

# Woods for Health Action Plan 2013-2015



Objective	National Indicators	Specific Actions	Lead Organisations
1. We live longer, <b>healthier</b> lives.	1.1 Increase the proportion of adults making one or more visits to the outdoors per week.	Extend network of paths and trails in trees woods and forests close to where people live and work.	FCS / FES
	1.2 Increase the average score of adults on the Warwick – Edinburgh Mental Wellbeing Scale by 2011.	Monitor the number visitors using woodlands for recreation and enjoyment. Through 'All Forest Survey II' and 'Scotland's People and Nature Survey'.	FCS / FES
		Help implement Scottish Governments Good Places Better Health recommendations.	SG / FCS
		Develop a Commonwealth woods walking programme in partnership with Paths For All and Scottish Lowlands Forest District. Part of FCS contribution to Scottish Government 2014 games legacy programme.	FCS / CSC / PFA / SLFD
		Provide training and support for volunteer walk leaders at Commonwealth woods across Greater Glasgow.	FCS / PFA / SLFD
		Produce Commonwealth woods walking maps for key sites.	FCS / PFA
		Deliver a series of themed walking events to showcase twinned Commonwealth woodland sites in other countries as part of 2014 games legacy programme.	FCS / CSC / PFA
		Develop link paths proposal for Commonwealth woods to connect and extend existing path network.	FCS / PFA
		Increase partnership work between the environment and health sectors in Scotland.	FCS / NHS
		Deliver the Green Exercise Partnership work programme to Green the NHS estate and promote social prescribing of green exercise in hospitals, GP surgeries, pharmacies and community healthcare settings.	FCS / NHS / SNH
		Develop a Greening NHS estate pilot project in each of the area health boards in Central Scotland Green Network area.	FCS / NHS / SNH
		Disseminate research findings from hospital grounds research study at Ninewells in Dundee and Forth Valley Royal Hospital in Larbert. Encourage area health boards to invest and maintain high quality greenspace that patients, visitors and staff can use for physical activity and relaxation.	FCS / NHS
		Support NHS Health Scotland's physical activity brief advice pilot scheme in area health boards. Develop green exercise advice to connect patients with local services offering health walks, green exercise and conservation activities in outdoor settings.	NHS / FCS / SNH
		Disseminate 'greenspace design for health and wellbeing' practice guide to NHS teams. Encourage area health boards to create, transform and revitalise their outdoor estate to encourage greater use of greenspace for health and wellbeing activities.	FCS / NHS
		Extend Branching Out 'Greenspace and conservation on referral' service for adults using mental health services in Central Scotland Green Network area.	FCS / NHS

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		Complete Branching Out economic study and disseminate findings.	FCS
		Support Scottish Government funded PhD on Forests as places of mental wellbeing: The meaning and use of urban forests by people with dementia and depression.	SG / FCS / Dundee University
2. We live in well designed, sustainable places where we are able to <b>access</b> the amenities and services we need	2.1 Reduce overall ecological footprint. 2.2 Increase the percentage of adults who rate their neighbourhood as a good place to live. 2.3 Increase the proportion of journeys to work made by public transport.	Develop a network of all ability paths and trails on Scotland's national forest estate.	FCS / FES
		Where resources allow extend provision of all abilities paths and trails on Scotland's national forest estate.	FCS / FES
		Ensure facilities comply with the Disability Discrimination Act (2003).	FCS / FES
		Ensure that infrastructure such as toilets and accessible seating is provided at priority locations as resources allow.	FES
		Work with Fieldfare Trust to complete access audits and site review meetings at key recreation areas on Scotland's national forest estate.	FCS / FES / Fieldfare Trust
		Work with Fieldfare Trust to develop an electronic database of accessible woodland trails that can be publicised on FCS website.	FCS / Fieldfare Trust
		Complete Public Opinion of Forest Survey in 2013.	FCS / CFS
		Contribute to Central Scotland Green Network work plan on health and well-being.	FCS / CSGN
		Publish FCS Practice Note: managing woodland access and forest operations in Scotland.	FCS / FES
		Deliver a series of regional training events to raise awareness amongst access and industry stake holders on best practice in relation to managing woodland access and forest operation in Scotland.	FCS / FES
3. Our <b>children</b> have the best start in life and are ready for success	3.1 Reduce the rate of increase in the proportion of children with their Body Mass Index outwith a healthy range by 2018.	Champion natural play in outdoor settings and work in partnership with Grounds for Learning to disseminate best practice from demonstration projects to education professionals.	FCS / GFL
		Develop work with Active School co-ordinators and SportScotland to promote trees, woods and forests as settings for physical activity and exercise for school aged children.	FCS / Active Schools / SportScotland
		Support outdoor learning PhD in partnership with Heriot Watt University.	FCS / Heriot Watt University
		Work with Cycling Scotland and Sustrans Scotland to encourage secondary schools to adopt cycling and mountain biking in outdoor settings as part of core physical education programme.	FCS / Cycling Scotland / Sustrans Scotland
		Support Scottish Government PhD on spatial wellbeing.	SG / Edinburgh University / FCS

