



Nature and nurture, people and places

GCPH urban health seminar

House for an Art Lover, Bellahouston Park, Glasgow
Wednesday November 27th 2013

Glasgow Centre for Population Health
January 2014

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A big thank you to:

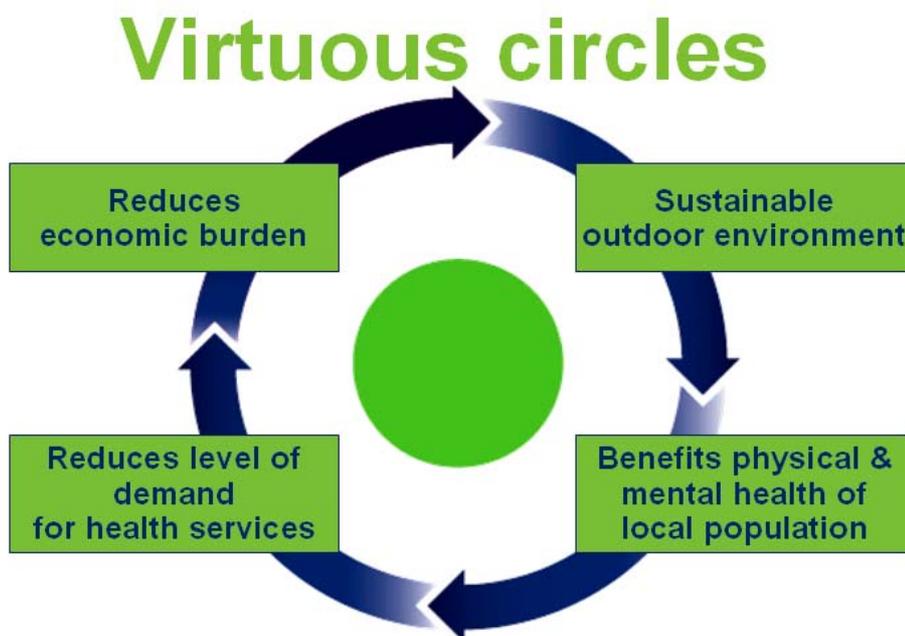
- All the participants for their constructive contributions upon which this report is based.
- Carol Frame, our conference organiser, and Ricky Fleming from the GCPH admin support team for all their help with organisation and delivery of the event.

Introduction

Bruce Whyte and Fiona Crawford, Glasgow Centre for Population Health (GCPH)

Bruce Whyte welcomed delegates, explaining that the aim of the event was to encourage an open, creative exploration of the links and synergy between people, the environment, sustainability and health, with a particular focus on what we can learn that is relevant to urban health.

In a short introduction, Fiona Crawford highlighted the growing evidence base regarding the positive health impacts of access to and use of good quality greenspace as well as increasing awareness of the economic benefits. However, Fiona reminded delegates that there is also evidence that living near scarred, uncared for land creates stress and feelings of hopelessness, which can discourage an active healthy life. Fiona touched on the spiritual and healing aspects of nature, as described in Richard Mabey’s book ‘Nature’s Cure’, in which he wrote about his love of nature and how it helped him overcome depression.



Fiona’s final slides illustrated the opportunities that urban greenspaces provide

for play and to have fun.

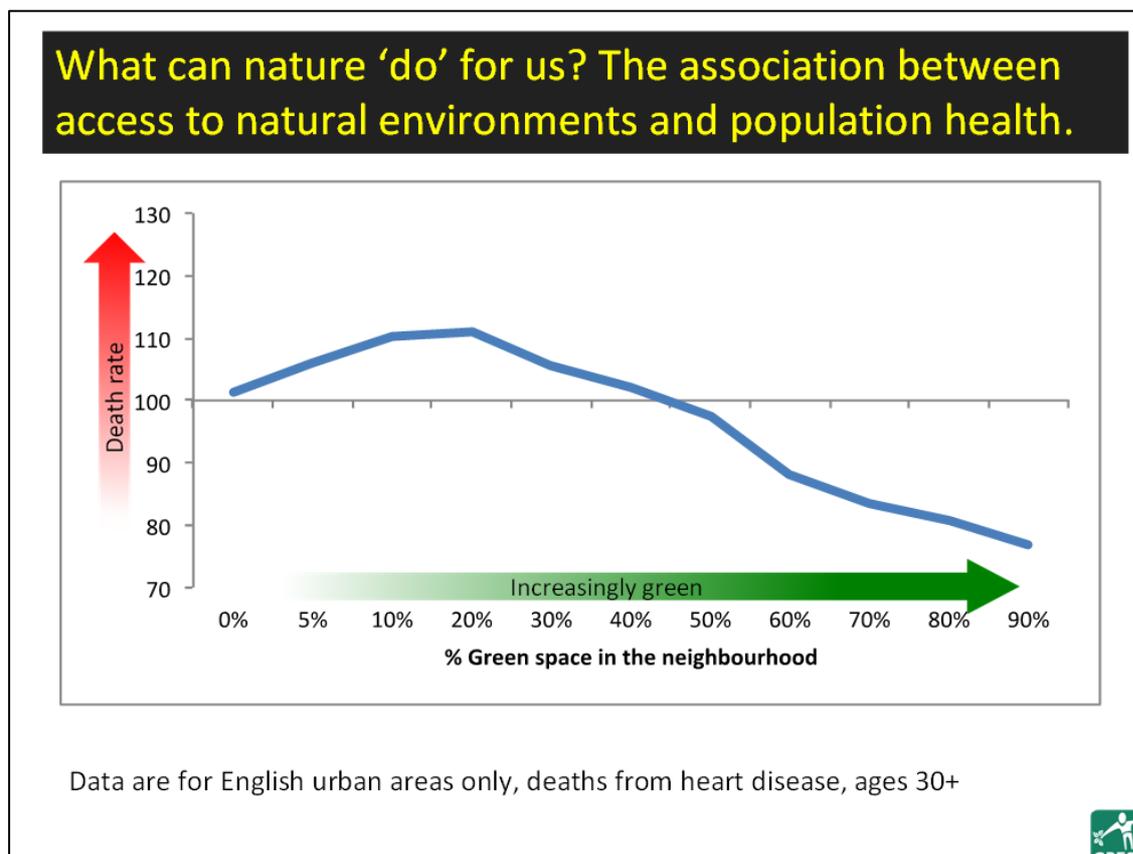
Fiona's slides can be accessed from the [GCPH website](#).

