Workshop overview

- Scene setting
- Introduction to HPHPe
- Group work
- Break
- Casestudy
- Group work
- Actions
“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul”
Nature is good medicine

For: improved mental and physical health, lower stress and blood pressure, reduced risk of illness

Dosage: Take at least one dose a day with fresh air

Side effects: Improved mood, sleep, attention, creativity, social contact, energy and happiness

Warning: Keep in reach of children (and adults)

How? – recreation, environmental volunteering, bush craft, forest bathing, outdoor learning, gardening, active travel etc

Ways to well-being

1. Be active
2. Take Notice
3. Keep leaning
4. Connect
5. Give back
The contribution of Parks and Protected areas

- Europe has a **well-developed and diverse system** of parks and protected areas
- Europe’s parks and protected areas are **on the door step**
- Europe’s parks and protected areas are **well placed to support health outcomes for people.**
- There is a lot of **good practice already happening** in Parks and protected areas
- Growing **common ground between the health and environmental sectors** increasingly recognised in policy and practice
- International, European and National/regional **commitments requiring action** e.g **biodiversity targets, Sustainable development goals etc**
Key elements of good practice

- National /regional policy frameworks
- Strategic park planning
- Site management
- Communications
- Staff training
- Outreach to new audiences
- Green exercise programmes
- **Partnerships with health sector**
- Monitoring & evaluation
Key Policy commitments

– International and EU biodiversity targets – post 2020 Global Biodiversity Framework
  ➢ Target 8. By 2030, ensure benefits, including nutrition, food security, livelihoods, health and well-being, for people, especially for the most vulnerable through sustainable management of wild species of fauna and flora
  ➢ Target 11. By 2030, increase benefits from biodiversity and green/blue spaces for human health and wellbeing, including the proportion of people with access to such spaces by at least [100%], especially for urban dwellers.

– Sustainable development targets
  – SDG 3 Ensure healthy lives and promote well-being for all at all ages
  – Development of one health/health in all policy approaches
The “Our Natural Health Service Programme” (ONHS), is led by NatureScot ..... It is a programme of work that I am particularly proud to be involved with and connects two important and accessible contributors to our health – physical activity and outdoor green space – Gregor Smith – Chief Medical Officer, Scotland, March 2021
Parks and protected areas in the spotlight?

COVID19

• Managing zoonotic disease
• Increased demand for regular contact with nature
• Increased visitor pressures

Climate change

• impacts on health and well-being
• increased investment in nature-based solutions and nature recovery

An essential part of the green recovery we need (no more “blah blah, blah”!)
Healthy Parks, Healthy People Europe

What

– a Europe-wide programme developed by the EUROPARC Federation to support parks and protected areas at the national/regional and local level to deliver better outcomes for the health of people and nature.

Why

– To maximise the contribution of Europe’s parks and protected areas to key policy priorities on:
  ➢ Improving public health and well-being or all and reducing health inequalities
  ➢ Protecting, restoring and investing in biodiversity,
  ➢ Responding to the climate emergency

Healthy Parks, Healthy People Europe

Our vision

Happier and healthier people more connected to nature-rich parks and protected areas

The key pillars

- Making the case
- Building partnerships
- Developing capacity and practice
- Connecting people and nature
Making the case

Increase awareness and understanding of nature-based health interventions in parks and protected areas

- **Develop** key messages, information and case studies.

- **Champion** HPHP Europe in national and European policy and practice

- **Encourage** EUROPARC Federation members to **ado** HPHP Europe
Building Partnerships

Establish broad based platforms at the European, national and regional level that bring together health, environmental and other sectors

- Develop a HPHP Europe platform of health and protected areas experts
- Encourage and support partnerships developed by EUROPARC members at the national and regional level across Europe
Developing capacity and practice

Promote best practice, build capacity and develop the evidence based on nature-based health interventions in parks and protected areas.

- Publish and promote a HPHP Europe tool-kit for parks and protected area staff
- Deliver HPHP Europe workshops, online seminars and study visits to build knowledge and capacity
Connecting people and nature

Improve well-being and grow stronger pro-nature attitudes and behaviors in more people through their engagement in parks and protected areas.

- Promote a “nature for all” approach to attract new audiences to parks and protected areas and help reduce health inequalities.
- Establish a HPHP Europe project to develop and share good practice in the use of “5 ways to well-being” in parks and protected areas.

NatureScot
Scotland’s Nature Agency
Buidheann Nàdair na h-Alba

Healthy Parks
Healthy People
EUROPE

EUROPARC
FEDERATION
The call to arms

Join us in helping make Europe a healthier and happier place by

- **Promoting a “nature for all” approach** to help attract new audiences to parks and protected areas and help reduce health inequalities

- **Investing in programmes and projects** in parks and protected areas that support public health outcomes;

- **Championing HPHP Europe** in regional, national and European policy and practice

- **Work together** and stay in touch
HPHPE tool-kit

- Launched February 2021
- A key building block of the HPHPe programme
- Draws together experience and best practice from across Europe
- Erasmus+ proposal to develop online learning resource and network
HPHPE tool-kit - structure

Organised by pillar
- Setting Scene
- Key messages
- Case studies
- Did you know?
- What did we learn?
- What can you do?

Check-list
Good practice - national approaches
Building partnerships – key elements

- Use existing, or develop new, networks to enable collaboration at strategic and operational levels between health, environment and other stakeholders.

- Explore and develop the common ground in terms of outreach and health inequalities.

- **Place matters** – engage communities of place and interest is vital for integrated planning, co-production and delivery.

- Secure organisational commitment to strategic partnerships and by involving appropriate staff in their leadership/progress reports.

- **Identify champions** who can raise the profile of partnership and raise awareness of the shared objectives within their sector.
Enjoy the grounds at Gartnavel

Go your own way

If you go down to the woods today...