

Lowland Derbyshire and Nottinghamshire Local Nature Partnership

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&
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Aim

- To raise awareness of the impact of nature on health
- To discuss how Lowland Derbyshire & Nottinghamshire Local Nature Partnership can contribute to Health and Wellbeing in Nottinghamshire

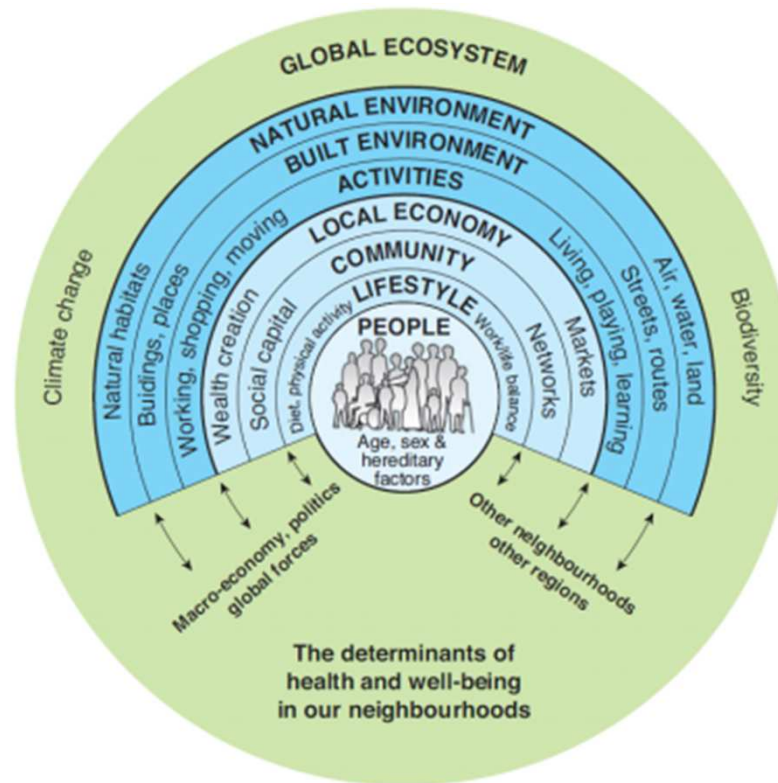


What is Health and Well Being?

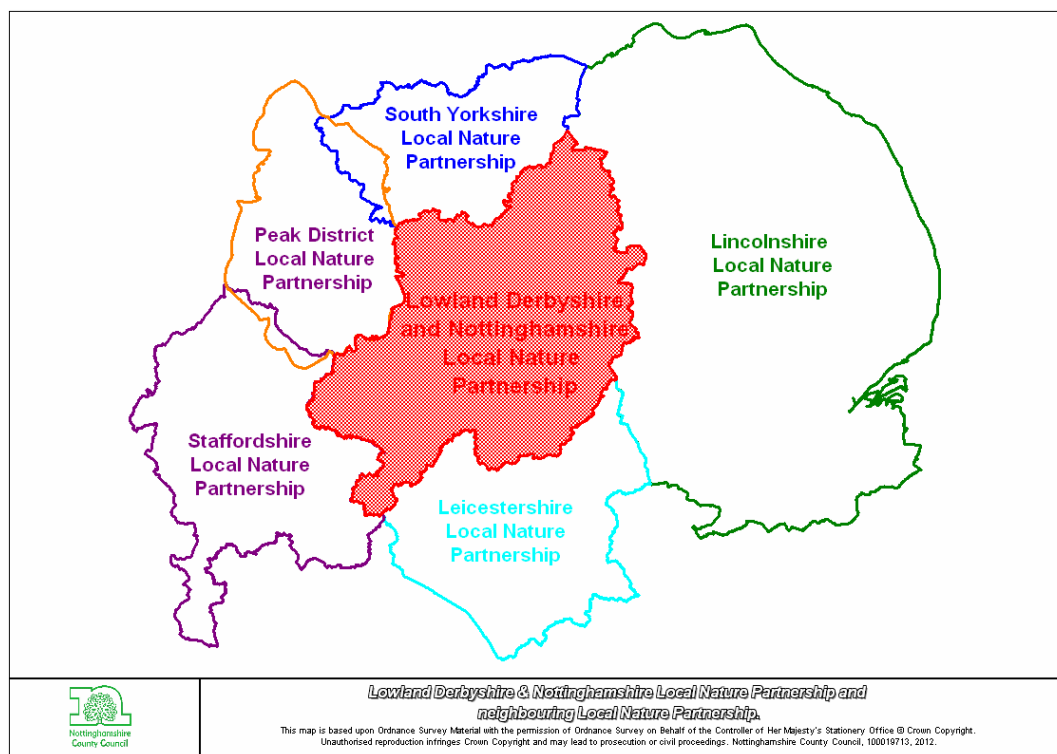
Many influences affect people's health and wellbeing.

