



# Green Prescriptions

*Case study of the Green Gym at Hereward GP practice, Bourne, Lincolnshire*

**By Rosemary Blakesley, Green Gym Coordinator**

## **Bourne Green Gym background**

- Rosemary experience in horticulture and education
- Inspiration from BBC Breakfast News
- Support from Practice Manager – without whose vision I would not be here today
- Support from BTCV - Option to run under Licence – Phone call away
- Funding – NHS
- Launched March 2009
- First Session 19 May 2009 with six members – later becoming 10

**First Green Gym in Lincolnshire – first nationally to be funded by NHS and run from a GP surgery!**

## **Benefits of GP Link**

- Patients referred or encouraged by GPs
- Assigned GP – Support regarding correct level of exercise and Physical Activity Readiness Questionnaire - Medication
- Surgery Office space – work two days – mornings out GG sessions – afternoons admin
- Promotion of Scheme – Display board in waiting room
- Support of all surgery staff

## **Development of Bourne Green Gym**

- We now have over 50 members registered
- Run a further Session a week
- The location of Bourne – endless project possibilities
- One of the successes – variety and challenges of projects – boardwalk

## **Patient Benefits**

- In broad terms – Improved physical health –Improved mental health – Improved emotional wellbeing – YES
- In specific terms – Analysis of own Self –Perception Questionnaire issued to Members – 3 monthly
- Latest results after 6 months – 80% of members with specific health problems i.e. cancer related illness, heart conditions, joint problems, obesity, asthma and diabetes.
  - 70% - Improved energy levels
  - 80% - Improved physical capabilities
  - 90% - Improved emotional well-being
  - 50% - Loss of weight up to half a stone

- Anecdotal evidence – less use of inhaler – drop of 2points in cholesterol check – more vigour – new friends – delight in seeing the efforts of their labours improving their environment – new skills e.g. planting etc.

## **Conclusion**

As we approach our first anniversary – I feel very privileged to have the had opportunity to be part of this very valuable and significant scheme, and to witness at first hand the considerable benefits to the members of Bourne Green Gym and look forward to the next two years as Project Manager

Thank You.