Heritage and the Natural Environment

CHAIR: Craig Lister, Wellbeing Lead, East of England, Public Health England

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CRAIG LISTER, is an exercise physiologist with 20 years' experience (NHS, public health, voluntary, community and social enterprise and the fitness sector) and a steering group member of the Social Prescribing Network. As Head of Prevention for NHS Bedfordshire his team developed the Lifestyle Hub, engaging local GPs, Bedford Hospital, the local university and other groups as an early model of social prescribing. He became the NHS Health Check national programme manager with Public Health England (PHE), then Managing Director of The Conservation Volunteer's health and wellbeing programme Green Gym™ in 2015. Funded by The National Lottery Community Fund he led development of the Quality Assurance Framework for Social Prescribing and the recently released report *Enabling the potential of social prescribing* (2021) supporting the MARCH programme. Craig is currently Health and Wellbeing Programme Lead for the East of England with PHE.

I was thinking about how I was going to summarise such a wonderful group of people, but then I thought, I am going to nick a line from the international super group, The Smiths. One of their lines is 'Nature is a language, can't you read'. I think often that we have lost the ability to read the language of nature, but that social prescribing and so much of what you have heard today is actually about helping people rediscover a wonderful language, and the immeasurable benefits that are within nature. By that, I also mean in the nature of us. If we work together to help each other and support each other.

In my role I have been immersed in COVID19 for the last six months, and what I have actually seen is communities stepping up to help each other. We have clapped nurses, and rightly so, but for me the unseen heroes are often those in the community. It has been an unbelievable privilege to chair this session, immensely grateful.

Contact: craig.lister@phe.gov.uk