



Session 2 – Coastal Connections

Dr. Lewis White
Sussex Bay

@SevernEstuary #SEPForum24



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Connecting People with Nature in Weston-super-Mare

Philippa Statter
Health & Environment
Natural England



Natural England is an executive non-departmental public body, sponsored by the Department for Environment, Food & Rural Affairs

- **Purpose:** Help conserve, enhance and manage natural environment for the benefit of present and future generations, thereby contributing to sustainable development
- **Vision:** Thriving nature for people and planet
- **Mission:** Building partnerships for nature's recovery

Natural England Portfolios

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Thriving nature for people and planet Building Partnerships for Nature's Recovery

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Resilient Landscapes and Seas



Sustainable Development



Greener Farming and Fisheries



Connecting People with Nature



Aims of Connecting People to Nature Portfolio

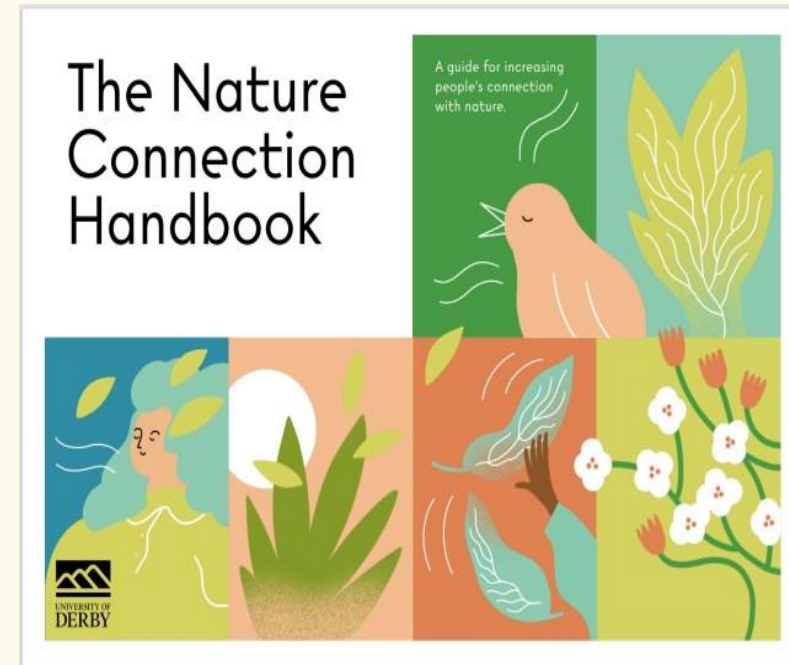


- More people connected with and acting for the natural environment
- More people spending time in nature
- More people benefitting from the natural environment
- Better quality accessible nature-rich places close to where people live
 - Better access to high quality nature further afield
- More resilient environment that protects people from environmental harms e.g flooding, air pollution

Nature Connectedness



Nature connectedness captures that relationship between people and the rest of nature. How we think and feel about nature. It is a measurable psychological construct that moves beyond contact with nature to an individual's sense of their relationship with the natural world.



The Nature Connectedness Research Group was formed at the University of Derby in 2013 and they published the **Nature Connection Handbook**, supported and funded by Natural England.

Why is nature connection important?

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People with a greater connection to nature are more likely to behave positively towards the environment, wildlife and habitats.

UK ranks lowest of 14 European countries for 'nature connectedness' and wellbeing

Numbers are scores given to each country based on the study

	Nature Connection	Biodiversity	Wellbeing
Italy	4.67	0.51	61
Portugal	4.63	0.51	65.13
Czech R	4.47	0.5	62.35
Bulgaria	4.43	0.49	63.94
France	4.36	0.42	61.97
Greece	4.35	0.55	63.45
Estonia	4.29	0.44	56.45
Spain	4.29	0.49	67.55
Germany	4.27	0.37	58.23
Netherlands	4.21	0.41	61.52
Finland	4.17	0.29	60.61
Sweden	4.05	0.3	58.97
Ireland	3.96	0.28	58.97
UK	3.71 14th	0.32 11th	54.13 14th

Guardian graphic. Source: Country-level factors in a failing relationship with nature, Miles Richardson, Iain Hamlin, Lewis R Elliott & Mathew P White, Ambio (2022)

Connection to nature

October 2022

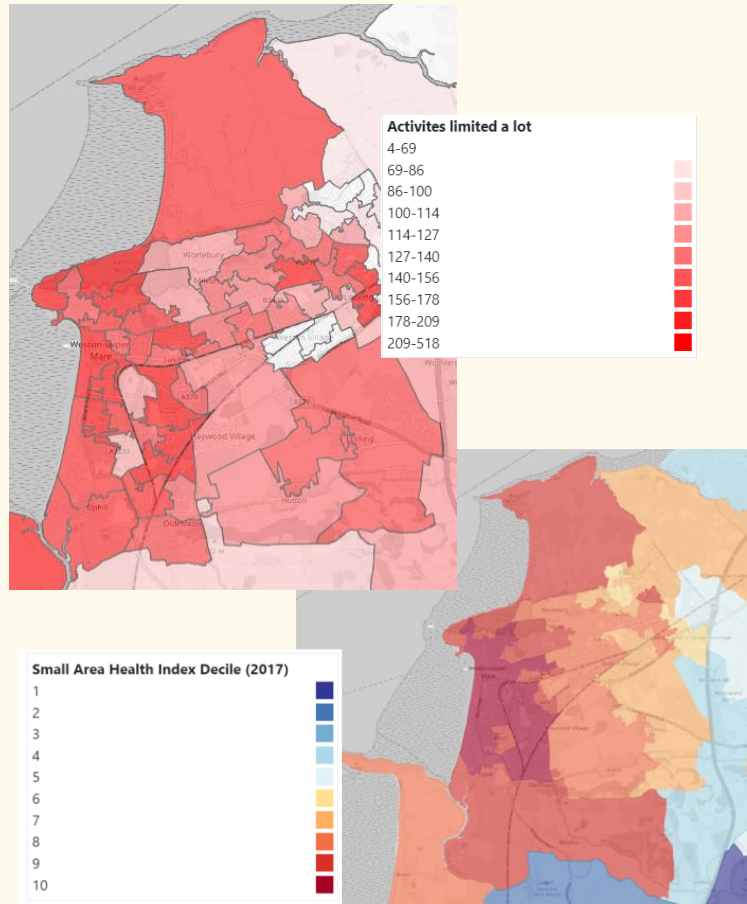
Natural England Evidence Information Note EIN068

Dr Helen Seers, Dr Rabya Mughal and Professor Helen Chatterjee, Natic Academy for Social Prescribing, UK

Original author EIN015 (2016): Dr Rebecca Lovell, University of Exeter.

www.gov.uk/natural-england

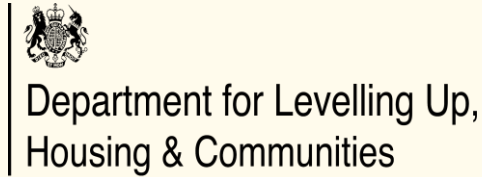
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- 8 areas of WSM are in the most 1% deprived nationally
- Proportion of one person households over the age of 65 is 40% – higher than national average
- 20% of people report a long-term disability that limits day-to-day activities
- Inequality in the gap in life expectancy between the most affluent and most deprived areas is **amongst the largest gaps in England**
- 15 areas have extremely poor mental health
- Over 5,800 children living in poverty (4 in every 10)

National Green Social Prescribing Pilot

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NHS



Green and Blue Social Prescribing is the practice of supporting people to engage in nature-based interventions and activities to improve their mental and physical health.

