



# The Green Health Virtual Gathering 2026

*Embedding Nature in Practice  
-From Vision to Delivery*

This gathering brings together psychiatrists, psychologists, psychotherapists, GPs, allied health professionals and NHS leaders exploring how **nature-informed approaches** can be implemented safely and credibly within **real-world healthcare settings**.



October 2nd 2026  
9:30am – 1:00pm



Online (Zoom)

£18 — NHS / voluntary  
£25 — Standard  
£35 — Supporter

## **SPEAKERS CURRENTLY INCLUDE:**



**Dr Shuo Zhang**  
*Child and Adolescent Psychiatrist and clinical academic exploring environmental determinants of mental health*



**Roger Duncan** *has been involved in exploring nature-based practice and Eco Psychotherapy for more than 30 years*



**Dr Ralph Mortimer**  
*GP and practitioner exploring green prescribing and emerging models of practice*



**Dr Alan Kellas**  
*Psychiatrist exploring governance, risk and professional practice outdoors*

**THIS IS NOT JUST A WEBINAR.** It is a focused, practice-led gathering for professionals moving from interest ➔ implementation.

[Register Here](#)

[circleofliferediscovery.com/green-health/](https://circleofliferediscovery.com/green-health/)



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## WHY THIS MATTERS NOW

Nature-based approaches are gaining traction across health and social care. But moving into delivery raises real questions:

- What does safe, credible and effective practice look like in real-world settings?
- What evidence is needed - and what already exists?
- How do we embed this within real systems and pathways?

## WHAT YOU'LL EXPERIENCE

- Clinical insight from practising psychiatrists
- System-level perspectives from primary care
- Real-world case studies (CAMHS, adult mental health, foster care)
- Short expert inputs on governance and prescribing
- Live panel discussion
- Interactive design session shaping what comes next

Circle of Life Rediscovery CIC has been working with NHS England to help embed nature based approaches across Sussex, including training staff and working to create green spaces across multiple NHS sites.

## A PROFESSIONALLY HELD SPACE

This is a gathering to support depth of engagement, shared responsibility, and meaningful conversation.



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Circle of Life Rediscovery (CIC)

Nature-based Learning, Connection and Wellbeing

