

# Expanding Green Gyms

A Natural Health Service for Camden

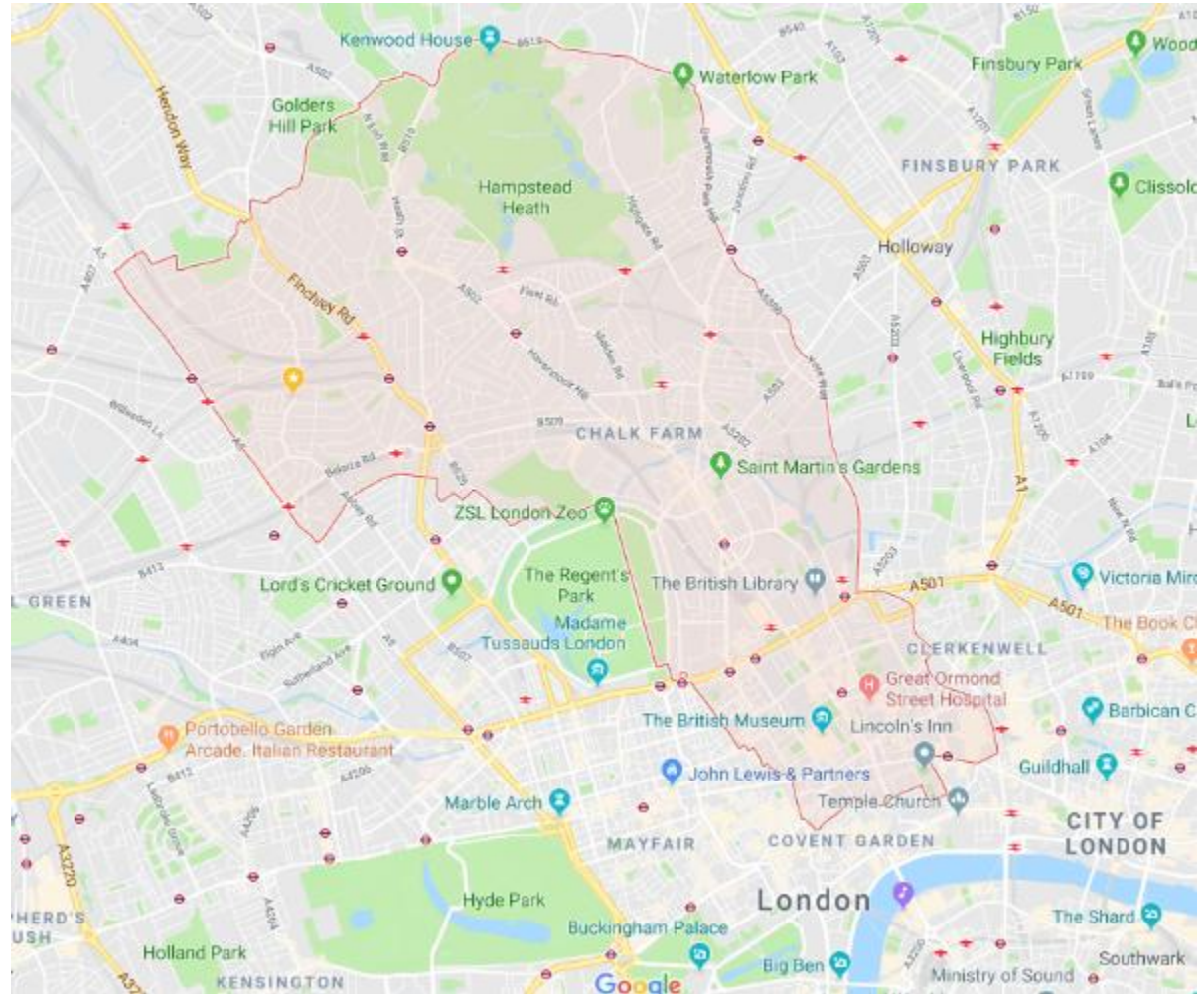


Caroline Birchall, Camden Council

APSE, 27 Nov 2018, London

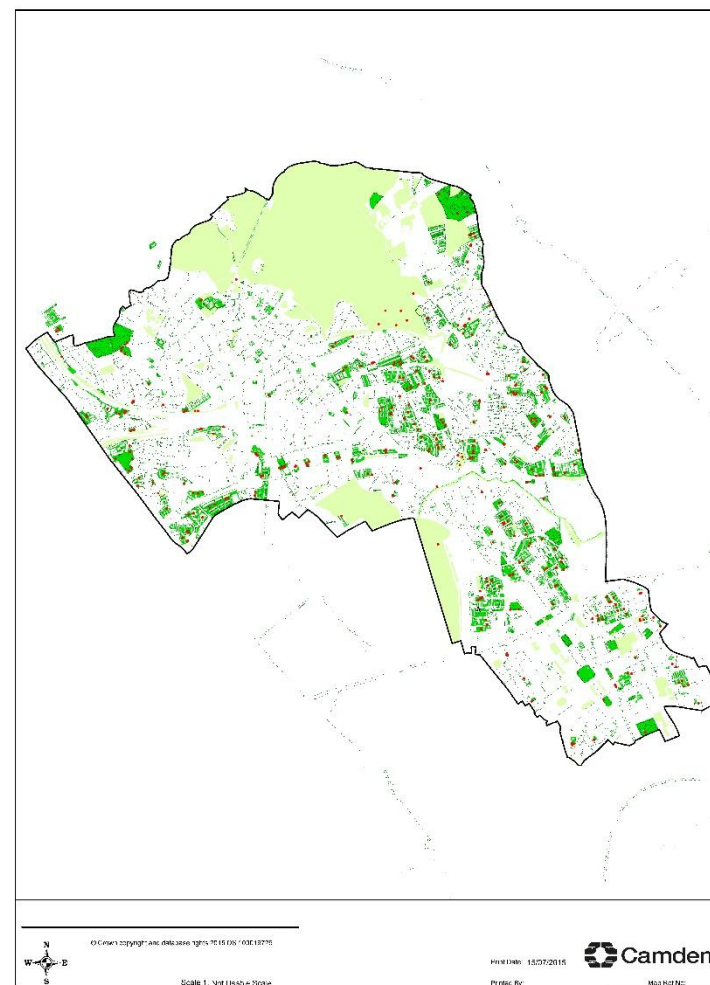
# Camden profile: borough

- 22km<sup>2</sup>
- 1.4% of area of Greater London
- 3% of London's population

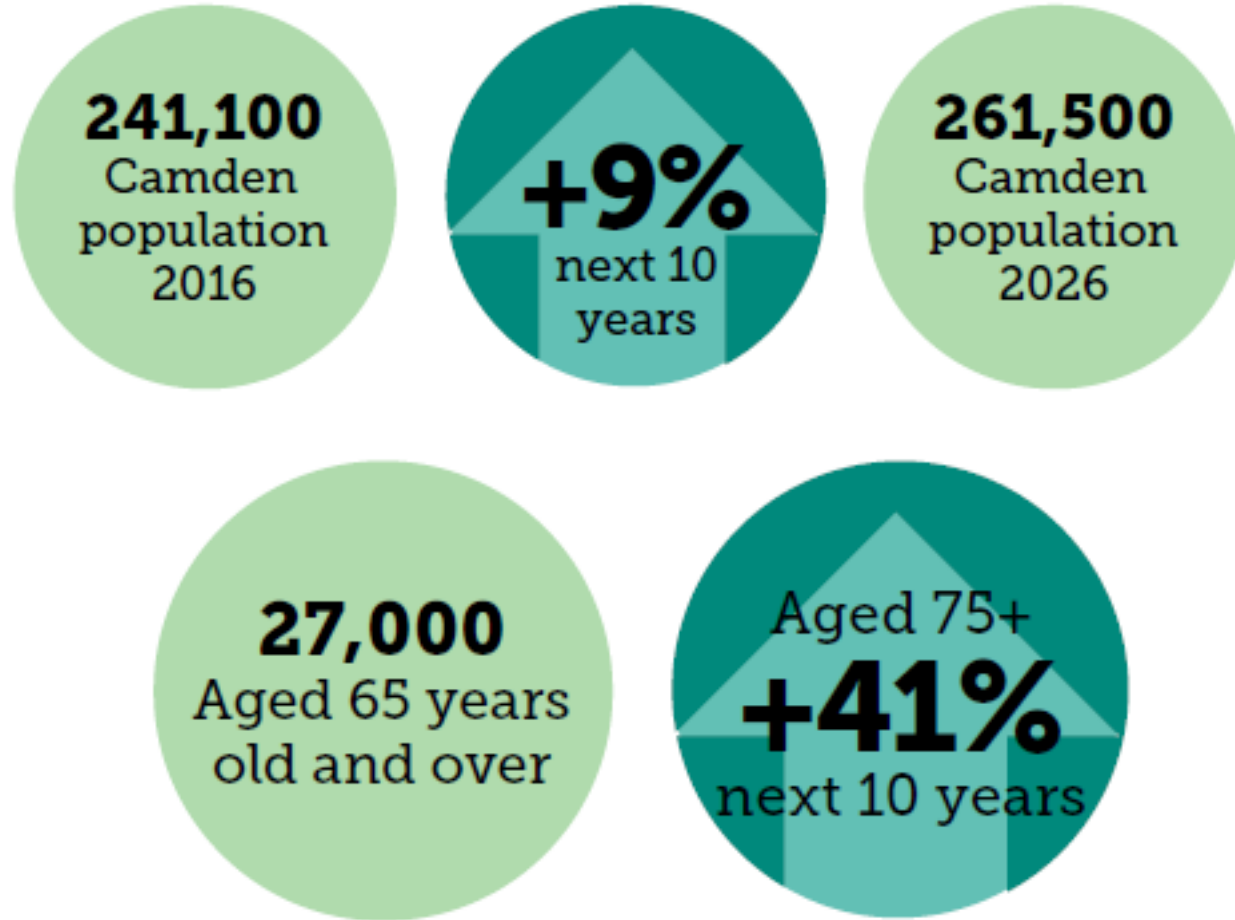


# Camden profile: green spaces

- 75 parks, nature reserves & open spaces
- 45ha plus 50ha housing green space
- 40 Sites of Importance for Nature Conservation
- 4 Local Nature Reserves
- 90% sites are less than 1ha in size
- Mixed typology
- Key destination sites managed by others



# Camden profile: people



# Camden profile: health & wellbeing



Ensuring good  
mental health for all

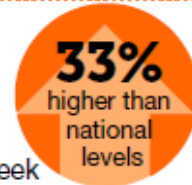
Promoting positive mental health, improving outcomes for people with serious and long-term mental health conditions and preventing suicide wherever possible.

## WHERE ARE WE NOW?

In 2015 in Camden it is estimated that there are:

**OVER 3,200 CHILDREN  
And Young People**

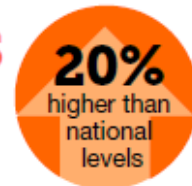
aged five to 16 experiencing mental health conditions during any one week



**ALMOST**

**50,000 ADULTS**

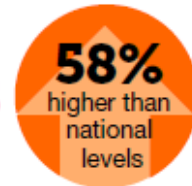
Experiencing  
depression  
and anxiety



**NEARLY**

**3,700 ADULTS**

With a psychotic disorder



**ALMOST 1,600**

Older people with dementia