The overall aim is to better understand how GSP works to inform a national evidence base to embed and sustain GSP within the healthcare system.

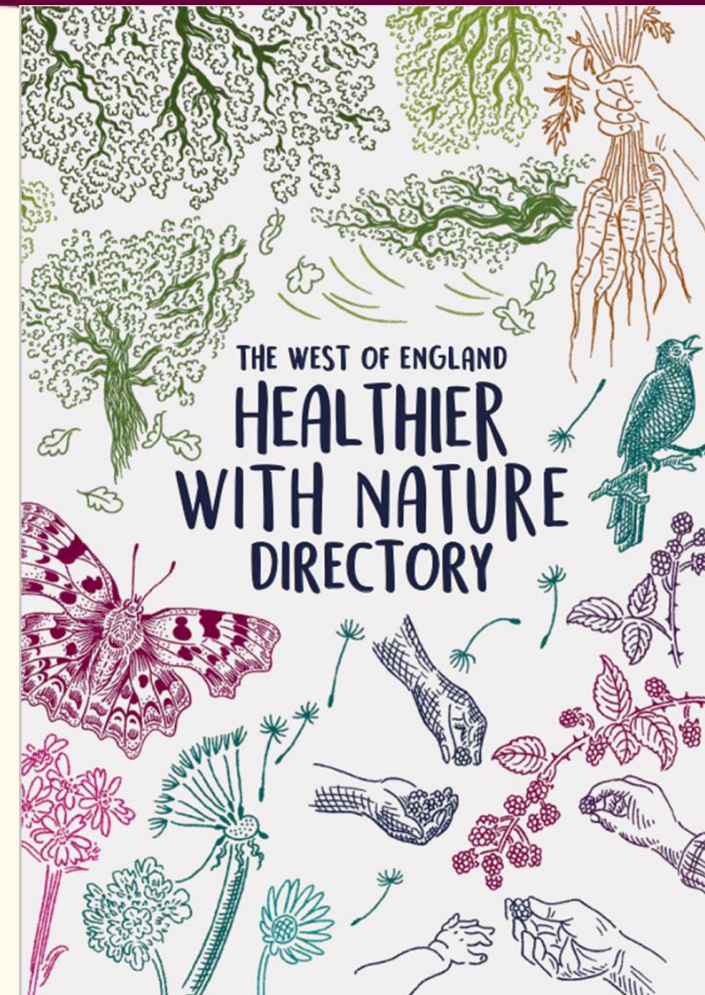
Healthier with Nature Green Social Prescribing Pilot



www.naturehealthwest.org.uk



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Uncle Paul's Chilli Farm visit

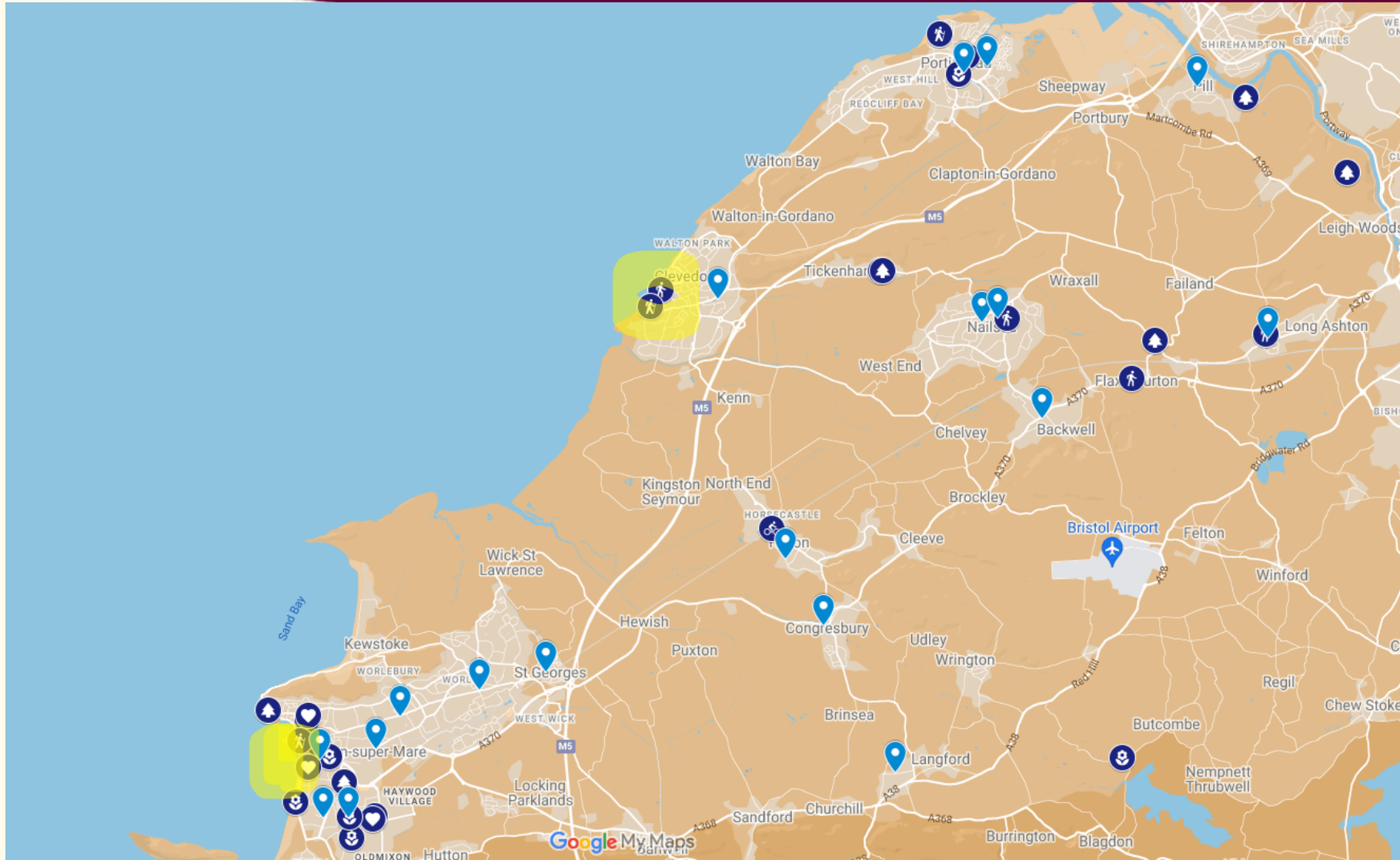


- Experiential learning and wellbeing opportunity for local social prescribing link workers.
- Involved :-
 1. Picking chillies for the organisation
 2. Nature connection presentation by Natural England
 3. Bee keeping experience



