

DELEGATE PACK

2015 ORN Conference: Public Health and Outdoor Recreation

10th & 11th March 2015
Hilton Newport



Image courtesy of Outdoor Recreation NI

Developed in partnership with:

Pembrokeshire Coast National Park Authority
Natural Resources Wales
Public Health Wales
National Trust
Welsh Government

Welcome to the conference

By Hannah Buck

Welcome to our conference. Many partners have come together to present this conference and we hope that you find it as interesting and stimulating as we have in putting the programme together.

Much has changed in the world of outdoor recreation and health care since the last Outdoor Recreation Network conference on this topic in 2005. Ten years ago despite the growing links between health and outdoor recreation, 'health care' itself was largely seen as the responsibility of the health sector. Now in an era of austerity, rising health care costs, ongoing concerns about population health needs, and increasing awareness in preventative, alternative and complementary medicines and therapies we are seeing a renewed interest in the health benefits to be gained from interactions with nature and the outdoors.

Public health and health promotion is about helping people to stay healthy, and protecting them from risks to their health. People are encouraged to make healthier choices, and to reduce the risks and impact of illness. With this in mind, this conference will seek to clarify and promote the role of outdoor recreation as a type of preventative medicine, a protective factor against chronic disease and illness and a positive intervention in promoting well-being.

There is a growing strength in the messages that health is not, and cannot be the sole responsibility of the health sector alone, but extends to all. There is call for 'prudent healthcare', this being care tailored to meet the real needs of patients whilst reducing unnecessary interventions that are not to the patients benefit.

Opportunities for synergy between health and outdoor recreation are clear. We trust that this conference will provide you with some tools, ideas and actions to help us all drive the 'green health' agenda forward across the board. Health policy also highlights the importance of placing 'person centered care' at the heart of public health. Outdoor recreation and interactions with nature are well placed to make health interventions meaningful, motivational and able to engage life-changing momentum for recipients. Therefore, it will be through partnership and co-production, both with recipients and services, that we will be able to meet the challenges of improving health outcomes for all.

The terminology around 'outdoor recreation and health' includes terms like 'ecotherapy', 'ecohealth', 'green care', 'natural health services' and 'green exercise'. The wide range of terms relating to this topic reflects the diverse range of activities beneficial to health supported by outdoor environments. It is a broad and evolving area embracing a diverse range of health and well-being related activities that cover and often interconnect physical and mental health.

During this conference, discover how some of the opportunities for health and well-being are being rolled out beyond the clinics and hospitals. Whilst listening to the speakers, participating in the workshops and networking in the boulevard *reconsider* the World Health Organisation's 1946 statement on health: *'Good health is a state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity'*, and place this in the context of the opportunities afforded by our 'natural health services'.

Finally take time to reflect upon how we are all beneficiaries of the 'ecosystem services' gifted to us by nature and the great outdoors. If this is to continue and the profound health assets of the outdoor environment maintained we must take care to protect these natural resources so that they will be here for our future generations too.

I hope you enjoy the conference!

Hannah Buck

Health, Well-being, Recreation and Tourism Policy Officer
Pembrokeshire Coast National Park Authority

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Croeso i'r Gynhadledd

Gan Hannah Buck

Croeso i'n cynhadledd. Mae llawer o bartneriaid wedi dod at ei gilydd i gyflwyno'r gynhadledd hon ac rydyn ni'n gobeithio y bydd hi'r un mor ddiddorol i chi ag yr oedd y gwaith o roi'r rhaglen at ei gilydd i ni. Gobeithio hefyd y bydd hi'n eich ysgogi chi.

Mae llawer wedi newid yn y byd hamdden awyr agored a gofal iechyd ers cynhadledd ddiwethaf y Rhwydwaith Hamdden Awyr Agored ar y pwnc hwn yn 2005. Ddeng mlynedd yn ôl, er gwaetha'r cysylltiadau cynyddol rhwng iechyd a hamdden awyr agored, teimlwyd, i raddau helaeth, mai cyfrifoldeb y sector iechyd oedd 'gofal iechyd'. Nawr, mewn cyfnod o galedi, costau gofal iechyd cynyddol, pryderon parhaus ynghylch anghenion iechyd y boblogaeth, ac ymwybyddiaeth gynyddol o feddyginiaethau a therapïau ataliol, amgen a chyflenwol, rydyn ni'n gweld diddordeb newydd yn y manteision iechyd sydd i'w cael o ddod i gysylltiad â natur a'r awyr agored.

Mae a wnelo iechyd y cyhoedd a hybu iechyd â helpu pobl i aros yn iach, a'u diogelu rhag risgiau i'w hiechyd. Mae pobl yn cael eu hannog i wneud dewisiadau iachach, ac i leihau risgiau ac effeithiau salwch. Gan gadw hyn mewn cof, bydd y gynhadledd hon yn ceisio egluro a hyrwyddo rôl hamdden awyr agored fel math o feddyginiaeth ataliol, sydd hefyd yn ffactor amddiffynnol yn erbyn clefyd a salwch cronig ac yn ymyrraeth bositif i hyrwyddo lles.

Mae mwy a mwy o bwyslais yn cael ei roi ar y neges nad cyfrifoldeb y sector iechyd yn unig yw iechyd, ac na ellir caniatáu i hynny ddiwydd. Yn hytrach, mae'n gyfrifoldeb ar bob un ohonon ni. Mae galwadau'n cael eu gwneud am 'ofal iechyd darbodus', sef gofal wedi'i deilwra i ddiwallu gwir anghenion cleifion, gan leihau ymyriadau diangen nad ydynt o fudd i gleifion.

Mae yna gyfleoedd clir i gael mwy o synergedd rhwng iechyd a hamdden awyr agored. Hyderwn y bydd y gynhadledd hon yn rhoi i chi rywfaint o arfau, syniadau a champau gweithredu i'n helpu ni i gyd i yrru'r agenda 'iechyd gwyrdd' yn ei blaen yn gyffredinol. Mae polisi iechyd hefyd yn amlygu pa mor bwysig yw sicrhau bod 'gofal sy'n canolbwyntio ar y person' wrth galon iechyd y cyhoedd. Gall cyfleoedd i gymryd rhan mewn hamdden yn yr awyr agored a dod i gysylltiad â byd natur arwain at ymyriadau iechyd ystyrion, ysgogol a allai newid momentwm bywyd y rheini a fydd yn cymryd rhan. Felly, trwy bartneriaeth a chyd-gynhyrchu, gyda'r defnyddwyr a'r gwasanaethau eu hunain, gallwn ni ymateb i'r heriau o wella canlyniadau iechyd i bawb.

