

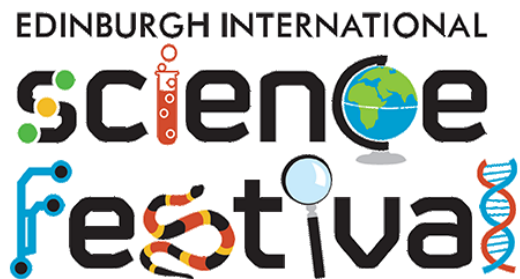


Our Outdoors at Edinburgh International Science Festival 2018



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In spring 2018, we ran a five day drop-in event at the Experimentarium in Summerhall as part of:



Over 1600 people visited the Experimentarium from 9th-13th of April 2018.

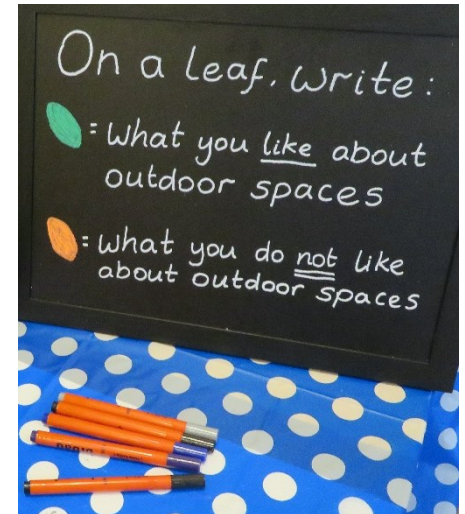
We delivered four interactive activities...



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Ideas Tree

People were asked to write on a **green** leaf “*what you like about outdoor spaces*” and write on a **red** or **orange** leaf “*what you do not like about outdoor spaces*”.



300 hundred leaves were filled out over the 5 days.

- **204** leaves included what people **like** about outdoor spaces
- **96** leaves included what people **do not like** about outdoor spaces

Ideas Tree

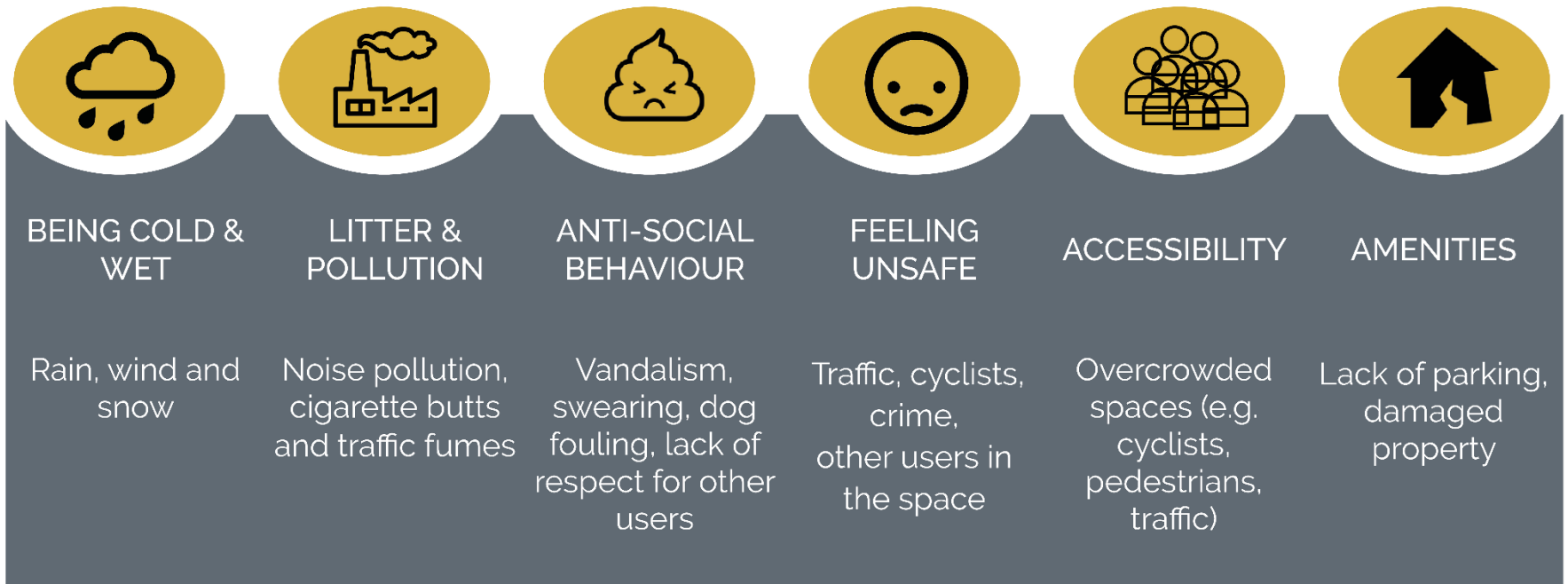
What people said they enjoyed about shared outdoor spaces:



Being active was the most commonly mentioned theme

Ideas Tree

What people said they don't enjoy about shared outdoor spaces:

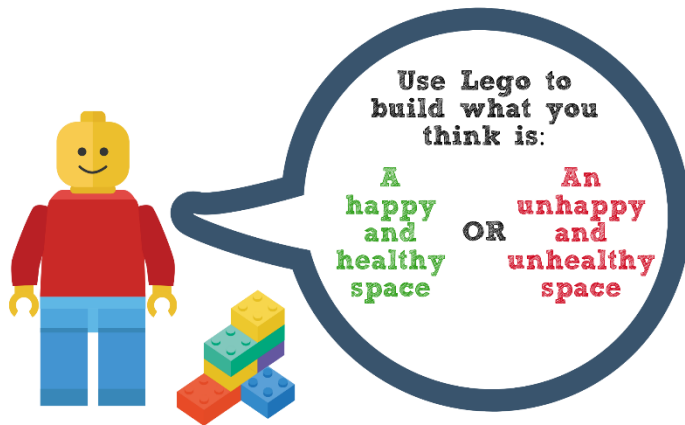


Almost half of the leaves about what people don't enjoy about being outside was **rain, wind and snow**.

Creatures like **dogs, midges, mosquitos, wasps** were also mentioned.

Lego

People used Lego to build “a happy and healthy space” or “an unhappy and unhealthy space”.



Don't forget to get your photo taken with your creation for our display wall

Over **130** spaces were built using Lego.



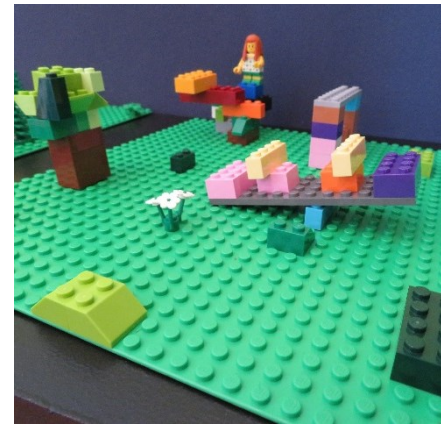
Lego

Happy and healthy spaces

The majority of spaces built were happy and healthy spaces.

These included: parks, hills, gardens, canals, rivers, waterfalls, fountains, outdoor swimming pools, the beach and sea.

Some spaces included water, green spaces and built structures such as climbing walls, play parks, picnic areas, lighthouses.

