

ORLANDO RUTTER

DARTMOOR NATIONAL PARK AUTHORITY



Dartmoor – naturally healthy

Orlando Rutter

Senior Learning & Outreach Officer

Leather Tor © Thomas Dobner

Nothing new under the sun...



Nothing new under the sun...



“Send your children out to renew themselves, so to speak, send them to regain in the open fields the strength lost in the foul air of our crowded cities”

Rousseau 1762

Émile, or Treatise on Education



Braunton Burrows.

We have identified seven inter-connected priority themes as the focus for our work. All help to meet Natural Devon's three main aims. These themes were identified following consultation with Forum members in 2012 and 2013. They will be amended as necessary to reflect current issues.

A detailed delivery plan will be produced and will be available on our website.

Naturally healthy

Vision: Everyone in Devon has the opportunity and the confidence to be 'naturally active' in order to improve their health and wellbeing.

Green connections

Vision: High quality Green Infrastructure is integrated into and connects all housing and commercial developments helping Devon to be known as a great place to live, work and do business.

Outdoor learning

Vision: People of all ages regularly interact with Devon's natural environment as an integral part of lifelong learning.

Farming with nature

Vision: Devon's prosperous and productive farming economy meets our production needs, supports communities and protects and enhances the environment.

Wood for good

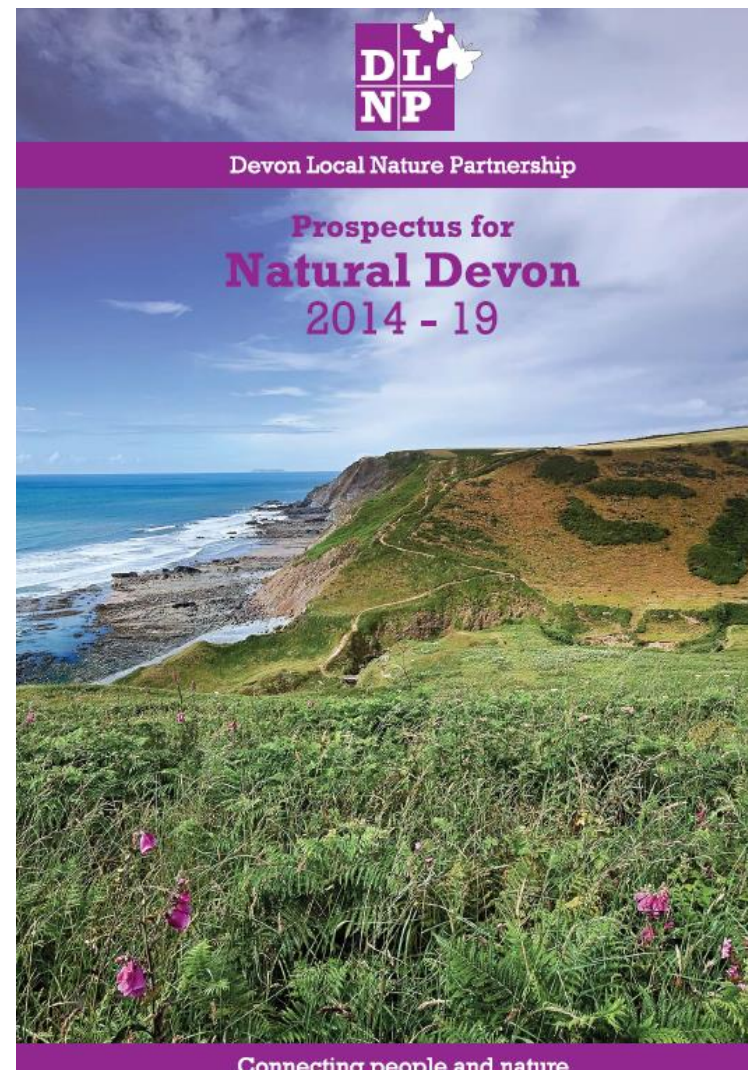
Vision: Devon's woodlands and hedges are sustainably managed and rich in wildlife through being re-connected to the local economy and local communities.

