

## **PRESS RELEASE**

**From:** Cllr David Hughes,  
Chair of Tywardreath and Par Parish Neighbourhood Plan Steering Group

### **Blue Green Health – the way ahead for Cornish Communities**

Tywardreath and Par Parish is focusing on the Environment, Employment and Health and Wellbeing as part of its Neighbourhood Plan.

On Wednesday 4<sup>th</sup> July some 20 + organisations including Eden on Prescription, the Environment Agency and many local groups and organisations came together for a workshop led by Dr Ben Wheeler from the University of Exeter to discuss Blue Green Health: a new approach to health and prescribing that has the potential to offer communities in Cornwall both health benefits and new employment opportunities.

Blue Green Health focuses on the proactive use of blue and green spaces for individuals who have a range of health issues such as diabetes, heart disease, obesity, social isolation and depression. Blue space covers everything related to water both coastal and inland: sea, lakes, canals, rivers. Green space includes parks, nature reserves, allotments, gardens, in effect any open, accessible green areas. These programmes use low level physical activity, often in a group setting, to improve health outcomes, while reducing patients' recourse to conventional drug therapies.

The Chair of the Steering Group, Cllr David Hughes, stated:

“The starting point for these ideas was an initial survey of residents, when over 80% of respondents rated the following features as very important: “protecting our beaches”; and “protecting landscape, wildlife and habitats.” We are fortunate in that we have accessible, flat sites along Par Canal, at Par Duck Pond, at St Andrew's Nature Reserve and in the Par Beach area. In light of the fact that Cornwall is at the forefront of new Blue Green Health, these community assets offer a unique opportunity for our Parish, both in terms of improving health and wellbeing, offering a potential bonus of new jobs in sustainable health related tourism and as a means of attracting new forms of investment.”

#### **For more information contact:**

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The Blue Green Workshop was held on Wednesday 4<sup>th</sup> July 2.00pm to 4.00pm at the Scout Hall, Moorland Rd., Par PL24 2PA