Can our urban environments help us be (equally) well?

Prof Rich Mitchell, University of Glasgow

Rich began by noting that the technological advances of modern medicine, while impressive, have previously taken priority over exploration of the impacts of place and the environment on health. However, while mortality has reduced, chronic diseases persist and lack of wellbeing and mental ill-health are significant population health problems today. As clinical medicine has struggled to deal with problems of this nature and scale, the focus on how we achieve better health has returned to thinking about the environments we inhabit. Can contact with nature help us to stay healthy and well?

Rich went on to illustrate how, in English urban areas, mortality among adults (over 30 years of age) drops as greenspace in local neighbourhoods increases, and noted that income-related health inequalities may be reduced in greener neighbourhoods. Interestingly, preliminary analysis in a Scottish context has not shown the same relationship between green urban neighbourhoods and reduced mortality.



Rich suggested that we need to understand more about our use of greenspace. For instance, physical activity in a natural environment seems to be better for our mental health than if undertaken elsewhere, such as in a gym. Also 'escaping to

nature' in contrast to a gym work-out, swimming in a local swimming pool or going to the pub, has greater mental health benefits for those in stressed and deprived circumstances.

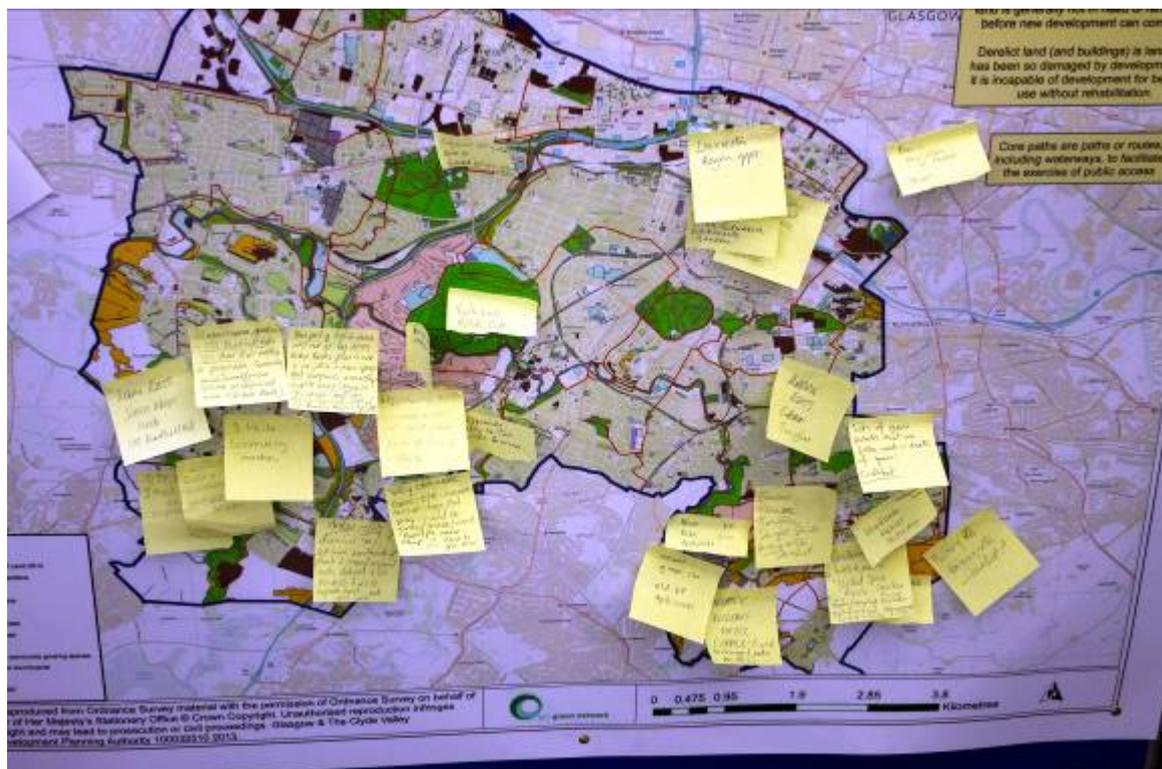
Rich reminded delegates that people's relationships with greenspace and the mental health benefits conferred by greenspace vary over their life-course. In addition, children who have experience of natural environments are more likely to use natural environments in adulthood. Initiatives such as forest schools expose pupils to nature and provide significantly higher levels of physical activity in natural environments than in traditional school environments. The John Muir Award also provides people of all ages with opportunities to access wild places, particularly those from less affluent backgrounds. The award has generated increased interest in visiting these environments, particularly among the poorest 15% of the Scottish population.

