

Making Time for Nature



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Sandra O'Keefe

What are green spaces?

Can you name some green spaces you've visited?



Natural Green Spaces: Countryside, Mountains, Forests, Rivers and Urban Green Spaces: Parks, Gardens, Trails



What do you like about green spaces?

How does being outside in open green spaces make you feel?



Benefits of using green spaces



Try a new sport



Get Fit



Improves your health

Builds confidence

A chance to explore new places and meet new people

An opportunity to try new activities

A way to make you feel happier by reducing stress

Contact with nature



Enjoy yourself



Make new friends



What stops you from using green spaces?

What things might stop you from visiting a park or the countryside?



Sandra's story



Sandra has a passion for the outdoors, and is involved in a number of outdoor activities.

However, anti-social behaviour and poor transport services can become challenging barriers.

David's Story

Never misses the
Venture Out walking
group

Much happier and
less frustrated

Gained fitness

New friends



Colin's story



Transport training
arranged by Social
worker

Provided waterproofs

More independence,
and confidence



Improving access

How can Local Councils and other organisations help?

Physical Barriers

Motorcycle barriers are now being removed in some areas to promote disability access



BEFORE



AFTER

Transport Barriers

Training for
people to use
public transport

Better information
for disabled
service users

Improve links to
green spaces





Getting out outdoors

How can you get out more often to enjoy nature?

What can you do to remove some of the barriers?



Why Venture Out?

- Make new friends
- Build your confidence
- Learn new skills
- Go to new places
- Gain new experiences
- Enjoy the outdoors

For more information...



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Thank you for listening to us today

Good Bye 😊