

# Nature on your doorstep

## Workshop 3.1

How can parks and protected areas realise their potential for contributing to health and wellbeing and reducing health inequalities in our towns and cities?

Pete Rawcliffe and Liesbeth Van Gysegem



# Welcome!

- Who we are?
- Why are here?
  - The workshop
  - The bigger picture
- How are we going to work?



Our Parks and Protected Areas are a health promoting asset. They have a crucial role in nurturing healthy ecosystems which sustain our societies. In providing opportunities for people to experience and enjoy nature, they also support the, mental, physical, social and spiritual health and well-being of people and communities across Europe.

We consider  
that the **Healthy  
Parks Healthy  
People** approach  
offers **great  
potential** to:

deliver **better health** outcomes for people and to make parks and protected areas more relevant to an increasingly urbanised Europe;

support the case for **further investment and a strategic approach** to Parks, protected areas and associated green infrastructure which can deliver better outcomes for both people and nature.

## Developing a European approach

Healthy Parks, Healthy People (HPHP) Europe is an initiative of EUROPARC, created in response to the need for parks and protected areas to become active actors in delivering health and well-being for Europe's citizens.

This work will enable Parks and protected areas to make a clearer and more valued contribution to the delivery of good national and European health outcomes, but importantly it will also enable them to seek greater resources to fulfil this vital role.

At the heart of HPHP Europe will be an exciting new platform for the exchange of ideas and good practice between the health, environment and other sectors. Through a range of advocacy, communications and events, it will seek a shift in policy toward the recognition of the value of nature-rich parks and protected areas as resources not just for healthy biodiversity but as the source of future medicines and treatments, and as a locus for human well-being.

# Structure and Content of the Workshop

Structure	Content
<b>Part 1 (0.5) - Introduction</b>	<ul style="list-style-type: none"><li>• Welcome and objectives</li><li>• Warm-up exercise</li></ul>
<b>Part 2 (1.5) – Case studies</b>	<ul style="list-style-type: none"><li>• National Urban Parks in Finland - Jukka-Pekka Flander – Finland</li><li>• Cumbernauld Living Landscape – the Wild Ways Well programme - Paul Barclay – Scotland</li></ul>
<b>Break</b>	
<b>Part 3 (1.0) Group work</b>	<ul style="list-style-type: none"><li>• How EUROPARC is supporting this agenda</li><li>• Developing our green prescriptions</li></ul>
<b>Part 4 (0.5) Conclusions</b>	<ul style="list-style-type: none"><li>• Finalising our green prescription</li><li>• Final questions and thanks</li></ul>



# Some general points about this workshop

English is not the first language for the majority of participants, so...

- let's speak slowly and clearly
- let's be patient and allow people to absorb information
- please seek help with translation from colleagues



Let's keep this workshop interactive with good flow of discussion!

- There will be good time for discussion and questions
- Feel free to stand and move about!



# Nature

**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)



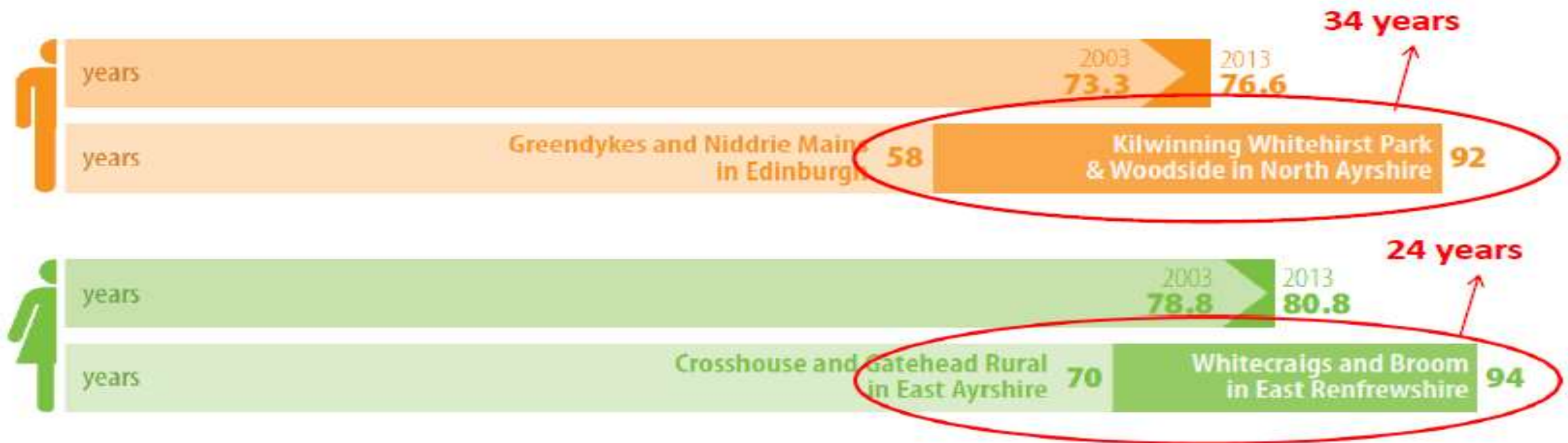
## Healthy places support healthy people





