

# ORN annual conference 2015: Public Health and Outdoor Recreation

With a focus on public health and 'population approaches' our conference will emphasise how outdoor recreation promotes and protects health and wellbeing in terms of preventing ill health, as well as prolonging and enhance quality of life.

The event is being developed with support from Pembrokeshire Coast National Park Authority, in conjunction with National Parks Wales and the Welsh Government.

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## Earlybird discount now available

**Theme: Public Health and Outdoor Recreation**

**Date and time:**

- 10th March 14:00 - 20:00 including buffet reception
- 11 March 09:30 - 16:45 including lunch

**Location:** Tredegar House, Newport, Wales

**Cost:**

- General admission £150.00
- Earlybird offer £135.00 (use **discount code 'EARLY10'** before end December 2014)
- Executive member rate: £127.50 (contact your ORN rep for code - only 2 per organisation)
- Support member rate: £135.00 (contact your ORN rep for code - only 1 per organisation)

[Click here](#) to find out if your organisation is a member and who your rep is.

**Aims of the event:**

The event aims to bring together the outdoor recreation and public health communities to explore the medical benefits of getting outdoors. It will:

- Focus on how health inequalities can be addressed and how services can better develop their scope and staff skills to address some of the population health needs.
- Look at key public health areas including mental health, obesity and sedentary behavior.
- Examine good practice in key Public health areas, focusing on what outdoor recreation can offer though 'prescribing it'
- Address the evidence gap and consider how outdoor recreation as a health intervention can move from good practice and successful pilots into the mainstream.

**Keynote speakers:**

- Dr Ruth Hussey, Chief Medical Officer at the Welsh Government
- Ken Skates, Deputy Minister for Culture, Sport and Tourism at the Welsh Government
- Dr Dan Bloomfield, Exeter University
- Malcolm Ward, Public Health Wales
- Dr Ambra Burls, National Parks and Wellbeing Forum
- Prof Nadim Haboubi, NHS Wales
- Bridget Finton, Scottish Natural Heritage

- Dr Jessica Allen, Institute for Health Equity

**Workshop presenters:**

- Mel Jones, Ramblers Cymru
- Kate Hamilton, Small Woods
- Kim Buxton, British Heart Foundation National Centre for Physical Activity and Health
- Susan Morris, MacMillan Cancer Support
- Jonathon Lee, Venture Out

**Case study displays:**

- Prescription walks in Winchcombe, Sheila Talbot, Natural England
- Horse riding and health, Mark Weston, British Horse Society
- Benefits of horse riding, Chris Thomas, Peers Clough Farm
- Forests as places of mental wellbeing: the meaning and use of urban forests by people with early-stage dementia, Mandy Cook, PhD research
- Come Outside! programme, Phil Jayne, Natural Resources Wales
- Green exercise partnership in Scotland and innovative NHS greenspace for health and wellbeing, Kevin Lafferty, Forestry Commission Scotland

**[Please click here to view the full programme and book your place!](#)**