

Let's Talk About Wellbeing Outdoors

28th March 2024
2.00-4.00pm

Green and pleasant Bexley

- Bexley has 1110 hectares of designated Green Belt Land making us the 9th highest borough in London for green space
- Bexley has 105 parks and open spaces and 32 playgrounds
- 18% of Bexley is green belt land
- 23 Conservation areas
- 2 SSSIs



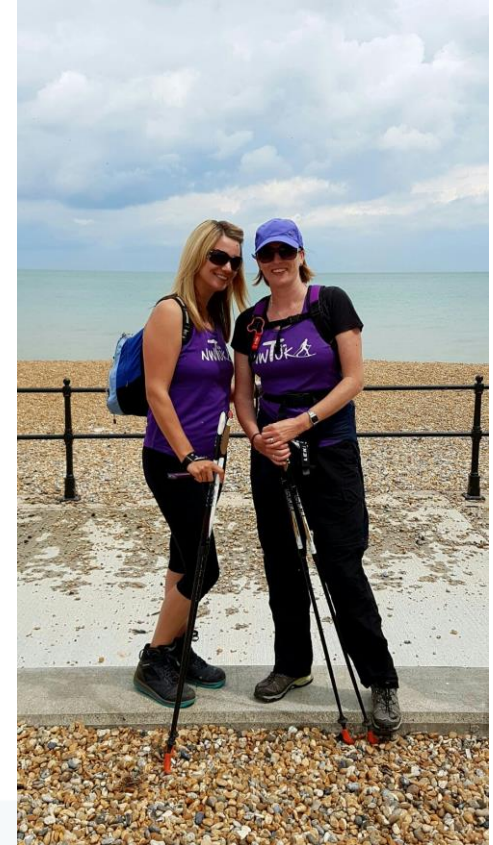
Green Social Prescribing

- Green social prescribing is the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health.
- Green social prescribing includes both what is known as green and blue activities. These could include local walking schemes, community gardening projects, conservation volunteering, green gyms, open water swimming or arts and cultural activities which take place outdoors.
- Contact with, and connection to, nature is linked to a range of positive mental and physical health outcomes
- Nature-based social prescribing can positively impact on happiness and wellbeing and reduce social isolation



Cross Government Green Social Prescribing programme, 2021-23

- Over 8,500 people were been referred to a green social prescribing activity during the programme at 7 test sites from April 2021 to March 2023.
- Interim evaluation findings showed positive improvements in mental health and wellbeing and strong engagement in communities experiencing high levels of social inequalities that affect health and wellbeing.
- 85% uptake of green social prescriptions when offered.



Present Activities in Bexley

- Parkrun, Goodgym, Walx in Bexley
- Outdoor gym and gardening at Craydene Open Space
- Community Gardening Groups in Danson Park, Lesnes Abbey, Sidcup Place, Erith, Thamesmead and more
- Tennis programme, including free Park Tennis on Saturdays

Funding for new activities

- Funding of up to £5000 for Community organisations or Champions
- <https://www.bvsc.co.uk/funding>

Mandy Millar

Volunteering Manager, Bexley Libraries

- **Crayford Library Walking Group** – meet every Wednesday 9.30am at the Library, walk approximately 5k (1 hr 30 mins)
- **Thamesmead Library Walking Group** – meet every Tuesday 10am at the Library, walk approximately 3k (1 hour)
- **Crayford Gardening Coffee Morning** – meet first Saturday of the Month 11am-12pm. Very light gardening, topical talks, quizzes, demos, visits and coffee.
- **Sidcup Gardening Group** – Meet third Saturday morning of the Month 11am-12pm. Gardening chat and sharing tips.







Khadeja Chowdhury

Peabody



Thamesmead Cycle HUB

March 2024

D.Wells / K.Chowdhury

15/01/2024



Strategic Purpose

Improving physical and mental wellbeing of residents

Developing opportunities for residents to enjoy the green and blue landscape

Building sustainable communities (life skills, community connections, active travel)

Outcomes

- **Increasing the number of people participating in cycling**
- **Increasing the number of people that can competently ride a bike**
- **Increasing bike ownership in Thamesmead**
- **Increasing the number of activities taking place in parks**



Programme

The cycle sessions available from the Thamesmead Cycle Hub (re-starting April 2024) are:

Thamesmead Bike Club for adults to take part in Social Rides - Saturday 10-11:30am

