

# NHS Forest

Building a shared asset for health  
and community



CENTRE *for*  
SUSTAINABLE  
HEALTHCARE  
inspire • empower • transform

# Aims

- Improve health of staff, patients and communities through increasing access to greenspace on or near to NHS land
- Greening the NHS Estates and with a target of 1 tree per NHS employee amounting to 1.3 million trees
- Encouraging greater social cohesion between NHS sites and the local community.



# Benefits of the NHS Forest

Trees and Greenspace can provide:

- Accelerated patient recovery (Ulrich 1984)
- Providing healing environment
- enhance mood, self esteem, lower blood pressure
- Improve air quality, reduce surface temperature and risk of flooding
- Reduced costs through health prevention, reduced energy and maintenance costs



growing forests for health

*For more information of the benefits of  
NHS Forest [www.nhsforest.org/evidence](http://www.nhsforest.org/evidence)*

# Achievements in 2013, so far

- Number of Trees Planted: 33,553
- 120 sites have planted trees
- Autumn conference
- NHS Sustainability Day of Action (22 sites participated)
- GP Health Walks



# The process of engagement

- Who do we normally engage with initially
- Key supporters
- How long it takes
- What needs to be funded and how
- Involving hospital groups and local community groups to help with planting and maintenance
- Schools, community groups, using grounds. Key events
- Tree sponsorship scheme





# Some Site Examples



Horton Hospital



Broomfield hospital



Todmorden Health centre

# NHS Forest- Key Contacts

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