Mae'r derminoleg sy'n gysylltiedig â 'hamdden awyr agored ac iechyd' yn cynnwys termau fel 'ecotherapi', 'ecoiechyd', 'gofal gwyrdd', 'gwasanaethau iechyd naturiol' ac 'ymarfer corff gwyrdd'. Mae'r amrywiaeth eang o dermau sy'n ymwneud â'r pwnc hwn yn adlewyrchu'r amrywiaeth eang o weithgareddau sy'n fuddiol i iechyd a gefnogir gan amgylcheddau awyr agored. Mae'n faes eang sy'n esblygu ac mae'n cynnwys amryw o weithgareddau iechyd a lles sy'n gysylltiedig ag iechyd corfforol a meddyliol, ac sy'n aml yn cysylltu'r ddau faes.

Yn ystod y gynhadledd hon, byddwch chi'n cael gwybod sut y mae rhai o'r cyfleoedd iechyd a lles yn cael eu cyflwyno y tu allan i glinigau ac ysbytai. Wrth ichi wrando ar y siaradwyr, cymryd rhan yn y gweithdai a rhwydweithio, ystyriwch unwaith yn rhagor ddatganiad Sefydliad Iechyd y Byd ym 1946 : 'Cyflwr o les corfforol, cymdeithasol a meddyliol llwyr, ac nid dim ond diffyg afiechyd neu eiddilwch, yw **iechyd da**', a meddyliwch am hyn yng nghyd-destun y cyfleoedd a gynigir gan ein 'gwasanaethau iechyd naturiol'.

Yn olaf, cymerwch amser i fyfyrion ar sut rydyn ni i gyd ar ein hennill diolch i'r 'gwasanaethau ecosystem' y mae byd natur a'r awyr agored yn eu cynnig inni. Os yw hyn i barhau, ac os ydyn ni am gadw'r asedau iechyd eang mae'r amgylchedd awyr agored yn eu cynnig, rhaid i ni fod yn ofalus i warchod yr adnoddau naturiol hyn fel y byddan nhw yma ar gyfer cenedlaethau'r dyfodol hefyd.

Gobeithio fe wnewch chi fwynhau'r gynhadledd!

Hannah Buck

Swyddog Polisi Iechud a Thwristiaeth
Parc Cenedlaethol Arfordir Penfro

Programme

Day 1

Tredegar House and Hilton Newport

14:00 Registration

14:15 Pre-conference site visit of Tredegar Estate, led by the National Trust

Delegates will split into 5 groups and will attend parallel activities/visits. These are:

1. Sport Wales and the National Trust, including Park Run & Junior Park Run
2. Tredegar Allotment Project and healthy eating / learning
3. Informal use of Tredegar House for outdoor recreation by community groups (Nordic walking taster session)
4. Junior Rangers / 50 Things (active youth) and Wild Art
5. Mental health benefits of horticulture / outdoors

16:00 Tea/coffee at Tredegar house

16:15 Transfer to Hilton Newport

17:00 Check-in to hotel (if not already done)

17:45 Meet in conference room

18:00 Introduction to the evening session by Jo Burgon, Chairman of ORN

18:05 Keynote presentation: Physical Activity and Outdoor Recreation
By Dr Ruth Hussey, Chief Medical Officer for the Welsh Government

18:35 Introduction to the boulevard display by Hannah Buck, Pembrokeshire Coast
National Park Authority

18:40 Boulevard display; exhibitors include:

- Prescription walks in Winchcombe, Sheila Talbot, Walkers are Welcome and Natural England
- Horse riding and health, Mark Weston, British Horse Society
- Benefits of horse riding, Chris Thomas, Peers Clough Farm
- Forests as places of mental wellbeing: the meaning and use of urban forests by people with early-stage dementia, Mandy Cook, PhD research
- Come Outside! programme, Phil Jayne, Natural Resources Wales
- Green exercise partnership in Scotland and innovative NHS greenspace for health and wellbeing, Kevin Lafferty, Forestry Commission Scotland
- Tackling physical inactivity - a role for the public forest estate in England, Liz O'Brien, Forestry Commission England
- Recreational Audit for Disabled Access (RADA), Paul Renfro, Sustainable Recreation Co-ordinator, Pembrokeshire Coastal Forum CiC
- National Parks are National Assets for Health, Hannah Buck, Pembrokeshire Coast National Park Authority

19:10 Networking buffet reception

19:50 Summary of the day and joining instructions for day 2

20:00 Close

Day 2

Hilton Newport

- 09:30 Registration, tea and coffee
- 09:55 Welcome from Jo Burgon, ORN Chairman
- 10:00 Keynote 1: Outdoor recreation partnerships for optimised health benefits
By Malcolm Ward, Public Health Wales and Dr Ambra Burls, UNESCO UK Man and Biosphere (MAB) Urban Forum
- 10:30 Keynote 2: Welsh Government Ministerial address
By Ken Skates, Deputy Minister for Culture, Sport and Tourism at the Welsh Government
- 10:50 Keynote 3: Obesity: The Disease of the Sedentary – Prevention and Intervention
By Prof. Nadim Haboubi, NHS Wales
- 11:15 Q&A session
- 11:40 Networking break, tea and coffee
- 12:00 Workshop session; workshops include:
- Walking and health in GB, Mel Jones, Ramblers Cymru
 - Health & wellbeing in the woodlands – practice and research, Kate Hamilton, Small Woods
 - Does a health promotion intervention need to look, feel and sound like a health intervention?, Kim Buxton, British Heart Foundation National Centre for Physical Activity and Health
 - Outdoor recreation - the wonder drug, Sarah Worbey and Siobhan Harkin, MacMillan Cancer Support
 - Outdoor recreation for disabled people, Jonathon Lee, Venture Out
- 13:00 Networking lunch
- 14:00 Keynote 4: Healthy Parks Health People: a growing global movement
By Bridget Finton, Scottish Natural Heritage
- 14:25 Keynote 5: Natural solutions– the role of the natural environment in reducing health inequalities
By Dr Jessica Allen, Institute for Health Equity
- 14:50 Q&A session
- 15:15 Workshop session; repeat of earlier workshops
- 16:15 Summary and discussion; tea and coffee available
- 16:45 Close

Keynote Speakers – presentation abstracts and bios

Dr Ruth Hussey, OBE, Chief Medical Officer, Welsh Assembly Government

Presentation title: Physical Activity and Outdoor Recreation

Bio: Ruth was born and brought up in North Wales. After qualifying as a doctor Ruth worked in a variety of public health leadership roles in North West England, including academia and the NHS. More recently she worked in the Department of Health before becoming Chief Medical Officer for Wales in 2012.



Ruth has been committed to reducing health inequalities throughout her working life. She established a strong partnership based approach to this work in the North West and is an advocate of integrated approaches to improving health and delivering high quality health and social care. She has a strong commitment to public involvement in their health and health care as well as supporting effective clinical leadership to ensure the development of innovative approaches to meet 21st century health challenges.

