



resonate

RESILIENCE THROUGH
NATURE-BASED THERAPIES

Deliverable 1.1

CROSS-CONSORTIUM COLLABORATION PLAN

DISSEMINATION LEVEL

P	Public	<input checked="" type="checkbox"/>
CO	Confidential, only for members of the consortium (including the Commission Services)	<input type="checkbox"/>
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TYPE

R	Document, Report	<input checked="" type="checkbox"/>
DEM	Demonstrator, Pilot, Prototype	<input type="checkbox"/>
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1. SUMMARY OF THE RESONATE PROJECT

Natural environments can reduce certain stress factors that are harmful to our health such as air pollution, high temperatures and noise, and spending recreational time in them has a positive impact on mental and physical health. For this reason, **nature-based therapies** (NbTs) are being developed and tested in Europe and beyond to promote healthy lifestyles, prevent illness, support rehabilitation, and treat ailments, disabilities, and many chronic conditions, as a complement to traditional health care.

Although there is growing evidence of effectiveness, and despite the European Union's call for action in this direction, NbTs have not yet been implemented on a large scale or broadly adopted by health systems. There is a need to understand what are the causal mechanisms by which nature benefits human health; what can we learn from local best practice initiatives in both Europe and globally and can those be replicated and adapted to the European context; what sectors and stakeholders need to be involved to ensure that NbTs are not only effective but also equitable and sustainable; and how can acceptance, replicability, and funding in this area be supported? The Building individual and community RESilience thrOUGH NATurE-based therapies project (RESONATE in brief) brings together a consortium of world leaders in NbT research, practice, policy, and innovation and stakeholders in the health, environmental, economic, and societal sectors to:

- build a stronger causal evidence base of the links between nature, health, and well-being by demonstrating nature's biological (e.g. healthy immune system), psychological (e.g. emotion regulation capacities) and social (e.g. local networks), i.e. biopsychosocial, resilience building and maintaining capacities;
- demonstrate how multi-sectoral stakeholders can collaborate to implement locally acceptable and inclusive NbTs;
- increase awareness and acceptance of benefits from NbTs among the public, multi-sectoral stakeholders, and policy makers; and
- ensure wider utilisation of cost-effective NbTs, to help build more resilient individuals and communities in urban, rural, and coastal settings.

This will be achieved through a systematic review and mapping of existing NbTs globally, nine case studies (CSs) including three social innovation actions (SIAs), covering urban, rural, and coastal contexts across eight different countries. The CSs will collect data on four domains: health, environment, economy, and society. Outcomes will include effectiveness, mechanisms, equity (fairness/inclusiveness), environmental sustainability, cost-effectiveness, and social acceptability. Selected CSs will develop a social innovation action 'Nature-based Resilience Hubs' (Resilience Hubs in brief) to demonstrate best practice in cross-sectoral collaboration and market potential. The results will then be synthesised to provide indications of replicability potential and summarised in a Toolkit with practical guides and tutorials aimed at different end-users for large-scale NbT implementation.



2. OVERVIEW OF DELIVERABLE D1.1

This Deliverable (D1.1) outlines the Cross-Consortium Collaboration Plan and the role RESONATE will take in working closely with related projects. In this document, we will first describe the goal of the Horizon Europe Call and the other two EU projects that were funded under this programme. We will also describe four other EU projects, which were funded earlier which we also plan to collaborate closely with in the coming years, due to shared interests and goals. Further, we will outline how we aim to collaborate with these six projects and how we aim to exploit these connections to great value for all projects' goals. Finally, we will also mention how we plan to collaborate with local projects and stakeholders, to further individuals and communities alike.

2.1. Description of the HE Call & Cluster

The call HORIZON-CL6-2022-COMMUNITES-02-02-two-stage: Developing nature-based therapy for health and well-being is located within Cluster 6 of the Horizon Europe programme: 'Food, bioeconomy, natural resources, agriculture and environment'. This is important because on the face of it, topics concerning therapy and health might normally be expected to sit within Cluster 1: 'Health'. The reason it sits in Cluster 6 is perhaps most evident in the following parts of the call text where it becomes clear that the emphasis is on integrating therapeutic practices within diverse environmental contexts such as agriculture, forestry:

"A successful proposal will:

[...]

