

# Cultures and values of nature and wellbeing: reflecting a diverse society.

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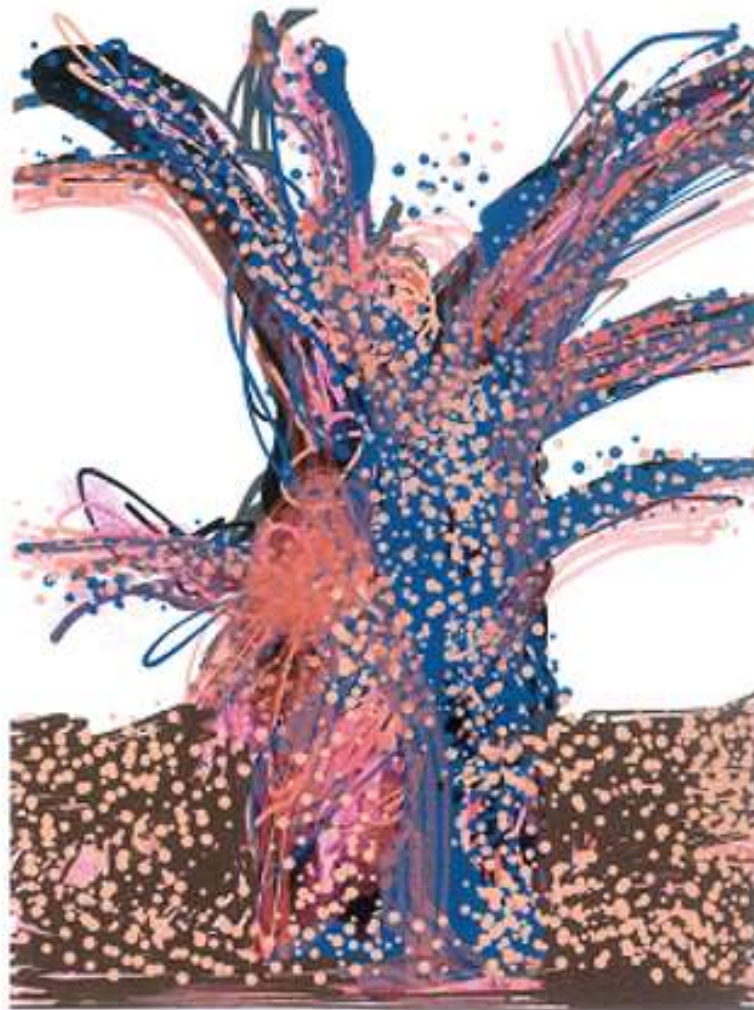
@\_JoBirch

[www.iwun.uk](http://www.iwun.uk)

Clare Rishbeth, Brendan Stone, Sarah Payne.

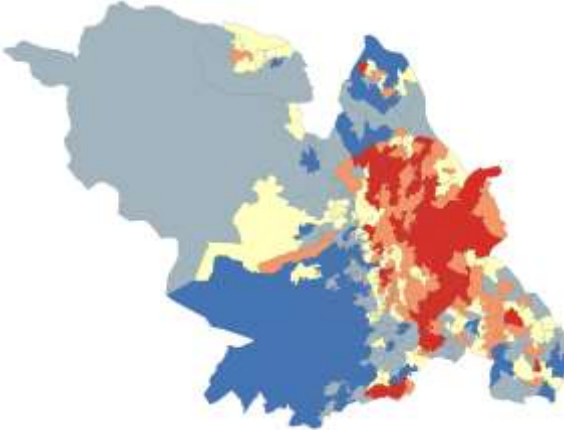






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# IWUN – Improving wellbeing through urban nature



Mapping health inequalities & access to green space



Cultures and values of nature, health & wellbeing



App exploring aspects of urban environments delivering H&W benefits



Impact – guidelines for how natural envt. Characteristics delivered in practice.

Are natural environments perceived and used as a H&W resource?





