



Case Study

Health for Life

Location: **Countess of Chester Country Park**
Programme: **Health for Life**
Aims: **Improving public health and wellbeing**
From: **January 2016 - 2018**

A new 'Health for Life' programme is aiming to get local people, hospital staff, patients and visitors feeling well whilst becoming fit and healthy at the Countess of Chester Country Park, adjacent to the nearby hospital.

The programme is offering regular and manageable activities which include:

- **Green Gym sessions**
- **Hospital staff lunchtime /after work health walks**
- **health walks for all**
- **Nordic walking**

The Health for Life programme:

- Is open to local residents, hospital staff, patients and visitors
- Runs 12 weeks courses
- Assess participants' health and wellbeing at the beginning and at the end of each course or 12 week period.
- Offers activities at the Countess of Chester Country Park.

The programme aims to demonstrate how regular outdoor activity can:

- Boost physical and mental wellbeing
- Improve people's self-esteem and confidence
- Help people develop better coping strategies,
- Increase resilience and reduce the need for medical intervention.

"Even 10 minutes out here between meetings to gather my thoughts makes a big difference"
Health for Life programme participant - Nikki Kiyimba, Clinical Psychologist, CWP

The park is managed by national charity, the Land Trust with The Conservation Volunteers providing the day to day delivery on its behalf. This programme is being funded and supported by Cheshire West and Chester Council, Cheshire and Wirral Partnership NHS Foundation Trust, Countess of Chester Hospital, the Land Trust, The Conservation Volunteers (TCV) and the Mersey Forest. It is part of a wider Big Lottery funded Nature4Health programme, coordinated by The Mersey Forest with monitoring and evaluation delivered by Liverpool John Moore's University.



T. 01925 852005
E. enquiries@thelandtrust.org.uk
www.thelandtrust.org.uk

Registered Charity No: 1138337