Greenspace

delivering Healthy spaces for both people and planet

NHS National Services Scotland

Design into Practice

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Greenspace – multi-functional

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Benefits & Outcomes?

- health & wellbeing
- reducing inequalities
- climate & resilience
- legislation & policy
- cost effective & adds value

Where & How to intervene?

- outdoor estate as an asset
- borrowing greenspace
- simple green interventions
- connections & wayfinding
- masterplanning

What can we do?

- briefing & KPIs
- value & funding

Design into Practice

Health & Wellbeing

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Greenspace research on health benefits and outcomes

- mood improvement
- decreased stress
- improved mental health
- strengthens immune system
- supports physical activity
- supports social activity / community cohesion

Greenspace prescribing

- a dose of nature

Demonstrable benefits

- promotes public health
- reduces drugs & carbon
- improves recovery & air quality

Natural spaces are restorative environments

Wide ranging Sustainability Contribution

- social
- economic
- environmental

Reducing inequalities

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Greenspaces "reduce health gap" – BBC

http://news.bbc.co.uk/1/hi/health/7714950.stm

'Analysis of records of more than 366,000 people who died between 2001 and 2005 revealed that even tiny green spaces in the areas in which they lived made a big difference to their risk of fatal diseases.

Less 14yrs of life; less 24yrs in 'good health'.

The effect was greatest for those living surrounded by the most greenery, with the "health gap" roughly halved compared with those with the fewest green spaces around them, there was still a noticeable difference.

The change was particularly clear in areas like heart disease & stroke'

Greenspace = £2.2bn to Health

Wide ranging Sustainability Contribution

- social
- economic
- environmental

Climate & Resilience

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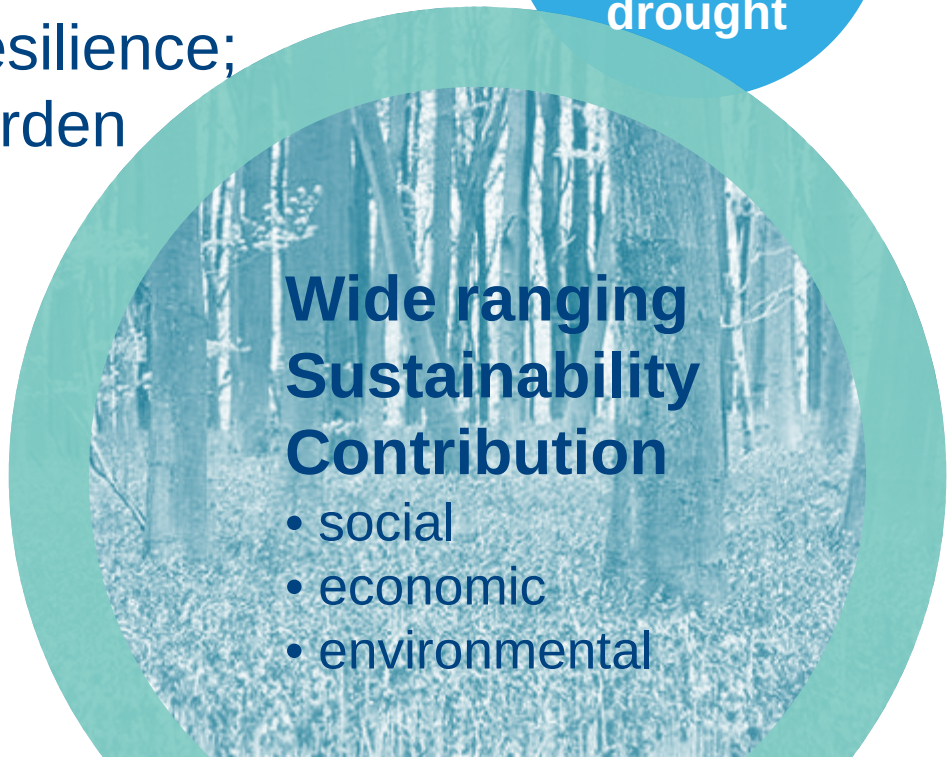
Greenspace role in adaptation

- integrated into new facility designs; e.g. natural drainage; wind shelter
- retro-fitted into existing facilities; e.g. solar shading, picnic tables
- supporting workforce resilience; e.g. river walks, roof garden

