

Community Resilience

Community resilience is **the sustained ability of a community to use available resources to respond to, withstand, and recover** from adverse situations.



- Green Health activities bring people together and strengthen communities
- Our local greenspaces are a continued resource available to help support our health & wellbeing and are 'mostly' free to access
- Green health groups can help to build **cohesive communities** which are better able to tackle common problems, to provide **mutual support** and to work together for a positive future
- Outdoor volunteering opportunities enhance the local environment while building skills and relationships amongst the participants
- Making improvements to our natural environment can help to increase biodiversity and protect against adverse weather events

●● Examples of community resilience through community Green Health activity:

- During the pandemic and associated lockdown of 2020, many groups took their activities outside - responding to an adverse situation by building social connections in new ways that reduced the risks of harm
- Reducing car dependency through e-bikes can open up access to cycling, benefitting people's health & wellbeing while improving air quality through reduced emissions
- Community tree planting can provide a natural windbreak and slow the speed at which rain water runs-off - helping to respond to adverse weather events, but also building volunteer capacity and uniting a community in a common purpose
- Community Growing Projects promote healthy eating while increasing food security & creating social cohesion

●● A note on community safety:

- Often remote or wild spaces can feel unsafe for many people to visit, especially alone or in the dark
- For people to opt for active travel options they must feel that it is safe to do so
- **Improving community safety while removing barriers to access will contribute towards reducing health inequalities**

Think Health Think Nature aims to encourage more use of the outdoors to tackle physical inactivity, mental health issues and health inequalities. Find out more:

www.thinkhealththinknature.scot