Resilient wetlands

Vision: Devon's wetlands and watercourses provide resilience to flooding and drought, healthy fisheries and wildlife habitats, fantastic recreational opportunities and a clean water supply.

Sustainable seas

Vision: Devon's world-class coast and marine environment is wisely used and provides a sustainable living for local fishing communities, a home for an impressive variety of wildlife, and an attraction to millions of visitors and residents.

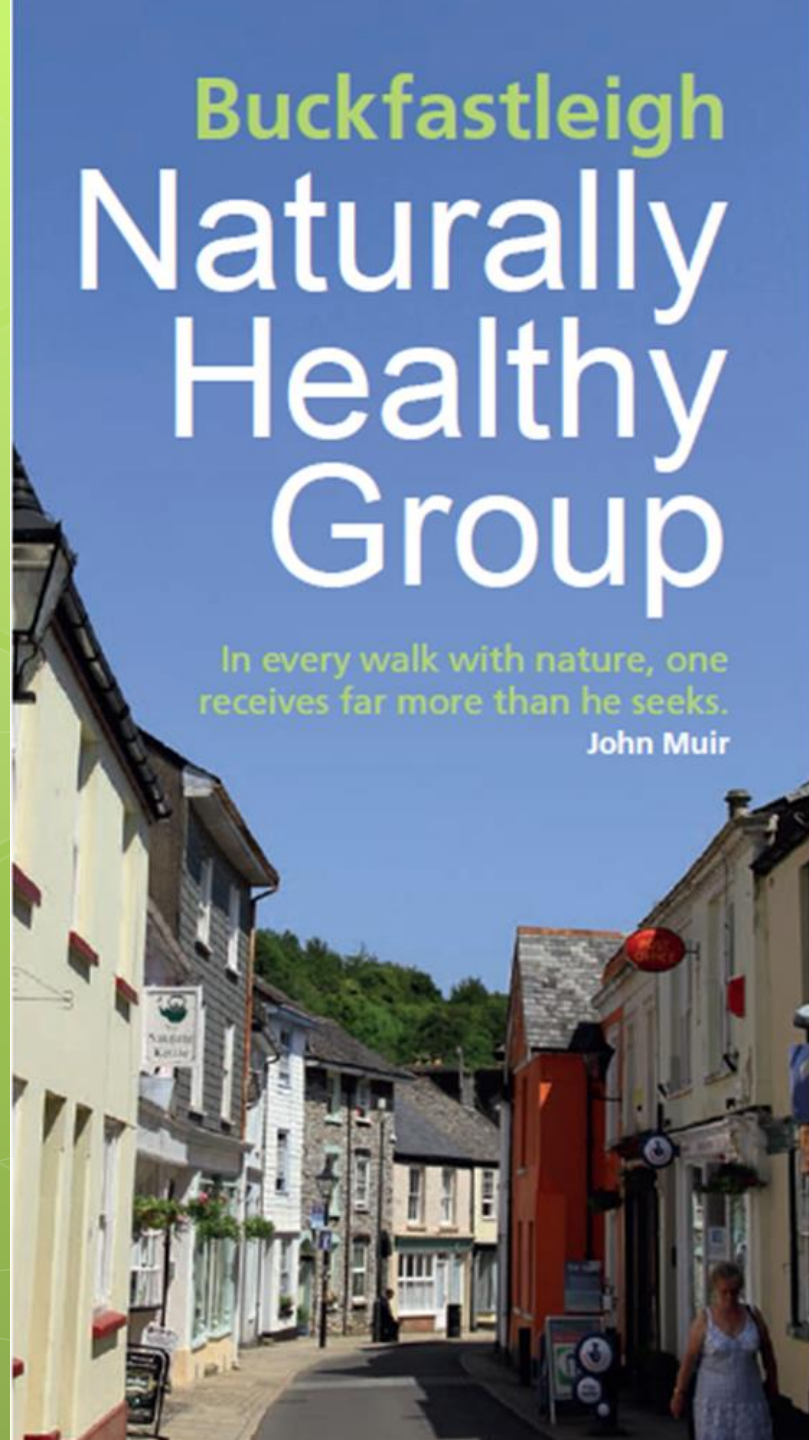


Everyone in Devon has the opportunity and confidence to be 'naturally active' in order to improve their health and wellbeing.

