



## Bristol Health and Wellbeing Board

Title of Report:	<b>Bristol Future Parks: the impact of Bristol's parks on the health of the city</b>
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Date of Board meeting:	<b>28<sup>th</sup> October 2020</b>
Purpose:	Information, discussion and advise on next steps

### 1. Executive Summary

- During the lockdown people experienced tangible benefits to health and wellbeing through access to parks and greenspaces.
- There is a strong evidence base for the mental and physical health benefits.
- Bristol's Parks Services are not statutory services and years of austerity have impacted upon the services ability to invest and maintain the quality of our parks and green spaces.
- The Bristol Future Parks Project is funded by the National Trust, Heritage Lottery and the Ministry of Housing, Communities and Local Government.
- The project aims to increase access among those not currently using parks or those who need to use parks for health benefits and explore new approaches to funding Bristol's parks and greenspaces. Its work packages include, business development, volunteering and community action, philanthropic investment, and health.

### 2. Purpose of the Paper

- To highlight to the Board of the value of our parks to the City's Health
- To highlight to the Board the importance and benefits of making parks more accessible to a wider audience, for health and social cohesion.
- To gain the support of the Board to help us explore
  - How we create an environment in parks and green spaces so they are inclusive and all that use them have ownership and feel comfortable and able to use them.
  - How funding can be directed to activities in parks to attract those that do not use parks currently and people who need to use parks for health and wellbeing benefits.
  - How the use of parks and green spaces can have physical and mental health benefits for people.
  - How we work in partnership with Primary Care Networks and General Practice in Bristol to reallocate resources from social prescribing and personal care budgets and develop a green care offer.
  - How health funding might contribute towards the use and benefits of the city's parks and green spaces, so that the Bristol's communities can benefit from greater health and wellbeing benefits.
  - How we develop a frame work for measures to gauge how affective interventions are.

### 3. Background and evidence base

1. From 2010 Local Government budgets were significantly impacted as a result of the austerity measures introduced by central government. The budget allocated to parks and green spaces service reduced by a third from £5.96 million to £4 Million.

2. Through the quality of life survey we have seen the satisfaction in the quality of Bristol's Parks decline over this period from 83% in 2013 to 72% in 2019, with satisfaction only 53% in our 10% most deprived neighbourhoods (Data captured from the Quality of Life report 2019/2020).
3. People who spend time in parks and greenspaces have improved health and wellbeing outcomes, for example, reduced risk of high blood pressure, type 2 diabetes and metabolic syndrome (Bodicoat et al, 2014, Donovan et al., 2018 Shanohan et al. 2016). Exposure to parks and green spaces also improves mental health by reducing risk of depression and anxiety (Cohen-Cline, Turkheimer and Duncan, 2015, Cox et al 2017, McEachan et al 2016).
4. The Mental Wellbeing Benefits of Bristol's Parks is estimated at £234 million per year (£14 per visit), the Physical Health benefits are valued at £127million (£8 per visit) (Vivid Economics Greenkeeper Natural Capital Accounts).
5. Greenkeeper modelling estimates an uplift of 55% in the value of health and wellbeing benefits from new investment meeting The One City Plan target of everyone living within 10 minutes' walk of an 'Excellent Park'.

#### **4. Community engagement**

As part of the Future Parks project we have delivered 19 community engagement sessions; 4 pre-Covid face to face and 15 virtual via zoom. We have also carried out a survey regarding parks use both before and during Covid with 1824 responses – the data from this is currently being analysed

#### **5. Recommendations**

That the Health and Wellbeing Board supports the work of the Future Parks Project and the health benefits it can deliver and supports the project by engaging with the work which is being delivered through the Future Parks health working group.

#### **6. City Benefits**

As the slide deck attached shows, there are several areas of health deprivation within the city, by delivering additional health interventions in parks close to these areas and targeting people who do not currently use parks but who would benefit from using parks for their health and wellbeing we would also be reducing inequality within the city.

By working together to develop a way to measure success of interventions, we would be able to ensure health funding is used effectively to increase the positive impacts of parks and green spaces on the health of the city's population.

By securing investment into our parks and green spaces and uplifting the quality of our parks to green flag status we would increase the health and wellbeing value of our parks and greenspaces by £156 million.

#### **7. Financial and Legal Implications**

N/A at present

#### **8. Appendices**

Slide deck from Bristol Future Parks Health Event: Standards for health