

# RECETAS Newsletter #2

APRIL 2022



## RECETAS Survey | Main results



Visible Network Labs (VNL) conducted an organizational social network analysis in collaboration with each of the six project sites: Helsinki, Melbourne, Cuenca, Barcelona, Marseille and Prague.

In October and November 2021, 253 organizations across five of the cities were invited to participate in a Social Network Analysis of their current organizational partnerships around addressing mental health, well-being, and loneliness. Of these, 160 organizations responded to the survey, for a 63% response rate.

What kind of nature-based solutions and programs are already used in each city to tackle loneliness? What could be done to improve solutions already implemented? What was the impact of Covid on loneliness in each pilot city?

➤ Discover the results of the survey [here](#)

## RECETAS NbSP | Good practices around the world



Nature-based Social Prescribing and Nature-based activities have already been successful in several countries to improve the wellbeing of city dwellers! Here are some inspiring initiatives:

- In the UK: Tiny Forests**  
 A Tiny Forest is a dense fast-growing native woodland located in the middle of a city, but it is more than just trees! These unique forests have **health benefits** for the local community such as **reconnecting them to nature and improving their well-being**.  
 ➤ [Find out more](#)
- In the United States: Walk with a doc**  
 In the United States, the Walk with a Doc community offers free walking groups, focused on **health and social connection**, led by health professionals. The programme has become international in scope, with over 600 groups formed in more than 40 countries.  
 ➤ [Find out more](#)
- In Canada: Park Prescriptions programme**  
 The Park Prescriptions programme in Canada allows doctors to prescribe activities in national parks to **improve their patients' life quality**. Nearly 80 parks and 2,500 doctors are participating in the programme.  
 ➤ [Find out more](#)

## RECETAS Timeline



### RECETAS IS MEMBER OF THE URBAN HEALTH CLUSTER

RECETAS is a member of the first European Cluster to **improve and safeguard health and well-being of citizens**, leaving none behind.

➤ [Find out more](#)

### Coming soon..!

- ANNUAL MEETING IN BARCELONA**  
 For the first time, all the RECETAS partners will **meet physically** during 2 days, to exchange and progress on the project.
- CO-CREATION PROCESS**  
 Many of our pilots have already started the **co-creation process** to design Nature-based Social Prescribing. In **Barcelona**, the first co-creation session will be held in May, we hope many of local actors will take part in the project!
- LOCAL STAKEHOLDERS EVENT IN MARSEILLE**  
 In order to raise awareness among **local actors**, offer a **co-creation** time and present the results of the **RECETAS survey**, on May 10th, **AVITEM** is organizing [Nature in the city, an asset for health?](#) with the support of **AP-HM**.
- VIDEO ON NbSP BY RECETAS**  
 Popularizing Nature-based Social Prescribing to make it **accessible** to all? This is the objective of the next RECETAS video, it's coming soon!



## RESOURCES

### SCIENTIFIC PUBLICATIONS

- [Listening to the voice of older people: Dimensions of loneliness in long-term care facilities](#)**  
 Jansson, A., Karisto, A., & Pitkälä, K. (2022). Listening to the voice of older people: Dimensions of loneliness in long-term care facilities. Ageing and Society, 1-18. doi:10.1017/S0144686X21001975
- The RECETAS publications committee is currently finalising **three scientific papers**... stay tuned!

### OTHER

- [Infographic of RECETAS](#)**  
 An illustrated way to present the main steps of the project