



We  
Support  
Adults  
16yrs+

# Green Social Prescribing

---

**Zlatina Nikolova**

Specialist Social Prescribing  
Linkworker







# Agenda



- Why we like 'Green Social Prescribing'!
- The role of Age UK Islington Social Prescribers in the project?
- Examples of parks activities
- Client case studies
- What else does AUKI help with?
- How to refer someone?



# Why we like Green Social Prescribing!



## Green space

Natural stress reduction



## Keep active

Physical health benefits



## Keep creative

Mental health benefits



## Keep connected

Mental health benefits + support network!



# Our role in the project

## CONTACT AGE UK ISLINGTON



[gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)  
020 7281 6018

GPs, health & social  
care professionals



## WELLBEING CONVERSATION



Age UK Islington Social  
Prescribing Linkworker

Lonely?  
Anxious?  
Depressed?  
  
Interests?  
Confidence?  
Mobility?  
How to get there?



## 'PRESCRIBE' PARKS ACTIVITIES



Approved Islington  
green social prescribing  
activities







# Examples of activities

## **Caledonian Park:**

- Dementia Friendly Walk, Health & History Walks
- Health & Bird Watching Walk
- Reminiscence
- Sculptural Heads Art Project
- Nature Inspired Arts & Crafts

## **Gillespie Park Ecology Centre**

- Dementia Family Friendly Walk
- Intergenerational Events

## **Volunteering:**

- Caledonian Park Community Garden Project
- Highbury Fields Garden Volunteers
- Reserve Volunteering at Gillespie Park
- New River Walk Community Gardens
- Whittington park Community Gardens

Men's Shed Gardening at St Lukes – Kings Square Garden

Wellbeing Walks with the Garden Classroom





# Client feedback

*"I cannot believe how much meeting and working with the groups have helped me. I shared some of the experiences with my counsellor and she also feels that I have made more progress in the past months than the past two years."*

*"I wanted to say a big thank you to you for encouraging me to attend the art workshop at the ecology centre yesterday. I have become very insular over the past two years. I usually find meeting new people exhausting & tend to avoid it."*

- Examples of the broad support that Age UK Islington provides are given below.
- We have extensive knowledge of statutory & non-statutory specialist services available in the borough
- We don't just signpost, we help people engage with available support
- We have caseworkers who can provide support with different levels of complexity: SPLW / Enablement / Navigators / Information & Advice



# What else do we provide support for?



## Money

- Support benefit applications
- Debt management
- Access grants e.g. winter warmth
- Power of attorney



## Social

- Network of social & exercise
- Find suitable social activities
- Find accessible transport & routes
- Support to start attending activities
- Befriending options



## Independence

- Carers assessments - identify needs
- Obtain telecare monitoring
- Fall risk assessments
- Direct payment support



## Home

- Find cleaners & domestic support
- Manage repairs and maintenance
- Organise a housing transfer
- Find suitable accommodation
- Help organise & manage a move



## Health

- Exercise options for e.g. pain relief
- Help to find mental health support
- Re-engage with health services
- Support for substance misuse
- Support to keep warm



## Work

- IT skills for keeping in touch & practical matters
- Help find volunteering & employment
- Finding education & training





# Client feedback

*"I cannot believe how much meeting and working with the groups have helped me. I shared some of the experiences with my counsellor and she also feels that I have made more progress in the past months than the past two years."*

*"I wanted to say a big thank you to you for encouraging me to attend the art workshop at the ecology centre yesterday. I have become very insular over the past two years. I usually find meeting new people exhausting & tend to avoid it."*





To refer clients for  
support

We  
Support  
Adults  
16yrs+

**Contact Age UK Islington**

020 7281 6018

[gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)

NHS professionals: [see our website](#)