equivalent to 7% of people aged 65 and over in the borough

**AN AVERAGE OF**

**18 DEATHS A YEAR**

due to suicide and undetermined intent, similar to London and England

# Camden profile: health & wellbeing



Healthy weight,  
healthy lives

Making Camden a place where everyone has the opportunity to achieve and maintain a healthy weight.

## WHERE ARE WE NOW?

The level of obesity and overweight amongst Camden's children and young people is a concern.

In 2014/15, the national child measurement programme for camden showed that

**11%** of 4-5 year olds were

**OVERWEIGHT**

**9%** were

**OBESE**

22% of 4-5 year olds are overweight or obese in London and England

**14%** of 10-11 year olds were **OVERWEIGHT**

**21%** were **OBESE**

37% of 4-5 year olds in London, and 33% across England, are overweight or obese.

Data from Camden GPs show that around

**21%** of adults registered with a Camden GP are

**OVERWEIGHT**

**10%** are **OBESE**

That's equivalent to around 63,000 adults in the borough who are overweight or obese.

# Camden profile: health inequalities



# Camden Health & Wellbeing Strategy

## Our vision

This three-year strategy sets out our approach to improving health and reducing health inequalities in Camden.

It uses three key concepts to help organise our work around the Board's five priority areas - 'promote, prevent, improve':

