



CPD

Health, Wellbeing and Place

26 March 2020, London

#LICPD DAY

#HEALTHYPLACES

Health, Wellbeing and Place: How landscape delivers positive change

26 March 2020, Coin Street Neighbourhood Centre, London

MORNING SESSION			
09:00 – 09:30	Registration (trade stands, coffee and networking)		
09:30 – 10:00	Keynote - From Movement to Memories: How Landscape Shapes our Health and Wellbeing Landscape professionals have an important role to play. The causes of ill-health today are different from those 50 years ago, and we must continue to shape places that support the mental and physical health of 21st century populations. Uncover the research available in this keynote session, such as the 'Putting Health into Place' report from the Healthy New Towns project, which provides extensive practical advice on how to build the healthiest places possible. Julia Thrift, TCPA		
10:05 – 10:50	Creating Healthy Communities: Evidence, Policy, Practice The evidence linking green infrastructure and health is compelling. We now need to rethink how we understand and communicate the diverse uses and benefits of our green assets. This workshop will discuss the role green infrastructure plays in promoting and protecting the health and wellbeing of the population, and how it can be used not only to meet public health objectives, but wider local priorities. Learning outcomes: <ul style="list-style-type: none"> Understand the most up-to-date evidence linking green infrastructure with physical and mental health Recognise how good green infrastructure can achieve wider local outcomes, including reducing health inequalities and achieving climate resilience Learn from the NHS England Healthy New Towns Programme in developing standards Harmony Ridgley, Public Health England	Building with Nature: Putting people and wildlife at the heart of development Understand the Building with Nature benchmark for high quality infrastructure, developed to accredit both physical development and policy documentation. This session will draw upon the rich evidence that exists to support a nature-friendly approach to development and realise our potential as healthy and happy communities. Learning outcomes: <ul style="list-style-type: none"> Unpack the scope of standards underpinning high-quality green infrastructure, specifically those which define positive wellbeing outcomes Identify creative approaches and technical solutions which result in high-quality places which put nature first, from residential to commercial and key infrastructure Understand ways in which the Building with Nature Standards can act as a framework to aid communication between key stakeholders Dr Gemma Jerome, Building with Nature	Creating an Inspirational Neighbourhood: The Story of Coin Street Community Builders Walking along London's South Bank, it's hard to imagine that 35 years ago the riverside area was bleak and unloved, with few shops and restaurants, a dying residential community and a weak local economy. That all changed thanks to an extraordinary campaign by local residents. This session tells the story of Coin Street, a social enterprise working in Waterloo and North Southwark. From a derelict site in 1984, Coin Street has created a thriving, diverse, vibrant and welcoming place for people to live, work and play. Learning outcomes: <ul style="list-style-type: none"> Outline Coin Street's social enterprise principles and the benefits of community-led, asset-based development Have a greater understanding of the challenges of maintaining and managing high quality public realm in central London *Please note that this is a site visit and will end at 12:00pm Louise King, Iain Tuckett Coin Street Community Builders

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10:50 – 11:10	BREAK		
11:10 – 11:55	<p>Designing for an Active Future Creating a built environment to support healthy active ageing is essential. Working with the Heart Foundation and experts across Australia, HASSELL have found a solution. Informed by World Health Organisation frameworks, international evidence and Australian policy, this session will provide an in-depth exploration of HASSELL's internationally-recognised Healthy Active By Design (HABD) tool.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> Understand the policy and evidence framework that has informed the HABD active ageing approach Implement a comprehensive design checklist within a development process, from vision creation through to implementation Leave inspired to advocate and design for a better built environment for our ageing community <p>Robina Crook, Hassell</p>	<p>Future proofing Luton: The Arboretum-Meadow Learn more about Luton's arboretum-meadow, a collaborative project set to reconnect local residents with nature. A useful resource for the community, the project aims to highlight the value of trees and meadows, particularly in relation to air quality, wildlife and biodiversity. This session will explore the opportunities and challenges of co-production involving multiple stakeholder partners and provide practical advice on tree and meadow species selection to prioritise human wellbeing.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> Appreciate the opportunities and challenges of working on co-produced projects involving multiple stakeholder partners Understand how appropriate tree and meadow species selection can deliver specific air quality, biodiversity and human wellbeing benefits in particular contexts Gain the confidence to initiate or join a similar project <p>Dr Helen Hoyle, Centre for Sustainable Planning and Environments, UWE Bristol</p>	<p>Beyond Biodiversity: The Hidden Health Benefits of the Urban Green Roof Green Roofs are often a hidden gem within urban environments, offering so much more than the obligatory points and scoring system of sustainability and biodiversity. They offer spaces to rest and relax alongside the added benefit of viewing the world from an elevated perspective. Within this session the types of green roofs that are currently in development will be highlighted, alongside the benefits of green roofs and the considerations to make when specifying a green roof.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> Uncover the types of green roofs in development and their wider benefits Discuss soil, drainage and species considerations Identify examples of successful green roof installation and its impact <p>Mark Wood, green-tech</p>
12:00 – 13:00	LUNCH		
12:30 – 13:00	<p>Wellbeing and Well-Considered Design How can great design enhance wellbeing? Join Kinley as they present an array of case studies in this interactive session and product demo, while touching upon their own modular roof terrace system. Use this newfound knowledge to overcome design issues and ensure your creativity is unhindered.</p> <p><i>*Please note that this session takes place during the lunch break</i></p> <p>Will Holland, Kinley</p>		

