



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





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

- 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**



Plymouth Britain's Ocean City

# 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!

We've engaged 1,270 local residents across five communities, with

five communities, with nature based activities that promote better health and wellbeing Participants have taken 28,302,524 steps, covering 81,162 Km Burning 703,596 calories

Nearly

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



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

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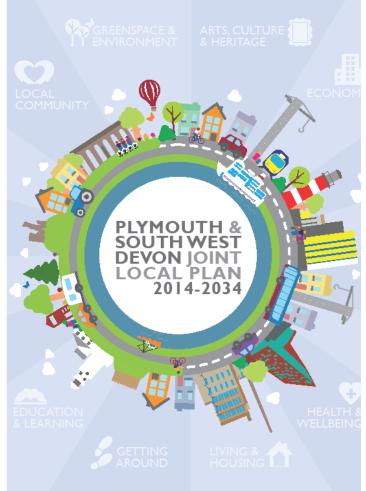
One day while I was walking through Budshead Wood, doing some litter picking. I met Ashley Tod (AN Community and Volunteer Officer) for the first time. I had been a shift worker in the MoD for 37 years and began volunteering with Active Neighbourhoods while I was still in full time employment. I am now 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



ADOPTED produced by West Devon Borough Council, Sout MARCH 2019 Hams District Council and Plymouth City Counc



DERRIFORD COMMUNITY PARK AND ONE PLANET CENTRE MASTERPLAN REPORT

# **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.'



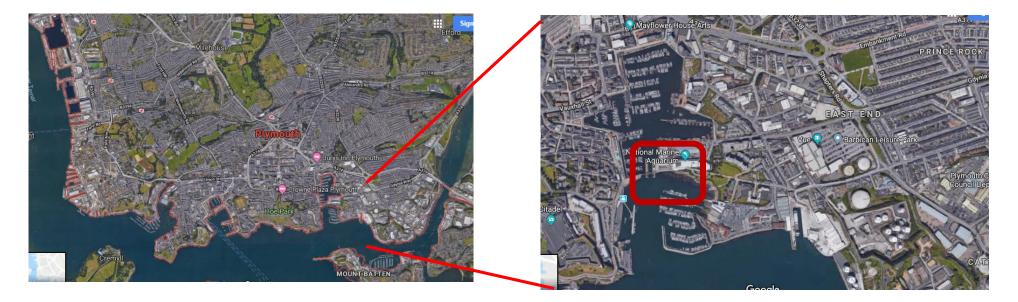
# **Central Park**



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



## **Teats Hill**





### **Teats Hill**



Plymouth City Council is working with local partners such as the NMA and Plymouth and Exeter Universities to deliver play and recreation improvements to Teats Hill, including a new open-air theatre!

Takes look out of the window to see how we're working together to improve green and blues speces in our local area. Improvements due tobe e ampleted Spring 2018

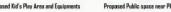
Community Green space and the Park and Existing Furniture Open Air Tractive-Community Spece For Art, Culture and Education Improving Existing Od's Play Area Space for New Kid's Play Area and Epopments New Lands Maintaining Access to Slipway Rectoration of Retaining Woll and Runtopenant of Vageballon

NMA NATIONAL BlueHealth Active Neighbourhoods has weekly volunteering opportunities as well as free family events during the holidays check out our Facebook page for more events details and contactin formation: www.Facebook.com/ActiveNoighbouth oods Project

OTTERY PUNCE

Devon Wildlife Trust





Proposed Public space near Play Area and Planting

Galvanised Steel Grid Platform & Steps





Playful Sculpture (sound catcher)



ersion of Native Limestone Grassland

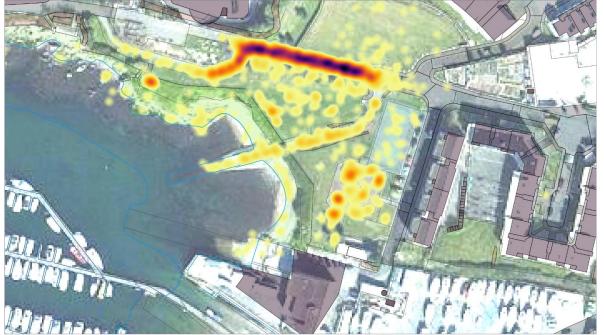
Open Air Theatre- Community Space for Art, Culture and Education

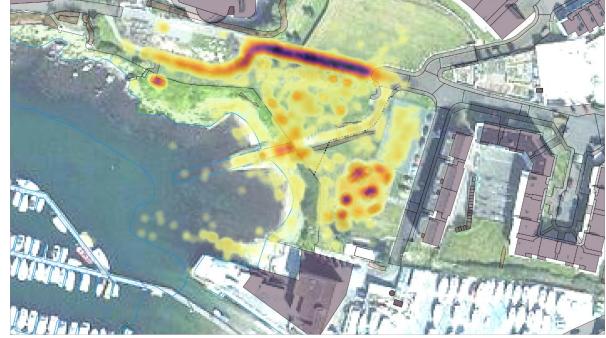
CONCEPTUAL DESIGN, EXAMPLE OF SPACES & ARTIST'S IMPRESSION





### Teats Hill





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

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

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

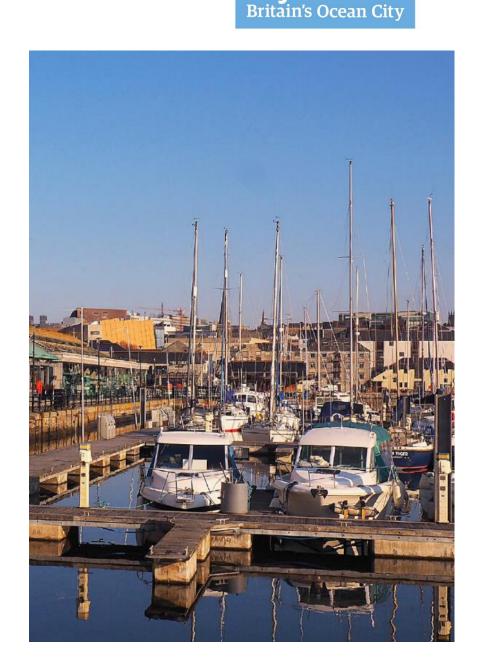
Visit Duration (% >30mins) Pre - 56% ; Post - 64%



# 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

### **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.









