



Swansea Bay University Health Board (SBUHB)

Double award win for SBUHB's litter picking projects

- **Litter-picking project benefits mental health patients and local environment**

A litter-picking project involving patients at a mental health hospital in Swansea won the Resilient Wales Award at the NHS Wales Sustainability Awards. The project at Cefn Coed Hospital aim to promote patients' wellbeing by engaging with the natural environment, encouraging them to get active and connect with others.

The occupational health team, based in a high relational support rehabilitation unit that provides mental health care to men, links up with the Environment Centre Swansea to take patients to green spaces and beaches, using the scheme to educate patients of the importance of caring for the environment and giving them the opportunity to give back to the community.