

Bagot Park for now and for future generations.....





FRIENDS OF BAGOT PARK

Dear Lord Mayor and City of Darwin Aldermen

Bagot Park is an important and valued green space for Millner residents and is enjoyed by many other Darwin residents. It is a space to play soccer in formal or social teams, cycle and a place to jog, sprint, exercise, stroll, play, walk dogs and relax in the shade.

The Friends of Bagot Park believe that the recent proposal for a new Velodrome and Cycling Precinct that covers approximately 6 acres of the existing vacant parkland with concrete and asphalt tracks, would significantly impact the biodiversity of the region, increase traffic noise, air and light pollution and limit the safe use of the park space for all users. It also leaves little to no space for recreational pursuits other than cycling for the local community.

National and international research literature cites benefits of public open green space in maintaining a favourable environment and on physical activity, mental health and other health outcomes. Particularly pertinent to future development of Bagot Park is evidence that

- vegetated green spaces can have a strong cooling effect on the urban climate and its neighbourhoods, filter out air pollutants and improve air quality.
- people who live within walking distance of parks are more likely to use them and be more physically active

It is for these reasons that the Friends of Bagot Park are advocating that any refurbishment of Bagot Park utilizes heat mitigation practices thereby reducing urban heat island effect, and also takes into consideration the importance of retaining green open public space along with a variety of recreational spaces tailored to the specific needs of the local community.

For an enduring park that accommodates peoples' everyday activities, successful planning must consider people's aspirations, the function of existing recreational facilities, use of the vacant land, and importantly, the connectivity between space, community, the environment, and history

Friends of Bagot Park request the Darwin City Council to develop a Master Plan for the park in its entirety.

In anticipation, this document has sought to identify some of the needs and aspirations of Millner residents and its neighbouring communities to best approach the development of Bagot Park. It is not prescriptive; rather it serves as a catalyst for further community engagement and consultation. It highlights those features that we believe are important and desirable for the wellbeing of the local and wider community and which will contribute to quality of life for now and for future generations.

We thank you for your consideration.

Friends of Bagot Park

10 January 2021

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Facebook: Friends of Bagot Park

Promoting, Protecting and Enhancing the environmental, cultural and aesthetic values of Bagot Park

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Key Points

Friends of Bagot Park request the development of a Master Plan for Bagot Park which is based on meaningful engagement and collaboration with all stakeholders and the local community.

Friends of Bagot Park have used the concept of a Strategic Framework, as outlined in the document "Creating Places for People – An Urban Design Protocol for Australian Cities", to identify desired concepts to underpin the park design. These are:

- A Safe Place
- A Welcoming Place
- A Place to Belong
- A Place to Connect
- A Place to Move
- A Place to Enjoy Nature, and
- An Opportunity for Innovation

From our research we have utilized various Australian park development and design principles and guidelines to identify our community's immediate needs and aspirations for the future.

Main features include:

- A welcoming and inclusive park that caters for people of all ages and abilities
- A mix of safe recreational and leisure spaces to activate the park
- Protection of the environment through
 - mitigation of the urban heat island effect by increasing green space and shade, and
 - preservation of the micro-climate and habitat for wildlife.
- Ensuring best use of available land
- Preservation of the buffer zone from two major arterial roads and commercial areas

The benefits of using this framework for the design of Bagot Park include:

- Creation of a high quality, attractive public open recreational space
- Provision of open space to ensure that future generations have easy access to nature
- Provision of a balance between organised sport and individual recreational activities
- Promotion of individual and family fitness and wellbeing for Millner and wider community
- Provision of green space capable of hosting community, cultural or special events
- Reflection of the needs and aspirations of Millner and wider community

Framework

- | | |
|-------------|-------------------------------|
| Principle 1 | A Safe Place |
| Principle 2 | A Welcoming Place |
| Principle 3 | A Place to Belong |
| Principle 4 | A Place to Connect |
| Principle 5 | A Place to Move |
| Principle 6 | A Place to Enjoy Nature |
| Principle 7 | An Opportunity for Innovation |

"A strategic approach is required to meet a range of community needs.

This includes planning for and with people, places and the environment."

Best Practice Open Space in Higher Density Developments Principles and Guidelines p3

A Safe Place

Principle 1

Provision of safe access and amenity for pedestrians, cyclists, and vehicles

Design Objectives

- Upgrade and landscape the existing car park, include car parks for people with disabilities to create organised parking for vehicles
- Define car park entry and exits to promote safe traffic flow onto adjacent roads
- Install bollards and landscape areas between the carpark and Old McMillans Road to prevent unauthorised parking and vehicle access
- Construct pathways and trails through the park to ensure ease of access for wheelchairs, prams and persons of all abilities
- Provide solar lighting and signage for security and twilight park use
- Provide safe and accessible public toilets and amenities
- Rectify stormwater and flooding issues that occur in wet season

Opportunities

- natural surfaces for internal pathways
- permeable car park surface
- small car park to cater for park features at eastern end of park.



