

## **Date for the diary**

**Tuesday 5 February 2008 – for immediate release**

## **GreenSpace South West Wellbeing event**

**Wednesday 13 February 2008**

## **The Brewhouse Theatre and Arts Centre, Taunton**

The first seminar organised by GreenSpace South West in partnership with Natural England, which takes place on Wednesday 13 February in Taunton, will focus on the links between green space and health. Health care and green space professionals across the south west will come together to plan a joint project to promote the health benefits of parks and green spaces, especially to children and young people, and encourage walking. The project will be launched in June as part of Love Parks Week and will be a forerunner to the region's response to the Cultural Olympics.

Richard Keating, Manager of GreenSpace South West, said: "Green spaces provide communities with many health benefits such as fresh air, exercise and contact with nature. The government is asking us to find ways of tackling problems like obesity and depression, and experts recognise the value of outdoor exercise in tackling these issues. But do we have the infrastructure and resources to deliver these benefits?"

"There is already much good practice in the region and this seminar will see health and green space professionals learn from each other and start to work together on a common agenda: to maximise the health benefits of green space to people living in the south west".

The seminar will include scene setting by policy makers, detailed information about the health benefits of green space, case studies to show the good work already happening and workshops to plan a joint Love Parks Week project.

**-Ends-**

## **-Notes to Editors-**

- For full programme information or to book your place, please email [judel@green-space.org.uk](mailto:judel@green-space.org.uk) or call Jude Lockett on 0118 946 9063.
- **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](http://www.green-space.org.uk)
- **GreenSpace South West** provides a united voice dedicated to promoting and lobbying for quality green spaces throughout the south west. 27 of the 52 local authorities in the south west are members of

GreenSpace South West. For more information about GreenSpace South West please call Richard Keating, Manager, on 01453 756 064 or email [greenspacesw@gmail.com](mailto:greenspacesw@gmail.com)

- **Love Parks Week 2008** will take place between 14 and 22 June, and will raise awareness of the role of parks in helping to tackle childhood obesity by providing a free and fun place for children to exercise. Kids' walks will take place in parks all over the country during the week. For more information go to [www.loveparks.org.uk](http://www.loveparks.org.uk)
- To arrange a press pass, please contact Becky Volker, Senior Communications Officer, on 0118 946 9068 or email [beckyv@green-space.org.uk](mailto:beckyv@green-space.org.uk)