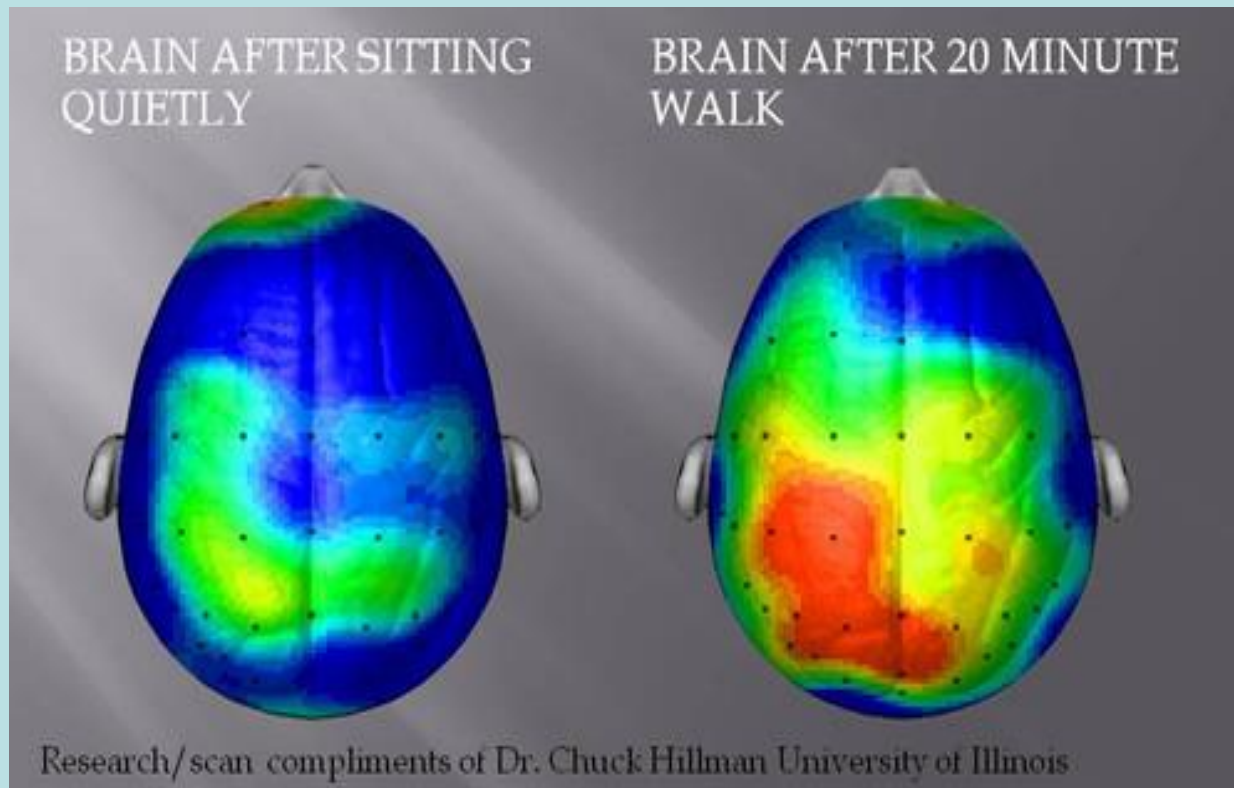


The Synergistic Values of Open Space



John Senior



After a 20-minute walk there is increased brain activity generally associated with happiness - an interesting verification of the synergy between mental and physical health.

What is health?

“A state of complete physical, mental, and social wellbeing **and not merely the absence of disease or infirmity**”

World Health Organisation 1946

‘Wellbeing’ includes:

- satisfactory human relationships
- meaningful occupation
- opportunities for contact with nature, creative expression, and making a positive contribution to human society

Furnass 1996

Why is this relevant to open space managers?

- The greater the appreciation by open space managers the greater the potential for synergistic outcomes
 - the greater the community perception and enjoyment of the benefits of biodiversity to them, the more likely their support
 - the greater community (electoral) support and advocacy, the more likely politicians and decision-makers will respond
 - biodiversity gains by increased funding and greater care





Merseyside and North Cheshire UK – working together to create woodlands and help people explore the nature on their doorstep.