## Prevent

Act early to prevent health issues from developing and getting worse



## Promote

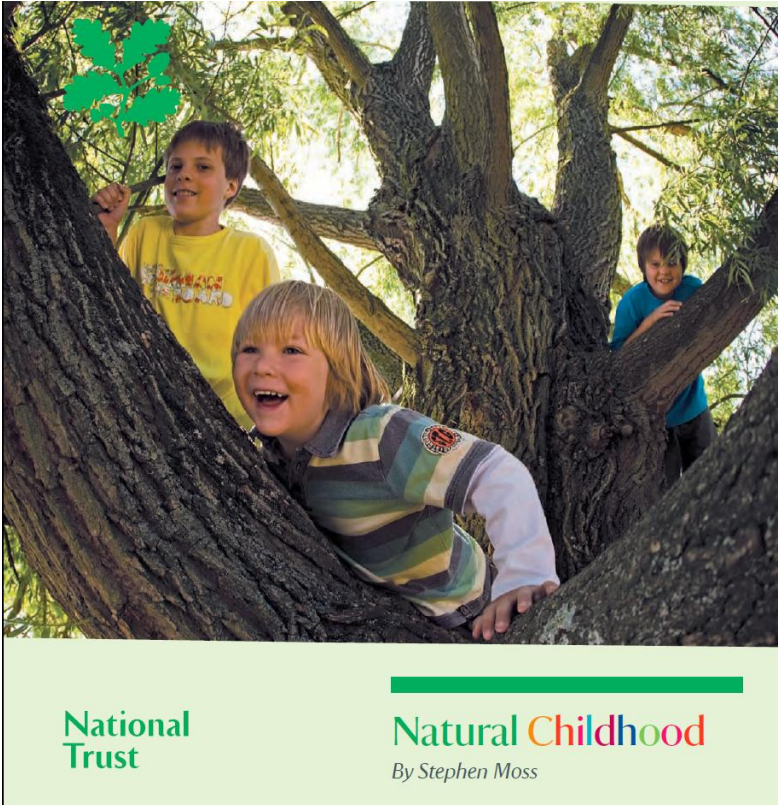
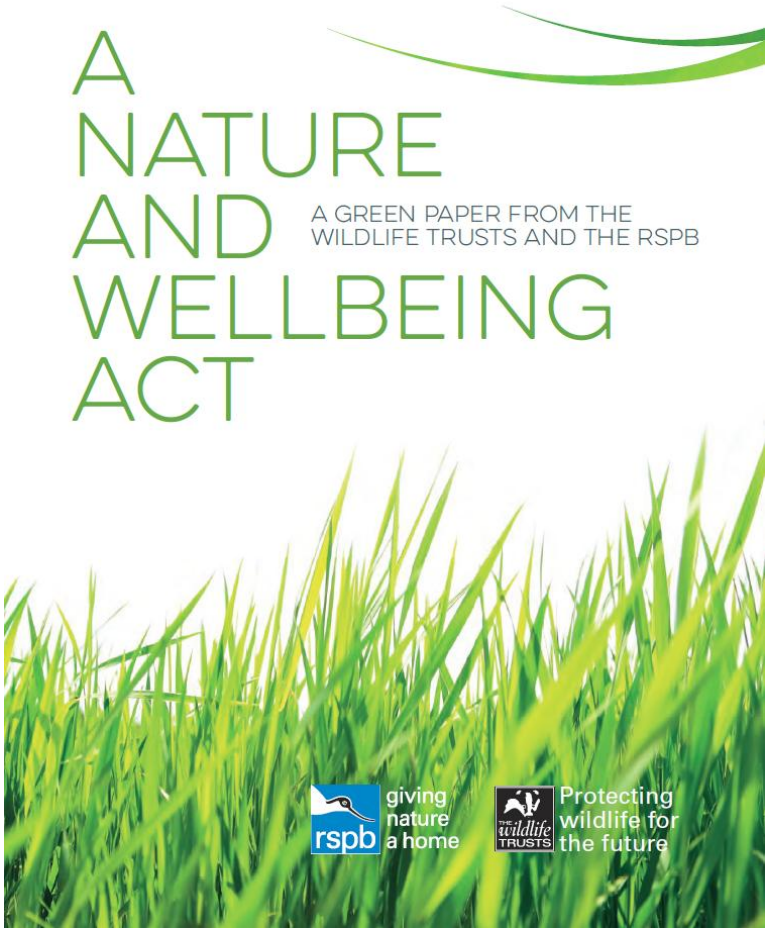
Promote better health so that inequalities do not emerge in the first place

