



Conference Programme:

NATIONAL PARKS AND WILDLIFE AS NATURAL HEALTH SERVICE PROVIDERS

8th – 10th April 2014



Plas Tan y Bwlch,
Maentwrog,
North Wales

This Conference is the first of its kind and will be a collaborative venture between Snowdonia National Park and the UK Wildlife Gardening Forum. This will be a platform for debate and to share knowledge, evidence-base and case studies which combine Human Health outcomes with National Parks' objectives, wildlife gardening and biodiversity.



DELEGATES ARE ENCOURAGED TO SUBMIT POSTERS
and/or request display space
(by March 28th, 2014)



Supported by:



National Parks and Wildlife as Natural Health Service Providers

Plas Tan y Bwlch, Maentwrog
8th – 10th April, 2014

7th April 2014 Optional (see conference fees)

- 2.00 p.m. Early arrival Registration
3.00 p.m. Coffee and recreational walk in Plas woodland with local history and stories
General overview of conference/networking
5.00 – 6.00 p.m. Free time
6.30 Dinner
7.30 – 9.00 Talk on Snowdonia National Park

8th April 2014

- 9.00 a.m. **Registration**
10.00 a.m. Coffee and recreational walk in Plas grounds illustrating the role of the National Park Study Centre in getting people hooked on walking, health and heritage
General overview of conference/networking
Posters' exhibition and viewing
12.00 md LUNCH (networking and Poster viewing)

Workshops (will be held outdoors so please bring appropriate clothing / footwear) you can choose 2 workshops from the list below:

- 13.00 p.m. – 14.45 Workshop 1
15.15 p.m. – 5.00 Workshop 2
- Mindfulness in the outdoors - Sholto Radford, Wilderness Minds
 - Eco-therapy and Green Health - A Burls, UNESCO
 - Local heritage and Health - C. Roberts and T. Elias, SNP
 - Awakening our senses and opening our minds to nature – Kim Bernard, Sea Change Living
 - Human & Habitat Health through wildlife gardening: opportunities for communities, schools and businesses- Anna Williams and Iwan Edwards, Wildlife Gardening North Wales
 - Wild Thing Project – Martin King-Sheard, Play Wales with Tom Cockbill, Wild Elements
- 5.00 – 6.00 p.m. Free time
6.15 Dinner
7.30 – 9.00 Evening event: Snowdonia's pathways to healthy mind and body – Twm Elias (SNP) & Ambra Burls (UNESCO)

9th April 2014 Snowdonia National Park Symposium

Parks Prescriptions: a Natural Health Service

- 9.15 Intro and Welcome - Aneurin Phillips, SNPA Chief Executive
9.30 – 10.45
1 The multi-lateral processes on environment and health - Conor Kretsch, Executive Director COHAB
2 Forest Schools and Parks, the health dimension - Tom Cockbill, Wild Elements
3 Walking for Health in National Parks - Sharon Jones, Gwynedd Leisure Services.
10.45 – 11.15 Coffee (Poster viewing)
11.15 – 12.30
1 Systematic review of green space and health - Rebecca Lovell, Exeter University Medical Centre
2 Seeing our landscape with new eyes - Kim Bernard, Director Sea Change Living
3 National Parks, Healthy People - Mair Huws, Head of SNPA Warden Service
12.30 – 1.30 Lunch
1.30 – 3.00
1 "Actif Woods Wales" getting healthy the woodlands way, Amie Andrews & Kate Hamilton, Coed Lleol
2 Well-being for all? The social distribution of benefits gained from woodlands and forests in Britain - Liz O'Brien, Forestry Research
3 Youth Clubs and Children Wild Play – Martin King-Sheard, Play Wales
3.00 – 3.30 Tea (Poster viewing)
3.30 – 3.50 "Healthy Parks Healthy People" Task Force, Ambra Burls & Liz O'Brien
3.50 – 5.00 Wrapping up and Plenary – Conor Kretsch

- 5.00 – 6.00 Free time
6.15 – 7.30 Dinner
7.45 – 9.00 'Behind the Trees' – an evening with Shelagh Hourahane, Creu-ad Heritage Interpretation

10th April 2014 Wildlife Gardening Forum Symposium

Wildlife Gardening, Parks and Human Health

- 9.15 Introduction and Welcome - Steve Head, Chair of UK Wildlife Gardening Forum
9.30 – 10.45
1 Involving the community in wildlife gardening - Anna Williams, North Wales Wildlife Gardening
2 Biodiversity as an outcome for National Exercise by Referral Schemes (NERS) – Jeannie Wyatt-Williams, NERS Coordinator for Wales
3 Caring for God's Acre - Sue Cooper, Caring for God's Acre
10.45 – 11.15 Coffee (Poster viewing)
11.15 – 12.30
1 Growing a Healthy Older Population - Debbie Clayton & Jenny Mercer – Cardiff Metropolitan University
2 Current trends in community growing – social, environmental and health benefits - Sarah Collick, Federation of City Farms & Community Gardens
3 Human Dimensions of Wildlife Gardening: its Development, Controversies and Psychological Benefits – Susanna Curtin, Bournemouth University
12.30 – 1.30 Lunch
1.30 – 3.00
1 BARCODE WALES: DNA barcoding for biodiversity conservation and human health – Natasha de Vere, National Botanic Garden of Wales
2 Walking a Quiet Path, Wildlife Labyrinths for social health - Mark Rendell, The Growing Company
3 Planet Health Cymru – Malcolm Ward, Public Health Wales
3.00 – 3.30 Tea (Poster viewing)
3.30 – 5.00 Wrapping up and Plenary - Pete Frost, NRW & Conor Kretsch
5.00 – 6.00 Free time
6.15 – 7.30 Dinner
7.45 – 9.00 Evening event: Storyteller- Dafydd Davies-Hughes, Menter y Felin Uchaf

11th April Optional (see conference fees)

- 9.30 – 11.00 Delegates networking and poster presentations
Departure

Full residential conference fee (2 nights) £ 250
(standard), on suite £275

Full non-residential conference fee (8th-10th April
including lunch, dinner & evening sessions) £130

Day attendance fees:

8th April – Workshops (including lunch & dinner)
£60

9th and 10th April Symposiums (including lunch,
dinner & evening session) £80 per day

Extra optional day fees:

arrival 8th + evening talk + dinner and B&B on suite
£80 – standard £74

departure 11th (1 extra night B&B) £ 80/74

For details: Twm Elias ~ Ambra Burls
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Registration: Beth Cluer:
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