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# Greening & Health

**Making the case for green infrastructure**

Susannah Wilks  
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# Healthy Greening



“The Mayor wants London to become the world’s first National Park City, where more than 50 per cent of the city is green by 2050. To achieve this ambition will need all Londoners to play their part - businesses, charities, local authorities and local communities. Together, we can make London a cleaner, greener city.”

Shirley Rodrigues  
Deputy Mayor Environment & Energy  
Greater London Authority



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# Benefits

## Social



1. Physical health
2. Mental health
3. Community
4. Visual and aesthetic
5. Upskilling

## Environmental



1. Temperature reduction and shading
2. Air quality
3. Noise
4. Carbon storage
5. Water flow control and flood mitigation
6. Biodiversity
7. Food production

## Economic



1. Avoided public health costs
2. Recreation
3. Property value
4. Value of environmental benefits
5. Increased visitor dwell time
6. Increased productivity, reduced staff turnover, and job creation



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# Health

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**In London alone, the avoided public health costs due to green spaces for both physical and mental health are estimated to be £950m per year**





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# Workplace Wellbeing

Having views of green space for as little as 5 minutes has been found to improve reported mood, self-esteem and concentration and to treat stress and mental health disorders such as depression







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# Community Benefits

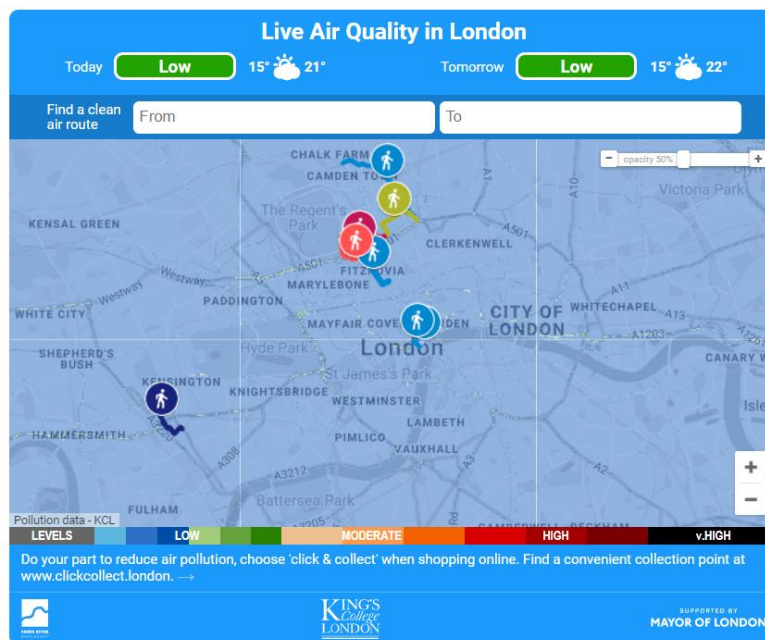
Green Infrastructure has been found to increase the likelihood of informal interactions and help to promote a sense of community spirit.



# Air Quality, Biodiversity, Climate Change Mitigation & Noise

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**A typical 4-year old tree will provide an annual benefit of \$171 (£126) per tree from energy savings, air pollution reduction and stormwater management<sup>2</sup>.**



Green Infrastructure can improve noise abatement in busy cities with trees and plants absorbing and scattering noise from the surrounding environment.



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# Showcasing CRP Partners







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# Top Tips

## Be creative about maintenance

It is of benefit to organisations that are responsible for green space, and those that could be engaged in the maintenance of green space, to make connections. Use social enterprises/green charities to maintain your green spaces to provide another means for green spaces to engage with the community and provide significant social benefits. Groups that could support are listed below.



Make the case

Link Up

Be Creative about Maintenance

Include Community Groups

Communicate Successes



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# Next Steps

## Businesses can

- Green inside and outside offices, shops, restaurants and other buildings to improve staff wellbeing and productivity, as well as attract new customers, and generate increased dwell time / spend by them.
- Support staff to curate and manage greening at their workplace.
- Projects can be large or small so SMEs can deliver fantastic greening projects too.



Launch: National Park City Week, 21 - 29 July  
<http://www.nationalparkcity.london/>



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# Thank you.

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