A Welcoming Place

Principle 2

Create a comfortable, welcoming, and vibrant environment.

Spaces are multifunctional, flexible, and provide opportunities for work-life balance, to meet and interact, to play, explore, recreate, and unwind.

Design Objectives

- Link wide pathways to park elements, such as shade, seats, and activity areas
- Provide access to drinking water
- Incorporate existing trees and position new tree plantings to create more shade
- Provide multiple shady informal and formal seating areas
- Maintain open “kick and play” grassed areas for individual play and group activities

Opportunities

- an area for a pop-up vendor van
- special interest gardens e.g., Garden for Wildlife, sensory gardens
- gardened area for community outdoor classes e.g., tai chi, yoga, group fitness classes
- Creative seating through landscape elements



A Place to Belong

Principle 3

Creates the context for people to engage with the place.

Provision of a harmonious environment for residents and park users, relevant to community needs and expectations.

Design Objectives

- Provide a range of recreational, sporting, and leisure spaces for groups, individuals and specific needs groups, i.e., children, youth, older residents and people with disabilities
- Provide functional seating, tables, picnic areas, shade and drinking fountains
- Ensure that buildings and facilities add visual appeal and attractiveness
- Beautify streetscape along Old McMillans Road with landscaped buffer zone between the carpark area and residential properties

Opportunities

- Distinctive natural play spaces for children of all abilities for imaginative, adventurous play and skills development
- Specific area for classes, yoga and tai chi, personal training
- Contemplation spaces
- Shared community facility, Wellness Centre
- local history stories and cultural values included in design eg Speedway, Chinese Market Gardens)



A Place to Connect

Principle 4

Creates the context for people to engage with each other.

Fosters a community spirit and more ways to enjoy life and friendships.

Encourages community events, family activities and fun days, planned and unplanned children's activities.

Design Objectives

- Provide well-designed spaces where people can meet, congregate, and connect
- Design functional space with seating for larger community gatherings and cultural events
- Provide group seating for school and educational excursions
- Ensure safe and well-maintained pedestrian and cycle connections from bus stops, neighbouring shopping complex and buildings to the park
- Extend shared cycle/pedestrian path from Sabine Road, along Old McMillans Road and Bagot Road to provide a perimeter path around the park
- Create grassed areas for informal neighbourhood and community sporting games

Opportunities

- Distinctive natural play zones, e.g., toddler play area, challenge path to promote physical and skill development, imaginative play
- Specific area for classes, e.g., yoga and tai chi, personal training, outdoor aerobics
- Provision of space to congregate for social, cultural community events



A Place to Move

Principle 5

Allows people to live an outdoor and healthy lifestyle without leaving the community and be relevant to community needs and expectations.

Design Objectives

- Provide a range of recreational, sporting and leisure spaces for active participation by all persons, including special needs groups
- Improve the existing soccer facilities
- Design an outdoor fitness circuit or trail for all age groups and abilities with a focus on active aging
- Provide open green spaces for informal group sports and fitness activities

Opportunities

- Outdoor fitness circuit and equipment (static structures)
- Challenge path for children and youths
- Open grassed area for running and playing
- 1 km walking loop with distances marked
- Reflexology walk
- Area for ball games i.e., handball
- Skipping rope pad
- Vintage play area



A Place to Enjoy Nature

Principle 6

Protection and enhancement of natural, cultural and heritage features and values

Design Objectives

- Plant and landscape elements to support the existing 'nature' character of the park, i.e., use of natural materials preferred
- Incorporate existing natural features and trees into recreational spaces
- Establish large trees and other plants to enhance local habitat and microclimate
- Use natural plantings and environment as an educational and community awareness resource
- Landscape to create a buffer zone from McMillans Road traffic

Opportunities

- establish a Gardens for Wildlife Display
- label trees to identify and promote awareness of native vegetation
- app to provide information about native trees vegetation and wildlife
- raised garden beds for trees and shrubs where free ground with sufficient soil volume is not available



An Opportunity for Innovation

Principle 7

Engagement with relevant stakeholders in planning and design to foster community interest and ownership and innovation. Promotion of a diversity of options and experiences.