- Propose an interdisciplinary and cross-sectoral approach, including the involvement of the health care sector, land owners, as well as green space management and nature protection sectors;

[...]

- Improve schemes monitoring nature-health linkages to enhance the evidence base and tools for the health care sector, green space management, nature protection, urban planning and landscape architecture; [...]"

The call said there was €19 million in funding and that projects would be expected to cost around €6 million, suggesting three projects would be funded. Given the importance of working together across the three projects to ensure synergies and joined-up messaging and to avoid replication and competing demand on policy maker attention we identified a clear objective to work together across these three projects as well as reaching out to other relevant calls. For instance, it was also clear that the three projects would be expected to work with existing and upcoming projects working on Nature-based solutions, especially those in the Network Nature cluster, which was logical given that these could be the locations in which Nature-based therapies might take place. Nonetheless, we felt that only working with other Cluster 6 projects



would limit the scope of consortium's integration potential and argued to work across both Cluster 1 and Cluster 6.

Specifically, our Objective 3.2 included two key tasks:

T1.4 Co-ordinate with related projects. We will coordinate cross-consortium interactions through *joint activities, annual workshops, and integrated communication and dissemination activities*. We propose a multi-consortium collaboration of ~9 partners, including the three consortia funded under this call, three on-going NbS/NbT projects we are involved in (i.e. Green4C, RECETAS, Go Green Routes), and ~3 consortia from related calls (HORIZON-CL6: 2021-BIODIV-01-05; 2022-BIODIV-01-03; 2021-COMMUNITIES-01-06; and 2022-COMMUNITIES-01-05/02-01).

T1.5 Co-create NbT Task Force. If successful, our vision is to work with the other programmes engaged with under T1.4 to co-create a collaboration similar to a Network Nature Task Force specifically for NbTs (subject to agreement).

During the grant preparation phase the Project Officer provided us with contact details with the leads of the other two funded projects GreenME and NATURELAB and we had our first zoom call on 20th January 2023 in order to discuss our planned collaborations even while we were finalising our proposals. We believe this early collaboration was a good sign of the willingness of all parties to work together for the good of the sector as a whole. It was also apparent that many colleagues in the three projects had already worked together especially RESONATE and GreenME which we believe will greatly facilitate our cross-consortium collaborations.

3. OVERVIEW OF RELATED PROJECTS

3.1. Within the Cluster

3.1.1. NATURELAB Grant ID: 101083857.

NATURELAB will contribute to increased recognition, promotion and use of green and blue spaces as health care providers, by investigating the benefits of nature-based therapies (NBT) to promote well-being and support health prevention & rehabilitation.

Around 4000 participants from 15 Experimental Sites and 4 Demonstrator Fellows located in rural, coastal, and urban areas of five European and Latin American countries (PT, EL, NL, DE, and PE) will experience the NATURELAB NBT programmes. The participants will ensure a representative sample of gender, age and socioeconomic status. The geographic locations comprise a variety of climate, nature (green and blue), ecosystems, biodiversity, cultural, policy and administrative scenarios. The health issues that will be addressed include physical (hypertension) and mental conditions (depression), among others.

NATURELAB proposes an innovative approach to contribute to resilient communities, by enhancing the green and blue areas' benefits - as the resilience to climate change, the promotion of biodiversity and urban water



management, and addressing as well air pollution and noise levels. The project will deliver, among others: i) NBT programmes tailored to population with different needs; ii) Portfolio of indicators to classify the health potential of nature & Guidelines to analyse the health benefits of green areas as required by natural capital accounting; iv) Guidelines for the creation and management of private and public healing gardens, horticulture/gardening spaces merging climate resilience and environment sustainability; iv) Programme Guide for funding scheme to support NBT in the health sector and v) Guidelines to promote the integration of NB care in the public health sector. Around 600 health professionals worldwide will receive the NATURELAB NBT programmes, and 8000-10000 innovative educational and training materials will be delivered. New jobs - therapists; horticulture & gardening industries -will be exploited.