## Improve

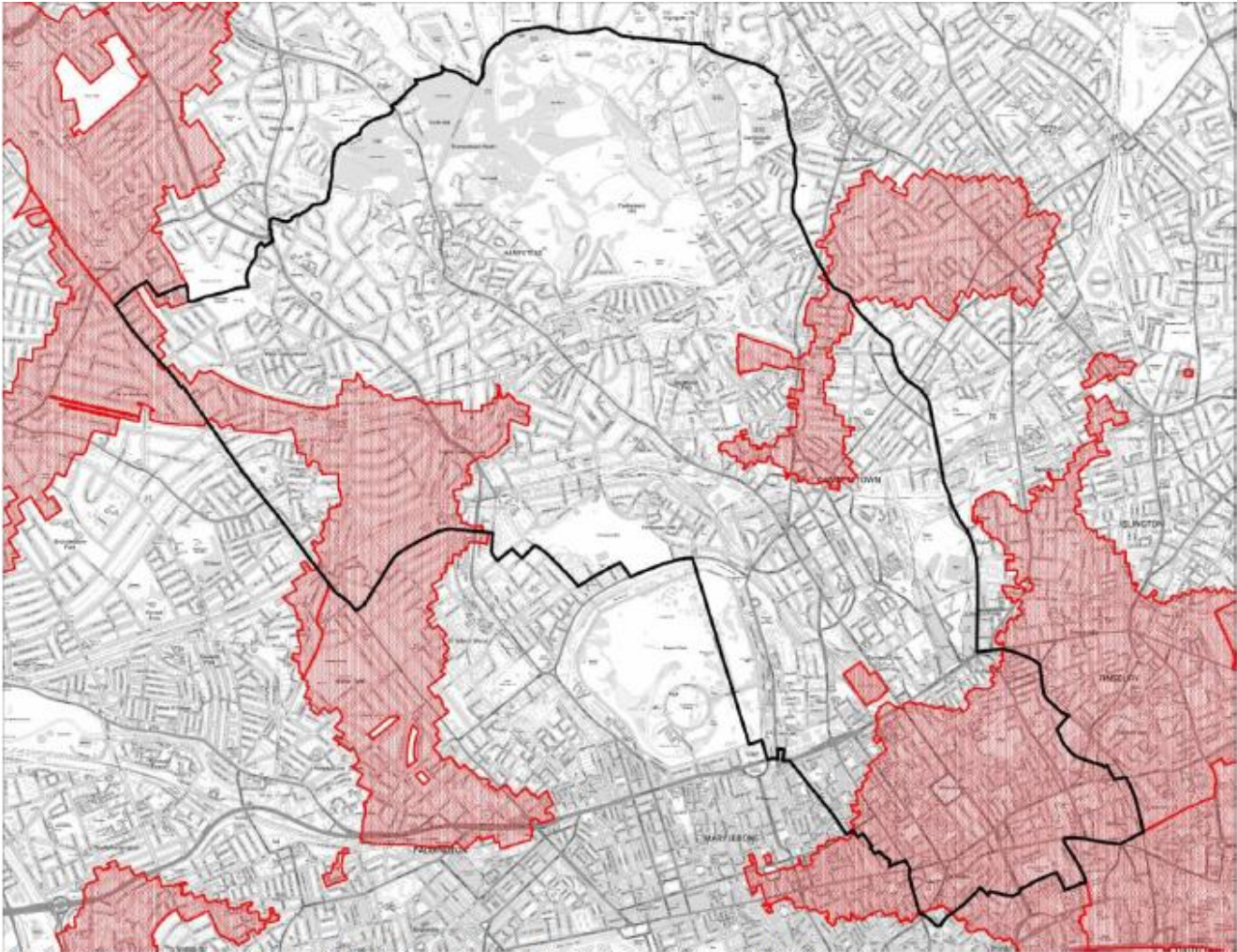
Where problems are established, to provide effective ways to improve outcomes, whether that is by focusing on recovery or helping people to live well with a condition



