

The role of natural infrastructure in promoting active lifestyles: Learning from Plymouth



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- How NI can support active lifestyles.
- How do we proactively plan to maximise the benefits of NI.
- Central Park.
- Teats Hill.
- Plymouth Sound National Marine Park.
- Future NI delivery – Future Parks and Green Minds.



Natural Infrastructure and Active Lifestyles



3. Be Active

Supporting participation in physical outdoor activities for all ages and abilities



84%

of local residents surveyed say they're now getting out more in their local nature reserve, feel better and are more active!

Participants have taken 28,302,524

steps, covering 81,162 Km

Burning 703,596 calories

We've engaged 11,270

local residents across five communities, with nature based activities that promote better health and wellbeing

Nearly 94%

of local residents surveyed say their local nature reserve is more welcoming and accessible now

5. Give

Leading volunteering sessions which empowers people to contribute to their local area



Volunteers have given 9,614 hours, over 1,923 volunteer days with an in-kind value of £96,114

Over 90%

of local residents say that the improvements we've made make their communities a better place to live.



One day while I was walking through Budshead Wood, doing some litter picking, I met Ashley Tod (AN Community and Volunteer Officer) for the first time. I had been a shift worker in the MoD for 37 years and began volunteering with Active Neighbourhoods while I was still in full time employment. I am now retired from the MoD and am able to volunteer regularly. Some of the things I get from volunteering include making new friends, camaraderie and being part of a team. I also feel that my general health and well-being have improved by being outdoors most of the time; my self-confidence and motivation have improved; and my ability to work alongside groups of volunteers with differing abilities and life experiences has improved.

I've also learnt new skills in practical conservation, wildlife surveys, have trained as a Walks for Health Leader and rediscovered my love of photography. This year I'm looking forward to leading a nature trail project in Budshead Wood, with a view to rolling out the idea across the other AN reserves too.

Ray Morton, Active Neighbourhoods Volunteer

- Active Travel
- Play
- Formal sport
- Volunteering
- Dog walking
- Exploring

Natural Infrastructure Needs to be Proactively Planned



FIGURE 5: RECREATION AND ACCESS

Central Park

'PLY 19 - Central Park - Strategic Green Space Site

Central Park will be a premier park for the people of Plymouth. It will become an outstanding venue of regional and national significance for active recreation and formal sport, culture, art and the natural environment. As part of the growth of the city significant improvements will be delivered to enhance the recreational and sporting facilities as well as increasing the wildlife and community value of the park. This will ensure the park provides significant health and well-being benefits for communities, a vibrant and diverse hub for formal sport and recreational activities, and a space where people can access nature.'

