

A blurred red and blue train is captured in motion, crossing a bridge. The background features trees with autumn foliage and pedestrians walking on a sidewalk. The scene is set in an urban environment under a clear blue sky.

unleashing health by design

BDP

A blurred red and blue train is crossing a bridge in an urban setting. The background features trees with autumn foliage and pedestrians walking on a sidewalk. The text "integrating health and wellness with ecology and economy" is overlaid in white serif font.

integrating health and wellness
with ecology and economy



healthy landscapes
healthy communities

a part of the problem is that



Press release

6 million adults do not do a monthly brisk 10 minute walk



and 20% of the UK's middle aged population are classed as completely inactive!!!

but there are solutions out there



a new place to live work and play

and there's much to be positive about



from an environmental perspective the UK knows how to make big changes and has done it before!



home and away – we share similar problems



We all eat and drink too much of the wrong stuff.....and exercise too little!



but solutions are being explored – Healthy Christchurch Charter



Christchurch CBD Early 2011

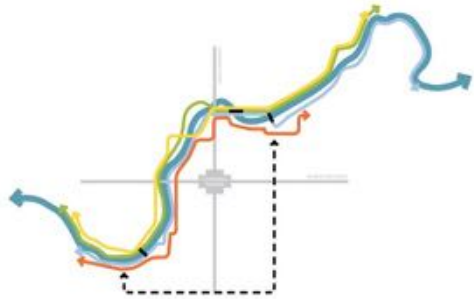


Christchurch CBD 2014

but solutions are being explored – post earthquake approach



avon river precinct christchurch



sharing the space available

avon river precinct christchurch



closer contact with nature

avon river corridor christchurch



pedestrians first

avon river precinct christchurch



sharing road space

avon river precinct christchurch




punting?!!!

But plenty of opportunities at home - Ladywell Fields Lewisham



There's a whole new
LADYWELL FIELDS

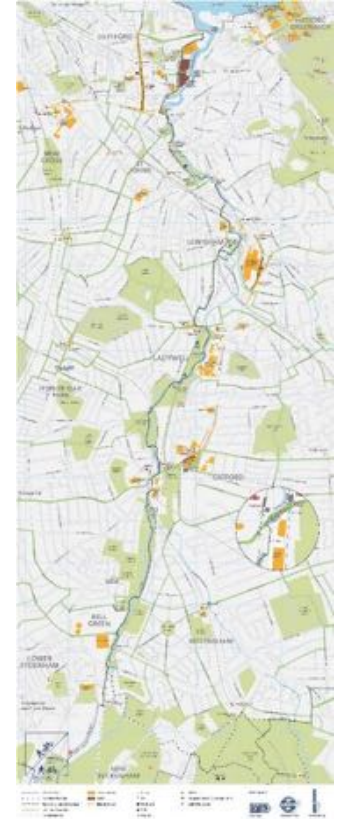


Including:
New walking routes
New access to the River Ravensbourne
New adventure playground
and sports courts

Join the celebrations:
Saturday 28 May, 12 noon-3pm
by the Mayors Road entrance, near the coriander bridge

LEWISHAM IS CHANGING
New parks and public spaces have been
new community facilities and new
www.lewisham.gov.uk/regeneration