3.1.2. GREENME Grant ID: 101084198.

GreenME aims to identify ways in which effective nature-based therapy and a broader green care framework can be scaled-up to improve adult mental health and wellbeing equity while contributing to multiple socio-ecological co-benefits. To that end, over 4 years, GreenME's approach is to diagnose, to increase scientific evidence on the mental health and wellbeing benefits of green care and to empower green care actors to, finally, increase the use of nature-based therapy and its integration within a multi-scalar green care framework to ultimately promote just climate resilient and sustainable healthy communities. GreenME understands green care as a three-scale continuum from nature-in-everyday-life (e.g. the existence of green and blue infrastructure for viewing and walks) to nature-based health promotion (the promotion of active interaction with nature such as gardening and conservation) to nature-based therapy (the provision of treatment for individual patients). We will use a transdisciplinary and mixed-methods approach to identify opportunities, barriers, causal pathways and patterns of (in)equitable distribution of mental health and wellbeing benefits from green care in study countries. We will then co-create solutions and guidelines including an EU framework and country-specific schemes for bolstering green care along with an identified community of green care actors, and design a training program for nature-based therapy providers informed by empirical evidence. The evidence generated will offer replicable partnership models and guidelines to design impactful cross-sectorial green care systems, with national healthcare systems and local governments amongst the beneficiaries, leading to a higher uptake of nature-based therapy and a general reframing of the green infrastructure functionality.

3.2. Beyond the Cluster

3.2.1. Green4C (GreenForCare). Grant ID: 869764.

Although now finished, the Green4C project was still ongoing when we originally applied for funding and the learnings from this project are still extremely important and influential for RESONATE. This is aided by the leaders of Green4C, Drs. Colm O'Driscoll and Ilaria Doimo being the leads in RESONATE's Work Package 6 (Economy).



Green4C was co-funded by the Erasmus+ Programme of the European Union and was a three-year project innovating and promoting nature-based solutions for health, well-being, and social inclusion. While the public sector was also involved in the process and outcomes of the project, the purpose of Green4C was to contribute to the development of Green Care (GC) entrepreneurial opportunities for students, researchers, professionals, as well as practitioners. Green care refers to activities in contact with nature which promote physical and mental wellbeing and health, as well as social inclusion. Specifically, **Green4C** aimed at improving interdisciplinary skills and encouraging innovation and entrepreneurship attitudes among university undergraduate and graduate students, research staff and professors across the fields of Agriculture, Forestry, Urban Planning and Environmental Management as well as Medicine, Psychology and Social Work, and more broadly business owners and practitioners from these different fields. The most innovative aspect of Green4C stemmed from the integration of two business and scientific sectors that were, and to some extent still are, disconnected: the health and social inclusion sectors (e.g., public and private hospitals, health centers, care houses and social centers for disadvantaged people) and the natural resource use related sectors (e.g., forestry, agriculture, tourism etc.) in both rural and urban areas (e.g., including forest owners, farmers, cooperatives, environmental and social associations and public-private tourism consortia). In order to do this, Green4C focused on four Thematic Sectors, including: Forest-based care; Urban green care; Social agriculture; and Green care tourism and their efforts and insights continue to directly inform RESONATE plans and practices.