Rich concluded his presentation by proposing that natural urban environments are an important means of helping to keep people well and that such environments can be seen as 'equigenic' as they can create and protect health equality.

Rich's slides can be accessed from the [GCPH website](#).

Exploration of urban land use maps

Following initial presentations, participants were invited to take part in a short practical exercise. This involved scrutinising urban land use maps of the eight local authority areas within the Glasgow and Clyde Valley region and placing 'post-it' notes on maps highlighting particularly well-used assets or areas where



there was potential for better use of land and new initiatives. Many comments and suggestions were posted on maps indicating that this was a worthwhile and engaging exercise. Brief comments relating to each map area were provided in a plenary feedback session. Detailed comments for each map are provided in Appendix C.

The maps used in this exercise are available on the [Understanding Glasgow website](#). High resolution images of these maps and the maps with the 'post-it' comments attached are also available on request from GCPH.

John Muir Trust – case study – conservation activities and John Muir Award

Sandy Maxwell & Toby Clark, John Muir Trust

Sandy introduced this presentation by explaining the aims and activities of the John Muir Trust (JMT). The Trust's three main activities involve: campaigning to protect wild land against threats; educating people to value wild land; and, protecting wild land by owning and managing several properties.

Toby then described the aims of the John Muir Award (JMA), an environmental award scheme focused on wild places. People of all ages can take part and it is increasingly embedded within education settings, for example, linking in with the Scottish Curriculum for Excellence. The award has expanded since it was launched in Scotland in 1997 to become a truly national scheme with over 20,000 awards given annually across the UK.

Who can take part....



Toby also mentioned several other related initiatives, including ‘Learning for Sustainability’ – a whole-school commitment to help schools and the wider community take actions to create a sustainable future. Learning for Sustainability includes sustainable development education, global citizenship, and outdoor learning. The General Teaching Council for Scotland has placed Learning for Sustainability at the heart of new professional standards.

The JMT is also a member of a new campaign, Project Wild Thing, (<http://projectwildthing.com>) “a film-led movement to get more families outside and reconnecting with nature”. Toby cited research undertaken by the Royal Society for the Protection of Birds (RSPB) that has assessed children’s ‘disconnect with nature’. Although levels of connection with nature among children appear to be higher in Scotland than the rest of the UK, only 27% of children in Scotland were found to have a ‘realistic and achievable’ level of connection.

Toby proposed that there was a lot going on across Scotland and the UK that should be celebrated and encouraged. He noted the support from the Scottish Government in relation to outdoor learning, education for sustainable development and global citizenship. He concluded by saying that it was important not to just focus on the negative, but to support what works, what inspires and what connects.

Sandy then provided a description of some of the volunteering activities that are organised through work parties on JMT land and neighbouring estates. He focused on work being undertaken at a relatively new JMT property, Glenlude, in the Scottish Borders. He described this as a “wilding project to engage volunteers

Glenlude – designing property management to include education and volunteering



and educate about wild places”, where volunteers, including school groups, are helping redesign this small estate. Much of this work is carried out in partnership with local and national groups such as Phoenix Futures.

Sandy and Toby’s slides can be accessed from the [GCPH website](#).

