

Inclusive Greenspace Initiatives to support COVID-19 wellbeing recovery



The James
Hutton
Institute



COVID-19 has affected us in many ways:

- Health • Wellbeing
- Recreation opportunities
- Mobility • Work-life balance



Greenspaces have played an important part in supporting resilience. But there is an equity issue: existing inequalities in greenspace use and access remain, or have been exacerbated by the pandemic.

Greenspace initiatives have the opportunity to:



Target mental health support where it's most needed



Build on new norms of social activities outdoors



(Re)build intergenerational connections



Get more people involved in looking after local spaces

Initiatives need to take steps to include (and not to exclude) some key target groups:



Minority ethnic communities



Older People



People experiencing mental health challenges



People with disabilities



People living in deprived areas

Research at the James Hutton Institute shows how landscape-scale approaches like Cumbernauld Living Landscape can tackle inequalities and connect people to wildlife

Nature-based interventions

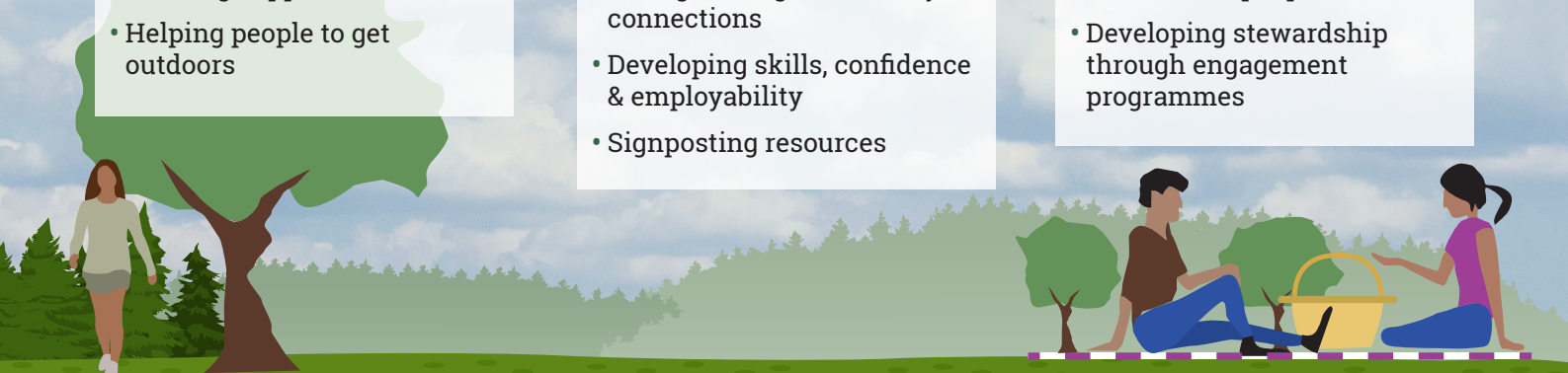
- Targeting and tailored to specific groups
- Improving health and wellbeing
- Building support networks
- Helping people to get outdoors

Building community capacity

- Working together to support nature
- Building on existing partnerships
- Strengthening community connections
- Developing skills, confidence & employability
- Signposting resources

Improving the green network

- Making places safer
- Improving access and infrastructure
- Improving habitats for wildlife and people
- Developing stewardship through engagement programmes



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Contact: kathryn.colley@hutton.ac.uk or alice.hague@hutton.ac.uk

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