

# HEALTHY OPEN SPACES OUR STRATEGY ON A PAGE

Take a walk in the park with us.....



More people using and enjoying our parks, open spaces and play areas to benefit their health and well-being

### HEALTHY OPEN SPACES

### **OUR STRATEGY ON A PAGE**

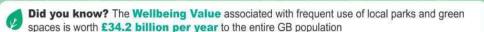
### WHY WE NEED A STRATEGY

Huntingdonshire has almost 600 parks and open spaces where our community and visitors can relax, play, enjoy nature and be active.

The Healthy Open Spaces Strategy seeks to protect our parks and open spaces for the future and explore how they can help our community stay fit and healthy, improve local people's mental health and well-being and contribute to the fight against climate change.

#### **TALKING TO THE COMMUNITY**

We listened to local people. Our questionnaire was completed by over 700 people and we had over 500 conversations with members of the public aged from 4 to 94 years of age.



### **3 THINGS TO THINK ABOUT**

Community engagement, talking to experts and visiting our local parks and open spaces made us think about...

- How we can work with communities
- The ways in which parks and open spaces can support local people to live healthy lifestyles and enjoy
- · Retaining and enhancing quality and value of provision
- Making sure everyone can access & enjoy parks and open spaces
- · Working in partnership
- The role of parks and open spaces in addressing climate change
- · Protecting local nature and wildlife



### A VISION FOR THE FUTURE

Our Embrace Your Space vision is supported by four key themes

SHAPE YOUR SPACE: Shaping the future of parks, open spaces and play through a community asset based approach to development.

CREATE YOUR SPACE: Creating communities through parks, open spaces 5 and play areas, tackling social isolation, improving physical health and supporting wellbeing.

Did you know? 96% of people living in Huntingdonshire live

within a 10 minute walk of a park or open space.

CELEBRATE YOUR SPACE: Celebrate parks, open spaces and play - shout about their hidden value and increase usage by enabling people to have a life long relationship with these spaces.

REINVIGORATE YOUR SPACE: Think differently about the delivery of parks, open spaces and play both operationally and strategically.

EMBRACE ! YOUR SPACE

Did you know? Parks and

greenspaces are estimated to

million per year based solely

excluding any additional savings

We will celebrate the contribution of our

Friends Groups and support them by creating

a Friends and Volunteer Groups Forum

save the NHS around £111

on reduction of GP visits and

from prescribing or referrals.

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Did you know? The cost of Huntingdonshire's Parks and Open Spaces is £16.38 per household per year

#### **OUR PLEDGE**



We're making a pledge to support our network of parks and open spaces.

The Healthy Open Spaces Strategy has an action plan of projects and changes we're going to make over the next 10 years. Our pledges are taken from that action plan.





#### DO YOU WANT TO MAKE A PLEDGE?

We can't make changes on our own, we need to work together. What could you do to support your parks and open spaces? We're asking local people, businesss and organisations to make a pledge, big or small, committing to doing something to help.

Find out more at www.huntingdonshire.gov.uk/

Did you know? 98% of people in Huntingdonshire think parks and open spaces make themselves & other people happier



## **OUR**

We will find ways for our parks and open spaces to join the fight against climate change

wildlife and nature that surrounds them

We will work with local people to make decisions about their parks and open spaces We will develop an "everyone welcome standard"

We will keep parks and open spaces clean & maintained

> Make it easy for people to find information about their local parks and open spaces

We will provide flexible We will make it easier for communities and opportunities organisations to use parks and open spaces for local people to volunteer

> Promote our parks and open spaces as great places to

We will create a destination play area visit and enjoy

for events and activities



We will connect local people with the

We will work with GPs, charities and other experts to create projects and activities that enable local people to keep fit and healthy in local parks

We will contribute to Natural Cambridgeshire's aspiration to double nature

We will look for ways that our parks and open spaces can tackle issues that effect our community including mental health and social isolation