



The [SWEEP Investing in Nature for Health](#) project has been hosting a popular series of webinars to share policy, practice and research stories from across the South West.

The latest in the series is coming up on the **19th July 2021, from 1-2pm**. The team will be joined by **Dr Danni Sinnett, Associate Professor in Green Infrastructure and the Director of Centre for Sustainable Planning and Environments at the University of the West of England** to share her findings from a recent review investigating what access to green space can do to support adolescent mental health and wellbeing.

Read on to find out more, or [book your free space now](#).



Webinar: Green space and adolescent health and wellbeing - More than just skateparks?

About this event

In this online seminar, we're delighted to welcome Dr Danni Sinnett, Associate Professor in Green Infrastructure and the Director of Centre for Sustainable Planning and Environments at the University of the West of England. We are also joined by Kate Hind, SWEEP Impact Fellow and Lead Community Scientist for Plantlife. This webinar is particularly relevant for environment, health and social care professionals with an interest in how natural environments can benefit the health and wellbeing of young people.

The webinar will take place on:

Monday 19th July, from 1pm-2pm

Tickets are free and can be booked on Zoom

here: https://us02web.zoom.us/webinar/register/WN_ksSO9rqaQi6ySLB3_sW7qw

Danni will be sharing findings from a recent review of the evidence for better access to green spaces as a means to prevent anxiety and depression in young people. This review was conducted as part of a programme of research funded by the Wellcome Trust intending to better understand the 'active ingredients' for tackling high rates of anxiety and depression in young people. Danni will discuss the findings from the review and what they mean.

Kate will introduce a new SWEEP resource called "More than just a skate park? A review and practical guide on how to make urban green space more accessible to adolescents to support health and wellbeing", which will be launched on the day of the webinar.

The talks will be followed by a Q&A session.

[Register now >](#)

If you haven't already, visit the [Investing in nature for health hub](#) to sign up to our mailing list, hear about future webinars, access a range of resources on environmental investment for health outcomes, and chat to others working in the field in our [Investing in nature for health forum](#),



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