Greenspace role in mitigation

- biodiversity
- green travel plan
- tree belt = 20% energy
- air quality -particulates
- one tree = 22kg CO_2 and 2yr/person O_2

Extreme weather e.g. overheating flooding & drought



Wide ranging Sustainability Contribution

- social
- economic
- environmental

Legislation & Policy

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Greenspace legislative duties:

- Community Empowerment (Scotland) Act 2015
- Procurement Reform (Scotland) Act 2014
- Climate Change (Scotland) Act 2009
- Wildlife & Natural Environment (Scotland) Act 2011
- Nature Conservation (Scotland) Act 2004

Greenspace policy documents incl:

- Health & Social Care Delivery Plan
- Health Promoting Health Service
- Place Standard
- Biodiversity Duty Targets
- Sustainable Development
- Healthy Working Lives
- Good Places, Better Health
- Equally Well

Greenspace = DQI/NDAP:AEDET

Greenspace is an essential; not just a 'nice' to have'

Wide ranging Sustainability Contribution

- social
- economic
- environmental

Cost Effective & Adds Value

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Greenspace multiple co-benefits drives VfM

- ‘Do nothing’ is NOT free
  Rowntree Poverty report: NHS £29 bn/ year
- NHS not realising wider benefits of sites
  NHS A&A: before = after costs
  NHS FV: £1 = £4.32 social value

Greenspace life-cycle-cost benefits

- improved recovery
- reduced drug use
- reduced heating/ cooling
- better value climate levy
- improve staff retention
- less health inequalities

Greenspace = less NHS costs

one tree shade = 20hrs/ day A/C for ten rooms

Wide ranging Sustainability Contribution

- social
- economic
- environmental

WHERE and HOW

NHS examples

NHS National Services Scotland

WHERE and HOW

NHS examples

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Outdoor estate as an asset

Traditional Hospital Settings

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Healing outdoors

Fresh air and sunlight were seen as vital to the healing process. Wards were surrounded by exercise yards and flower gardens with seats and shelters. Gartnavel was famous for therapies like 'tent treatment' where restless patients were calmed by staying in bed outside. 'The Mushroom' captures the spirit of the octagonal summerhouse built in 1871 in one of the 'airing courts'.

Open air treatment pavilion, late 19th century

The walled garden

The hospital's Medical Superintendent and his family lived above his clinic on the ground floor of the West House. They enjoyed the privacy of their own walled garden between the male and female wings. The garden is being restored as one of several tranquil spaces for everyone to enjoy.

Make a date with the birds

January	Robins squabbling over nest sites
February	Female blackbirds building nests
March	Song thrushes leading the dawn chorus
April	Blue tits hatching
May	House sparrows scratching the ground for insects
June	Moorhen chicks taking their first dip in Bingham's pond
July	Silence as many birds are moulting
August	Swifts and swallows departing for the sun
September	Chaffinches feasting on seeds and berries
October	Starlings roosting at dusk
November	Young magpies flocking
December	Tits enjoying a late snack of ivy and holly berries

How many different birds can you spot on your walk?

