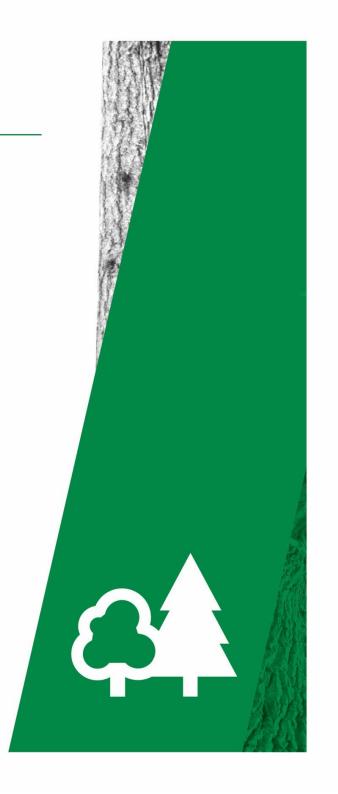


# Quick ways to bring nature into your healthcare setting

Developed by Forestry England with support from Faculty Climate and Sustainability Lead GPs at the Royal College of General Practitioners.





# Bringing nature into healthcare: small steps, big impact

Every healthcare professional has the power to make a difference - not just in the lives of patients, but in the wellbeing of colleagues, communities, and the planet. Whether you have just a few moments or the capacity to lead a larger initiative, our table of ideas offers practical, uplifting ways to weave nature into your daily work life.

From a quick breath of fresh air to transforming outdoor spaces, these ideas are designed to spark joy, reduce stress, and support healing - for both staff and patients. Nature is a powerful ally in healthcare, and even the smallest changes can create a ripple effect of wellbeing.

This document was inspired by patient experience - you can read more in this blog post: <u>Lessons from healing in nature - a patient's view - NHS Forest</u>

## Ready to take the first step?

Explore the table and discover how you can start building a greener, more restorative healthcare environment today.

## Looking for more?

For more inspiration, guidance, and real-world examples, visit the <u>Nature for Health - A Resource Hub for Healthcare Sites</u>. You'll find tools, training, and case studies to help make green spaces more accessible and impactful—while also supporting biodiversity and nature recovery.

# Nature in healthcare

Nature glimmers (quick)	Nature moments (medium)	Nature experiences (longer)
Learning for health professionals		
Try these bitesize learning modules:  Red Whale   Green social prescribing and  WHAT IS NATURE CONNECTION?    NatureConnectedness  Virtual nature - bringing nature into  Display this virtual forests poster in  clinics, waiting areas or staff rooms -	Delve into nature connection with this e- learning module: Nature Connectedness: For a new relationship with nature - Free courses - University of Derby  Log in as a guest for this Feel Good in the Forest e-learning: Forestry Commission Digital Learning: Log in to the site  to healthcare settings  Play some of the forest videos via TV screens or share with patients Virtual forests hub   Wellbeing   Forestry England	Explore the Nature for Health - A resource hub for healthcare sites to find your next training resource: Resources  Archive - NHS Forest  Invest in VR technology to create virtua nature rooms in your setting. Be inspired by: Virtual forests bring the
scan the QR code to be transported to the forest	Torests hub   Wettbellig   Forestry England	outdoors to hospice patients   Forestry England
Nature conversations		
Ask patients about their connection with nature - for example, asking them to share how they feel when they're outdoors	Encourage volunteers already supporting patients in your setting to ask about nature or share their experiences. For inspiration: <a href="Nature Buddies - National Academy for Social Prescribing">NASP</a>	Set up a nature prescription project with RSPB Nature Prescriptions: connecting to nature to boost health and wellbeing

# Nature in healthcare

Green	social	prescribing

Ask patients if they already take part in outdoor activities or if there's something they'd enjoy doing. Encourage them to look for local green spaces and activities.

Find out about your local green social prescribing projects and work with social prescribing link workers to support patients to access local opportunities. For more information: <a href="Green Social">Green Social</a>

<u>Prescribing - National Academy for Social</u> <u>Prescribing | NASP</u> Establish a Green Social Prescribing project as part of your service. For more information: <u>Green Social Prescribing - National Academy for Social Prescribing | NASP</u>

# Nature and staff wellbeing

Take 2 minutes to look out of a window or watch a <u>Virtual forests hub|</u>
<u>Wellbeing| Forestry England</u> video. What can you see, hear, touch, smell, taste?

Look for opportunities to have walking meetings outdoors. Take a moment to pause - What can you see, hear, touch, smell, taste?

Arrange a team away day in an outdoor setting. For example: Out in the Field - Retreats for NHS workers | The Quadrangle

# Nature in healthcare settings

Keep a pot plant in a clinic area or waiting room or display photos of nature on the walls

Encourage staff and patients to take photos of nature and display the photos around your setting. For inspiration:

<u>Lessons from healing in nature - a</u> patient's view - NHS Forest

Know where your local green spaces are - create a map of local walking routes For example: ExplorerMap\_A4\_Flat.pdf

Transform your estate by planting trees or creating patient and staff wildlife areas What is the NHS Forest?

Consider how nature can be part of the design of your healthcare setting <a href="DWPIM-The-Nature-Issue.pdf">DWPIM-The-Nature-Issue.pdf</a> or how you could bring nature sounds inside <a href="The-Sound-Issue.pdf">The-Sound-Issue.pdf</a>