

NHS Greater Glasgow & Clyde
Biodiversity & Greenspace Report 2015 -2017



Executive summary

Under the Nature Conservation (Scotland) Act (2004), all public bodies in Scotland are required to further the conservation of biodiversity when carrying out their responsibilities.

In addition, it is required under the Wildlife and Natural Environment (Scotland) Act (2011) to provide a public report on the actions which they have taken to meet this biodiversity duty.

The board will be required to report to the Scottish Government every 3 years as part of Scotland's Biodiversity Route map 2020. This brings together the key work needed to deliver on the Scottish Biodiversity Strategy: 2020 Challenge for Scotland's biodiversity.

This is underpinned by 12 priority projects, 14 targets and 79 actions. Below are the priorities pertinent to NHS Scotland (GG&C):

- Target 9: Improve greenspace quality and use at least one hospital or health centre facility in each NHS Health Board in mainland Scotland.
- Priority Project 7: Developing Scotland's natural health service

Aim

For NHS Health Boards to promote health benefits from physical outdoors activity and contact with nature, with green exercise routinely prescribed by health professionals as part of the physical pathway.

To date there have been various projects and initiatives that have taken place, but none of the work has been centrally collated. This report pulls together all available information to form a baseline from which the Action Plan will then follow from.

We are also in talks with HFS and Glasgow School of Art to look at various ways we can improve Greater Glasgow and Clyde Greenspace and Environmental Design & Health Areas as part of this plan.

Background

There is increasing evidence that exposure to greenspaces improves our health. This includes greenspace in and around health settings to create environments which promote mental and physical wellbeing. Hospitals such as Gartnavel and Stobhill were the original focus of a programme within NHS Greater Glasgow and Clyde (NHS GGC) to support health promoting environments. More recently the concept was broadened to the development of new health centres. This paper covers the integration of greenspace into new health centres in Possilpark, East Pollokshields, Maryhill, Woodside, and Gorbals in Glasgow City and Clarkston in East Renfrewshire.

Baseline - Health Promoting Health Centres in Greater Glasgow and Clyde

Overview:

Common features of the integration of greenspace and biodiversity into the six health centres therefore includes:

- Outdoor garden space for community, staff, and therapeutic use.
- Staff participation to encourage use of the garden space.
- Tree and shrub planting.
- Views to outdoor greenspace from public areas of the centres.
- On site pathways or links to neighbouring walks.
- Close links with the arts particularly therapeutic arts.

Possilpark Health and Care Centre

Overview:

The £10million Possilpark Health and Care Centre opened in February 2014. The centre is in a prime position on Saracen Street and includes four GP practices, a dental practice, physiotherapy, podiatry, health visitors, Social Work, Glasgow Addiction Services as well as Health Improvement staff.

The main greenspace elements at Possilpark Health and Care Centre are a community garden and an urban gym wall which were part funded by the Green Exercise Partnership. The community garden consists of over 20 planters of various sizes, a poly tunnel and a store. Following a competitive tendering process Concrete Garden and Friends of Possil Greenspace were commissioned by NHS GGC to manage the community garden including the employment of an Urban Growing and Community Development Worker. Demand for the planters was high and they have all been allocated to a mix of local residents, service providers in the centre, and local groups and organisations including Stepping Stones Nursery, The Richmond Fellowship, Catholic Worker, and Phoenix Futures. The Urban Growing and Community Development Worker runs daytime, evening and weekend drop-in sessions for the individuals and organisations with planters and they have been helped to grow a variety of vegetables and other plants.

East Pollokshields Health and Community Care Centre

Overview:

The £2.7million Shields Centre on McCulloch Street opened in January 2015 and includes two GP practices, Social Work, and consulting rooms for other health services. Pollokshields Health Shop will also re-locate to the Centre. The building was commended in the 2015 Scottish Design Awards.

The Shields Centre in East Pollokshields also includes a community garden which is smaller but better integrated with the health centre compared to Possilpark. The greenspace is located to the side of the building which is visible from the waiting area and some of the rooms in the centre. Following a competitive tendering process, Urban Roots was commissioned by NHS GGC to manage the space and to employ a horticultural therapist to work with the local community and patients

referred by health professionals. There are proposals to link to the nearby New Victoria Gardens allotments as part of the wider health improvement plans.

Maryhill Health and Care Centre

Overview:

Maryhill Health and Care Centre is situated between Gairbraid Avenue and Kelvindale Road and was completed in March 2016. The £11.9million centre includes four GP practices, a range of health services and a community cafe.

Maryhill includes a therapeutic garden. A therapeutic garden is designed for use as part of a treatment programme for specific users such as those with mental health issues. Community gardens may partly encompass the role of therapeutic gardens as well as providing gardening opportunities for the local community as is the case in Possilpark. GEP funding allowed a landscape architect to draw up plans for the therapeutic garden at Maryhill, informed by discussions with services. GEP also encouraged the Arts Strategy Group to think about other opportunities which might contribute to creating greenspace within the build such as maximising the number of trees and potentially lighting the trees, and incorporating greenspace into the staff terrace, although these plans are still to be finalised.

Eastwood Health and Care Centre

Overview:

The £14.3million Eastwood Health and Care Centre was completed March 2016. The centre includes three GP practices, physiotherapy and podiatry clinics, adult and older people's mental health services, children and family services, Social Work and a cafe. The centre is built on a site at Drumby Crescent in Clarkston next to Park and Ride facilities for Williamwood rail station.

Eastwood Centre's setting is quite different from the other centres included in this study as it is in a largely suburban area. The greenspace elements are less than originally envisaged because of the need to maximise car parking spaces and the resultant decision to undertake land engineering work to level the car parking area of the site. However, the greenspace strategy seeks to maximise remaining opportunities on site with the aid of match funding from GEP and that included planting, walkways, and bird boxes, and in the longer term, plans for services such as physiotherapy to make use of the greenspace. Greenspace and art are closely linked at Eastwood and this is reflected in the Health, Art and Environment Therapeutic Design Strategy Nature, Health and Healing - Bringing the Outside In.

Woodside Health and Care Centre

Overview:

Woodside Health and Care Centre will include a Glasgow City Council Day Care Centre for older people alongside GP, dental, physiotherapy and other health services. The £18.7million centre will be built on a site at Hinshaw Street and Garscube Road and is due for completion in May 2017.

At Woodside, the greenspace includes a courtyard garden for exclusive use of the day care centre users, although it will be visible from the health centre. The original plans included a tree lined street

which has been replaced by low level planting because of the need to maximise car parking spaces and accommodate an electricity sub-station on the site, as well as the cost of moving underground utility services. Plans for a garden accessible from the health centre were also removed due to limits on space. Ambitious plans for a roof garden were value engineered out of the development when costs rose. A green wall was also removed on cost grounds. GEP is involved at Woodside.

The Art and Environment Strategy Group has engaged surrounding stakeholders such as Scottish Canals, Glasgow Housing Association, Friends of Possil Park, Glasgow City Council and Green Exercise Partnership. These organisations contributed to charrette in February 2015 which examined opportunities for wider health and community development through opening up access to surrounding green space, including art interventions and public art as way finding, and this has been incorporated into the Health Centre way finding brief which aims to open up green space to health centre users and service providers, as well as the wider community.

Gorbals Health and Care Centre

Overview:

NHS GGC submitted the outline Business Case for Gorbals Health Centre to the Scottish Government in January 2015. The £14.5million centre will be built on a site on Sandiefield Road and is due for completion in May 2017. The centre will replace the existing Gorbals Health Centre which currently contains five GP practices and a range of other health services.

The Gorbals Health and Care Centre is at an earlier stage of development than the other health centres included in this review. Details on the integration of greenspace are therefore still to be finalised. Physically, the site is very restricted and the opportunities to integrate greenspace are limited; at this stage, plans include two internal courtyards which will provide green views although access will be restricted on the grounds of patient confidentiality.

Looking Ahead & Proposed Actions

The key aim of this report is to bring forward proposals to improve physical and visual accessibility in key areas of the estate by using biodiversity and greenspace to improve built up areas. Below are some small scale research and development proposals for the existing GG&C Estate:

1. Research and survey areas that have poor access to sunlight accessibility that can have a detrimental effect on mental health. Proposed areas for research in the estate are the older buildings with wards and staff areas that have minimal to non-existent natural light.

Once research is complete a report will be presented to Sustainability Planning Implementation Group with suggestions to improve areas with poor natural daylight.

2. Utilising green walls and incorporating biodiversity into built up public atriums in areas such as the Queen Elizabeth University Hospital and Glasgow Royal Infirmary main entrance on Alexandra Parade. Review of segregation of areas with fencing and look to utilise greenwalls, more so in areas with industrial activity, such as waste compounds.

3. Produce proposals on Green Infrastructure improvement in line with Climate Change Adaptation Plans and Reporting. Working in tandem with Resilient Glasgow and Climate Ready Clyde by designing and utilising greenspace to combat climate change issues and hazards based on GIS mapping from central belt stakeholders.
4. Further future involvement with Capital Planning on all new build projects to implement and include targets set by the Greenspace Action Plan as part of Scotland's Biodiversity Routemap 2020.