Ken Skates, Deputy Minister for Culture, Sport and Tourism, Welsh Government

Presentation title: Ministerial Address

Bio: Ken Skates was born in 1976 in Wrexham, educated at Mold Alun School and went on to study Social and Political Science at Cambridge University.



In his free time, Ken enjoys running, swimming, hiking and golf as well as having an interest in gardening, art and architectural design. Ken was previously a journalist and assistant to Mark Tami MP.

In 2008, he was elected a community councillor. Ken's policy interests include manufacturing, mental health, sport and leisure, eliminating poverty and political economy. His political interests include skills training, tourism, environmental protection, mental health, sport and fitness and social inclusion.

In June 2013 Ken Skates was appointed Deputy Minister for Skills and Technology. In September 2014, Ken was appointed Deputy Minister for Culture, Sport and Tourism.

Malcolm Ward FFPH, MPH, PG Dip (HP), Principal Health Promotion Specialist (Public Health Wales)
Dr Ambra Burls, UNESCO UK Man and Biosphere (MAB) Urban Forum

Presentation title: Creating Synergy for a healthy planet

Abstract: There are long established historical relationships that demonstrate the intimate association between the natural environment and health. Yet,



despite considerable amounts of activity by many agencies and individuals in the environment, health, voluntary and community sectors, there remain significant and stubbornly resistant health deficits across many communities in Wales, with those in the most challenged communities demonstrating the greatest inequities. Using (and abusing) Einstein's Theory of Relativity as a metaphorical device this presentation sets out a potential explanation for the continued lack of progress with suggestions on how systems may be better adapted to address this pressing need through more effective cross-sectoral collaboration and synergy in action and thought in bringing people 'outside' for health purposes. For this to grow we need people at large to develop an "ecological self" mentality and "green health literacy", leading ultimately to "ecohealth". One of many channels for this to happen is the uptake of 'green prescriptions' (using the green environment as a direct resource for health benefits/outcomes) by various organisations.



Some good practice is developing across organisations and one example is the National Parks and Wellbeing Forum; a group aspiring to add momentum to such synergy creation, based on the notion that National Parks have a significant role to play in relation to the health and wellbeing of both local and national communities. The Forum is working to raise awareness and provide training about the promotion of Parks as resources for health professionals and of the concept of 'green prescriptions'. Good health and wellbeing outcomes for all members of our society should become a more prominent goal for Parks and similar providers, without the need to greatly modify their current provisions of ecosystem services.

Working together on common objectives is required in order to develop partnerships and understanding between health/social care providers and other organisations to aid the Welsh Government and its communities to maximise opportunities for all people in Wales to access 'green health and wellbeing' and promote 'green prescriptions'.

Bios:

Malcolm Ward:

Malcolm joined the health promotion service in Merthyr Tydfil in 1995 as a generic Health Promotion Specialist gaining a postgraduate diploma in health promotion at University of the West of England in Bristol and subsequently a Masters degree in Public Health at the University of Wales College of Medicine. As a specialist in the promotion of physical activity he has advised on both policy development and programme delivery locally, nationally and internationally. He presently manages the public health networks in Public Health Wales, oversees the National Exercise Referral Scheme, contributes to the International Health Co-ordination Centre and is a board member and treasurer for EuroHealthNet. He has contributed to NICE guidance groups on obesity, behaviour change and exercise referral, jointly leads a HEPA Europe working group looking at physical activity in health care settings and is a temporary advisor to the WHO Europe working group developing a regional physical activity strategy. He was the first person on the UK voluntary register of defined public health specialists, successfully completed the Physical Activity and Public Health Practitioners course in Utah in 2004 run by the CDC and the University of South Carolina and has written for various publications on subjects including GP referral to exercise, men's health, the role of sports science in health, nutrition and workplace health.

Dr Ambra Burls:

Ambra has worked as a health practitioner, lecturer, researcher and health/eco-coach. Her earlier research generated the development of curriculum for ecotherapists, She is the Vice Chair of the UNESCO UK Man and Biosphere Urban Forum and is research consultant for a number of Universities, Government agencies and voluntary organisations, working to enhance green space and public health developments. Ambra is active in collaborations across the UK and worldwide and

has been advocating for a stronger interdisciplinary network of individuals, projects, organizations, practitioners and educators in the field of *ecohealth*. Her aspirations are to connect people, so they share experiences and develop good practice in a ‘joined up thinking’ approach such as ecosystem health. She is currently engaged in promoting the scope of National Parks as providers of ‘natural’ health services and creating synergy with health/social care providers who may use National Parks as part of ‘green prescriptions’ resources for people who wish to improve their health by participating in conservation volunteering and availing themselves of their local ecosystem services.

Prof. Nadim Haboubi, Professor of Clinical Nutrition and Obesity, University of South Wales

Presentation title: Obesity: The Disease of the Sedentary – Prevention and Intervention

Abstract: Obesity is a major health problem that is associated with increased morbidity and mortality. Over the past 30 years, the prevalence of obesity has increased worldwide by near 75% and such so that the WHO have classified obesity as an epidemic. A health survey of England and Wales reports that 24% of adults are obese. The WHO forecast that by 2015, 4 billion adults will be overweight and over 700,000,000 will be obese.



Obesity affect most organs and body systems. 90% of people with type II diabetes have a body mass index of greater than 23 and conversely it is estimated that the attributable risk of obesity for diabetes is between 30% and 70%. Obesity substantially contributes to the risk of hypertension, ischaemic heart disease, cardiovascular mortality, obstructive sleep apnoea, ventilatory failure, asthma as well as more recently the recognised association with several cancers, Alzheimer’s disease and renal failure.

The causes of obesity are multifactorial. It could be genetic, environmental, psychological, emotional, hormonal, ethnicity-related, and probably inflammatory etc. A sedentary life is probably the most important cause of obesity. Moderate intensity physical activity provides not just weight loss but may be sufficient to modify chronic disease risk factors. Greater doses of physical activity results in greater weight loss. Healthcare professionals therefore, need to recognise the importance of physical activity as an effective intervention to improve health-related outcomes.

Bio: Nadim Haboubi MD Birmingham, FRCP Edinburgh and London
 Professor of Clinical Nutrition and Obesity University of South Wales
 PACES Examiner for the Royal College of Physicians
 Chairman of the National Obesity Forum Wales
 Obesity, Advisor to Welsh Government on the Obesity Pathway
 Chairman of the Special Interest Group in Gastroenterology and Nutrition/British Geriatric Society
 Honorary Professor of Medicine, Basra Medical School, Iraq
 Consultant Physician with an Interest in Gastroenterology, Nutrition and Obesity
 Consultant Physician in Nevill Hall Hospital, Abergavenny, South Wales, 1991 to date
 Founder member of the British Association of Parenteral and Enteral Nutrition – Medical
 Member of the European Society of Parenteral and Enteral Nutrition
 Expert reviewer on NICE Guidelines on Prevention and Management of Obesity 2006
 Has a Special Interest in Irritable Bowel Syndrome, Coeliac Disease.
 Several national and international presentations and Chairmanship of symposia
 Over 60 publications and 2 chapters
 MD thesis entitled ‘Small Bowel Bacterial Overgrowth’, achieved 1989, University of Birmingham

Reviewer to the Journals of Human Nutrition and Dietetics, Age and Ageing and the Journal of Obstetrics and Gynaecology (Gastroenterology related articles)

I run the only NHS Multi-disciplinary Specialist Weight Management Clinic (Level 3) in Wales established 2001 to date

National and International Fellow of Specialist Certification of Obesity Professional Education (SCOPE) 2013

Member of Association of Physicians for the Study of Obesity (APSO UK)

Current member of the Working Group of the Royal College of Physicians London – (Action on Obesity).

