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?
## Structure and Content of the Workshop

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<th>Structure</th>
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| Part 1 (0.5) - Introduction | • Welcome and objectives  
                      |   • Warm-up exercise                                                  |
| Part 2 (1.5) – Case studies     | • National Urban Parks in Finland - Jukka-Pekka Flander – Finland  
                      |   • Cumbernauld Living Landscape – the Wild Ways Well programme - Paul Barclay – Scotland |
| Break               |                                                                         |
| Part 3 (1.0) Group work          | • How EUROPARC is supporting this agenda  
                      |   • Developing our green prescriptions                                 |
| Part 4 (0.5) Conclusions         | • Finalising our green prescription  
                      |   • Final questions and thanks                                         |
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

- Kilwinning Whitehill Park & Woodside in North Ayrshire: 34 years
- Whitecaigs and Broom in East Renfrewshire: 24 years
Life expectancy compared with other European countries.
Case study presentations

- National Urban Parks in Finland - Jukka-Pekka Flander – Finland

- Cumbernauld Living Landscape – the Wild Ways Well programme - Paul Barclay – Scotland
What needs to be done to contribute more to positive health outcomes?
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!