Recovery through Nature (RtN) programme

John Deeney, Phoenix Futures

John described the RtN programme as providing service users, peer mentors and mentees with access to nature rich settings to engage them in practical conservation work as part of a therapeutic team. The programme takes service users away from traditional treatment settings and into a natural, outdoor environment to undertake conservation work. Groups go out one day per week and engage for about 12 weeks. The programme is available to both residential and community groups and participation is voluntary. In essence, Recovery through Nature is about engaging with the earth physically, as well as spiritually. Place is important – ‘the wilder the place the better’. Service users have described the programme as **“therapy by stealth”** and have said that it **“helps you reconnect with something that is healthy and natural.”**

John highlighted the academic evidence-base underpinning the programme. The ‘biophilia’ hypothesis proposed in 1984 by Wilson¹ argues that interacting with nature is good for us and has healing qualities. Further evidence supports the role of natural therapeutic environments in facilitating restoration and recovery (Ulrich, 1984²; Kaplan, 1995³; Clinebell, 1996⁴).

John went on to describe the theoretical model – developed by Hall in 2003 – that explains the programme. There are three key facets to the model:

Task – producing something positive, visible and permanent

Environment – working in nature rich settings

Relationships – team-working away from traditional settings

He described this as “powerful in the way it works to increase both self-esteem and confidence. It enhances people’s belief in their ability to change.”

John emphasised the fundamental importance of partnerships in the success of RtN. He noted that Phoenix Futures work with many national and local conservation agencies, including John Muir Trust, RSPB, Forestry Commission Scotland, North Lanarkshire Council and South Lanarkshire Council.

¹ Wilson EO. *Biophilia*. Harvard University Press; 1984.

² Ulrich RS. *View through a window may influence recovery from surgery*. *Science* 1984;224(4647):420-421.

³ Kaplan S. *The restorative benefits of nature: Toward an integrative framework* *Journal of Environmental Psychology* 1995;15(3):169-182.

⁴ Clinebell HJ. *Ecotherapy: healing ourselves, healing the Earth*. Haworth Press; 1996.

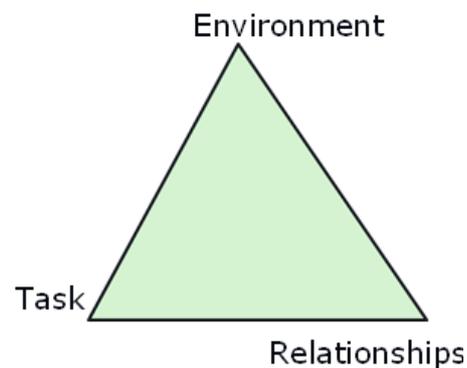
In relation to outcomes of the programme: during 2012-13, 467 people participated in the programme and 30,000 volunteer hours were delivered to local communities.

“...between every two pines is a doorway to a new world...” John Muir, 1911.

Theoretical Model

Hall, 2003

- **Task** – producing something positive, visible and permanent
- **Environment** – working in nature rich settings
- **Relationships** – team working away from traditional settings
- Service users place themselves within this model. One factor may be more influential for a person than another
- It is powerful in the way it works to increase both self esteem and confidence. It enhances people’s belief in their ability to change



RtN has been found to markedly improve retention in residential rehabilitation and community-based services for those who attend the RtN programme.

John’s slides can be accessed from the [GCPH website](#).

Table and plenary discussions

Following the morning's presentations and activities, delegates were encouraged to articulate:

- *What had inspired them?*
- *Were there opportunities to develop this type of work?*
- *Where were the connections?*
- *What was missing from the discussion and presentations?*

Delegates were also invited to make recommendations for policy and practice, locally and nationally.

The plenary discussion which followed focused on responses to these questions. The following is synthesis of the main themes that emerged during the plenary.



Inspiration and challenges

People were inspired by the amount of greenspace in existence and the diversity of participants at the event. It was felt that there were a large and growing number of community groups providing increased access to wild places. The quality of nature interventions in Scotland, natural play and specific initiatives such as forest schools were also mentioned as inspirational.

People were heartened by the growing body of evidence regarding the positive impacts of greenspace and good quality environments on health and wellbeing as well as the evidence from Phoenix Futures regarding the restorative effects of working with individuals in natural outdoor environments.

Evidence presented at the event was seen as being directly relevant to community planning partnership processes, structures and negotiations particularly in relation to addressing negative aspects of health and social outcomes and inequalities. It was felt that evidence presented helped to place anecdotal and experiential evidence into context and that this type of evidence was important in supporting funding applications and in helping people move beyond being 'impassioned advocates'. Nonetheless the current funding context was seen to jeopardise a number of initiatives which align well with the evidence base.

Some participants questioned whether we sometimes present 'wild space' in off-putting, costly and threatening ways and that, to address this, we should place more emphasis on the small steps required and free or very low cost approaches.

It was felt that there needs to be an evidence package that local authorities, funding bodies and health organisations can recognise and acknowledge. This should be visible, accessible and convincing to those who aren't the 'usual suspects'. A challenge was noted in relation to understanding key evidence boundaries between the health sector and local government. Bridging this gap would allow the good work that is being done within communities to be linked with health and social outcomes.