Green and Blue Social Prescribing in North Somerset

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Management plan for Ellenborough Park West



- SSSI – red listed plants smooth rupture wort and branched horsetail.
- Natural England funded Weston Town Council to develop a management plan for nature recovery and community wellbeing
- Wellbeing activities included local school sports day, walks and talks
- The plan included specialist management advice for plant species



Smooth Rupture Wort, photo: Jane Wright

Park Yoga at Ellenborough Park West 2023 and 2024



- Free to all. Every Sunday 09:30 to 10:30 from May to September.
- Partnership between Park Yoga, Weston Town Council and Natural England.
- 2023 statistics - a total of 1291 attendances with a weekly average of 61 and 64% of participants were from areas of deprivation.
- Opportunity to help people connect with nature in their local park.



Ellenborough Park West

Nature-inspired winter craft clubs



- Kite making and flying with refugees and asylum seekers
- Nature art club at the Community Hub

"It's been a wonderful, surprising experience...It has really made a difference to my mental health. This has stopped me feeling cut off and lonely. I have made new friends...we met up and had a walk and coffee together last week which has really helped me feel included."



Kite flying on Weston Beach



Leaf printing

King Charles III England Coast Path



- Coast Path Celebration event held on 30th September 2023
- Based at the Weston- super- Mare museum
- A variety of events including wellbeing, arts, culture and physical activity to raise awareness of the coast path and to connect people with nature.



Weston Beach, photo: 'SuperCulture, Paul Blakemore'

Connecting Weston-super-Mare to the Mendip NNR



- Nature Calling – collaborative arts project
- Mendip Nature Connections – green social prescribing programme



Cheddar Gorge

What next?



- Exploring ways to connect people to the coast and local green spaces through building partnerships
 - England Coast Path
 - Bird Aware scheme
-
- Any ideas please contact: philippa.statter@naturalengland.org.uk

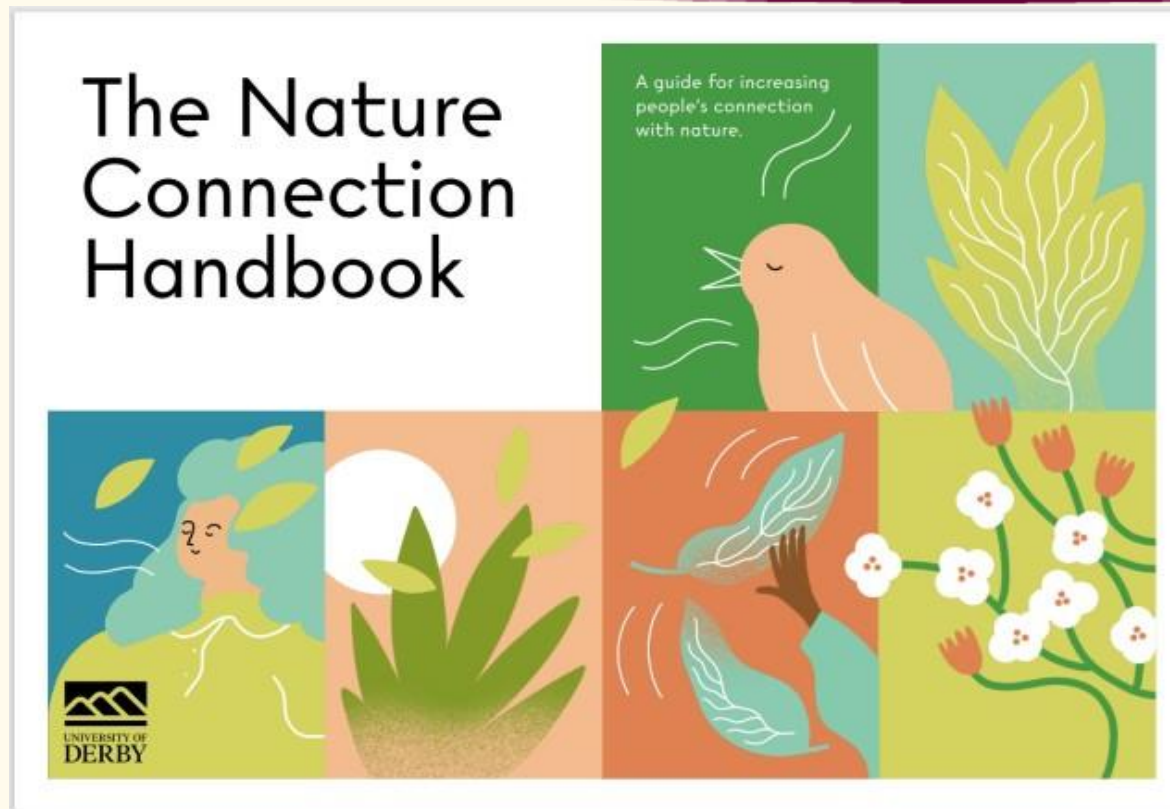
Natural England evidence briefings



- Links between natural environments and mental health (EIN065) [Links between natural environments and mental health - EIN065 \(naturalengland.org.uk\)](https://naturalengland.org.uk/links-between-natural-environments-and-mental-health-ein065)
- Links between natural environments and physical health (EIN066) [Links between natural environments and physical health - EIN066 \(naturalengland.org.uk\)](https://naturalengland.org.uk/links-between-natural-environments-and-physical-health-ein066)
- Connection to Nature (EIN068) [Connection to Nature - EIN068 \(naturalengland.org.uk\)](https://naturalengland.org.uk/connection-to-nature-ein068)
- How the Natural Environment can support Children and Young People (EIN067) [How the Natural Environment can support Children and Young People - EIN067 \(naturalengland.org.uk\)](https://naturalengland.org.uk/how-the-natural-environment-can-support-children-and-young-people-ein067)
- Methodology for Natural England evidence information notes EIN065, EIN066, EIN067 and EIN068 (EIN069) [Methodology for Natural England evidence information notes EIN065, EIN066, EIN067 and EIN068 - EIN069](https://naturalengland.org.uk/methodology-for-natural-england-evidence-information-notes-ein065-ein066-ein067-and-ein068-ein069)

Nature Connection Handbook

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Nature Connectedness Research Group was formed at the University of Derby in 2013 and how now released the **Nature Connection Handbook** which was supported and funded by Natural England.

