

Table 6 - What is my place in all of this?

The morning session attendees were predominantly third sector based and/or involved in the care sector. This led to wide ranging discussion around individuals' access to the outdoors, barriers to this and how to challenge/change mind sets. For this group and the individuals they interact with there was consensus that the problems they experience need to be addressed before any work could be done on the more holistic aspects of their wellbeing. Often basic care needs were difficult to address, and despite acknowledgement that accessing outdoors would be really valuable, other needs dominate their lives. How do we change/challenge this? Whose role is it to support people accessing support to do this when it is required by them?

The afternoon session was more focused on the key question posed. Discussion was focused on transport as a barrier to accessing the outdoors. This dominated the discussion throughout and affected many sections within our communities. There was acknowledgement that during covid more people accessed local spaces and questioning why this had changed. There was a mindset shift in covid that we should make use of our allotted outdoor time locally. More focus was given to this in the media. Since covid we have slipped back into old habits, and work/life balance has become skewed in favour of work, lessening outdoor recreation. There is a need for employers to become involved in encouraging/allowing employees to find time to go outdoors. Great example given of a company who allowed 30 mins paid time for lunch. Would pay another 30mins if employee was going for a walk.

The second discussion also proposed a focus on children - establishing and promoting a variety of activity groups - may motivate their parents to take up activities too, as a family group or separately through visiting similar places. With regards to volunteers, those already part of helping the community to access outdoors must be empowered and motivated to continue, because without them everything will crumble.

Main points	Gaps	Suggested actions
Basic care needs to be addressed first Organisational change needed to support communities Feel powerless to influence transport issues Education to promote benefits of access outdoor spaces – school/work Volunteers need for support	Lived experience input Poor access due to transport constraints	<ul style="list-style-type: none"> • Engage with communities who experience the issues first hand • Educate children more on benefits of accessing outdoor space – tie in with environmental learning • Find ways to motivate volunteers