

BOOKING FORM

COSTS (Please tick the appropriate boxes)

FULL CONFERENCE (26th and 27th) £195.00 / €290.00
(includes evening meal and overnight accommodation on the 26th)

FULL CONFERENCE (26th and 27th) £150.00 / €225.00
(includes evening meal but excludes accommodation on the 26th)

DAY RATE (9.00am-5.00pm) £90.00 / €135.00

OPTIONAL (25th evening) £75.00 / €110.00

Please note that a special rate has been arranged with the hotel for those delegates who wish to stay the night before the conference. This includes dinner, bed and breakfast.

TOTAL:

METHOD OF PAYMENT

(please tick the appropriate box)

CHEQUE ENCLOSED

made payable to
'Countryside Recreation: Northern Ireland'

INVOICE ORGANISATION

Name

Organisation

Address

Email

Special dietary requirements

Please return the booking form before Friday 13th January 2006 to:

Sylvia Watson
Office Manager
Countryside Access and Activities Network
The Stableyard, Barnett's Demesne
Upper Malone Road,
BELFAST BT9 5PB

Please note that there are only 60 rooms available in the Four Seasons Hotel where the conference is being held. Further accommodation has been reserved in the Ballymascanlon Hotel which is approximately 10 kms away from the conference venue. Rooms will be allocated in the Four Seasons on a first come, first served basis.



Conference organised by

The Countryside Access & Activities Network for Northern Ireland

Contact details:

The Stableyard
Barnett's Demesne
Upper Malone Road
Belfast
BT9 5PB

Tel: 028 9030 3930
from R.O.I.: 048 9030 3930
Email: sylvia@countrysiderecreation.com
Web: www.countrysiderecreation.com



Delivering a Countryside
for Health and Well being

Two Day Conference

26th and 27th January 2006
Four Seasons Hotel, Carlingford, Co. Louth



Sponsored by:



An Roinn Gnóthaí Pobail, Tuaithe agus Gaeltachta
Department of Community, Rural and Gaeltacht Affairs



coilte



Louth County Council
Comhairle Chondae Lughha

CONFERENCE THEME

The potential of the countryside to contribute to health and wellbeing is increasingly recognised.

In early 2005, the Countryside Recreation Network of the UK and Ireland published the results of a major research study undertaken by the University of Essex which demonstrated that the outdoors can help in four areas:

- physical fitness through exercise
- mental health and well being, including reduced stress
- social interaction and friendship through shared activities and interests
- understanding of the natural world and the development of environmentally friendly lifestyles.

In addition, the economic benefits of accessible green spaces for physical and mental health are becoming increasingly recognised as are the benefits of partnership working among a wide range of organisations with a countryside and health interest at local, regional and national levels.

The conference will specifically consider the results of the most recent research undertaken in the field of countryside recreation and health and wellbeing, the benefits and costs, how much activity is already underway, case studies of best practice from across the UK and Ireland, lessons to be learnt from current projects and initiatives and consideration of the most effective way forward for partnership working.

WHO SHOULD ATTEND

The conference is aimed at anyone who is interested in promoting and using the natural environment as a resource for health and wellbeing - especially representatives from local and central government organisations

eg. County Managers, Chief Leisure Officers, Physical Activity Co-ordinators, Countryside Recreation Officers and Health Board/Trust staff, Community Health Officers, General Practitioners.



PROGRAMME

DAY 1: Thursday 26th January 2006

9.00am Registration tea/coffee

10.00am Welcome and introduction from Chair
Dawson Steffox, MBE, Chair, Countryside Access and Activities Network for Northern Ireland

10.05am Keynote Speakers

10.30am Health benefits of physical activity
Dr Marie Murphy, Senior Lecturer, School of Life Sciences, University of Ulster

11.00am Creating supportive environments for health
Dr. Brian Gaffney, Chief Executive, Health Promotion Agency of Northern Ireland

11.30am The countryside as a resource for public health and well being: findings of the Countryside Recreation Network research study
Jo Peacock, Research Officer, University of Essex

12.15pm Discussion

12.45pm Lunch

1.45pm Health and National Parks
Sean Prendergast, Head of Access and Recreation, Peak District National Park

2.15pm The value of greenspace within urban environments for health and well being
Deryck Irving, Development Officer, Greenspace, Scotland

3.15pm Tea/Coffee

3.45pm The economic benefits of accessible green spaces for physical and mental health: findings of a recent research study
Marcus Sangster, Head of Land Use and Social Research, Forestry Commission

4.15pm Physical activity and mental well being. A personal health check!
Dr. Ken Addley, Director of the Occupational Health Service of the Northern Ireland Civil Service

4.45pm Discussion

7.00pm Drinks reception hosted by Louth Hospitality

7.45pm Dinner

DAY 2: Friday 27th January 2006

7.30am Pre-breakfast jog - optional! Led by Terry Eakin, Environment and Heritage Service

9.15am Welcome and introduction from Chair
Jerry O'Dwyer, National Waymarked Ways Committee, Irish Sports Council

9.30am Case study 1: Slí na Sláinte
Tanya Comber-Rait, National Co-ordinator, Slí na Sláinte, Irish Heart Foundation

9.55am Case study 2: Lets CLAP together
Rosemary Mulholland, Head of Conservation and Heritage, Craigavon Borough Council

10.20am Case study 3: The Green Gym
Diane Key, Project Co-ordinator, Conservation Volunteers Northern Ireland

10.45am Case study 4: Chopwell Wood health project and evaluation report
Dr Liz O'Brien, Project Leader, Environmental and Human Sciences Division, Forestry Research, Forestry Commission

11.10am Tea/Coffee

11.40pm Looking to the future – an integrated approach?
Dr. Olive Brown, Physical Activity and Health Consultant

12.40pm Discussion

1.05pm Close of conference and concluding remarks

1.15pm Lunch

2.15pm Walk along the Táin Trail – Carlingford Adventure Centre