

A study of people with mental health problems' engagement with green and blue spaces, social inclusion and community belonging



Suse Gibson (she/her)

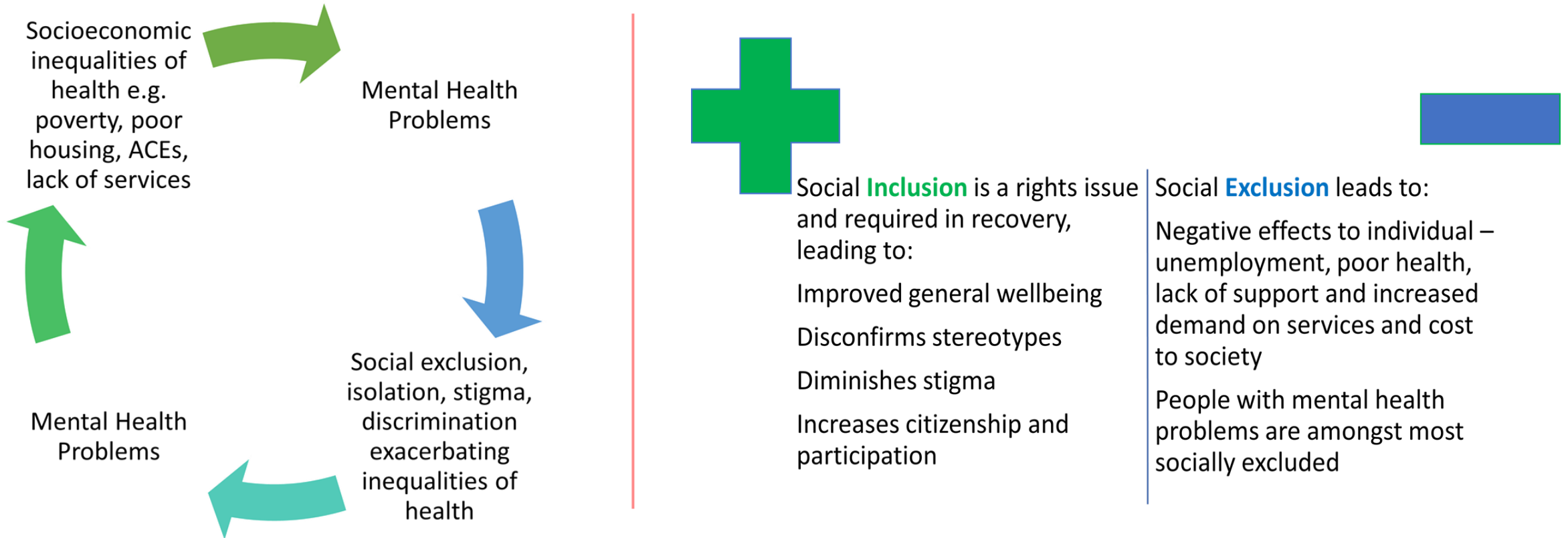
Doctoral Research Fellowship at UCLan

NIHR ARC NWC Equitable Place-Based Health & Care

Supervisors: Dr Julie Ridley, Professor David Morris

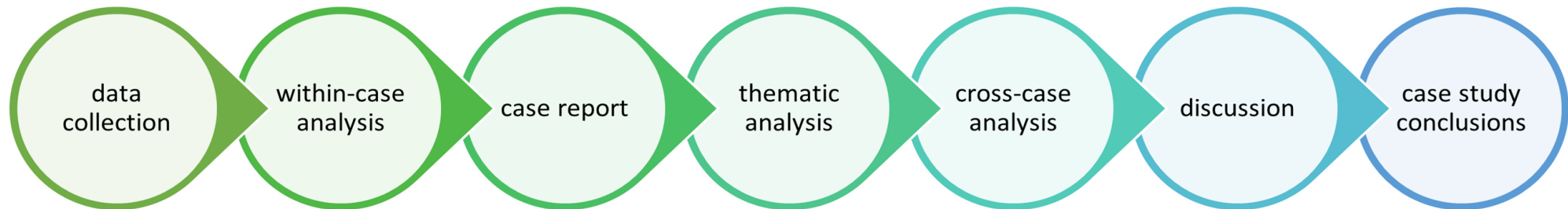


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Four case studies:
Two green space
Two blue space
Two open settings
Two specialist settings



Dissemination: journal articles, policy and practice suggestions, directions for future work, co-produced work

How the work aligns to and supports the priorities of NIHR ARC NWC, and Equitable Place-Based Health and Care Theme

ARC NWC

“ARC NWC’s infrastructure embeds co-production with Partners and full public participation within communities of learning and practice”

“Addressing the considerable health inequalities across the region”

<https://arc-nwc.nihr.ac.uk/about/overarching-vision/>

“. . . research on a range of themes . . . to improve health and care systems to benefit patients, staff and the public”

<https://arc-nwc.nihr.ac.uk/health-and-care-across-the-life-course/overview/arc-national-priorities/>

Equitable Place-Based Health and Care

“The EPHC Theme has a research focus to support place-based approaches to address health inequalities with a vision to ‘support local systems aiming to integrate health and care so that they are able to operate responsively to the needs of people, community and place’.”

<https://arc-nwc.nihr.ac.uk/equitable-place-based-health-and-care/overview/>

“. . . a commitment to co-production with the public and practitioners, as well as a focus on actions to improve social determinants of health.”

<https://arc-nwc.nihr.ac.uk/equitable-place-based-health-and-care/overview/ephc-research-priorities/>

How the research has been, and continues to be, informed by the HIAT

The HIAT helps to bridge the gap between the area of research and health research. It ensures that health inequalities, causing and caused by mental health problems, are always central to the study.

So far, five full HIAT assessments have been undertaken, from the original proposal, May 2020. It has been completed in collaboration with the two Public Advisers attached to the study, since September 2021.

Entering into the PhD Phase a full review, using the FOR EQUITY tool with the Public Advisers, will take place, October 2022.

Engagement with the Public Adviser Forum

Two Public Advisers are attached to this study, instrumental in all aspects of the research.

So far they have:

- Helped refine the research area and questions
- Reviewed ethics applications, including plain language assessments of participant-facing materials
- Collaborated on HIAT reviews
- Evaluated the focus group data, identified four Themes, shaped PhD Phase plans

Future involvement will include analysing the collected data, making decisions on dissemination and reviewing the work.

Successes, opportunities and challenges throughout the year

Conducted a series of focus group interviews in therapeutic horticulture settings, data analysed in conjunction with the literature, developing planning for main study phase.

Interest in the research from groups has meant that I am able to include my four chosen sites as the case studies. Recruitment of participants is expected to be straightforward.

Transfer to PhD approved outright, ethics for main study pending.

The research will fit in to an area of burgeoning interest, providing original insight and complementing work on nature based therapy and green social prescribing.

The COVID-19 pandemic has created long-lasting challenges: substantial delays; own health and responsibilities; knock-on effects on timescales.

For more information please contact:
sgibson10@uclan.ac.uk