# The interview

- Semi structured 22 questions 40 mins – 1.5 hours with 60 people
- Three sections
  - **Life in Sheffield:** feel good places, place attachment, nature as H&W resource
  - **Outdoors:** incidental nature noticing, special (visits), lifecourse, barriers and cultural influences, who with.
  - **Nature:** nature meanings, Sheffield nature, personal connection (drawing), noticing nature from indoors, temporal variations, personal health, 'perfect' experience/place in Sheffield

30 participants (17 BAME) – British Pakistani, British African Caribbean, British Somali, Indonesian, Chinese, Sudanese, Iranian, White British.

15 with ILLNESS/DISABILITY (11 BAME) Asthma, Anxiety, Angina, Arthritis, 1 person is a carer of a person w LD, Diabetes, 'Disability Allowance (walking stick), Depression, Eczema, Hay Fever, Joint Pain, Mineral and Vitamin Deficiencies, Mental Health Condition.





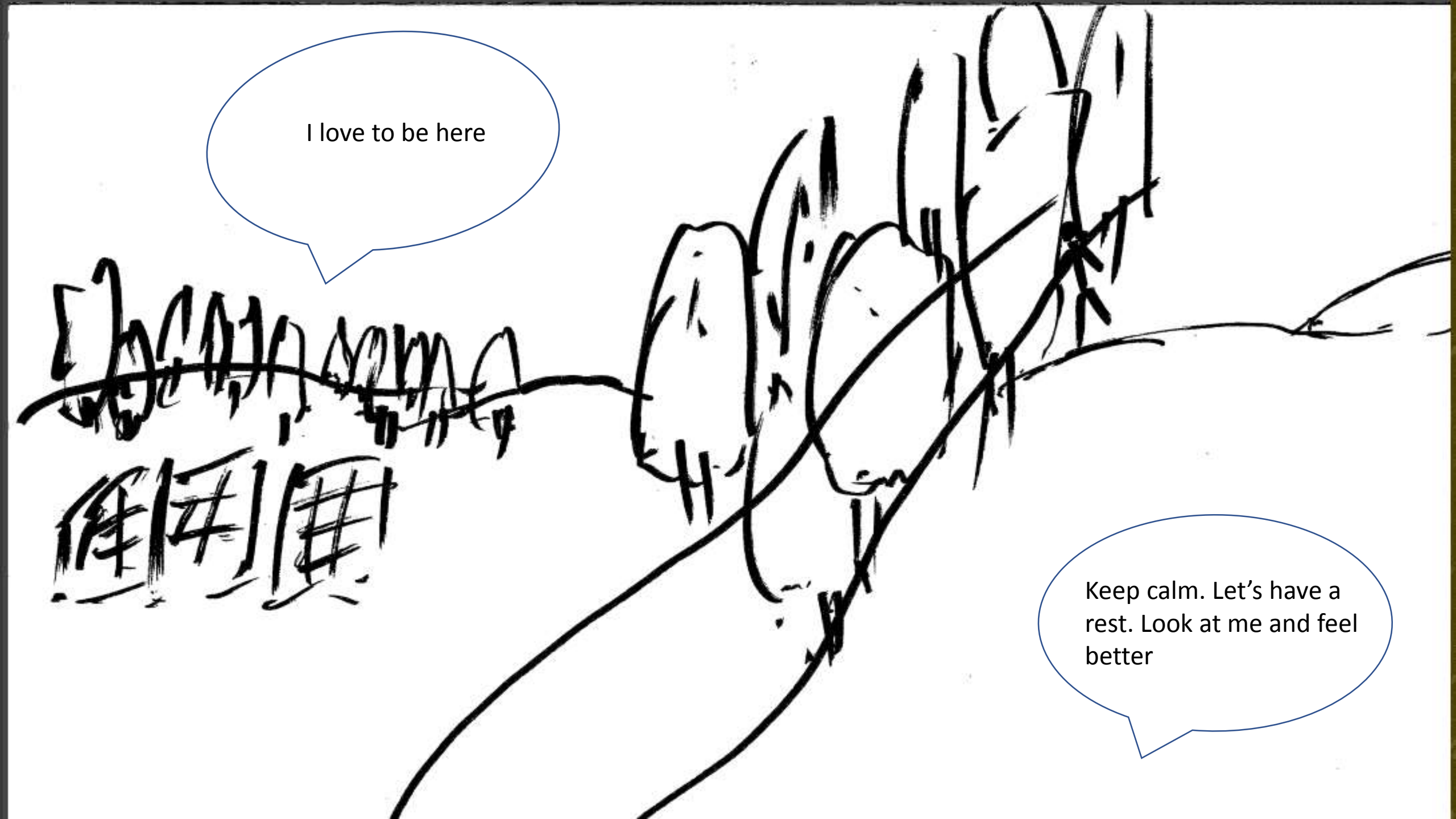
IDIN – IRANIAN ASYLUM SEEKER IN UK male mid twenties  
(Depression, Joint pain, Iron and Vit D deficiencies) UK 3 months