Design Objectives

- Engage with stakeholders in the development of their community
- Research alternative designs and approaches to innovative design
- Work within a strategic planning framework
- Recognise that park design is about creating inclusive spaces for all people
- Liaise with aged and disability organizations to understand their community's needs
- Incorporate the heritage, culture, and historical context of Millner
- Use innovative design and detailing to enhance the 'nature' theme of the park

Opportunities

- Consider innovative ways of sharing parkland facilities so everyone of all ages and abilities has access to recreation and leisure activities
- Murals depicting history/cultural aspects
- Solar lighting
- Signage providing information about park features
- Permeable car park surface
- Low maintenance facilities and sustainable vegetation



The Master Plan

A Recreational Park for All People



Safe

Welcome

Belong

Connect

Move

Wellbeing

Open green space naturally delineated for group classes such as tai chi, aerobics, and yoga (Principles 2, 3, 4, 5, 6)

Provision of natural shade from trees or shade structures (Principles 1, 5, 6)

Quiet contemplation spaces with seating and pleasant outlook (Principles 2, 3, 4, 6)

Reflexology Walk/Path (Principles 2, 3, 4, 5, 7)

Family and Friends

Picnic areas utilising feature trees (Principle 4)

Open space ie "Kick and Play" area (Principle 5)

Creative seating and tables to support family and community gatherings (Principle 2, 3, 4)

Fitness

Age friendly fitness circuit with simple - static fitness structures for persons of all abilities aged 10-65+ years. (Principles 2,3, 5.)

Various stations with signage showing illustrated instructions for various skill levels (Principles 1, 2, 3, 5)

For use by individuals, small groups and personal trainers (Principles 1, 2, 3, 5)

Rest areas with seating and water fountains (Principles 1, 2)

Bagot Park

"where nature and recreation meet"

Innovation

Innovative ways of sharing parkland facilities so everyone of all ages has access to recreation and leisure activities (Principle 7)

Engages with people in the development of their community (Principles 3,4,7)

Recognises that park design is about creating spaces for people (Principle 7)

Incorporates the heritage, culture, and historical context of Millner (Principles 3,4,7)

Use innovative design and detailing to enhance the 'nature' theme of the park (Principles 6,7)

Nature

Recreation and nature define the character of Bagot Park. Mature trees are preserved and new planting of trees and vegetation native to the area ensures future shade, cooling, preservation of wildlife and enhancement of the park (Principles 2, 3, 4, 6, 7)

Gardens

Gardens for Wildlife Home and display (Principle 2, 3, 4,)

Feature gardens e.g. grasses, colour, sensory, cycad, bush tucker delineate different zones. (Principles 2, 3, 4,

Stands of Trees to create cooling shade for picnics and gatherings (Principles 2, 3, 4)

Challenge Path

Obstacle Course /Adventure Path for children and teenagers (Principles 2, 3, 4, 5)

Consists of climbing, swinging, sliding, crawling, physical problem solving (Principle 5)

Vintage Play

Pad for handball
Skipping rope pad

Maypole (Principles 2, 3, 4, 5)

Play Zones

Various play zones for younger children to foster imaginative play (Principles 2, 3, 4, 5)

Velodrome

Continued engagement with Cycling NT re future use of the velodrome

Soccer Ovals

Collaboration with Football Federation NT re future infrastructure needs and aspirations

Park Elements

DESCRIPTION

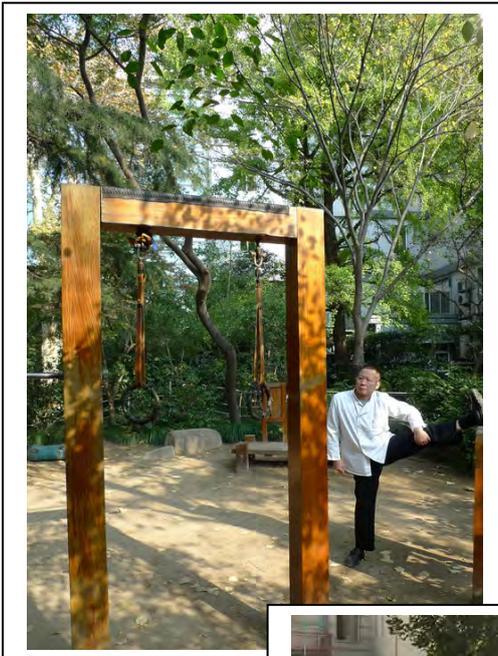
- 1 Outdoor Fitness Equipment
- 2 Walking Loop
- 3 Challenge Trail
- 4 Reflexology Foot Path
- 5 Zones for Imaginative Play
- 6 Contemplation Spaces
- 7 Vintage Play
- 8 Disability Design

"Open spaces should be highly accessible for members of the community regardless of age or ability."

Best Practice Open Space in Higher Density Developments,
Principles and Guidelines p7

Outdoor Fitness Equipment

- What:** Fitness equipment designed to meet the specific developmental needs of people of all ages. A range of accessible exercise stations using static equipment. Users use body weight balance and resistance to exercise and improve flexibility, strength and general fitness. Signage for each station is designed to show 3 levels of fitness i.e. Beginner, Intermediate and Advanced.
- Who:** People of all ages and abilities who want to take part in some regular exercise whilst socialising with others. Used by Personal Trainers and their clients, school students, sports people.
- Why:** The general benefits of outdoor fitness include all of the same benefits of regular fitness along with many more that are specifically related to being outside. Outdoor fitness equipment is free and available for everyone to use in their community. It is fun for people of all ages and abilities and adds to the aesthetics of their surroundings. Increasing health and fitness in local communities is an important factor in improving our quality of life.

