift the individuals mood, reduce stress, provide purpose and meaning, and reduce vulnerability to depression. These simple activities can develop motivation and raise self-esteem, while contact with other people can reduce isolation, provide support and help improve social skills. Good food and nutrition also positively impact on mental as well as physical health. A greener, more active lifestyle aids positive changes to our mental health.

Estimated total value: £58.5k

Contract awarded to: The Wise Group, 20/03/12

Arts and Wellbeing Service Model

This tender opportunity relates to the purchase of an Arts and Wellbeing service model for people who currently access mental health services in Greater Glasgow and Clyde area and have the aspiration to explore a range of meaningful day activity and employability opportunities. Many people with mental health problems report the positive wellbeing impact of arts attendance including enjoyment, feeling of creativity, sense of community and escapism. People with mental health problems therefore often use the arts to enhance and maintain their recovery and recognise its role in enhancing the wellbeing of others.

Estimated total value: £58.5k

Contract awarded to: The Coach House Trust, 20/03/12

Clubhouse Model

This service specification relates to the purchase of a Clubhouse service model for people who currently access mental health services in Greater Glasgow and Clyde area and have the aspiration to explore a range of meaningful day activity and employability opportunities. A Clubhouse is based on the work ordered day where members take on various roles and is divided into three work units that are designed to manage the everyday tasks associated with the operation of the Clubhouse. This includes catering and maintenance, administration, education and employment. Members can select a unit (or units) according to their interests and work side by side with staff in a partnership that encourages members to contribute in a meaningful way. Transitional Employment Placement programme is unique to the clubhouse model.

Estimated total value: £80k

Contract awarded to: Flourish House, 20/03/12 (www.flourishhouse.org.uk)

Work Development Network Coordinator

The main aim of this model is to connect health and social care services, mental health employability services and mainstream employability services including Jobcentre Plus and regeneration agencies. The service will provide a specialist service for service users who are already open to Community Mental Health Teams and ESTEEM early intervention service and will be specific to one Glasgow CHP Sector. WDT Network Coordinators use a case management approach to assist people who experience long term mental health issues along the employability pathway. Some individuals will be referred to other services for additional support and referred back when ready to move into work.

Estimated total value: £40k

Contract awarded to: Rosemount Lifelong Learning Centre, 20/03/12

Individual Placement and Support

This service specification relates to the purchase of a service model in Glasgow City using an evidenced base model Individual Placement Support (IPS) that aims to support individuals who have long term mental health conditions to secure paid employment opportunities.

Estimated total value: £80k

Contract awarded to: SAMH, 20/03/12

Peer Support and Employability

This service specification relates to the purchase of a Peer Support and Employability service model for people who currently access mental health services in Greater Glasgow and Clyde area and have the aspiration to explore a range of meaningful day activity and employability opportunities. Employability and service user involvement has been a core activity of The Mental Health Services (MHS) for several years and NHS Greater Glasgow and Clyde currently funds a range of mental health and employability services. The main aim of the funded services is to promote recovery and increase access to employability opportunities including paid employment for people with mental health conditions through collaborative working with a range of voluntary and statutory organisations. Peer Support is about people who share similar experiences supporting each other and when people who experience mental health problems talk about what has been helpful in their recovery; peer support is a major factor.

Estimated total value: £28k

Contract awarded to: GAMH, 20/03/12

Delivery of Community Led Health Programme to improve the health and wellbeing of communities

Renfrewshire Community Health Partnership recognises the importance of engaging with our local communities to promote health and wellbeing. We also acknowledge the contribution third sector organisations can bring to local engagement. We wish to commission a Community Led Health programme to engage, support and enable our local communities to take action to improve health. The programme provider will offer opportunities for local communities to be involved in local health promoting activity. The provider will be expected to demonstrate:

- Meaningful and measurable involvement of the community in the development of health promoting activities;
- Delivery of programmes of activity to increase physical, social and emotional wellbeing, for individuals and groups across Renfrewshire;
- Development and support of community champions;
- Creation of opportunities for health promoting activities to be self sustained by building the capacity of the community.

The contract will be awarded for an initial 24 month period, from 1st November 2012 to 31st October 2014. The total funding is expected to be in the region of £100,000.

Programme to Improve the Mental Health and Wellbeing of Primary School Children in Glasgow

Glasgow Community Health Partnership (NHS Greater Glasgow & Clyde Board) in partnership with Glasgow City Council Education Department wishes to commission services to deliver on its Young People and Mental Health Improvement programme. The successful service provider(s) will be required to deliver high quality, one – to – one and group based supports to young people who are negatively affected / or at risk of being affected by poor mental health, principally through working with primary schools and families within the Glasgow City boundary. Key outcomes will include:-

- The delivery of high quality support to young people to reduce the impact of poor mental health upon them, in a one-to-one setting

- The delivery of high quality emotional literacy and resilience programmes for young people negatively affected/or at risk of being affected by poor mental health through group work and other evidenced programmes
- The meaningful and measurable involvement of young people in the development of services
- The development of robust partnerships with specified primary schools across the city and key partner services
- The development of capacity of teachers and parents to support young people more effectively

The service deliverer will be required to work proactively to share the learning from the programme across the whole NHSGGC Board area. It is anticipated that the contract will be awarded for an initial period from October 2012 to 31st March 2015 with a possibility of extending subject to review and budget availability and on mutually agreed terms and conditions for a maximum of two years. Any such extension will be agreed on an annual basis only. Total funding available for the initial duration of the contract is £165,000 for financial year 2012-13 & £330,000 for financial year 2013-14 and 2014-15.

8.2 Rag Tag n Textile - Online Training Modules

Developed by Rag Tag n Textile and North Highland College, these bytes are aimed at More Choices, More Chances learners for SQA Access level 1 to Intermediate level 1 and include:-

Arts and Crafts

[Tools for Crafts](#) - Tools required for craft projects

[Materials for Crafts](#) - Materials required for craft projects

[Introduction to Knitting](#) - What is knitting & a brief history

[How to Knit](#) - How to tackle your first knitting project

[Introduction to Machine Sewing](#) - A quick introduction to sewing using a sewing machine

[How to Sew with a Machine Sewing](#) - A guide to sewing with a machine

[Introduction to Felt Making](#) - History of felt and an introduction

[How to Make Felt](#) - Your first felt making project

[Introduction to Rag Rugging](#) - A brief introduction to the world of making rugs from rags

[How to Make a Rag Rug](#) - How to make a rug from rags

[Introduction to Picture Framing](#) - An introduction to framing pictures

[How to Frame a Picture](#) - How to tackle your first framing project

Life Skills

[Working Together](#) - How to work as part of a team

[Numeracy Skills](#) - Working with numbers and measurements

[Communication Skills](#) - How to communicate effectively

[Recycling](#) - How to recycle waste and the benefits associated

[Colours and Textures](#) - Differences between colours and textures and how to mix colours

[The £3 Coat](#) - What can you make with a coat that cost £3 from a charity shop?

[The Magic Bag](#) - How to make a magic bag

[Problem Solving](#) - How to approach everyday problems.