3.2.2. RECETAS (Re-imagining Environments for Connection and Engagement: Testing Actions for Social Prescribing in Natural Spaces). Grant ID: 945095

Although a Cluster 1 project (Health), RECETAS also has many overlaps with RESONATE because it too focuses on Nature-based Therapies. Again, key personnel are involved in both projects which will significantly facilitate close collaboration. For instance, RECETAS PI Prof Jill Litt is also leading RESONATE's Case Study 6 in Barcelona, and the network she has established for RECETAS is already providing substantive support for setting up the Case Study as well as, perhaps even more importantly, important generic insights about practical barriers and enablers in running these kinds of studies in the field. These insights have already included issues such as the need to reduce participant burden and how best to engage stakeholders, and thus have already informed the work of several Work Packages and Case Studies.

RECETAS' focus is slightly different however because it primarily focuses on loneliness, a modifiable health condition that is known to shorten one's lifespan and may be as dangerous to one's health as smoking or obesity. In Europe alone, and before the COVID-19 pandemic, over 75 million European adults reported meeting with family and friends at most once per month and 30 million European adults frequently felt lonely. Loneliness knows no geographic, economic, cultural, and social boundaries and affects all age groups. For urban dwellers, nearby nature, with social structures, can improve health and mental



well-being and reduce loneliness. Investments in nature-based solutions (NBS) and green infrastructure (GI) that address rapid urbanization and its adverse consequences on environmental systems in our cities, can be harnessed for health and well-being even in times of health emergencies. RECETAS explores loneliness through a transdisciplinary lens, integrating social, behavioral, health, and natural sciences, and is grounded in participatory principles. It will use randomized controlled trials (RCT) and other epidemiologic, anthropological and health economic methods to test socially- and culturally-innovative nature-based social prescribing (NBSP) in six cities in Europe, Latin America, and Australia. The approach aims to improve upon real-world policy and practice to reduce loneliness by connecting people experiencing loneliness with helping professionals and extensive investments in NBS and GI, while alleviating pressures on stressed health care systems. If successful, it will systematically reduce loneliness, promote and sustain vibrant, socially-connected communities, and reduce health inequalities by connecting to nature in meaningful ways.

3.2.3. GoGreenRoutes (Go Green: Resilient Optimal Urban natural, Technological and Environmental Solutions). Grant ID: 869764.

GoGreenRoutes is an ongoing Cluster 5 Horizon 2020 project focusing on Climate, Energy and Mobility. Nonetheless by looking specifically at nature-based interventions and innovations to meet Cluster 5 goals it also has a number of parallels and overlaps with RESONATE. It is also part of the Network Nature group. Again, a number of RESONATE partners have worked directly with colleagues in GoGreenRoutes and RESONATE Co-Coordinator and WP2 lead Prof. Matilda van den Bosch is a member of their Advisory Board. All of these links will again help us with coordination efforts.

GoGreenRoutes aims to sow the seeds for increased nature-connectedness across Europe, Latin America and China. Its multidisciplinary consortium of 40 organisations is pairing participatory approaches and citizen science with Big Data analyses and digital innovation to co-create "Urban Well-being Labs" in six "Cultivating Cities": Burgas (Bulgaria), Lahti (Finland), Limerick (Ireland), Tallinn (Estonia), Umeå (Sweden) and Versailles (France). These pioneering cities are implementing "nature-based solutions" such as green corridors, linear parks, pocket parks and shared walkways to enhance the physical and mental health of their urban residents. By maximizing the available public space people can move around the city more actively, enjoy their free time and interact with others, whilst there is also room for restoring ecologically valuable spaces. The project will develop a set of environmental quality indicators and exchange lessons-learned with a group of Seed Cities (Munich, in Germany, the Region of Murcia, in Spain, and Gzira, in Malta) and a Cross-Pollination Network (Mexico City, in Mexico, Beijing, in China, and Tbilisi, in Georgia), who represent large-scale opportunities for the implementation of nature-based solutions.



3.2.4. EnvironMENTAL (Identifying and preventing environmentally related mental illnesses). Grant ID: 101057429.

The environMENTAL project is also a Cluster 1 Health project and the only project so far with no direct connection to RESONATE in terms of personnel overlap. The environMENTAL team however approached RESONATE PI Mathew White (UNIVIE) to attend their annual meeting in September 2023 and present an overview of the three projects in our cluster (see above). From this presentation several cross-consortium collaborations are being developed.

