

# **Green Space Priorities for Warwickshire:**

**Supporting the Health and  
Wellbeing Strategy 2014-2018**

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# Introduction

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## Aim

Provide a summary of the evidence on the benefits of green spaces for health and wellbeing, and the actions that could be implemented to support these. The recommendations can provide direction and support for new or existing work programmes across all sectors at a local and county wide level.

## Objectives

- Outline the beneficial impact of green spaces on health and wellbeing
- Outline the green space priorities for 2014-2018.
- Outline the evidence for each priority.
- Outline some suggested actions that could be taken to address the priorities.
- Outline the partner teams and organisations that can support the delivery of the priorities.
- Outline the measures that could be used to show successful achievement of the priorities.
- Provide suggestions for infrastructure projects that can be completed using S106 and CIL monies.

The Warwickshire Health and Wellbeing Strategy (2014) priorities; Promoting Independence, Community Resilience and Integration and Working Together; describe how we can improve health and wellbeing and reduce inequalities. Green spaces are an integral part of these, supporting people to have healthier lifestyles and increase their resilience.

The Warwickshire Public Mental Health and Wellbeing Strategy (Warwickshire County Council 2014) highlights the importance of good mental health and wellbeing as an integral part of good health. The 5 Ways to Wellbeing campaign highlights the importance of green spaces through its themes of Be Active, Keep Learning, Connect, Give, and Take Notice.

The Public Health Outcomes Framework (PHOF) (Public Health England) indicators reflect a focus on how long people live, but also on how well they live at all stages of life. There are multiple indicators that relate to green spaces. These include “Utilisation of outdoor space for exercise/health reasons”, “Excess weight in 4-5 and 10-11 year olds”, “Excess weight in adults”, “Percentage of physically active and inactive adults” and “Self-reported wellbeing”.

**Improving health and wellbeing is everyone’s business. In the current climate with limited resources and reduced capacity, it is even more important that we all work together to use our green spaces to improve health and wellbeing and reduce inequalities.**

# Impact of green spaces on health and wellbeing

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***“Green spaces can play a vital role in the health of the nation. Access to a park or green space can have wide-ranging benefits for our health and wellbeing. A safe, natural environment can be a break from our busy lives – a place to get some fresh air, to exercise or play – a place to go and relax.” (Faculty of Public Health 2010)***

Green spaces can provide many opportunities for health, wellbeing and social benefits.

## Physical activity

It is estimated that physical inactivity in England costs £8.2 billion annually (DH, 2004), and that if everyone in England met guidelines for activity nearly 37,000 deaths a year could be prevented (APHO 2013).

Physical activity not only contributes to wellbeing, it is essential for good health (Department of Health 2004, NICE 2013). Increasing physical activity levels in the population will help prevent or manage over 20 conditions and diseases. This includes coronary heart disease, diabetes, some cancers and obesity and can also help older people to maintain independent lives.

Evidence suggests that there are many benefits to physical activity outdoors. Regular green space visits are associated with increased physical activity and a lower probability of being overweight or obese (Natural England 2011). Research has shown some improvement in mental wellbeing when exercising outdoors compared to indoors (Thompson-Coon et al 2011). It was found that compared with exercising indoors, exercising in natural environments was associated with greater feelings of revitalisation and positive engagement, decreases in tension, confusion, anger and depression, and increased energy. Users also reported greater enjoyment and satisfaction with outdoor activity and said that they were more likely to exercise outdoors again at a later date (Thompson-Coon et al 2011).

## Mental health

Almost one in six people in the UK will suffer from mental ill-health, such as anxiety or depression, in their lifetime. Poor mental health also costs the economy an estimated £26.1 billion a year, because of the thousands of people unable to work due to their mental illness (FPH 2010).

Simple activities like taking a stroll in the park, or gentle outdoor exercise can have big benefits for our mental wellbeing. Access to green spaces can produce improvements to stress levels in a relatively short space of time. Safe, green spaces may be as effective as prescription drugs in treating some forms of mental illnesses, without the costs of side-effects and ever-rising numbers of prescriptions (FPH 2010). The 5 Ways to Wellbeing campaign highlights the importance of green spaces through its themes of Be Active, Keep Learning, Connect, Give, and Take Notice.

