



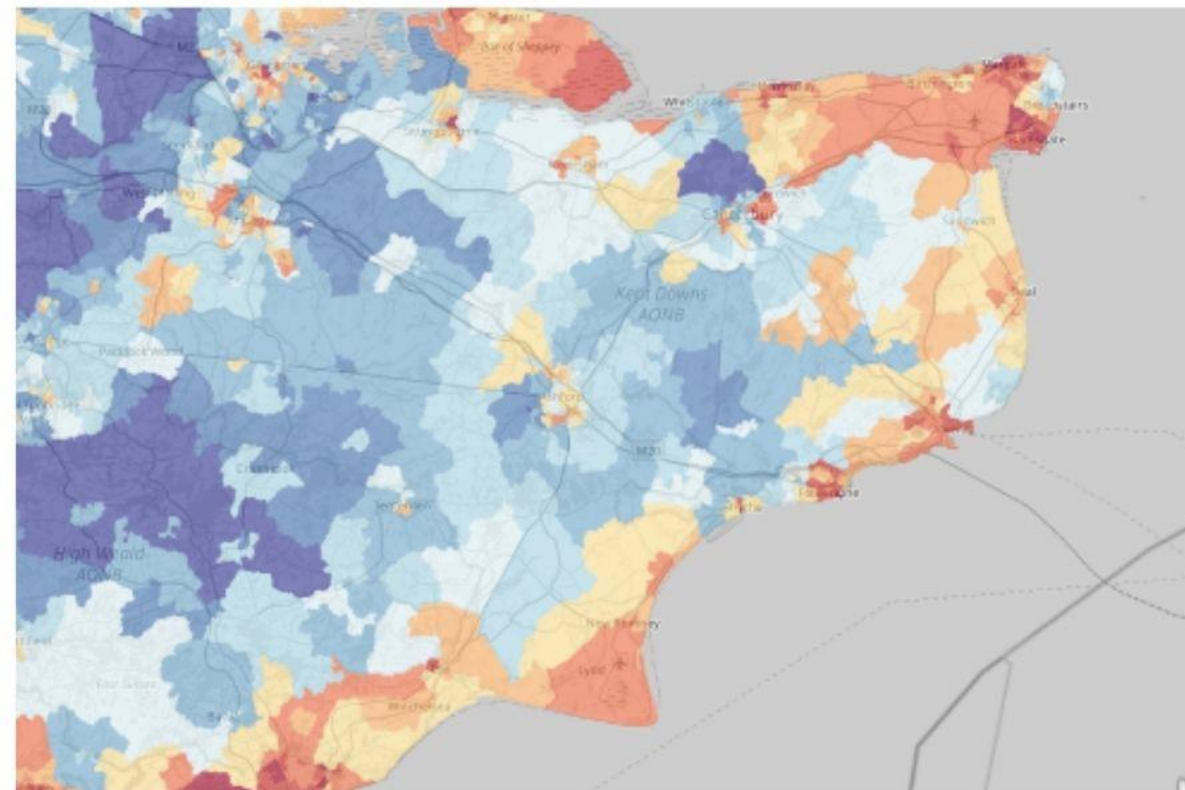
Explore Kent Reaching Communities Project

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Project Background

- There are areas within Kent with high levels of mental health problems e.g. Sheppey, Thanet, Dover and Folkestone and Hythe.
- We know that people can benefit from nature-based social prescribing, access to green and blue space and being active outdoors.
- There are a range of barriers preventing the people who could benefit from nature-based social prescribing from accessing it.



Natural England Green Infrastructure Database: Small Area Mental Health Indicator

Barriers and Break Points

Lack of information about the benefits of green and blue space.

Lack of information about social prescribing in general.

Transport, timing and accessibility.

Availability and funding of nature-based activities.

Activities available do not meet the needs of the individual.

Activity providers not having the right skills to support people in need.

Link workers not being aware of or fully understanding a provider.



What do we want to do?

Explore Kent wants to increase the availability of green-blue activities for social prescribing by connecting partners, sharing information and building more capacity.



How will we achieve this?

- Building capacity in community engagement.
- Stakeholder group bringing together partners in nature/environment sector and health/wellbeing sector.
- Funding to support targeted activities to meet need.
- Better information about nature-based social prescribing through a targeted campaign and web platform.
- Focus area to trial this new approach.
- Insight and research from this project to be shared.



Questions?

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