

# HEALTHY OPEN SPACES

## OUR STRATEGY ON A PAGE

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

**EMBRACE**   
**YOUR SPACE**

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



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## OUR STRATEGY ON A PAGE

### 1 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.

### 2 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.

**Did you know?** The **Wellbeing Value** associated with frequent use of local parks and green spaces is worth **£34.2 billion per year** to the entire GB population

### 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 where they live
- 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**

**Did you know?** **96%** of people living in Huntingdonshire live within a **10 minute walk** of a park or open space.

### 4 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 and play areas, tackling social isolation, improving physical health and supporting wellbeing.

**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

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

### 5 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.

### 6 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/](http://www.huntingdonshire.gov.uk/)

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

## OUR PLEDGES

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

We will **connect** local people with the wildlife and nature that surrounds them

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

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

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

**Promote** our parks and open spaces as great places to visit and enjoy

We will create a **destination play area**

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**

We will celebrate the contribution of our Friends Groups and support them by creating a **Friends and Volunteer Groups Forum**

We will provide flexible **opportunities** for local people to **volunteer**

We will **make it easier** for communities and organisations to use parks and open spaces for events and activities