

The value of nature recovery and nature connection in reducing inequality and inactivity.



What we know

Evidence



Exposure to natural environments



Exposure to nature or green space positively improves:

- Children's activity levels - 3-12 years.
- adults' physical activity - esp. urban areas
- physical health (cardiovascular) - esp. in low income areas

Blue space also beneficial for physical activity

Outdoor air quality impacts quality of life and length of life



A narrative review of reviews of nature exposure and human health and well-being in the UK

March 2024

Natural England Evidence Review NEER030

www.gov.uk/natural-england





TREE EQUITY SCORE UK



LSOA ID E01019777

Population: 2,386 ?

Urban area: 0.61 sq-km (49% of LSOA area) ?

North East Derbyshire, England

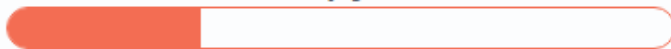
59

Tree Equity Score ?

Ranked 53rd of 54 LSOAs
in North East Derbyshire

Priority: **HIGHEST** ?

Current canopy cover: 8% ?



Canopy cover goal: 30% ?

Score indicators

Priority Index ?



Interventions

Infrastructure





Doorstep, not (always) destination

Green Infrastructure



urban heat stress
noise pollution
Flooding
poor air quality....

All disproportionately
affecting communities
with a range of
inequalities



May Grove Alley in 2015 (image: Natalie Bayford)

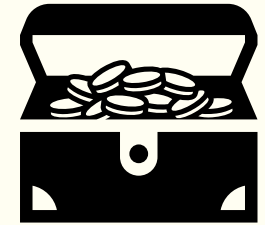


manchestermill.co.uk

Interventions

Activities





£2.42

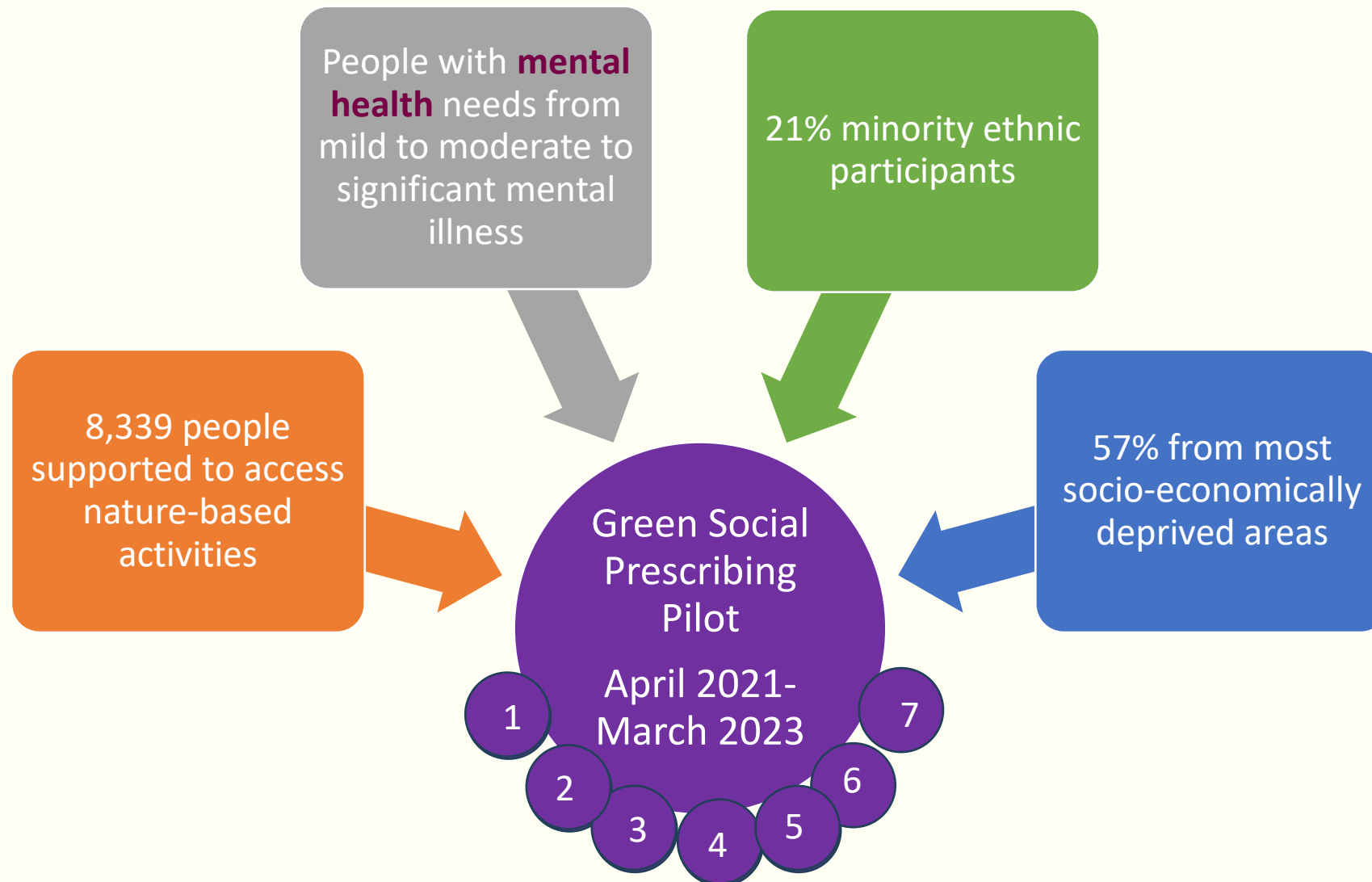


Table 31: Types of nature-based activity being delivered

Type of nature-based activity	N=1985 (%)
Horticultural activities	606 (30.5)
Nature Connection	557 (29.1)
Exercise based	437 (22.0)
Nature Based Arts and Crafts Programmes	370 (18.6)
Alternative Therapies	233 (11.7)
Wilderness Focused	99 (5.0)
Other	79 (4.0)
Sport	78 (3.9)
Conservation Focused	63 (3.2)
Photo/Walks	39 (2.0)
Care Farming	15 (0.8)
Talking Therapies	4 (0.2)

Included: T&L2, T&L4, T&L5, T&L6. Note that the participants may be doing more than one activity.

**Value of being
involved in
nature recovery
& nature based
solutions**





Re-wild with Rhubarb Project

“I think [the pond project] was very fun and enjoyed it instead of weeding and planting. I also liked it because I was always busy and moving around “

“I like the fact that everyone has been able to properly get ‘stuck in’. Some of the projects we do involve a lot of standing around and staff doing the technical parts. All parts of the pond project were inclusive. Everyone, no matter their ability, had the opportunity to get involved as much or a little as they wished “

“As someone who struggles with anxiety, having a nature-filled, beautiful area will ground me and improve my quality of life. Also seeing so much newt activity makes my heart swell. I’m really excited to see what the future brings. P.S. I spotted a dragonfly the other day!”

Value of nature rich spaces



“Everything lifts away as you're at one with nature, sometimes on the beach with the waves clouds and different breezes, or amongst the trees in woodland, or on a hill”



“also provides me with some connection with nature”

“Great exercise too, I'd done 10,000 steps by the time I got back to the car late morning”





What works for underserved and minoritised groups





Fig. 1. Framework describing barriers and enablers to greenspace use for low income, multi-ethnic families.





Would you like to join an East Midlands Inclusion Hub?

A regional network aiming for
greater diversity and inclusion as
people connect with nature.

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