

Outdoor Health Project Project Board Information for Health Professionals

Our aim for the **Outdoor Health Project** is to develop a framework through which to enable health services and outdoor providers to work together in a way that fosters mutual support, growth and collaboration whilst best serving the needs of service users.

To do this, we are in the process of developing Outdoor Health Project Boards for Gwynedd, Pembrokeshire and Rhondda Cynon Taf, to support the growth of this framework. The project board would consist of healthcare professionals, referral agencies, outdoor providers, and service users. The purpose of which would be to share experiences and learn from each other and in doing so, create an outdoor health prescribing system that works for everyone.

WE NEED A PROJECT BOARD TO ENSURE THAT THE WORK WE DO:

- Increases opportunities for social prescribing to the outdoors for your local surgeries and organisations
- Effectively promotes health and wellbeing opportunities to local people
- Tests outdoor health and wellbeing activities
- Develops opportunities to be active outdoors whilst improving the local environment
- Develops a collaborative proposal to offer further outdoor activities that meets the needs of the community and health sector.

TASKS THE PROJECT BOARD MEMBERS HAVE BEEN UNDERTAKING:

We have already trialled this model in the Dyfi Biosphere and have achieved great results. The project board has enabled the growth of an effective framework and outdoor health partnerships have been established within the local community.

Project board meetings have included:

- Approving programmes of activity
- Reviewing referral pathways and systems for social prescribing to the outdoors

- Providing the link between the 'outdoor health and wellbeing programme' and partner organisations concerned
- Reviewing project progress and monitoring
- Reviewing feedback and statistics from activity programmes
- Evaluating economic return on investment as well as the social and environmental benefits
- Input to and / or set out a vision for the future
- Working in partnership with the other members to develop a plan for funding from within the health sector and/or through external funders.

We would value your insight and feedback in to how we can improve Outdoor Health provision in your area and invite representatives from your surgery or organisation to join us on the project board. We aim to meet quarterly for the first year with the first project board meeting to take place in July.

If you would like to be involved or get more information, please email your local project officer.

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