

IMPROVING WELLBEING THROUGH URBAN NATURE – THE IWUN PROJECT

DR NICOLA DEMPSEY



Dr Nicola Dempsey is an IWUN project Co-investigator and is also Senior Lecturer in the Department of Landscape at the University of Sheffield. Her research focuses on place-keeping which conceptualises the design, planning and management of places as an integrated and ongoing process which, simply put, does not end when the contractors leave the site. Her work on IWUN is focused on identifying those green space interventions which have the potential to boost the health and wellbeing of Sheffield residents.

We know that a healthy natural environment - particularly where people live - and regular access to it, can contribute positively to the health and wellbeing of the population. We also know that a healthy natural environment can have the most benefit on those with the highest levels of ill-health. However, this potential is not yet being fulfilled - in part because we do not fully understand how and why people interact with the natural environment, and which aspects of the environment, and people's experience of it, lead to positive health and wellbeing outcomes.

- Does the biodiversity of a place affect people's health and wellbeing?
- Why are some sections of society, on whom natural environments could have the greatest positive impact, less likely than average to visit natural places?
- What part does experience of and connection to nature play?

The IWUN (Improving Wellbeing through Urban Nature) project is a 3-year project funded by Natural Environment Research Council which aims to answer these questions. Led by Prof. Anna Jorgensen at University of Sheffield, with other university and non-academic partners, the project is exploring the relationship between urban natural environments and health and wellbeing across the whole of Sheffield - focusing especially on mental health.

SLR Consulting Ltd. welcomes you to an evening presentation by Dr Nicola Dempsey (University of Sheffield) on Wednesday 2nd May, 6pm start. To be held at SLR Nottingham. For booking or more information contact Fran Delaney at fdelaney@slrconsulting.com or Tel: 0115 964 7280

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