Nature Connected Organisations Handbook

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[nature-connected-organisations-handbook.pdf \(wordpress.com\)](https://www.wordpress.com/nature-connected-organisations-handbook.pdf)

Green social prescribing



[nhs-green-social-prescribing-toolkit.pdf](https://nhs.uk/green-social-prescribing-toolkit.pdf)
(socialprescribingacademy.org.uk)

[Green Social Prescribing at Clevedon Marina with Open Minds Active - YouTube](#)

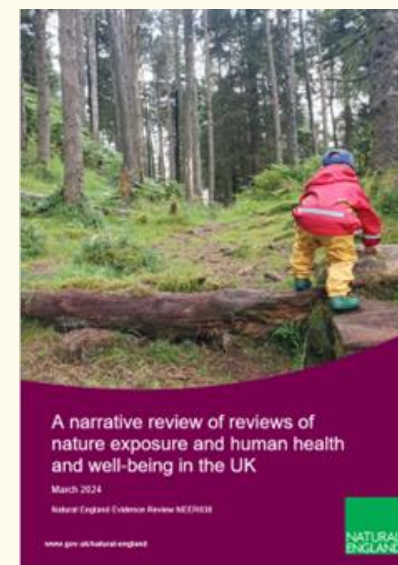
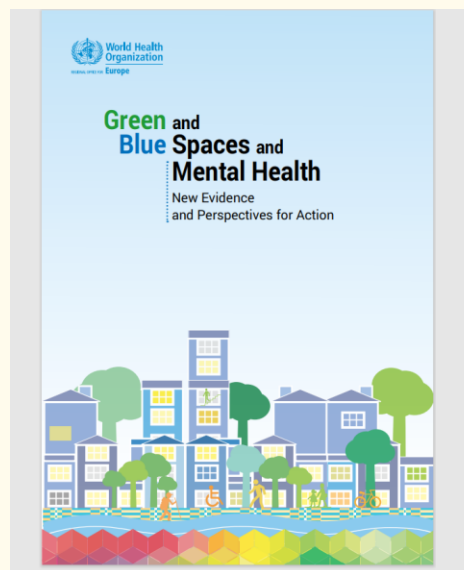
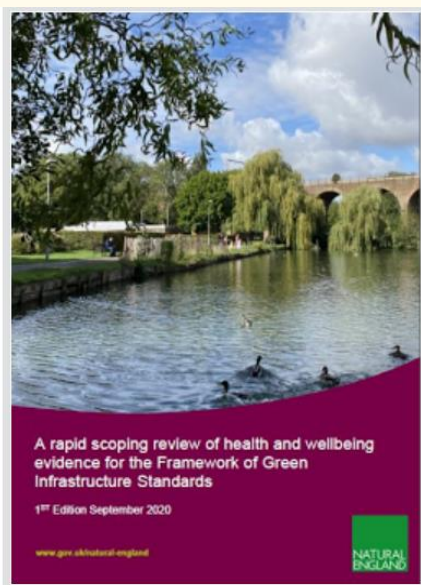
Other references

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Health and the natural
environment: A review of
evidence, policy, practice and
opportunities for the future

2018





Diverse marine values beyond the tide line
Severn Estuary Forum, Gloucester.
October 2024

Emma McKinley

mckinleye1@cardiff.ac.uk

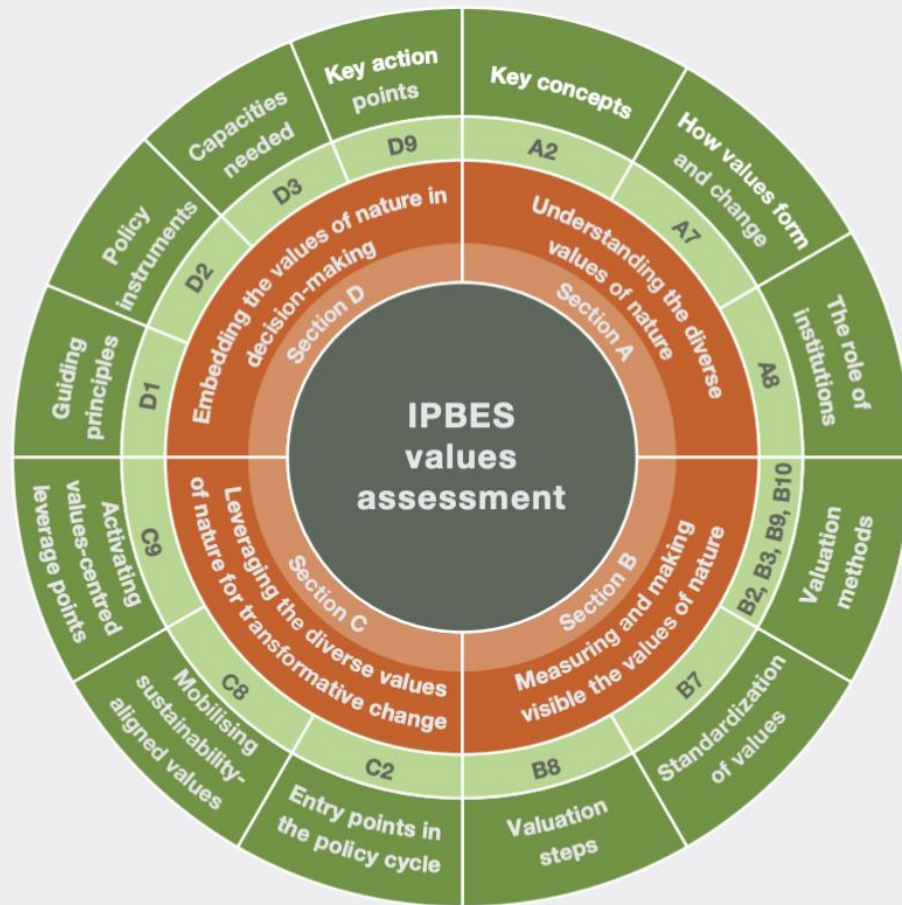
Diverse Marine Values





Diverse Marine Values

To generate and influence the transdisciplinary capability of the UK marine policy stakeholder and research community in order to use diverse values in decision making to support the sustainable management of the UK's marine resources.



SPM background sections Background section topics Main SPM background messages

Figure SPM 1 The values assessment wheel.

The assessment of the diverse values and valuation of nature provides guidance on the diverse values of nature and how to integrate them into decision-making. **Figure SPM.1** illustrates the structure of the background section, by showing the main section themes and how they are linked to specific issues and background messages.

IPBES (2022). <https://doi.org/10.5281/zenodo.6522392>.



The evolution of ocean literacy: A new framework for the United Nations Ocean Decade and beyond

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 Human-ocean relationships
 UN Ocean Decade

ABSTRACT

First introduced in the early 2000s, the concept of ocean literacy has evolved in recent years, not least since its inclusion as a mechanism for change within the United Nations Ocean Decade's goals. Building on early definitions of ocean literacy, there has been increasing recognition of a range of additional dimensions which contribute to an individual or collective sense of 'ocean literacy'. Drawing on existing research, and parallel and supporting concepts, e.g., marine citizenship, ocean connectedness, and public perceptions research, this paper proposes ten dimensions of ocean literacy: knowledge, communication, behaviour, awareness, attitudes, activism, emotional connection, access and experience, adaptive capacity and trust and transparency, and recommends expanding previously recognised dimensions, in a bid to ensure that ocean literacy encompasses diverse knowledges, values and experiences. The paper provides a useful framework for ongoing ocean literacy research, and highlights aspects of ocean literacy which have received limited focus to date.

