



# Promoting health and wellbeing: The role of green infrastructure



Stockton-on-Tees  
BOROUGH COUNCIL

# Promoting health and wellbeing: the role of green infrastructure

1. Health and wellbeing in Stockton
2. Developing Stockton's green infrastructure
3. Utilising green infrastructure to improve health and wellbeing
4. Challenges / opportunities and next steps

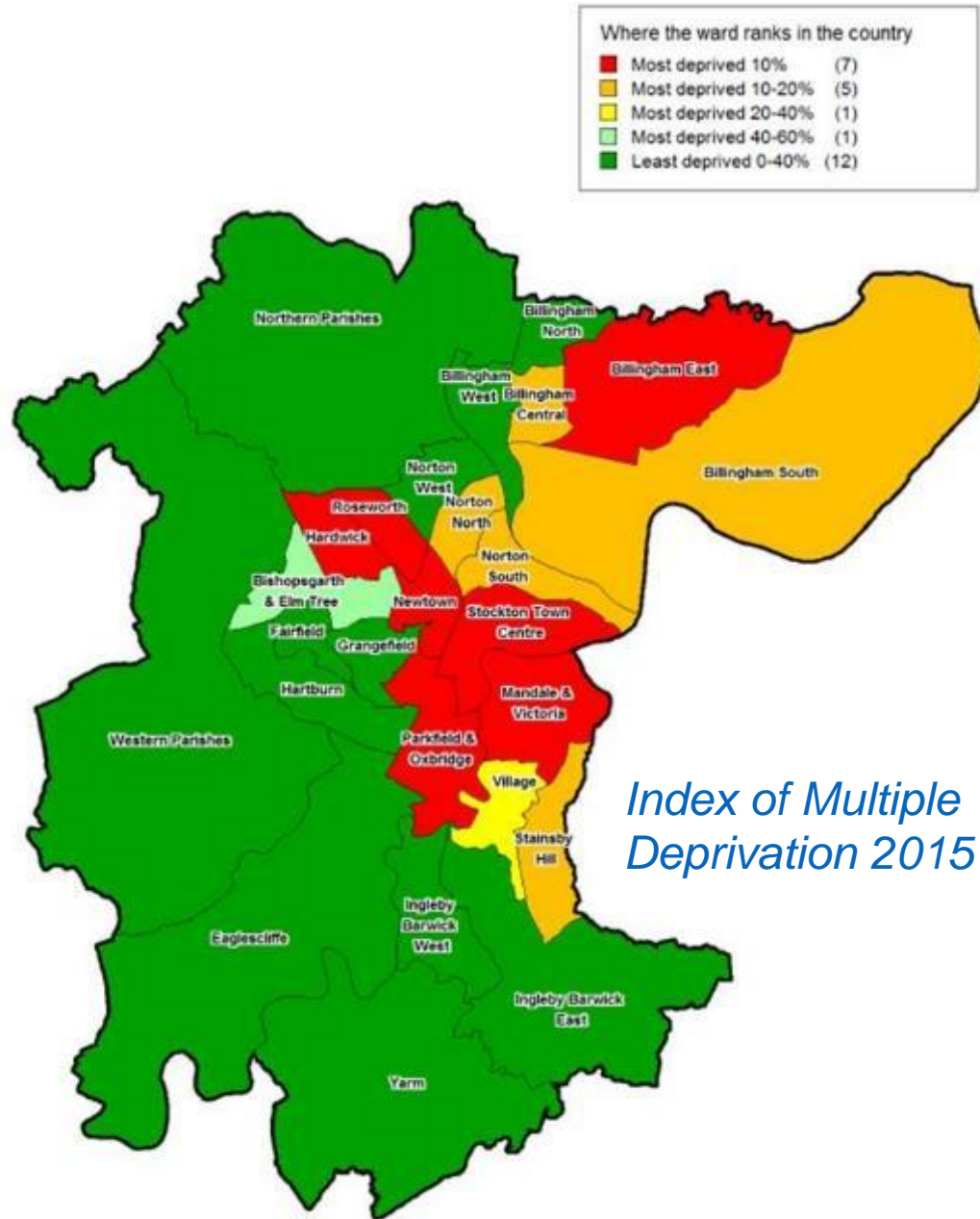
# 1. Health wellbeing in Stockton



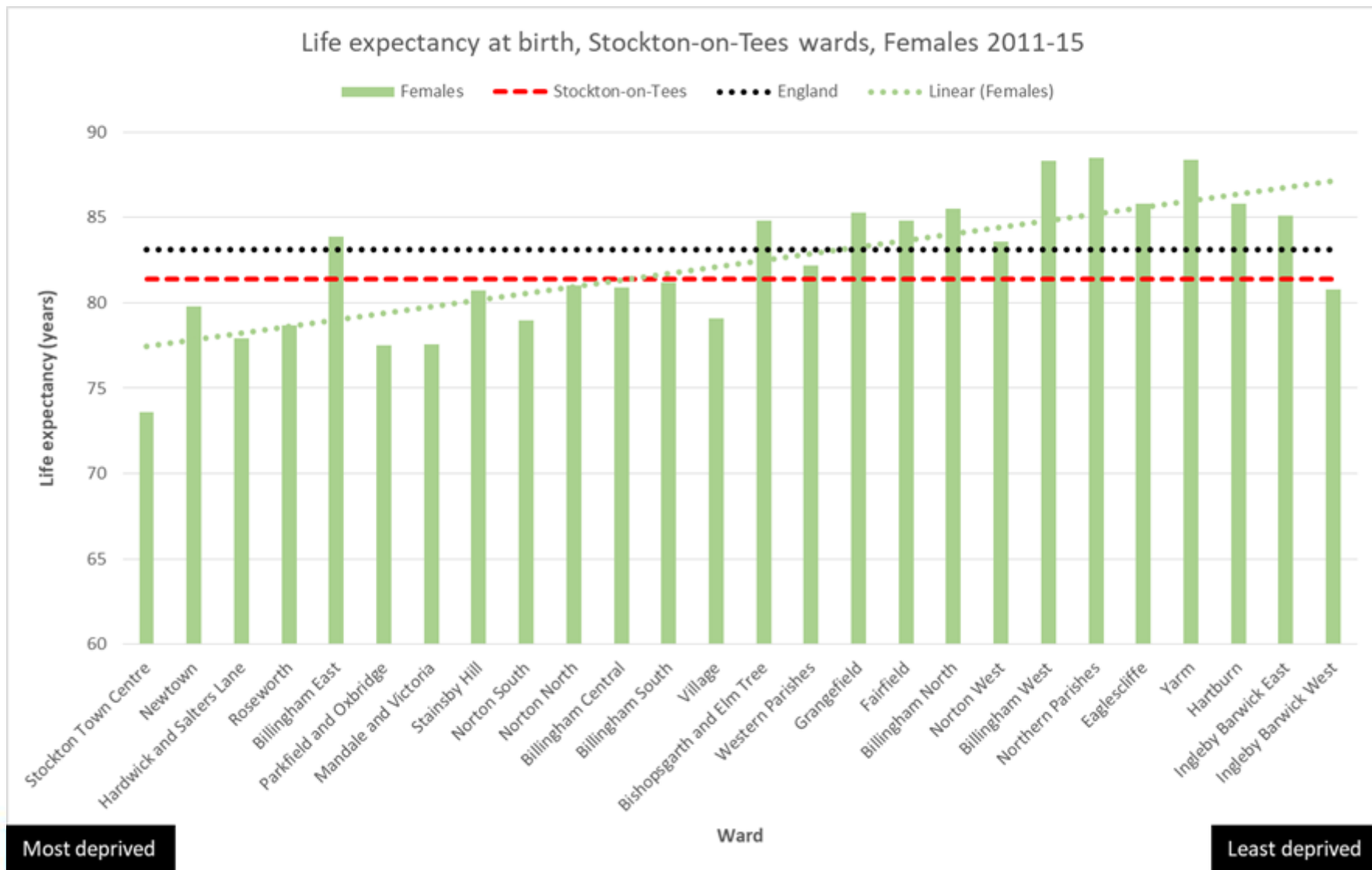
# Health inequalities

Life expectancy for people in Stockton-on-Tees is below the national average.

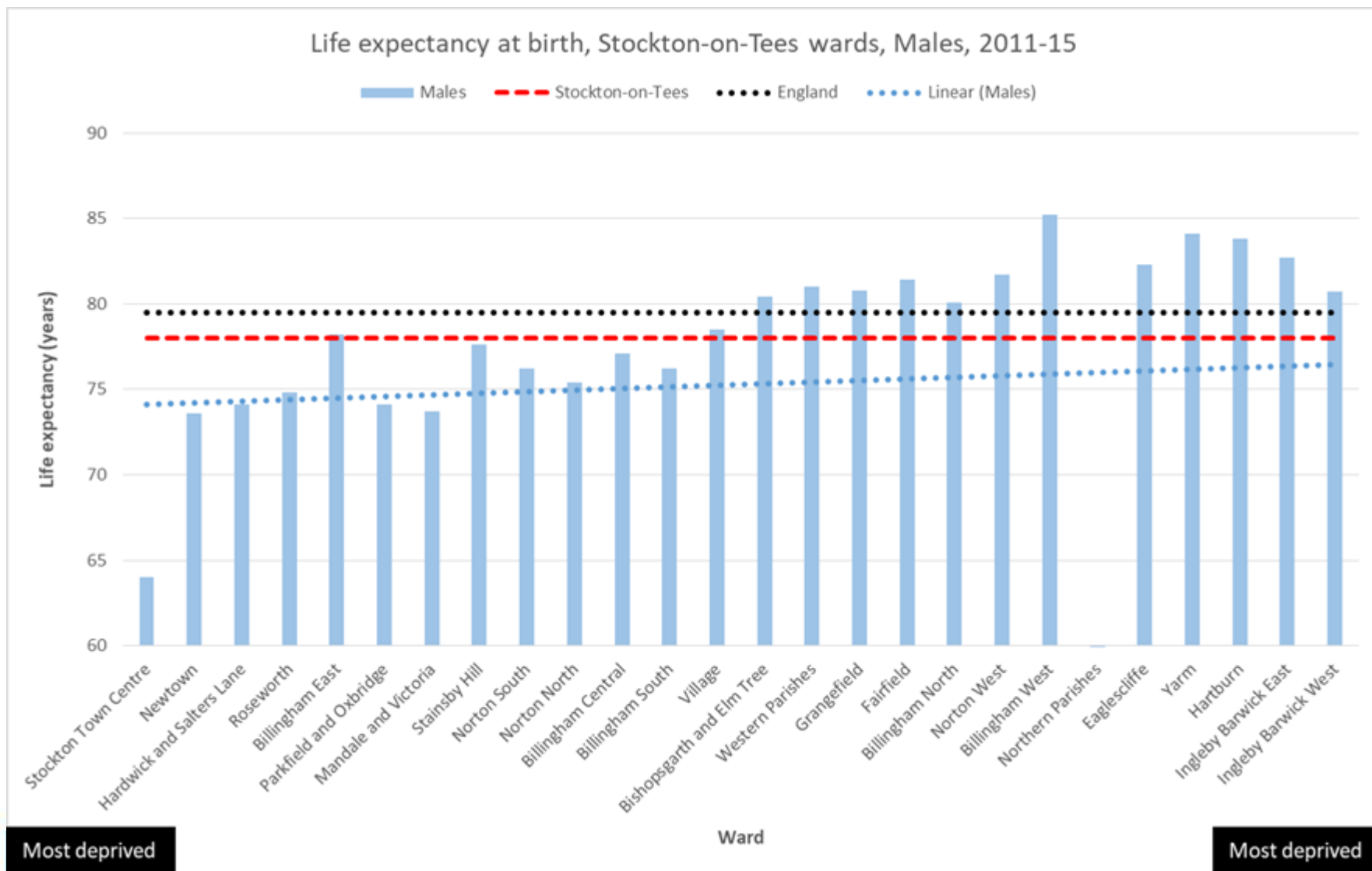
Also, there are significant differences in life expectancy between the most deprived and least deprived areas of the Borough.