walk4life | Lewisham Community Trust | Lewisham Council



people, nature and exercise

Ladywell Fields Lewisham - QUERCUS



walk 4 life

walking, cycling, meeting friends

Cornmill Gardens



transforming liabilities into assets

At Cornmill Gardens



creating an amenity and bringing nature back into the city

At Cornmill Gardens



encouraging play, exercise, meeting, or just enjoying nature

New Cross Station.....Deptford High Street



Margaret McMillan Park

connecting places



Margaret McMillan

building on the past

Margaret McMillan Park



walking, meeting, play

Mountsfield Park



strengthening communities

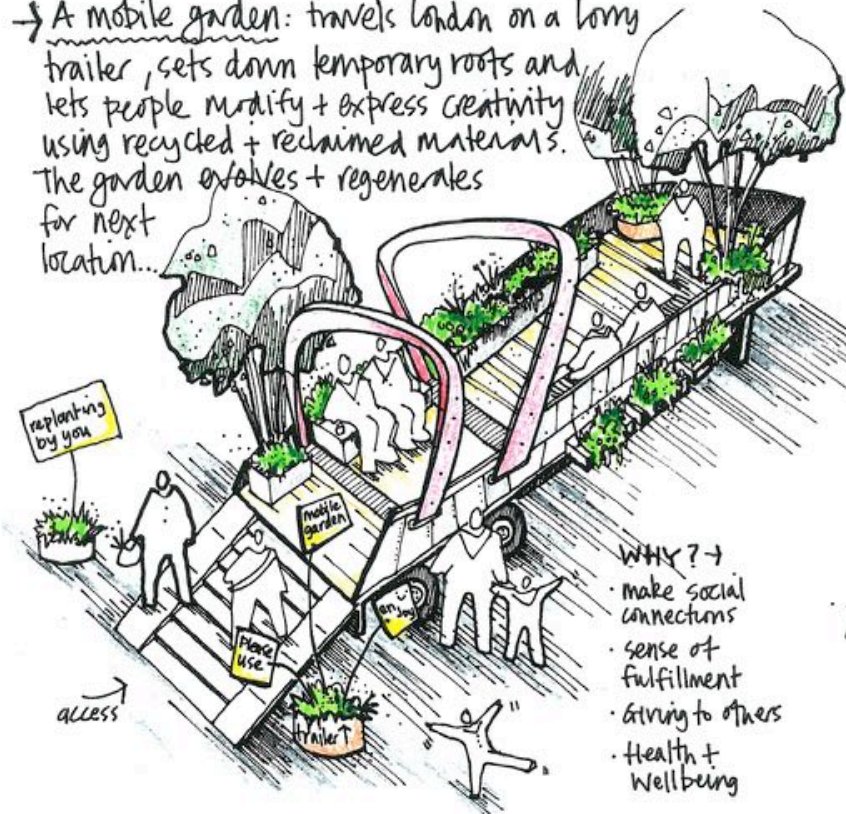
Mountsfield Park



activity, learning and enjoying the outcome

Trailer trash!

→ A mobile garden: travels London on a lorry trailer, sets down temporary roots and lets people modify + express creativity using recycled + reclaimed materials. The garden evolves + regenerates for next location...



WHY? →

- make social connections
- sense of fulfillment
- giving to others
- Health + Wellbeing



explore and innovate

Hoe Stream Woking



be creative with funding

THE HOE STREAM RESTORATION PROJECT: HAVE YOUR SAY

The Haze Stream Restoration Project is a multi-agency scheme that takes an integrated approach to ecosystem design and management. There are a number of key reasons why Woking Borough Council is undertaking this initiative:

What are you looking for?

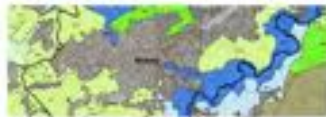


Identify with previous software/priori stated

The Council is seeking to reduce long-term pollution of the surrounding countryside and strengthen wildlife habitats.

In seeking to build on the successes delivered by the first phase of the scheme in the Woodfield area completed in 2012 by extending further unarmoured pipes to areas both upstream and downstream of the existing scheme.

This will ensure that the natural corridor linking Old Woking and Weyford is fully integrated with local infrastructure and reinforced as a desirable place to visit and travel through.



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A significant analysis of research has been carried out and collected as part of the initial stage of the project to provide an informed assessment of the proposals that can be discussed and to highlight any constraints.

A series of ecological surveys have also been carried out. These include mammal, fish, water chemistry surveys and phase I habitat surveys. Through this combined data, it has become evident that there is declining in terms of ecology and it is habitat. The Great Ouse has not reached flood status in terms of the Water Framework Directive and the phase I is also being impacted by non-native invertebrate species such as *Notonecta* (backswimmers), *Hydrotus* (aquatic beetles) and *Agabus* (ground beetles) and has also dried nearly 100% in sections.

The project has the opportunity to address these issues through ecological studies, both along and away from the coastline.



It's not an alternative

The project is to be carefully designed so that it better reduces flood risk to properties in the surrounding area, it will increase water 'high flow' (flooding conditions) but also the impact of water 'low flow' (average conditions) will not have a significant impact on the low water level and its ecology. It will incorporate dual functioning measures to help mitigate the impact of both conditions on the river area.

These measures will help reduce flood risk. And at the same time, also provide other quality and ecological benefits. They can reduce sulphide and metal loads to the surface water itself and overflow from the sewer system and alternative basins (leads to more green water which is then released back into the river at a downstream). Two-stage channels can provide extra capacity during a storm-event and flood mitigation can back into the sewerage can provide further protection and ecological benefits, as well as more nature for cities.

The project also presents the opportunity to test the relevance of the (S)S-Risk dimension toward specific mental health management.



It's always a fulfilled requirement

There are significant areas of valuable existing heritage and buildings around the square within the project area. But the Council want to retain and enhance it through its design.

Abstract: The analysis and survey data indicates that there are cultural issues within the Iron Valley that are suitable for ecological enhancement. The area has the potential for improved habitat for species including bald eagle, osprey, loon, muskrat, porcupine, fisher, and moose.