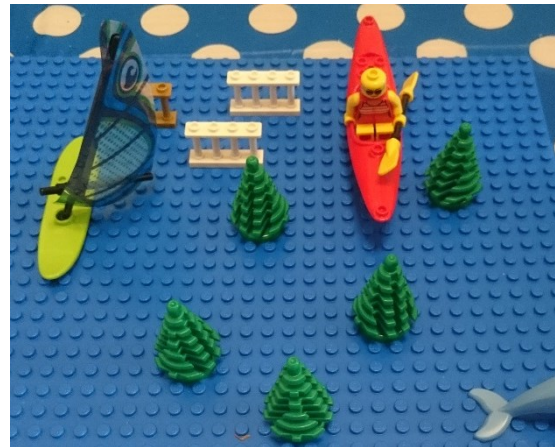
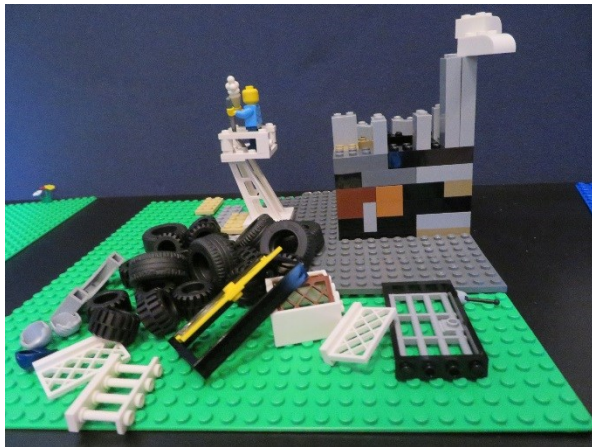


Lego

Unhappy and unhealthy spaces

Fewer built unhappy and unhealthy spaces.

One showed a space full of rubbish. Others showed trampled flowers, flooded woodland areas and prisons.

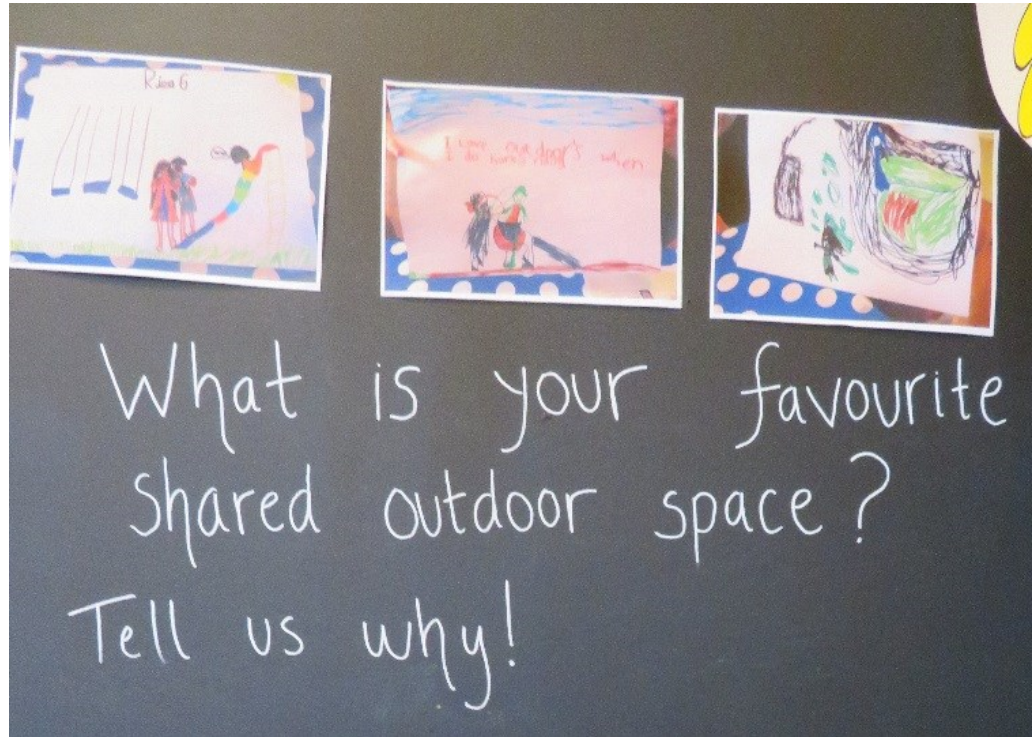


Graffiti Wall

81 people wrote or
drew their answer to
the question:

**“what is your
favourite shared
outdoor space? Tell
us why”**

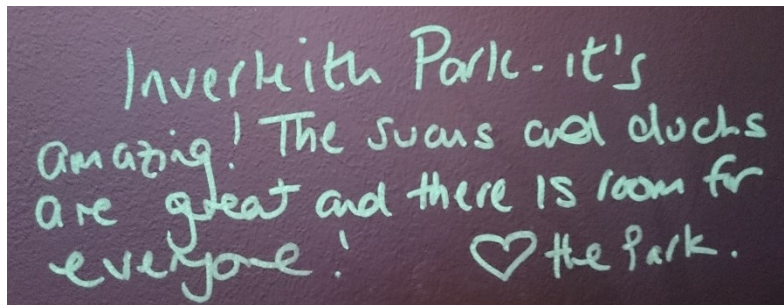
on our graffiti board.



Graffiti Wall

53 green spaces were mentioned

e.g. parks, play parks, hills and mountains, forests and woodlands, public and community gardens, ski-slopes, football pitches

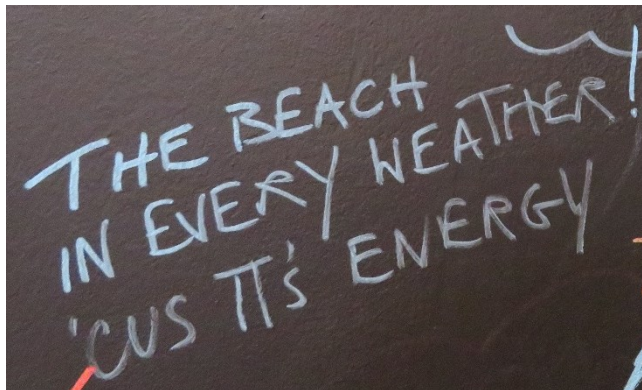
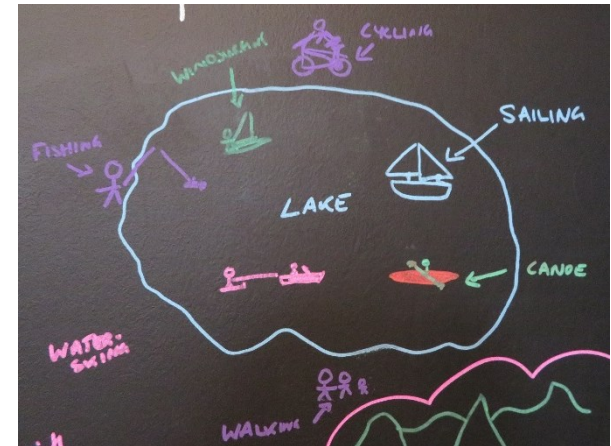


People said these were their favourite places because they liked doing activities there, seeing wildlife and socialising with family and friends

Graffiti Wall

22 blue spaces were mentioned

e.g. beaches, rivers, lochs, caves



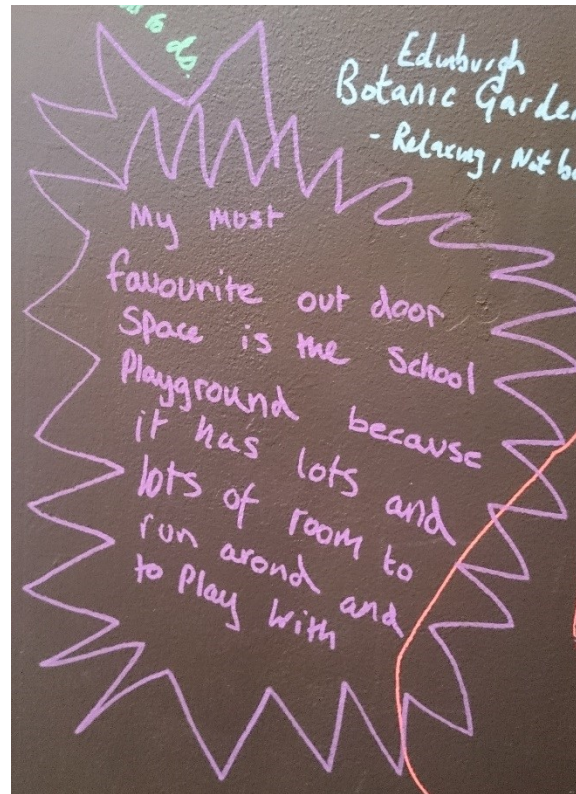
People said they liked being active on water as well as enjoying the sounds and energy of water

"I like being at the beach and playing in the water! Because it makes me happy!"