EnvironMENTAL will investigate how some of the greatest global environmental challenges, climate change, urbanisation, and psychosocial stress caused by the COVID-19-pandemic affect mental health over the lifespan. It will identify their underlying molecular mechanisms and develop preventions and early interventions. Leveraging cohort data of over 1.5 million European citizens and patients enriched with deep phenotyping data from large scale behavioural neuroimaging cohorts, they will identify brain mechanisms related to environmental adversity underlying symptoms of depression, anxiety, stress and substance abuse. By linking population and patient data via geo-location to spatiotemporal environmental data derived from remote sensing satellites, climate models, regional-socioeconomic data and digital health applications, the interdisciplinary team will develop a neurocognitive model of multimodal environmental signatures related to transdiagnostic symptom groups that are characterised by shared brain mechanisms. They will uncover the molecular basis underlying these mechanisms using multi-modal -omics analyses, brain organoids and virtual brain simulations, thus providing an integrated perspective for each individual across the lifespan and spectrum of functioning. The insight gained will be applied to developing risk biomarkers and stratification markers. They will then screen for pharmacological compounds targeting the molecular mechanisms discovered. They will also reduce symptom development and progression using virtual reality interventions based on the adverse environmental features - developed in close collaboration with stakeholders. Overall, this project will lead to objective biomarkers and evidence-based pharmacologic and VR-based interventions that will significantly prevent and improve outcomes of environmentally-related mental illnesses, and empower EU citizens to manage better their mental health and well-being.

4. DESCRIPTIONS OF COLLABORATIONS

In terms of **T1.4 Co-ordinate with related projects**, we can already provide the following details.

4.1. Cross-project communication

As noted above, RESONATE, RECETAS and GreenME all have people either working in multiple of these projects or a long history of collaboration so are in a perfect position to be aware of what each other is doing. The three projects



funded under this cluster also already began speaking to each other before the grant agreements were signed and continue to be in regular email and zoom contact (even during the first 6 months of the projects RESONATE and NATURELAB or 2 months GreenMe, which started later, in September 2023).

4.1.1. Internal consortium communication

In order to avoid a situation where only consortia leads attempt to collaborate in a top-down fashion, we felt it was better for all consortia members to understand what the other consortia were doing so that more bi-lateral discussions could take place and relevant partners could connect directly. To support this within consortia awareness of what the other consortia were doing, each group developed a set of slides summarising the respective projects to be shared with respective consortium members at the Launch meetings to help clarify what the other projects were doing and identify areas of synergy and overlap. These were presented at the respective launch meetings and will be updated annually for further sharing with all consortia members, e.g. at Annual Meetings. It is also recognised, however, that such bi-lateral initiatives should be recorded and shared back with co-ordinators to help monitor progress and ensure reduction of potential clashes and conflicts of interest.

4.1.2. Annual meetings & advisory boards

RESONATE, GreenME, NATURELAB and RECETAS have agreed between the four of us that one or more project representatives attend each other's Annual Meetings to keep abreast of developments and help coordinate actions, incl. updates on the original project summaries already shared. Mathew White (UNIVIE) has been invited to join the Advisory Board of EnvironMENTAL and will attend future Annual Meetings in order to help synthesise the work of the different consortia spanning relevant Cluster 6 and Cluster 1 themes. He already attended the first Annual meeting in September 2023 where he presented all four projects (RESONATE, GreenMe, NATURELAB and RECETAS). This has already led directly to a cross-consortium sharing of resources and collaboration (see below).