I like Sheffield because of the hills.  
I used to go mountain climbing  
and hill walking near my city. It  
was really the countryside and  
you could see the countryside and  
the trees from the hills. Sheffield  
is nice. I go for walks.

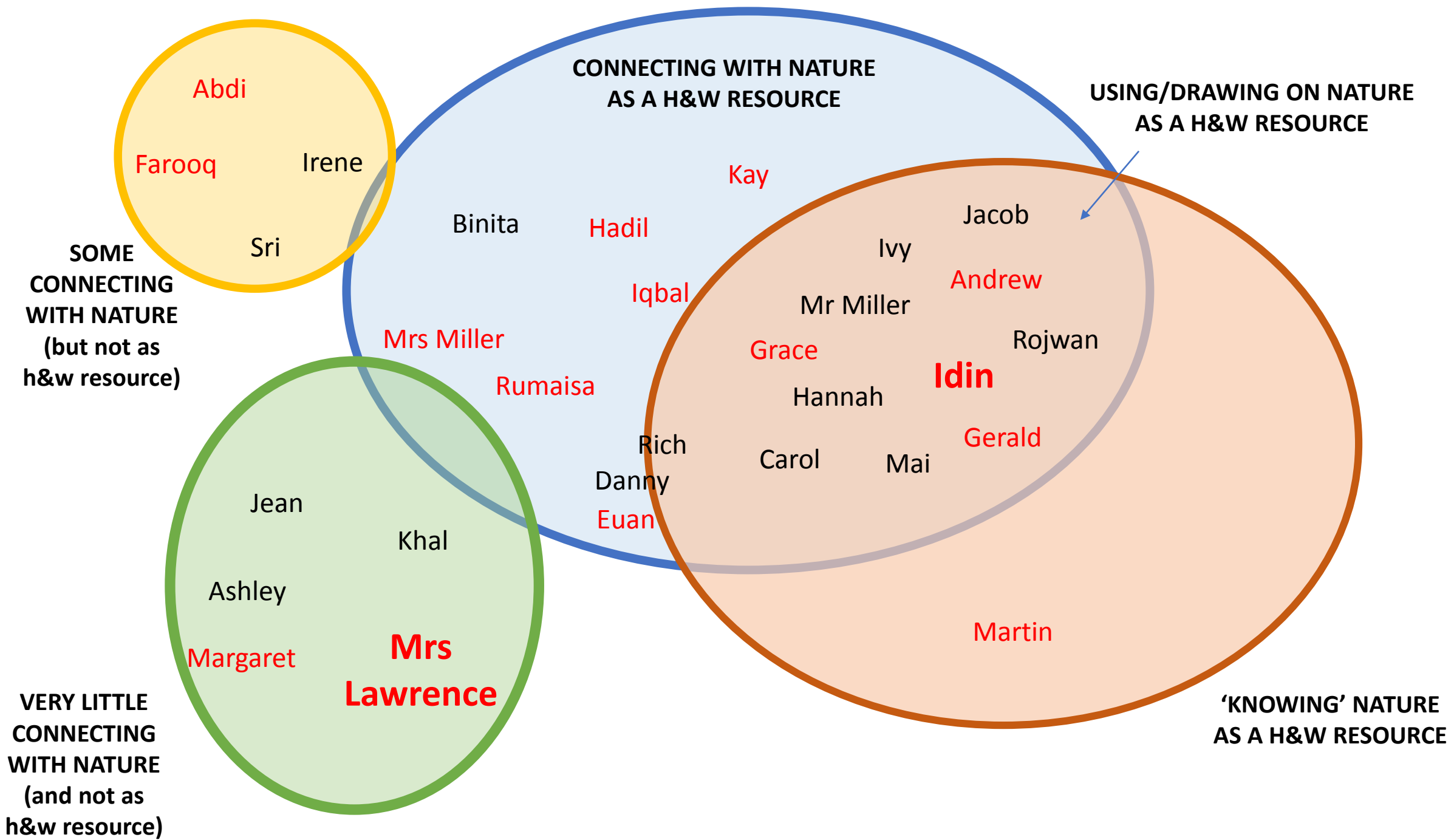


Nature makes me feel better...when I feel sad. It makes me feel better *[I have known this]* 20 years! I have had depression for about 4 years

A hand-drawn sketch in black ink on a white background. The sketch depicts a landscape with a horizon line. On the left, there are several vertical, jagged lines representing trees or bushes. In the center, there are two large, rounded shapes that look like hills or clouds. On the right, there are more vertical lines, possibly representing trees or a fence. A speech bubble is drawn in the upper left quadrant, containing the text "I love to be here". Another speech bubble is drawn in the lower right quadrant, containing the text "Keep calm. Let's have a rest. Look at me and feel better".

I love to be here

Keep calm. Let's have a rest. Look at me and feel better



MRS LAWRENCE – AFRICAN CARIBBEAN Female early seventies  
(depression, back problems, husband has Alzheimers) Sheffield since  
1961



It was social  
working in the  
hospital really.

I go down to the social club down, down Lark Street and help down there Wednesday, Thursday ... it's sociable, you know, and sometimes [...] Foster Street, got a community centre down there, Tuesday and Thursday can go, you can go and have a dinner and [...] they used to have social, erm, craftwork but I think that is on a Monday now, so...





The flowers are beautiful and everything is in, everything is in proper order really and you can get a nice lunch up there as well

I miss the supermarket that was across there. It's closed down now. And it was Co-Op after, Co-Op was there last and [...] Because, I'm there, down the Peace Garden there you know, but this [*supermarket*] is missing really.

