



Forestry England

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.



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: [Lessons from healing in nature - a patient's view - NHS Forest](#)

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 [Nature for Health - A Resource Hub for Healthcare Sites](#). 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	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	Explore the Nature for Health - A resource hub for healthcare sites to find your next training resource: Resources Archive - NHS Forest
Virtual nature - bringing nature into healthcare settings		
Display this virtual forests poster in clinics, waiting areas or staff rooms - scan the QR code to be transported to the forest	Play some of the forest videos via TV screens or share with patients Virtual forests hub Wellbeing Forestry England	Invest in VR technology to create virtual nature rooms in your setting. Be inspired by: Virtual forests bring the 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: Nature Buddies - National Academy for Social Prescribing NASP	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: Green Social Prescribing - National Academy for Social Prescribing NASP	Establish a Green Social Prescribing project as part of your service. For more information: Green Social Prescribing - National Academy for Social Prescribing NASP
Nature and staff wellbeing		
Take 2 minutes to look out of a window or watch a Virtual forests hub Wellbeing Forestry England 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: Lessons from healing in nature - a 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 DWPIIM-The-Nature-Issue.pdf or how you could bring nature sounds inside The-Sound-Issue.pdf