

The importance of urban green and blue spaces for mental health

WEBINAR
19 November
10:00 - 11:00 CET

Spending time in urban green and blue spaces provides numerous mental health benefits. Parks, playgrounds, rivers and other urban green and blue spaces have proven to promote mental health and well-being by reducing stress, enhancing social cohesion, and supporting physical activity.

The ongoing COVID-19 pandemic has highlighted the importance of urban green and blue spaces with social distancing and lockdown measures leading to an increase in feelings of loneliness, anxiety and depression among the world's populations.

This webinar aims to highlight the experiences of the City of Glasgow and the City of Tampere with regard to the importance and use of public green and blue spaces during the COVID-19 crisis, and their work on preparing for a post-pandemic world.

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AGENDA

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| 10:00 | Introduction
Leonie Fischer, University of Stuttgart |
| 10:10 | Building an evidence-base for open spaces and health and wellbeing improvements
Gillian Dick & Rania Sermpezi, Glasgow City Council |
| 10:20 | Nature-based areas as places for relaxation, refreshment and learning
Annika Kettunen, Ramboll Finland |
| 10:30 | Q&A session |



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