Chairman of the Bariatric Physician's Group – Wales.

Led a British Multi-disciplinary Bariatric Team to establish a Bariatric Centre, Baghdad Medical School, Iraq 2012. (Level 3 and Level 4).

Bridget Finton, Policy & Advice Officer – Scottish Natural Heritage

Presentation title: From Sydney to Scotland: connecting to the Healthy Parks Healthy People approach

Abstract: At the IUCN World Parks Congress in Sydney in November 2014, the Improving Health and Well-Being stream had a high profile and featured many examples of how individual and community health is benefitting from contact with nature – both in and outwith Protected Areas - through cross-sector partnerships. 'Healthy Parks Healthy People', an approach instigated in Australia by Parks Victoria, promotes



the value of the environment to human health and is providing the impetus for Health and Environment alliances at various scales in countries such the USA, Korea and Finland. Best Practice Guidelines on Healthy Parks Healthy People are due to be published mid-2015, and will be the first of this IUCN series of publications designed to be applicable beyond Protected Areas. Scottish Natural Heritage is delivering its own health policy to help maximise health benefits from nature and landscapes, but is also working internationally on this agenda, contributing to a EUROPARC Federation working group on Health and Protected Areas. The development of policy, practice and partnerships to achieve greater use of the outdoors for improved health and well-being in Scotland is gaining momentum and was presented by SNH as a case study at the Sydney World Parks Congress.

Bio: A Geography graduate from Durham, Bridget has worked for Scottish Natural Heritage since 1993, and was previously with Countryside Commission, Newcastle-upon-Tyne, and National Trust Northumbria and Yorkshire regions. Having been involved in a range of policy areas including countryside rangers, access rights and responsibilities and off-road cycling, Bridget now works mainly on the health benefits from access to the outdoors and contact with nature.

Jessica Allen, Deputy Director of the Institute of Health Equity

Presentation title: Natural solutions– the role of the natural environment in reducing health inequalities

Abstract: Recognising the role of the natural environment as a determinant of health is an important part of public health. Good health and wellbeing is not solely the absence of illness, the role of the environment we live in is hugely important in shaping our lives and, consequently, our health.



There is clear evidence concerning the health benefits of engaging with natural environments. However, there are inequalities in use of, and access to, natural environments across England, much of which are related to socio-economic status. These inequalities contribute to widespread and persistent health inequalities.

This presentation presents some of this evidence and makes recommendations for presents real challenges for practitioners, academics and policy makers from across the health and environment sectors, at both national and local levels, to better utilise natural environments for health equity.

Bio: Dr Jessica Allen is a Deputy Director of the Institute of Health Equity. Her main activities are working to embed a social determinants approach to health inequalities in England and globally. She was co-director of the Review of Social Determinants of Health and the Health Divide in the WHO European Region and was previously Project Director of the Strategic Review of Health Inequalities in England post-2010 (the Marmot Review). She has worked closely with national and local governments, third sector organisations and the NHS and published widely on social determinants of health. Prior to her work at UCL she was head of Health and Social Care at IPPR, Research Fellow in Public Health at the Kings Fund, and worked at Unicef and LSE. She has published and broadcast widely on issues relating to health and social care policy. She holds a doctorate from the University of London.

Workshop Leaders – workshop abstracts and presenter bios

Workshop 1: Walking, the health of the nation and the importance of volunteers

Mel Jones, Let's Walk Cymru Development Officer, Ramblers Cymru

Abstract: The Ramblers help everyone, everywhere, enjoy walking and protects the places we all love to walk. In 2012 Ramblers took on the responsibility of delivering two of the national health walking programs in the UK and provides continued support to a third. This workshop will be highlighting Ramblers work to improve the nations health's through walking and its related activities. Our mission is led by our amazing volunteers and we will be looking at how volunteers can become leaders to champion and motivate communities to get involved.



National Programmes:

Let's Walk Cymru is the national health walking scheme in Wales. It is a Wales-wide government funded walking scheme aimed at increasing the number of people walking in their local communities to improve health and wellbeing.

Walking for Health is England's largest network of health walk schemes, helping people across the country lead a more active lifestyle. We've done this with great success for over 12 years, improving the mental and physical well-being of thousands of people.

In Scotland, Ramblers Scotland's Medal Routes project has been running for the last 3 years to promote short walks (15, 30 and 60 mins) from designated walking hubs across Scotland. To date over 420 short walking routes have been mapped, promoted and are being actively used.

Bio: Mel is the Let's Walk Cymru Development Officer, employed through a Welsh Government grant by Ramblers Cymru to manage and develop Let's Walk Cymru. Mel works closely with colleagues in England and Scotland to share good practice and experiences.

She joined the Ramblers in 2012 from a NHS background where she was involved in number of public health initiatives. She has a PhD in Epidemiology and this is her first job in the charity sector. She volunteers in her local community and is passionate about walking and enjoying passing this enjoyment on to others.

Workshop 2: 'Health and Wellbeing in the Woodlands – practice and research'

Dr Kate Hamilton, Coed Lleol Research & Training Officer

Abstract: Actif Woods Wales is Coed Lleol's flagship social forestry project which aims to improve health and wellbeing in 5 areas of Wales through getting people active through woodland-based activities. The activities range from walking and 'woodland gym' programmes to conservation, creative and skills-based sessions. All of them involve physical activity, sometimes explicitly and sometimes more 'by the way'. At times we refer to the latter as 'health by stealth' – a term which is gaining currency in broader discussions about promoting health and wellbeing. Although it is sometimes useful to be 'stealthy' about the exercise component of our activities, it is important to note that it is not just the physical activity that matters to participants' health. In our experience, participants are equally likely to express gains from other elements such as simply



being in nature, socialising as part of a group, and being actively supported by skilled. For some of our participants, it is these aspects that are particularly important – even transformative – for their sense of wellbeing, and which they attribute most directly to the project. The paper draws on our monitoring data and participant testimony to illustrate the complex and diverse ways in which taking people into woodlands affects them, and how we are using our practical experience to research these relationships in greater depth.