Testing multiple methods to
understand diverse values in
three community test sites



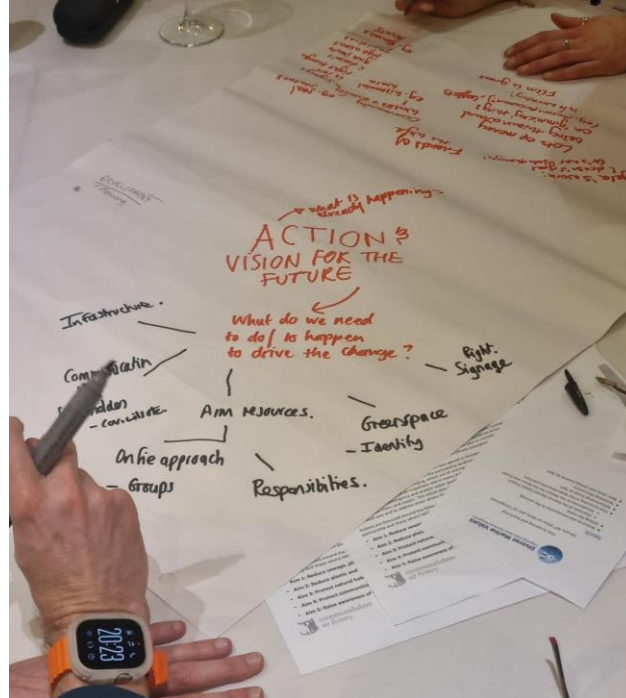
Diverse Marine Values





An underwater photograph showing a dense field of green seagrass or eelgrass. The plants are long and thin, swaying in the water. The water is slightly murky, giving the scene a greenish tint. The text is overlaid on the center of the image.

watershed
dalgyllch afon



Watershed Premiere and Community Workshops January 2024

- Over 80 people attended over two events, including local councillors.
- Key discussion themes included:
 - Workshop attendees expressed strong emotional responses to the deterioration of the river and the implications of this for the wider environment in the region – *'It's like a dying friend'*
 - The challenge of cross border governance dealing with a whole catchment issue.
 - A need for improved coordination and more joined up thinking to bring river, estuary and coast together.
 - Feeling of being 'let down' by decision-makers and a lack of faith that any real action will be taken.
 - BUT there was hope – *'people have power'*
- Analysis of the interviews and workshop discussions is ongoing.
- Film to be released soon!



Diverse Marine Values



Diverse Marine Value

Ocean Literacy in Shetland_2023

Introduction

The UK is an island nation, surrounded by a rich and diverse ocean environment. The importance of a sustainable ocean for people and nature is now one of the defining issues of the early 21st Century alongside climate change and biodiversity loss.

As part of the [UKRI funded Diverse Values project](#), we are interested in understanding how you connect with and value your local marine and coastal environment in and around Shetland, and invite you to send us your thoughts about issues relating to the ocean and coast through completing this questionnaire.

The questionnaire should take no more than 20 minutes of your time, and is being conducted in accordance with Cardiff University's Ethics Procedures and in full accordance with GDPR guidelines. Your participation in this questionnaire is entirely voluntary, and you can stop your participation at any time. All data you provide, including personal data, will be treated with confidentiality, and will only be used for the purpose of this research study. The data will never be sold on and will not be individually attributable to you. The information you provide will be stored securely and used for research purposes only.

If you have any questions or concerns about this research, you can contact the researchers using the following e-mail address: mckinleye1@cardiff.ac.uk

Please confirm you accept this and are willing to proceed with the survey by ticking the box below.

☐ Yes

3. How do you feel when you think about the marine environment? Please select the three emotions which come closest to how you feel.

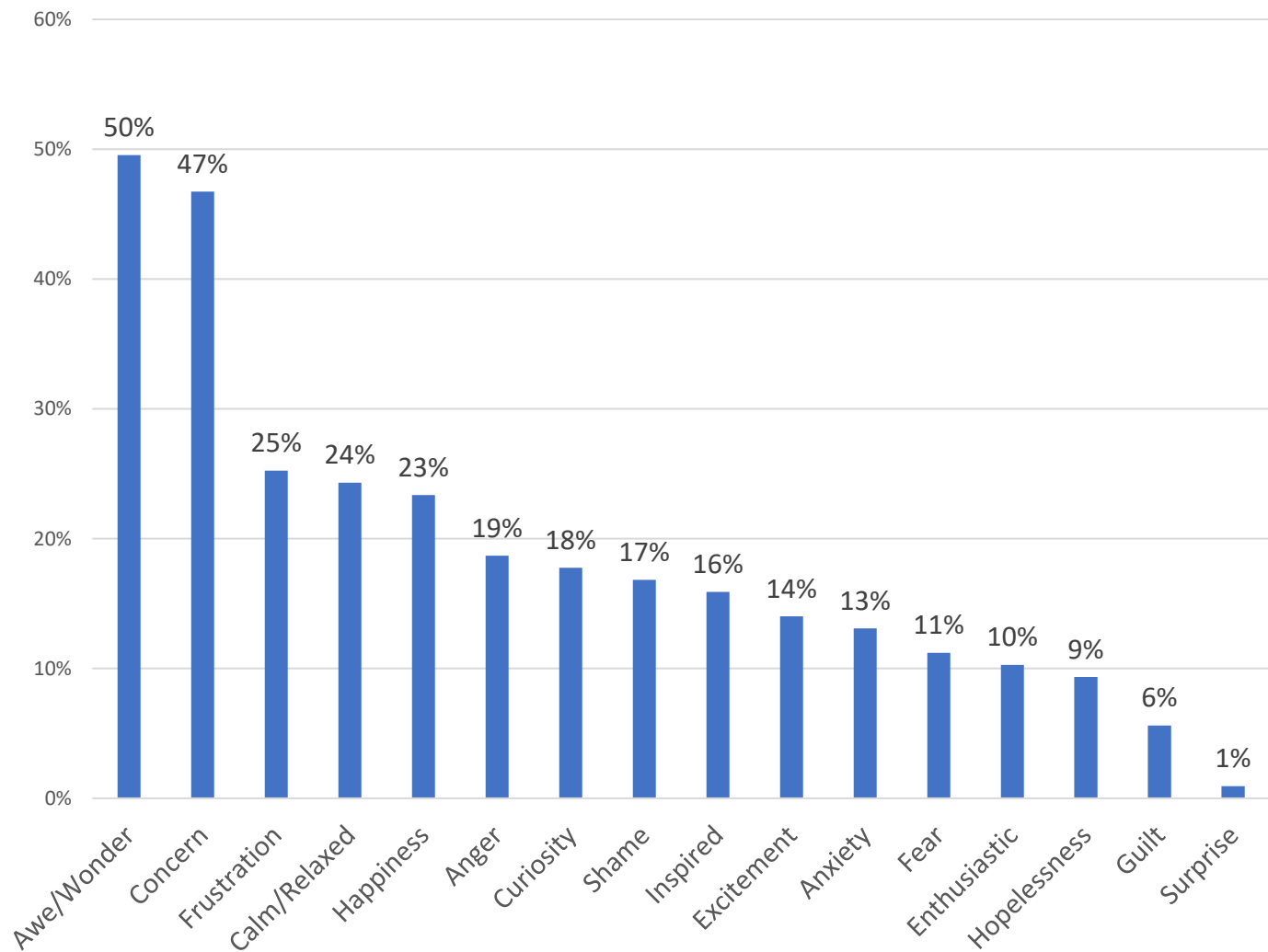
- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Shame |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Surprise |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Excitement |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Enthusiastic |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Awe/Wonder |
| <input type="checkbox"/> Frustration | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Inspired |
| <input type="checkbox"/> Calm/Relaxed | <input type="checkbox"/> Concern |
| <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Don't know |
| <input type="checkbox"/> Other (please specify) | |