## Healthy eating

In Warwickshire only 28% of adults are classed as healthy eating adults and on average approximately three quarters of people fail to meet recommended levels of both fruit and vegetable consumption. The age group with the lowest proportion of people eating recommended levels of fruit and vegetables is the under 25s.

There are important educational benefits to allotments, particularly schools and children's groups. Education on the importance of healthy food and environmental sustainability is an important role of local authorities and schools. Growing food on allotments allows individuals and communities to reduce their carbon footprint, by reducing the energy used to process and distribute their food (Hope and Ellis 2009). In urban areas in particular, allotments and community gardens offer a retreat and escape and can build self-esteem, be calming and relieve stress. Communal gardening improves opportunities for greater social interaction and cohesion, with support for each other (Milligan et al 2004). They can also facilitate the development and strengthening of local social ties and networks, promoting a sense of community (Hope and Ellis 2009).

## Environment

The provision of open spaces for recreation may provide an important health resource (MacIntyre et al 2008). There is an association between park proximity, park use and physical activity and people with greater access to safe green spaces and public parks use them more often (Cohen et al 2007, Natural England 2011). This is especially important in urban areas where gaining access to the open countryside can sometimes be difficult (Maas et al 2006). People who live further from green spaces can be less likely to visit them than those who live nearby (Natural England 2011). Increasing the perception of and the value of green spaces by the public is important to ensure their continued existence.

## Priorities

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*“To harness the positive effects of green spaces a concerted and coordinated effort is needed... It should identify available green spaces, make them safe and accessible for everyone, make use of them for community and group activities, and prescribe their use to promote health and wellbeing and help treat a number of conditions, particularly mild to moderate depression.” (Faculty of Public Health)*

The themes detailed here are not the only ones where green spaces impact on health and wellbeing, and work may currently be taking place on other themes. However, in order to provide a focus and given the current economic climate, capacity within organisations and the evidence available, these themes have been selected as the current priorities for Warwickshire.

### **Priority themes**

1. Policy
2. Health Improvement
3. Environment
4. Promotion

# 1. Policy

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Developing and improving access to green spaces will be relevant to and can support a number of policy areas, not only those for health and wellbeing.

Council departments including public health, parks, environmental health, leisure, planning, trading standards, waste management, community safety, transport, regeneration, ecology, occupational health and social care should include green spaces in their policies, strategies and work plans. Other sectors including the NHS, Clinical Commissioning Groups (CCGs), Voluntary and Community Sector (VCS), education, social care and business can include green spaces and health in their policies, strategies and work plans. Together, this will provide a joined up, cross boundary approach that will maximise the health and wellbeing returns for Warwickshire residents.

These priorities link with the Warwickshire, Coventry & Solihull Sub-Regional Green Infrastructure Strategy, as well as those relevant green strategies from the district and borough councils.

Green space infrastructure and projects are ideal areas for Section 106 (S106) and Community Infrastructure Levy (CIL) monies in order to benefit communities and improve the local area. The priorities and suggestions within this document can be used as when considering how these monies can be spent.

## 2. Health Improvement

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### Walking and measured miles

#### Background

Walking is a low-impact activity, suitable for everyone. A measured mile is a walk a mile long that has been marked out with distance markers. A measured mile can be within a green space such as a park or in the urban environment. Installing measured miles will help local people understand the effort required in terms of time to walk from one location to another. This will support people who are physically inactive to make small, measurable improvements to their activity levels. Led walks could be introduced using the measured miles, helping those who find being active on their own difficult, increase motivation and decrease social isolation.

Walking for Health groups and walking routes could continue to be developed and promoted, including Public Rights of Way (PRoW) routes across the county. Walks could be expanded to include ecology, for example nature information on maps and nature trails.

#### Partners

Our collective efforts can support the creation of an environment that supports people to be more active and this is a simple, low cost way of achieving this. Working in partnership with the District and Borough Councils, WCC and VCS who largely own, manage and influence the space used by the public, small steps can be taken in maximising opportunities for people to make manageable steps in becoming more physically active. Other important partners are the leisure services, local councillors, town and parish councils, health and social care sector, public health, education and community members, who can champion the measured miles and ensure success.

