

CHESHIRE EAST HEALTH AND WELLBEING BOARD

Reports Cover Sheet

Title of Report:	Green Spaces for Wellbeing Update
Report Reference Number	HWB56
Date of meeting:	24 th September 2024
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Health & Wellbeing Board Lead:	Matt Tyrer

Executive Summary

Is this report for:	Information <input checked="" type="checkbox"/>	Discussion <input type="checkbox"/>	Decision <input type="checkbox"/>
Why is the report being brought to the board?	In this report we share the progress of the Greenspaces for Wellbeing project from April 2023 - March 2024.		
Please detail which, if any, of the Health & Wellbeing Strategic Outcomes this report relates to?	<ol style="list-style-type: none"> Cheshire East is a place that supports good health and wellbeing for everyone <input checked="" type="checkbox"/> Our children and young people experience good physical and emotional health and wellbeing <input type="checkbox"/> The mental health and wellbeing of people living and working in Cheshire East is improved <input checked="" type="checkbox"/> That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place <input type="checkbox"/> <p>All of the above <input type="checkbox"/></p>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	<p>Equality and Fairness <input checked="" type="checkbox"/></p> <p>Accessibility <input checked="" type="checkbox"/></p> <p>Integration <input checked="" type="checkbox"/></p> <p>Quality <input checked="" type="checkbox"/></p> <p>Sustainability <input type="checkbox"/></p> <p>Safeguarding <input type="checkbox"/></p> <p>All of the above <input type="checkbox"/></p>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.	N/A		

Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?	N/A
Has public, service user, patient feedback/consultation informed the recommendations of this report?	N/A
If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.	N/A

1 Report Summary

- 1.1 In this presentation we share how we have designed the Green Spaces for Wellbeing programme, our delivery models, our referral and lifestyle outcomes, our approach to marketing and our priorities for 2024/25. The Annual Report for 2023-2024 is attached as Appendix One.

2 Recommendations

- 2.1 To note the progress made with the project

3 Reasons for Recommendations

- 3.1 To update the Board on an innovative health and wellbeing project.

4 Impact on Health and Wellbeing Strategic Outcomes

- 4.1 **Outcome one** - Cheshire East is a place that supports good health and wellbeing for everyone
- We actively support people to use our outdoor spaces for exercise, physical activity and learning.
 - We support individuals and other organisations to improve their local green spaces in areas of deprivation.
 - We are a commissioned service that enables people to improve their health and wellbeing
- 4.2 **Outcome three** – The mental health and wellbeing of people living and working in Cheshire East is improved.

- Green Spaces for Wellbeing is designed as an early intervention/prevention service.
- 73% of participants report improved mental wellbeing.
- Our participants make friends and feel less isolated.
- Our service is open to anybody aged 18+ and supports participants with learning disabilities and autism.
- Our service supports adult carers to socialise.
- We connect all of our participants to nature, proven to improve mental wellbeing

4.3 **Outcome four** – That more people live well, remaining independent; and that their lives end with peace and in dignity in their chosen place.

- Many participants report increased physical activity levels and reduced sitting time. 82% achieve 150 mins of exercise per week.
- We enable growth through learning and providing experiences, such as growing fruit and vegetables that give people the skills, knowledge and connection to improve their diet.

5 **Background and Options**

5.1 N/A

6 **Access to Information**

6.1 The background papers relating to this report can be inspected by contacting the report writer:

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