# Nature deficit disorder



# Camden Areas of Deficiency in Access to Nature



Red shading shows the areas of deficiency in access to the natural environment (more than 1km walking distance from a publicly accessible Borough or Metropolitan SINC)

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# Green Gym: exercise to make a difference

- Created and run by TCV (The Conservation Volunteers)
- Fun, free practical outdoor volunteering
- Emphasis is on health and fitness
- Volunteers warm up and cool down
- Light to vigorous activities to suit all abilities
- More than 100 Green Gyms across the UK
- GP or other health agency referrals or self-referral
- Recognised by the Department for Health
- Supports the Five Ways to Wellbeing
- Ongoing evaluation of health outcomes



# Green Gyms: exercise to make a difference



# Green Gym: benefits & evaluation

## Green Gym:

- provides moderate physical activity: people who are regularly active at this level are 50% less likely to suffer from a heart attack or stroke than inactive people
- reduces social isolation
- physical activity outdoors relieves stress and can help to combat depression
- improves muscle strength, which is particularly important for older people, helping to maintain independence in later life

## Research and evaluation by New Economics Foundation found that

- Green Gym has social return on investment of £4.02 of social value for every £1 invested
- Anxiety drops by 26%
- Wellbeing scores improve by 1/5<sup>th</sup>
- Over 80% of volunteers feel closer to people in their local area
- Participants in Green Gym report feeling fitter and having more energy than before
- Almost a third more calories can be burnt in an hour of some Green Gym activities than in doing a step aerobics class

# Evolution of the Camden Green Gym

- Started in 2008
- 2 days per week 3h sessions
- Habitat management in LNRs
- Dedicated TCV project officer
- Initially a mainstream health programme, funded by NHS
- From 2011 50% funded through s106 50% grant funding secured by TCV



# Camden Community Green Gyms

- First Camden community green gym established in 2013
- Funded during 1-2 year set up
- Dedicated TCV project officer
- Approx. 30k including tools
- 1 session per week
- Develops volunteer leaders and establishes committee
- Independent and self-sustaining
- Three party agreement (TCV, Camden, Community Green Gym)
- TCV Community Network
- Habitat maintenance of LNRs
- Now have 2 community green gyms in maintaining all 3 Camden LNRs and 4 additional nature sites



# Camden Green Gym 2018

- Re-provisioned green gym resource to work in parks and housing estates across borough
- 2 days per week in parks and open spaces across borough
- Total 5 days of green gyms per week
- Aligned to Grounds Maintenance
- Monthly scheduling one month in advance



November 2018

*Join in, Feel good*

Please see reverse for details of meeting points and directions to sites. The different Green Gyms are colour coded.



