

Humber and North Yorkshire - Green Social Prescribing Service Evaluation

PARTICIPANT INFORMATION SHEET

Part 1 - Service Evaluation Details

What is the purpose of the service evaluation?

The Humber and North Yorkshire Health and Care Partnership has received funding to run a 'test and learn' site looking at Green Social Prescribing. The programme is being delivered by HEY Smile Foundation and is working across the six places of: North East Lincolnshire; North Lincolnshire; Hull; East Yorkshire; the Vale of York; and North Yorkshire.

Social prescribing and community-based support help GPs, other health and care professionals and local agencies to refer people to a link worker. The link worker gives people time and focuses on what matters to the person.

For some people this will be *green social prescribing*. *Green social prescribing* is about doing activities in nature which benefits the person's health and wellbeing. *Green social prescribing* connects people to activities such as local walking for health activities, community gardening and food-growing projects.



A service evaluation will take place across the Humber and North Yorkshire region to find out more about how connecting people to activities in nature might benefit their health and wellbeing.

We are therefore interested in *your* experience of these activities and how they might benefit you. This information will help increase awareness of the benefits of taking part in activities in nature and potentially promote more investment in similar projects in the future.

Who is undertaking the service evaluation?

The service evaluation is being conducted by a team of researchers from the University of York.

What does the service evaluation involve?

The service evaluation involves completing two questionnaires –

- The first questionnaire is to find out some background information about you and your health and wellbeing. You complete this before taking part in the activity in nature.
- The second questionnaire focuses more on your experience of the nature activity you took part in. You complete this after you have finished taking part in the nature activity, or at 3 months after you started the activity (whichever is sooner).



Do I have to take part?

No. It is your decision whether you wish to take part in the service evaluation. If you decide to take part, you can still stop at any time without giving any reason for this. If you do choose to take part in the service evaluation and then change your mind, you would be free to stop your participation, without needing to provide a reason. You could also ask for your information to be removed for up to two weeks after you have completed the second questionnaire, by contacting the researchers.

Are there any risks to taking part?

The questionnaires involve thinking about your mental and physical health and for some people this may bring up difficult feelings. Please be assured that the person helping with the questionnaire will be led by what you are happy to answer.

What are the potential benefits of taking part?

There are no immediate benefits to you for taking part in this service evaluation. In the longer term, we hope that the findings of this service evaluation will help people use more activities in nature to improve their physical and mental health and wellbeing, and promote more investment in similar projects in the future. We will send everyone who took part a summary of our findings.

What will happen to the results of this service evaluation?

We plan to publish the findings in -

- a report to the Humber and North Yorkshire Health and Care Partnership.
- an academic journal (which will be free to read) and present them at academic conferences.



We will also share our findings with a national team who are assessing green social prescribing activities across England.

How will my information be kept confidential?

All your personal details and information you provide will be kept strictly confidential and stored securely. Your personal details such as your contact details will be stored separately from the service evaluation information that we collect. Your name and any other information that might identify you will be removed so you cannot be recognised. You can find further details about how we will manage and store your data in [Part 2](#) of this document.

Who has reviewed this?

The questionnaires have been reviewed by people with experience of working with a range of physical and mental health difficulties. They have been approved by the Ethics Committee of the Department of Environment and Geography at the University of York.

Who is funding this project?

This service evaluation is funded by HEY Smile Foundation on behalf of the Humber and North Yorkshire Health and Care Partnership.

Further information

If you have any further questions, please feel free to contact the project team, Dr Peter Coventry, Professor Piran White, or Trish Darcy.

Any of them would be happy to talk through the details of this service evaluation with you and answer any questions you may have. Please contact us if you feel there are any challenges in taking part, but please note whilst contact numbers and emails are monitored there may be times when these are not checked frequently.

For medical advice and support please contact your GP.

Dr Peter Coventry
Department of Health Sciences, University of York, York YO10 5DD
Email: peter.coventry@york.ac.uk

Professor Piran White
Department of Environment and Geography, University of York, York YO10 5NG
Email: piran.white@york.ac.uk

Trish Darcy
Department of Health Sciences, University of York, York YO10 5DD
Email: trish.darcy@york.ac.uk