4.2 Cross-project data collection

At the EnvironMENTAL launch meeting Mathew White (UNIVIE) was introduced to a data collection App called *Streetmind* developed by one of the consortium's partners at Universitätsklinikum Schleswig-Holstein. The App seemed to have potential to be used in the RESONATE case studies and at the RESONATE launch meeting in September 2023 Mathew White introduced it to the consortium. He also shared the links and contact details with the other consortia leads. Currently our level 2 Case Studies, CS4, CS5 & CS6 are in discussions with the Streetmind team about finalising the use of the App. For instance, at the moment it is only available in English and German but we would also need the features in Italian and Spanish. EnvironMENTAL have offered to coordinate this translation effort. There has been some discussion in preparation for ethics whether this would count as a "medical device" but again with support from environMENTAL sharing their own ethics applications we have been able to reassure local ethics committees that this is not the case.



The use of the Streetmind App would have benefits for both projects. For RESONATE, it would save us time developing our own system, and for environmental, it would support their cross-consortia agenda. Ultimately it might benefit the whole Horizon programme and European taxpayers by efficiently joining up projects to keep costs down. We are unsure at this stage if GreenME or NATURELAB will also be using the App.

4.3. Cross project joint dissemination

All three projects under the HORIZON-CL6-2022-COMMUNITES-02-02-two-stage Call have agreed to make co-ordinated efforts to join-up dissemination activities to avoid potential conflicts and enhance the overall field.

4.3.1. Joint communications

This has already begun. For instance, all three projects presented an overview of the respective projects at the same meeting (1st Global Science, Nature and Health on March 29-30th, 2023) consecutively in order to show to wider stakeholders how we would be joining forces and work together as a cluster. Similar joined up presentations will be planned at academic and policy events (e.g. joint research symposia applications at conferences such as IAPS, ICEP and UIFRO). In particular, we are all acutely aware that people's time is limited across all relevant sectors and three projects working in Europe with such common interests need to avoid trying to communicate with key actors and stakeholders in isolation in order to reduce confusion and topic fatigue. This is not always easy to co-ordinate without knowing each other's communication plans, which of course may also be fluid and need to react quickly to circumstances. The key thing will be to share information about contacts and relevant events with each other. We all agree we are not competing with each other and that the field overall will benefit if we try to coordinate these dissemination activities. The success of our plans for joint communications will be reviewed at each of our respective annual meetings so potentially three times a year.

4.3.2. Handbook of Nature-based Social Prescribing

Following an approach by the publishers Routledge for a book on nature and health, RESONATE PI Mathew White (UNIVIE) approached the leads of GreenME and NATURELAB (the other cluster members) as well as RECETAS to see if they would be interested in co-producing a handbook towards the end of the projects lifetimes with the aim of synthesising all four projects main findings and messages in a single location. All three other consortia agreed to this project. A first suggestion was that each project would have its own section but following discussion we agreed to each make contributions to different thematic sections. The exact target audience of the book still needs to be finalised but the plan is that the thematic sections should appeal to different sectors interested in NBTs, e.g. the health and social care sector, the environmental sector, the education sector, the innovation sector, the policy sector, etc. In this way we aim to make the readership as wide as possible and show how successful NBTs are truly cross-sectoral endeavours. Since the handbook will be summarising project results and learnings we are not



expecting to finalise details until 2026 but the need to co-ordinate it will ensure dialogue between the four projects throughout. Having a clear joint end-goal is an excellent way to ensure deep collaboration between the projects and reduce the chance of conflicting messages and timeframes.

4.4 Cross-Work Package collaboration

It is also important to point out that these the cross-consortium collaborations are not merely top-down in the sense of the co-ordinating teams working together; rather we strongly encourage and support different work-package and case study leads to talk to each other in a bilateral fashion where this makes most sense. As an example, RESONATE's Work Package 4 (Health Equity) team has a direct conversation with the GreenME team who are also focusing on nature-based therapy equity issues. Notes from the meeting outlining step in future cooperation included:

- **Sharing outcomes**, incl. literature reviews, etc. – for instance GreenME's "diagnosis" on understanding of NbTs, and RESONATE's review on acceptance/awareness amongst health professionals
- **Linking up on interviews** (in particular to health professionals) – which for RESONATE will happen in 2025 (10-15 interviews), and GreenME before this. We spoke of RESONATE maybe providing input for GreenME's interview guide.
- **Online course** – RESONATE will be doing an Online tutorial on how to use our NbT Guide for Health professionals (due August 2026). GreenME's online course is broader, but at the least we should cross-reference.
- **Methodology** – RESONATE are happy to share our HIA methodology (early 2024) and see if there are concrete ways in which we can collaborate on this too, sharing outcomes from different interventions.
- **Positionality training** – it might be possible for RESONATE WP4 to attend (not as trainers), but still needs to be discussed.

