

Gedling Green Book

Aim of the project: To create a resource that encourages young people to be active in green spaces.

Area: Gedling.

Learning area: Closing the loop & building relationships.

Partnership Organisations: Gedling Borough Council, the Gedling Schools Games Organiser and Active Notts.

Project leads:

- Fiona Hextall, Health Development Officer, Gedling Borough Council
- Sara Davies, Walk Notts
- Terri Elliott, School Games Organiser.



Background

The original Big Green Book is a directory of nature based activities and green spaces, developed by Nottingham Community Voluntary Services (NCVS) as a resource for social prescribers. It has inspired the development of district variations that respond to the needs of the local community.

Driven by a shared commitment to get local children moving more, Gedling Borough Council, the School Games Organiser and Walk Notts worked in partnership to co-design the Gedling Green Book, with local school children.

Read on to find out how the book was co-designed, how the involvement of local children was celebrated and explore the ripple effect of collaborative working.

Where it began...

Inspired by the Nottingham City's Big Green Book, Fiona had an idea to develop a local variation, that provided meaningful information about nature-based assets, opportunities and activities in Gedling. A key consideration was how to involve local residents and ensure they had ownership of it, by contributing to its design and contents.

“ We wanted our local people involved in the creation of [the] book. ”

During a walking meeting Terri and Sara got to know each other and identified a shared commitment to co-designing the book with local school children. They set up a competition, inviting children from 32 schools across Gedling to participate by sharing their favourite blue and green spaces.

The prize for participating in the project was to attend the launch event, at Arnot Hill Park.



Development of the Gedling Green Book...

Alongside the information provided by local children, the content of the Gedling Green Book was informed by:

- The organisational knowledge of Gedling Borough Council's staff, including the Parks Development Officer, who was able to provide insight on local allotments.
- Community partners and local residents, who were able to submit their suggestions via a Microsoft online form.

Launch of the Gedling Green Book...

The launch of the Gedling Green Book took place in Arnot Hill Park, a Green Flag Award winning park in the heart of Gedling.

All of the children and schools involved in the co-design of the book were invited to the launch event, with over 150 children attending to get active in nature.



Children were invited to have a go at a range of activities chosen to develop physical literacy, whilst having fun and being active.

The opportunity to explore the park and try something new was embraced, with children:

- Bug hunting.
- Creating bushcraft art.

- Scavenger hunting.
- Learning to skateboard at the 'Arnold Bowls' skatepark.
- Playing basketball on the Multi-Use Games Area (MUGA).
- Playing disc-golf.
- Striking & fielding.
- Learning archery.

All activities could be adapted to meet the needs of the children taking part, to inspire continued participation, and boost confidence - with several children keen to return to the park with their own families!

▶ WATCH NOW

[New film showcases collaborative working to encourage young people to be active in green spaces - Making Our Move](#)

Impact and Added Value...

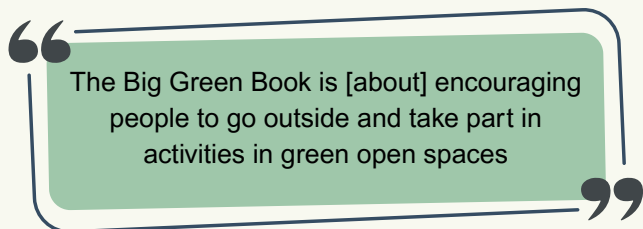
The launch event was a joyful occasion, with children and adults radiating happiness at being outdoors, having new experiences.

The event also presented the opportunity to:

- Explore healthy eating with the children by creating fruit kebabs (Your Health Notts).
- Teach children how to grow their own herbs and edible flowers (Crop Club).
- Hear local children's views on the Gedling Leisure Transformation Consultation.
- Promote the Active 60 agenda - ensuring children and young people (aged 5–18) achieve at least 60 minutes of moderate-to-vigorous physical activity every day.
- Inspire children to embrace the outdoors and try something new - with several children keen to continue developing their skateboarding skills.

- Promote a local green space that was unfamiliar to many, but has much to offer the local community, including a play park, heritage sculpture, arts trail, MUGA and skatepark.

The event has inspired some of the participating schools to incorporate several of the activities they tried at the launch event into their health and well-being days, including archery, bug-hunting and bushcraft activities - increasing the opportunities for children to engage in exercise and observe nature.



Ripple Effect...

Since uniting to co-produce the Gedling Big Green Book, Terri, Fiona and Sara have continued to work collaboratively on community projects aimed at getting young people moving. Examples include:

- An Easter egg trail around Carlton.
- Educating local school children on road safety, through workshops and the creation of posters, to deter pavement parkers.

Read the Gedling Green Book...

The [Gedling Green Book](#) has been shared with local schools and partners and is now live on Gedling Borough Council's website.

The book will be maintained by Gedling Borough Council, with annual updates planned to keep information current.

Learning Points...

Here are a few simple suggestions on how to make your project a success:

- Be creative - try something new!
- Engage community members in the process to increase their sense of ownership and the likelihood that the resource will be used, and valued.
- Building trust makes it easier to identify the best way through a shared challenge.
- Walking together is a great way to get to know each other, and allows creative ideas to flow.
- Understand and embrace the unique skill sets of everyone involved in the project.
- Combine hard and soft deadlines - fixing dates for key deliverables, and flexing interim milestones to allow your project to adapt as it progresses.

End.