There is the opportunity to improve this through a combination of some written and adjacent to the watercourse. Non-thermal measures include two-stage channels, in-stream bank works and vegetation management. Storms adjacent to the watercourse include reduction of the Environment Agency over all the riparian and of the scheme, inclusion of river ponds, road beds, wetland planting, wet meadows and management of the existing meadows, channels and channels.

The impact of tourism operators will help improve habitat conditions and some guests will continue to have restricted public access to maintain the ecological integrity of the river valley.



Extends the pedestrian and cycle network

There is growing pressure to take the next step by building a more efficient sustainable transport corridor by enhancing the existing pedestrian and cycling network to improve connectivity, especially in terms of connectivity across along the New Braun corridor from Smart's Land Prep Phase to Midway South Center and Old Midway.

It is vital that *Hydrobia ulvae* is not susceptible to another species and outbreaks throughout the year, affecting the whole community is able to control the tide water environment.

Transport works with existing urban areas along the length of the scheme to provide direct, safe and attractive routes between local communities and other green infrastructure sites (urban and proposed) across the area. Works to the transport network will be considered holistically with the ecology wherever they overlap.



Water Quality and Flow

The water quality data collected by the Iowa Stream shows it requires improvement. The goal is a chance to achieve this through engineering the flow of the river and controlling pollutants entering the waterways.

A number of sections of the road are too wide, often caused by erosion, which is preventing adequate water flow, with rising stream sections causing significant erosion and migration, reducing both the quality of the water and the ecological habitat. There is the potential to reduce the width of certain sections of the infrastructure, to improve the flow and therefore the quality of the water environment in these areas.

In addition to water flow changes, there are a number of factors which hot water and surface water outfalls from the Thomas Lane network are discharged into the estuaries. These four can contain highly polymers that can cause significant harm to the water environment, the impact of microplastics, chemicals and used bath water. The treated can also serve as an effective way of treating household waste water that are discharged back into the watercourse.



negative educational experience

The Council wants to create and enhance opportunities for design, education and community groups to participate. The plan includes the creation of a design and community council to coordinate and promote the plan's goals and objectives.

There are a number of educational establishments within 1 km of the River Street and the project has potential to provide a number of leisure facilities, outdoor signage adjacent to the waterfront. These could include dining pavilions, afternoon tea, outdoor classrooms, nature walkways and interactive trail alongside the river walk at Millers.

Fluoromys Naturals will go to its intensive wherever possible to protect all ages and can also be located to suit adult users. Providing information on the habitats and species that can be found within the New Valley and provide information on why certain features have been incorporated into the Scheme and the benefit they provide for the natural environment.



Protein community network

In addition to improving the working, training and replacement experience, a number of queries among the new fitness should allow for greater use by the local community.

These spaces will need to be creatively designed and located to reach widely, offer the ecological enhancement promised but not vehicle jams and parking, green, shopping, and home, the multiplier of green philosophy offering natural pity and fitness trade.



mitigate flood risk, enhance habitat

Hoe Stream

'Enhance the pedestrian and cycle network
There is potential for the Hoe Valley to become a more efficient sustainable transport corridor by enhancing the existing pedestrian and cycling network to improve connectivity, especially in terms of continuous access along the Hoe Stream corridor from Smart's and Prey Heath to Woking Town Centre and Old Woking. It is vital that footpaths / cycle way are accessible for wheelchair users and pushchairs throughout the year, ensuring the whole community is able to benefit from the water environment.
Footpaths will link with existing urban areas along the length of the scheme to provide direct, safe and attractive routes between local communities and other green infrastructure sites (current and proposed) across the area. Works to the transport network will be considered holistically with the ecological enhancements proposed'.

THE HOE STREAM RESTORATION PROJECT: HAVE YOUR SAY

what are we trying to achieve why are we doing this?

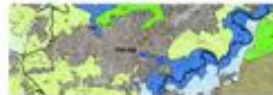


City with previous enhancement works

It is Council's intention to make a long term addition to spaces and enhance the public realm and character of the Hoe Valley.

Working in the future, this scheme delivered by the first phase of the scheme in the Hoe Valley area, will be a further enhancement to the public realm and character of the Hoe Valley.

It will ensure that the natural character of the Hoe Valley is fully integrated with the urban environment and the public realm.



Based upon research and analysis

A strategic plan, which has been developed and adopted as part of the first stage of the project to provide an integrated approach to water resource design and management.

A series of existing and proposed works have been carried out. These include: new, water resource areas and other flood storage through the Hoe Valley area, which are designed to provide a high level of flood protection.

