

## Prescribing Green Space

### **0900: Coffee and registration**

### **0945: Chair's introduction and welcome**

### **0950: Putting green space high on the agenda**

Dr William Bird

Countless studies and research point to the beneficial effects of green spaces on our health and well-being. Parks and green spaces are a free and natural resource that offer solutions to a wide range of health problems, yet the health and park services still seem to be working separately. Dr William Bird will discuss the current research and thinking available, will look at how the two services can work in collaboration and will provide advice on how to implement the theory into action.

### **1030: Spatial planning, health and inequalities - The evidence**

Sue Hogarth, Public Health Specialty Registrar, The Marmot Review Team - University College London

Those living in the most deprived neighbourhoods die earlier and spend more time in ill health than those living in the least deprived neighbourhoods. Such health inequalities are determined by social and environmental issues. Sue Hogarth will discuss the findings from the Marmot Review and a recent Spatial Planning report prepared for The National Institute for Health and Clinical Excellence, highlighting the need for quality green space, to improve social, environmental and health inequalities.

### **1100: Coffee**

### **1130: Improving access**

Belinda Davis, Senior Specialist and Duncan Mackay Principal Advisor, Natural England  
Having access to quality green space, is one of the major contributing factors in using parks and green spaces for their health benefits. Belinda Davis and Duncan Mackay from Natural England will discuss results from the MENE survey highlighting the connection between peoples use, demographic profile, motivations and outcomes that benefit their health and well-being from locally accessible green space.

### **1200: Tackling childhood obesity**

Dean Hill, Project Manager - Healthy Towns, Dudley Public Health Service

With the issue of childhood obesity ever-growing, clear and effective prevention programmes and supportive environments must be developed. Dean Hill from Dudley Public Health Service, seconded into Dudley Council, will discuss how being a part of the national Healthy Towns initiative has created a wealth of benefits to the boroughs' parks and green spaces as well as to its users, by providing safe, active healthy hubs for the community. Dean will discuss how the programme will become a sustainable initiative and how such a project can be implemented elsewhere.

**1230: Making space for quiet time**

Colin Grimwood, Technical Director, Bureau Veritas

Green spaces in cities are often used as a place to escape from the hustle and bustle of urban life and recent research and policy developments have highlighted the value and importance of "urban Quiet Areas". Colin Grimwood, Technical Director in the Bureau Veritas Acoustics & Vibration Team and an advisor to Defra on noise issues, will discuss the variety of health benefits that quiet open spaces can provide and why these special places need to be identified and better protected.

**1245: AGM**

Martin Page, Chair of Trustees, Greenspace

GreenSpace members will be invited to stay for no longer than 30 minutes for the AGM, before joining the other delegates for lunch.

**1245: Lunch**

**Delegates may choose to attend a site tour instead of the afternoon presentations.**

**1345: Site tour – Hyde Park**

**1345: Afternoon presentations:**

**1345: Move more to recover**

Jo Foster, Physical Activity Manager, Macmillan Cancer Support

There are currently 2 million people in the UK living with cancer, with estimations of the figure doubling by 2030. Macmillan Cancer Support has recently discovered a 'wonder-drug,' in the form of physical exercise. Jo Foster will discuss Macmillan's Move More campaign, focusing on the benefits of exercising outside for both mental and physical recovery.

**1415: Green therapy**

Nicci Carruthers, CEO, Thrive

The evidence demonstrating the benefits that gardening can provide are endless, with the advantages including, better physical and psychological health, social benefits and stress-relief from being exposed to the natural environment. Gardening charity Thrive are well-aware of these benefits and have been championing the benefits of gardening to individuals and organisations for years, along with breaking down social perception of those with mental health issues. Nicci Carruthers will discuss how securing a contract to renovate Battersea Park has encouraged personal development, broken down barriers and created new opportunities to Thrive clients.

**1445: Fighting obesity**

Dr Simon Williams

Head of Division, Sport, Health and Exercise Science, University of Glamorgan

Trustee for the Association for the Study of Obesity

Recent statistics show that 1 in 4 adults are currently obese in the UK, resulting in serious health implications such as type-2 diabetes, some cancers and heart and liver disease. The cost of obesity and diabetes to the NHS is enormous and continually growing, yet has a simple solution in the form of sufferers taking up exercise. Simon Williams, trustee from the Association for the Study of Obesity will discuss the benefits of exercising outside for the physical and psychological health of sufferers.

**1515: Coffee**

**1535: The value of nature to children's health**

Tim Gill, Researcher and writer, [rethinkingchildhood.com](http://rethinkingchildhood.com)

According to Natural England, 85% of parents would like their children to be able to play outside in natural spaces. Yet in London, one in three families only visit natural places a handful of times a year. There is robust evidence of the benefits nature brings to a child's physical, emotional and mental health, and accessible green space has a major role in addressing what American writer Richard Louv has called 'nature deficit disorder.' Tim Gill will present the key messages from his new report *Sowing the Seeds: Reconnecting London's children with nature*, written for the London Sustainable Development Commission - the advisory body on sustainability for the Mayor of London. This report draws on the evidence base, alongside new fieldwork exploring initiatives across London, to set out an ambitious plan to ensure that children in the capital experience and benefit from nature as part of their everyday lives.

**1600: Panel discussion**

**1630: Summary and close**