4. The following are principles about the ocean. Please select how much you believe each statement to be.

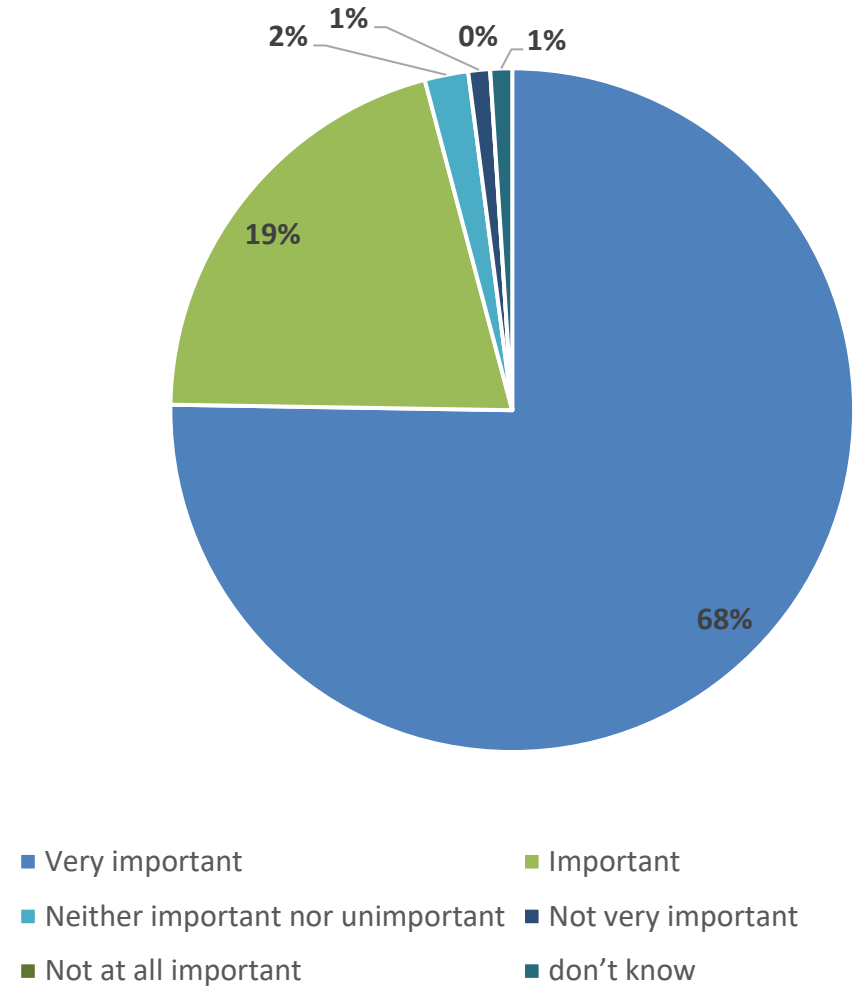
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	Completely True	Mostly True	Somewhat True	Slightly True	Not at all true	Don't know
The Earth has one big ocean with many features.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ocean and life in the ocean shape the features of Earth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ocean is a major influence on weather and climate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ocean made the Earth habitable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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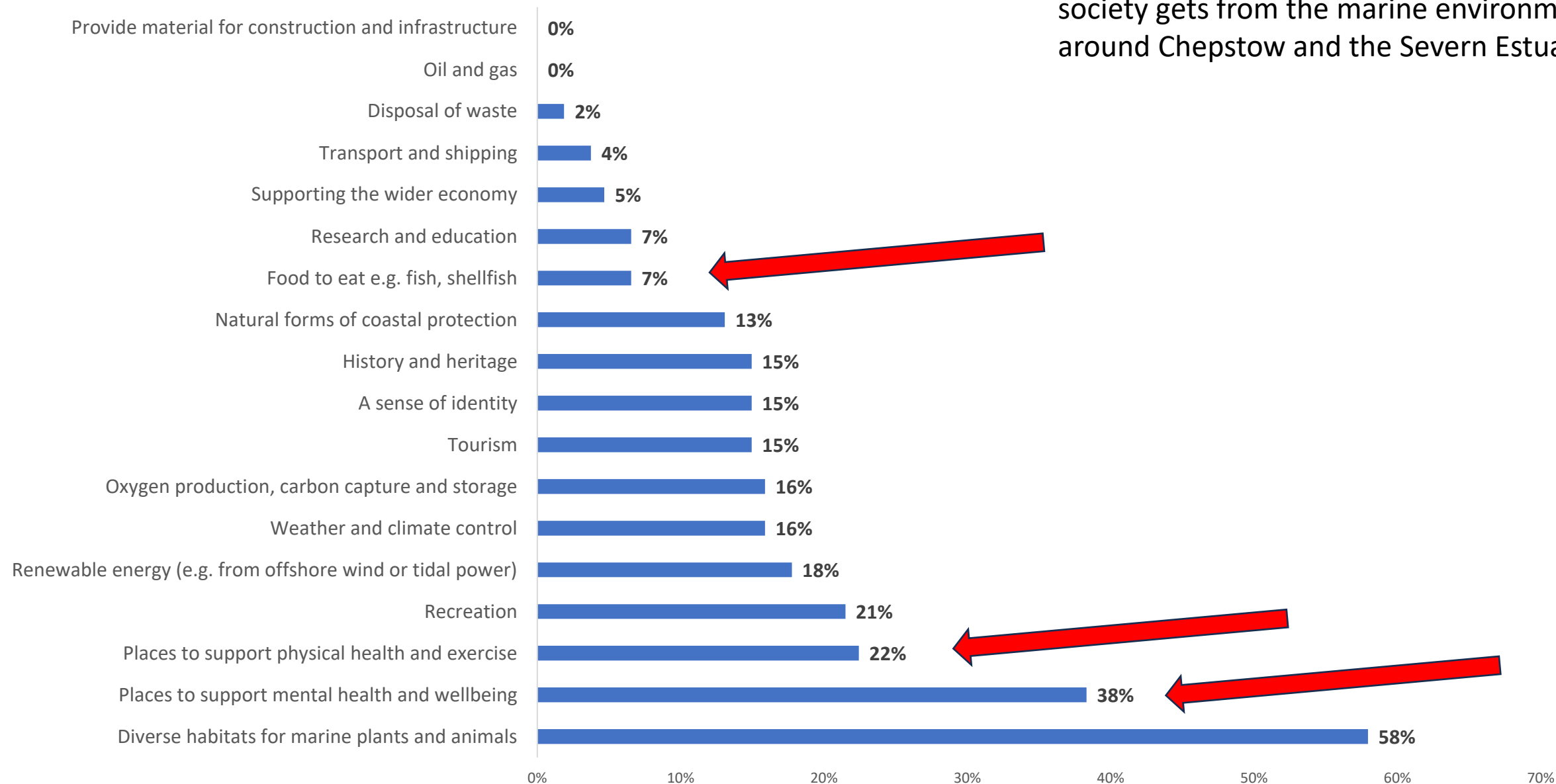
How do you feel when you think about the marine environment?