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AFTERNOON SESSION

<p>13:00 – 13:45</p>	<p>The Healing Landscape: An evidence-based approach to designing for healthcare</p> <p>Explore the theory behind healing landscapes. Learn about the historic precedents for linking nature and wellbeing and how, through research, evidence-based design has become the foundation for landscape-oriented healthcare. Uncover some contrasting project examples that illustrate integral healing landscape principles.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Register the importance of evidence-based design for landscape professionals • Understand the impact the natural environment has on our health and wellbeing • Uncover how evidence can be used to support landscape design in other sectors <p>Jane Findlay, President-Elect, Landscape Institute</p>	<p>Exploring Health Impact Assessment</p> <p>Gain insight and understanding into the context of the Health Impact Assessment (HIA). Learn how the methodology can be used to strengthen and inform planning and placemaking to enhance health outcomes and maximise the wellbeing impact of landscape.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Get to grips with HIA methodology, principles and process • Understand the purpose of HIA in the context of land use planning and development, and assess its relationship with other relevant Impact Assessments <p>Lee Parry Williams, Public Health Wales</p>	<p>Creating play provision with Jubilee Gardens</p> <p>Play should be seen as a key element in community health provision. It's proven to be one of the most effective ways of motivating children to be active. But what are the specifics to keep in mind when designing a play space in a busy city centre? This session will explore what it means to provide playful spaces that accommodate high footfall, with a site visit to Timberplay's Jubilee Gardens to see such concepts in action.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the policy and evidence framework that has informed the HABD active ageing approach • Implement a comprehensive design checklist within a development process, from vision creation through to implementation • Leave inspired to advocate and design for a better built environment for our ageing community <p><i>*Please note that this is a site visit and the session will end at 14:30pm</i></p> <p>Beth Cooper, Timberplay</p>
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<p>13:45 – 14:30</p>	<p>Holistic Healthy Design: A look at Cranbrook's Healthy New Town</p> <p>How can a health-led approach create a better understanding of sustainable development? The Cranbrook Healthy New Town pilot programme has been working with health services to identify the ways urban form affects health and wellbeing. This session will uncover the robust evidence pinpointing how collaboration, big data and a 'whole person' approach can transform the ways we design for and develop communities.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the value of academic rigour in design • Witness how a health-led approach changes the nature of debate, creates more effective design outcomes and leads to a better understanding of sustainable development • Uncover how a holistic approach is needed to challenge or overturn lazy assumptions <p>Kenji Shermer, East Devon District Council</p>	<p>The Role of Social Prescribing</p> <p>Join Sarah Preston of Natural England and learn of her strategic work in connecting communities with the natural environment, including efforts to embed social prescribing into the NHS.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the current national landscape on social prescribing and NHS ambitions • Learn best practice in connecting people to nature-based interventions supporting health outcomes • Access the latest information on national partnership work undertaken across government in collaboration with Defra, DHSC, PHE and NHSE etc. <p>Sarah Preston, Natural England</p>	<p>Tackling health inequality with intelligent digital design</p> <p>Health inequality is a growing issue in the UK. It impacts negatively on our resilience as communities, as well as individual lives. Landscape has enormous potential to increase our health and wellbeing as well as our social and ecological resilience. How can we help local authorities improve their most deprived areas? Could intelligent landscape design and digital mapping be the answer to positive change? Explore this potential solution in this session.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Investigate the connections between landscape and health in deprived communities and consider urgent positive change • Consider how to build more resident ownership into each project, through local 'champions' schemes, programming, pop-ups and co-design • Explore the sheer scope of critical outcomes landscape can achieve <p>Alison King, LUC</p>	
<p>14:30 – 15:00</p>	<p>BREAK</p>			