FCS: Forestry Commission Scotland. FES: Forest Enterprise Scotland. CSC: Central Scotland Conservancy. CFS: Central Forestry Services. CSGN: Central Scotland Green Network. SNH: Scottish Natural Heritage. NHS: National Health Service. PFA: Paths For All. SIFT: Social Investment through Forestry Tool. WIAT: Woodlands In and Around Towns. FR: Forest Research.



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4. We have tackled the significant <b>inequalities</b> in Scottish society	4.1 Decrease the proportion of individuals living in poverty.  4.2 Reduce mortality from coronary heart disease among the under 75s in deprived areas.	Contribute to review of equally well and Ministerial task force on health inequalities.	FCS / SG
		Support Central Scotland Engagement programme targeting diversity and equality groups.	FCS / CSC / SLFD
		Maintain links and involvement with Glasgow and Edinburgh Mela and other community multi-cultural festivals.	FCS / CSC / SLFD
		Use social marketing and media to raise awareness about the health benefits of visiting trees, woods and forests for physical activity and relaxation.	FCS
		Use SIFT tool to gather information to direct capitol and revenue investment in Woods In and Around Towns (WIAT) sites and areas of multiple deprivation.	FCS
		Support major research collaborative project aimed at evaluating the contribution that FCS Woods In and Around Towns project makes to improving psychological wellbeing in deprived communities.	FCS / National Institute for Health Research
		Use economic tool developed in Branching Out study to evaluate health outcomes of pilot programmes and initiatives.	FCS / FR
5. We value and enjoy our built and <b>natural environment</b> and protect and enhance it for future generations	5.1 Increase the proportion of adults making one or more visits to the outdoors per week.  5.2 Increase the percentage of adults who rate their neighbourhood as a good place to live.	Improve recreation information available on FCS website by working with FCS web design team.	FCS / FES
		Promote and champion woodland walking on Scotland's national forest estate.	FCS / FES
		Make links with Paths For All volunteer walk leaders to support groups to use woodland as settings for health walks.	FCS / PFA
		Promote cycling and mountain biking opportunities on Scotland's national forest estate and WIAT woodlands. Where resources allow extend network of family friendly cycling trails.	FCS / FES
		Support Scotland's People and Nature Survey in partnership with Scottish Natural Heritage and Greenspace Scotland.	FCS / SNH / Greenspace Scotland
		Extend network of Phototrails on Scotland's national forest estate in partnership with Fieldfare Trust.	FCS / FES / Fieldfare Trust
		Disseminate 'enhancing woodland user experience toolbox' to woodland designers and managers.	FCS
		Complete Forests for People: access, recreation and tourism plan.	FES
		Support volunteering opportunities on Scotland's national forest estate by working in partnership with voluntary sector and established volunteer management services.	FCS / FES

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