The project is to be carried out in a number of phases, with the first phase being the most significant. This will involve the construction of a new weir structure, which will provide a high level of flood protection.

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Flood risk reduction

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Ecological habitat improvements

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Enhance the pedestrian and cycle route

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Improve environmental assessment

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Provide community recreation

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but also encourage walking and cycling

Green Spine Church Street Westminster



lots of road and few amenities

Green Spine

Families



Residents



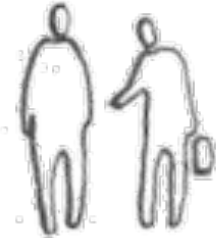
Visitors



Elderly



Workers



understanding the needs of the whole community

Green Spine



mind



body



soul

addressing all the needs

Green Spine



bringing nature into the heart of the community

Green Spine – setting objectives



setting the objectives

Green Spine – setting objectives



pedestrians before vehicles

Green Spine – establishing a vision



The Vision



where people come first

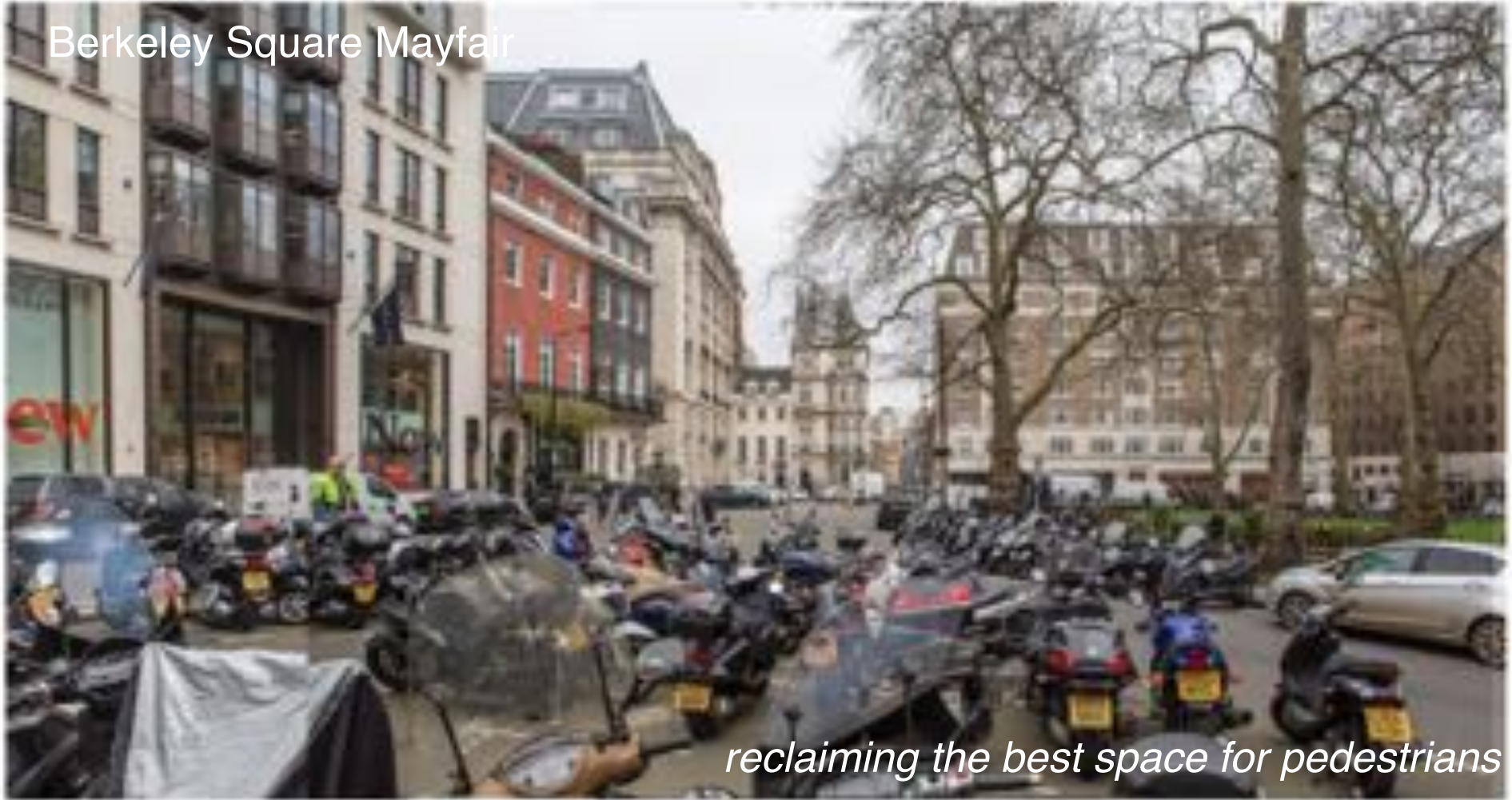






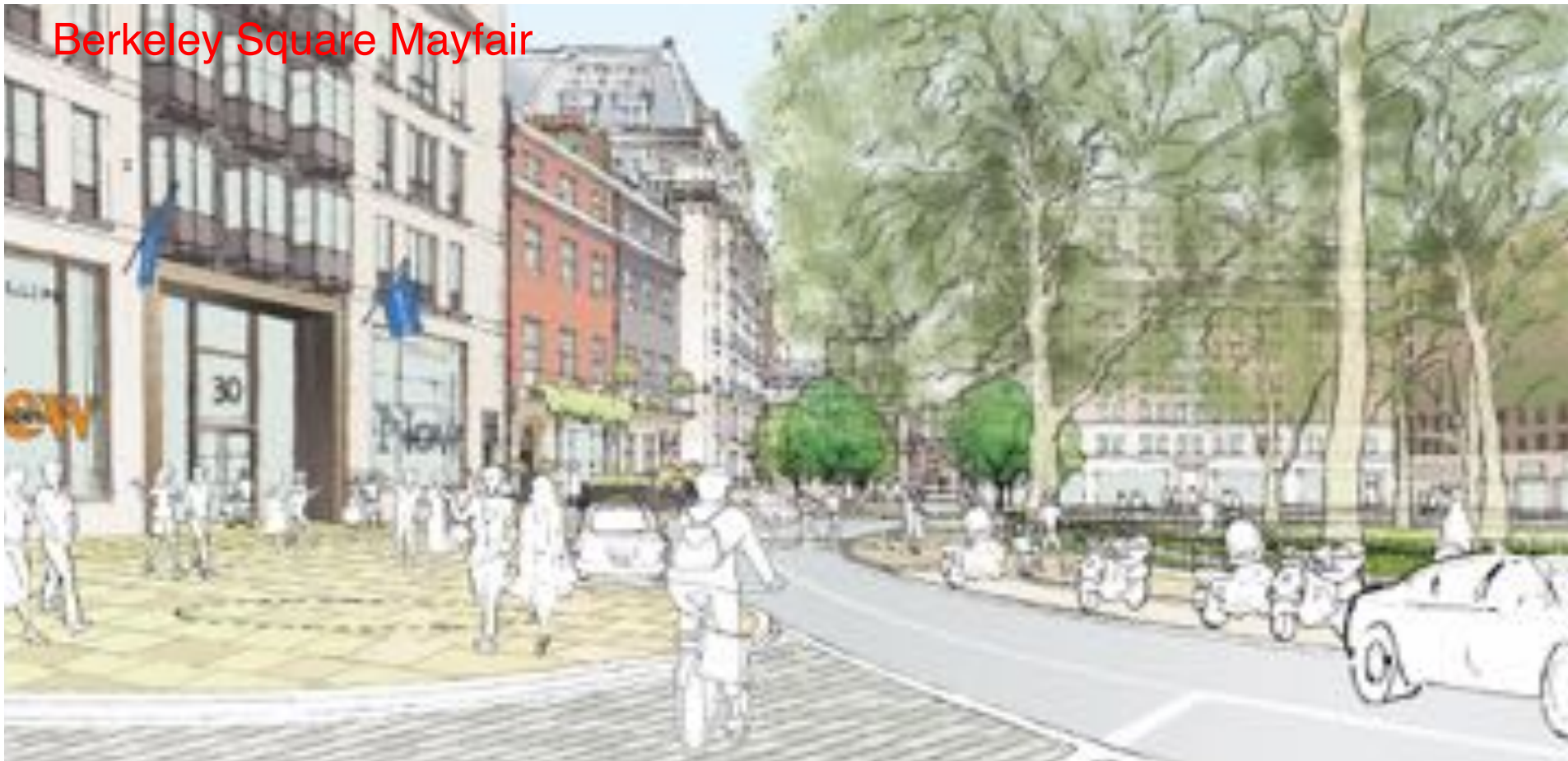


Berkeley Square Mayfair



reclaiming the best space for pedestrians

Berkeley Square Mayfair



encouraging walking and cycling

Berkeley Square, Mayfair



there's a nightingale here somewhere

Mayfair



creating simple places to exercise

and nothing is easier and better than walking

and today, right on your doorstep

you can try it out

get out and have a think



or just get some fresh air



you never know who you might meet !



thank you