

Green Social Prescribing

Page 1: Information

You have been invited to take part in a research survey. Before you decide whether you would like to take part it is important that you know why the survey is being done and what it will involve.

Please take time to read the following information carefully before you proceed to the survey. Please also contact us if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part or not.

What is the survey about?

The study is investigating the how Green Social Prescribing programmes work and can be adapted to for ethnic and racial minority groups to support their health and wellbeing. Understanding your responses to this topic would be really helpful, as it could help to inform and improve future practice in Green Social prescribing provision.

If you are unclear about what Green Social Prescribing is, **it is often referred to as** linking people to a range of nature-based activities; green exercise, local walking schemes, community gardening, food-growing projects, care farms, outdoor arts, and other activities, to support their physical and/or mental health and wellbeing. GPs, other health and care practitioners and local organisations will refer people to these activities.

What does the study involve?

The survey will take approximately 20-30mins and we will ask you questions about your thoughts on and experiences of Green Social Prescribing.

Why have you been chosen?

You have been invited to participate because you have expressed an interest in taking part and you are over the age of 18yrs.

Do I have to take part?

It is entirely up to you to decide whether or not you would like to take part. If you do decide that you want to take part, you will be invited to proceed to the next page at the bottom of this page.

I am interested in taking part, what do I do next?

If you would like to take part, please proceed to the survey at the bottom of the page.

What if I agree to take part and then change my mind?

As your identity will be anonymised, we will be unable to identify you and withdraw you from the survey.

What are the possible disadvantages and risks of taking part?

There are no direct disadvantages to taking part in the study. However, you will be agreeing to give some of your time for the benefit of the research, so this may cause you some inconvenience.

What are the possible benefits of taking part?

The research is not intended for you to have any direct benefit. However, you may find it interesting and enjoyable to share your views in the survey and your understanding will be beneficial for improving research, policy and practice.

What if something goes wrong and who can I complain to?

If you have a complaint regarding anything to do with this study, you can initially approach the lead investigator by email cj10@leicester.ac.uk. If this achieves no satisfactory outcome, you should then contact Leicester at the University of Leicester Ethics Committee via the Chair of the University Research Ethics Committee at ethics@leicester.ac.uk

Will my taking part in this study be kept confidential?

All information which is collected about you during the course of the research will be anonymised. You will be given an ID code which will be used instead of your name. Any identifiable information you may give will be anonymized in data analysis and no identifiable data will be used in research reports and outputs.

What data will you collect about me?

No identifiable data will be collected about you and your identity will remain anonymous. However, we are requesting information about your age, the area of the UK where you are based, your educational/work background, ethnicity and possibly the Green Social Prescribing you accessed. We are collecting and storing this information in accordance with data protection laws which protect your rights that state that there must

be a legal basis (specific reason) for collecting your data. The specific reason in this study is that it is “a public interest task” and “a process necessary for research purposes”.

How will you look after the data you collect about me?

We need to ensure that you understand what will happen to data we collect about you as well as your legal rights. This document is accompanied with a separate Privacy Notice providing further details, you can access this by contacting Dr Jones (crj10@leicester.ac.uk).

In accordance with data protection law, The University of Leicester is the Data Controller for this project. This means that we are responsible for making sure your personal information is kept secure, confidential, and used only in the way you have been told it will be used. All researchers have undergone specific training in this, and your data will be managed by the study team at The University of Leicester. At all times, this research will comply with the General Data Protection Regulations (GDPR, 2018). Your normal rights under the General Data Protection Regulation apply. You can withdraw from the survey at any time, without giving a reason, but we will keep information about you that we already have and continue to use this for the purposes of the research evaluation as outlined here.

For further information: <https://le.ac.uk/policies/privacy/research/life-sciences-research>

Please also note that individuals from The University of Leicester or regulatory authorities may need to look at the data collected for this study to make sure the project is being carried out as planned, which could involve review of identifiable data. All individuals involved in auditing and monitoring the study will have a strict duty of confidentiality to you as a research participant.

What will happen to the results of the research study?

Some of the anonymised research data will be used for developing educational resources for policy makers, commissioners, social prescribing organisations and healthcare professionals. The findings of the study will be presented in published articles, reports, and oral presentations. You will not be identified in any of our results. We can share a short summary of findings with you if you wish, so please feel free to contact us via the email below to facilitate this.

Who is organising and funding the research?

The research is organised under the auspices of the University of Leicester. It is being carried out by a team of researchers and funded by National Institute of Healthcare

Research (NIHR).

Who has reviewed the study?

This study has been reviewed and approved by the College of Life Sciences Research Ethics Committee.

Contact for Further Information: Dr Ceri Jones via email: crj10@leicester.ac.uk or Dr Natalie Darko: dd253@leicester.ac.uk.