# Life expectancy – females



# Life expectancy – males



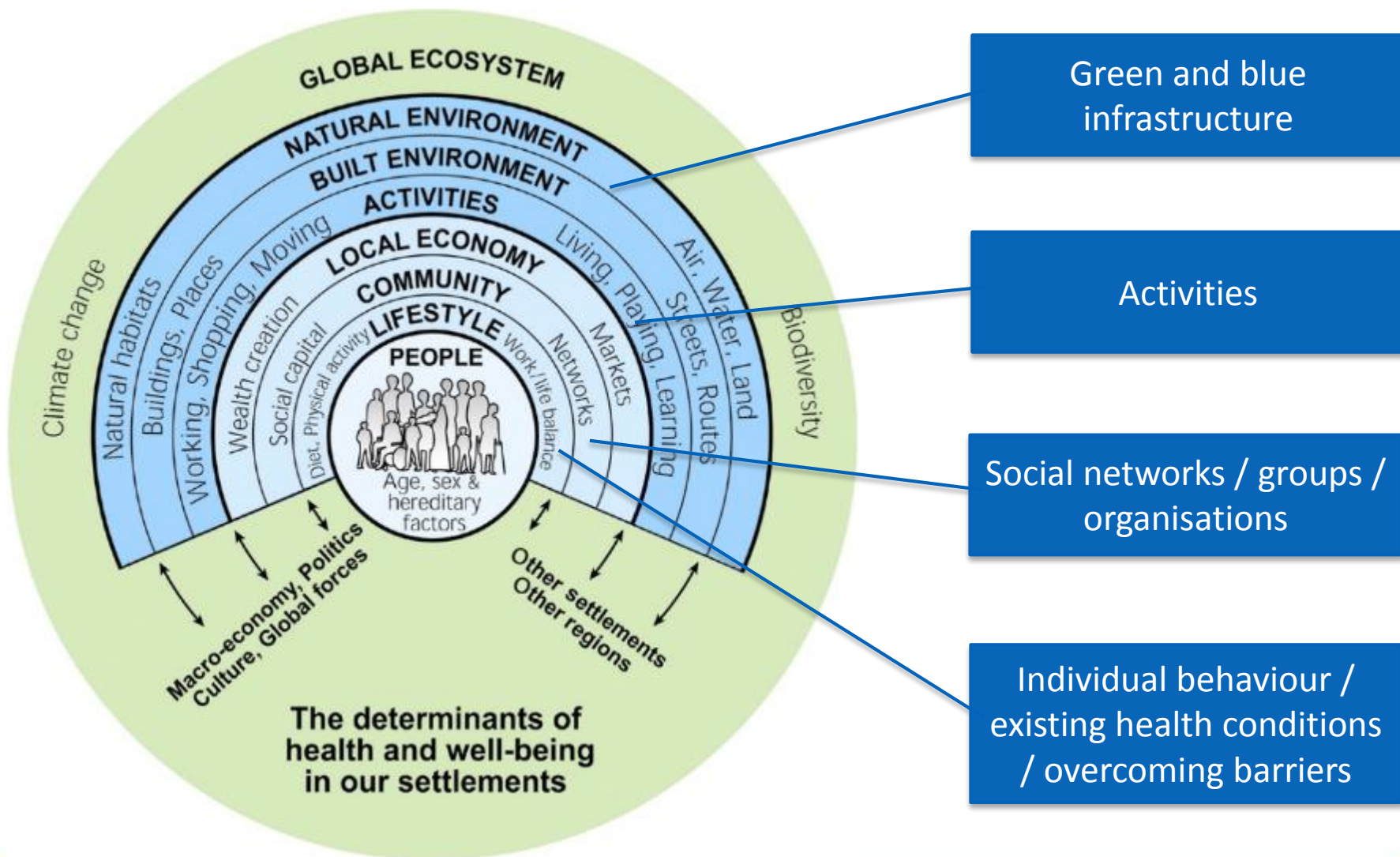
# Health and Wellbeing Strategy



## Strategic priorities for 2019-2023:

- All children and families to get the best start in life
- All people in Stockton-on-Tees live well and live longer
- All people in Stockton-on-Tees live in healthy places and sustainable communities

# Determinants of health and wellbeing

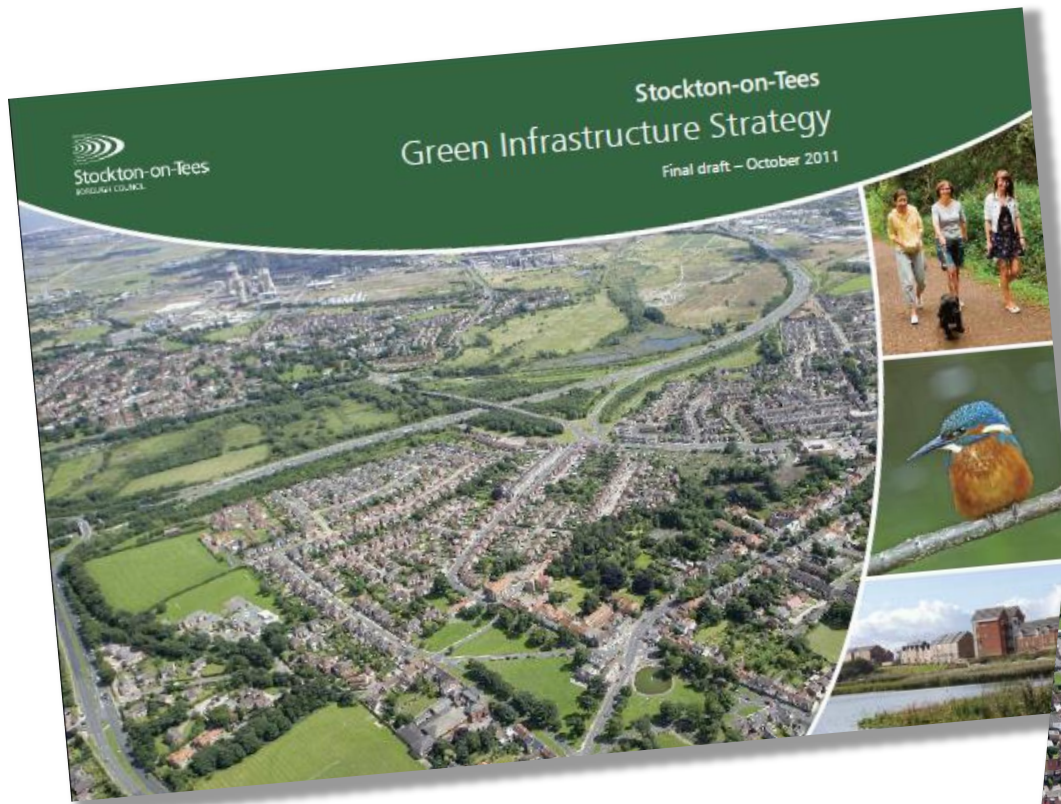




## 2. Developing Stockton's green infrastructure



# Green Infrastructure Strategy and Delivery Plan



# Green Infrastructure Strategy – objectives

- a) Promoting regeneration
- b) Addressing the impacts of climate change
- c) Improving health & well being
- d) Promoting leisure & tourism
- e) Promoting active & sustainable travel
- f) Increasing biodiversity and conserving other natural resources
- g) Enhancing landscape and the historic environment
- h) Producing food & renewable energy
- i) Promoting awareness & lifelong learning
- j) Making places safe, welcoming and accessible

## ***c) Improving Health & Wellbeing:***

*Provide accessible, attractive and stimulating green environments which encourage people to lead healthy lifestyles and contribute towards mental well-being.*



