

Module specification

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Module Code	HLT432
Module Title	Green social prescribing – Principles and Practice
Level	4
Credit value	20
Faculty	SLS
HECoS Code	100473
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc Mental Health and wellbeing for QA and assessment purposes	Option

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	17/05/2023
With effect from date	01/07/2023
Date and details of revision	
Version number	1

Module aims

The module aims to facilitate an appreciation and understanding of the theoretical underpinnings of green social prescribing and nature based activities in the context of current economic, ecological and societal health drivers. It further aims to enable the learner to develop an awareness of the skills and approaches needed to engage individuals in green health and wellbeing initiatives

Module Learning Outcomes - at the end of this module, students will be able to:

1	Identify the ecological and socioeconomic influences on physical and mental wellbeing
2	Describe the features of green social prescribing and the range of activities that it might encompass
3	Demonstrate an awareness of the professional/ interpersonal skills and conduct required when working in a social prescribing role
4	Determine barriers to participation in green social prescription activities and potential solutions to overcome them

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Students will complete a portfolio of activities across the course of the module that address the learning outcomes and which may include:

1. A reflective learning log on the students own professional development (minimum 500 words) (LO3)
2. A Moodle quiz (LO1)
3. Participation in an asynchronous action learning set to work on given scenarios (minimum 500 words) (LO4)
4. A poster outlining a proposed green prescription activity + 500 word rationale (LO2)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2,3,4	Portfolio	100%

Derogations

N/A

Learning and Teaching Strategies

Recognising the professional commitments of practitioners undertaking this module, it will be delivered via a 'blended learning approach'. Directed study tasks, which may include activities such as recorded lectures/ electronic content, discussion forums, quizzes, case studies, group tasks, workbooks, key readings, reflective activities or other appropriate learning activities, will be made available on the Virtual Learning Environment on a weekly basis. The flipped classroom approach will be utilised as far as possible to maximise the learning opportunities during synchronous sessions.

Indicative Syllabus Outline

- The social and ecological determinants of physical/mental health
- Social health and the benefits of connected communities
- Social prescribing – asset based approaches and co-production in the 'green' context
- The nature and scope of green prescribing – ecotherapies, green prescribing for indoors
- Professionalism – code of conduct for social prescribing practitioners
- Professionalism – principles of motivational interviewing and ascertaining 'what matters'
- Overcoming barriers – the principles of solution focused approaches
- Beyond the prescription – moving forwards

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Office for National Statistics (2022) *Health Benefits from recreation, natural capital, UK: 2022* Available from

<https://www.ons.gov.uk/economy/environmentalaccounts/bulletins/healthbenefitsfromrecreationnaturalcapitaluk/2022> [accessed 23rd January 2023]

Other indicative reading

Orchery, M (2022) *Green spaces: Can we ensure equal access for all?* Available from <https://nhsforest.org/blog/green-spaces-can-we-ensure-equal-access-for-all/> [accessed 23rd January 2023]

Madison, A (2020) *A Covid-19 recovery strategy: Green prescribing for health* Available from <https://nhsforest.org/insight/a-covid-19-recovery-strategy-green-prescribing-for-health/> [accessed 23rd January 2023]

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication