



Better Start Bradford Innovation Hub- Better Place Workstream

About the Better Place Workstream

Natural environments are important determinants of physical and mental health. Interventions to increase access to nature may benefit deprived groups the most, and reduce health inequalities. UK policy acknowledges the need for high quality accessible urban green spaces and their recreational use as tools to improve health; however, quality of, and satisfaction with urban green spaces is typically poorer in areas which are more deprived, often amongst ethnically diverse areas. This can further compound health inequalities which these communities may be facing. The health benefits of increasing use and access to green spaces are potentially considerable. It can increase physical activity levels, have a positive impact on mental health for mothers and support the health and development of very young children in terms of their physical, social and psychological development.

The Better Place workstream aims to develop the following interventions:

- Safer places to play
- Reducing exposure to emissions for pregnant women and small children
- Developing and publicising good walking routes for families
- Encouraging families with very young children to grow their own plants, fruit and vegetables to improve their immediate environment and their access to healthy food
- Discovering, developing and promoting local green spaces and community gardens aimed at very small children and their families
- Getting small children and their families out into woodlands and country side areas through the Forest Schools programme
- Use co-design as a process to develop this work

This workstream is different to others in the innovation hub as the content of interventions (either capital or revenue) is not pre-specified. Community ownership and co-design is central to the ethos of the Better Place workstream. Both capital works, and interventions to increase use of outdoor spaces will be co-developed with community members. The co-design processes will also take into account existing evidence about what types of environmental improvements, and interventions are most likely to have a positive impact on health and well-being.

Innovation Hub Better Place aims:

Early stages of the Better Place workstream Innovation hub work will involve conducting primary research to build the evidence base in this area. Later, the workstream will focus on developing a robust evaluation and monitoring plan to explore the impact of capital works, and the effectiveness of behaviour change interventions to increase use of spaces.

- Building evidence base including primary research, literature reviewing, developing and overseeing evidence based co-design methodologies,
- Leading evidence based intervention development if no existing evidence based programmes available,
- Developing and implementing evaluation plans,
- Working to secure additional grant income to fund gold standard evaluations and further intervention development.





LOTTERY FUNDED



People

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