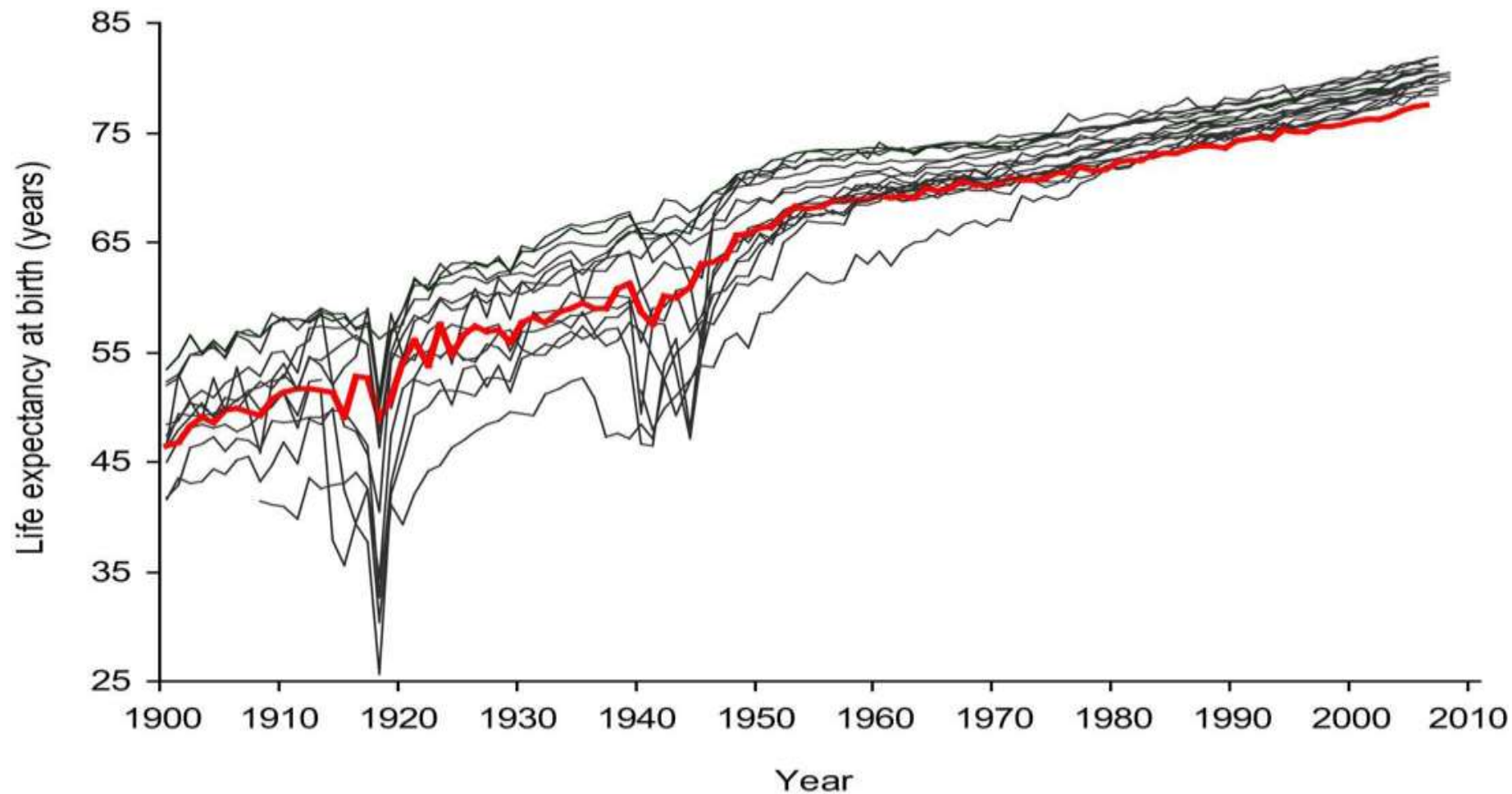
# Life expectancy in Scotland

## Life expectancy in Scotland





## Life expectancy compared with other European countries.



## 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 to discover what's flowering in the Glasgow Spices. Maps and information panels help you to make the most of Gartnavel's grounds.

Pick up the Leaflet Our and About at Gartnavel at Reception to guide you on your journey.

### Go your own way

Use the map to create your own walking, cycling and jogging route. As a guide, one lap around the perimeter of the campus is just over 5km.