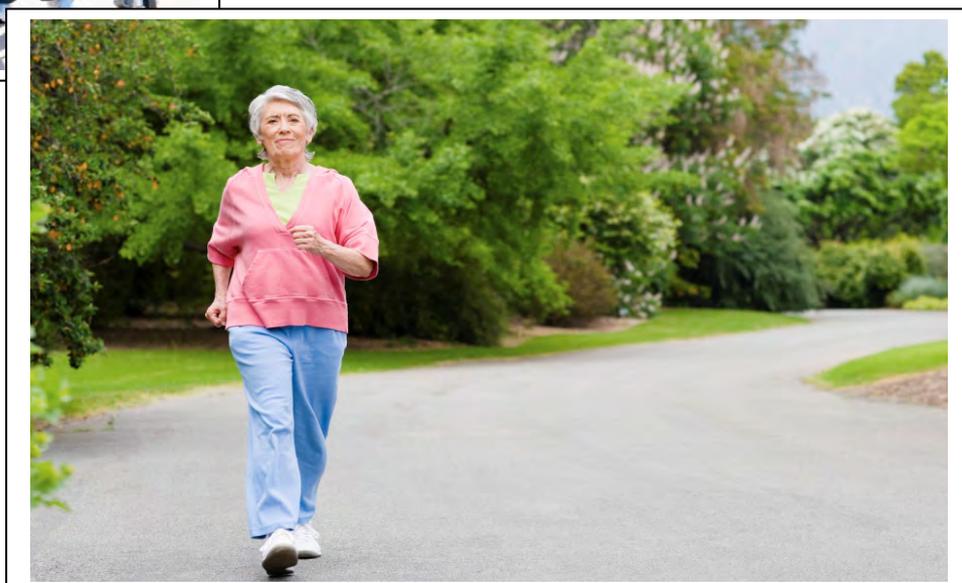
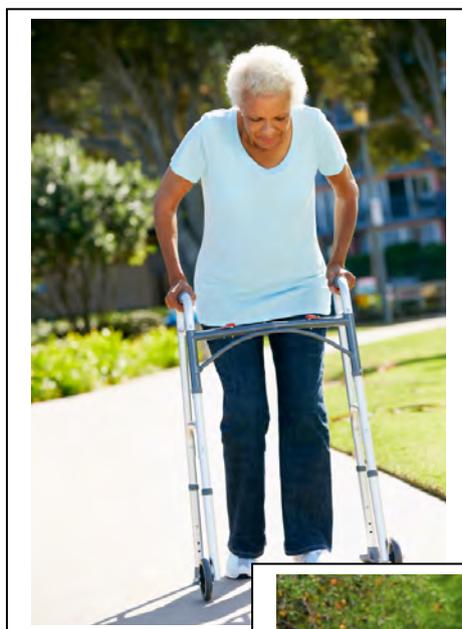


Walking Loop

What: An exactly one kilometre walking path that loops around and within the park and is designed to encourage regular walking for all ages. Signage marks 100 metre distances along the path.

Who: All people including those with specific needs i.e. elderly people, people with physical challenges and those with impaired vision.

Why: Having the path network measure exactly one-kilometre permits community users to maintain an understanding of how far they have walked, while providing measurable goals in an attempt to increase their walking endurance. Importantly, the path also suits rehabilitation health plans where targets are set (e.g. walk 500 metres a day). It provides a bicycle free walking zone for additional safety for walkers.