Those which determine the health and wellbeing of communities and individuals, range from climate change, the local environment to lifestyle factors, such as diet and physical activity and hereditary factors.

The determinants of health & wellbeing in our neighbourhoods



The Lowland Derbyshire & Nottinghamshire Local Nature Partnership



The main purposes of the Local Nature Partnerships are to:

- embed the value of the natural environment in local decision making
- promote sustainable land use and management
- promote the greening of economic growth
- advise on strategic planning matters
- enhance the quality of life, health and well-being of citizens.

Membership of the local LEP

Private sector

- Toyota UK
- NFU
- Center Parcs
- David Wilson Homes
- Lafarge Tarmac
- Water industry

Local government and health

- Derbyshire County Council
- Nottinghamshire Health & Wellbeing Board
- Nottingham and Nottinghamshire Health & Sustainable Development

Voluntary/Environmental sector

- Derbyshire Wildlife Trust / East Midlands Biodiversity Partnership
- Nottinghamshire Wildlife Trust
- RSPB
- Rural Community Action Nottinghamshire

Public Bodies

Natural England
National Forest
Derby University

The Board is supported by its employee, Rosy Carter, and by officers of the two County Councils and staff of Toyota.

Does access to the natural environment improve health & wellbeing, prevent disease and help people recover from illness?

- It improves the quality of our living and working spaces - attracting business and investment and contributing to the local economy e.g. through improved air quality, noise & temperature regulation
- It provides employment in nature
- It reduces the impacts of extreme weather.
- provides attractive locations for walking & cycling.
- It reduces healthcare costs
- Forests, peat bogs and saltmarsh can remove significant amounts of carbon from the atmosphere.
- Trees and vegetation provide shelter from cold winds, cool the air in summer through shade & transpiration and reduce the risk of local flooding by helping water infiltrate the ground.

Experiencing nature in the outdoors can; -

- help tackle obesity, coronary heart disease & mental health problems.
- encourage people to be more active.
- restore people's ability to concentrate and reduce stress
- increase productivity

Dementia;

Social interaction and access to the outdoors and nature is important for the quality of life of people living with dementia.

Sources: <http://publications.naturalengland.org.uk/publication/31045?category=127020>
<http://publications.naturalengland.org.uk/publication/6578292471627776?category=127020>
<http://www.nice.org.uk/guidance/PH8/chapter/Appendix-C-the-evidence>
PH 1.16 Utilisation of green space for health/exercise reasons
http://www.rspb.org.uk/Images/naturalthinking_tcm9-161856.pdf

Key opportunities - Nationally

- Work with H&WBs to implement healthy living and access to greenspace and countryside.
- Highlight the importance of natural areas, active lifestyles and active transport in preventative health.
- Deliver landscape scale projects on behalf of LEPs (e.g. Regional Growth Fund and EU Structural Investment Funds) or on their own account through LNP partner organisations.
- Contribute to strategic land use planning processes and early interventions with businesses and developers to map and develop opportunities for enhancing biodiversity and greenspace at major development sites



Key opportunities for working with the local LNP

- Influence policy and strategies to achieve better health and improved environment
- Stimulate new projects and services that are based on sustainable, environmentally friendly growth
- Reduce costs of services and improving outcomes

Create a 'natural health service' for Derbyshire and Nottinghamshire delivering:

- NHS Forest initiatives
- increased physical activity e.g. walking for health groups for care homes;
- tools to help GP practices to 'pull' people into healthier living rather than
- push/prescribe outdoor activity; green gym opportunities through setting up of more site based Friends Groups to build capacity to enhance biodiversity
- mitigation of climate change impacts on health.

Questions?

For more information

<http://www.derbyshirebiodiversity.org.uk/Inp/index.php>