



For better  
mental health



# Ecotherapy and the Green Agenda for Mental Health

Why health professionals need to get on board

**Date:** Monday 2 June 2008

**Venue:** ORT House Conference Centre, London NW1

## Key speaker

**Caroline Lucas**  
*Green MEP for South East England*

## Key themes

- Ecotherapy and green exercise for public health
- Nature-based approaches for mental health services
- The role of green care approaches for those working with the most marginalised and those with complex needs
- Costs and benefits of green approaches
- Green projects, such as social and therapeutic horticulture and offender and nature programmes



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## About the conference

This conference follows Mind's May 2007 campaign Ecotherapy: The green agenda for mental health, and the agenda-setting research by the University of Essex that contributed to the campaign. It will bring together service providers, service users, leading academics, policy-makers, opinion formers and others. This event will provide a unique forum for examining the evidence on the mental health benefits of 'ecotherapy' and 'green exercise' – getting outdoors and getting active in a green environment as a way of boosting mental well-being. It will look at practical ways to take the green agenda work forward, both nationally and locally, and how to learn lessons from best practice around the country.

## Aims of the conference:

Inform healthcare professionals about the potential benefits of green exercise, as well as voluntary sector specialists, substance misuse workers and people working with offenders

Encourage healthcare practitioners to see green intervention as a mainstream treatment or therapeutic option for people experiencing mental health problems

Promote good practice in green exercise and ecotherapy and provide an opportunity for policy specialists to engage with service users and service providers

Debate the best way forward for the green agenda for mental health

Identify and address opportunities, risks and barriers to progress.

## Key Themes

- Ecotherapy and green exercise for public health.
- Nature-based approaches for mental health services
- Role of green care approaches for those working with the most marginalised and those with complex needs.
- Costs and benefits of green approaches.
- Particular green projects, including social and therapeutic horticulture and offender and nature programmes.

## Who should attend?

- Health professionals, including GPs, psychologists and psychiatrists
- Relevant specialists from primary care trusts and local authorities
- Providers of voluntary sector services to mental health service users
- Relevant specialists working in the criminal justice system, such as probation officers
- Local and national health policy and social policy specialists
- Mental health service users
- Land management, wildlife and conservation professionals



## Programme

9.30am Registration

### 10.00am **Welcome and introduction**

Chair: **Jules Pretty** *Professor of Environment and Society, University of Essex*

### 10.10am **Opening session**

#### **Ecotherapy and the new NHS**

**Paul Farmer** *CEO, Mind*

#### **Convincing clinicians: what is the evidence?**

**Dr William Bird** *Natural England*

#### **Ecotherapy as a public health priority**

**Professor Mala Rao** *Head of Public Health Development, Department of Health*

11.30am Refreshments

### 12.00noon **Parallel workshop sessions**

#### **Developing research and sharing good practice**

##### **A Eco-therapy in action – Kensington and Chelsea Mind**

**David Scoffield** *Training and Employment Manager, Kensington and Chelsea Mind* and **Ambra Burls** *Senior Researcher and Lecturer, Institute of Health and Social Care, Anglia Ruskin University*

##### **B Comparing CBT and green exercise – lessons from experience**

**Jo Peacock** *Senior Research Officer in Green Exercise and the Physical and Mental Benefits of Nature, University of Essex*

##### **C Building the evidence-base for green exercise – challenges and opportunities**

**Dr Joe Sempik** *Department of Social Sciences, Loughborough University*

##### **D Care farming and nature schemes**

###### **– working with offenders with mental health needs**

Speaker tbc

##### **E Money for eco-therapy projects – funding and commissioning**

Speaker tbc

1.00pm Lunch

### 2.00pm **Parallel workshop sessions repeated**

3.00pm Refreshments

### 3.15pm **Plenary session: The prospects for eco-therapy – a green perspective**

**Caroline Lucas** *Green MEP for South East England*

### 3.45pm **Panel debate**

Chair: **Dr Marcus Roberts** *Head of Policy, Mind*

**Dr William Bird** *Natural England*

**Professor Jules Pretty** *University of Essex*

**Nick Ray** *Wilderness Therapy practitioner*

Representative of Royal College of GPs (invited)

4.30pm Close

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## A life in the day

Mental health and social inclusion



This Journal focuses on social inclusion issues for people who have mental health problems and how they can enjoy fuller and healthier lives in their local communities. It looks at finding jobs, learning new skills, volunteering and participating in the arts, sports and leisure activities. Housing, finance, spirituality, cultural diversity, friendships and relationships are also explored.

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## Unable to attend?

Conference papers, as presented to the delegates on the day, are available on CD-ROM after the conference for £55 + VAT. This useful reference will include: available speakers' papers, speakers' biographies and any additional inserts.

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Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, 18 journals, Mental Health Today and Learning Disability Today magazines.

## Promotional opportunities

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare Customer Relationships Manager, Pavilion



**Tel:** 01273 666703



**Email:** [grahamh@pavpub.com](mailto:grahamh@pavpub.com)

# Ecotherapy and the Green Agenda for Mental Health

Date: Monday 2 June 2008

Venue: ORT House Conference Centre, London NW1

Brochure code:

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## Venue

ORT House Conference Centre,  
126 Albert Street, London,  
NW1 7NE

(a map of the venue will be sent with confirmation of your booking)

## Date

Monday 2 June 2008

## Conference fees

The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

## Conference papers

Conference papers will be sent out a week after the conference, please fill in the 'Your details' section.

## Group discount

Group discounts are available, please call 0870 890 1080 for more information.

**Free bursaries** for people who use services and unwaged carers are available on application to the address above.

## Confirmation of booking

When booking, please wait for written confirmation before arranging travel.

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### Payment

30 days either from date of invoice or before the conference (whichever sooner). Payment must be received prior to the conference.

## Delegate rates

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