2019 is the Year of Green Action - people from all backgrounds will have the opportunity to be involved in projects to leave a better environment for the next generation and make our area one of the best places in the country to live, work and flourish.

2019 also marks the 25th birthday of the first trees planted as part of 'The Mersey Forest'. Our plan and organisation is 25 years old - we'll be doing lots to mark the occasion later in the year.

<https://www.merseyforest.org.uk/about/what-is-the-mersey-forest/>

HEALTH PROMOTING PARKS

- A Partnership to create a Nation of Healthy, Active & Happy People



Leveraging strategic partners to integrate health-promoting designs within the park environment, supported with community programs to sustain and increase the use of parks for healthy living activities



FREE ADMISSION

Every Sunday from 12 Oct 2014
8.00am - 10.30am,
SunPlaza Park (Tampines)
& Sengkang Riverside Park

To register, call 9112 3972

For more information, visit www.hpb.gov.sg/sundays-at-the-park

Sponsored by
Sport
SINGAPORE

ActiveSG
ActiveSG

Sponsored by
Coca-Cola
movement is happiness™

Red Cross

Red Cross

Red Cross

Creates opportunities for Singapore residents to enjoy a variety of fun-filled physical activity programmes with family & friends in their neighbourhood park every Sunday

Activities include:

- Group fitness workouts
- Free to play games
- Fitness bootcamp



US Health Insurer 'Kaiser Permanente' is committed to nature

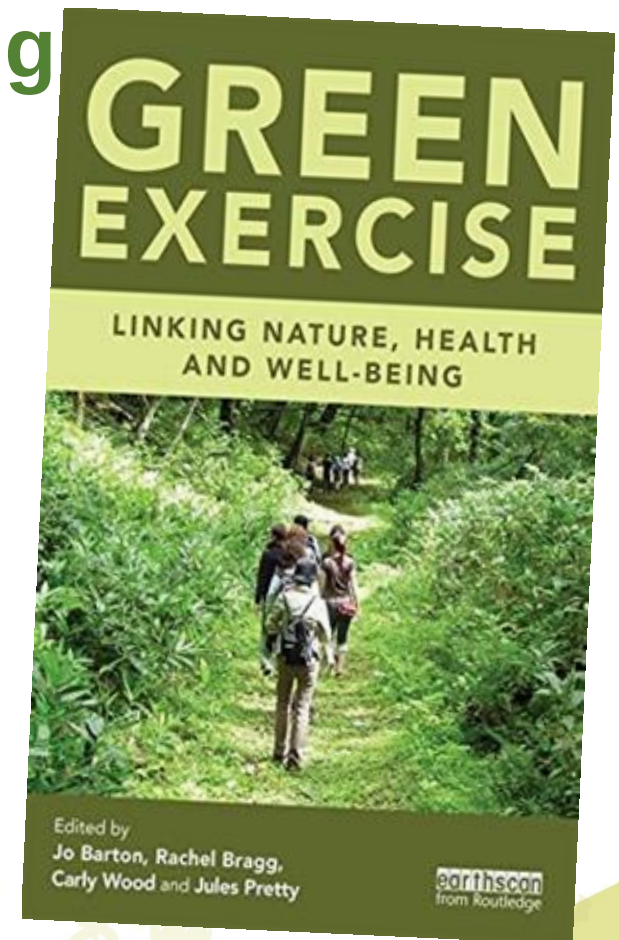


- Access for underserved communities
- Multi-stakeholder partnerships that yield co-benefits
- Leverage multiple resources at Kaiser Permanente
- Efforts that are sustainable and have long-term impact
- Target healthy eating and active living

