

Parks for Health Free Audit LYDIARD PARK

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CONTENTS

- 1.0 Introduction
- 2.0 The Results
- 3.0 Recommendations
- 4.0 Conclusion



This report represents the Parks for Health Free Audit for Lydiard Park in Swindon. It is based upon a survey undertaken on 14 December 2018 by Health Parks.

THE CONTEXT

Parks, Green Spaces and the wider Natural Environment are places for fun, getting together, getting active, growing things, learning and interest; for getting out into the natural environment. They also have great benefit for health and wellbeing. These benefits include improved relaxation, emotional restoration, sleep and Social Capital, a reduction in certain non-communicative diseases, including cancers, Type 2 Diabetes, coronary heart disease, cardiovascular morbidity, and reduced mortality, improved fitness, and reduced obesity, and increased mental and cognitive function, and reduced anxiety depression and stress. In addition, they can bring enhanced economic benefits to the local area, and environmental benefits, including reduced flooding, noise, air pollution and temperature extremes. For all these reasons, it is important to assess and improve our Parks, to benefit the health and wellbeing of our local communities.

THE ANALYSIS

This Parks for Health Assessment Model has been developed from a review of the scientific research exploring how Parks and Green Spaces have a positive effect upon health. This review has identified elements within five key Primary Health Criteria; Health Promotion and Community initiatives, Accessibility, Mental Wellbeing, Physical Activity and Environmental Factors, and 15 Secondary Health Criteria. Based upon a survey of your Park, and the analysis of your answers, the Parks for Health Assessment Reports (Audit, Evaluation and Strategy) identify in increasing detail the health status of your Park. They provide you with list of elements which can be improved and highlight new opportunities for enhancement. In your survey, you have identified elements which are "Present and Satisfactory", "Present: but in need of improvement", "Not Present, but a potential opportunity", "Not Present and Not Applicable", and "Not Known". Omitting elements which are "Not Applicable", or "Not Known" from the analysis, a "Perfect" Park is scored at 100%. Within this 100% each of the primary and secondary health criteria are scored in terms of their individual percentages. Thus, for each of the criteria, the analysis provides you with a score of Elements which are "Present and satisfactory", those "In need of improvement", and "Potential opportunities". In the Audit, this is identified through a series of charts. In the Evaluation and Strategy Reports these are also listed within each of the health criteria, and in terms of their relationship to avoidable medical conditions and environmental factors. A series of recommendations are then made to allow you to choose those improvements and interventions most relevant to the health and wellbeing of your community.



In order to provide a Park which promotes health and wellbeing it is suggested that as high a standard as possible should be delivered across each of the Health Criteria if this is achievable given the scale and character of the Park.

DETAILS OF THE PARK

In considering the local context the following information has been provided:

Health Parks ID Code: 44-1544779235

Group or Organisation doing the Audit: Health Parks

What is the official name of the Park? LYDIARD PARK

What is the name of the City, Town or Village? SWINDON

What is the Postal Code of the Park? SN5 3PA

What is the name of your Local Authority or equivalent? SWINDON BOROUGH COUNCIL

What is the scale and type of the Park? Metropolitan Park 60-400 HA (150-1000 Acres)

