

Minutes from the forty first meeting of the Cross Party Group on Waterways

Conference Room 24 Ty Hywel, Cardiff Bay
Tuesday 22nd September 2015
6.00pm

AMs Present

Janet Haworth AM (Welsh Conservatives, North Wales)

Mike Hedges AM (Welsh Labour, Swansea East)

Present

Andrew Stumpf – Glandŵr Cymru

Laura Lewis – Glandŵr Cymru

Jackie Humphries – Glandŵr Cymru

David Morgan – the Canal and River Trust

Dr Ruth Hall

Martin Buckle – Brecon Beacons National Park Authority.

Chris Charters – British Outdoor Professionals Association

Ceri Davies – Executive Director for Knowledge, Strategy and Planning Welsh Government

Julian Atkins – Director of Countryside and Land Management

Robert Moreland

Gareth Williams

The meeting commenced at 6:15pm

Item 1: Presentation from Dr Ruth Hall, member of Bwrdd Glandŵr Cymru.

Using the waterways to promote health and wellbeing.

Ruth is a non-executive director of Natural Resources Wales, a National Trust Council member and a governor of Wales' Public Policy Institute. She was Chief Medical Officer for Wales until 2005 and is currently chair of the mid-Wales Healthcare Collaborative. Ruth has been on NICE's Public Health Advisory Board since 2005. Dr Hall gave a detailed presentation on the benefits of outdoor recreation and physical activity, highlighting the need for further evidence for policy makers.

Presentation available upon request from enquiries.wales@canalrivertrust.org.uk

Q & A

Martin Buckle: Do you find that this is something that everyone knows, but no one seems to be putting into practice?

Dr Ruth Hall: Yes, we have been saying for a long time now that people need to get more active and use the outdoors, and that preventative healthcare could potentially save the NHS

millions of pounds a year. The real challenge now is finding a big enough evidence base to convince policy makers to act on this and do more to promote it.

Andrew Stumpf: Do you think it is true that the people furthest away from good health are the ones that would also be the hardest to pull into a preventative health programme?

Dr Ruth Hall: Yes, definitely, this is one of the biggest challenges that we face and bringing people out of inert lifestyles is critical for the health of the nation.

Item 2: Workshop: what do you want to see done to promote health on Welsh waterways?

We want riparian communities to use their waterways to improve their health and well being. Canals and Rivers should be a large part of everyday life, and make a positive impact on everyone who uses them. We are currently interested in the utilisation of canals for preventative health and to improve mental health.

Questions discussed:

How would you like to see the canal used for public health?

Which of the example projects do you feel would be the most effective out of the following?

- Fighting loneliness
- Canals for mental health
- Community inclusion
- Stealth Health

How can we improve our engagement with communities?

What other ideas do you have for people to get the best out of waterways?

Full workshop notes and feedback are available from Laura.lewis@canalrivertrust.org.uk

Item 3: Any Other Business

None

Date of Next Meeting: 1st December 2015.