If you require more GDPR data protection information then you can access this via the University's Information Assurance Services: Information Assurance Services, University of Leicester, University Road, Leicester, LE1 7RH T: +44 (0)116 229 7945; E: ias@le.ac.uk; W: <https://www2.le.ac.uk/offices/ias>

If you wish to make a formal complaint to someone independent of the research team or if you are not satisfied with the response you have gained from the researchers in the first instance then please contact: the Chair of the University Research Ethics Committee on ethics@le.ac.uk.

You also have a right to complain to the Information Commissioner's Office about complaints relating to your personal identifiable information: Tel 0303 123 1113.

Thankyou for taking the time to read this information. If you would like to take part in the survey, please proceed to the next section to consent to take part.

Informed Consent

1. I understand the purpose of the project in which I am participating and have been given the contact details of an individual to contact if I have questions

☐ Yes

☐ No

2. I understand that all information collected will be kept securely in accordance with Data Protection Act (2018) and GDPR Regulations

- ☐ Yes
- ☐ No

3. I understand that my participation in this study is voluntary and that I am free to withdraw from the study at any time, without giving a reason *Optional*

- ☐ Yes
- ☐ No

4. I understand that as responses to this survey are anonymous once this survey has been completed I cannot withdraw my data and this will continue to be used this for the purposes of the research study *Optional*

- ☐ Yes
- ☐ No

5. I understand that the anonymous responses may be shared with the funder NIHR and relevant parties and utilised in academic publications and conference presentations *Optional*

- ☐ Yes
- ☐ No

6. I understand that there are no known risks or hazards associated with participating in this study *Optional*

☐ Yes

☐ No

7. I confirm that I have read and understood the above information and that I agree to participate in this study

☐ Yes

☐ No

8. I confirm that I am over 18 years of age *Optional*

☐ Yes

☐ No

Page 2: Page 1 About yourself

9. What is your age? Please select one of the following options.

- ☐ 18- 25 years
- ☐ 26-35 years
- ☐ 36-45 years
- ☐ 46-55 years
- ☐ 56-65 years
- ☐ 66 years and above
- ☐ Prefer not to say

10. Do you consider yourself to be a disabled person?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

11. What is your sex?

- ☐ Male
- ☐ Female
- ☐ Intersex
- ☐ Non-binary
- ☐ Prefer not to say
- ☐ Other- prefer to self-describe

11.a. If you selected Other, please specify:

12. Do you identify as trans? Please select

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

13. What is your ethnicity? * *Required*

+ [More info](#)

13.a. If you selected Other, please specify:

14. Which language do you speak the most at home? *Optional*

- ☐ English
- ☐ Other

14.a. If you selected Other, please specify:

15. Please tell us about your relationship status. Are you currently...? Please choose from the following options

- ☐ Cohabiting
- ☐ Single (never married or never in a civil partnership)
- ☐ In a civil partnership
- ☐ Separated (but still legally married or in a civil partnership)
- ☐ Married
- ☐ Divorced or civil partnership dissolved
- ☐ Prefer not to say
- ☐ Widowed or a surviving partner from a civil partnership

16. Please tell us your current annual household income?

- ☐ Less than £25,000
- ☐ £25,000 – up to £50,000
- ☐ £50,000 – up to £100,000
- ☐ £100,000 – up to £200,000
- ☐ More than £200,000
- ☐ Prefer not to say

17. What is your religion? *Optional*

- ☐ Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- ☐ Muslim
- ☐ Hindu
- ☐ Jewish
- ☐ Buddhist
- ☐ Sikh
- ☐ Atheist / No Religion
- ☐ Agnostic
- ☐ Prefer not to say
- ☐ Other religion or spiritual belief. Please state below

17.a. If you selected Other, please specify:

18. Which region, city or locality do you live in?

19. What is your current employment status? *Optional*

- ☐ Employed
- ☐ Unemployed
- ☐ Student
- ☐ Self-employed

- ☐ Retired
- ☐ Other... (please specify) e.g self-employed & employed

19.a. If you selected Other, please specify:

20. Do you have any caring responsibilities? (This includes parental responsibilities. Please tick all that apply). *A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, age or other reasons cannot cope without their support.*

- ☐ None
- ☐ Primary carer of a child/children (under 18)
- ☐ Primary carer of a disabled child/children
- ☐ Primary carer or assistant of a disabled adult (over 18)
- ☐ Primary carer or assistant for an older person/people (over 65)
- ☐ Secondary carer (another person carries out main caring role)
- ☐ Prefer not to say

21. Are you refugee or asylum seeker? *A refugee is someone who has been forced to flee his or her country because of persecution, war or violence and who has a well-founded fear of persecution for reasons of race, religion, nationality, political opinion or membership of a particular social group. An Asylum seeker is someone who is applying to achieve refugee status.*

- ☐ Not a Refugee or Asylum seeker
- ☐ A Refugee - within the last five years
- ☐ A Refugee - over five years ago
- ☐ An Asylum Seeker

21.a. If you are happy to answer, which country or region are you a refugee/asylum seeker from?