### Cycling

#### Background

Cycling is low-impact exercise that can be enjoyed by people of all ages and has many physical and mental health benefits. Shared footpaths / cycle paths through parks, open spaces and along riversides can be of great benefit to cyclists and form key links within local cycle networks, by providing quiet and pleasant routes or more direct alternatives to roads.

Green spaces offer the potential for traffic-free cycle routes connected to other networks for commuting. Riding to work or to access services is one of the most time-efficient ways to combine regular exercise with your everyday routine. Studies have shown that those who cycle to work suffer less absenteeism than non-cycling employees as workers arrive fresh, relaxed and motivated.

In order to support people to take up and continue to participate in cycling, good quality facilities should be incorporated into green spaces as far as possible. This includes parking,

signage, lighting and ride surface. It should also form part of the planning of new developments and services to ensure cycling is embedded from the beginning for leisure and travel purposes. Working in partnership with District and Borough Councils and other land owners to develop traffic-free cycle routes through open spaces, parks and riversides is supported in the Local Transport Plan (Warwickshire County Council, 2011). Promoting cycling will also involve working with health bodies, schools, local businesses and the police, amongst others.

### **Partners**

Our collective efforts can support the creation of an environment that supports people to be more active. Working in partnership with the District and Borough Councils, WCC and VCS who largely own, manage and influence the space used by the public, small steps can be taken in maximising opportunities for people to make manageable steps in becoming more physically active. Other important partners are the planning departments, developers, transport, employers, education and community members, who can ensure appropriate infrastructure is in place and champion cycling.

## **Active travel signage**

### **Background**

Urban mile markers are distance markers and can be used in town centres to inform residents and tourists on the distances from one location to another e.g. Town hall to GP surgery – 1 mile – 15 minutes' walk. The signage can highlight the effort required in terms of time to walk/cycle from one location and the calories burnt; supporting people who are physically inactive to make small, measurable improvements to their activity levels, as well as detailing the benefits.

Providing walking and cycling route information on the 'Find Us' pages of WCC and partner websites will help local people discover how they can access public offices and local services by active travel and the distance and time it will take them. Adapting the 'Find Us' pages of websites is a quick, simple, low cost way of achieving this, and urban mile markers can be added to tourist and directional markers as they are being designed/replaced.

### **Partners**

Our collective efforts can support the creation of an environment that supports people to be more active. Working in partnership with the District and Borough Councils, Town and Parish Councils, WCC Highways, Public Health and the VCS regarding markers and signage, small steps can be taken in maximising opportunities for people to make manageable steps in becoming more physically active. Other important partners are those from all sectors with services in the local area, who can update their websites to include active travel information.

## Outdoor gym equipment

### Background

Outdoor gyms can include much of the same equipment found in an indoor gym, but are specifically designed for outdoor use and are often situated near to play areas or within parks. They are aimed at adults of all ages and abilities, and provide the opportunity for everyone to use the equipment for free whilst taking advantage of the benefits of being active outdoors. Another example of outdoor exercise equipment is wooden based trim trails. Landscaping can be employed to provide general enhancement of the area and either screen the equipment or drawn people in.

A local authority in the North West found that eighty per cent of participants thought exercise was more enjoyable when outdoors than indoors and 75% believed that outdoor gyms were beneficial for their health (Bates et al 2013). There is some evidence for increased use and more new users to outdoor gyms in the short term and that they can provide a cost-effective resource for increased use of parks and park-based physical activity, particularly in densely populated areas and in parks where few facilities exist (Cohen et al 2012).

### Partners

Our collective efforts can support the creation of an environment that supports people being more active and this is a simple, low cost way of achieving this. Working in partnership with the District and Borough Councils, WCC and VCS who largely own, manage and influence the space used by the public, small steps can be taken in maximising opportunities for people to make manageable steps in becoming more physically active. Other important partners are the leisure services, local councillors, town and parish councils, health and social care sector, public health, education and community members, who can champion the equipment and ensure success.

## Community food growing

### Background

Allotments bring a number of benefits to both individuals and the wider community and over 70% of people believe that spending time in their gardens is important for their quality of life. Many people however do not have the space, opportunity or knowledge to be able to garden or grow their own fruit and vegetables. Existing parks and green spaces could be further utilised for community food growing, converting additional formal bedding areas into 'edible borders' and planting community orchards, to less formal planting incorporating fruit, vegetables, herbs and wildflowers. These areas could be linked with or sponsored by existing leisure centres, voluntary groups, community centres, schools or businesses.