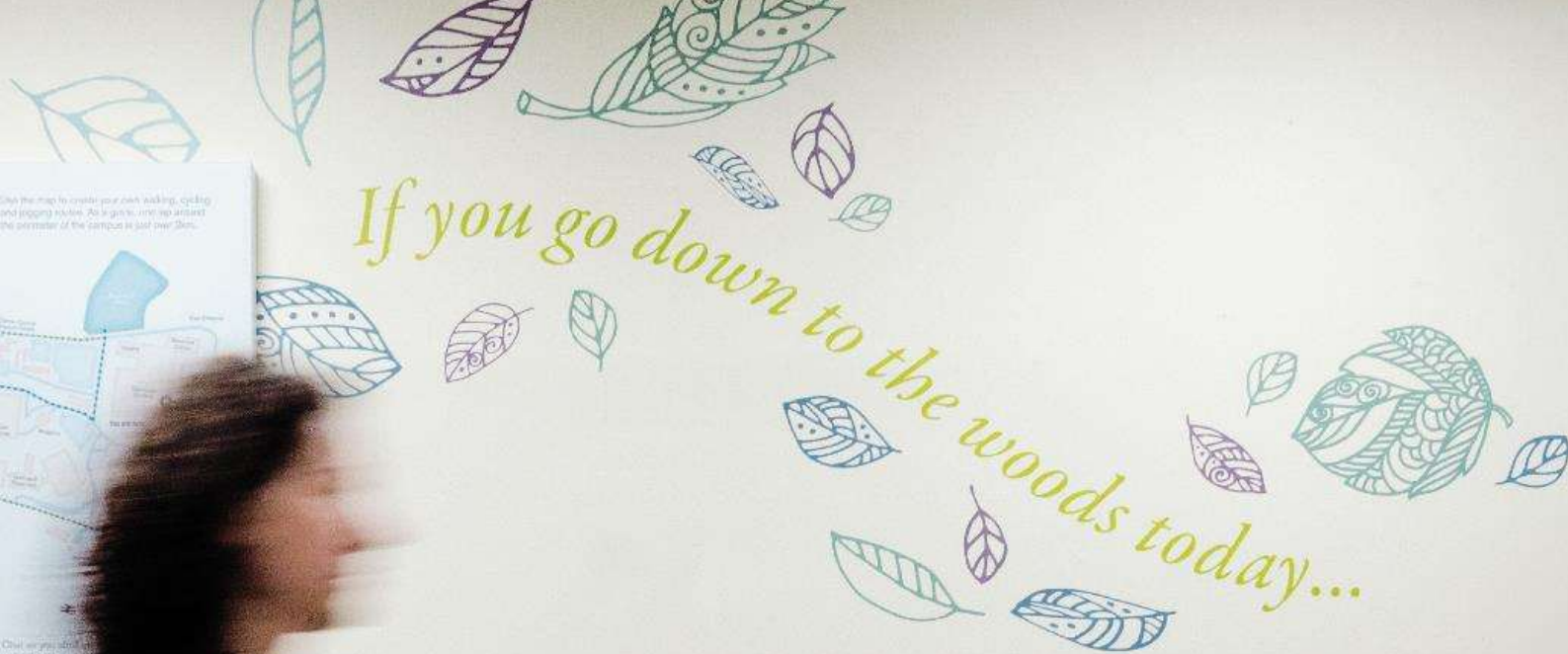
**Tranquility Trail**  
A mixture of surfaces, gradients and difficulties with some obstacles.  
0.5 miles / 0.8 km / Allow 15-20 min

**West House Walk**  
A firm surface with moderate gradients but no steps or gullies.  
0.5 miles / 0.8 km / Allow 15 min

**Other Pathways**  
A mixture of hard and firm surfaces with some fully steep gradients and steps.

Check our website for more information which is updated on a Wednesday at 12.00. For more updates on the website visit [www.goodmoveglasgow.org](http://www.goodmoveglasgow.org)

*If you go down to the woods today...*



# Case study presentations

- National Urban Parks in Finland -  
Jukka-Pekka Flander – Finland
- Cumbernauld Living Landscape –  
the Wild Ways Well programme -  
Paul Barclay – Scotland

**Getting healthier begins  
at your doorstep**





What needs to be done to contribute more to positive health outcomes?

# State of Play for Parks and Protected areas?

- Growing engagement in health activity by PAs across Europe
- Range of good practice developed/developing
- Strong evidence base – needs to be communicated better; more emphasis on M&E to help make case at programme level too
- Significant challenges for PAs in terms of political and professional relevance; funding; developing new partnerships with new sector/stakeholders
- Significant opportunity for PAs in terms of demonstrating the benefits of nature for people



# Key steps in developing the role of Parks and Protected Areas

- Growing engagement in health activity by PAs across Europe
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# How the Federation is supporting this agenda

## Now:

- Establish and support new commission with representatives and engagement from many section
- Prepare material to help members –collation of information and examples of good practice; development of a tool-kit etc.

## Future:

- Develop a European “Healthy Parks, Healthy People” programme to promote and embed this work in policy and practice
- Build links with European public health bodies and medical associations etc.
- Seek sponsorship /alliances with health industry and insurance companies



**What Green prescription would we write to deliver the vision of “healthy parks and healthy people” in and around our towns and cities?**





# Discussion groups: the 'diagnosis'

## What are the issues / challenges?

- Policy?
- Partnerships?
- Practice?
- Support?
- Leadership?



## Top 3 issues :

1.

2.

3.

= Key issue



# Discussion groups: 'green prescriptions'

## What needs to happen?

- Address current needs
- Seek new opportunities

## Today

- for you / your organisation

## and Friday's Euro Café

- for us all



# Our green prescription?

- For me/my organisation

- For all of us/Europarc

# Thank you!



## The Jūrmala Communiqué 2019

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