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<p>15:00 – 15:45</p>	<p>Nordic Life in Urban Spaces: A fresh approach to street furniture</p> <p>Outdoor furniture has an important part to play. Whether accommodating an ageing population, building more cohesive communal areas, or fighting hostile design, it can bring about positive change to the health and wellbeing of those that move through these social spaces. Find out how in this interactive session.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the global and local issues facing our communities and how we can address them through the creation of outdoor social meeting places • Investigate the principles of allemannsretten and the Nordic approach to designing public realm • Learn about the theory of proxemics and the impact on both the design of furniture and public spaces for wellbeing <p>Romy Rawlings, Vestre</p>	<p>Transforming Places, Transforming Lives</p> <p>In this session, the Land Trust will uncover the ways in which their approach to green space management transforms the mental and physical wellbeing of users. As supporting evidence, Alan will unpack the Trust's innovative 'Health for Life' project, run in partnership with the Countess of Chester Hospital, and dissect the impact of the Green Angels volunteer training programme, amongst other health initiatives led by the national land management charity.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the policy and evidence framework that has informed the HABD active ageing approach • Implement a comprehensive design checklist within a development process, from vision creation through to implementation • Leave inspired to advocate and design for a better built environment for our ageing community <p>Alan Carter, The Land Trust</p>	<p>Exploring Bankside Urban Forest</p> <p>This tour will explore some of the recent streetscape and green infrastructure projects delivered through Bankside Urban Forest. Visit a range of neighbourhood sites, revealing how a variety of large and small-scale interventions can support both people and nature to thrive in a dense inner-city environment. Understand the role of an overarching strategy in helping to guide investments and energy into shaping a neighbourhood.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the policy and evidence framework that has informed the HABD active ageing approach • Implement a comprehensive design checklist within a development process, from vision creation through to implementation • Leave inspired to advocate and design for a better built environment for our ageing community <p><i>*Please note that this is a site visit and will end at 16:30pm</i></p> <p>Valerie Beirne, Bankside Urban Forest</p>
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15:50 – 16:35	<p>South Bank's Air Aware Scheme</p> <p>South Bank Employers' Group's ambition is to deliver the first permanent high-density network of air quality monitors in London. Working with the expertise of Kings College London and integration to the LAQN, this unique project will act as a civic asset, providing comprehensive information on current pollution levels in the area. Find out how this network will help in supporting government plans to improve public health.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the global and local issues facing our communities and how we can address them through the creation of outdoor social meeting places • Investigate the principles of allemannsretten and the Nordic approach to designing public realm • Learn about the theory of proxemics and the impact on both the design of furniture and public spaces for wellbeing <p>Alex Valenzeula, South Bank Employers Group</p>	<p>Health, Wellbeing and Sustainable Urban Design</p> <p>Health and wellbeing are proven to increase in green areas. This interactive session will explore how a creative use of green infrastructure can enhance enjoyment of urban public spaces, while creating a sense of community and belonging too. We'll also explore best practices of urban tree planting and uncover how this can reduce stress, fatigue and loneliness.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Use green infrastructure correctly to issue a sense of community and the feeling of belonging • Apply green infrastructure to the urban environment that adds value and saves on costs related to health care • Ensure that health disparities are considered in decision making <p>Howard Gray, Green Blue Urban</p>	
16:40 – 17:10	<p>The role of GI standards in the promotion of healthy places</p> <p>The emerging National Framework of GI Standards for England aims to help transform our towns and cities into healthier, greener and more climate resilient places that connect people and nature. This closing keynote session will explore how these standards are being developed for use at all scales by a wide range of stakeholders, ranging from local authorities to developers, through to parks managers and communities. Jane will disclose feedback from the successful piloting of the draft GI Standards in Greater Manchester, and discuss further trials aimed to refine the standards, ready for launch in 2021.</p> <p>Jane Houghton, Natural England</p>		
17:15	Close		

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