Green Exercise – linking nature, health and well-being

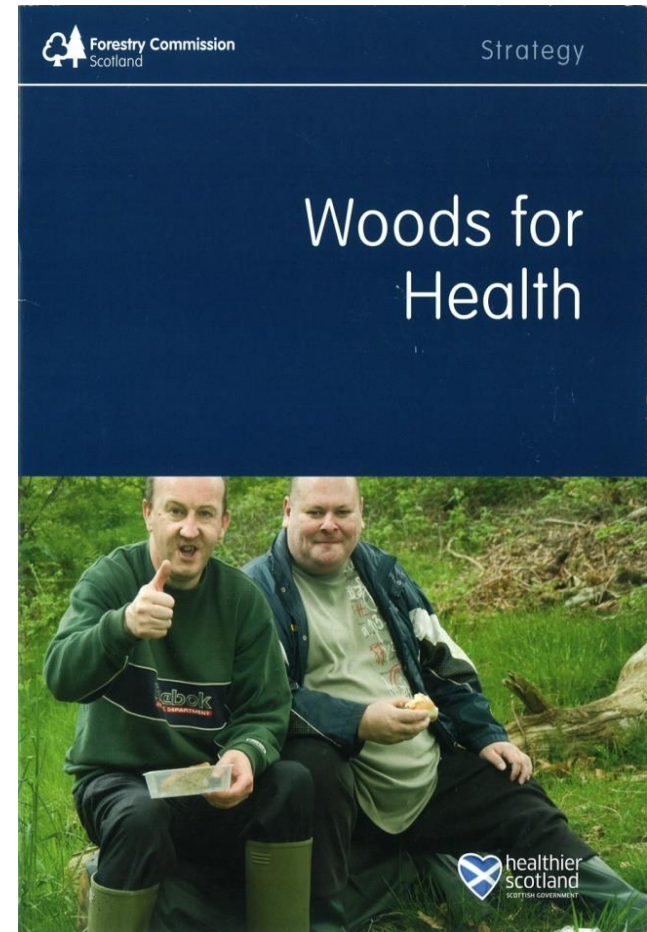
- physical activity is essential for good health
- the natural environment has an important contribution to make
- a single intervention can meet multiple needs
- outdoor space surrounding healthcare facilities are an underused asset

A collaborative initiative of Forestry,
Health and Environment Departments
in Scotland



Woods for Health

‘To create new health promoting opportunities in our woods, parks and forests, to help improve the health and life expectancy of Scotland’s people and reduce health inequalities in Scotland’



Woodland Activity Programme - for people with early-stage Dementia



Woodland based cardiac rehabilitation



Cardiac Rehab' programme in woods



**Hospital Ranger working with
NHS staff, occupational therapist
and cardiac nurses**

Gardens for Wildlife



Over 30 Victorian municipalities are now involved in this scheme initiated by the City of Knox - designed to encourage residents and businesses to create a garden to support local wildlife by providing habitat planted with suitable indigenous native or introduced species. Aims include:

- to nurture our flora, fauna and environment
- to strengthen connections between residents, their community, nature and place
- to improve health and wellbeing through experiencing and caring for nature

Burwood Brickworks



This plan is an artist impression, is not to scale and should be used as a guide only. Subject to change and planning approval.



‘Living Building Challenge’ – to encourage creation of living buildings, landscapes and neighbourhoods

The Paddock eco village, Castlemaine



The 1.4 ha will have 26 homes plus a community centre.
2/3 of the space will be dedicated to shared food gardens, planted wetlands, native gardens and orchards.



Why is this relevant to open space managers?

- The greater the appreciation by open space managers the greater the potential for synergistic outcomes
 - the greater the community perception and enjoyment of the benefits of biodiversity to them, the more likely their support
 - the greater community (electoral) support and advocacy, the more likely politicians and decision-makers will respond
 - biodiversity gains by increased funding and greater care

Community and Council Values

Biodiversity – plants and animals ↑

Surrounding property values = council rates ↑

Offsets to climate change:

Heat island effect ↓

Shade ↑

Carbon sequestration ↑

Health/wellbeing benefits:

