

Green Activities for Health & Wellbeing in Leeds



LGAP



LEEDS GREEN ACTIVITY PROVIDERS NETWORK



Health Inequalities Funding Report Summary - Feb 2023

Funded by



www.lgap.co.uk

ABOUT US

Leeds Green Activity Providers (LGAP) is a Third Sector led network consisting of organisations delivering activities in outdoor spaces. The network was formally established early in 2021 by four organisations, following discussions in Leeds around a West Yorkshire bid to the national green social prescribing pilot programme.

Since its inception LGAP has grown to include over thirty members and has become a valuable asset for the Leeds system. This report records the sharing of national, regional, and local information across the network and the pooling of expertise within the providers

Executive Summary

The Health Inequalities funding from the Leeds Office of the West Yorkshire Integrated Care Board was to enable the network to improve the pathways and improve the outcomes for those people from priority groups who were most likely to benefit. The project aimed to focus on improving access and outcomes for people and communities living in the 10% most deprived areas of Leeds and in line with the priority communities of interest who experience health and social inequalities.

The description of opportunities offered by LGAP members has been simplified and standardised and made available to both public and professionals in the form of a searchable map. LGAP is now working to ensure this is kept up to date and if possible linked to other systems to make opportunity promotion more effective. LGAP is also collectively working to raise understanding and awareness of green activities amongst relevant health professionals.



An evening walking group (photo Running Seeds)

A survey of members explored the commonality of standards and noted some areas for development. The development of a strong sector network places Leeds in a good position to respond to recommendations that may come from the National Association for Social Prescribing to ensure the health sector has confidence in the service provided by LGAP.

In looking at the geographical spread of current delivery, an online map was created that can display multiple data layers showing indices of multiple deprivation and health data. This will assist with targeting of future LGAP projects and improve the expressions of need presented by LGAP members in funding submissions.





Watering at a TCV Green Gym (photo TCV)

FINDINGS & RECOMMENDATIONS

The project findings have been communicated through the various networks run by Forum Central - www.forumcentral.org.uk

Many of the findings have wider relevance to the sport, cultural and advice sectors in social prescribing and the many organisations working to improve health inequalities and life chances generally in Leeds, West Yorkshire and beyond.

This work was a collective effort by the main contributors with lots of input from across the network and from supportive colleagues in the wider health system.

- Many of the findings of the LGAP work could equally apply to culture, sport, and other sectors of activity relevant to social prescribing and the wider health inequality agenda as the environmental context is peripheral to the conclusions

From **Creating a Clear Model of Service Provision & Referral Pathway**

- LGAP core group to develop the means to maintain the map and explore funding options (grants and/or membership fees) to maintain the essential network functions
- LGAP should continue the dialogue with Linking Leeds (Social Prescribing Service), run hands on information sessions for link workers and build links with signposting staff within the Primary Care Networks

From Benchmarking and Sharing Expertise Within the Network



Harvesting at Pennington Street Community Garden (photo HPS)

- LGAP should hold an online or in person meeting for delivery staff to come together as skills share and peer-support mechanism every three or six months – to feed back any general themes and share good practice. This could be particularly useful if multiple LGAP organisations were running a collective provision under one funder.
- LGAP should continue sharing information on where is free/low cost training is available and consider what training provision it would be appropriate for LGAP to deliver

- LGAP could encourage members to complete the Voluntary Action Leeds, Leeds Volunteering Quality Mark as a first step towards a uniform quality standard in Leeds for LGAP members.
- LGAP could help members respond any national green activity quality standard through shared development support and joint training e.g. hosting Social Therapeutic Horticulture course in Leeds rather than people needing to travel to Reading
- LGAP develop this area of work further as anxiety about what sessions may entail and anxiety/barriers around transport are cited by link workers as the main reasons that possible participants don't engage in programmes
- LGAP identified that a common evaluation process would be beneficial especially when organisations are collaborating on a shared delivery programme, and a bid has been made to the LeedsACTS! Seedcorn fund to scope this project in a joint academic VCS exercise
- Health funders should aspire to fund for a minimum of 12 months of activity or more in order to support their partners in the community and voluntary sector (CVS) to maintain stability. This would increase the scale of impact delivered per £1000 as much more efficient to deliver. LGAP members report that it is far easier to fill places in groups if the organisation / group is known as regularly having activities in a particular community, rather than one off blocks of activities