Bio: Kate Hamilton is a social scientist by training, with a background in international development and a particular interest in participatory research, action learning, and making sense of complex social change. As Coed Lleol’s Research and Training Officer, she is responsible for synthesising evidence and lessons from the Actif Woods Wales project and sharing this with others through capacity building and collaborative research.

Workshop 3: Does a health promotion intervention need to look, feel and sound like a health intervention?

Kim Buxton, Assistant Director – Adults and Healthcare Project Manager
British Heart Foundation National Centre for Physical Activity and Health

Abstract: We know that regular physical activity is a vital component of maintaining a healthy lifestyle and reducing the risk of developing many long term conditions, however despite our concerted efforts to encourage people to become more physically active, physical activity levels across all age groups remain relatively low. This suggests that perhaps health or physical activity participation just for the sake of it, are simply not strong enough motivators to spur people into action and maybe we need to think a little differently about how we might engage the inactive in physical activity.



This workshop will introduce the concept of promoting health by stealth. This is a relatively new area of research and practice, which focusses on harnessing people’s intrinsic motivations and maximising the incentive value of intervention activities themselves rather than their resulting health-related outcomes.

The workshop will examine the background and conceptual framework behind the stealth intervention model and explore ideas and opportunities for piggybacking onto existing social movements or good causes to influence and promote sustained behaviour change. During this session you will have the opportunity to look at examples of health by stealth interventions and consider how best to design and evaluate an outdoor health intervention.

Bio: Kim is the Assistant Director and Adults and Healthcare Project Manager at the British Heart Foundation National Centre for Physical Activity and Health (BHFNC), based at Loughborough University. She has a background in health promotion and prior to joining the BHFNC she worked as a physical activity coordinator and health promotion consultant developing and managing a range of community based physical activity projects.

Kim has worked at the National Centre for almost 13 years and has managed a number of sport, physical activity and health projects.

She led the National Centre's work on the development of an exercise referral toolkit and was responsible for writing the guidance and resources for referring healthcare professionals, exercise professionals, exercise referral scheme coordinators and commissioners.

More recently, Kim has been working with clinicians, national and international partners to develop and validate a UK version of the revised Canadian Physical Activity Readiness Medical Screening Questionnaire (PAR-Q+). Kim believes the UK version of PAR-Q+ offers the potential to safely clear more people with long term conditions into physical activity without the need for medical clearance.

Kim is also responsible for project managing the BHFNC annual conference which attracts around 200 professionals from across the sport, physical activity, leisure, public health and outdoor sector.

Workshop 4: Outdoor recreation - the wonder drug

Sarah Worbey, Physical Activity Integration Manager,
Macmillan Cancer Support

Siobhan Harkin, Macmillan Specialist Physiotherapist &
Physical Activity Development Lead, Velindre Cancer Centre



Abstract: More than 1 in 3 people will have a cancer diagnosis during their lifetime; 1 in 4 will then struggle with the consequences of treatment and 1 in 2 will have multiple co-morbidities. Physical activity can help prevent and manage these, improving clinical outcomes and quality of life. Macmillan Cancer Support is taking an evidence based approach to helping people who have been diagnosed with cancer become and stay active. This workshop will look at Macmillan's physical activity behaviour change care pathway approach, how Macmillan's work is being implemented across Wales and how we can incorporate opportunities for outdoor recreation.

Bios:

Sarah Worbey

Sarah works within the physical activity team at Macmillan Cancer Support. Her role supports Macmillan's service development teams across the UK with the development, implementation and monitoring of the Macmillan physical activity behaviour change care pathway approach. Sarah has previously worked in Public Health, with a focus on obesity and physical activity for health, in local government, the NHS and the Department of Health Physical Activity policy team.

Siobhan Harkin

Siobhan studied at Cardiff University and qualified as a Chartered Physiotherapist in 2007. Siobhan joined the physiotherapy team at Velindre Cancer Centre in 2010 and has led a collaborative project between the cancer centre and Macmillan Cancer Support; which aims to develop and enhance physical activity opportunities for cancer patients living in South East Wales, since 2012.

Workshop 5: Outdoor recreation for disabled people

Jonathon Lee, Manager, Venture Out

Abstract: Adults with learning disabilities and other disabled people have been shown to have poorer health and do less exercise than the general population. They are more likely to have mental health issues and be socially isolated. Outdoor activities can be an effective way to improve the health and wellbeing of this group. Individuals improve their fitness and gain the benefits of spending time in the natural environment. They can also develop greater self-confidence, improve their social skills and have a greater presence in their local community. Integrated volunteer groups enable vulnerable adults to make a valuable contribution to society by carrying out practical conservation work and wildlife surveys.



There are a number of barriers that can prevent adults with learning disabilities and other disabled people from taking part in mainstream activities. These include accessibility of venue (in terms of transport, information and appropriate facilities) and the support that is available for participants on arrival at the venue and during the activity. It is often possible to overcome these barriers by working in partnership with agencies that work with the disabled person. Providing specialised training to staff increases their confidence and improves the quality of the activities.

Bio: Jonathon Lee has worked with disabled people for over fifteen years. The main focus of his work has been to set up activities for adults with learning disabilities to improve their health and wellbeing. Since 2005 he has managed the Venture Out project for the charity Innovate Trust. Venture Out provides weekly outdoor activities including sailing, kayaking and horse riding, in the Cardiff area. He is also managing the exciting new Big Lottery Funded project, 'Green Days', which involves setting up new integrated volunteer groups to carry out practical conservation work and wildlife surveys.

Jonathon has had a life-long interest in wildlife and the outdoors. He recently completed his MSc in Environmental Conservation Management, with a dissertation on Marsh Fritillary Butterfly habitat mapping. He works part-time as an ecologist and is the Treasurer of Cardiff Bat group. Jonathon was brought up on small holdings in North Wales and Herefordshire, but has lived in Cardiff for twenty years. He appreciates the convenience of being able to cycle or walk everywhere, yet still being able to show his children the spectacular wildlife found within the city.

Boulevard Display – project descriptions

Peers Clough Farm – riding for health and wellbeing

Chris Thomas, Proprietor, Peers Clough Farm

Peers Clough Packhorses is a small horse riding and trekking centre run by Chris Thomas and her daughters.

“We believe that working with horses and riding outdoors is beneficial to the physical, mental and emotional wellbeing of everyone.

We seek to increase knowledge, understanding and enjoyment of our natural environment in an atmosphere of mutual trust, respect and friendship between horse and rider.”

Chris, Cia and Suzy have

- created a unique and person-centred enterprise which welcomes people to their farm, their area and their ponies
- are infinitely flexible in their approach to clients and the marketplace , offering personal attention and tailor-made experiences.
- promoted the beautiful Rossendale countryside which celebrate the heritage of ancient rights of way and packhorse trails.
- trained a fantastic team of locally bred, native Fell ponies who are dependable, trustworthy and loyal colleagues.
- promoted the documented health benefits of riding through physical exercise, being outdoors, and connecting to a large living creature
- encouraged people to respect and care for animals and each other

“There is nothing so good for the inside of a man as the outside of a horse”

Ponies do not make judgements about people based on their age, gender, colour, creed, social background, intelligence, wealth or status, only on the person you really are.