Page 3: Green Social Prescribing

Green social prescribing links people to a range of nature-based activities; green exercise, local walking schemes, community gardening, food-growing projects, care farms, outdoor arts, and other activities, to support their physical and/or mental health and wellbeing. GPs, other health and care practitioners and local organisations will refer people to these activities.

22. What is your understanding of green social prescribing and nature based interventions?

23. What are the core components that are important to you?

24. How can these programmes be adapted to meet everyone's needs to be more inclusive and accessible?

25. What are the barriers to taking part? *Optional*

- ☐ Lack of transport?
- ☐ Lack of availability in local area/neighbourhood?
- ☐ Safety concerns?
- ☐ Lack of awareness of these schemes?
- ☐ Cultural and/or language barriers?
- ☐ Other

25.a. If you selected Other, please specify:

26. What is your role? Please select

26.a. If you selected Other, please specify: *Optional*

Page 4: Experience of Green Social Prescribing

We would like to know about your perceptions and experiences of green social prescribing and nature based interventions.

27. Have to been referred to a green social prescribing scheme by your GP or other healthcare professional (i.e. link worker)?

- ☐ Yes
- ☐ No

28. If you answered YES to the previous, please answer the following question below. If you answered NO, please tick 'not applicable' and go to the next question. Did you take part?

- ☐ Yes
- ☐ No
- ☐ Not applicable

29. If you answered NO to the previous question, please can you explain why?

30. Would you like to take part in green social prescribing and nature based interventions in the future?

☐ Yes

☐ No

31. What green social prescribing and nature based interventions would you like to take part in?

- ☐ Green exercise i.e. walking groups
- ☐ Care farms i.e. helping out on a farm with animals
- ☐ Community gardening/allotments
- ☐ Forest bathing
- ☐ Conservation volunteering
- ☐ Outdoor arts and crafts
- ☒ Other

31.a. If you selected Other, please specify: *Optional*

31.b. If not can you explain why you wouldn't like to take part in green social prescribing and/or nature based interventions?

32. If you have been participating in green social prescribing or nature based interventions, can you tell us: How long have been participating?

- ☐ 0-3 months
- ☐ 3-6 months
- ☐ 6-9 months
- ☐ 9-12 months
- ☐ 12-18 months
- ☐ 18-24 months
- ☐ Over 2 years
- ☐ Not applicable

33. If you have been participating in green social prescribing or nature based interventions, please tell us: What benefits have you seen/experienced? Tick all that apply

- ☐ Improved sleep
- ☐ Better eating habits i.e. eating more fruit and vegetables
- ☐ Doing more exercise
- ☐ Improved mood
- ☐ Experiencing lower levels of depression/anxiety
- ☐ Improved quality of life
- ☐ Making more friends
- ☐ Feeling more supported by the local community
- ☐ Taking less medication
- ☐ Visiting the GP less frequently
- ☐ Feeling able to manage your own health conditions better
- ☐ Feeling more connected to nature and the natural environment
- ☐ Other
- ☐ Not applicable

33.a. If you selected Other, please specify:



34. If you have been participating in green social prescribing or nature based interventions, please tell us more about your experiences of taking part?



35. If you have not been participating in green social prescribing or nature based interventions, please tell us your thoughts about accessing these services?



Page 5: Final page

Thanks very much for taking the time to complete this survey for further information contact Dr Ceri Jones on crj10@leicester.ac.uk

Key for selection options

13 - What is your ethnicity?

Asian or Asian British- Indian

Asian or Asian British-Bangladeshi

Asian or Asian British-Pakistani

Asian or Asian British-Chinese

Any other Asian background- please select and describe below.

Black, Black British- Caribbean

Black, Black British- African

Any other Black, Black British, or Caribbean background- please select and describe below.

Mixed or multiple ethnic groups- White and Black Caribbean

Mixed or multiple ethnic groups- White and Black African

Mixed or multiple ethnic groups-White and Asian

Any other Mixed or multiple ethnic background- please select and describe below.

White- English, Welsh, Scottish, Irish, Northern Irish or British

White- Gypsy or Irish Traveller

White- Gypsy or Roma

Any other White background- please select and describe below.

Other ethnic group- Arab

Any other ethnic group- please select and describe below.

26 - What is your role? Please select

Member of the public/patient or service user

Policy maker or commissioner

Healthcare provider

Nature based/green social prescribing provider

