



The next event brought to you by the [SWEEP Investing in Nature for Health](#) project is in collaboration with [Agile Rabbit](#), an Exeter-based charity that specialises in communicating issues that matter: ideas, culture, global affairs, and the natural and scientific world.

PROTECTING NATURE - IMPROVING OUR HEALTH

13th October 2021
7pm - Online



Tickets are free and can be booked here:

<https://www.agile-rabbit.com/event/protecting-nature-improving-our-health/>

About this event

For centuries, people have found solace and respite through nature. Now, increasing evidence is showing that the benefits of spending time in nature extend beyond 'feeling good' to longer-term improvements in our physical and mental health and wellbeing. We see the influence of this evidence beginning to shape policy and practice, such as the introduction of nature-based social prescriptions.

In this free online event, we will take a deep dive into the benefits nature provides us and what this means for how we protect the natural world, with perspectives from science, policy, practice and the arts. Stimulating thinking and debate around the health benefits of protecting the natural environment, this event aims to raise awareness and foster a sense of empowerment for action.

We'll be looking at how people and organisations are working together to understand our relationship with nature and the critical role it plays in our health and wellbeing. As our natural resources come under ever-increasing threat, we'll consider the question - how can we protect the environment and improve health for all?

Join us, and share your own opinions in this event, as we explore how the latest research is being used to address this question and how each of us can play our part.

This event will last for one hour

[Register now >](#)

Speakers



LUKE POLLARD MP

*Shadow Secretary of State for Environment, Food and Rural Affairs
Labour and Co-operative Member of Parliament for Plymouth Sutton and Devonport*

Luke Pollard was elected as the Labour and Co-operative Member of Parliament for Plymouth Sutton and Devonport in June 2017, and re-elected in 2019. He was appointed as Shadow Secretary of State for Environment, Food and Rural Affairs in January 2020



LUCY JONES

Journalist and author

Lucy Jones's first book, *Foxes Unearthed: A Story of Love & Loathing in Modern Britain*, was published by Elliott & Thompson in 2016. It was long-listed for the Wainwright Prize and won the Society of Authors' Roger Deakin Award. Her second book, *Losing Eden: Why Our Minds Need The Wild* was published in March 2020 by Allen Lane (Penguin). The paperback was published in February 2021. *Losing Eden* was long-listed for the Wainwright Prize and received a Society of Authors' K Blundell Trust Award. The Times and Telegraph named it a book of the year (2020) and the paperback became a Times' bestseller (2021).



DR BEN WHEELER

Senior Research Fellow -South West Partnership for Environment & Economic Prosperity (SWEEP), University of Exeter

Ben Wheeler is a Senior Research Fellow at the European Centre for Environment and Human Health, at the University of Exeter Medical School. He has a BSc in Environmental Science and a PhD in Social Medicine, and has previously worked in medical schools and geography departments in the UK and New Zealand. Ben has a wide range of research interests in environment-health interconnections, but primarily applies geographical and epidemiological methods to examine the impacts that the environment can have on human health. Recently, Ben has been working to use the research to inform health and environmental policy at various scales, from Cornwall Council, to Natural England to the World Health Organisation.



ANU ANAND

BBC World Service

Anu Anand is a presenter with 22 years experience in international news and current affairs. Anu has worked all over the world, reporting major stories like the death of Mother Theresa, the 2003 U.S. invasion of Iraq, the 2004 Asian Tsunami, Nepal's devastating earthquakes in 2014 and several Indian elections.

She was based in New Delhi for 8 years covering the country's epic economic and social changes.

She has also worked for APTN, the Guardian, the Christian Science Monitor, Al Jazeera English and Marketplace, launching the global edition of Marketplace Morning Report from the BBC World Service in 2017.



DR JONATHAN REEVES

Principal Research Officer (Health & Wellbeing), Wildfowl & Wetlands Trust (WWT)

Jonathan Reeves's focus is on the relationship between wetlands and human health and wellbeing, and how measured effects might be communicated for conservation gain. He leads **WWT's Blue Prescribing Project**, a wetland health programme specifically designed to promote a range of mental and physical health benefits through facilitated wetland nature engagement. In 2019 he was awarded a Churchill Fellowship to travel to Japan and Korea to study the Japanese nature-health practice of forest bathing, aka *shinrin yoku*.

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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