Community meeting places ↑

Childhood development ↑

Physical – obesity > diabetes ↓

Mental – depression ↓

Epigram on Oscar Wilde memorial, Merrion Square, Dublin



A legacy for future generations

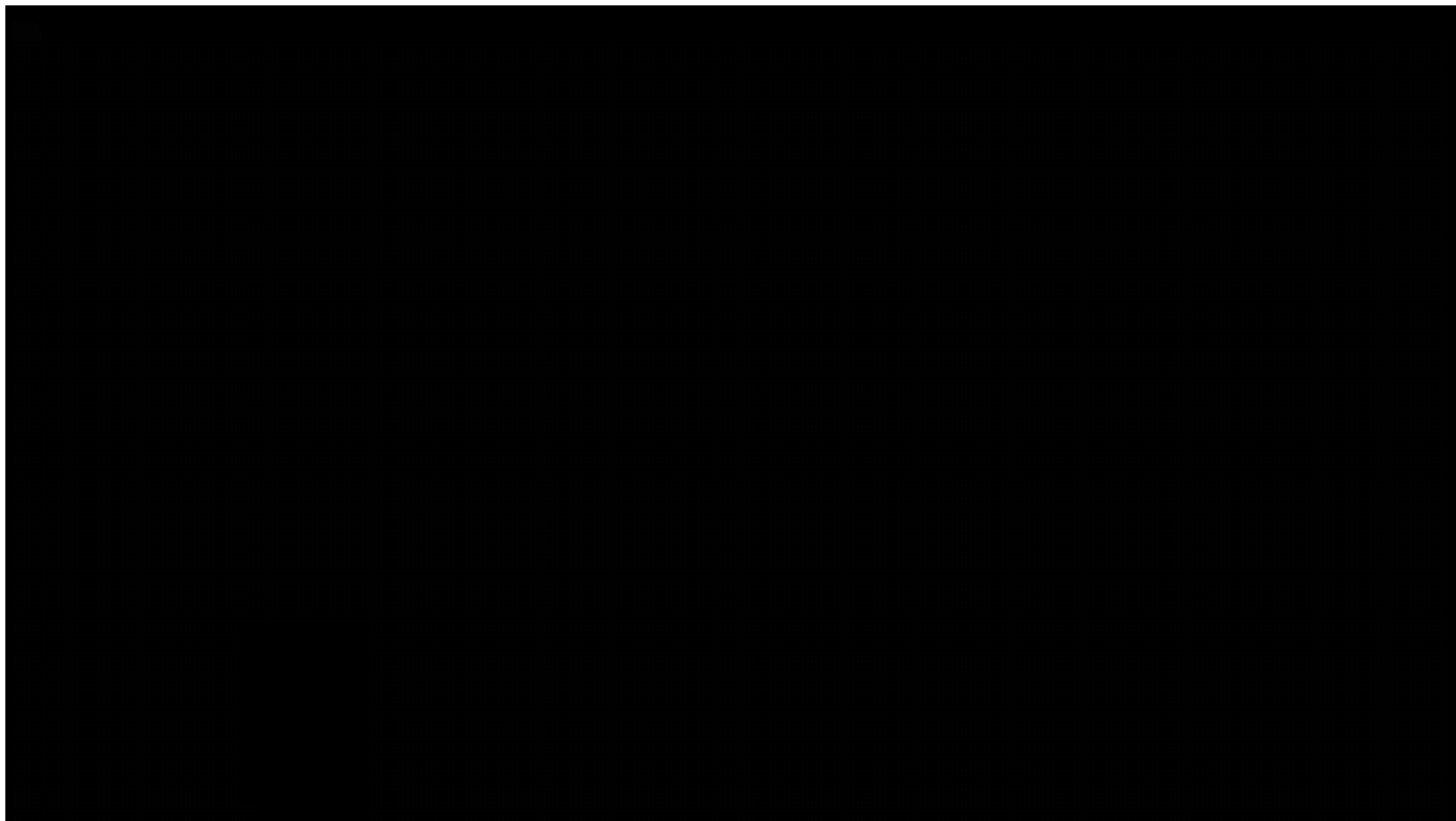




A young person's perspective

Council was established the **Maroondah Youth Wellbeing Advocates** – MYWA to give young people of Maroondah a voice on Council matters

The following video is a perspective provided by 16 year old MYWA member, Isabel.





.....and don't forget your evaluation sheet!



Councillor Marijke Graham

Maroondah Vegetation Review Issues and
Options Paper