By working with them we can engender a sense of worth and value in our clients develop positive mental, behavioural, emotional and physical outcomes.



Walking in Winchcombe

Sheila Talbot

Chair of Winchcombe Walkers are Welcome Steering Group
Lead Adviser, National Trails, Natural England

In Winchcombe, Gloucestershire the Walkers are Welcome group and the Walking for Health leader worked with the local Medical Practice to introduce Prescription Walks.

When doctors want to recommend walking to patients to improve their physical or mental health, they always suggest the regular Thursday morning Walking for Health walks first. However these are not suitable for people who work or people who do not want to walk with a large group. In such cases the doctor now has the option of offering Prescription Walks, if they think they are suitable for the patient.



The doctors have an electronic document on their computer system. A map shows a variety of different walks within the town. The routes were chosen carefully to offer a measured walk avoiding steep hills and dangerous road crossings. The map also shows where there are seats and gives the height gained on each route. Wherever a patient lives in the town, there is a route close to their house. Six of the walks are approximately one mile long and one is two miles long.

The document recommends appropriate clothing and has a text box where the doctor can type in the 'prescription' instructions.

The Health Benefits of Horse Riding in the UK

Mark Weston, Director of Access, British Horse Society

There was limited evidence available on the physical health, psychological and well-being benefits of horse riding. Given this situation, the University of Brighton, in Partnership with Plumpton College, were commissioned by The British Horse Society to carry out a study to identify the health and well-being benefits of horse-based sport and leisure.

The research was carried out by a multi-disciplinary research team that included sports scientists based at the University of Brighton Welkin Human Performance Laboratories, equine specialists from Plumpton College and social scientists from the University of Brighton with specialist expertise in leisure, health and outdoor environments.

Evidence was collated using a variety of quantitative and qualitative research methods, including a literature search, physiological testing and a survey of recreational horse riders. The research focused on recreational horse-based sport and leisure and did not consider the health benefits that are obtained by professional equestrian sports people.

The detailed findings of the research can be viewed on The British Horse Society's website <http://www.bhs.org.uk/~media/BHS/Files/PDF%20Documents/Health%20Benefits%20of%20Riding%20in%20the%20UK%20Full%20Report.ashx>

For people involved in horse riding some of the findings may be self evident, such as the high level of female participants in horse riding or the importance of interacting with horses as a motivation for riding. Many of the physical health and psychological dimensions of horse riding, however, may not be well known amongst key partner organisations that can play an important role in the future development of horse-based sport and leisure.



Green exercise partnership in Scotland and innovative NHS greenspace for health and wellbeing

Kevin Lafferty, Access, Health & Recreation Advisor, Forestry Commission Scotland

Branching Out is a multi award winning referral programme of woodland activities for people using mental health services. Over 1500 adults using mental health services have completed the 12 week programme to date.

Use of the natural environment has the potential to be one of the most beneficial and cost effective ways of increasing the nation's mental and physical health.



The display will showcase current practice and joint working between health and environment sectors and provide details on Branching Out leaders training course and economic study to extend research evidence to show the economic benefits of becoming more active in green space to health.

Forests as places of mental wellbeing: the meaning and use of urban forests by people with early-stage dementia

Mandy Cook, PhD research

This qualitative research uses a co-productive approach to explore experiences in an urban forest setting of people with early-stage dementia living independently, with a view to looking specifically at aspects of mental wellbeing associated with these experiences. The research aims to engage with, and seeks to inform, forest management approaches that are key to achieving Forestry Commission Scotland's and Scottish Government's agenda of improved mental wellbeing and social inclusion. This fills a research gap by moving away from assumptions about the claimed positive impact of nature and providing a more detailed and critical insight into the meaning and use of the specific setting of urban forests. *A participatory action research approach has been used to capture and distil the experiences of people with early-stage dementia who already engage with urban forests. These experiences have then been used to co-design a programme of woodland activities based in an urban forest setting for people with early-stage dementia who have no recent experience of this environment. Walk-along interviews have been used as a way of understanding urban forests and participant's experiences of them. As an aid to these, additional creative methods, including participatory mapping, using photographs to tell a story (Photovoice), sketching and poetry, provided other ways, besides language, of understanding how use of urban forests shapes a person with dementia's behaviour and wellbeing.*



Come Outside!

Juliet Michael, Come Outside!, Natural Resources Wales

Natural Resources Wales' Come Outside! Programme inspires, motivates and supports people to develop healthy lifestyles by experiencing, enjoying and caring for local greenspace. The Programme develops the capacity of youth, health and community development professionals to use outdoor activities to support people experiencing disadvantage, bringing them together with outdoor providers; groups that haven't, traditionally, worked together.

Active within some of the most socially deprived areas in Wales, Come Outside! develops a series of outdoor sessions following in-depth community consultation. Working with experienced outdoor providers activities are designed to meet the needs of individual community groups, reducing barriers to participation. Taster sessions develop capacity, confidence and skills, increasing physical activity levels. Further training provides opportunities for re-entering work or education. By designing sessions that meet people's needs and including different elements to capture everyone's interest, participants are more likely to return and continue their involvement.

Activities include 'dark skies' observation, community edible trails, bushcraft, geocaching cycling skills and many others. Local people involved in the programme have benefitted from renewed interest in the outdoors and have increased physical activity, confidence and motivation.

The Programme is currently funded for three years by Natural Resources Wales, Welsh Government and the Big Lottery.

British Nordic Walking

Karen Ingram, Director, British Nordic Walking CIC



British Nordic Walking works with many community projects throughout the UK to encourage physical activity outdoors. Nordic Walking has been shown to have many significant health benefits in addition to encouraging the use of green space. Research has shown that Nordic Walking can benefit conditions such as heart disease, cancer, parkinsons, obesity, to name a few. A summary of these findings can be found at <http://britishnordicwalking.org.uk/pages/nordic-walking-research>.

British Nordic Walking has worked with over 100 different community focused organisation to develop Nordic Walking projects. Such projects have been part of successful initiatives in the fields of:

- Obesity
- Active ageing
- GP referral schemes
- Cardiac Rehab
- Mental health issues
- Heart health awareness
- Obesity in young people
- Inactive communities
- Stroke & Parkinson's rehabilitation
- Increasing participation in walking for health schemes
- Accessing green space

These are just some examples. A free guide is available from our stand, designed to give you the information you need to set up your own community programme, including costs, models of delivery and resources needed.

Why does Nordic Walking work?

