

Heritage Horizons: Cairngorms 2030

People and nature thriving together



Photo by Rachel Keenan

Dùthchas

The deep-rooted
connection between
people and nature



Photo by Niall Benvie

It's easy to feel powerless in the face of a global climate emergency and nature crisis. But we believe it doesn't have to be this way.

Inspired by the Gaelic word Dùthchas, **we have an ambitious plan to empower the people who live, visit and work in the Park** to take action and make a difference.

Our vision

Transformation,
innovation and
collaboration

Our ambition is to focus on the large scale, inclusive, transformational changes required to deliver on our climate and biodiversity responsibilities.

Our project is on a larger scale than anything previously attempted in the UK, and aims to inspire rural and urban communities throughout Scotland and beyond.

Heritage Horizons is a partnership of over 45 organisations and is supported by The National Lottery Heritage Fund.

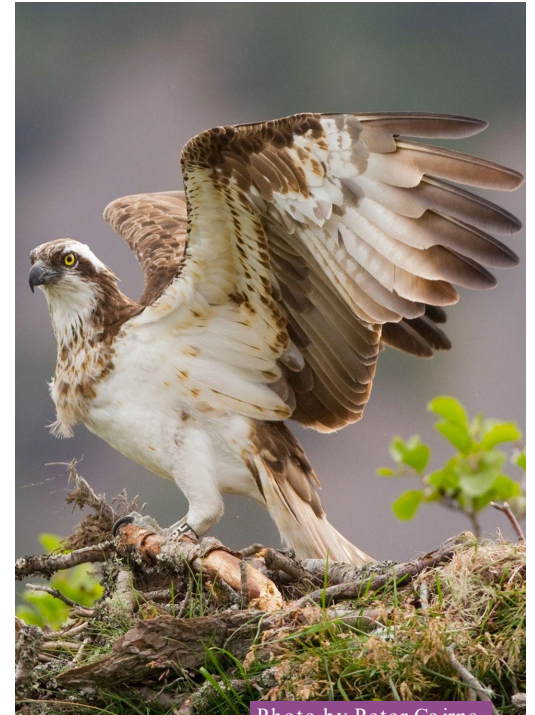


Photo by Peter Cairns

Our partners

An unprecedented coming together of people and organisations from a range of perspectives

SEFARI
NatureScot
Speyside High School
Diageo Distillers
Angus Council
NHS Highland
Moray Council
Scottish Government
Kingussie High School
University of Aberdeen
Equalities Advisory Panel
Scottish Land and Estates
National Trust for Scotland
Association of Community Councils
Forestry and Land Scotland
Marr Area Partnership
The Highland Council
University of Edinburgh
RSPB Scotland
Sustrans Scotland
Scottish Water
Scottish Parliament
Scottish Labour
Highlands and Islands Enterprise
Rural Research Institute
Aberdeenshire Enterprise Academy
Cairngorms Youth Partnership
Cairngorms and Islands Enterprise
Highlands and Islands Enterprise
Climate Ready Aberdeen
Climate Consortium of the Highlands and Islands
Understanding of Sustainable and Strathspay Backbone
Scottish Business Partnership
Aberdeenshire Enterprise Academy
The Crown Estate
Connected Kerb
Alford Academy
EUROPARC

How do we plan to do it?

A collection of 24 projects delivering meaningful action on the ground

Empowering communities to shape the future of their local area



Changing the way people travel to and get around the National Park



Transforming the way landscapes are managed within the National Park



Fostering healthier, happier communities with wellbeing at their heart



Fostering healthier, happier communities



We'll develop an economy that benefits people and nature, and provide green solutions to public health issues by:

- Working with local businesses to create an economic model based on wellbeing not GDP
- Developing an NHS green health referral programme
- Creating a unique outdoor Dementia Activity Resource Centre
- Encouraging people to walk and cycle more in the Park.

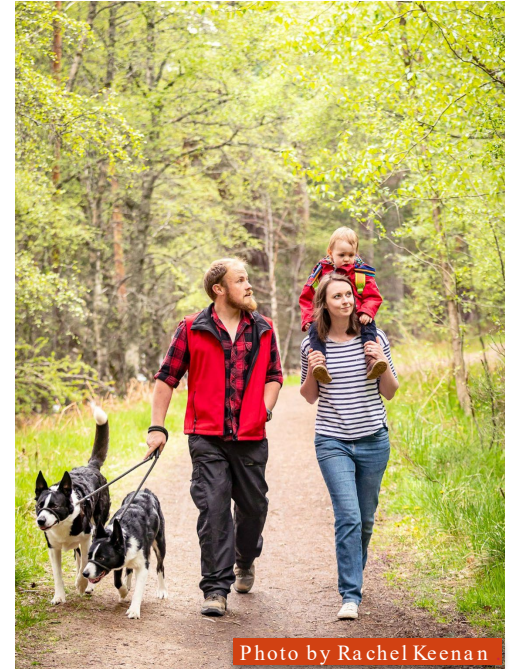


Photo by Rachel Keenan

Developing an NHS green health referral programme

Building on learning and experience

Highland Green Health
Partnership / Think Health
Think Nature

Our Natural Health Service &
other Green Health
Partnerships

RSPB nature prescribing in
Shetland and Edinburgh

Underlying Principles

Reducing inequalities;
supporting access and
participation

Starting where people are at

3 levels of intervention

Developing an NHS green health referral programme

Embedding in sustainable practice

Developing a guideline for
primary care

Working with secondary
care to navigate multiple
systems

Creating norms not
exceptions

Shifting prescribing
practices towards lower
pharmaceutical intervention

Connecting to community

Local networks of community-
based agencies

Providers and supporters

Training, confidence and
shared understanding

Capturing outcomes to tell
stories



cairngorms.co.uk/cairngorms2030

Photo by James Stevens