



NHS Forest Conference February 27th 2018 - Agenda

Chair: Rachel Stancliffe, Director of the Centre for Sustainable Healthcare

- 10.30 Welcome - Southmead Hospital, North Bristol NHS Trust
- 10.45 Workplace wellbeing and green prescribing, Sir Muir Gray, Better Value Healthcare
- 11:05 NHS Forest introduction: Sarah Dandy, NHS Forest Coordinator
- 11:15 Presentations:
- **The evidence for the importance of workplace wellbeing and its relation to the NHS**
Andy Netherton and Dominic Gallagher, Public Health England South West
 - **What is the role of green space in improving workplace wellbeing-**
Dr. Valerie Gladwell, University of Essex
 - **Activities on site to encourage engagement**
Alan Carter, Land Trust, Countess of Chester Country Park
- 12.15 Q & A with speakers
- 12:25 Delivery Workshop
- How to create a green space that benefits the wellbeing of your staff*
- 13:00 Feedback from Workshops
- 13.15 Lunch
- 14.00 **Designing greenspace suitable for health-**
Sarah Jones- Morris, Landscape Architect and Zoe Banks, Physical Activity consultant
- 14.20 Visit to Southmead Hospital's NHS Forest site
- 15.05 Followed by Q and A of site back at hospital.
- 15.15 Coffee and Networking opportunities
- 15.30 Close