

Aspirations of Stepping into Nature 2023 and beyond

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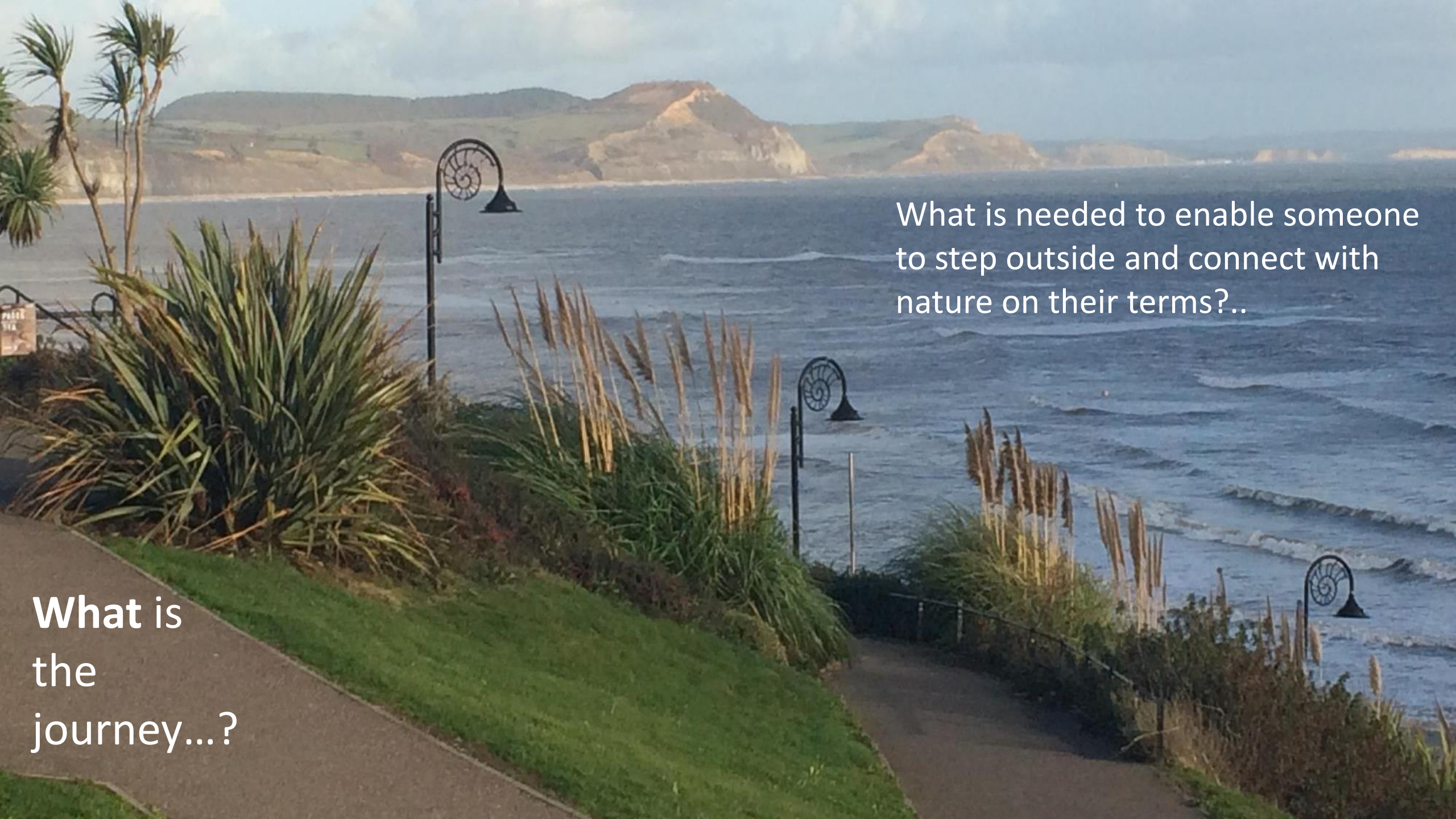
WHY? The big picture

- The health benefits of immersing ourselves in “greenspace” are now widely accepted.
- Lockdown brought a new appreciation of nature and what it means for our well-being.
- Living in areas with grass and trees has been linked to lower risk of various health conditions.
- As well as physical health, greenspace is associated with positive mental health.
- *A recent study found that people who spent at least two hours in nature per week were consistently more likely to report higher levels of health and well-being compared to people who spent less time in nature.*

A large, layered cliff face on a beach under a blue sky with light clouds. The cliff is composed of distinct horizontal layers of light-colored rock or sediment. The foreground shows a sandy beach with some rocks. The sky is a clear blue with some wispy white clouds.