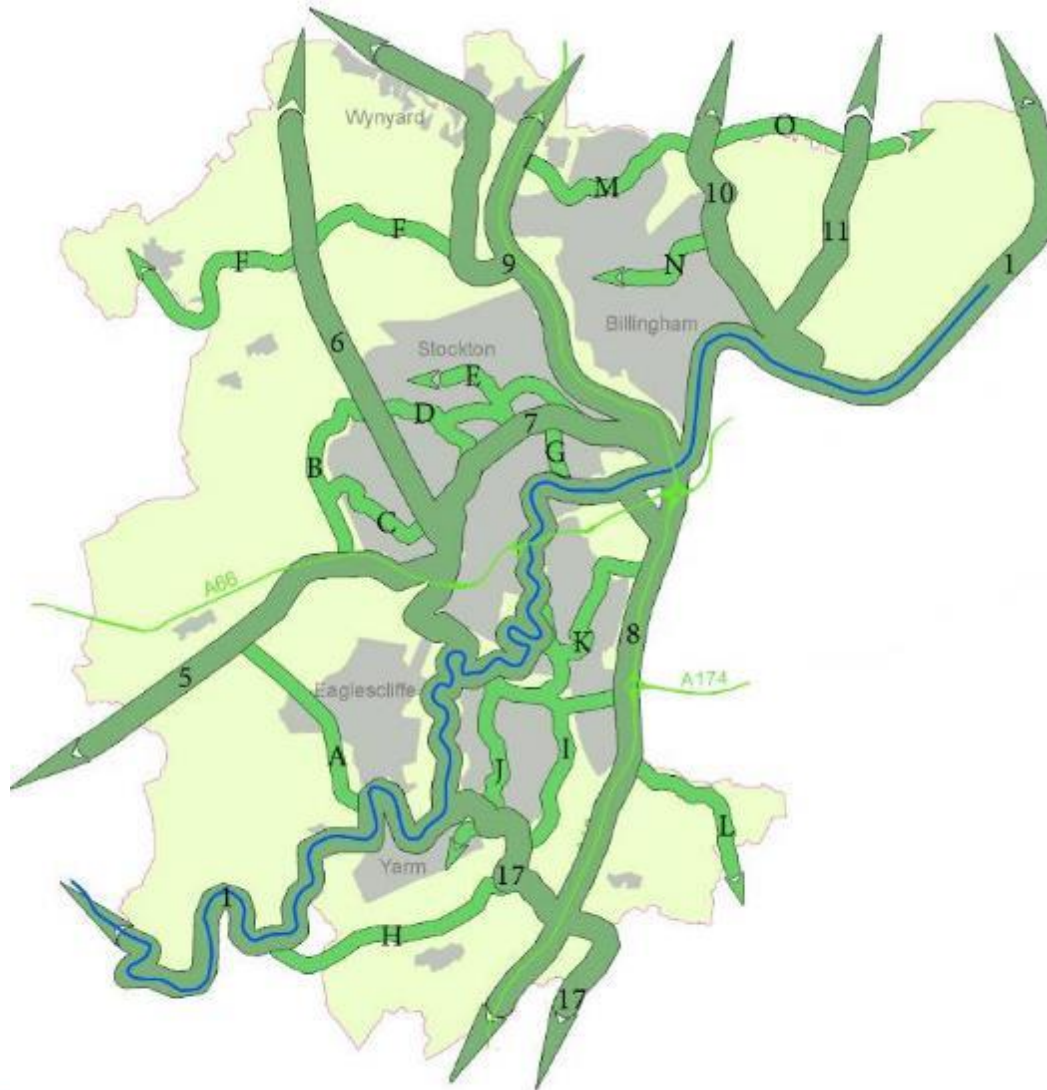
# Landscape Institute: 5 principles of healthy places



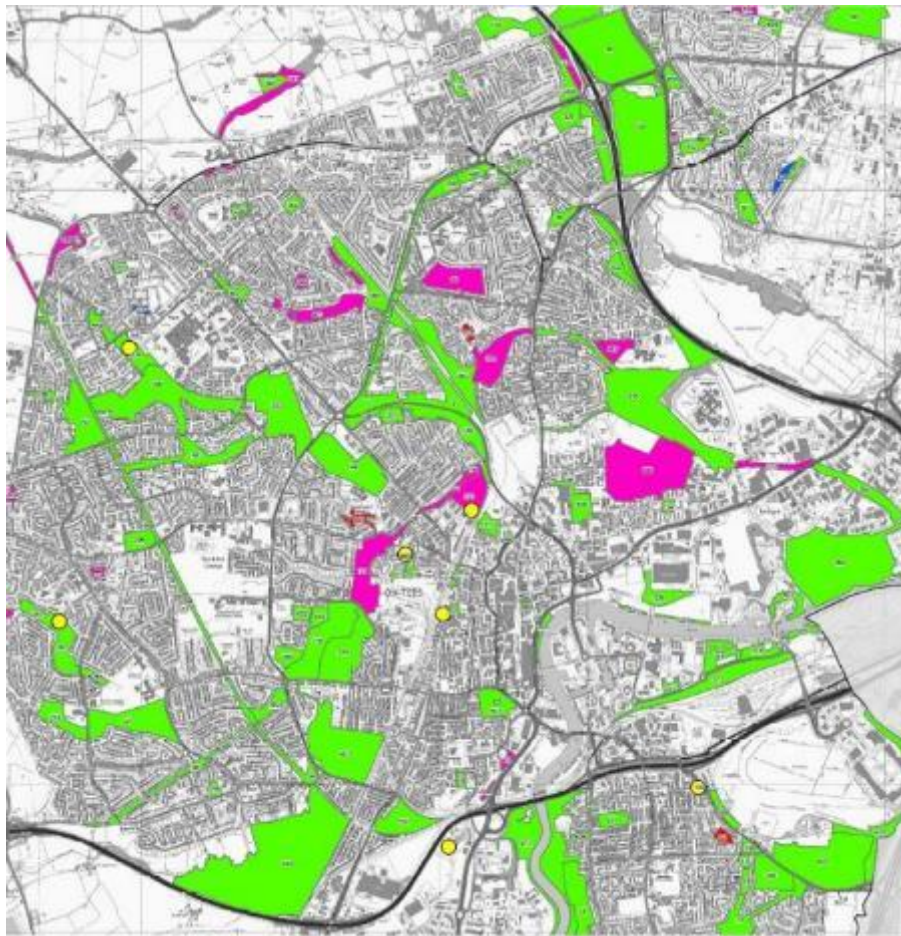
## Healthy places...

1. Improve air, water and soil quality, incorporating measures that help us adapt to, and where possible mitigate, climate change.
2. Help overcome health inequalities and can promote healthy lifestyles.
3. Make people feel comfortable and at ease, increasing social interaction and reducing anti-social behaviour, isolation and stress.
4. Optimise opportunities for working, learning and development.
5. Are restorative, uplifting and healing for both physical and mental health conditions.