4.5 Network Nature

In terms of **T1.5 Co-create NbT Task Force**, we can already provide the following details.

4.5.1. Nature Network Meeting

Mathew White (UNIVIE) already attended the final meeting of the first iteration of the Network Nature collaboration in Brussels on 8th June 2023 and learnt of its transition to Network Nature Plus. He had the opportunity to meet leaders from other projects (e.g. GoGreenRoutes) to discuss potential overlaps and activities. It also became clear at the meeting that rather than creating a parallel Task Force for NBTs, it might be better to work out how to integrate NBTs within the existing structure.

4.5.2. Nature Network Steering Board

To help do this Mathew White (UNIVIE) has been invited to join the Network Nature board and will be presenting an overview of the project to existing Board Members in one of the upcoming meetings. He will remain a board



member throughout the duration of RESONATE to help ensure that the NBT potential of NBSs is realised. In collaboration with the GreenMe, NATURELAB and other relevant teams (e.g. RECETAS) we will try to identify how to formalise this thematic link within the existing structure.

5. FURTHER COLLABORATIONS OUTSIDE OF THE PROJECT

Due to the successful funding of the RESONATE project and the ensuing coverage in (social) media outlets, many individuals and organisations working in similar fields have reached out to UNIVIE as the coordinators of the project. We aim to use these contacts to advance the project's objectives, but also to build lasting connections with communities to ensure sustainable effects of the project's efforts.

5.1. Building an Austrian Network

Since the start of the project, many individuals and organisations who are providing or are interested in providing nature-based therapies in Austria have reached out to UNIVIE. While we cannot include new organisations in the project due to limited budget, we aim to connect with these individuals and organisations, in order to build an Austrian Network for nature-based therapies and related research. As a starting point, we aim to hold a national meeting with the interested parties in spring of 2024, to strengthen our connections and enable new contacts for everyone and thus establish a new vibrant network in Austria. In addition as part of our teaching commitments we have been working with post-graduate students to support local NBT initiatives being undertaken by organisations such as the Austrian Red Cross, who want to explore the benefits of Forest Therapy, the mental health organisation 'promente', who want to understand how nature-based activities are already embedded within their practices and could be further optimised, and the psychiatric Hospital Hietzing who want to better understand the potential of community gardening. Practical support for these Austrian organisations is being given by the RESONATE UNIVIE team to foster greater impact of the project.

5.2. Building similar Networks in multiple countries

While UNIVIE will concentrate its efforts on Austria, we will support other RESONATE partners to create similar networks and support structures in their own countries. In terms of Tasks 1.4 and 1.5 these activities are more relevant than may first appear. For instance, it quickly became apparent that even in Austria some of these partners had also been involved in EU funded projects such as HEALPS, and thus provide another mechanism for joining up multiple EU funded projects.



6. Keeping records of T1.4 and T1.5 progress

Although, unlike the DEC and DMP, there is no requirement to formally update this deliverable we will be keeping records of progress, documenting cross-consortia collaborations, information sharing, data collection and dissemination activities throughout the entire project. We will also keep updating regularly on progress towards the full integration of NBTs within the Network Nature programme of activities. Regularly updating these records will not only help us demonstrate how well we are doing in achieving our goals related to T1.4 and T1.5. it will also help us improve our collaboration activities by seeing what seems to be working and which areas we need to put more effort into to ensure good cross-consortia collaboration that benefits all.