Build Back Better Together in GM – The role of Active Environments
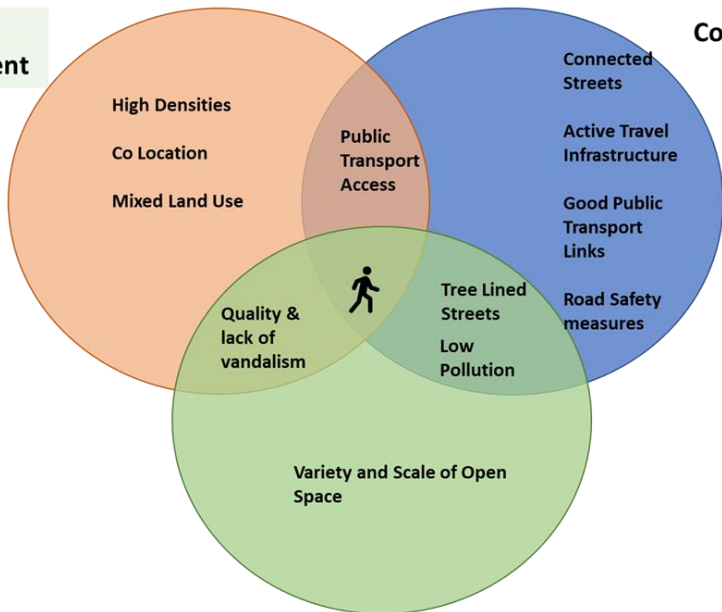
Date or sub-heading

Creating the Places and Spaces for people to be more active

The benefits of green space on individual mental health and wellbeing are well documented.

It is less well understood that aspects of where we live and the physical environment around us can both encourage and discourage people to be more active
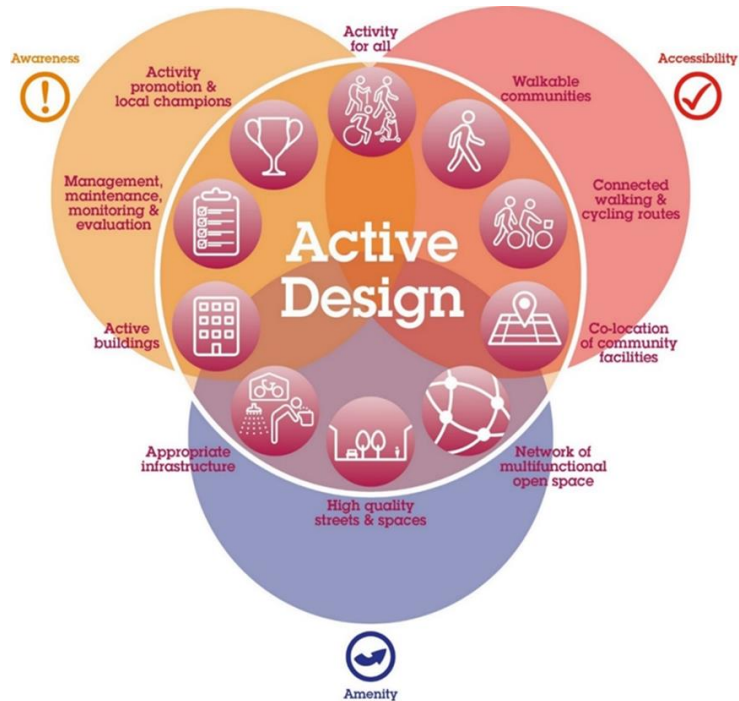
What Do we know?

Built Environment

High Densities

Co Location

Mixed Land Use

Public Transport Access

Connectivity

Connected Streets

Active Travel Infrastructure

Good Public Transport Links

Road Safety measures

Quality & lack of vandalism

Tree Lined Streets

Low Pollution

Variety and Scale of Open Space

Natural Environment

Awareness

Activity promotion & local champions

Activity for all

Accessibility

Walkable communities

Management, maintenance, monitoring & evaluation

Connected walking & cycling routes

Active buildings

Active Design

Co-location of community facilities

Appropriate infrastructure

High quality streets & spaces

Network of multifunctional open space

Amenity

"*First Life, then spaces, then buildings – the other way around never works...*"

Jan Gehl

SPORT ENGLAND

The Future – Living Local?

Features of a 20-Minute Neighbourhood

- Local shopping centres
- Local employment opportunities
- Well connected to public transport, jobs and services within the region
- Local health facilities and services
- Local schools
- Lifelong learning opportunities
- Local public transport
- Safe cycling networks
- Walkability
- Local playgrounds and parks
- Green streets and spaces
- Community gardens
- Housing diversity
- Ability to age in place
- Affordable housing options
- Safe streets and spaces
- Sport and recreation facilities

References

Active Design https://www.sportengland.org/how-we-can-help/facilities-and-planning/design-and-cost-guidance/active-design

ReSIDE - http://www.see.uwa.edu.au/__data/assets/pdf_file/0009/2805543/CBEH_Reside_Brochure_.pdf

http://www.see.uwa.edu.au/__data/assets/pdf_file/0003/2805546/RESIDential-Environments-Project_List-of-Publications_October-2015.pdf

TLF Street Appeal - http://content.tfl.gov.uk/street-appeal.pdf

Melbourne 20 minute neighbourhoods https://www.planning.vic.gov.au/policy-and-strategy/planning-for-melbourne/plan-melbourne/20-minute-neighbourhoods