# Green infrastructure networks



# Open Space Assessment (2016) IDM (2015)



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# Countryside sites / natural environment

1 National Nature Reserve

3 Country Parks

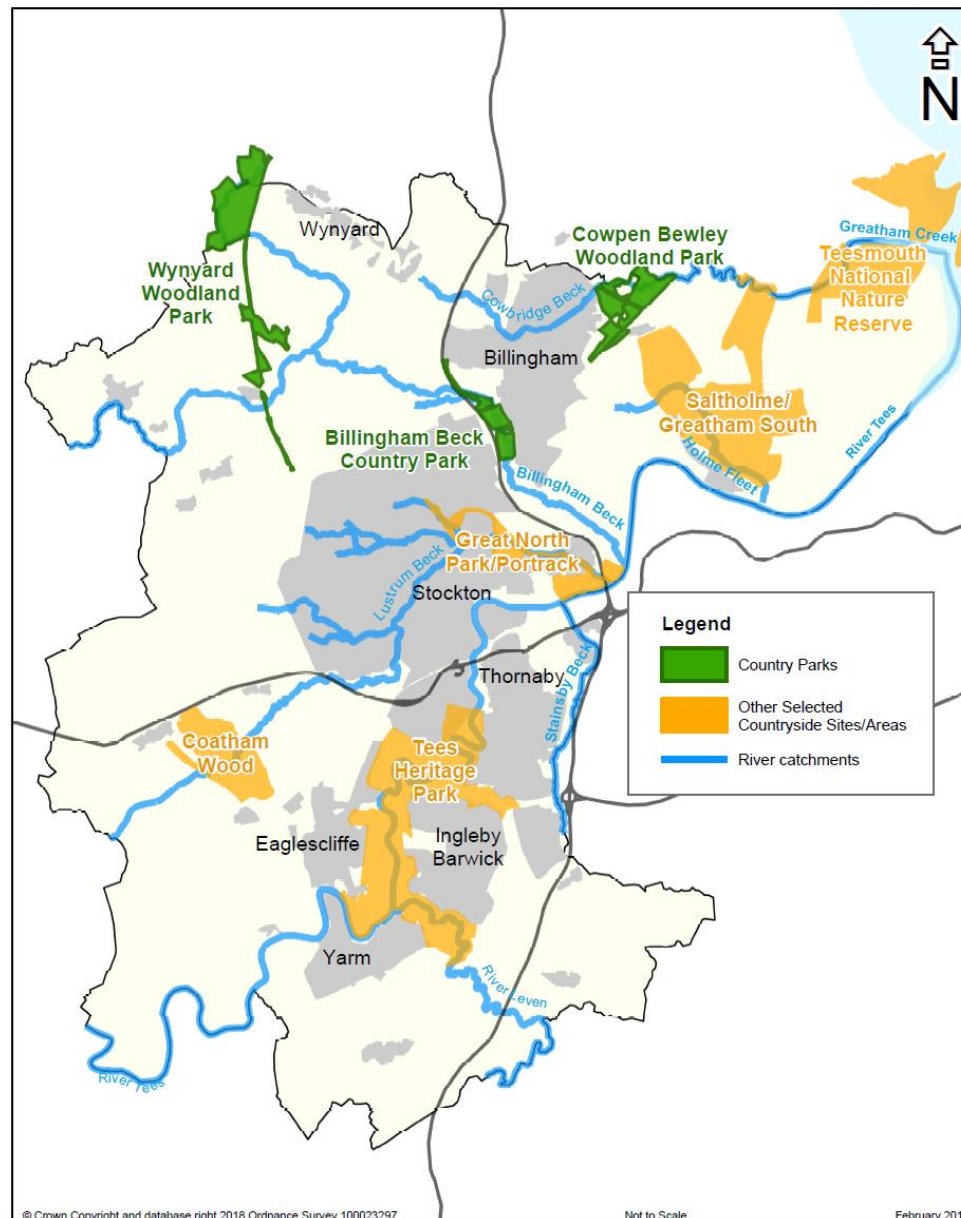
RSPB Salthome / Greatham South

Coatham Wood

Tees Heritage Park

Local Nature Reserves

908 hectares of accessible natural and semi-natural greenspace



# Countryside sites / natural environment





# Parks & Parks & amenity green space

2 'Strategic' parks

4 'District parks' +1 proposed

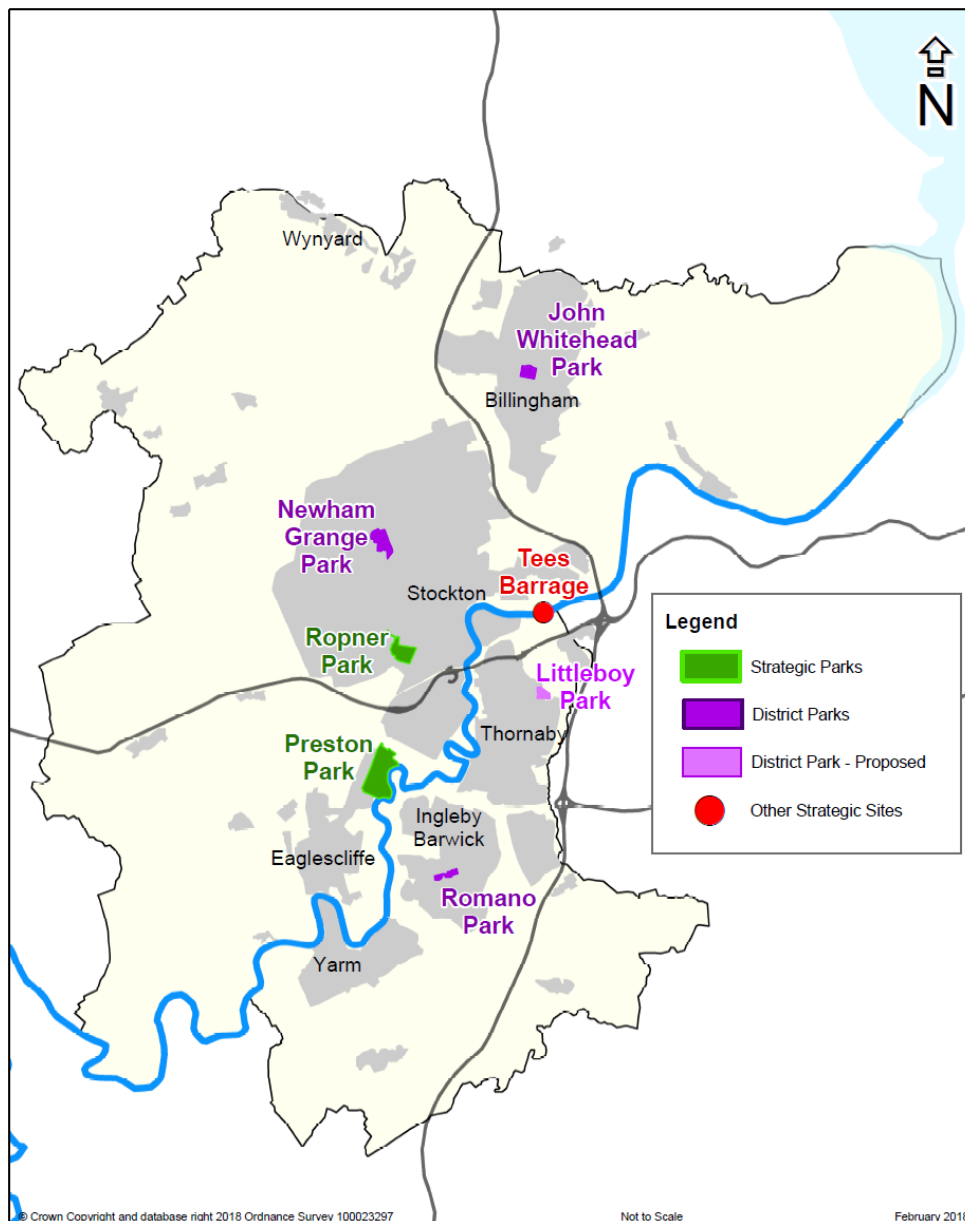
Tees Barrage

8 local parks

10 recreation grounds

184 amenity green spaces

Total of 122 hectares of urban parks and 236 hectares of amenity green space



# Parks & Parks & amenity green space



## Littleboy Park - Masterplan



1. Enhancement of entrances - new welcome signs, map of park
2. Removal of the rose and shrub beds
3. Replace of untidy shrub beds along tennis courts with grass
4. Resurfacing of existing tennis courts with new fence
5. Improve fencing between bowls club and tennis courts
6. New Multi-Use Games Area (MUGA) (example - image 6)
