

Talk the Walk Weds 3 November Bromley: "**Green Spaces for Healthy Communities – benefits to physical and mental wellbeing**"

Bullet point summaries from speakers:

Louisa Allen, Bromley Field Studies Centre - improving life chances of residents with learning disabilities

"Thyme Out - a 3 year project improving the life chances of 40 residents of the London Borough of Bromley with learning disabilities

This project shows cases the abilities and skills of people with learning disabilities - proved by maintaining the Bromley Palace Park - 14 acre site, gaining recognition for this by being awarded Green Flag status and a 'special innovation award' from Green Flag this year.

The advantages of 'job carving' to assist people gain meaningful and sustainable work in the landscape and other industries."

Alex Collings, Growing Club and **Hedvig Murray**, Get Growing - how Growing Club works, why it works and how you can run one on your estate

In answer to the question, "how can we best communicate the value of Green space to our health to politicians and the wider community?"

We say: Do good work - initial, visible, transformative workshops on estates.

Tell people about it - finding key community 'nodes' and keeping in touch with councillors/council/housing authority

Do good work - the development of Growing club

Tell people about it - enter competitions, e.g. Capital Growth awards

People will ask you about it - NHS seeing the benefits of investing in green space in public realm.

Phil Doyle, PLAYLINK - Do play spaces improve Health? Prove it!

Physical and environmental characteristics

- Children's mobility
 - Base line data
 - How do we assess progress
-

Jane Fifield, Affinity Sutton, Greening the Grey: St Paul's estate

Health and well-being projects co-ordinator (funded by Big Lottery) – projects in physical activity, mental well-being and healthy eating.

Food growing area in St Paul's Cray

Consultation

Community planting days

Partnership working

Neighbourhood Green / Natural Estates – Kemsing and Larkfield in Hayes

Annette Hards, Kent Architecture Centre - Spaceshaper - bringing users (esp young people) and managers together to assess the quality of an existing space

to maximise the health potential of a public space it helps to have a clear picture at the outset of the strengths and weaknesses of that space- (audit/analysis/assessment using Spaceshaper)

the local community who use that space are its best advocates about the health and other benefits it provides- involve them in the process of improvement of that space (through Spaceshaper)

bringing together the users and managers of a space (through Spaceshaper) provides the opportunity for the sharing of knowledge- communication in both directions

if public spaces are improved in ways that respond to the concerns of local people then it will encourage more use of those spaces- more use = healthier people

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Trevor Pybus, Phoenix Housing -Farmsteads Community gardeners take on Lancelot Community garden

Farmstead Community Garden – A partnership between Phoenix Community Housing, Groundwork, Well London and local people.

- Lessons learnt
- Lancelot Community Garden - a new partnership!

Jonathan Schifferes, new economics foundation, - the social return on investment made by Marks & Spencer's Plan A

"How can we best communicate the value of Green space to our health to politicians and the wider community?"

Everyone likes green space, but the key in the current climate is to demonstrate that it produces social value – including better health outcomes.

We need to demonstrate that investment in green space therefore represents value for money in achieving health outcomes – contextualised against other health interventions (with help from PSSRU & NICE)

Evaluating the value for money of green space investment should therefore be contextualised against competing potential land uses; nef is currently working on a framework which would forecast well-being outcomes from different forms of development.

The challenge is how to measure change for the public, and attribute this to the use of green space. Impact considerations are important – for example a new green space may serve to displace physical activity which was happening elsewhere locally.

Communicating the value of green space should happen in green space, (not just another nef report!). Innovative approaches could include outdoor surgeries for MPs and councillors, or night video projection <http://urbanomnibus.net/2009/10/brooklyn-makes/>

Andrew Stuck, Rethinking Cities, AMAZING LONDON

NHS Social Innovation finalist: Create a network of mazes across London for all ages to enjoy

Discover and publicise existing playful spaces for all ages

Rally support to make London Europe's most playful city by 2015

Encourage playfulness and tweak the built environment to make places more playful

Weds 1 December Tower Hamlets Talk the Walk AMAZING LONDON / playful city

Ruth Webber, Downham Nutrition Partnership, Duckling Adventures: under 5s and their families

Find a way for families to use the green space and enjoy themselves

Help them to realise the benefit for themselves and their family

Capture the essence and "bottle it"

Spread the word; [make it harder to say "no more"] ~ partnerships, alliances, local, regional and national; both opportunistic and targeted.