

Date for the diary

Wednesday 29 May 2008 – for immediate release

Parks for Life

Wednesday 18 June 2008

Watershed, Bristol

Parks for Life, a conference organised by GreenSpace, is taking place on Wednesday 18 June 2008 at the Watershed in Bristol. The conference is in partnership with IPGS and Bristol City Council, and supported by Silvanus Services Ltd. The one-day event will focus on maximising the impact parks can have on health and wellbeing.

Paul Bramhill, Chief Executive of GreenSpace, said: "Research has proved that green spaces can offer considerable benefits to people's mental and physical health.

"The challenge now for park managers is to ensure that the health resources their parks offer are of the highest quality and accessible to all. This requires gaining support from healthcare professionals and securing investment so that they are able to develop and maintain valuable green spaces that can improve the health of local communities."

-Ends-

-Notes to Editors-

- For further information please contact:

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To book a place at the conference, please contact:

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- GreenSpace is a registered charity which works to improve parks and green spaces by raising awareness, involving communities and creating skilled professionals. For more information please go to www.green-space.org.uk

- **Presentations will include:**

Healthy Parks, Healthy People: Annie Volkering, Deputy General Manager, Parks Victoria

Annie Volkering will start the day by providing an international perspective on wellbeing in green space, focusing on a highly successful national scheme which places health at the forefront of park management.

Making the case: William Bird, Strategic Health Advisor, Natural England

As an advisor to both the Department of Health and Natural England, William Bird has a unique outlook on wellbeing and green space. In this presentation he will provide an overview of work currently being undertaken to improve health in green space and explore how funding can be obtained to run such schemes elsewhere.

2012 Olympic Park: John Hopkins, Project Sponsor for parklands and public realm, Olympic Delivery Authority

How can green spaces be designed to encourage healthy living and activity? John Hopkins will discuss a project that promises to deliver a new vision and purpose for parks in the 21st century.

From strategy to practice: Sid Sullivan, Managing Director, SGS Environmental & Management Consultancy

Sid Sullivan will look at how to plan strategically in order to turn parks into centres for health and wellbeing. This presentation will provide delegates with practical ideas to apply in their own parks and green spaces.

Active Bristol: Natalie Field, Associate Director of Public Health, Bristol PCT

By discussing a new programme that aims to bring about sustainable increases in physical activity in Bristol, Natalie Field will provide a view on how active travel and the use of parks and green spaces can best be utilised to improve health.

Finding headspace in green space: Rosemary Wilson, Mental Health Trainer, Solihull MIND

Rosemary Wilson will highlight the role of green space as a tool to improve mental health; exploring the work of a ground-breaking ecotherapy project in Solihull and providing practical advice on how this approach may be adopted elsewhere.

Multi-agency partnerships: Alistair Robertson, Head of Sport and Recreation, Sefton Council

Using the example set by Litherland Sports Park, which has received over £5m from several different funding streams, Alistair Robertson will look at the funding and support available when working in partnership to develop green space for health.

Horticulture & health: Anne Jepson, Project Manager, Bridgend Community Allotment Project

How can we make the most of a renewed interest in allotments and healthy eating? Anne Jepson will discuss a collaboration between a local authority and Primary Care Trust that adopts a holistic approach to health for all.

Workshops will also be offered in the afternoon.