

Programme –

Purpose of visit –

Evidence is growing with regard to the physical and mental health benefits of access to the outdoors and contact with nature, and more is being done to encourage better environments for better human health. In Scotland, the establishment of a broad strategic approach to increasing healthy activity in the outdoors, and closer working relations between the environmental and health sectors, has enabled much more joined up working. Within this context, there is a recognition that protected areas can play a role as part of a wider natural health resource. The policy context, and work that is developing in Scotland, is regarded as an example of good practice and at a meeting in Siggen, Germany July 2010, the EuroParc Working Group established its intention to organise a study tour.

As part of the work programme of the EuroParc Working Group, colleagues from Metsähallitus (Natural Heritage Services, Finland) have started an EU project planning process to look at public health and protected areas/green spaces in the City of Oulu in North-Ostrobotnia region. General aims of the project are to network, share good practice and pilot actions which would aim to achieve better connection between protected areas/green spaces and communities. A key goal is to identify ways to develop partnerships between the environmental and health sectors. Planning is at an early stage, and if the funding bid is successful, there are opportunities to work with other regions / cities interested in being partners in the project.

The purpose of the study tour is to gain an understanding of policies and programmes in Scotland, and to have discussions about possible partnerships for the proposed EU funding bid.

Visiting colleagues:

Mr Arto Ahokumpu, Regional Director, Natural Heritage Services, Finland
Mr Matti Tapaninen, Senior Advisor, Natural Heritage Services, Finland
Ms Päivi Rosqvist, Communication Manager, Natural Heritage Services, Finland
Ms Lena Malmström, Nordic-Baltic Section of Europarc, Sweden

Key Questions from study group:

- What methods / good practice are used in GB to improve outdoor recreation and connection with nature? - results and experiences?
- How much are you communicating about environment, health etc. and how much promotion is about products?
- How many new innovations have you been able to develop in recent years, or is marketing based on existing services?
- What communication campaigns are used to activate people? - results and experiences?
- How have you been able to partnership between health and environment sector, how do you involve key individuals?
- What is the experience of SNH (and other agencies) in terms of reaching people with your communications - via partnerships or directly to customers?
- How are you able to measure benefits, how you communicate benefits / research cooperation?

Monday 28 March:

SNH offices – meeting room 2 - Silvan House, 231 Corstorphine Road, Edinburgh EH12 7AT

Initial meeting with key players

10:00 – 12:30 - Green Exercise Partnership

Research agenda

13:30 – 16:00 - current research & evidence base

<p><u>Purpose</u> –</p> <p>To provide an introduction to study tour objectives and consider possible partnerships for the proposed EU funding bid.</p> <p>To provide a detailed account of the political and policy agenda, and the key initiatives in operation / under development in Scotland and Nordic states.</p> <p>To discuss the current research agenda and the developing evidence base – issues and opportunities. To consider possible partnerships for the proposed EU funding bid.</p>	<p><u>Invitees:</u></p> <p><u>10:00 – 12:30</u> Peter Rawcliffe & Bridget Finton – SNH James Ogilvie & Kevin Lafferty – Forestry Commission Scotland Sheila Beck – NHS Health Scotland Mary Allison - sportscotland Fergus Millan – Scottish Government Health Dept Lunch at 12:30</p> <p><u>13:30 – 16:00</u> Marcus Sangster - Forestry Commission Professor Anna Lawrence – Forestry Commission Professor Catharine Ward-Thompson - Edinburgh University Professor Richard Mitchell - Glasgow Medical School of Public Health Alan Macpherson – SNH</p>
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Tuesday 29 March:

SNH offices, Battleby near Perth PH1 3EW

Fact-finding re: some current initiatives

10:00 – 16:00

<p><u>Purpose</u> –</p> <p>To provide information on the policy context and operational issues relating to a number of health & environment initiatives in Scotland, England & Wales.</p> <p>16:00 – 17:00 feedback from EuroParc group to SNH</p>	<p><u>Invitees:</u></p> <p>Hugh McNish – FCS – <u>Branching Out</u> initiative David Graham, Healthy Communities Manager – BTCV <u>Green Gym</u> initiative Lizzy Whitehead - Paths for All – <u>Health Walks</u> initiative Pentland Hills Regional Park – <u>Volunteer Ranger Service</u> Cairngorms National Park Authority Peak District National Park Authority James Parkin – Pembrokeshire Coast National Park Authority</p> <p>There may be an opportunity to go out on site locally with Niall Lobley – Perth & Kinross Ranger Service to look at plans to use countryside sites to improve health</p> <p>Lynn Crowe – Sheffield Hallam University</p>
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Wednesday 30 March:

Forestry Commission offices - West Boardroom - Silvan House, 231 Corstorphine Road, Edinburgh EH12 7AT

EuroParc Health & Protected Areas Working Group meeting

10:00 – 15:00

<p><u>Meeting Agenda:</u></p> <p><i>Matti - these are just a few ideas - please prepare your full Agenda</i></p> <ul style="list-style-type: none">• Metsähallitus EU funding bid• EuroParc Healthy Places guidelines / toolkit• Healthy Parks Healthy People Conference in London 2012	<p><u>Attendees:</u></p> <p>Lynn Crowe – Sheffield Hallam University public health team, Sheffield Hallam Uni</p> <p>James Parkin – Pembrokeshire Coast National Park</p> <p>Bridget Finton – SNH</p> <p>Marcus Sangster - Forestry Commission</p> <p>Richard Blackman – EuroParc Atlantic Isles</p> <p>plus others from Mon / Tues as arranged</p> <p>Rolands Auzins - EuroParc Council member, Nature Conservation Agency, Latvia ?</p> <p>Jan Woolhead – Region Zealand, Denmark ?</p>
<p>Flights depart EDI 16:25</p>	

Contact: Bridget Finton – SNH – 01738 458565 // 07767 268882
bridget.finton@snh.gov.uk