7. Relocation of existing teen shelter and addition of other recreational facilities for children aged 11+
8. Tree removal/plantation and enhancement of existing avenues
9. New cycle/foot path through park and around playing fields
10. New plantation of small tree groups
11. Existing football pitch
12. Interpretation board - Who is Wilfred Littleboy?
13. Improved drainage
14. Redevelopment of existing childrens play area for children under 11
15. Inclusion of seasonal bulb planting or wildflower planting
16. Footpath improvements e.g. resurfacing and edging
17. Improvement/replacement of existing street furniture (benches/bins)
18. Improve football changing rooms and install an alarm system
19. Introduce a lighting scheme for the park
20. New CCTV camera
21. Upgrade existing CCTV camera

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● New Trees ● Existing Trees — New Foot/Cycle Path

20. New CCTV camera  
21. Upgrade existing CCTV camera

Economic Regeneration and Transport

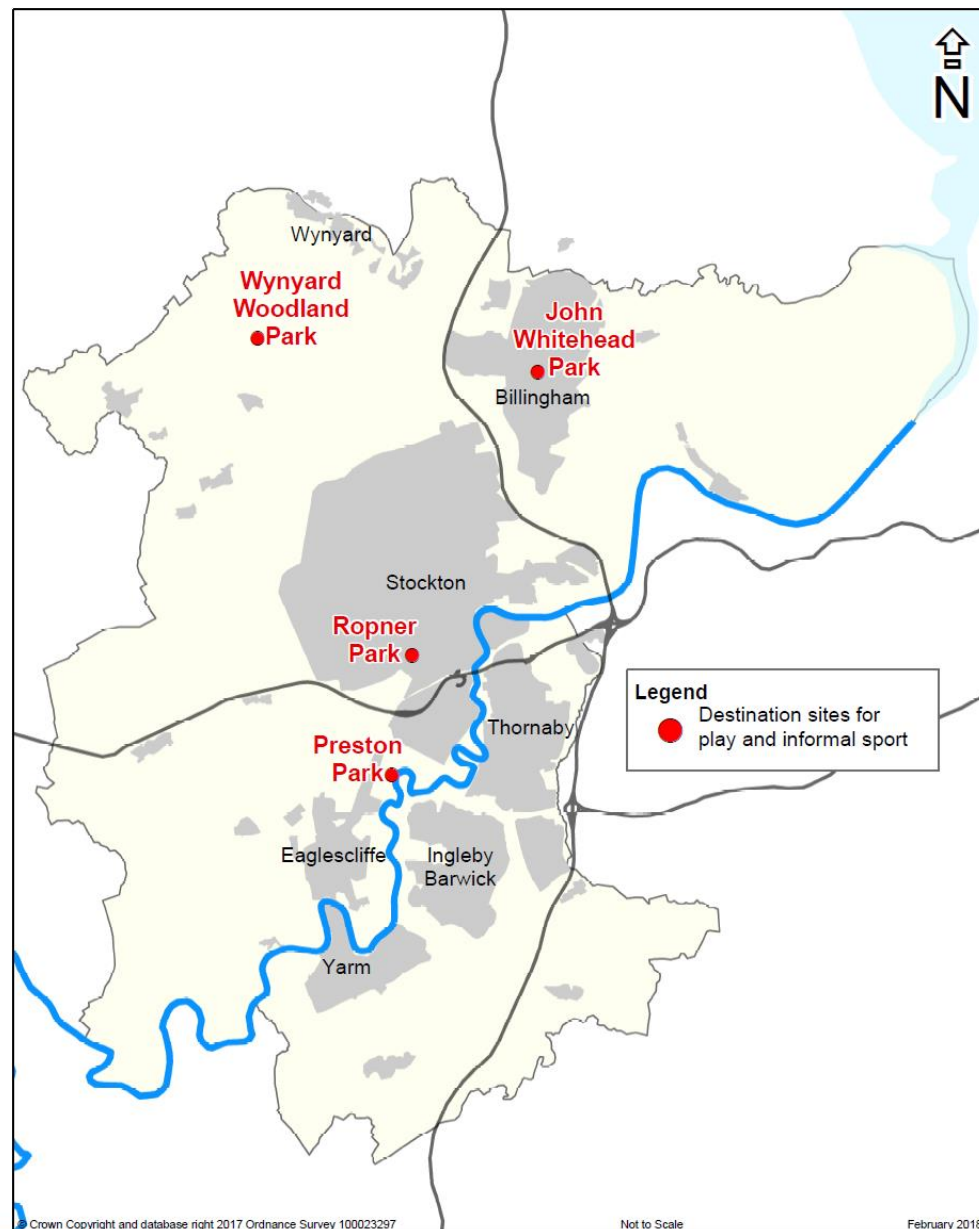
Big plans for an outstanding Borough

# Play and informal sport

4 major 'destination' sites for play and informal sport (2 with skate parks)

48 public play areas

28 informal sports facilities  
(14 Multi-Use Games Areas)