Graffiti Wall

10 grey spaces were mentioned

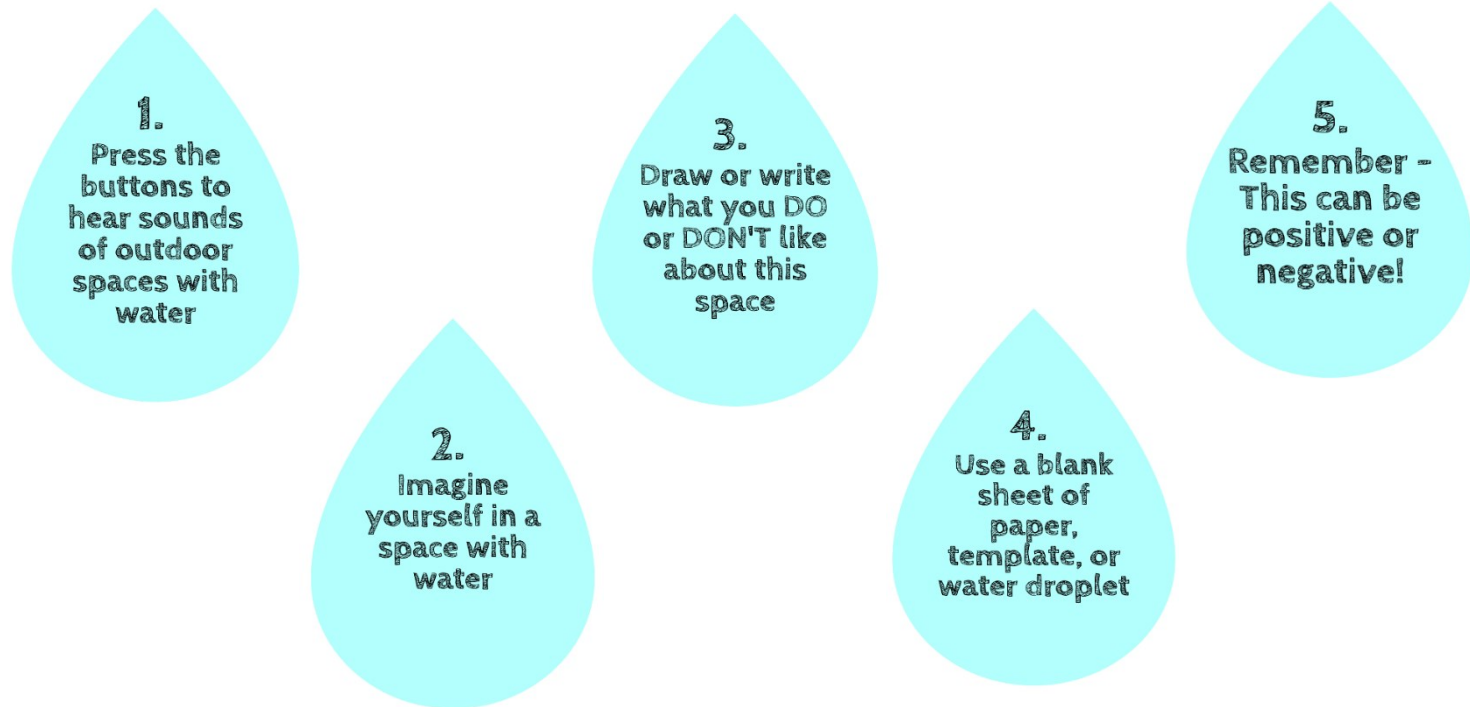
e.g. cycle paths, streets people live in, playground, skate park



Blue Spaces

Participants pressed buttons with water sounds and were asked to imagine themselves in an outdoor space with water.