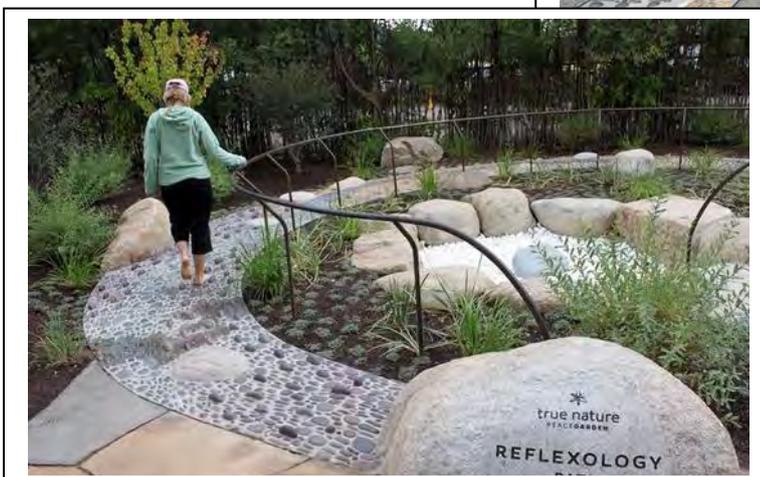
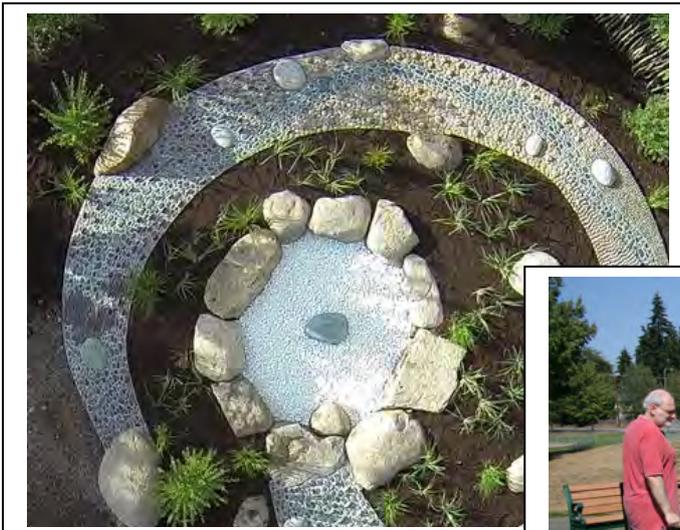
Challenge Trail

- What:** The Challenge Trail is not a playground but an Obstacle Course with various and increasing levels of difficulty to physically challenge the user. To move through the path it requires a range of physical skills such as climbing, swinging, balancing, crawling, jumping, problem solving and using the body in different ways. There are stop off points along the trail.
- Who:** Children, youth and anyone who enjoys a physical challenge.
- Why:** Mastering the elements of the challenge trail provides a sense of achievement and promotes positive body image and feelings of self worth.



Reflexology Footpath

- What:** A "Reflexology Footpath" is a path designed to massage and stimulate acupressure points on the soles of the feet. Smooth river rocks are placed in the path to stimulate neurological reflex zones on the foot to create health and well-being. The path can also be constructed as an aesthetically pleasing art installation.
- Who:** All people and children especially those people who are interested in alternative therapies and people with an Asian cultural background.
- Why:** According to traditional Chinese medical theory, regularly walking on reflexology walking paths improves vital energy and blood flow throughout the body, relieves stress, improves balance, and enhances physical and mental well-being.
- The Egyptians, Chinese, Native Americans, Europeans, Indians, Japanese, Australians, Malaysians, and Thai have re-discovered the benefits of reflexology foot acupressure massage over the last 90 years. Reflexology clinics and reflexology paths are common in Asian urban centres and have been built to enhance employee productivity, decrease student stress, enhance community vitality and revitalise work places and community centres.



Zones for Imaginative Play

What: A series of different play attractions connected by playful routes and play installations along the way. Spaces are designed specifically to inspire a child's imagination and to engage in role play as well as physical development. Play spaces encourage thoughtful play and inter-generational interaction. In these spaces children can be anyone they want to be. The spaces cater to children with special needs, from different age groups, and with different interests and abilities. These spaces create a sense of adventure while safely challenging children and remaining safe.

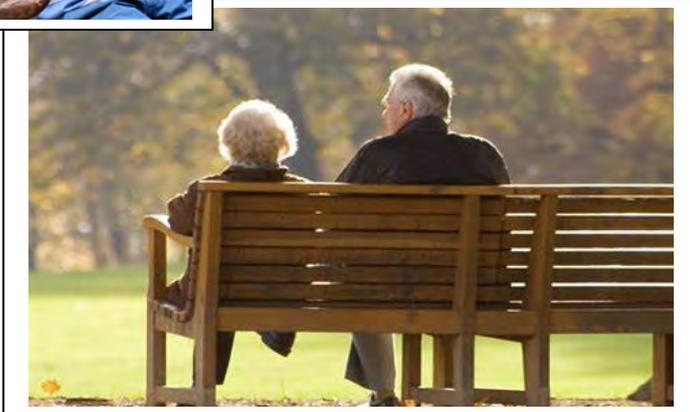
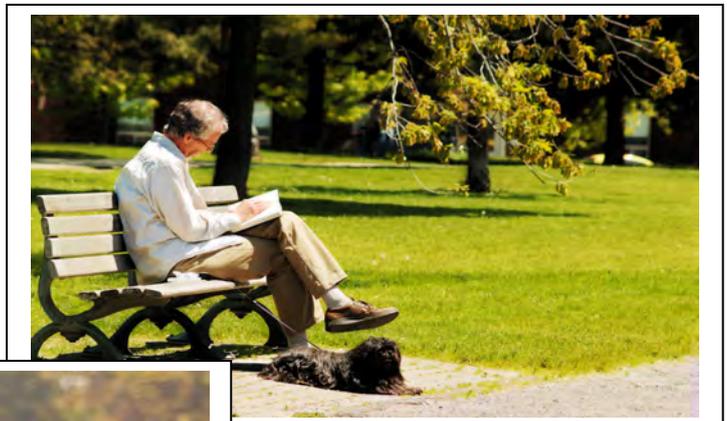
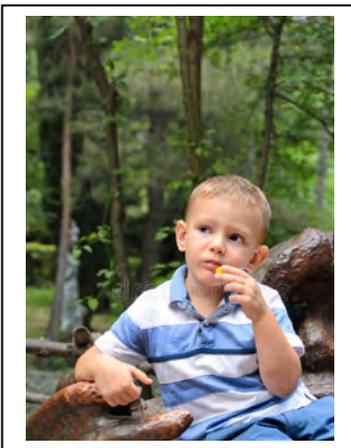
Who: All children and their parents, grandparents, family members, carers and significant others

