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Name .....

Postcode .....

Telephone .....

CHI/D.O.B .....



Comment:

<input type="checkbox"/> Severe mental health	<input type="checkbox"/> Learning difficulties	<input type="checkbox"/> Long-term chronic illness	<input type="checkbox"/> Physical disability	<input type="checkbox"/> Risk of falling
<input type="checkbox"/> Dementia/ Alzheimer's	<input type="checkbox"/> Autistic spectrum disorder	<input type="checkbox"/> Drug/alcohol recovery	<input type="checkbox"/> Frailty (One Stop Shop Referral)	

Signature/Stamp of Prescriber

Date

Tear along dotted line

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### GREEN HEALTH PRESCRIPTION (DUNDEE)

Name .....

Address .....

Postcode .....

**Green Health Prescriptions are inspired by growing evidence that nature makes us healthier and happier. We help you to connect with a range of groups and activities across Dundee. Local opportunities include:**

- Gentle cycling (e-trikes and e-bikes)
- Nature and park walks or runs
- Gardening
- Nature conservation groups
- Pram pushing groups
- Outdoor sports
- Arts and crafts
- Mindfulness
- and much more!

*WHAT NEXT?*



**9am - 4pm Monday to Friday**

**An answering service is provided outwith office hours.**

**If easier, email or text:  
[greenhealth@dvva.scot](mailto:greenhealth@dvva.scot)  
 07719 969 229**

**We will respond within 2 working days.**

Signature/Stamp of Prescriber .....

Date .....

The Dundee Green Health Partnership is helping to make more use of Scotland's outdoors as Our Natural Health Service.





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## IMPORTANT NOTES FOR PATIENTS

### Green Health Activities

Daily contact with nature is linked to better health, reduced levels of chronic stress, reductions in obesity and improved concentration.

*"Of all the paths you take in life, make sure a few of them are dirt." - John Muir*

### I'm ready for change!

"Green health" means something different for everyone. You might be looking to reconnect, to learn new skills, rekindle past passions or to contribute to something amazing in your local community. Whatever direction you choose to take we are here to support you in your journey. You have something to contribute that no one else can. All we ask is that you are ready to take that first step.

### How it works

It all starts with a conversation! Once we have discussed the activities you're interested in trying, we'll find one best suited to your specific needs. We'll keep in touch over the next 12 weeks to support and motivate you on your journey as you reconnect with the natural world.

### Next steps

When you have completed the 12-week support programme we will be in touch to figure out your next steps and how you can continue to enjoy the great outdoors.

## GREEN HEALTH PRESCRIPTION (DUNDEE)

Your Green Health Prescription is brought to you by the Dundee Green Health Partnership in collaboration with DVVA, NHS Tayside and Dundee City Council.



Our Natural Health Service is a national initiative led by Scottish Natural Heritage and supported by national and local partners including:



Dundee Green Health Partnership



DUNDEE VOLUNTEER & VOLUNTARY ACTION