There is also a link with the environment and ecology through composting, recycling, creating wildlife habitats and exploring the different planting that can be used.

### Partners

Working in partnership with owners of green spaces, of any size, small steps can be taken in maximising opportunities for people to grow their own food, learn new skills and participate

in healthy eating activities. This includes the voluntary and community sector as well as district and borough councils, WCC, businesses and schools. Other important partners are the health and social care sector, public health, education, local councillors, town and parish councils and the community who can champion the projects and share their knowledge and skills.

## 3. Environment

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Creating an environment where people choose to walk and cycle as part of everyday life can have a huge impact on public health and reduce inequalities in health.

### Accessibility

#### Background

Warwickshire is rich in parks, greenways, nature reserves, historic sites, canals, Public Rights of Way (PRoW) and many more green spaces that are underutilised. To increase use we need to ensure easy access for all including opening hours, signage, entrance visibility, connections between urban paths and green spaces, and removing barriers to low users. Links should be strengthened between local communities, parks and other facilities to encourage walking and cycling.

There is also the opportunity to improve and have good access to green spaces by sustainable modes of transport. A lack of suitable pedestrian or cycle routes to green spaces may deter their use. Some of Warwickshire's smaller parks and green spaces - which tend to be in more urban settings - have limited car parking and safe bicycle storage. Insufficient space for individuals and families to cycle to the park together and be able to store their bikes safely could create a barrier to using the green space and taking part in physical activity.

#### Partners

Working in partnership with the District and Borough Councils, Town and Parish Councils, WCC Country Park and charities that largely own, manage and influence the space used by the public, we can support the creation of an environment that removes barriers, increases access and encourages use. Other important partners are the VCS, planning, landscaping, environmental health, trading standards, education and local community members.

### Quality

#### Background

User surveys report that green spaces need to be emotionally attractive with diverse scenes, landmarks, water, accessibility and safety. Perceived lack of safety can reduce use of green spaces (e.g. densely vegetated, poor visibility, no view distance, poorly maintained areas, dog fouling, graffiti and vandalism). The national benchmark for standards of excellence in parks and greens spaces is the Green Flag Award. Even if a green space doesn't apply for accreditation, the criteria which include health, safety and security, community involvement, access and sustainability, can be a useful tool for working towards and assessing the quality of the space.

Maintenance work with volunteers, community payback schemes and employee volunteering can help to improve the appeal of the green space and the perception of safety, in turn increasing the use of the green space by the community. Taking part in conservation activity not only supports maintenance of sites, it can also be a way to improve health and wellbeing.

The active and physical work of clearing ground, planting etc provides physical activity that may suit those who do not like more traditional methods such as sports or indoor gyms. Mental health can also be improved through the interaction with nature, learning new skills and the socialising with the group.

### **Partners**

Working in partnership with the District and Borough Councils, Town and Parish Councils, WCC Country Parks and charities that largely own, manage and influence the space used by the public, we can support the creation of an environment where people feel safe to use them and take pride in their local space. Other important partners are VCS, environmental health, trading standards, justice, education, and the local community.

## 4. Promotion

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Green spaces can be marketed to the public as multifunctional spaces that offer both social and health benefits. District and Borough Councils, WCC, Public Health Warwickshire, VCS and other partners should work together to engage users and promote green spaces to increase their utilisation, especially by those who wouldn't normally access them.

### Facilities

Green spaces and their facilities such as community rooms can be used for a variety of matters, not only those traditionally associated with the outdoors. These wide ranging facilities and resources could be promoted through a range of sources to broaden the awareness, appeal and use of green spaces by the public.

### Campaigns

Linking into local and national campaigns such as Big Day Out Warwickshire, Love Parks Week, Sport Relief, Mental Health Awareness Week and national nature surveys, can help to increase the promotion of our green spaces through use of their recognised branding, publicity materials and national promotion.

A local campaign example is Big Day Out Warwickshire. This county wide partnership campaign promotes Warwickshire's green spaces to increase use and highlight their health and wellbeing benefits. Launched on September 14th 2013 and held again on April 6<sup>th</sup> 2014 and October 25<sup>th</sup> and 26<sup>th</sup> 2014, Big Day Out has had wide engagement from partners and the community. Branding was specifically designed, with a logo, core poster and banner designs, website and twitter hashtag (#bigdayout) to tie all publicity together.