Why: Creative, open-ended play with both peers and parents and other significant adults is how children learn to socially bond, respect others, communicate, and balance personal emotions with the emotions of others. Play increases the bond between a parent and/or significant others and other children, creating safe, stable, and nurturing relationships.



Contemplation Spaces

- What:** Contemplation space provides a physical place to visit for a while to enjoy quiet surroundings, be present; enjoy nature and take a welcome break away from daily noise and activity. Contemplation spaces also provide a place to read in pleasant surroundings.
- Who:** All persons including people and children with autism.
- Why:** It helps to let go of our usual, self-focused way of thinking and doing things. The vegetation and open space in a natural setting provides balance to busy lifestyles. For those who have autism a quiet place with reduced noise and activity allows the mind to still and the person to regain a sense of equilibrium.



Vintage Play

- What:** Some park activities never lose their appeal and have a clear role to play in children enjoying and connecting to their parks. Many vintage play structures have had facelifts and have been modernised; some have not changed at all.
- Who:** All children and what adult hasn't enjoyed the childhood sense of freedom and fun swinging high on a swing, sliding down a slide or taking part in a game of hopscotch or 4 square handball?
- Why:** Vintage play structures promote positive relationships through intergenerational play when families and significant adults engage in play with their children.



Disability Design

What: People with disability and/or special needs are catered for with generous path widths, accessible slopes and intersections, and signage announcing to all users the values of the park for people of all abilities. The public open space and park elements are designed to provide a variety of sensory, tactile, visual, auditory, and movement experiences. Thoughtful placement of seating allows for supervision of children.

Who: Adults and children of all ages including those with a disability or with particular sensory or physical challenges.

Why: Persons and children who experience physical, sensory or behavioural challenges in their everyday life need to be able to enjoy a fulfilling childhood and lifestyle and have access to all public open spaces and parks.



Benefits

1. The "nature" character of Bagot Park is retained.
2. A green landscaped buffer zone from two arterial roads is retained to mitigate heat island effect and to preserve microclimate and local habitat.
3. The mix of design elements retains the visual amenity of the park.
4. Residents of the Millner and Coconut Grove communities have access to a nearby park, open green space and organised and individual recreation activities.
5. The concept of "fitness" is integral to the whole of park. A family and individual fitness environment is promoted.
6. A mix of recreational and fitness elements and amenities is available to people of all genders and ages and abilities.
7. There is a balance of organised sport and individual recreational activities.
8. The nature and character of the park would promote walking to the park and therefore encourage physical activity and associated improved health outcomes for park users.
9. The Fitness Circuit would be available for use by the nearby school for their Health and Physical Education curriculum learning activities.
10. The park can act as a facility to host various community, cultural or special events



Background

Bagot Park

Bagot Park is in Millner, an old, established northern suburb of Darwin, 10 km from the Darwin Central Business District.

Millner is bounded by arterial roads, Trower Road in the north, McMillans Road in the south, connector road Rapid Creek in the east, and the major arterial road, Bagot Road, in the west. According to the ABS Census 30 June 2019, the Millner population is estimated at 2,570.

The suburb of Millner is home to Millner Primary School, Millner Preschool, Sabine Shopping centre, Jape Homemaker Village and Rapid Creek Shopping Centre. The suburb of Coconut Grove adjoins Millner and for many of its residents it is a ten minute walk to Bagot Park. Combined residential dwellings in Millner and Coconut Grove number 750 houses and 1,300 semi-detached, townhouses, flats, or apartments (ABS 2016).

The park environs and ovals create a buffer zone from the traffic noise and pollution as well as providing visual respite from commercial infrastructure located opposite the park adjoining McMillans Road. Land on which the Darwin International Airport is based is also adjacent the park.

