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**QNI Community Nurse Innovation Projects March 2022**

NGS Elsie Wagg (Innovation) Projects and NHS-Funded Personalised Care (PC) Projects

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| Name of Project Leader  | Project title and summary aim  |
| Susan Duggan  NGS Elsie Wagg (Innovation) Project (EW)  | **Shildon Growing Healthy Allotment Project** County Durham The aim of the project is to work with 11 to 19-year-olds from the local area of Shildon, County Durham, providing low level early intervention and preventative support. The aim is to engage disadvantaged vulnerable young people in the gardening project to help them feel part of something fun, positive, and meaningful, while building positive friendships with peers. Positive healthy lifestyle messages will be threaded through all the gardening session, as well as learning how to grow, harvest and cook the food grown. The young people will have the opportunity to complete the John Muir Award to support their CV. Based at a community allotment.  |
| Fiona Waddington EW Project   | **The Just Bee Garden – First Steps Project** East Yorkshire The aim is to create a garden space that is welcoming and where mothers and children can fee feel safe - emotionally and physically. To take that first step and take their child outside.    There is a lot of evidence that shows being in green spaces can reduce stress and anxiety and improve wellbeing. ‘A lot of my clients will not use existing mental health services and are fearful of organised groups. Their babies and toddlers are stuck inside. They would benefit from a place to retreat to and enjoy with no demands being made on them.’    |
| Joanne Scott EW Project   | **Growth for Change** Warrington  By giving ownership and responsibility to people whose lives have been affected by homelessness the project hopes to improve their physical, emotional and psychological well-being. The project will take place at one of three hostels in the town. An area will be developed where residents can be involved in meaningful and productive outdoor activities, creating spaces for wildlife and growing food, following a social prescribing model.    |
| Maritess Murdoch EW Project   | **Project GARDEN (Grow, Active, Recharge, Develop, Enrich, Nurture)** North London Connecting with nature through gardens and gardening activities and providing opportunities for meaningful interaction between care home residents, families and care staff to improve health, wellbeing and connection and enhance residents’ quality of life.    **Goals (G.A.R.D.E.N.)** Grow - Encourage and engage residents, families and staff to start gardening, to go out in their gardens or outdoor spaces in order to enjoy nature including wildlife.   Active - Improve activity levels of residents in a creative and fun way and get care home staff to be active participants and facilitators  Recharge - Recover and use the spaces/garden that have not been used and cultivate the spaces to create areas for enjoyment, relaxation, relation and reminiscing opportunities.  Develop - Support staff, residents and families to develop their gardening skills and provide opportunities for NCL residents to continue to pursue their own interest such as gardening, and to explore new hobbies.   Enrich - Empowering everyone (staff, residents and families) to garden, grow plants and motivate and facilitate active and passive participation. This includes empowering staff and residents to share their learning and skills with other residents and staff.   Nurture and nature - sustainability   Nurture residents and staff, nurture the nature for sustainability and influence decision makers on the use of gardening as a social prescription.  |
| Jasmin Lanzaderas EW Project   | **Connecting with the Senses** Macclesfield This project will improve health and well-being by making the garden accessible to care home residents. The project aims to minimise distress reactions by promoting engagement, facilitating diversion, sensory distraction and engagement, to promote therapeutic interventions through gardening.   Gardening and the gardens promote and encourage us to reconnect to our senses, from the sensations associated with feeling the soil and the seeds, to seeing plants grow and mature through colour and texture of foliage, the smells, and where appropriate taste supporting reminiscence of new and existing sensory experiences.     We will be gardening in outside space, inside the home and remotely to the wider community.   |
| Helen Hurst EW Project   | **Sensory Garden Space** Wirral  A primary care network development working with two local charities. With the support of a patient led group we would like to create a small 'Health and Wellbeing' garden for patients across South Wirral, with focus for people with a diagnosis of Learning Disability or Autism, and Military Veterans.  We aim to support the five ways of wellbeing for this group with 'Learning' through working the garden. 'Connecting' with others using the garden and reducing isolation in a safe environment. Staying 'Active' doing physical work and walking around the space. 'Give' by maintaining the garden for everyone to enjoy. 'Take Notice' encouraging mindful practice and having sensory elements incorporated in the space.  |
| Stephanie Llewellyn  EW Project   | **Willow Incredible Wellbeing Garden** Gosport, Hampshire We recognise the need to promote innovative, personalised solutions to help patients manage ill-health/promote greater wellbeing. The project, based at a primary care health centre, aims to create a garden to:  * Encourage social engagement; get people outdoors, meeting new people
* Improve mental health
* Provide Peer support and networking to support individuals with long-term conditions, both those physical and mental health
* Get people doing practical things, increasing activity, reducing loneliness & creating belonging
* Encourage people to learn more about the food they eat, how to make healthier choices, increase physical activity and support weight loss.
* To share in education, knowledge, food & friendship opportunities
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| Grahame Hardy  NHS Funded Personalised Care Project (PC)(Also receiving EW Certificate)   | **Sustainability and Nutritional Programme for Patients in a Community Hospital Setting** Kent This project will promote sustainability in the workplace by promoting healthy nutrition for residents/patients, especially people living with Dementia, from home grown produce and vegetables grown and cooked by the Head Chef. Residents will be able to participate in caring for the raised beds, bringing back memories of their own gardening experiences. It will be a safe and peaceful area that will promote wellbeing for everyone. This is a project that the team has dreamed of putting into practice for 30 years and early experiments have already been successful. Staff as well as people residing at the community hospital will benefit. The aim is to have fun while producing fresh, healthy organic food which will serve as a flagship project for this NHS Trust.   |
| Sarah Baker NHS Funded Personalised Care Project (PC)(Also receiving EW certificate)   | **Rowcroft’s Space for Nature** Devon The aim of this project is to provide an accessible area within the Rowcroft Hospice grounds to offer all those under Rowcroft’s care both the opportunity to observe and enjoy nature and the chance to participate in a regular gardening/nature club. This will be offered to both patients on the in-patient unit and those patients in the wider community. It will also be available to family members and informal carers, continuing beyond their bereavement. The project will offer the opportunity to holistically manage symptoms, allow individuals the opportunity to achieve their own preferences and promote physical, mental and emotional wellbeing.    |
| Rebecca Shearer NHS Funded Personalised Care Project (PC)  | **No Inequalities** Newcastle-upon-Tyne Health checks are carried out by the practice and people given a three-page results letter which is difficult to interpret – 21% of practice population do not have English as a first language. The project will work on developing systems to present information in a way that is more accessible and engaging to the practice population and which is easier for staff to interpret, supporting healthier lifestyle choices among them.   |
| Deborah O’Nyons NHS Funded Personalised Care Project (PC) | **Creating a Map of Pain Care in Cornwall** Kernow CCG  The multidisciplinary team will work with a network of practitioners across the county to build knowledge and the use of non-medical interventions in chronic pain management. The aim is to reduce long term use of drugs which can have harmful side effects, and to offer social prescribing approaches including distraction techniques, physical exercise, and peer support through ‘pain cafes’ – ‘skills not pills’.    |
| Lynn Wrathall NHS Funded Personalised Care Project (PC) | **Mid-way Diabetes Care –** **Practice to Home Care Diabetes Support** Bristol People living with diabetes who become housebound experience less support from primary care over time, leading to social isolation and associated poorer health outcomes. This project aims to reverse this trend by increasing nursing outreach to those living at home with diabetes, supporting healthier lifestyles and addressing problems from developing and become more serious. It is hoped his upstream approach will reduce complications and hospital admissions.   |