Outdoor estate as an asset

Traditional Hospital Settings

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Outdoor estate as an asset

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Outdoor estate as an asset

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Borrowing green space

Community Health & Care Settings

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Borrowing green space

Community Health & Care Settings

NHS National Services Scotland

Simple green interventions

New & Existing Settings

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Simple green interventions

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Connections & Wayfinding

Mental Health Sites

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Master planning

Big Campuses to Small Interventions

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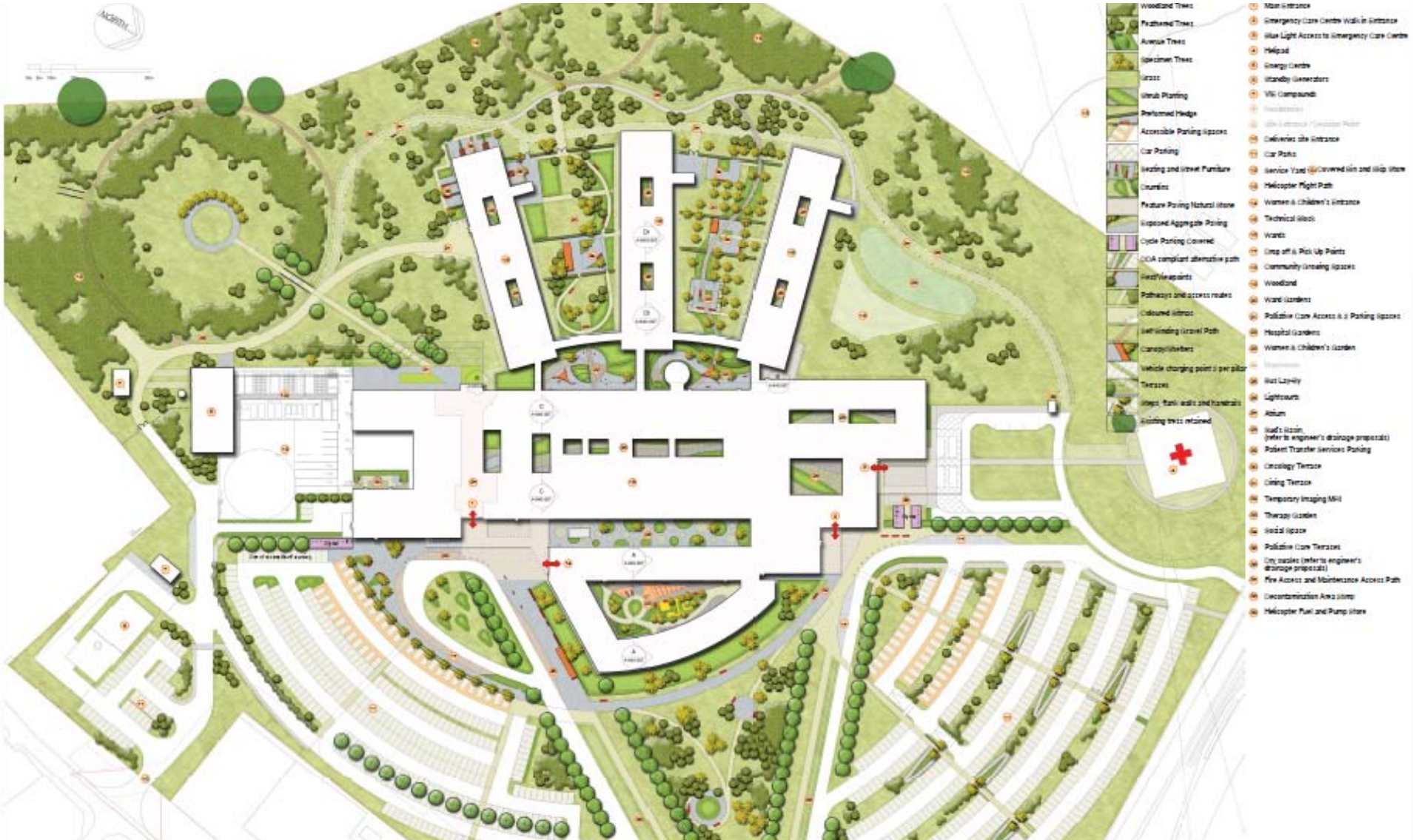

Master planning

Big Campuses to Small Interventions

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Master planning

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What can we do?
briefing & KPIs

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Greenspace briefing

- investment / business case objectives
- design statement
- community engagement & co-benefits
- design guidance
- appropriate resource
- support available

Greenspace KPIs

- Community Benefit: an integrated environment, economic and social
- Sustainability: health & healthy places

Greenspace = outcome led

demonstrable outcomes for our natural assets

What can we do?
value & funding

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Greenspace value

- "*An ounce of prevention is worth a pound of cure*"
- Cost: budget constraints; natural capital; shifting maintenance practices; whole life
- Contractual: quality integral to Design & Build; FM PPP or in-house; Funding
- Attitudinal: changing priorities and perceptions of liability

releasing the value of our natural assets

Greenspace funding

- Multi-agency & charities
- GEP match-funding
- 3 -5% on therapeutic & access design strategy enhancements

Greenspace ≠ "nice to have"

What can we all do?
further information

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WHO Greenspace

health impact & effectiveness (2017 report) www.euro.who.int

NHS Forest (England) www.nhsforest.org

Green Exercise Partnership (Scotland)

NHS Greenspace: case studies & films on benefits & learning :
www.nature.scot/professional-advice/contributing-healthier-scotland/our-natural-health-service/nhs-greenspace

www.paha.org.uk : www.ads.org.uk
www.greenspacescotland.org.uk

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contacts and useful resources