# Play and informal sport



# Community food



Big plans, bright future

# Access

80km cycle trails or shared footway / cycleway

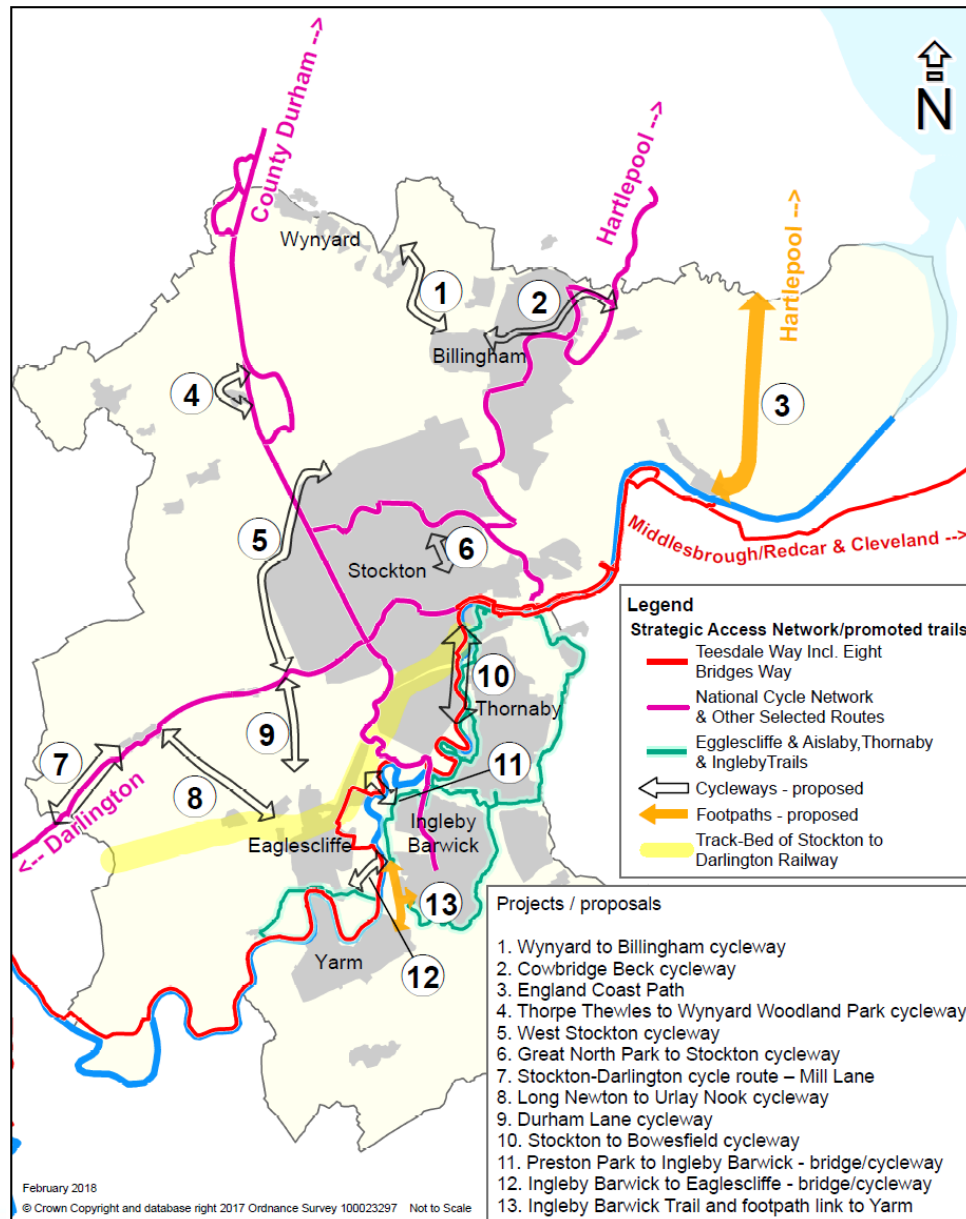
> 150km footpaths

> 34km bridleway / byway

England Coast Path

Teesdale Way

National Cycle Network routes



# Access



Big plans, bright future

### 3. Utilising green infrastructure to improve health and wellbeing





# Sustrans guided cycle rides and walks

Weekly walks at 10 locations across Borough (1 to 1½ hours)

Cycle rides:

Easy rider – Tuesday (<5miles)

Pedal on – Thursdays

Further Afield Fridays (>20miles)



# The Hub active travel centre

- Free information and advice on all aspects of cycling and walking
- Training courses on cycle maintenance and road cycling
- Free cycle parking



# Sisters R Doing It

Running programme attracted over 2,000 women to its 'Beginners' and weekly 'Aspiring' programme.



# Fit2push / Bump & Beyond



# Winter 5k Trail Races

6 races per year at Wynyard Woodland Park, Cowpen Bewley, Ropner Park, Tees Barrage, Billingham Beck & Preston Park. 800 to 1000 participants each year.



# Tees Barrage Park Run

Average 305 participants during 2019



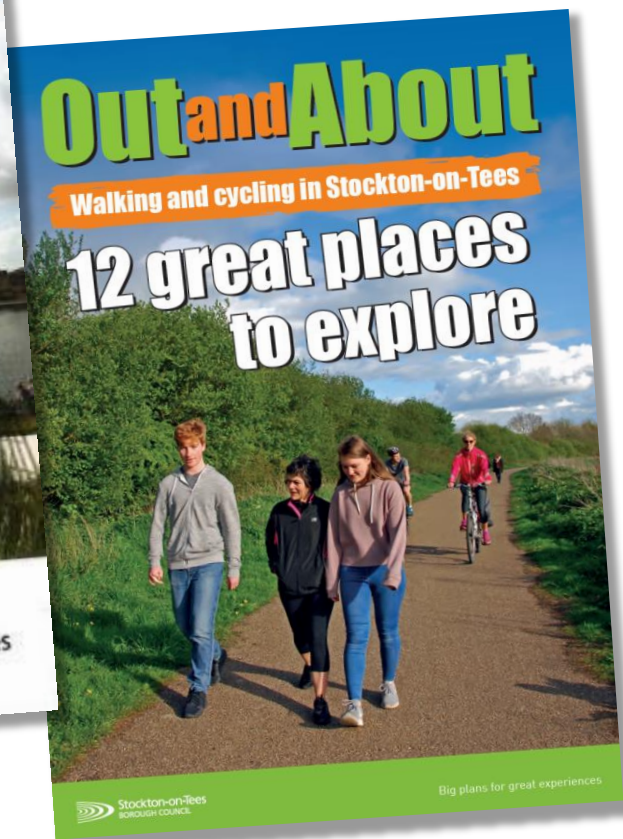
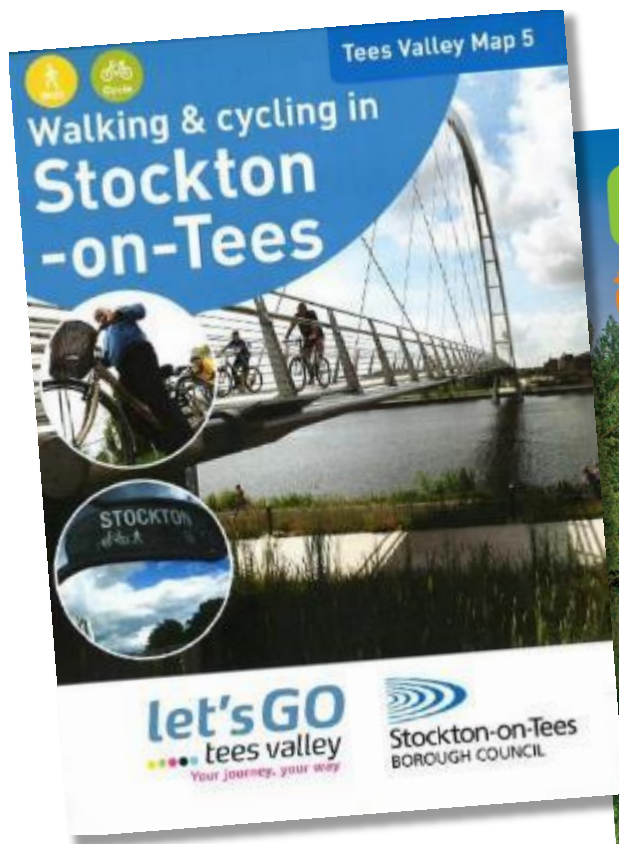
Big plans, bright future