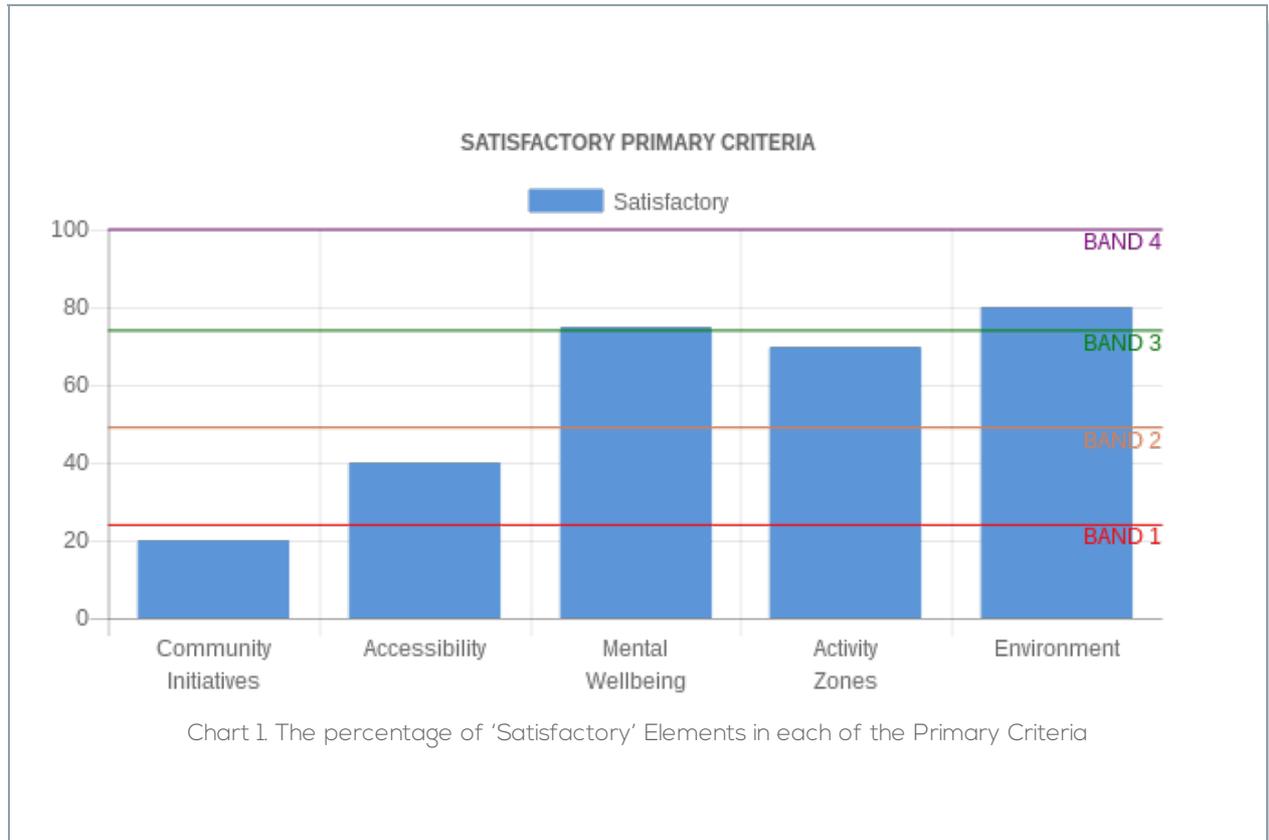
What country is the Park located in? United Kingdom



2.1 CURRENT HEALTH STATUS

A Primary Criteria

The Current Health Status comprises of elements which were found to be 'Satisfactory'. The analysis of the survey has identified the level and standard of 'Satisfactory' elements within each of the Primary and Secondary Criteria. These are indicated in the following charts and tables.



