

Health and Greenspaces – SIB Project Update November 2015

<p>Develop '4 Park Route'</p> <p>The aim is to create a link between the 'large parks' in the area (Herrington/Hetton Lyons/Rainton Meadows/Elba) forming the '4 park route'. There are existing paths forming the majority of a suggested circular route connecting the four sites. Three gaps have been identified (past Redburn/Black Boy rd, past Blind Lane, through East Herrington) which will form a programme of works during the next two years.</p>
<p>3-2-1 Routes</p> <p>3-2-1 routes in Herrington (beside the model boating lake) and Hetton Lyons (next to Lyons lake, west of the car park) Country Parks are now in place. The 3-2-1 routes are circular routes of varying distances which you can either walk, jog or run. The routes are marked in 3, 2 and 1 kilometre distances and are suitable for beginners, or can be combined if you want to walk, jog or run further. Information boards at the start and finish points are located at both sites.</p>
<p>Clean, Green, Lean</p> <p>The Clean, Green and Lean project is being delivered by Groundwork and is designed to give local people the opportunity to improve their health and wellbeing through practical environmental work at green spaces in the coalfields. Initial work has commenced to identify a number of locations which would benefit from small-scale improvements which can be carried out by residents and local schools interested in taking part in 'green activity' conservation tasks.</p> <ul style="list-style-type: none"> • 'The Trod', Hetton – Hetton Lyons Primary School will carry out tidy up and conservation tasks such as litter picks, planting and habitat creation to create a wildlife area leading up to the golf course. A series of nature walks led by Active Sunderland to be developed. • Herrington Burn area, rear Shiney Row Primary School - Shiney Advice and Resource Project (ShARP) and Shiney Row Primary School will be involved. Responsive Local services (RLS) colleagues will work in partnership. • Seven Sisters, Copt Hill - Conservation Team, Sunderland City Council, Walking Network group members and local residents will work in partnership. A new walking group/conservation group is being developed. • Lambton Lane, Fencehouses – Local businesses and Active Sunderland to be involved. Volunteers will be developed in partnership with Groundwork.
<p>Green, Green Grass of Home</p> <p>Four 'Green, Green Grass of Home' events took place across the Coalfield area during school summer holidays. Events were held in each of the wards and attracted a total of 287 people. A range of sporting and fun activities were provided and picnic bags were offered to all attending. The project met the outcomes of encouraging children, young people and families to utilise the green spaces within their community for play, picnics and healthy activities. A range of partner organisations attended and provided residents with a range of health and wellbeing related information</p>
<p>Trim Trails</p> <p>Trim trails are being installed in Herrington and Hetton Lyons Country Parks. Initial consultation has taken place and the procurement is now complete. The installation will take place by the end of December 2015. The benefits of using the equipment will be promoted once the trim trails are installed.</p>
<p>Walking Packs</p> <p>Walking packs including 3-2-1 routes and Heritage Walks are being developed for the Coalfield area. Heritage Walks including Penshaw Monument Circular and Hetton Circular can be downloaded from the Active Sunderland website.</p>

Heritage Walks

The Heritage walks organised by ELCAP have been a great success. They are aimed at the socially isolated residents of the Coalfield and in partnership with Groundwork have taken people to local parks and attractions. Below are some of the comments received after the first 7 events:

- I did not know the park was here
- aren't they fantastic
- we would never have been able to get here
- can we come again
- it's good to remember the pits and our Heritage
- I am 90 and have never been to any of these areas
- it's the best day out I've had in years

Youth Enterprise

Young people will be involved in the construction of a Yurt that will be used as a space for therapeutic counselling. The project will increase awareness of the benefits of the outdoor activity on mental and physical wellbeing.

Out and About - Groundwork

A project to encourage and increase the use of Elba Park throughout the year as well as running a wildlife photography competition resulting in the production of a calendar for sale at the end of the project.

Out and About - ELCAP

A door to door service will take residents who are socially isolated or have mobility and health problems to various locations across the Coalfield area including Elba Park, Hetton Lyons Country Park and smaller local areas such as ELCAP community garden.