

Talk the Walk: Green Spaces for Healthy Communities – benefits to physical and mental wellbeing 3 Nov 2010 Bromley Central Library

We asked participants to try to answer the question:

How to communicate the value of green spaces for our health to the wider community?

Use videos, mp3, Friends etc. instead of "reports"
Use profiles and case studies
Louisa's example of her team as a "goldfish bowl" at the Civic Centre
Use the rivers to engage people
Video diaries?
First hand testimony
Real life stories touch people
Well London used film project to monitor Groundwork healthy spaces project – they were good available at spectacle.co.uk/archive
An article and lots of quotes
Use the Internet
Suggestions common to the audience
Green notice board on web
(Messages on birds legs)
Inspiring examples
Through social media
If something is brilliant tell everyone, then tell them again and be enthusiastic
Communicate to all government agencies that would have interest with the community

We asked participants to write down 3 things that they will take away from this Talk the Walk

"Invisible" skills of people with learning difficulties
Low vandalism rates when the community involved
Adult "play"

Contacts
Information
Re-invigorated

Follow up around community spaces
Groundwork link

Great examples of healthy / green space projects
Ideas and challenges faces by RSLs on green space
The Darwin audio tour – brilliant

Contacts within Bromley parks
NHS Greenwich
Housing Associations

Create a maze
Look at setting up a Friends' group
Looking at play being fun

2012 mazes – great vision
Certificates kids standing
100 Friends model
"plotment"

continued on next page

Talk the Walk: Green Spaces for Healthy Communities – benefits to physical and mental wellbeing 3 Nov 2010 Bromley Central Library

Things to research further –
Get growing
Person centred plans (MIND)
Amazing London (not heard of before) – thank you

Lots of inspiring projects – how to get them to be long term sustainable – change attitudes, work and the very local level

Partnerships
Harnessing people power

Concept of the evening was really fun
Need to sort out our evaluation
Great that everyone is going in the same direction

Getting people out into green spaces (shared space) has value for people being together improves health and well being [Phil Doyle]

Signposting to allotments
Better understanding of council estates and their potential
Resources available

Inspirational hearing other people share their experience
Useful ideas for design and funding
Social