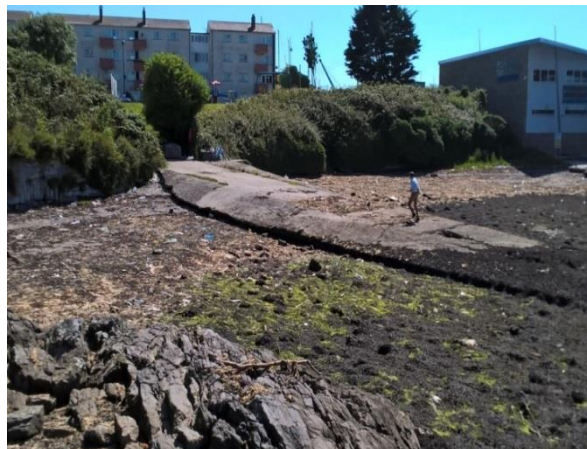
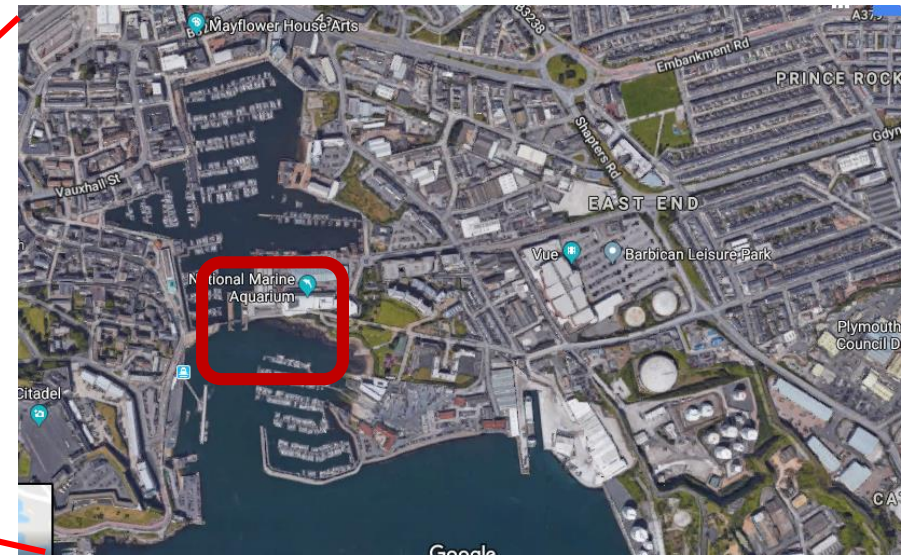
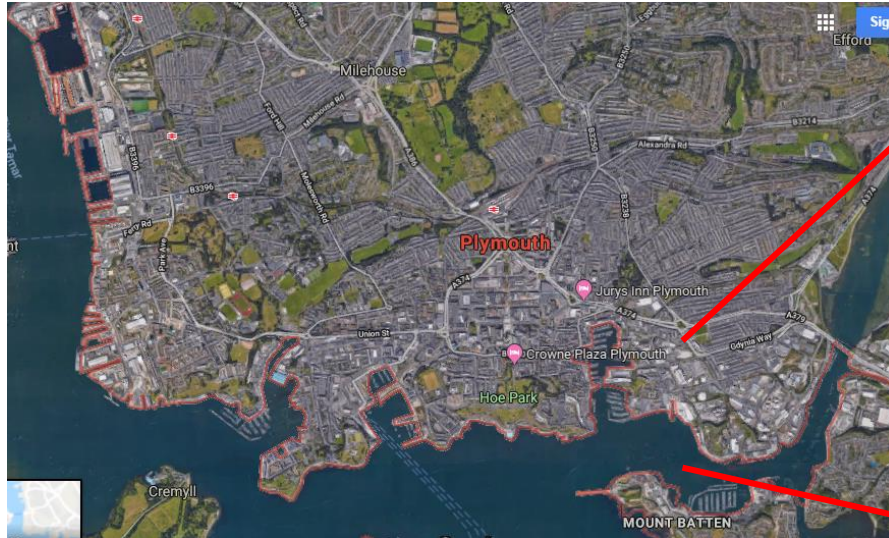