Dates	Times	Park/Site	Activity	Green Gym
Thurs 01 Nov	10:45am-2pm	Cantelowes Gardens	Meadow Scything	Camden
Fri 02 Nov	10:45am-2pm	Mill Lane Open Space	Autumn Pond Clearance	West Hampstead
Sat 03 Nov	10:30am-1:30pm	Oasis Garden	Food Growing Community Garden	OASIS
Mon 05 Nov	10:45am-2pm	Sunnyside Community Garden	Community Garden	Islington
Tue 06 Nov	10:45am-2pm	Hampstead Cemetery	Bulb Meadow Planting	Camden
Thurs 08 Nov	10:45am-2pm	Highgate Enclosures	Community Wildlife Garden	Camden
Fri 09 Nov	10:45am-2pm	Westbere Copse	Woodland Management	West Hampstead
Sun 11 Nov	11am-2pm	Belsize Sensory Garden & Wood	Woodland Habitat Management	Belsize
Mon 12 Nov	10:45am-2pm	Sunnyside Community Garden	Community Garden	Islington
Tues 13 Nov	10:45am-2pm	Waterlow Park	Habitat Management	Camden
Thurs 15 Nov	10:45am-2pm	Holly Lodge / Langbourne Gardens	Resident Gardens	Camden
Fri 16 Nov	10:45am-2pm	Westbere Copse	Woodland Management	West Hampstead
Sun 18 Nov	11am-2pm	Belsize Senory Garden & Wood	Woodland Habitat Management	Belsize
Mon 19 Nov	10:45am-2pm	Sunnyside Community Garden	Community Garden	Islington
Tues 20 Nov	10:45am-2pm	Charlton House / Somers Town	Community Food Growing & Biological Plant Defence Workshop	Camden
Thurs 22 Nov	10:45am-2pm	Regent's Park	Hedge Laying Workshop	Camden
Fri 23 Nov	10:45am-2pm	Westbere Copse	Woodland Management	West Hampstead
Mon 26 Nov	10:45am-2pm	Sunnyside Community Garden	Community Garden	Islington
Tues 27 Nov	10:45am-2pm	Ingestre Woods	Christmas/Seasonal Wreath Making Workshop	Camden
Thurs 29 Nov	10:45am-2pm	Regent's Park	Hedge Laying Workshop	Camden
Fri 30 Nov	10:45am-2pm	Jane Evans Nature Reserve	Orchard Management	West Hampstead



# Camden Green Gym 2018

- Adds value to grounds maintenance and tree contracts
- Increases nature value of sites
- Increases physical access to nature
- Skills workshops to support community groups as well as individuals
- Coordinates risk assessments for community groups engaged in practical volunteering



# Camden Green Gym 2018

- Focus on health, wellbeing and employability and increasing nature in parks, steering group includes health & social care
- Developing and strengthening health referral pathways, GP prescription pads
- Building green skills and developing employment pathway



# Camden Green Gym celebrates 10 years



 4,010  
volunteers

 1,034 Green  
Gym sessions

 10,635  
workdays

 65 Camden  
sites improved

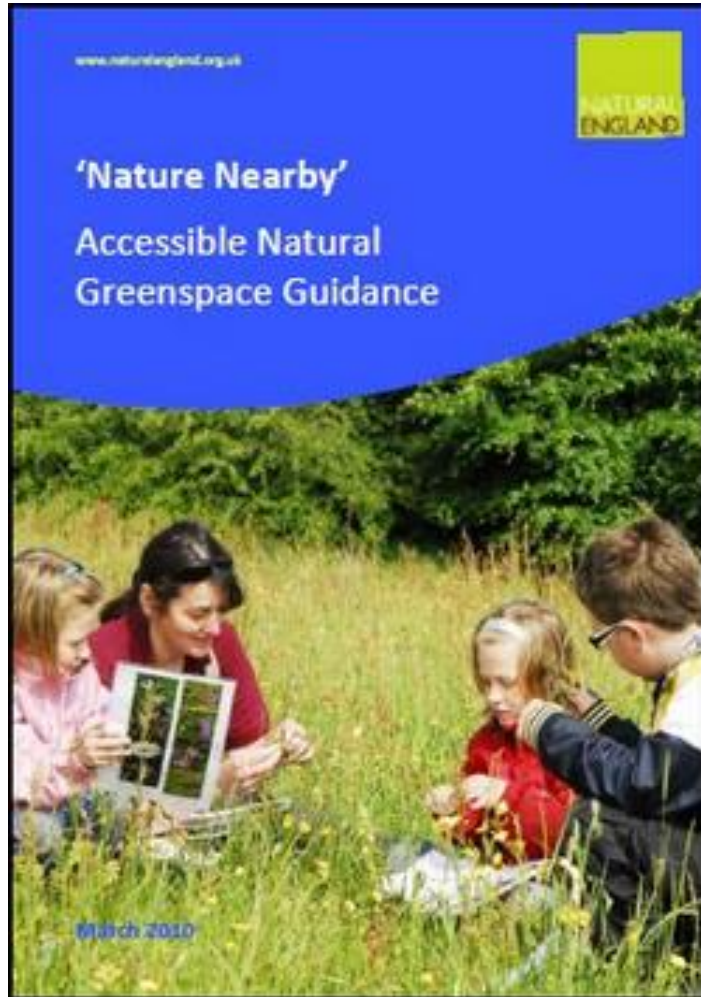
 52 Trained  
Volunteer Officers

10



 @GreenGymCamden  @TheConservationVolunteersLondon

# Camden Green Gym: next steps



Remodelling Camden areas of deficiency in access to nature:

ANGSt: Everyone, wherever they live, should have accessible natural greenspace of at least:

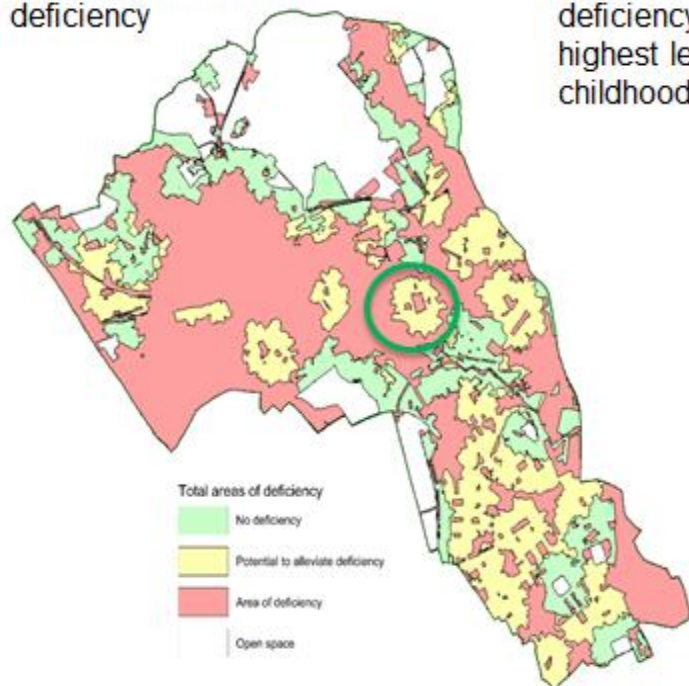
- 2ha no more than 300 metres (5 minutes walk)
- 20ha within two km
- 100ha within 5km
- 500ha within 10km
- minimum of 1ha of statutory LNR per 1000 population

Three underlying principles:

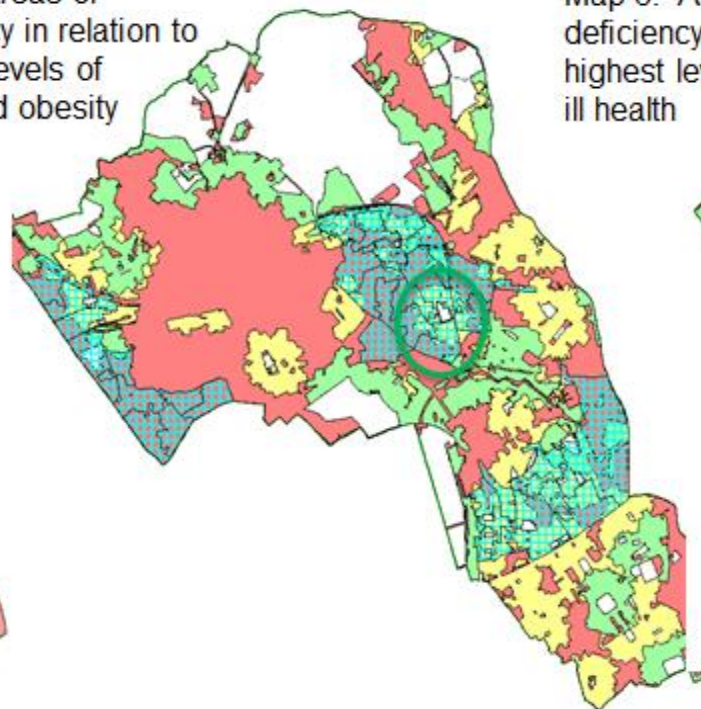
- Improving access to green spaces
- Improving naturalness of green spaces
- Improving connectivity with green spaces