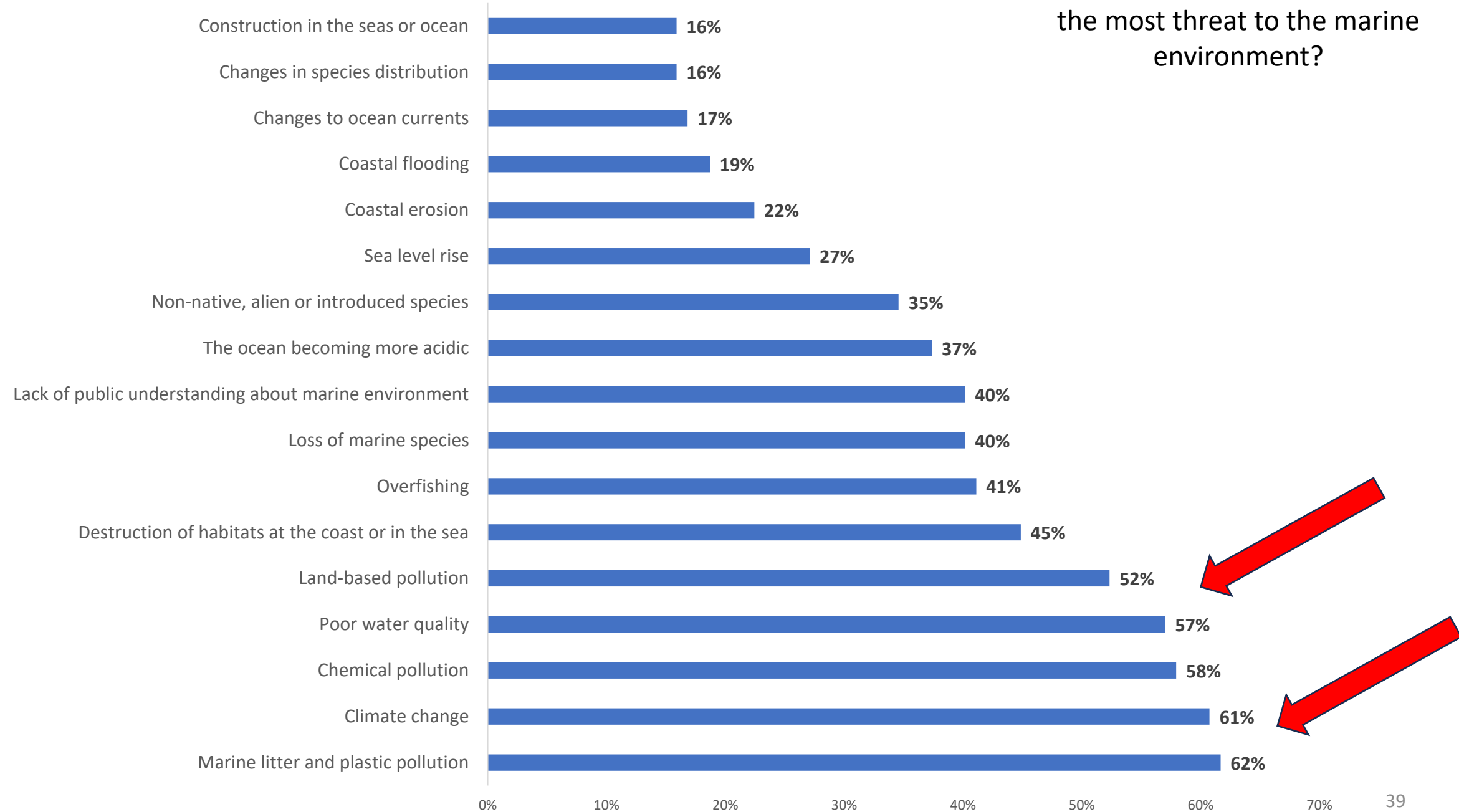
How important is protecting the marine environment to you?