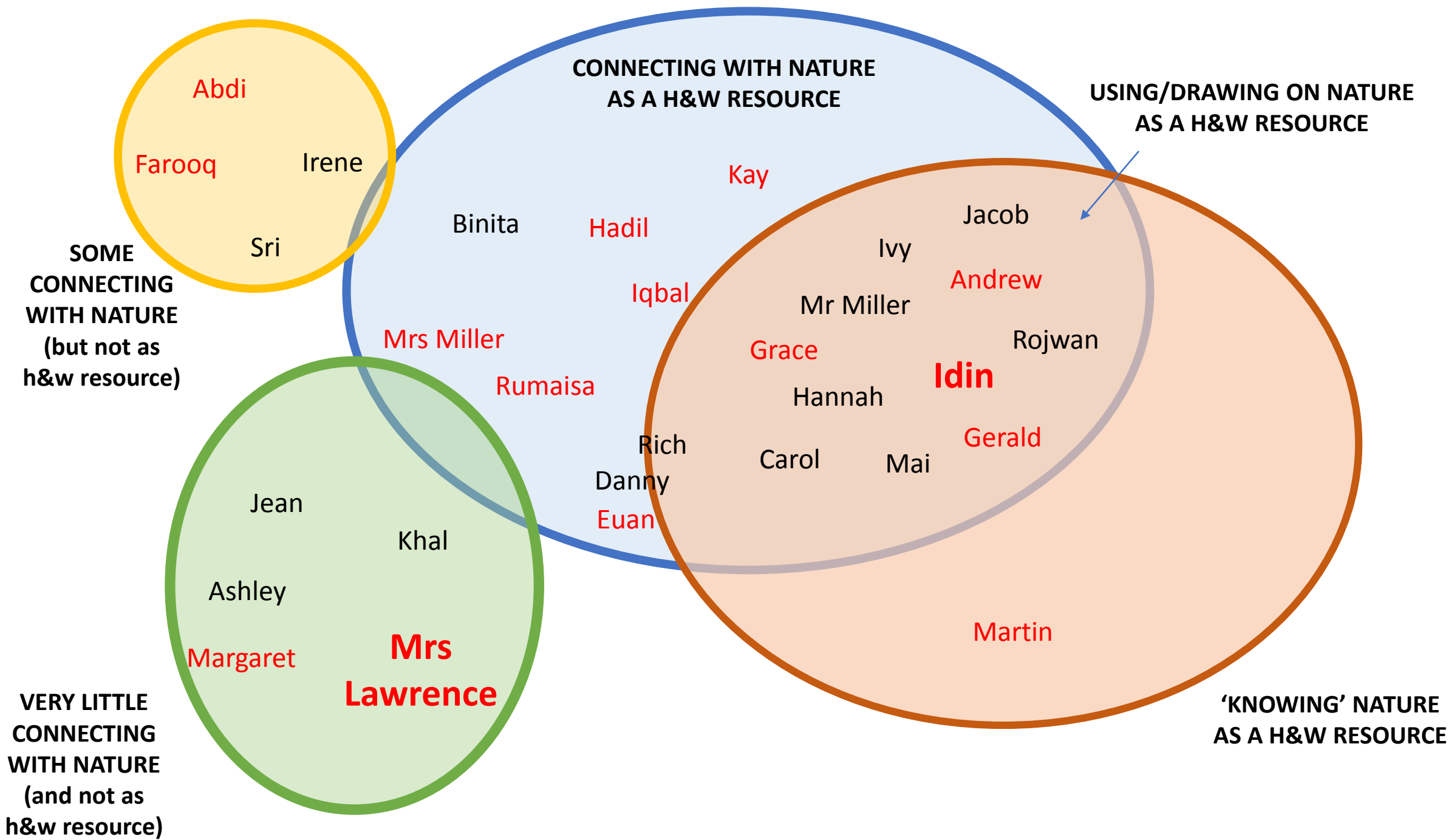




Come + lie down  
with us.  
Keep them watered.



what a  
diff it make -  
different colours



## WHAT DOES THIS MEAN FOR POLICY AND PRACTICE?

- Note the ways in which both people **are** and **are not** perceiving nature as a health and wellbeing resource – **We must take into account ‘feel good’ characteristics of ‘non-nature’ spaces of entertainment, heritage, learning and work . Or add nature into those spaces.**
- Urban residents **purposely go into or visit** a variety of urban nature types (park, woods, semi-wild settings, play areas, water features) AND **experience nature obliquely** (accompanying friends or family, en route to somewhere, noticing wildlife around the house, shopping, coming back from the pub). **Future research includes other connections with nature, not just ‘visiting’; ‘green space’ is not always equivalent to urban nature.**
- Nature is used as a health and wellbeing resource by people **across our 3 age groups & across ethnicity and culture** **Look to ‘success stories’, champions and advocates in communities for peer to peer support.**
- Those people who report **limited experience of current & past nature connection live in areas of deprivation**; they tell fewer stories of nature being used as a health and wellbeing resource – implications for decisions to be made about interventions and resources **Attendance to spatial and environmental injustice. Plan for interventions to attend to unequal nature access that is physical, social or cultural**