Central Park

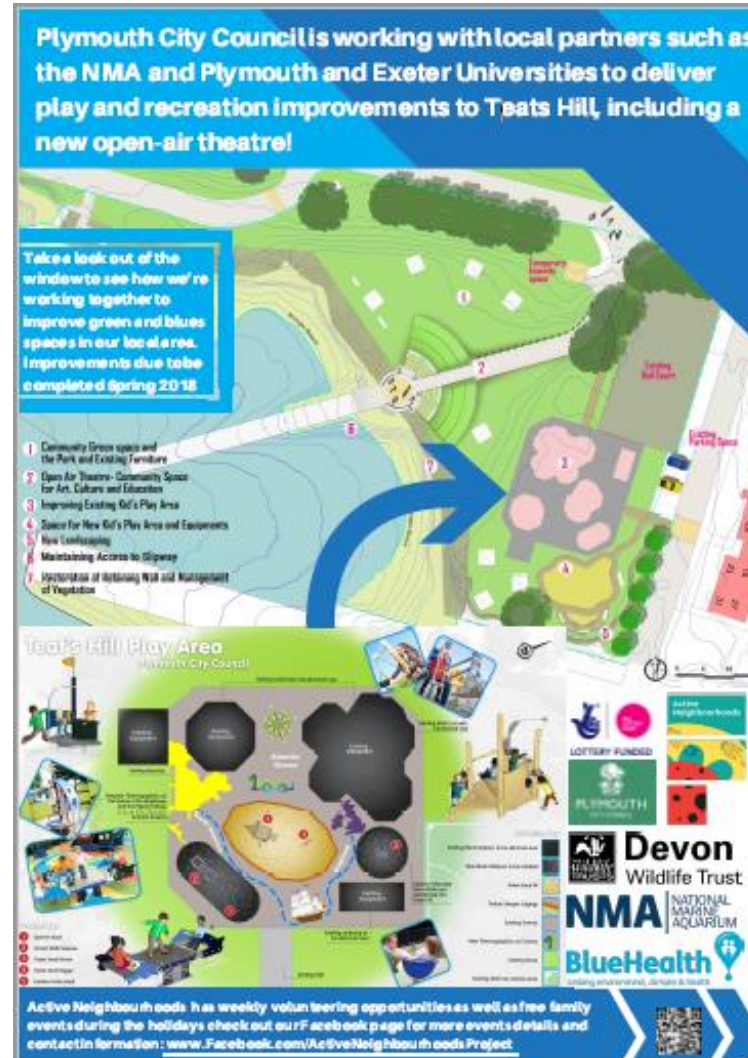


- Formal Sport
- Recreation
- Sports Hub
- Dog Walking
- Play
- Skate
- Strategic walking and cycling route