Opportunities

In thinking about opportunities, there was discussion about what constitutes a natural space as one's experience can start with leaving one's front door and can be aligned with active travel. The introduction of street trees and rain gardens in gap sites in heavily urbanised areas was recommended to improve local environments as well as measures to improve street 'permeability'. This fitted with current initiatives for temporary greening of (publically owned) urban derelict land and accessing and using spaces between buildings.

There was an emphasis on targeting resources to the most deprived areas with the caveat that people are often less likely to respond in poor rather than affluent areas. The importance of changing attitudes at a young age was raised and an example was given of work with teenagers to improve Bluebell Woods, a previously neglected area in Johnstone.

Fiona Crawford provided an example of local change in the Priesthill area of Glasgow. A health improvement initiative, originally funded by the Scottish Government, to tackle overweight and obesity in the neighbourhood has now been developed into a community garden situated directly adjacent to a primary school which is managed by the local community. As well as providing an opportunity for local people to grow their fruit and vegetables, the community garden has led to the establishment of very good relationships between the school and the local community as well as providing school pupils with access to experiential outdoor learning.

Maximising opportunities to build better communication and connections between statutory agencies and grassroots communities was a common theme, as was the need to build networks at grassroots level. There was a presumption that when health boards realise that these interventions (in nature) work in both a preventative and therapeutic way, then more investment will be directed to such initiatives.

Another theme that emerged was the importance of building better 'greenspace design' for health and wellbeing into policy and planning. It was felt that some of the evidence could help inform new build healthcare facilities and the re-development of hospitals and schools.



Several new and relevant initiatives were mentioned. Glasgow's Smart City Demonstrator project was noted, which aims to create better access to relevant information and knowledge. The Stalled Spaces initiative which provides an opportunity for members of the public to utilise unused spaces and buildings for local community based projects. The Health and Social Care Alliance have also developed a database in which neighbourhood data can be collected and to which residents can contribute.

One view was that it would be useful to have a central portal, provided by the Scottish Government with information for and about networks and community organisations and research information which could be used for funding opportunities. This linked with other comments that there was a need to generate an overall map of current activity which could prevent duplication and help to overcome isolated approaches by joining up to achieve best outcomes. It was thought that there are opportunities to coalesce around funding sources but also a lack of awareness of these, for example, the Open Space Environment

Groups (OSEGs), stalled space, food networks in Glasgow. 'Friends of parks' groups have developed because they have access to money that councils cannot access.

There was a discussion about whether we need 'local champions' and the potential role of local councillors as advocates for proposals and initiatives. Stephan Dornan, an elected member in Glasgow, encouraged people to make use of their local councillors.

Connections

There was a strong feeling expressed by those present that much of the work in this area is disconnected partly due to the current performance management regime, to which, for example, health boards need to adhere, driven by Scottish Government targets. There was a clear feeling that health service connections with other stakeholders need to be strengthened.

There was a perception that the correct level for networking also needs some thought. Is a Community Planning Partnership an appropriate level? Could umbrella/interface voluntary sector bodies operate to coordinate some of this effort? Social enterprise opportunities are also worth further exploration. A possible connection was seen between university and community groups using nature to establish longitudinal studies of impact; an academic evaluation of the 'Recovery through Nature' programme developed by Phoenix Futures was mentioned in this regard.

Other connections that were highlighted as being important to develop were between community projects/bodies and local projects, via website information and events, through provision of statistics to help projects and through organisations and networks, such as ALISS, the Glasgow Food Network, the Health and Social Care Alliance and with local champions – advocates in council, education and NHS Boards.

What was missing?

A number of issues were touched upon but not fully discussed. These are outlined below.

How to **mainstream environmental interventions** and secure long-term funding to make services sustainable? What opportunities are there for voluntary and environmental sectors?

Greenspace should be designed for health and wellbeing. Healthcare facilities should have better **greenspace design**. Hospitals and schools should influence landscape design to enhance people's health and wellbeing.

There are real opportunities to make use of **vacant and derelict land** that has been unused for decades which are under public ownership. Who do we contact

to discuss unblocking this land for alternative uses? What can be learnt from community land buyouts in the Highlands? Although much land in Glasgow is contaminated and needs to be unlocked and cured, there are lots of ways of healing the land.

There is a lack of discussion around **antisocial behaviour** taking place in parks, particularly in the deprived areas, but it is an issue across social class groups for teenagers in urban areas.

The **quality of greenspace** was raised. What factors make greenspace valuable for use? Councils have assessed the quality of greenspace but it is patchy and dated. There was no real discussion regarding the competing priorities for land and how some professionals consider **greenspace a burden** because it takes money to maintain and does not generate income. There is a challenge of



protecting green space and its opportunities in the face of redevelopment/regeneration.

Other issues highlighted were: safety – the need to balance resources more between poor and rich; the need to educate; access to greenspace and services that can support access; understanding of ‘good land’ – a wider issue; how to mainstream successful environmental interventions; connections with ‘self-directed support’ services rooted in communities; the idea of a facilitated event between environment and health sectors on opportunities; research council grants – for cohort studies; ways of addressing or offsetting the power of developers as a pressure group and gaining access to and involvement in the design of developments.