To compensate for limited residential green space in Millner, and the adjoining suburb of Coconut Grove, access to public open space is important. Research reveals that providing access to high quality public open space encourages people to be physically active and supports good mental and physical health.

Bagot Park accommodates eight soccer playing fields, a velodrome and outer temporary buildings, a public toilet-building, a small children's playground, and approximately 6 acres of open parkland. The ovals are maintained grassed areas. Unfortunately, in the dry season, the oval banks and surrounds, and parklands are dry and brown.

Part of the vacant and unused land is zoned OR (Organised Recreation) and PS (Public Open Space). The vacant land has become a place where people walk their dogs, and exercise. The park perimeter is a favoured walking course for early morning and evening walkers. Over the years, the park has been neglected, however, vacant parkland has the potential become a green public open space and recreational area for people living in what is becoming an increasingly dense housing suburb surrounded by commercialisation and associated heavy traffic.

Football (Soccer)

Bagot Park is the home ground of the Mindil Aces Soccer Club (MAFC) which is one of the largest single code sporting clubs in Darwin with almost 40 teams and approximately 500 registered players. The club fields teams in every junior age group (U6 to Youth) and has teams in the senior men's and women's competitions.

Training and games are conducted at Bagot Park throughout the season, seven days a week. Recently, with the installation of lights, the playing grounds are used for night training and matches, six nights per week.

Throughout the year social soccer groups frequently use the oval for practice, exercise, and games. During the off-season, representative teams train and practice on the ovals.

A kiosk building with a verandah and storage area is used by the soccer club, operating during the dry season. They also use a sea-container for storage. There is limited spectator seating, and most families sit under the shade of trees around the oval boundaries.

Football Federation NT plans to upgrade the Bagot Park facility for their members' use by adding a club room, male, female and referee change rooms and toilets, and a storage room.

People use the ovals to exercise with their dogs in the mornings, afternoons, and evenings when there is no soccer. Other people come to the ovals to practice track skills, sprint, jog, catch frisbees, play cricket and badminton. Families from different cultural backgrounds who have settled in the area come with their families to sit, eat, and play under the shady trees.

Velodrome

The velodrome, which was last resurfaced in 2000, is in disrepair. The Territory's cycling organisations consider it to be 'not fit for purpose' and unsafe. A bike-skills track that occupies the internal area of the velodrome, does not meet the requirements of a training/fit-for purpose bike skills track. The velodrome also uses a sea-container and a small, corrugated iron shed for storage.

Cyclists have lobbied the City of Darwin Council and Northern Territory Government for funding to develop the entire six acres of open parkland surrounding the velodrome for a Cycling Precinct to include a new velodrome to meet National Standards, a pump track and a bike skills track

Friends of Bagot Park maintain that Bagot Park is not an the appropriate site for a cycling precinct as it would deny access to regular park users and that the park should be accessible and used by all people, not one special-interest sporting group. Also of concern is that the proposed cycling infrastructure would significantly impact the biodiversity of the region. In tropical cities like Darwin that experience high temperatures made worse by high humidity, the city is vulnerable to extreme heat events. Friends of Bagot Park believe developing Bagot Park into a cycling precinct would contribute to the urban heat island effect and destroy the buffer zone that Bagot Park provides from traffic heat and noise from two major Darwin arterial roads.

The velodrome Project is currently under re-scoping to meet the revised budget and funding agreement amendment. Council approval is required for the revised project scope in 2021(Municipal Plan 2020-2021 Quarterly Performance Reporting as at November 2020.)

Playground

A small, shaded children's playground is located on the western side of the soccer oval and is regularly used by families. It has a sand soft fall which is a health risk due dog and human urine and faeces.

Public Toilets

The only public toilet in the park is kept locked. Cyclists and Mindl Aces Soccer teams have keys to unlock the toilets when they use the park.

The main problem with the toilet area is that it is visually unappealing and unsafe for users of the facility. Parents cannot see their children, or any other person in the vicinity, when they use the entrances to the toilets.

Itinerants who regularly camp in the park defecate and urinate around the toilet block, near trees and bushes and in the sandy soft fall of the playground. This is a public health matter and urgently needs to be addressed.

Itinerants and casual campers regularly frequent the park as it is close to shopping facilities. The park is at risk of becoming a permanent camping ground for itinerant people.

Carpark

Old McMillans Road, a narrow residential service road, provides the only access to the car park, soccer fields and the Velodrome.

The car park is in disrepair and the surface is degraded. There are no bollards, or landscaped barriers between the car park and verge. Vehicles enter and exit the car park over the kerb, and use the verge for parking. Kerb-side parking on the residential side prevents the flow of traffic as the road is not wide enough to enable two vehicles to pass.