### Training

Those working in green spaces, both employees and volunteers, are in an excellent position to support the local community with their health.

Making Every Contact Count (MECC) is about encouraging and helping people to make healthier choices to achieve positive long-term behaviour change. Those who have contact with the public are trained to have a 'healthy lifestyle chat'; doing this can improve health and wellbeing and reduce health inequalities. Training courses and e-learning is available in Warwickshire to support MECC.

Green spaces could also become 'Dementia Friendly'. Being a Dementia Friend (Alzheimer's Society) is about understanding a bit more about dementia and the small things that can be done to help people with the condition. Training is available to become a Dementia Friend.

## Actions

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**Key:**

D&B - District and Borough Councils

WCC - Warwickshire County Council

PH - Public Health Warwickshire

VCS - Voluntary and Community Sector

Many of these actions are cross –cutting, supporting multiple themes. To avoid duplication they have been placed under one theme only here. Progress against these Green Space Priorities will be monitored by the Public Health team, and this document will be reviewed annually. Any changes will be brought to the Warwickshire Health and Wellbeing Board for endorsement.

<b>1. Policy</b>		
<b>Suggested Action</b>	<b>Suggested Responsibility</b>	<b>Suggested Measure / Outcome</b>
Include green spaces in policies, strategies and key documents across departments and organisations.	All	<ul style="list-style-type: none"> <li>• Increase in the number of policies, strategies and key documents that include green spaces</li> </ul>
Include green spaces within work programmes where possible.	All	<ul style="list-style-type: none"> <li>• Increase in the number of work programmes that include green spaces</li> </ul>
Use S106 and CIL monies to help meet the public health green space priorities.	D&B	<ul style="list-style-type: none"> <li>• Number of green space projects funded through S106 and CIL monies</li> </ul>
Liaise with and work in partnership with other departments and organisations on projects.	All	<ul style="list-style-type: none"> <li>• Increase in the number of joint projects delivered</li> </ul>

<b>2. Health Improvement</b>		
<b>Suggested Action</b>	<b>Suggested Responsibility</b>	<b>Suggested Measure / Outcome</b>
<b>Walking and measured miles</b>		
Review and audit the measured miles in place across the county. Quantity, quality, use, gaps?	D&B, WCC, PH	<ul style="list-style-type: none"> <li>• Report completed and information disseminated</li> <li>• Gaps identified to inform future work</li> </ul>
Explore methods to increase the use of the measured miles currently in place.	D&B, PH	<ul style="list-style-type: none"> <li>• Increased use of measured miles</li> </ul>
Liaise with other partners e.g. leisure, health and social care, planning, transport, education etc. to develop or promote measured miles.	All	<ul style="list-style-type: none"> <li>• Other departments and sectors are liaised with during development</li> <li>• Additional links made with other partners/users</li> <li>• Increased use of the measured miles</li> </ul>
<b>Cycling</b>		
Ensure facilities to encourage cycling are in place (where appropriate).	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>• Improved facilities are in place</li> </ul>
Ensure cycling is included in the planning of new developments.	D&B	<ul style="list-style-type: none"> <li>• Cycling infrastructure is included in new developments</li> </ul>
Employers promote cycling as a form of transport and offer incentives.		<ul style="list-style-type: none"> <li>• More people are cycling as a form of commuting.</li> <li>• Employers engaged with cycling as a form of travel</li> </ul>
<b>Active travel signage</b>		
Include additional information on signage, distance markers and tourist maps e.g. time it takes to walk to destinations, calories burnt.	D&B, WCC, PH	<ul style="list-style-type: none"> <li>• New signage/distance markers installed includes active travel information</li> <li>• Signage directs people through green spaces</li> </ul>
Include active travel information on the 'find us' section of websites e.g. the distance/time it takes to walk or cycle	All	<ul style="list-style-type: none"> <li>• Websites include active travel information</li> </ul>

