



Nature and Nurture, People and Places

To provide a space for a creative exploration of the links and synergy between people, the outdoor environment, sustainability and health with a focus on what we can learn that is relevant to urban health

Green spaces boosts wellbeing of urban dwellers - study

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Parks, gardens and green space in urban areas can improve the wellbeing and quality of life of people living there, says a University of Exeter study.

Using data from 5,000 UK households over 17 years, researchers found that living in a greener area had a significant positive effect.

The findings could help to inform urban planners and have an impact on

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By Mark Kinver

Environment reporter, BBC News

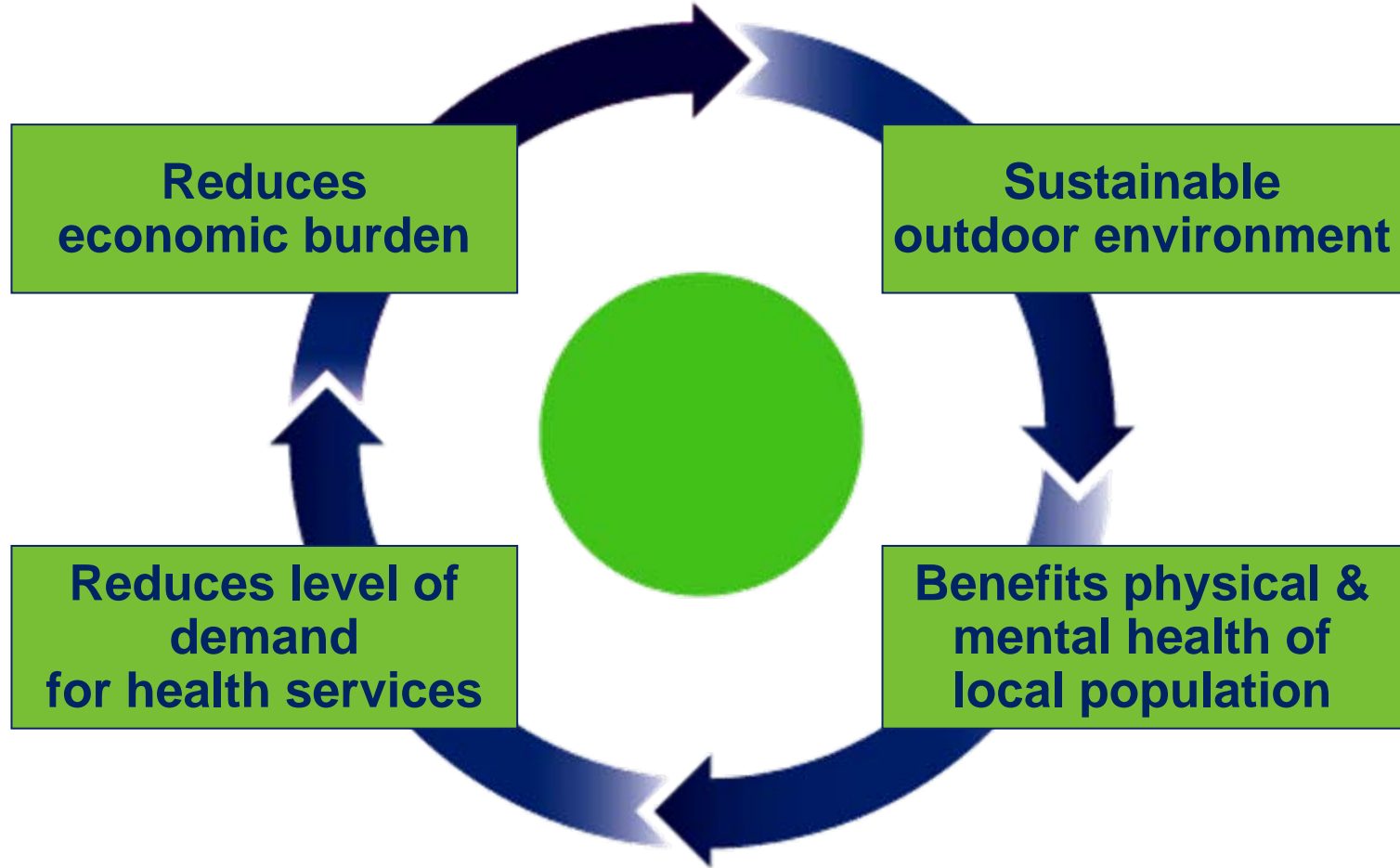


A growing body of research has identified a correlation between access to green spaces and wellbeing

The Woodland Trust's chief executive has said increasing people's access to green spaces could cut billions of pounds from the NHS healthcare bill.

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“Today’s issues are less about toxic or infectious threats but rather the capacity of ugly scarred and threatening environments to foster hopelessness and stress, discourage active healthy lives and healthy behaviours.”

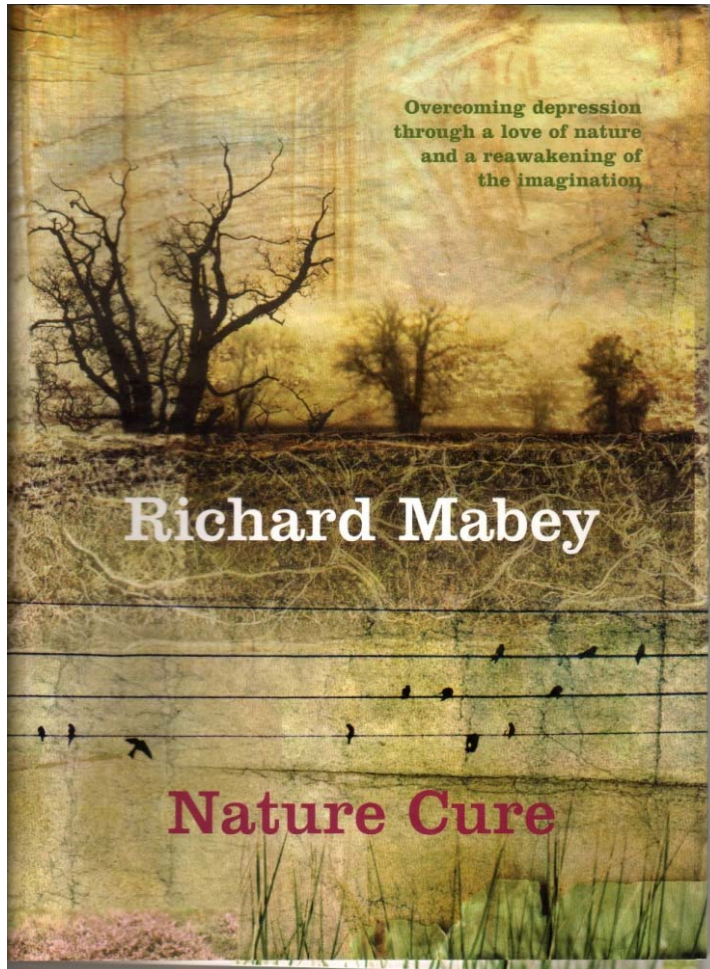


*Everybody needs beauty as well as bread, places to play in
and pray in where nature may heal and give strength to the
body and soul*
John Muir





“At my friend’s cottage – being around nature.....I like nature. I find nature very healing. So, if people need to heal they need to get out of the city and get into nature. “



Overcoming depression
through a love of nature
and a reawakening of
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