Recommendations for policy and practice, locally and nationally

Although implications for policy and practice were not discussed in plenary due to lack of time, these were discussed during group work. A summary of main points made is provided below.

Schools/education

- Take people (professionals) out to wild environments.
- Introduce a statutory responsibility for schools to take pupils out into natural environments.
- Incorporate forest schools approaches into schools or, if not possible, short-term initiatives such as field trips.
- De-mystify outdoor adventure work in schools and provide training for all people on green topics.
- Utilise the Scottish Curriculum for Excellence and 'One Planet' schools programme.

Stalled spaces

- Raise awareness of initiatives so people can take advantage of them (e.g. stalled spaces).
- Re-invest and stop neglecting outdoor urban environments.
- Recruit and get people on board – willing actors rather than conscripts.
- Maximise opportunities to address vacant and derelict land and stalled spaces – allow alternative use by third sector and environment sector.

Policy

- Recognise and build on positive policy developments in recent years.
- Utilise legislation such as the forthcoming Community Empowerment Bill.
- Further consider land policy and land ownership. Explore contradictory pressures within policy, e.g., housing policy and impact on green space. Establish different, softer targets that are not necessarily quantitative.
- Divert greater resources to poorer areas.
- Help people with delivery on the ground, normalising initiatives and encouraging their spread. Communicate delivery issues to policy and national decision-makers.

Conclusions

The enthusiasm and good ideas generated at this event were palpable. A post-event evaluation elicited comments such as:

“It was a superb venue and very relevant to the topic and very encouraging to see a range of agencies there along with the enthusiasm of those attending. Really great event, more of these please!”

“Thanks again for a very well organised and enjoyable conference. “

“Thanks so much for letting me come along. It was a great session. Please keep me in the loop.”

Participants at this event agreed that it is vitally important to present robust and convincing evidence of the physical and mental health benefits conferred through access to natural environments. Further research on the remedial benefits of programmes such as Recovery through Nature would add to and enhance the evidence-base.

There was a strong feeling that the health sector (particularly health improvement) and environmental organisations could and should be working together more closely and more effectively. Greater collaboration and joint working between those working in health and environmental sectors would enable shared understanding and priorities to develop and would lead to greater focus/investment in nature-based initiatives.

The development of a greater environmental focus through the Scottish Curriculum for Excellence, Forest Schools and the John Muir Award was seen as an important for building awareness and experiential learning among pupils and school staff.

It was felt that while local champions are often needed to stimulate initial action, many initiatives now need to be ‘normalised’ and their wider adoption encouraged.

Finally, this report is the product of the speakers’ presentations, and of the ensuing discussion, debate and constructive contributions of all of the participants. We encourage you to use it, share it and discuss it. There is clearly a need for further conversations and indeed several people suggested topics for further events. The GCPH would be happy to discuss this.

Contact details

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Appendix A: Event programme



Nature and nurture, people and places – GCPH, Urban Health Seminar

House for an Art Lover, Bellahouston Park, Glasgow
Wednesday 27th November, 9.30am – 1.00pm

Purpose

To provide a space for an open-ended, creative exploration of the links and synergy between people, the environment, sustainability and health, with a particular focus on what we can learn that is relevant to urban health.

Programme

09:00 – 09:30	Registration
09:30 – 09:35	Welcome by the Chair (Bruce Whyte, GCPH)
09:35 – 09:45	Introduction (Fiona Crawford, GCPH)
09:45 – 10:15	Can our urban environments help us be (equally) well? (Prof Rich Mitchell, University of Glasgow)
10:15 – 10:55	Exploration of urban land use maps
10:55 – 11:15	John Muir Trust – case study – conservation activities and John Muir Award (Sandy Maxwell & Toby Clark, John Muir Trust)
11:15 – 11:30	Recovery through nature programme (John Deeney, Phoenix Futures)
11:35 – 11.50	Coffee and outdoor discussion
11:50 – 12:30	Table discussion session
12:30 – 12:55	Plenary feedback
12:55 – 13:00	Summing up
13:00 – 13:30	Lunch

Appendix B: Participants

DELEGATE LIST			
Nature and nurture, people and places: Wednesday 27th November 2013 – House for an Art Lover			
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Glasgow – a connected city?

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Appendix C: Post-it comments from urban land use maps

The comments below were made on the maps provided at the event. High resolution images of the maps with the post-it notes attached are available on request from the GCPH.

North Lanarkshire (southern part)

- Too much vacant & derelict land to east of Motherwell – opportunity to build ‘affordable’ houses with access to community gardens. MUGA, walking and cycle paths.
- Viewpark Glen local woods reopened but population reluctant to engage for historic reasons.
- Regeneration works at Dalzell Estate, Motherwell.