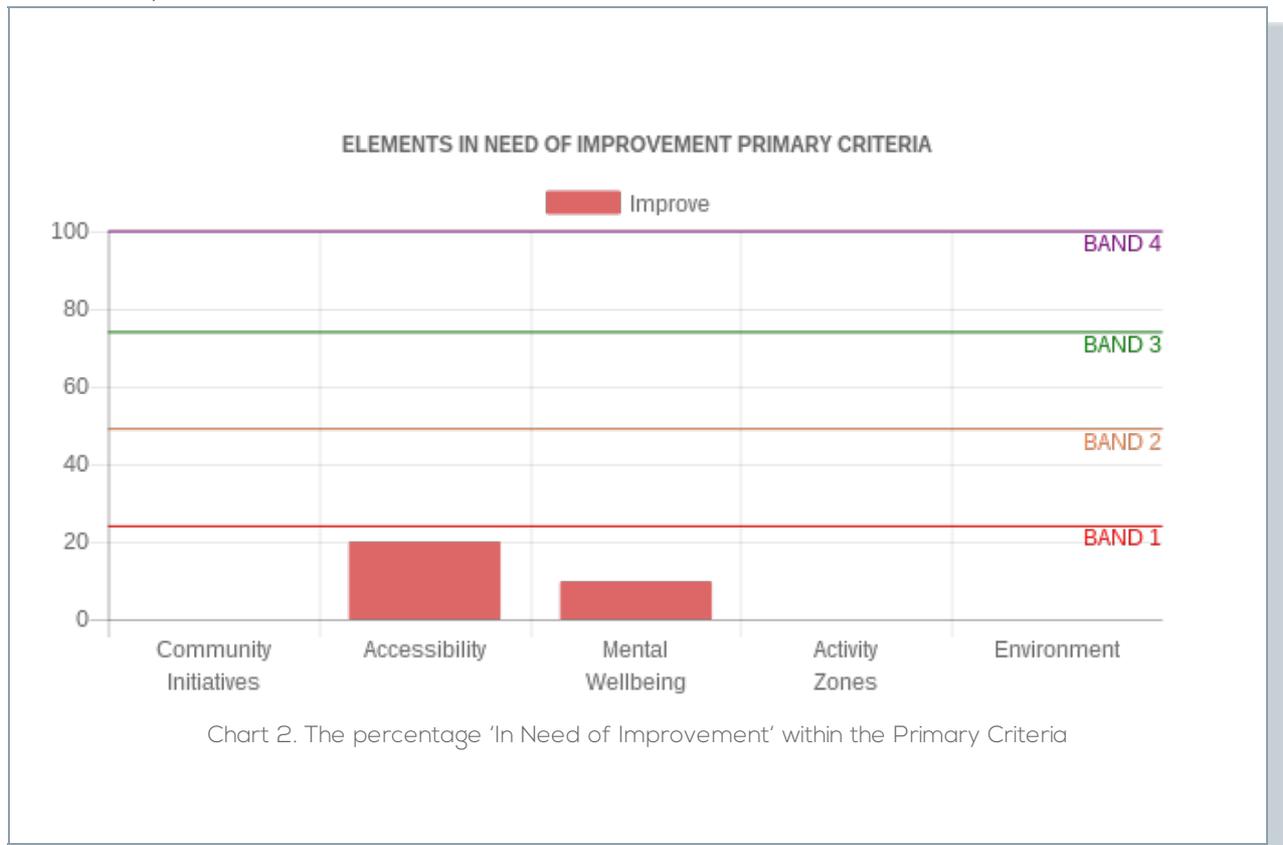
In developing Parks for Health, the objective is to achieve as high a standard as possible across each of the Primary Criteria. "The aim of the assessment model is to optimise the health promoting opportunities in your Park. The chart above identifies the current health status. The following charts identify identified criteria for improvement, and the status of the Park that could be achieved if those improvements were implemented." Lists of these Improvements are available through the Evaluation Report. In that report, these are also linked to identified medical conditions and environmental risk factors.