- LGAP to continue some recent discussions with commissioning staff at the Leeds Office of the West Yorkshire ICB have highlighted the need to design a pragmatic, proportionate funding scheme to support community activity that brings health benefits to people from priority neighbourhoods but who have diverse primary clinical conditions.

From **Identifying Strengths Weaknesses Opportunities & Threats within the Network for improving Health & Wellbeing in Leeds**

- LGAP to promote the mapping tool to its members and demonstrate the efficiency of having data in one place. Advocate that the Health sector help maintain this or a similar tool IF it proves useful. This would need some cross departmental cooperation to update the links for various data sheets over time.
- A common evaluation framework could enable LGAP to be able to report periodically on overall Health & Wellbeing impact of members work that would help build the case for funding in general. BUT some staff time would be needed to plan a survey and collate this information.
- If the activity map captured the funding longevity of each opportunity it could enable funding stability to be reported more accurately. Data in the current format is not suitable for this

CORE CONTRIBUTORS



Isabel Swift

Experienced Social Entrepreneur with a demonstrated history of effective working in the non-profit, community-environmental sector. Skilled in Strategic Thinking, Horticulture, Designing community spaces business planning and gaining funding. Strong design professional and consultant with a Diploma in Social & Therapeutic Horticulture from Coventry University Occupational Therapy Dept, NVQ from the Institute of Leadership & Management and currently studying part time for the MA in Landscape Architecture at Leeds Beckett University.

Richard Warren - Founder Running Seeds

IT Consultant focussing on technical Business Analysis (Agile) with specialties in both fintech and national health systems.

Professional group leader for running, walking and cycling activities supporting active travel, climate and health with a focus on commercial workplaces. Principles to enhance individual's bonding to local community through doorstep green space exploration, promoting local groups and appreciating heritage. Projects include; Wellington Place commercial run group, Rights of Way community engagement, fundraising endurance events, NHS e-Referrals rewrite and FX/IRD/oil/nuclear trading platforms.



John Preston - TCV Development Manager North

Twenty years' experience of managing inclusive environmental wellbeing projects in the Leeds area with TCV Hollybush. Now responsible for developing delivery models and funding proposals for people centred environmental projects working with partner agencies and health bodies across the Liverpool to Hull corridor. Represents TCV on the national Green Care Coalition, and is Forum Central representative on the Healthy Adults Population Board for Leeds.

Interested in connecting people to their wildlife, seeing urban areas as multi-functional environments and the wellbeing impact of creating physical things, be that a bird box or a simple building. Leeds resident and allotment holder since 1989

Trustee of Love Leeds Park and volunteers with Friends of Burley Park



Pete Tatham - Hyde Park Source Coordinator

Background in Community Development through Environmental Projects. Studied, lived & worked in Leeds and Bradford since 2000, volunteering on community gardens in early 2010's sparked a passion for how transformative this work can be, worked on local food projects before joining Hyde Park Source in 2013. Increased impact and reach of HPS, from small grant dependent charity focused on local area, to city wide organisation with resilient finances, creative outputs and significant outcomes

Interest and experience of; developing and delivering grant funded programmes, organisational development, social enterprises, partnership and collaborative working.

Also actively involved with: Leeds Wood Recycling & Grassroots Events.

Ruth Addison

Worked for over 20 years for Leeds City Council in IT, and data and intelligence teams. During my time at the council, I became interested in the crucial role of community-based organisations in making Leeds a better place - so am pleased to support LGAP by creating interactive maps. I love walking from my doorstep and I volunteer at my local small nature reserve - Engine Fields in Yeadon.