North Lanarkshire (northern part)

- Forth & Clyde Canal – excellent resource but needs more facilities.
- Good links to role of greenspace in single outcome agreement.
- Allotment near Cumbernauld House Park.
- Good cycling link along Forth & Clyde Canal.
- Croy Hill circular path and links to Twechar and Craigmarloch.
- ‘Watch us grow’ therapeutic garden at Palacerigg Country Park.
- M & S bike circuit and skills loop – Cumbernauld Glen.
- Scottish Wildlife Trust – Living Landscape Project.
- 500 potential houses development – changing nature and rural village – Mollinsburn area.

South Lanarkshire (southern part)

- Strathaven Park – great but overly manicured and not ‘wild’.
- Strathaven Park – top green flag award in Scotland – 1st time / 1st green flag in South Lanarkshire.
- Morgan Glen – community managed.
- Larkhall community growers – therapeutic garden.
- Clyde Valley fruit-growing orchards – current status (local) used to be big industry.
- Falls of Clyde, New Lanark – old utopia, new topia?
- Brownlee woods – pond drainage, thinning and coppicing.

South Lanarkshire (northern part)

- Millheugh and Greenhall – community-led regeneration project.
- Trough Linn – new native woodland.
- Neilsland Park and Earnoch Glen – 3km of new paths, two new bridges. Community management group. Food school programme.

- South Haugh, Hamilton – reinstating path networks.
- Cunnigar Loop – new urban ‘natural’ park – FCS, SLC *et al.*
- New woodland park created from derelict land – Cunnigar Loop site.
- Cambuslang Park – community management group regeneration project – access and natural spaces.
- Newton – could have paths into semi-natural area (NB – in hand – local group working on it!).
- Langlands Moss – local nature reserve – community managed raised bog.
- Redlees Urban Park – has been regenerated – WW2 anti-aircraft battery – water vole, otter, badger – please visit!
- Backmuir Woods – path and woodland regeneration – forest schools.
- Bothwell Road Park Initiative.
- Chatelherault Country Park – major woodlands and access regeneration project. New path links to surrounding communities.
- Cadzow Glen – access and woodland regeneration by mental health recovery volunteers.
- Udston and Glenlee woods – community managed.
- Malls Mire community-led regeneration – SLC, GCC, Urban Roots.

East Renfrewshire

- Dams to Darnley.
- Shanks industrial site – derelict for years – vandalism, fire-starting.
- Great dog walking and non-dog walking – Neilston Pad.
- Whitelees wind farm – 100 miles of tracks, forest, moorland, wildlife – ‘wilderness’.
- Community action to ‘clean up the Glen’ (Busby Glen).
- Barrhead High School – award for waterworks project.
- Local ‘rural’ residents being ‘stressed’ by wind turbines construction – south of Neilston.
- Blocked by farmer – (Thorntonhall).

Renfrewshire

- Good links to role of greenspace in single outcome agreement.
- Wooded golf course – hilly – great sledging next to local park – Ralston Golf Course.
- Clyde Muirshiel Regional Park – mental health programme ‘Branching Out’.
- Windyhill – lots of paths and investment.
- Regeneration of Bluebell woods, Johnstone.
- Cycle path – National Cycle Route – Johnstone.
- Fabulous Greenspace with waterfall – Gleniffer Braes.
- Gleniffer Braes – excellent park but lacking investment, and antisocial issues that deter some visitors.

Inverclyde

- Local community walking groups – some in gym, others along the river. Potential to use greenspace more – Inverclyde Globetrotters.
- River Clyde as barrier – poor connectivity e.g. access from Port Glasgow to Loch Lomond National Park.
- Good links to role of Greenspace in single outcome agreement.
- Gourock promenade open tarmac – feels abandoned and unloved.
- Coves Park – local nature reserve – fantastic site – needs TLC and community to get involved to make it the special place it should be.
- Docklands – cut off by main road, Tesco and McDonalds. Access to waterside for people could a huge benefit.
- Parklea Community Gardening Project.

East Dunbartonshire

- Mugdock Reservoir – walkways.
- Mugdock Park – natural woodland – historical sites.
- Kilmardinny Loch – natural woodland.
- Canal towpath – great cycle/walk – route linking Glasgow to Falkirk.
- Tannoch Loch – wildlife and local housing / boathouses / boats.
- Silverbirch Ltd – therapeutic gardening.

West Dunbartonshire

- Kilpatrick Hills – West Dunbartonshire and Glasgow wilderness on the doorstep.
- Access to Kilpatrick Hills poor – not easy to know how you get there.
- River routes need to be fully continuous to be useful.
- Antonine Wall World Heritage Site.
- Opportunity to open up the River Clyde and create more paths (walking and cycling) and create new housing, shops, restaurants along the river front.
- Loch Lomond and the Trossachs National Park – how many thousands of annual visitors?
- River Clyde – poor connectivity / accessibility apart from up river – Erskine Bridge / Clyde Tunnel.
- Glasgow to Loch Lomond cycle route.