2.2 ELEMENTS IN NEED OF IMPROVEMENT

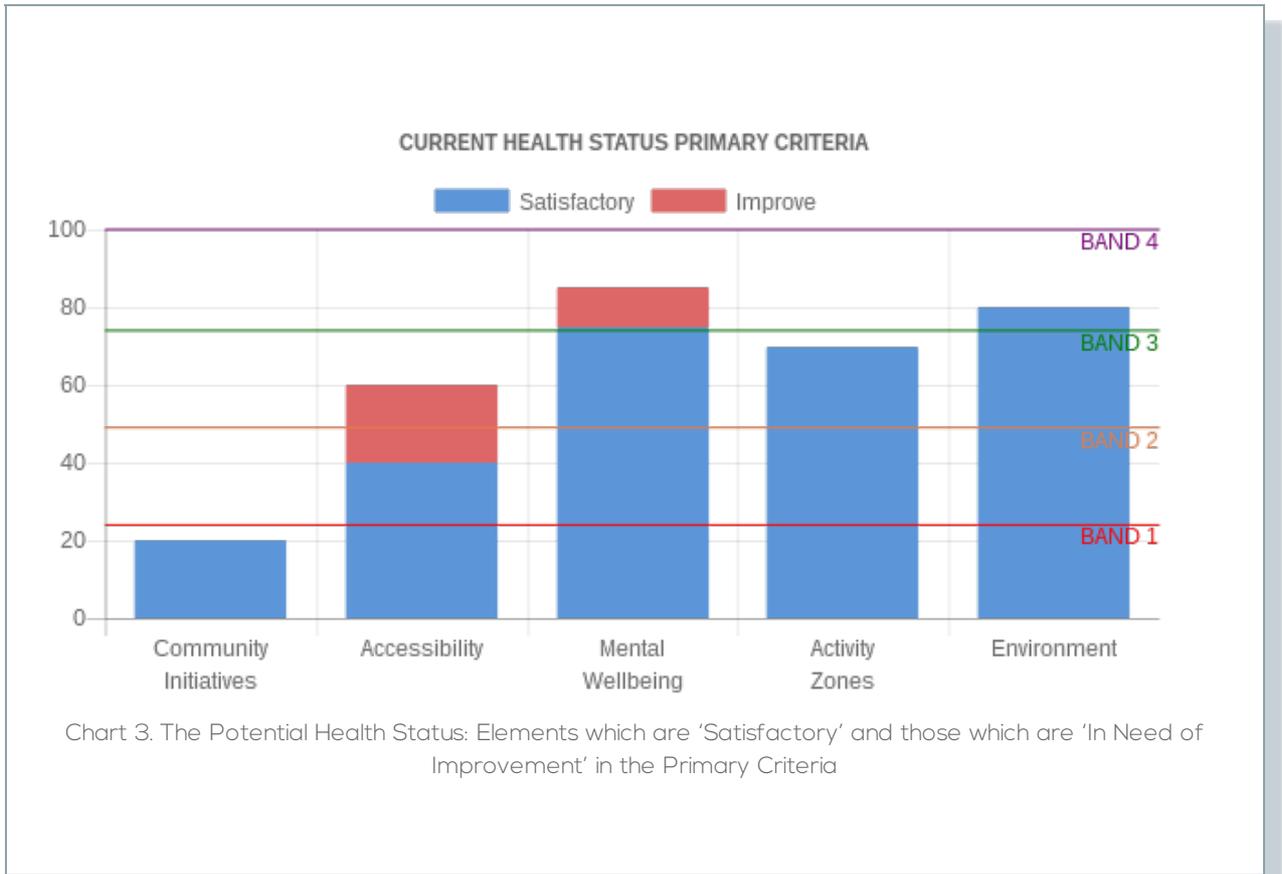
In each of the Primary Criteria the analysis has also identified the proportion of elements that were judged to be 'In Need of Improvement'. Those in the Primary Criteria are indicated in Chart 2.

A Primary Criteria



2.3 POTENTIAL HEALTH STATUS

By combining the elements which are at 'Satisfactory' with those 'In Need of Improvement', it is possible to identify the potential health status of the Park if all the improvements were undertaken. Chart 3 identifies the Potential Health Status across the 5 Primary Criteria.



3.0 Recommendations

The aim of the Parks for Health Initiative is to achieve as high a standard as possible in each of the Primary and Secondary Criteria. This is to be undertaken where this is possible and in keeping with the scale and character of the Park.

1. Where elements are needing improvement, these can be identified through the Evaluation Report, and 'New Interventions', through the Strategy Report.
2. Within these more detailed reports, elements are also identified which have been associated with the 'Prevention & Treatment' of medical conditions and environmental risk factors.
3. Information from the analysis can be used to support Health Promotion Initiatives through leaflets, Health Maps, signage, interpretation boards, interactive apps and social media.
4. Where a number of Parks lie in close proximity to one another, and within 1km of a local community (10 minutes walk), the strengths across Parks can be identified and celebrated. Together they will provide a range of health benefits for the local community. It is also possible to encourage walking between Parks and social hubs to increase levels of physical activity and associated mental wellbeing.

Further Services

In addition to the production of the Premium Audit, Evaluation and Strategy reports, Health Parks is able to offer the following Services:

- 1. The Parks for Health Manual**

The Manual: Delivering Parks for Health: Applying the evidence base, stands in its own right, as an introduction to this important subject. It can also be used in conjunction with the Training Workshop.

- 2. Training Workshop**

It is envisaged that in many instances, Parks and Landscape professionals, or local Parks representatives with suitable experience, will be able to undertake the online survey. Where additional assistance is required, Training Workshops can be provided. These offer hands on experience in understanding the context of the assessment within Public Health, undertaking the survey, interpreting the questions, and assessing the results. The workshops can also form the basis for the creation of Health and Activity maps.

