

## Sussex Green Wellbeing Alliance (SGWA) Terms of Reference

The Sussex Green Wellbeing Alliance was formed in 2016 with three main aims:

- To act as a discussion forum for Sussex-based providers of green wellbeing, to share information and best practice and provide a local network of mutual support and to link to national initiatives;
- To better promote green wellbeing to organisations and individuals involved in the commissioning and delivery of health and wellbeing services, by developing a common language and shared understanding of the various green wellbeing approaches;
- To work together to develop and deliver larger-scale green wellbeing programmes through grant-aid or commissioning processes.



### **Definition of Green Wellbeing**

The members of the Alliance chose the name “Green Wellbeing” to refer to their work, in preference to the term “Green-care”. This was suggested in a significant report “A review of nature based interventions for mental health care” by Bragg & Atkins for Natural England in 2016.

Both Green Wellbeing and Green Care are “umbrella” terms to describe nature-based interventions designed and structured for health or social care treatment interventions for vulnerable groups in society, including those with mental illness, learning difficulties, dementia, or life limiting illness.

The three main approaches are:

- ✦ Gardening and small scale food growing (social and therapeutic horticulture)
- ✦ Larger scale farming and livestock management (care farming)
- ✦ Connection to nature through structured individual and group activities (eco-therapy)

In practice there is considerable overlap between these approaches.

### **Membership of the SGWA**

To become a Member of the Sussex Green Wellbeing Alliance:

- an individual must be directly delivering a Green Wellbeing programme, or represent an organisation or agency that is working in or supporting the Green Wellbeing agenda in Sussex
- must complete the Green Wellbeing Alliance quality standards form
- should be nominated by an existing member of the Alliance, and approved by a majority of the Alliance members;

The SGWA intend to meet on a regular basis (usually monthly, with at least 4 'open' meetings where prospective members may attend each year). If the Alliance needs to decide on a course of action, it should be put to the vote (by show of hands at a meeting or by email). The vote will be decided by simple majority. There must be a quorum of at least five members. Organisations may have several representatives as members, but will only have a single vote in any decision-making process.