from the train station to the town hall or head office, calories burnt, and walking route maps (walkit.com or Choose you move Warwickshire -warwickshiretravel.co.uk).		within the 'find us' section
Promote the "Choose How You Move" transport planner website to encourage active travel over car use.	All	<ul style="list-style-type: none"> <li>Increased use of Choose How You Move website</li> <li>Increase in active travel</li> </ul>
Promote Warwickshire cycling maps (available for Leamington, Warwick, Rugby, Nuneaton and Stratford).	All	<ul style="list-style-type: none"> <li>Increase in cycling</li> <li>Increase in the use of the cycling maps and routes</li> </ul>
<b>Outdoor gym equipment</b>		
Review and audit the green gym outdoor equipment and trim trails in place across the county. Quantity, quality, use, gaps?	D&B, WCC, PH	<ul style="list-style-type: none"> <li>Report completed and information disseminated</li> <li>Gaps identified to inform future work</li> </ul>
Explore methods to increase the use of green gym outdoor equipment and trim trails currently in place.	D&B, PH	<ul style="list-style-type: none"> <li>Increased use of green gym outdoor equipment and trim trails</li> </ul>
Liaise with other partners e.g. leisure, health and social care, planning, transport, education etc. to develop or promote green gym outdoor equipment and trim trails.	All	<ul style="list-style-type: none"> <li>Partners are liaised with during development</li> <li>Additional links made with other partners/users</li> <li>Increased use of green gym outdoor equipment and trim trails</li> <li>Successful funding application for new equipment</li> </ul>
<b>Community food growing</b>		
Work with schools, local businesses and community centres to grow food and herbs.	All	<ul style="list-style-type: none"> <li>Increase in the number of local growing projects</li> </ul>
Include food producing plants and trees when landscaping and installing new planting.	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>Increase in the number of food producing plants and trees planted</li> </ul>
Convert unused land and set up local community growing	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>Unused land, converted for community</li> </ul>

schemes.		growing use <ul style="list-style-type: none"> <li>• Increase in the number of food producing plants and trees planted</li> </ul>
Deliver cooking classes in local communities using the food grown.	D&B, VCS	<ul style="list-style-type: none"> <li>• Cooking classes are delivered in local communities</li> <li>• Increased knowledge and skills in cooking</li> </ul>

<b>3. Environment</b>		
<b>Suggested Action</b>	<b>Suggested Responsibility</b>	<b>Suggested Measure / Outcome</b>
<b>Accessibility</b>		
Ensure green spaces can be accessed easily e.g. entrance is easy to find, connected to other routes, maintained footpaths etc.	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>• Clearer signage installed</li> <li>• Access improved</li> <li>• Increased use of the green space by the community</li> </ul>
Install cycling parking.	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>• Increase in the number of cycle parking spaces installed</li> </ul>
<b>Quality</b>		
Link with justice teams, volunteers, businesses etc. to support the maintenance of the green space.	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>• Volunteers recruited to support maintenance</li> <li>• Community payback schemes used</li> <li>• Increased use of the green space by the community</li> </ul>
Review the green spaces against national benchmarking standards.	D&B, WCC, VCS	<ul style="list-style-type: none"> <li>• Green spaces reviewed</li> </ul>

<b>4. Promotion</b>		
<b>Facilities</b>		
Include green spaces on venue hire listings and promote as places for non-traditional uses e.g. aerobics, book clubs or social meetings.	All	<ul style="list-style-type: none"> <li>Green spaces listed on venue hire information</li> </ul>
Create an interactive map of the facilities available within the green spaces. Facilities mapped may include outdoor gyms, measured miles, cycle paths, play areas, walking groups, leisure activities, community orchards etc.	D&B, WCC, PH	<ul style="list-style-type: none"> <li>Interactive map of facilities available in green spaces in a locality</li> </ul>
<b>Campaigns</b>		
Participate in local and national campaigns linked to green spaces.	All	<ul style="list-style-type: none"> <li>Number of promotional events held</li> <li>Number of people attending</li> <li>Increase in subsequent visits to green space</li> </ul>
Hold own promotional events to encourage use of the park, particularly in those that would not normally attend.	All	<ul style="list-style-type: none"> <li>Number of promotional events held</li> <li>Number of people attending</li> <li>Increase in subsequent visits to green space</li> </ul>
<b>Training</b>		
Participate in training that can support people to make healthier choices and improve resilience.	All	<ul style="list-style-type: none"> <li>Number of people trained in MECC and as a Dementia Friend.</li> </ul>

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