**Naturally healthy: making it happen in the North East**

*A workshop on improving the connections between health priorities in the North East and access to the natural outdoors*

09:30 Coffee and networking

09:45 Welcome from the Chair, Sandra King, Chair of Northumberland Wildlife Trust

09:55 Capturing individual expectations for the day

**Setting the Scene**

10:15 Objectives for the day and summary of evidence. Rachel Stancliffe, Director of the Centre for Sustainable Healthcare

10:30 Local health priorities and what is currently commissioned from nature? Guy Pilkington, Newcastle Clinical Commissioning Group Vice Chair

10:45 Assets from nature to create healthy communities. What is our ambition in the North East? Stuart Timmiss, North East Local Nature Partnership & Head of Planning at Durham County Council

11:00 Ways to wellness: What are the key elements? Social prescribing and normalising healthy behaviour. Chris Drinkwater, Chair of Ways to Wellbeing and Emeritus Professor of Primary Care Development at Northumbria University

*Direct questions to the speakers*

11:15 Coffee Break

**Case Studies**

11:30 Jen Hagan, Tees Valley Wildlife Trust: Blue to Green nature based interventions for mental health

11:45 Commissioned nature-based projects: Good examples from around the country. Bruce Howard, Ecosystems Knowledge Network

12:00 Table discussion: how can nature-based interventions become a more commonly used option for health professionals? What are the main issues?

12:45 Lunch

**How are we going to make this happen in the North East?**

13:30 Interactive workshop session with panel of experts, including Alice Wiseman, Director of Public Health and other speakers available to answer questions

15:00 Tie-up and next steps

15:30 End