

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

Over 230 medical journals: Climate crisis is the "greatest" health threat

Rebecca Falconer



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



SUSTAINABILITY ACTION
Our NHS Our People Our Planet

Together we can create a better NHSScotland

Get involved. Visit www.sustainabilityaction.scot.nhs.uk



THE COURIER & ADVERTISER THURSDAY, SEPTEMBER 10, 2020

GPs lead the push for active travel on ebikes

HEALTH: Dundee doctors become first in Scotland to use bikes for house calls

EMMA CRICKTON

Dundee doctors are getting on their bikes to lead by example and encourage active travel. Those that more GPs will start to see the great benefits that using ebikes can bring to their practice. The GPs were inspired by the success of the Dundee Green Health Partnership, which allows doctors to prescribe walking as an exercise to improve patients' health and wellbeing. The pilot scheme was launched at three surgeries – Leithen Health Centre, Whitfield Health Centre and Tullibee Medical Centre – in April last year and was extremely successful after positive feedback from patients and healthcare staff. Prescriptions can include walking, cycling, or other things in groups. More than 200 "active health" prescriptions were issued during the 15-month pilot, with the most popular

environmentally aware and recently I was able to complete a 50-mile round trip completely carbon neutral – it felt very satisfying indeed. I hope that more GPs will start to see the great benefits that using ebikes can bring to their practice. The GPs were inspired by the success of the Dundee Green Health Partnership, which allows doctors to prescribe walking as an exercise to improve patients' health and wellbeing. The pilot scheme was launched at three surgeries – Leithen Health Centre, Whitfield Health Centre and Tullibee Medical Centre – in April last year and was extremely successful after positive feedback from patients and healthcare staff. Prescriptions can include walking, cycling, or other things in groups. More than 200 "active health" prescriptions were issued during the 15-month pilot, with the most popular



Medical Student **Farhad Noorani** and Dr **Becky Forrester** demonstrate the practice's new ebikes. Picture: Simon Brown.

ADVICES being group led by doctors and nurses, sparking the imagination of the Whistler GPs. Dr Viola Marx, Green Health Partnership co-ordinator, said: "Since launching the initiative GPs have already checked an impressive 731 miles and completed 21 house calls. "It has been fantastic to see the GPs and staff have engaged so well in joining in so we have now applied for funding to launch an ebike fleet." See comment on page 7.



EUROPARC FEDERATION

Parks and protected areas in the spotlight?

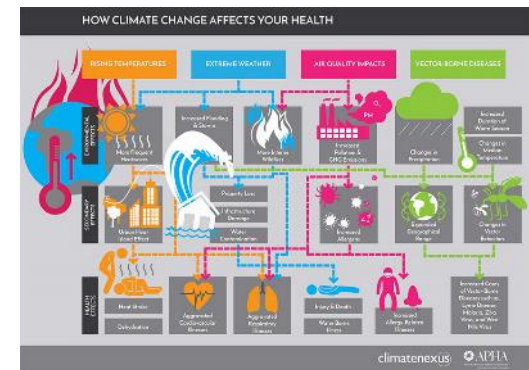
COVID19

- 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

Programme

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 of all and reducing health inequalities
 - Protecting, restoring and investing in biodiversity,
 - Responding to the climate emergency

Why now? - An essential part of the green recovery from COVID-19.

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 adopt HPHP Europe



Case studies



The infographic features a central illustration of a heart-shaped leaf with a rainbow and a person sitting on a log. To the left, there are four circular icons: a person walking (labeled 'BE ACTIVE'), a hand holding a leaf (labeled 'WORK'), a group of people (labeled 'GET INVOLVED'), and a brain (labeled 'LEARN'). To the right, there are two text boxes. The first is titled 'Creating natural connections in Scotland: the Wild Ways Well project' and describes a project in a Scottish town. The second is titled 'Nature, Nurture, Future: Well-being for people and planet through wilderness therapy and nature immersion' and discusses the importance of wilderness and biodiversity.

BE ACTIVE - You can't be healthy if you're not active. The more you move, the better your health and happiness.

WORK - You can't be healthy if you're not working. The more you work, the better your health and happiness.

GET INVOLVED - You can't be healthy if you're not getting involved. The more you get involved, the better your health and happiness.

LEARN - You can't be healthy if you're not learning. The more you learn, the better your health and happiness.

Creating natural connections in Scotland: the Wild Ways Well project
The Wild Ways Well project aims to demonstrate what most of us already know instinctively – spending time in nature makes people feel better. In the Scottish new town of...