# Community participation



Big plans, bright future

# Information





## 4. Challenges, opportunities and next steps



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# Challenges...

## ***NEMs Market Research (2017) Enablers and Barriers Survey:***

- 26% residents never visit parks or open spaces (key influencers include presence of children and dog ownership).
- People from the most deprived areas were notably less likely to visit parks and open space.

*\* Despite 60-65% rating parks and open spaces as good, and 20% very good.*

## ***Viewpoint surveys / NEMs***

Both highlight that residents often lack knowledge about local parks and how to get around using cycleways and footpaths



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# Challenges...

June 16th 2019



Dear Stockton Council,

I am writing to you on the behalf of the children in Norton. Our local skate park is around 10–15 minutes drive away and this means that young children such as myself have to get a adult to take us there. This is not always convenient to them as they have their own jobs and businesses.

In Norton there is a park, off Leven Road and it is not a very nice place. We have nick named it 'The Wreck.' The park itself is great, it's a huge space, but all the gangs of teenagers hang out there and younger kids are afraid of going to the park. There are also lots of free land and no one even uses it, so it would be a good idea to build a skate park there, and even an area for parking for visitors. This will benefit all kids in this area who like BMX, skate board and scooter. Plus it could be made accessible for

# Opportunities / next steps

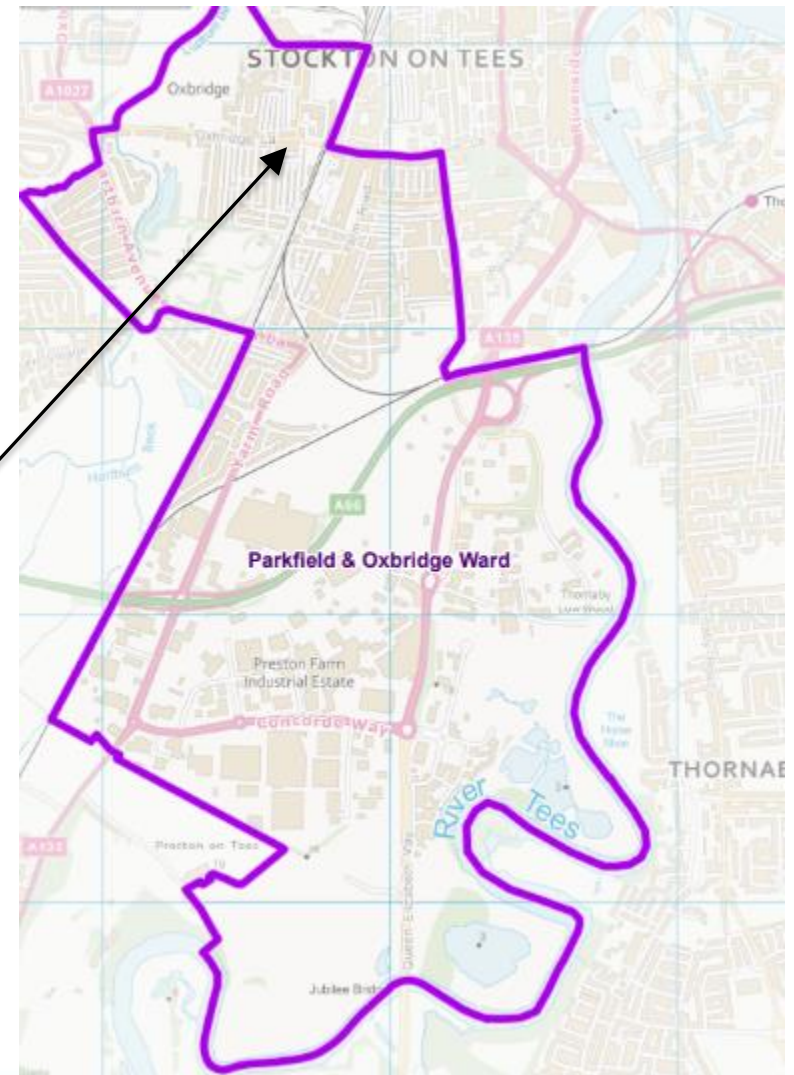
- Increase role of voluntary, community, and social enterprise sector + private businesses in providing facilities and activities.
- Greater community 'ownership' to support development and maintenance of spaces (Wild Green Spaces, Licence to occupy / GreenSpace Forum).
- Improve quality and functionality of green infrastructure in areas where it will deliver greatest health benefits.
- Physical activity pilot – in liaison with Public Health.....



# Physical activity pilot

Working with communities in Parkfield and Oxbridge to develop interventions to increase physical activity. This could include:

- Development of green infrastructure
- Utilisation of existing spaces or other assets



# Physical activity pilot

## Key aims objectives:

- Explore the effectiveness and feasibility of the community assets-based approach with the intention to upscale activity across Stockton-on-Tees
- Utilise the community assets-based approach to deliver a physical activity intervention
- Strengthen existing and develop new community assets
- Ensure the intervention's sustainability
- Increase community connectivity and reduce loneliness.

## Public health outcomes area:

- Increase physical activity
- Reduce social isolation and loneliness



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