WHO NEEDS GREEN SPACE?
Help us find ways to use Sheffield’s natural environment- its parks and greenspaces- to address health inequalities.

A unique opportunity exists for people working in the environment and health and social care sectors in Sheffield to work together to use the natural environment to deliver and enhance health and social care interventions. Improving Wellbeing through Urban Nature (IWUN) would like to work closely with stakeholders from these sectors to make sure its project outcomes are relevant and useful to Sheffield.

There are many opportunities to get involved:

- Join one of our working groups quarterly to make sure our research is relevant and maximises benefits.
- Help us recruit 900 people e.g. if you work in a GP practice, and want your patients have the chance to take part, please get in touch.
- Go online and complete our mini-survey about any green health programmes in Sheffield you’ve heard of.
- Help us build the project outcomes into manageable policy/organizational practices.

About IWUN

Improving Wellbeing through Urban Nature (IWUN) is a three-year research project awarded £1.3m by the Natural Environment Research Council’s Valuing Nature Programme. It aims to find out more about how Sheffield’s natural environment can improve the health and wellbeing of the city’s residents, and especially those with disproportionately high levels of poor health.

The project, led by the University of Sheffield’s Department of Landscape, brings academics from the universities of Sheffield, Cardiff, Derby, and Heriot-Watt together with the Wildlife Trusts, Recovery Enterprises and the Centre for Sustainable Healthcare. We will use a range of methods, including a specially designed smartphone app, to investigate people’s relationships with Sheffield’s parks and green spaces.
IWUN will:

• Evaluate the ways in which the quality and quantity of urban green space impacts on the health and wellbeing of Sheffield residents
• Explore the cultures and values that influence how people of different ages and backgrounds interact with the natural environment
• Find out more about which aspects of the natural environment are beneficial for health and wellbeing
• Evaluate whether a smartphone app connecting people with nature can improve health and wellbeing
• Develop a method to measure the cost-effectiveness of natural environments to help determine the ways in which they could play a significant part in the UK’s future healthcare arrangements
• Work out how urban green space can be used to deliver health and social care

To find out more about how to get involved please email iwun@sheffield.ac.uk or visit www.iwun.uk