

## Naturally Healthy workshop: Ideas gathering exercise for information pack for residents

### A. Who should pack be aimed at?

- Everyone; the whole community; anyone new to Devon; people who may not get out much; mums; retired people; carers; schools; local leaders; Parish Councils; GP surgeries; health visitors; health centres; homeowners; social housing tenants; renters; libraries; BAME audiences; sports clubs; mother and baby groups; churches; workplaces; and targeted at the relevant demography for the development.

### B. What should it contain?

- **Somebody physically available to communicate, a person not pack;** 'meeter and greeter'; contact details of an activity officer. The gap is between natural assets and communities, so need leaders to bridge this gap.
- **Interactive links instead of printed packs** to keep it up-to-date and relevant. Web-based. No paperwork! Or very little! Mixed media. To contain everything, a printed pack would be too thick to be useful. Social media links. Just make an app.
- **Things to do:** see Project Wild Thing app – what you can do in 20 mins/hour/day; NHS Couch to 5k and local 5k routes; activity trails – orienteering/geocaching → fun!; discover your local landscape, what's special, viewpoints/destinations; nearest nature reserves; trails/parks; village halls; leisure providers; groups/outdoor/volunteering opportunities. Have simple things families can use: planisphere/star guide; flat magnifier; spotter sheet; wild time app; paper aeroplane sheet; tape measure; activity sheet; weather sheet = clouds. Sporting opportunities. Link to trails/healthy walking. Clear guidance of 'products,' duration, effort, challenge, etc.
- **Places to visit** in geographical area; list of all accessible woodland; pictures of green spaces and one benefit of each; maps (and help in using maps!); maps with links to other sites; really simple pictorial map – easy to understand and peer recommendations – "I really enjoy taking my family to....."; map showing footpaths between green spaces; links to geodiversity in the landscape. Building stone trails – what is your house made of; a map with a few details but not too much; local parks on doorstep and day trip sites that are further away eg National Parks;
- **Info on/signposts to existing organisations** and contact plus brief resumes on what they do; info on groups/friends groups/volunteering/community groups/orgs opportunities; Wildlife Trusts; local outdoor event providers; links to village websites.
- **Incentives:** Motivators/Why read this; discover your new environment; meet people; free stuff; vouchers; NT membership; reductions on activities; offer free access to sports facilities perhaps vouchers for their first visit eg velopark,

swimming pools, clubs; opportunities to involve communities in creation and management of new green infrastructure like creating new community woodland; 1. Invite to a Fresher's Fair type street event showcasing local opportunities. 2. Not too much!

- **Integrated info** – eg country transport, social opportunities. Clear/simple sustainable transport info – starting with walking – cycling – bus – car. Transport links. GI links.

### C. Examples of the type of pack that we are suggesting

- **Web based:** adaptable/flexible, online/digital/electronic interactive; should be via social media and web; (if pack) also available online; make online version using video to play in doctor's surgeries.
- **Geographical scope:** how local, what is local?
- **Lack of support for physical pack:** Physical pack is expensive. Don't do a pack. A pack will always be constrained, not tailored, and out of date. To reflect all opportunities it would need it would need to be two inches thick. 'Green' able to recycle it.
- **Need 'champions,'** employed (paid for by S106) that can move around Devon and help new people moving in discover what is for them.
- **Tone:** Fun and game orientated. Don't make it too big and too wordy. Inclusion and literacy needs. Easy to read. Professional. Pictorial. Children's formats.
- **Existing packs.** There is a similar pack for the gypsy/traveller community in Devon.

### D. Your commitment – what is the step, however small, YOU can make towards making this a reality? (And include your name)

- Links to local sports clubs and organisations so people know where to access sport and how.
- Organising and running an events programme to engage folks in their wider green space. (Chris Avent PCC)
- Support for community woodland (Woodland Trust)
- I need to learn about planning processes and 106 to see how I can contribute.
- Signposting; walks and trails; events; geocaching; parish projects (South Devon AONB Nicky Bailey)
- Provide info on opportunities available from East Devon Countryside Team, ie Education, Events, Volunteering, Sites. (Tim Dafforn)
- Could it be done in a more interactive, updatable format eg website? Can add services as they come online and use it to gather feedback and suggestions from residents.
- How can the 'Naturally Healthy' agenda help secure the maintenance funding for green space sites that provide the opportunities for health benefits? Nobody ever seems to address this!
- Be confident, raise the issue, and use the report.

- For AONB teams, public health is not part of our core purpose and our resources are tiny. We need to know how to access extra funding specifically for this purpose so we can be part of delivery.
- Providing local info on providers of outdoor activities.