

National LAF Conference (South) 23 February 2016, Bristol

Naturally Healthy projects

Bekki Redshaw, Dartmoor National Park & Keeley Rolfe, Exmoor National Park

Background and brief description of the projects:

The 'Moor to Enjoy Project' aims to demonstrate the health and wellbeing benefits of visiting Exmoor National Park and experiences in the natural environment. The focus is on physical health, mental health and emotional wellbeing.

The project seeks to sustain visits by increasing the capacity and knowledge base of groups or individuals who may not have considered visiting the National Park as one of their everyday opportunities.

The project promotes 'Five Ways to Wellbeing' which are: Connect; Be active; Take notice; Keep learning; and Give (www.fivewaystowellbeing.org). For further details contact Keeley Rolfe, Project Co-ordinator krolfe@exmoor-nationalpark.gov.uk

It is recognised that being out in green space is good for you. Dartmoor's natural environment has huge potential for improving health and wellbeing, making people feel happier, fitter and connected to people. The Buckfastleigh Naturally Healthy Group is a weekly group that runs for ten weeks where people can take part in a different activity each week. Activities include: visiting places of interest; attending events; going on a picnic; arts projects like film, photography, pottery; history or ecology visits; or simply going for a walk in the Dartmoor National Park. For further details contact: Bekki Redshaw, Naturally Healthy Project coordinator bredshaw@dartmoor.gov.uk

Challenges & Opportunities (identified in workshop)

- Making use of all greenspaces defining how they can be used
- Educating people about responsible access
- Clear access so people have confidence as to where they can go
- Getting the right balance between access and nature, allowing access to sensitive areas
- Increase understanding and improve perceptions eg for ethnic groups
- Involving new user groups

Suggestions (identified in workshop)

- Rangers talking to people on the ground, increasing understanding, education eg. Hampshire Solent Mitigation Partnership
- Coordinating activities eg matching new people to existing dog walkers
- Ensuring the environment is safe and welcoming

- Wider education, animated films, involvement with schools
- Build bridges between different groups
- Encourage use of country parks as 'bridge' between urban and rural
- Takes a lot to break down barriers so needs ongoing sustainable support
- Green prescriptions
- Start small and softly softly approach!