Nordic Walking is a safe, natural, dynamic, efficient and suitable-for-all form of a physical activity that trains the body in an holistic, symmetric and balanced way. Nordic Walking uses specially designed poles to enhance your natural walking experience. It is a fun and social activity that can be done in town or country throughout the year.

The Finnish Government were the forerunners of using Nordic Walking to improve public health. They used Nordic Walking as part of their national policy to improve health and well being. Nordic Walking is now a national pastime in Finland.

Community projects in the UK report high participation numbers, and good retention when compared to other activities they have offered. Nordic Walking engages people

who would not traditionally participate in any kind of exercise. The health benefits are considerable and yet the perception of effort is low, in other words people enjoy Nordic Walking and so stick at it. Nordic Walking is sociable and can help to build a sense of community amongst the participants.

Nordic Walking is kind to the joints, increases the stability of the walker and works nearly all of the muscles in the body. Nordic Walking is taught in a way that develops improved walking and posture as well as good pole technique. The benefits to the body are functional and so transfer into everyday life.

Tackling physical inactivity through the use of forests

Dr Liz O'Brien, Senior Social Researcher, Forest Research



Increasing concerns about the nation's health and lifestyle diseases has led the environment sector to illustrate how it can contribute to encouraging and enabling people to become more physically active and improve mental well-being. The Public Forest Estate in England managed by Forestry Commission England (FCE) provides an excellent and large scale resource that is very accessible and has a proactive focus on welcoming everybody. There are two key ways in which FCE promotes the use of forests for health: 1) by providing an accessible resource that is welcoming and well managed with facilities that encourage access and 2) by working in partnership with a range of organisations and communities to deliver health interventions specifically targeted at particular groups of people. Examples of interventions that have and are taking place include the Chopwell Wood Health Project, Active England and Active Forests Programmes. A key aspect of these projects has been monitoring and evaluation by Forest Research (FR) to understand the impacts of the interventions on people's self reported health and well-being. FR has also undertaken reviews of research on the health and well-being benefits of forests and has produced a range of briefing notes and papers illustrating the ways in which forest can contribute to healthy lifestyles.

Recreational Audit for Disabled Access (RADA)

Paul Renfro, Sustainable Recreation Co-ordinator, Pembrokeshire Coastal Forum CiC



The Recreational Audit for Disabled Access (RADA) will ensure that people are able to visit a good quality environment by identifying and working toward removing barriers for those with disabilities from visiting outdoor recreational sites and experiencing recreational activity.

The project aims to increase / improve recreational opportunities for disabled people (so they can thus enjoy the social and health benefits) by identifying where barriers exist, exploring potential solutions to those barriers and providing an economic evaluation of those potential options. The project will cover 3 years and will be split into 3 distinctive areas.

Year 1 - Identify barriers from 'cradle to grave' for disabled access to recreation via the Pembrokeshire Outdoor Charter Group (POCG) and Sport Disability Wales (SDW).

Year 2 – Assess and evaluate potential solutions for improving access through POCG members.

Year 3 – Provide an economic evaluation through costing and reporting on the possible solutions for providing better access to recreation by disabled users.

The POCG is a partnership approach which includes local businesses, statutory and non-statutory organisations has been in existence for over 10 years. OCG is viewed as best practice nationally and contains all of the Outdoor adventure business sector in the region with approx. 400 members.

Pembrokeshire Coastal Forum(PCF) also manage Wales Activity Mapping (WAM) – a GIS mapping project into the type, amount and distribution of recreational activities carried out on the South West Wales coastline which includes information on relevant infrastructure and management issues. The project proposes to layer hard issues with regards to disabled access on a specifically defined and hosted GIS layers on WAM.

We will link with SDW to develop the quantitative input of the survey.

This project is an effective solution as:-

- 1- It will research total barriers from conception (booking) through delivery and on completion of recreational activity.
- 2- It uses the POCG which comprises all providers of recreational activity in Pembrokeshire.
- 3- The method/facility for GIS mapping 'hard' issues already exists in WAM.

The project will outline options and investments to 'put a figure' on investment required for an equal society for participation in outdoor recreation.

National Parks Wales Supporting Health and Well-being

Hannah Buck, Health and Tourism Policy Officer, Pembrokeshire Coast National Park Authority

Our National Parks are rich in natural and historic heritage and are a unique health and well-being resource for residents and visitors. National Parks and their administrating Authorities (NPAs) play a part in addressing poor health and associated well-being issues. NPAs' role in conservation of the special qualities of National Parks provides a clear understanding of ecosystems services for health and well-being.

There is evidence that National Parks play a vital role in health and well-being in two key ways:

- provide the settings where activities that promote good health and well-being can take place, including 'active' benefits such as walking and 'passive' benefits such as those gained through 'tranquillity' or inspirational scenery.
- support good quality environments essential to maintaining clean air, water and land. This role in environmental 'health protection' relates to public health.

National Parks are 'health assets'; they are resources which enables individuals, communities and populations to maintain their health and well-being. National Parks are 'salutogenic' places as they are places that that support and promote human health and well-being. Good human health depends upon a good quality environment made possible by a flourishing and diverse ecosystem. The three national Park Authorities in Wales are unlocking the health benefits of the countryside to support the good health of people in Wales and beyond. There is a renewed drive in public health and social care sectors in Wales to tackle some of the root causes of ill health. Services increasingly look to deliver health and social care beyond the traditional service

models as described in *'Our Health Future'*^[1]. National Parks have a part to play particularly in health promotion generally and particularly for individuals seeking to live with and manage long term conditions such as heart conditions, dementia, diabetes, mental health conditions.

National Parks Wales are well placed to deliver on the goals of the 'Well-being of Future Generations Bill': a prosperous; resilient; healthier; more equal wales; with cohesive communities; and a vibrant culture and thriving Welsh language. We seek to work in partnership with others to build on and extend existing good practice.

National Park Wales' 3 priority actions for Health and well-being are:

- Raise awareness of the health and well-being benefits opportunities of National Parks
- Continue to develop evidence-based policy and practice in relation to health and well-being and the natural environment and landscape features

Maximise opportunities for all people in Wales to access the health and well-being benefits of the natural environment and landscape features of National Parks