Glasgow North East

- Whitevale Baths – derelict historic building and land – opportunity for restoration of building and access to open space and ‘greening’ of vacant land.
- Woodlands Community Garden.
- Clyde / Commonwealth Gateway – Carmyle etc – opportunity all along the river!

- Shettleston Growers – Allotments.
- Lots of semi-natural land, but no paths. Opportunity to create more paths. Be good for people in Easterhouse.
- Former Golfhill School Fields (Firpark).
- Gartloch – opportunity for access to ‘wild’ places.
- Crownpoint Community Garden.
- Clyde Walkway Project – Carmyle / Westburn Viaduct.
- Dennistoun Community Council and potential to promote active travel and engage artists / cultural workers.
- Dennistoun Community Council area – join up small greenspace areas.
- Calton area – much vacant land – could create more inviting urban greenspace and restored built heritage.
- Former railway line at the top of Paton Street.

Glasgow North West

- Gartnavel health walks for community patients and staff around grounds and the Tranquillity Trail.
- Drumchapel – Drumchapel Life – healthy living project developing community gardens.
- Access to Garscadden Wood, Antonine Wall, Kilpatrick Hills and Forth & Clyde Canal – but who’s job to promote use?
- Park Run at Victoria Park – physical exercise and social aspect.
- John Paul Academy growing space.
- ‘Art in the Gart’ and development of green and growing spaces for the community (not just patients) in Gartnavel grounds.
- I love running round Victoria Park (it’s not too big)!
- Friend of the River Kelvin.
- Annexe Communities raised beds / community garden – Partick.
- Kelvin Meadow – campaign to save it.
- Kelvin Walkway – great escape from the city environment.
- Glasgow Gaelic School completing for the John Muir Award in Kelvingrove.
- Botanic Gardens Green Gym.
- Canal regeneration opportunities – Forth & Clyde Canal.
- Simple pleasures easily found – North Kelvin Meadow.
- The Concrete Garden – St Matthew’s Centre, Possilpark.
- Site of Keppoch Campus School – natural play area.
- RSPB nature project at Kelvingrove Park.
- City centre – where are the green spaces within a 5 minute walk? – Zen Garden, St Mungo’s Museum, the Necropolis.
- New Possil Health Centre green space.
- Possil regeneration opportunities.
- Far too much derelict land – opportunities for housing / parkland / community garden – Possil.
- Development (cinema, American restaurants) cut off cycle track under Kingston Bridge. Nothing natural in sight. Commercial and depressing.

Glasgow South

- Urban Roots South West hub – 100 Priesthill Road.
- Three Hills Community Garden, Priesthill.
- Two new community gardens – 100 Priesthill Road and 160 Peat Road – works in progress. Community involvement / green space in deprived area (Urban Roots).
- Pollok Estate – part cut off by M77. Urban Roots plan to use it for JMA in new year, but dubious ownership despite being ‘given to the people’ by Sir John Stirling Maxwell.
- Cleeves Primary, Burnbrae Nursery – natural play areas.
- Park Run – Pollok Park.
- Opportunity along the Cart River for access.
- Ranger activity, community activity – cycling, walking, foraging – Cathkin Braes Country Park.
- Organised sporting activity – clubs etc. Potential for gym to spill out to nature – Bellahouston Park.
- Opportunity for increased access to ‘wild places’ south of Pollok Park.
- Urban Sports Park proposal for under M74 extension – Pollokshields / Pollokshaws area.
- Laurieston regeneration opportunities.
- Arden – lots of derelict land – UK have seed banks of plants and trees / explored with Ashport (?) and St Vincent kids to improve environment but still grim!
- More park activities – Linn Park.
- New Sikh Gurwara – Pollokshields Garden.
- Braeside, Glenacre, Thorntree, Dougrie Drive – housing sites – derelict.
- Stanmore Social in planning – Urban Roots....community garden, orchard, beehives and playground.
- Gorbals Healthy Living Network stalled space activity – south seeds activities.
- Fantastic willow and hazel coppice – could be managed better by GCC – Carmunnock Coppice Woodland.
- Nursery site, housing site – derelict? – Fernhill.
- Mountain bike site 2014 – Cathkin Braes.
- Carnwadric Council CTR – massive eyesore! Huge plot – space could be used for garden / stage / wood. Multiple ownership – hard to get PTU!
- Carnwadric Community CTR.
- Old Kings Park golf course – vacant green site.
- Crofffoot – lots of green pockets that are little used – deserts of grass!
- Basic facilities in parks – toilets! (Glasgow Green).
- Castlemilk Park improvements.
- Cassiltoun Housing Association – stalled space projects.
- Castlemilk pond – 2014 greener legacy project / multifunctional project.
- Castlemilk Park – woodlands officer activities.