Beginners Course for adults – Saturday 11:30am-1:00pm

Improvers Course for adults – Saturday 1:15-2:45pm

Family Cycle Courses – during school holidays (10:00am-12:00pm & 12:30-2:30pm)

1-2-1 Adult Learn to ride sessions – can be booked anytime through RBG/LBB

Participation & Highlights

130 adults participated in cycle sessions & 10 adults in maintenance workshops (23/24)

43 children participated in cycle sessions & 15 children in maintenance workshops (23/24)

Total Throughout (23/24) - 808

Community Bike days - 59 donated bikes to the local community in Thamesmead in 2022

Supporting local schools – 30 bikes located at Bishop John Robinson Primary School

Woolwich Poly Bike Day – June 2022

Advanced Building Solutions Bike Donations – 10 bikes donated by a contractor in June 2023

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Woolwich Poly Bike Day



One teacher commented, “it’s such a wonderful and kind thing that Peabody are doing, as some of these families do not have the means to buy their child a bike although both parents are working, there is a lot of deprivation in the area.

The children had been identified by the school, who were from a diverse background and with additional learning and support needs. There were some with SEN needs a young carer who normally comes to school in the afternoon but had decided to come in for the entire day just to take part in the BikeDay event and learn new bike Maintenance skills.

Stuart Philbey

Danson Watersports



**DANSON
PARK
ADVENTURES**

Who we are

Catering for participants aged 8 to 108, Physical and learning disabilities enabled to participate.

Group sessions for schools, charities & uniform groups along side drop in sessions and certified courses

Projected to welcome around 5000 users in the coming year
Offering sailing, kayaking, stand up paddleboarding, bell boating, mega supping,



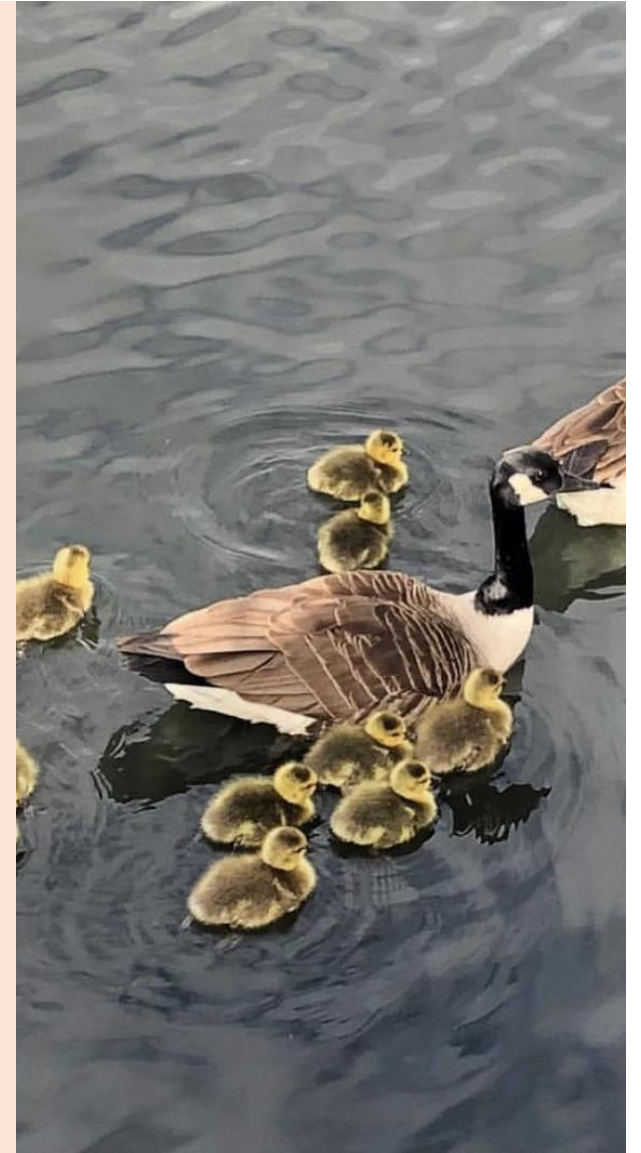
RYA
SAILABILITY





Benefits of our outdoor activity

- You have put aside every day life and focus on what your doing
 - Completely unplugged
- Learning, relaxing and challenging
 - Unique family time
- Connection to nature



Questions for speakers?