# Camden Green Gym: next phase

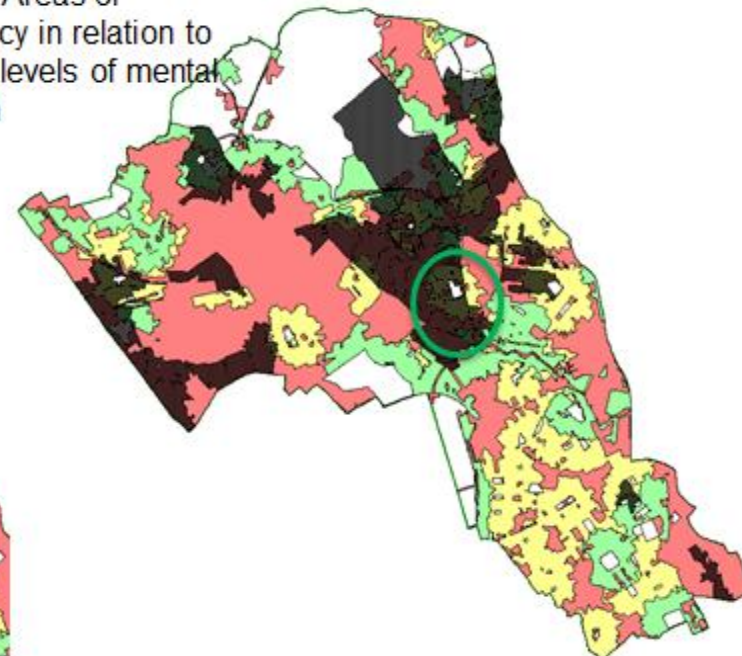
Map 4: Total areas of deficiency



Map 5: Areas of deficiency in relation to highest levels of childhood obesity



Map 6: Areas of deficiency in relation to highest levels of mental ill health



# Other opportunities to support health & wellbeing

- Outdoor gyms, MUGA, tennis
- Walking routes
- Active play
- Relaxation
- Social interaction
- Designing out crime
- Reducing air pollution
- Camden Green Space Investment Programme
- Housing green space



# Other opportunities for green exercise

## Discover a new way to get active

Here's a taster of free and low cost sports and activities throughout Camden to help get you moving more all year round - visit [camden.gov.uk/active](http://camden.gov.uk/active) to find out more.

### Leisure centres

Our leisure centres, run in partnership with Better, offer fully equipped gyms, exercise classes, swimming and children's activities. With concessionary and pay and play memberships, there's an option for everyone.

[better.org.uk/camden](http://better.org.uk/camden)

### Swimming

Kids can swim for as little as £1 during public swimming sessions from Monday to Saturday, throughout the year. If you're a resident over 60, you can swim for free weekdays from 7am to 12 noon. Lessons are also available for children and adults.

[camden.gov.uk/swimming](http://camden.gov.uk/swimming)

### King's Cross Pond Club

Dip into the UK's first ever man-made fresh water public bathing pond.

[kingscross.co.uk](http://kingscross.co.uk)

### Cycling

We run free cycling courses for adults and children at Haverstock Cycling Hub.

[camden.gov.uk/cycling](http://camden.gov.uk/cycling)

### The Armoury and Central YMCA

Find out about memberships and classes at our partner leisure centres:

[jubileehalltrust.org](http://jubileehalltrust.org)  
[ymca.co.uk](http://ymca.co.uk)

### Hampstead Heath Ponds and Lido

Swim in the open air at the Ladies' Pond, the Men's Pond or the Mixed Pond, or try the unheated outdoor Parliament Hill Lido.

[cityoflondon.gov.uk/hampsteadheath](http://cityoflondon.gov.uk/hampsteadheath)

### Tennis

Play tennis with friends in our parks.

[camden.gov.uk/tennis](http://camden.gov.uk/tennis)

### Outdoor gyms

Our free to use outdoor gyms have the same equipment as indoor gyms, with user-friendly diagrams on-site.

[camden.gov.uk/outdoorgyms](http://camden.gov.uk/outdoorgyms)

### Canteloves Gardens Skatepark

Get active with friends at our skatepark.

[camden.gov.uk/parks](http://camden.gov.uk/parks)

### Disability sport

We run activities for people with disabilities of all ages, including swimming, bocce, adapted cycling and a free weekend hub for young people.

[camden.gov.uk/disabilitysport](http://camden.gov.uk/disabilitysport)

### Green Gyms

Green Gyms are a great way to get outdoors, meet new people and improve local green spaces, while getting active for free.

[tcv.org.uk/camden](http://tcv.org.uk/camden)

## Our regular sessions include:



### Health walks

Join free weekly walks to meet new people and boost energy levels in a friendly environment.

[camden.gov.uk/activehealth](http://camden.gov.uk/activehealth)



### Later Life sessions

Our adapted exercise, tai chi or yoga classes can help you improve mobility and strength in later life.

[camden.gov.uk/activehealth](http://camden.gov.uk/activehealth)



### This Girl Can

We're supporting Sport England's This Girl Can campaign. Find out about women's sport and physical activity sessions at:

[camden.gov.uk/activehealth](http://camden.gov.uk/activehealth)



### Gospel Oak, Kilburn, Regent's Park and Somers Town community sessions

Try a range of free sports sessions on your doorstep, including basketball, table tennis, football and more.

[lovecamden.org](http://lovecamden.org)





[tcv.org.uk/london/green-gym-london/camden-green-gym](http://tcv.org.uk/london/green-gym-london/camden-green-gym)

[camden.gov.uk/wildlife](http://camden.gov.uk/wildlife)

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