Teats Hill



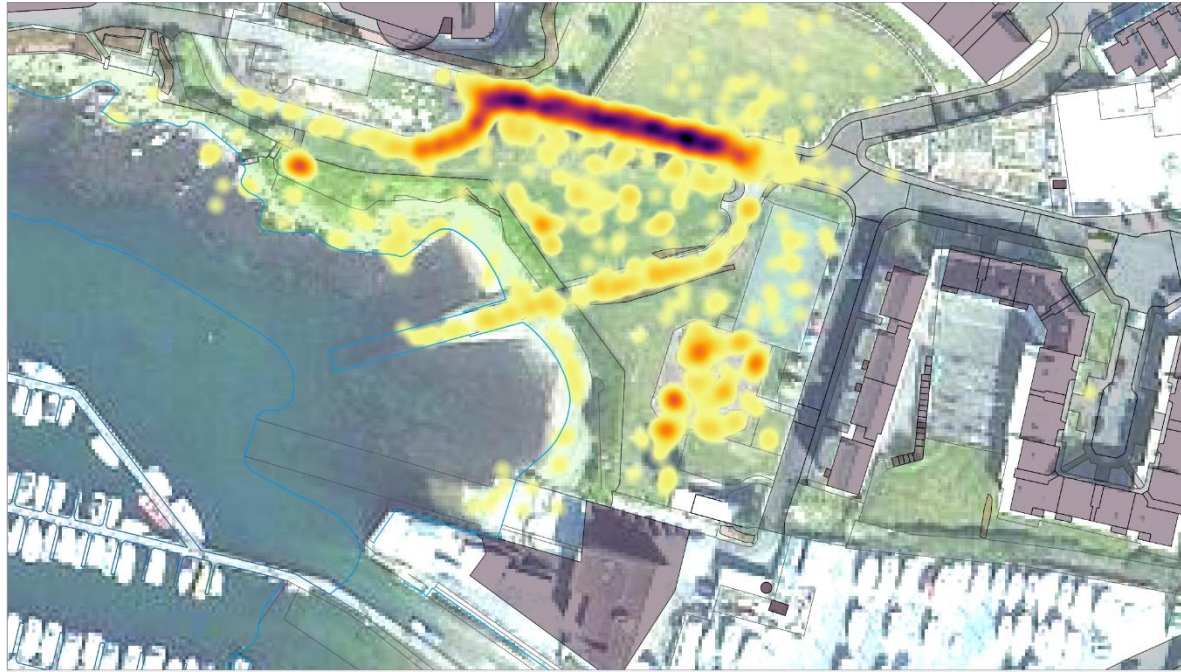
Teats Hill



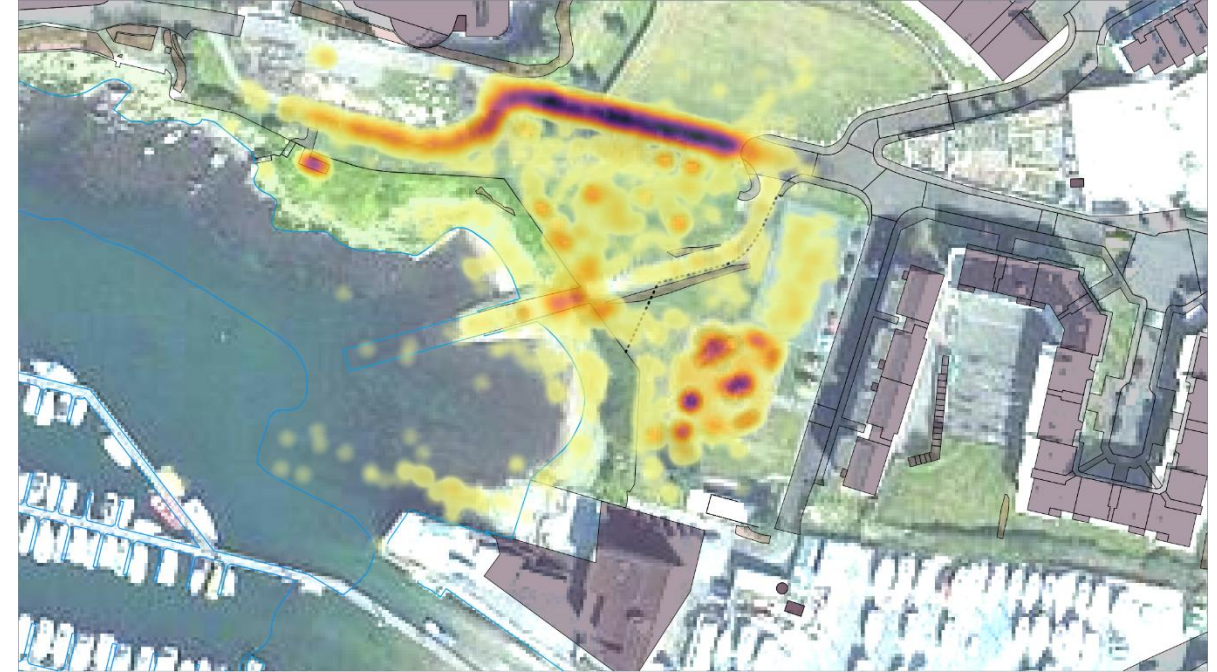
CONCEPTUAL DESIGN, EXAMPLE OF SPACES & ARTIST'S IMPRESSION

TEAT'S HILL WATERFRONT REGENERATION

Teats Hill



Pre-Intervention 2017
(June-September) n= 2181



Post-Intervention 2018
(June-September) n= 5027

Using the same 12 week observation
schedule – visits increased by 130%

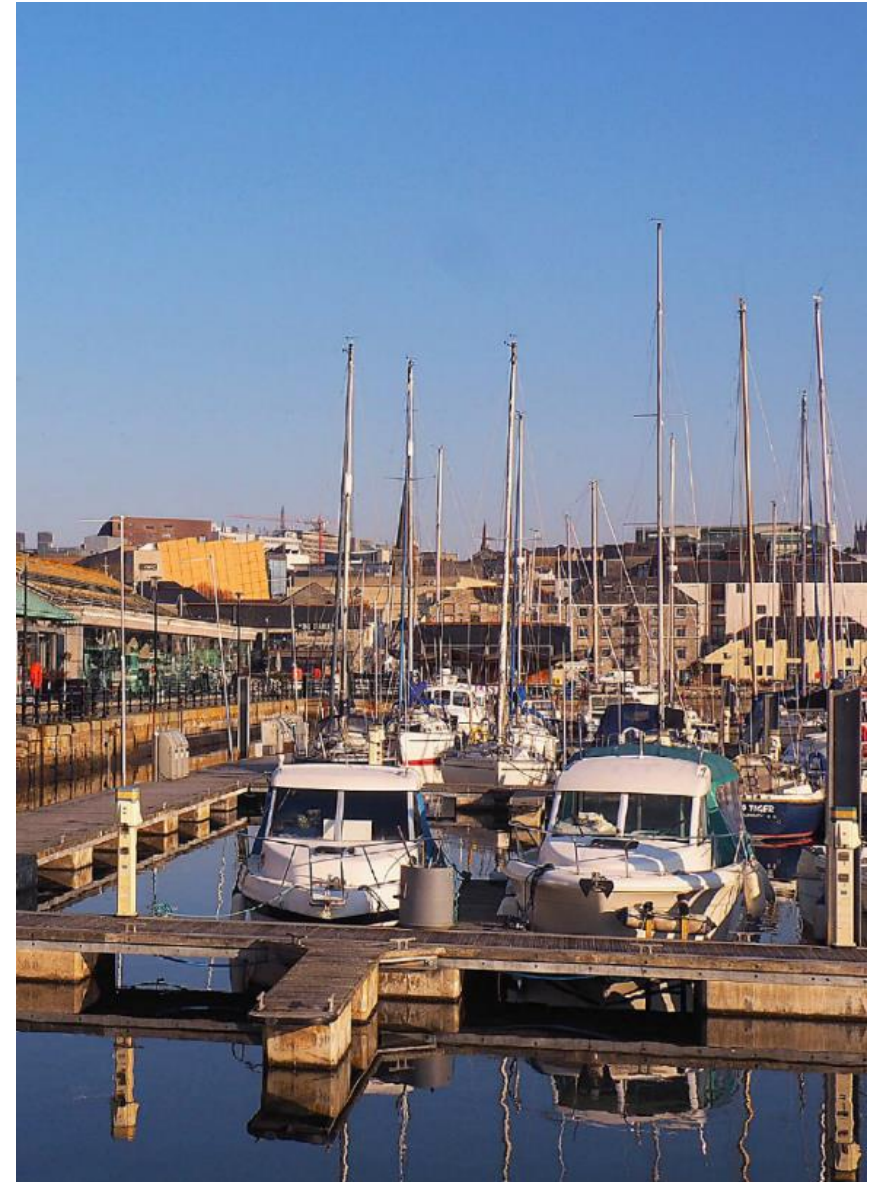
Visit Duration (% >30mins)
Pre - 56% ; Post - 64%



Plymouth Sound **The UK's First National Marine** **Park**

How do we develop and deliver a NMP?

- Learn from Planning on the land
- Co-design and collaboration
- Commitment to working with others – locally and Nationally
- Development of a 5 year Business plan
- Turn up the volume on what is already great
- Build on our successes



Plymouth GEMS (Green Estate Management Solutions)

'Transform how we as a City collectively care, use and value our parks and urban green spaces'



Green Minds

'Promote sustainable land use through the implementation of replicable nature-based solutions, bringing together social, cultural and community benefits, as well as environmental and ecosystem benefits.'

Learning and Whats Next?

- **Proactive planning of NI delivers significant and wide ranging benefits**
- **Collaboration and Innovation**
- **Health and Wellbeing – Activity, mental health, social interaction**
- **Climate Emergency – The role of NI.**