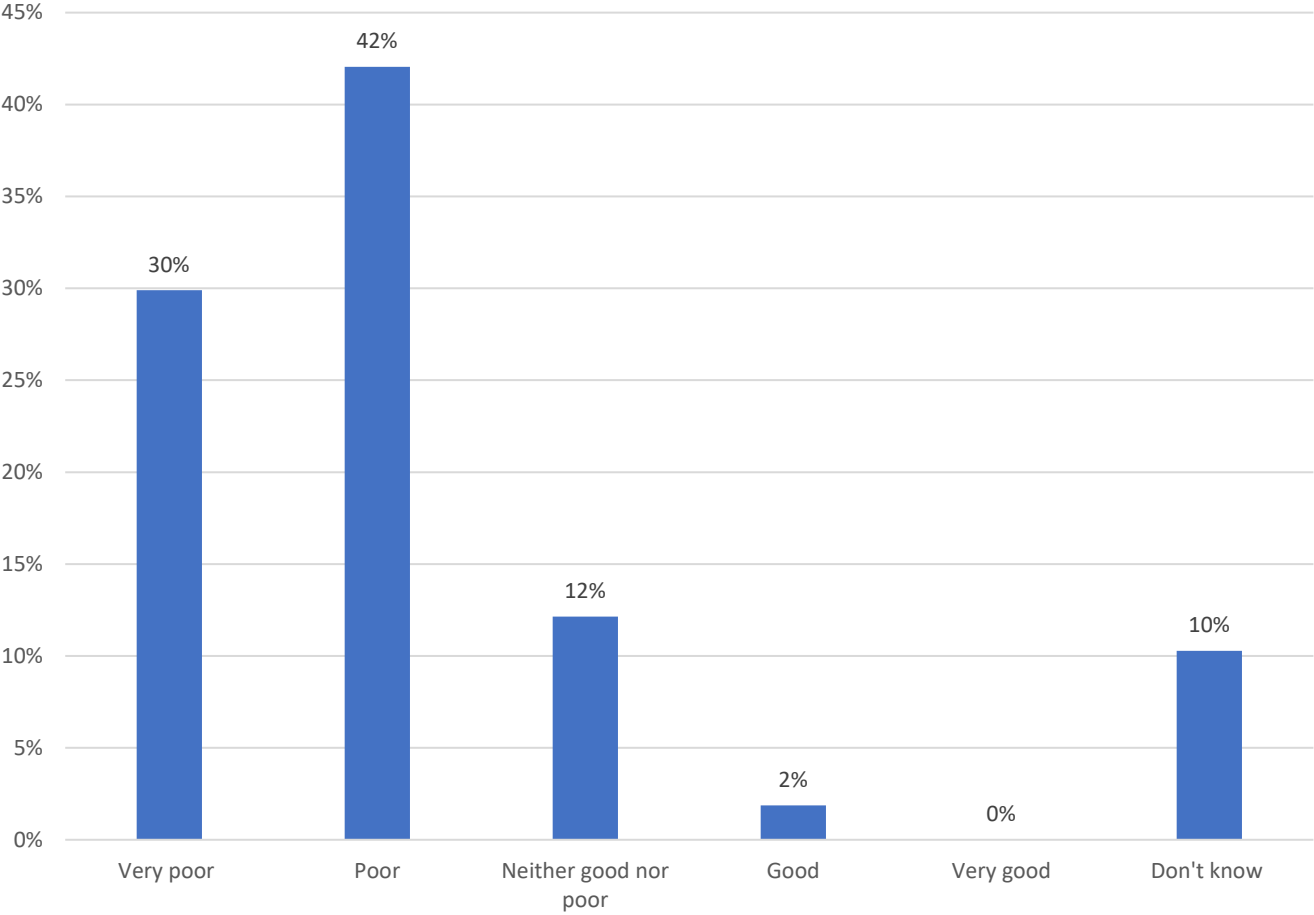


What are the most important benefits that society gets from the marine environment around Chepstow and the Severn Estuary?



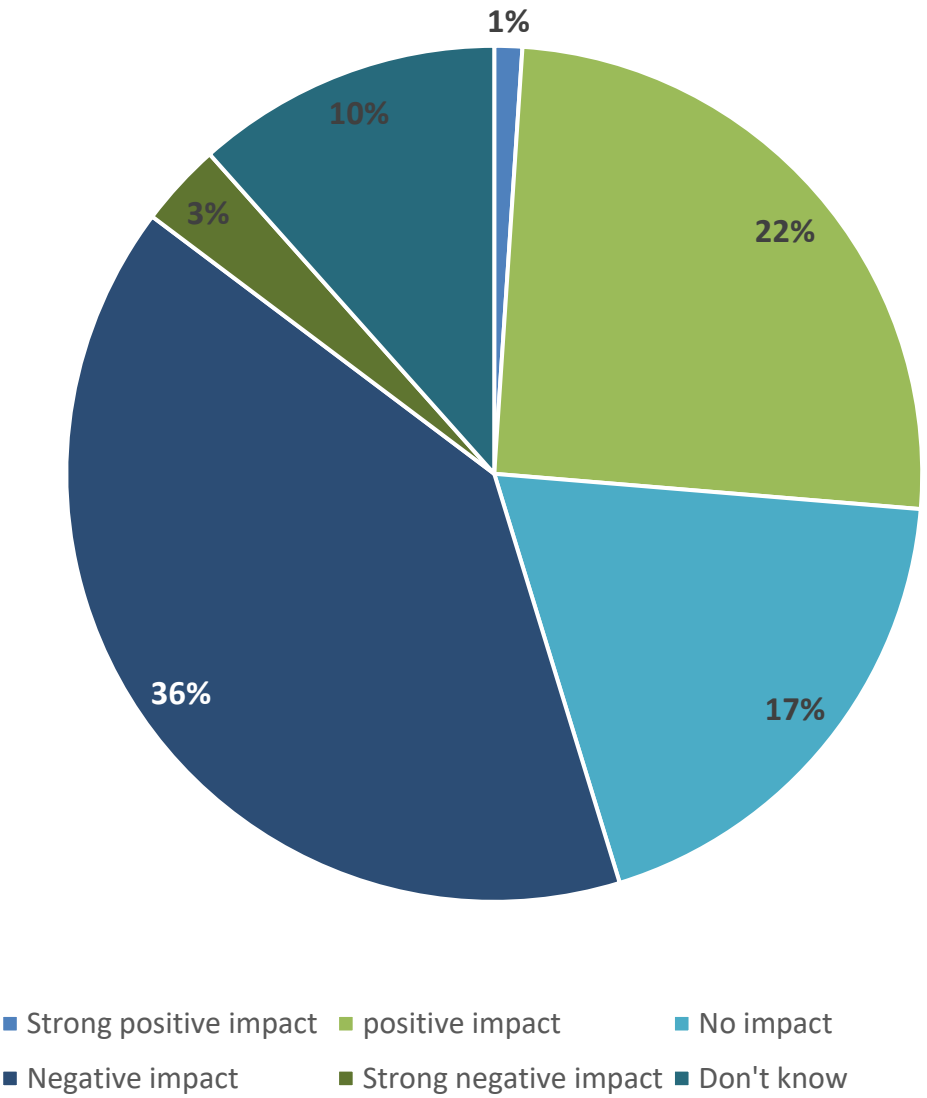
Which of the following do you think pose the most threat to the marine environment?





How would you rate the health of the marine environment around Chepstow?

What impact do you think your lifestyle has on the marine environment?







Key observations

- Ocean Literacy provides a framework for understanding relationships and values towards the ocean, coast and seas – in a range of contexts.
- **Ocean Literacy is more than communication and education!**
- There is a real need to understand diverse values – and to use different methods to reveal / explore / assess / experience them and **no one size fits all**
- Qualitative, arts-based methods take time and resource BUT can facilitate conversations with different people and identify new issues.
- We need to continue to challenge who is currently considered in ocean literacy research and practice – who gets to be ‘coastal’?
- Work still to be done to develop effective mechanisms to include diverse values and OL dimensions within ocean decision making– what are our pathways to impact?

A wide-angle photograph of a long, multi-span bridge crossing a body of water. The bridge features several tall, slender pylons supporting the deck. In the foreground, a rocky shoreline with shallow pools of water is visible. The sky is filled with heavy, grey clouds, creating a somber atmosphere.

Thank you!

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Audience Q&A

① Start presenting to display the audience questions on this slide.