Buckfastleigh Naturally Healthy Group

In every walk with nature, one receives far more than he seeks.

John Muir





A pilot...and Action Research

- to determine the health and wellbeing benefits of visiting Dartmoor National Park;
- to link GPs in a small pilot area with the National Park Authority through exploring a 'green prescription' programme;
- understand the barriers all stakeholders face
 - community and individual barriers to accessing the natural environment;
 - health professional barriers to prescribing;
 - National Park (environment provider) barriers to making the connections to communities and GPs.



Buckfastleigh Naturally Healthy Project

- Champion Dartmoor's natural environment as a way of promoting health equality and improving health
- Focusing on:
 - Those at risk of, or suffering from, poor health, in order to reduce dependence on treatments and health services
 - Those who do not currently engage in the natural environment
 - Children and young people, along with their families and schools



Naturally Healthy Group

- Weekly activities alternating
 - Walking For Health
 - Activities i.e. Forest Chi, arts days, electric bikes, Mindful Walks, visits to places of interest, Basket Weaving, Foraging, Ecology and historical trips
- On-going Community Engagement model
- Action Research – formative and summative



Learning from all activities

- Being part of a group was important overcoming some of the fears about Dartmoor
- The social relationship building is the predominant positive outcome for participants
- Trying out new activities increased participants self-confidence
- Partners on-board but very limited capacity to deliver - & at times can drop off with no warning!
- Importance of a Coordinator –
 - for both participants & partner organisations
 - having someone lead
 - make decisions about where to go
 - arrange activities



Challenges

- Time consuming
- Dead ends
 - many more organisations were contacted and meetings held but no further development
 - mainly seemed to be resource driven
 - despite support from local surgery no 'green prescriptions'
- Difficulty in sustaining commitment from partner organisations for unsupported visits
 - larger organisations focus on Government defined targets





It takes **time**

1. Time for people to understand what you are trying to do
2. Time to build relationship and confidence in the project



Its takes **variety**

1. variety of engagement communication methods
2. variety of activities

1. **People** need encouragement to become motivated
2. People need support to overcome fear and lack of confidence
3. People need practical support which gives them the opportunity to help others – car shares were an important part of the project
4. People need people – like them, trusted
5. People need cake!!!!





Research Evaluation – Plymouth University

**RESEARCH
WITH
PLYMOUTH
UNIVERSITY**

- Explore similarities and differences, successes and challenges across and within the two projects (Naturally Healthy in Dartmoor National Park and Moor to Enjoy in Exmoor National Park)
- Identify recommendations for practice for the projects and for future development
- Both projects adopted different recruitment and delivery strategies providing opportunity to learn from commonalities and differences across projects

Sense of belonging (52 NH; 17 MTE)



Enjoyment (52 NH; 20 MTE)



Learning (18NH; 49 MTE)

The **top four** participant outcomes across both projects



Relaxation (27 NH; 17 MTE)



Dartmoor: Overall the three year project achieved against the original objectives:-

- There was a greater understanding of barriers and opportunities faced by the three major stakeholder groups (medical professionals, people who might benefit and by us as green infrastructure providers)
- A variety of routes to access 'natural wellbeing' and ways of delivering activities were piloted with clear measurements of efficacy
- A well-defined exit strategy with legacy was developed in the final 12 months of the project which established the self-perpetuating *Buckfastleigh Naturally Healthy Group*



Stakeholder views

1. A 'softer', **more informal and personalised** referral process is more successful than a formal green prescription service.
2. Important that **trusted referrers are well-informed** about programmes, individual needs and suitability
3. **Transport issues** present a major barrier and need to be built in to the design of programmes
4. **Gradual approach** to stretching comfort zones of participants, matching needs to activity and level of challenge
5. Projects need to be reaching the 'inactive' to be regarded as most effective by the funders. **Tiered system of referrals may be most effective.** Self referral – mild to moderate conditions with prescriptions for severe and enduring.