Nature, Nurture, Future: Well-being for people and planet through wilderness therapy and nature immersion.
With declining wilderness and biodiversity we must advocate for their protection through a range of programmes that influence our general behaviours and the decisions of politicians and planners. In addition,...



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



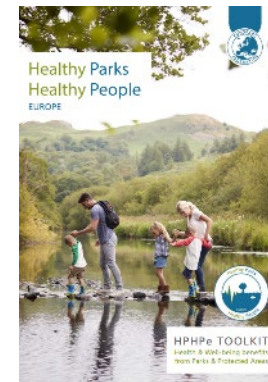
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Developing capacity and practice

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



Healthy Parks
Healthy People
EUROPE

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



The call to arms



Healthy Parks
Healthy People
EUROPE

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



NatureScot

Scotland's Nature Agency
Buidheann Nàdair na h-Alba



EUROPARC
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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



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Organised by pillar

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

Check- list

2) Building Partnerships

HPHPE Check List



Building Partnerships > Strategic Planning



Goal

To establish strategic partnerships and connections to local communities / target groups.

What to do

Engage with local authorities and other relevant stakeholders including intermediary groups.

Use Protected Areas' governance bodies (steering and advisory boards, management groups, etc.) as health forums to promote and foster local partnerships.

Discuss the principles of Healthy Parks Healthy People with strategic partners, and explore the development of programmes / projects based on 5 Ways to Well-being through Nature (see page 22 of the Toolkit).

Building Partnerships > Outreach

A key aspect of Parks and Protected Areas' role in contributing to health and well-being is to encourage people to use natural assets by reaching out to local communities and communities of interest. To deliver health outcomes to those who would benefit the most, outreach programmes need to be targeted at priority groups such as:

- Physically inactive
- People with long term health issues or disabilities
- People experiencing mental health problems
- BAME (black and minority ethnic)
- Refugees / immigrants
- Older people
- Teenage girls and young women

These segments of the population are often found within communities / groups experiencing inequalities because of deprivation, disadvantage or social exclusion.

Outreach work is about connecting with, and making natural assets relevant and accessible to, target groups.



Goal

Outreach programmes that influence healthy behaviours by inspiring and enabling people to connect to Parks and Protected Areas.

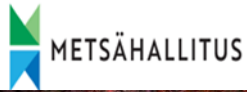
What to do

Identify and work with local stakeholders / intermediary bodies connected with target groups.

Take information about the Parks and Protected Areas to the people eg Ranger Services can provide motivational talks and activities to target groups within community settings- including clinical rehabilitation groups, migrant re-settlement programmes- to promote Parks and Protected Areas and their health benefits.

Help the people get to the Parks and Protected Areas eg work with health sector / community groups / NGOs to provide free / subsidised transport to local sites.

Good practice - national approaches



Diputació
Barcelona

Provincial Council
of Barcelona



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Building partnerships – key elements



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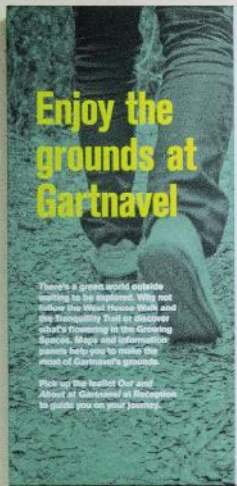
- Use existing, or develop new, networks to **enable collaboration** at strategic and operational levels between health, environment and other stakeholders.
- Explore and develop the **common ground** in terms of outreach and health inequalities
- **Place matters** – engage communities of place and interest 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

There's a green world outside waiting to be explored. Why not follow the West House Walk and the Tranquility Trail or discover other's treasures in the Garden Spaces. Maps and information panels help you to enjoy the most of Gartnavel's grounds.

Join us for the Festival of the Arts and the Arts of the Future at Reception to guide you on your journey.



Go your own way

Use the map to create your own walking, cycling and jogging routes. Be a geocacher and log around the perimeter of the campus in just over 20m.



Tranquility Trail

A mixture of surfaces, gradients and difficulties with some obstacles.

0.8 miles / 0.8 km
Allow 15-20 min

West House Walk

A firm surface with moderate gradients but no steps or gates.

0.5 miles / 0.8 km
Allow 15-20 min

Other Pathways

A mixture of tarmac and firm surfaces with some fairly steep gradients and steep chicanes.

Varying lengths

Chat to you about which areas are best for you. For more details on the site visit www.goodmove.org.uk

If you go down to the woods today...

