

## ORN 2015 Conference – Public Health & Outdoor Recreation

10<sup>th</sup> & 11<sup>th</sup> March 2015  
Newport, Wales, UK

**Early Bird Discount! 10% off before 12.01.15**

### Context

With a focus on public health our conference will emphasise how outdoor recreation promotes and protects health and wellbeing in terms of preventing ill health, as well as prolonging and enhancing quality of life. Advancing services within health and social care, as well as other sectors, including that of outdoor recreation are expected to be based on principles of service efficacy and cost effectiveness. With these principles shaping contemporary health and social care service sectors, approaches focussed on the social determinants of health hold real opportunities for cross sector co-production on improving health outcomes.

This event is being developed with support from Hannah Buck, Health, Recreation and Tourism Policy Officer at Pembrokeshire Coast National Park Authority, in conjunction with Natural Resources Wales the Welsh Government, Public Health Wales and the National Trust in Wales.

### This conference 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 behaviour.
- Examine good practice through key public health areas, focusing on what outdoor recreation can offer though 'prescribing it'
- Address the evidence gap and consider whether outdoor recreation as a health intervention has moved from good practice and successful pilots into the mainstream.

### Who is the conference for?

Practitioners and policy makers in public health and outdoor recreation

### Book online:

Visit <https://ornconference2015.eventbrite.co.uk>

Delegate fees are £150.00 per person

Discounts: Early Bird: 10% off (use code 'EARLY10' before 12.01.15)

Executive members: 15% off (obtain code via your ORN rep)

Support members: 10% off (obtain code via your ORN rep)

### Accommodation

ORN has secured an allocation of rooms at the Hilton Newport for a fixed rate of £80 single occupancy bed and breakfast per room. Details of how to book this will be contained within your booking confirmation email. Rooms must be booked by 12<sup>th</sup> January 2015.

## Programme:

### Day 1 @ Tredegar House and Hillton Newport (14:00 – 20:00, 10 March)

- Pre-conference site visit of Tredegar Estate, led by the National Trust
- Official launch at Hillton Newport by keynote speaker Dr Ruth Hussey, Chief Medical Officer for Wales
- Keynote presentation by Dr Dan Bloomfield on the evidence base for health benefits of engaging with nature outdoors and of nature prescriptions, University of Exeter
- Overview of outdoor recreation projects benefiting public health, with associated boulevard display showcasing sound practise from across the UK:
  - Prescription walks in Winchcombe, Sheila Talbot, Walkers are Welcome and 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
  - Tackling physical inactivity - a role for the public forest estate in England, Liz O'Brien, Forestry Commission England
  - National Parks are National Assets for Health, Hannah Buck, Pembrokeshire Coast National Park Authority
- Networking buffet reception

### Day 2 @ Hilton Newport (09:30 – 16:45, 11 March)

Registration is at 09:30

**Keynote 1:** Outdoor recreation partnerships for optimised health benefits

*Malcolm Ward, Public Health Wales and Dr Ambra Burls, National Parks and Wellbeing Forum*

**Keynote 2:** Welsh Government Ministerial address

*Ken Skates, Deputy Minister for Culture, Sport and Tourism at the Welsh Government*

**Keynote 3:** Obesity: The Disease of the Sedentary – Prevention and Intervention

*Prof. Nadim Haboubi, NHS Wales*

#### **Choice of workshops**

- Walking and health in GB, Mel Jones, Ramblers Cymru
- Health & wellbeing in the woodlands – practice and research, Kate Hamilton, Small Woods
- Does a health promotion intervention need to look, feel and sound like a health intervention?, Kim Buxton, British Heart Foundation National Centre for Physical Activity and Health
- Outdoor recreation - the wonder drug, Susan Morris, MacMillan Cancer Support
- Outdoor recreation for disabled people, Jonathon Lee, Venture Out

Networking lunch

**Keynote 4:** Healthy Parks Health People: a growing global movement

*Bridget Finton, Scottish Natural Heritage*

**Keynote 5:** Natural Solutions for Tackling Health Inequalities

*Dr Jessica Allen, Institute for Health Equity*

**Choice of workshops** (repeat of morning workshop session)

**Summary and discussion session**