

## Session Topic: **Health**

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1. Agree that protected areas have a role in promoting health. But we have to make it easy for people to access the health benefits (GP Referral/Green Gyms) → **REMOVE BARRIERS.**
2. Start young – linked to environmental education. Children will cherish what they enjoy and safeguard what they love (opportunities through the revised curriculum).

MENTORS → FAMILY FOCUS ROLE MODELS
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3. We need to foster greater “ownership” over protected areas – particularly amongst “socially excluded” groups. There is a strong link between poverty and ill health.
  - a. Agreed that protected areas have a role in health promotion (but little control over the health improvement agenda at a local level )
  - b. Agreed that we need to adopt a ‘Family Focus’ – Start young (build on enthusiasm)
  - c. We need to create more opportunities for GP’s / Practice Nurses to promote ‘green exercise’ – but how do we make it happen? (Link in to Exercise Referral/Green Gym in Wales?)
  - d. Finance – whose role is it? Who should fund it?
  - e. Co-ordinated effort with voluntary sector.
  - f. Addressing transport needs is essential
  - g. Curriculum – Outdoor Learning
  - h. Class Issue – Social Inclusion – OWNERSHIP
  - i. We need to recognise that for some people wide open spaces are a new experience - silence/space – can be frightening
  - j. Any approach will require...CHAMPIONS/MENTORS/ADVOCATES