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Directions

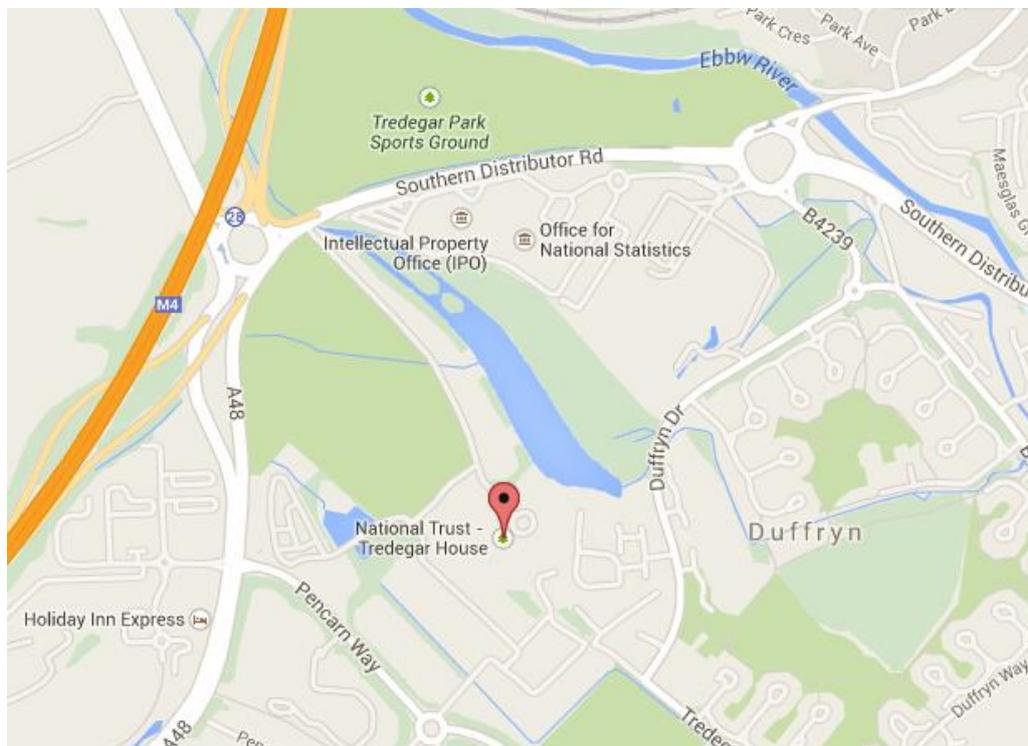
Tredegar House

By train: Nearest station is Newport Station: 2 miles

By road: Follow brown signs from the A48 or M4 exit 28. Look for 'historic house' symbols.

Parking: Onsite pay and display £2.00 per car

By bus: Local bus routes 30 and 36 stop within a 5-minute walk of Tredegar House



More information on how to get to Tredegar House: <http://www.nationaltrust.org.uk/tredegar-house/how-to-get-here/?findPlace=Tredegar%20House&type=&view=map>

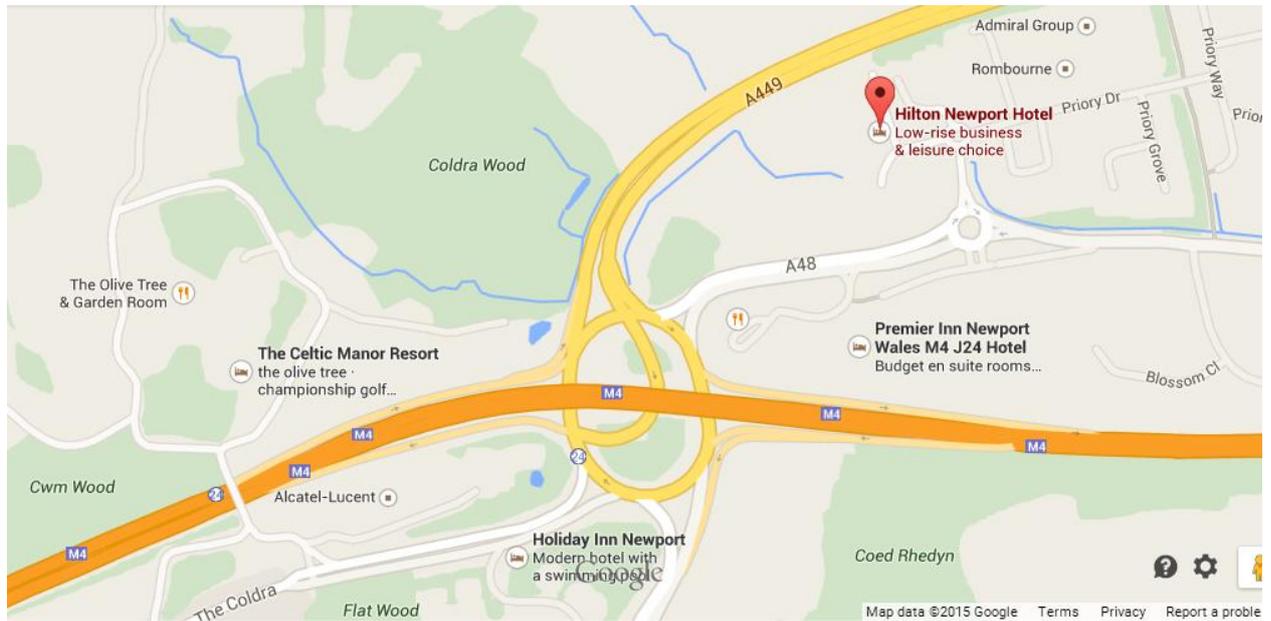
Hilton Newport

By train: Nearest station is Newport Station: 4.5 miles

By road: From the M4 exit at Junction 24 following signs for Langstone (A48). The hotel is located 100 yards on the left.

Parking: Onsite pay and display £3.00 per car

By bus: Please contact hotel directly for information +44 (0)1633 413 737



More information on how to get to the Hilton Newport: <http://www3.hilton.com/en/hotels/united-kingdom/hilton-newport-NEWNEHN/maps-directions/index.html>

Organiser details

Hannah Buck

Health, Well-being, Recreation and Tourism Policy Officer
Pembrokeshire Coast National Park Authority



Bio:

Hannah is the Health, Well-being, Recreation and Tourism Policy Officer for Pembrokeshire Coast National Park Authority. Hannah works across diverse and cross cutting topics with a broad range of officers from the Authority. She is the only policy officer working with National Parks in Wales with a specific remit on health and well-being. She also works with key members from other National Parks in Wales to develop the health and well-being agenda across all.

Hannah has 20 years' experience working with communities in a range of services in statutory and non-statutory arenas. I have a BA in Social Policy and Sociology and an MSc in Occupational Therapy. Hannah also has additional qualifications and training in Conflict Resolution and Community Cohesion, Coaching and Mentoring, Therapeutic Groupwork, and Youth Work. Her work has included supporting refugee children and families with the Children's Society; co-ordinator of a local authority initiative aimed to reduce risks relating to poor attendance and/or exclusion pupils aged 10 – 12; leading on consultations and policy development for a district council's young people strategy officer

Involvement in new and developing services has been a recurring theme in her work; from 'peer led theatre in youth work' at the very start of her career through to leading policy development in health and well-being in her current role. She has delivered services directly to beneficiaries and been involved in the strategic planning, commissioning and project management of provision in a range of environments including education, health, and community based work. She has been involved in translating concepts, policies and ideas into action, both directly to service users or to agencies that work with service users. . She is a firm believer in the value of active reflection and practical action and finds this immensely useful in her current role.

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