- 3. Health and Activity Map**

As a basis for health promotion, the Health and Activity Map provides a visual expression of the Health Status of the Park. This identifies, locations and facilities suitable for different health benefits; physical activity, mental restoration, social engagement, growing spaces, education and interest etc. The information from this Plan can be used to enhance web based information, social media and health promotion initiatives.



4. Data Analysis

As assessments are undertaken, a data set of the Health Status of Parks is established. This can be used to provide both information on health promoting facilities, seating, signage equipment etc (or their absence) and also health data within individual Parks. From this information it will be possible to explore the association between health status and the local Health Profile, LSOA data, levels of deprivation and health inequalities. The data will also allow targeted health interventions to address medical conditions (e.g. Obesity or Anxiety), or specific factors affecting health (e.g. Air Pollution). In addition, the data could be used as a basis for further epidemiological research.

5. Parks For Health Intervention Framework

When valued as Health Assets, and based upon the Strategy Report, Parks and Open Spaces can lie at the centre of a multifaceted health promotion initiative; the Parks for Health Interventions Framework. This embraces the following health promotion opportunities:

1. Analysis of the Health Status, improvements and new interventions identified in the Strategy Report, to optimise each Park for health and wellbeing.
2. Introduction of cost effective interventions and improvements to optimise the Park for Health; where possible, combining the strengths of local Parks to provide a spread of health promoting opportunities for the local community.
3. The improvement of IT facilities and social media to identify and promote healthy lifestyle choices through the use of Parks.
4. The development of Public Health and Social Care interventions, to promote the health of local communities.
5. The introduction of Park based activities through Social Prescribing by local doctors.
6. The encouragement of local community groups and charities, to use Park facilities to promote physical activity and to engage in group activities based around the 5 Ways to Wellbeing.
7. The development of Wellness at Work initiatives, to promote the health and wellbeing of those at work to use the Parks for physical activity, and to reduce stress, depression and anxiety.
8. Economic Evaluation: The assessment and analysis of usage, physical activity and mental wellbeing, using validated methods to determine improvements in the health of the local community, and provide a Value to the economy through a range of interventions associated with local Parks.

For information on these opportunities please contact us at: info@tisdallassociates.co.uk



4.0 Conclusion

This Free Audit has identified the results of the Parks for Health survey for Lydiard Park, against evidence-based health criteria associated with physical health and mental wellbeing. It has drawn from the ever-developing research from which it has been possible to identify elements, demonstrated to have a positive bearing on health. From this report it is possible to celebrate the Current Health Status of the Park.

It remains the view of many that the seriousness of avoidable physical and mental ill-health, increasingly prevalent in urban populations justifies the use of green space within Primary Prevention, be it through Health Promotion or 'Social Prescribing'. By undertaking further assessments, it is possible to improve the use of the Park as a Health Asset, within the following areas:

- **Primary Prevention:** To identify, prioritise and implement improvements and new interventions, associated with identified conditions prevalent within the local population.
- **Community Engagement and Health Promotion:** To build on current Health Promotion Initiatives for the Park, identifying opportunities to increase the use of the Park through greater awareness of health benefits, e.g. through the use of information from the survey within the website, social media, leaflets, improved signage, interpretation boards and interactive apps.
- **Social Prescribing:** To work with the local Clinicians, Public Health, local groups and charities, to use the Park as a context to prescribe physical activity and promote mental wellbeing through engagement with the natural environment, alongside clinical interventions.
- **Encouraging a Healthy Workforce:** Losses to the UK economy of some £64 billion per annum result from stress, anxiety and depression in the workplace. Identifying the health benefits of using Parks for physical activity, emotional restoration and quiet could do much to improve the health and wellbeing of people at work.
- **Funding:** To support funding bids and justify the use cross-cutting budgets to promote primary prevention.
- **Return on Investment (ROI).** To demonstrate value by evaluating Return in Investment (ROI) based upon increased Park usage for walking and cycling.

For further information please contact us by email at: info@healthparks.co.uk

