

Our greenspaces are important...

...but not all greenspaces are good spaces.

We know that access to biodiverse, good quality greenspaces benefit health and wellbeing, play, community interaction, active travel, economic development, as well as important environmental services like climate change adaptation, air quality and natural flood management.¹

Can it affect my health?

Yes. Greenspace can improve our health and wellbeing by promoting physical activity and connecting us to nature. The health gap between richer and poorer people may be smaller in neighbourhoods with more greenspace.²

Was it important during COVID-19?

Yes. Research during the lockdown found that over 70% of people felt that spending time outdoors in nature helped them to de-stress. Over 60% agreed that it improved their physical health. Half said they would now visit the outdoors more often than before.³

89% of people from the Scottish Household Survey said that being in greenspace benefitted their mental health.⁴

Is there equal access to greenspace?

No. The differences in access and quality between the most and least deprived areas have increased since 2013.⁵

There is also marked racial inequality in access to greenspace.⁶ Reductions in quality mirror reductions in spending.⁷

What was the impact of COVID-19?

Lower-income families, people with long-term health conditions, disabled and/or non-white people were less likely to visit greenspaces regularly.⁸

What is the Scottish Government doing about greenspace?

The National Outcome for Communities, has a performance indicator of the proportion of adults who live within a 5-minute walk of their local greenspace. Each local authority is required to prepare and publish an Open Space Strategy for the development and use of greenspaces and green networks.

We all have the right to
NON-TOXIC ENVIRONMENTS TO LIVE, WORK, STUDY AND PLAY

Get involved

greenspace scotland has a helpful FAQ on all things about your community greenspace including how to get involved in improving it, how to take ownership, and how to run events and activities.

More information

Find greenspaces near you - [Greenspace Interactive Map](#)

My greenspace is under threat, what can I do?

Contact our Rights Officer to talk more at rights@ercs.scot

Contact our free legal advice service at www.ercs.scot/get-advice

Call our office on **0131 358 0038** or freephone on **0800 861 1738**

¹ greenspace scotland (accessed 28 June 2022), [Greenspace delivers for...](#)

² Mitchell, M.J, Richardson, E.A, Shortt, N.K, Pearce, J.R, 2015, [Neighborhood Environments and Socioeconomic Inequalities in Mental Well-Being](#), American Journal of Preventive Medicine Volume 49 Issue 1:80-84

³ Stewart, D. and Eccleston, J. (2022), [Enjoying the Outdoors - Monitoring the impact of Coronavirus and social distancing - Wave 3 survey results \(September 2021\)](#). NatureScot Research Report 876

⁴ Scottish Government (September 2020), [Scottish household survey 2019: annual report](#)

⁵ Scottish Government (accessed 10 October 2022), [National Indicator Performance](#) (data analysis from Scottish household survey 2019)

⁶ Ibid

⁷ Scottish Local Government Benchmarking Framework (2022), [National Benchmarking Overview Report 2020-21:133](#)

⁸ Public Health Scotland (2022), [COVID-19 and greenspace use](#)