Resources – available at:

<http://www.dartmoor.gov.uk/enjoy-dartmoor/outdoor-activities/naturally-healthy>

MOOR HEALTH AND WELLBEING

An evaluation of two National Park projects:
Dartmoor Naturally Healthy and Exmoor Moor
to Enjoy
January 2018



Sarah Howes, Andrew Edwards-Jones and Sue Waite



MOOR HEALTH AND WELLBEING TOOLKIT



Sarah Howes, Andrew Edwards-Jones and Sue Waite



Naturally Healthy Project
Summary Report
April 2018



So what ...for the future?

Future Trends: Innovating to grow participation in sport and physical activity.
Sport+Recreation Alliance

five key trends identified are:

- **The Quantified Self** – The use of technology to collect, analyse and interpret data about movement and performance.
- **Game on** – The incorporation of playfulness into mainstream products, services and retail contexts.
- **Healthy hedonism** – The increasing expectation that healthy behaviours should be fun. Consumers no longer want to make a choice between enjoyment and sensible choices.

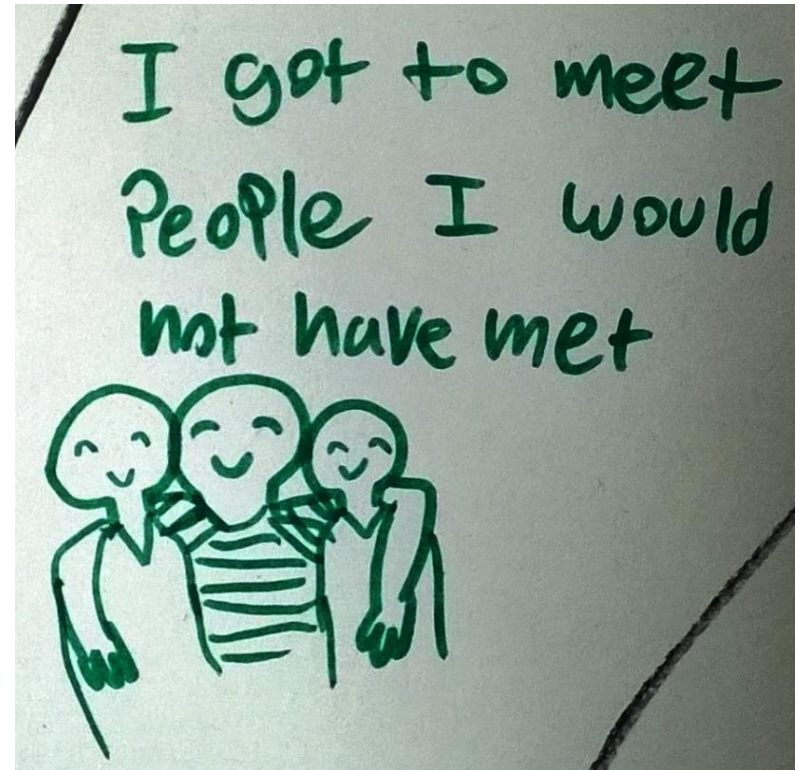


- **Performance perfection** – The use of social media to broadcast views and experiences and interact with others with similar interests.
- **Cult of the home** – The increasing role that our living rooms play as attractive spaces in which to socialise and engage with sport and recreation.

So what ...for *our* future?

***And what have we seen...
anecdotally, through personal
observation and practice...***

- The growth of demand for commodified experiences
- The need for 'hand-holding' in the face of lack of confidence
- Variety of activities are important to reach people: 'speeding up' vs. 'slowing down'
- The importance of partners trusted by participants, to reach new audiences
- While 'health' motivates some – all want to be 'part of something' and make personal connections
- Gender imbalance in uptake
- The change in perspective from clinical commissioners



***“When you are indoors all your problems just
bounce off the walls***

whereas when you are outside they just fly away”