WHY? The detail for SiN

- Clear message needed:
 - Too much info out there currently
 - Make it easy for people so they can make informed decisions on THEIR wellbeing
- Sell nature-based wellbeing:
 - Develop and share a better understanding of how to sell it
 - Enhance, simplify and build on what works/ already exists
- Promote nature-based health:
 - Nature in everyday life... Activities that EVERYONE can take part in
 - Support for those who need it most
 - Increase opportunities and remove barriers
 - Self-management- prevention first
- Understand our audience:
 - LISTEN
 - Find solutions together with communities



What is needed to enable someone to step outside and connect with nature on their terms?..

What is the journey...?

WHO?

- Community focus, but just as much for visitors too
- Visitors also want activities and they increasingly travel in larger family groups
- Something for everyone – can we genuinely offer something for everyone, or at least strive towards it?
- Benefits of being in nature should not be limited to certain people- nature needs to be for everyone
- Interpretation- whether on-line, physical (signage), written or face-to-face - are we 'selling' our story? Consultation...
- Embed SiN into AONB approach- Dorset AONB for physical and mental health and wellbeing



Monday, October 24, 2022

Video gaming may be associated with better cognitive performance in children


Additional research necessary to parse potential benefits and harms of video games on the developing brain.



A study of nearly 2,000 children found that those who reported playing video games for three hours per day or more performed better on cognitive skills tests involving impulse control and working memory compared to children who had never played video games.


Published today in *JAMA Network Open*, this

study analyzed data from the

This! 



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An aerial photograph of a large, irregularly shaped green field. A winding path or road cuts through the field, starting from the top left and curving around the perimeter. In the center of the field, there is a small, square building with a light-colored roof. The surrounding area consists of various shades of green, suggesting different types of vegetation or agricultural fields. The overall scene is captured from a high angle, providing a clear view of the field's layout and the path's trajectory.

How? - 5 key areas

- Selling our story
- Community well-being
- Re-connecting to green space
- Support audiences
- Comms/ information

1. Selling our story...

Changing the narrative

Creating behaviour change

- What already exists and works well?
 - Picnic in the Parks- physical events and online- encourage future community ownership
 - Taster, 'give it a go' sessions.. Boost confidence
 - Learn from others e.g. LFD
- Create and promote self guided resources, with partners
- Share our ethos, messages and models to create a lasting legacy within, and for, communities



2. Community wellbeing

- Work with assets already in place
 - E.g. work with DCF/ LDF
 - Work with community to enhance green spaces and reconnect people to them
- Identify barriers
 - Some people feel and are excluded from green spaces – Glover Review - listen to those communities – don't assume know the answers
 - Work with partners e.g.DREC and DF&D
- Consultation, listen, action. Repeat
- Complement and help shape other projects
- Promote self-guided opportunities



3. Reconnecting to green space

- Identify, with communities, where access to local greenspaces could best be promoted, built or enhanced
- Support providers to increase awareness of green social prescribing opportunities e.g. Give Nature a Go
- Training and knowledge – sharing and identify gaps



4. Support audience

- Social prescribing and support...
- Then open up opportunities for self-management- empower people
- Nature buddies – boost confidence, reduce anxiety
 - Delivered by Age UK, supported by SiN
 - Pilots already underway Dorchester and Blandford
- Promote self-guided resources



5. Comms and information

- What's out there?
 - Is it effective/ resonating with people?
 - Is there too much information and is it confusing?
 - Test on communities
- Standard, shared messages around nature and wellbeing
 - consult with organisations – is this what they want?
 - Further collaboration e.g. HAND
- And... Evaluation and a standardised framework





Where?

Funding and effort must not be limited to popular beauty spots or tourist areas, but be prioritised to areas where people who are commonly overlooked may benefit the most.

Let us know what you
think ...
Stepping into Nature
2023 and beyond

Thank you

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