Vehicles can only turn left when exiting Old McMillans Road onto Bagot Road. As a consequence, drivers travel through small local streets to access alternative routes to north-western suburbs. The car park and traffic issues cause numerous traffic hazards.

On the western side of the car park trees are in poor condition, whereas the eastern section has many healthy trees. The existing mahogany trees provide extensive shade throughout the day and their canopy lessens the impact of the newly installed oval lights on residential homes.

Conclusion

Future development of Bagot Park presents many challenges. Currently most of the park is in a state of neglect, visually unappealing, underutilized, not conducive to positive activity and, in many aspects, unsafe.

A methodical and strategic approach to resolve these challenges is essential. There is potential for Bagot Park to become a well-planned, attractive, sustainable park offering a range of recreational options for use by its local and wider community.



PUBLIC OPEN SPACE

RESIDENTS WITH LARGER NEIGHBOURHOOD PARKS WITHIN 1600M ENGAGE IN 150 MINUTES MORE RECREATIONAL WALKING PER WEEK THAN THOSE WITH SMALLER PARKS.

Source: Giles-Corri B, et al. Increasing walking: How important is distance to, attractiveness, and size of public open space? *American Journal of Preventive Medicine*. 2005;28(2, Supplement 2): 169-76



WALKERS EXERCISING IN URBAN PARKS REPORT GREATER HAPPINESS AND LOWER ANGER AND DEPRESSION SCORES.

Source: Hartig T, et al (1994). Restorative Effects of Natural Environment Experiences. *Environment and Behaviour*. 23 (1): 3-26.



16% LOWER HEART PROBLEMS



37% LOWER HOSPITALISATION

ADULTS WITH A WIDE RANGE OF GREEN SPACES AROUND THEIR HOME REPORT 37% LOWER HOSPITALISATION RATES AND 16% LOWER SELF-REPORT RATES OF HEART DISEASE OR STROKE.

Source: Pereira, G., et al. (2012). "The association between neighborhood greenness and cardiovascular disease: an observational study." *BMC Public Health* 12: 466.

For more information, visit www.healthyactivebydesign.com.au

Healthy Active by Design™



References

- **Urban Design Guidelines for Victoria**
<https://www.urban-design-guidelines.planning.vic.gov.au/>
- **Creating Places for People – An Urban Design Protocol for Australian Cities**
https://urbandesign.org.au/content/uploads/2015/08/INFRA1219_MCU_R_SQUARE_URBAN_PROTOCOLS_1111_WEB_FA2.pdf
- **Park Design Guidelines**
<https://www.goldcoast.qld.gov.au/documents/bf/park-design-guidelines.pdf>
- **Heart Foundation**
<https://www.healthyactivebydesign.com.au/>
- **Principles and Guidelines Best Practice Open Space in Higher Density Developments Project**
https://www.charlessturt.sa.gov.au/_data/assets/pdf_file/0018/161712/Best-Practice-Open-Space-in-Higher-Density-Developments-Principles-and-guidelines-green-22-June-2012-FINAL.pdf
- **Healthy Spaces and Places**
(a unique collaboration between the [Australian Local Government Association](#) and the [Planning Institute of Australia](#) was originally funded by the Australian Government Department of Health and Ageing)
<http://www.healthyplaces.org.au/site/>
 - **Design Principles Parks and Open Space**
<http://www.healthyplaces.org.au/site/design.php>
 - **Scribbly Gum Playground**
<https://www.healthyactivebydesign.com.au/case-studies/scribbly-gum-playground>
 - **Healthy Spaces and Places Design Principles Parks and Open Space**
http://www.healthyplaces.org.au/site/parks_and_open_space.php
- **Healthy Active by Design**
The "Healthy Active by Design" website created by the Heart Foundation highlights how best-practice planning and design of buildings, streets, towns and cities can improve Australians' heart health. The Heart Foundation references the review "Evidence supporting the health benefits of Public Open Space" (Juliana Rozek, Dr Lucy Gunn, Dr Paula Hooper, Professor Billie Giles-Corti) which affirms "providing access to high quality public open space encourages people to be physically active and supports good mental and physical health." The authors maintain that parks should include a mix of amenities that attract people of all ages and genders
<https://www.healthyactivebydesign.com.au/>

“It feels comfortable to walk through, sit, stand, play, talk, read, or just relax and contemplate

It is not too exposed to unpleasant noise, wind, heat, rain, traffic or pollution

You can freely use the place or at least part of it, without having to pay

You can be yourself and feel included as part of the community

It caters for people with various physical capabilities, the old and the young”

Creating Places for People An urban Protocol for Australian Cities p10

“Open space cannot directly influence climate change, but it can play an important role in mitigating the urban heat island effect and assisting the city adapt to more extreme weather patterns.”

Open Space Strategy PLANNING FOR FUTURE GROWTH: City of Melbourne p7