Participants drew or wrote about what they liked or didn't like about this space.



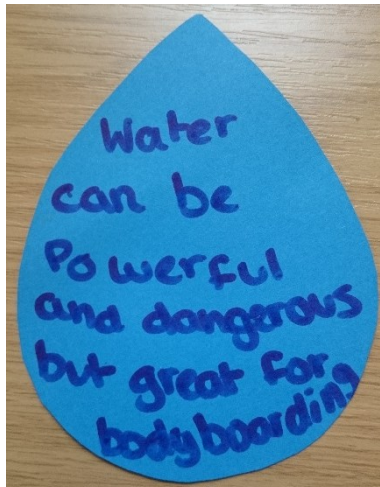
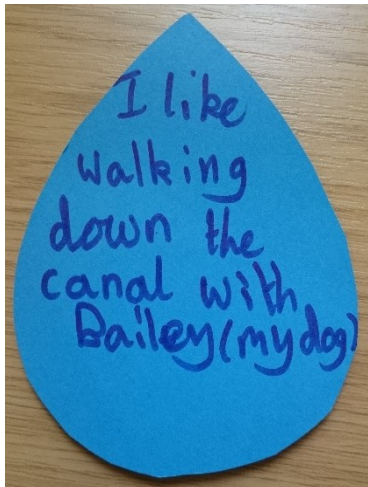
33 people wrote and drew what they like (n=28) and don't like (n=5) about outdoor spaces with water.

Blue Spaces

What people liked about outdoor spaces with water

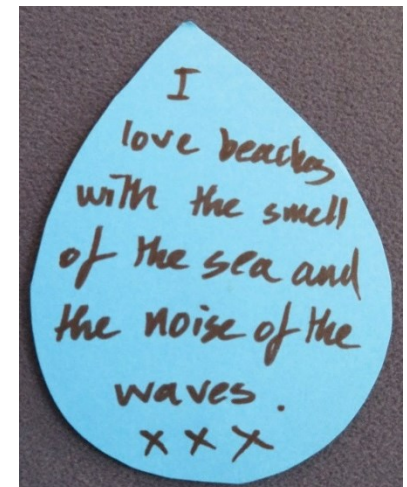
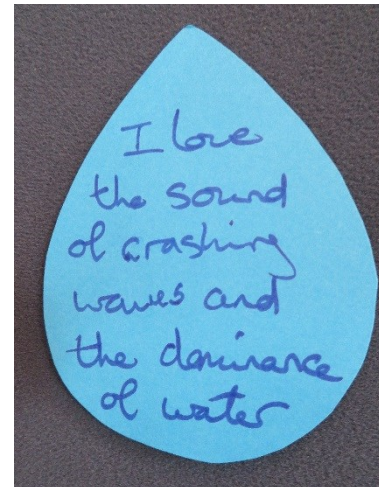
Being active (n=14)

e.g. swimming, bodyboarding, fishing, skimming stones, walking, building sand castles, splashing in puddles, feeding ducks



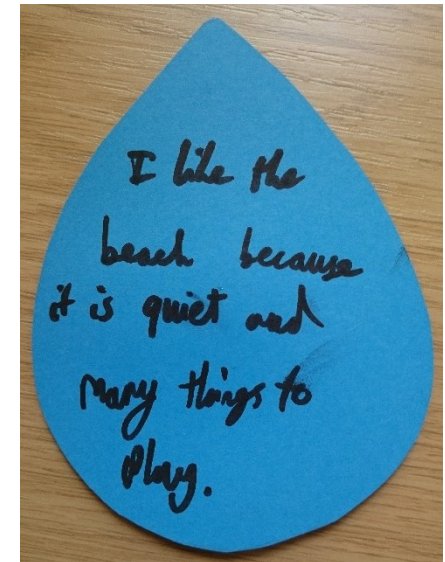
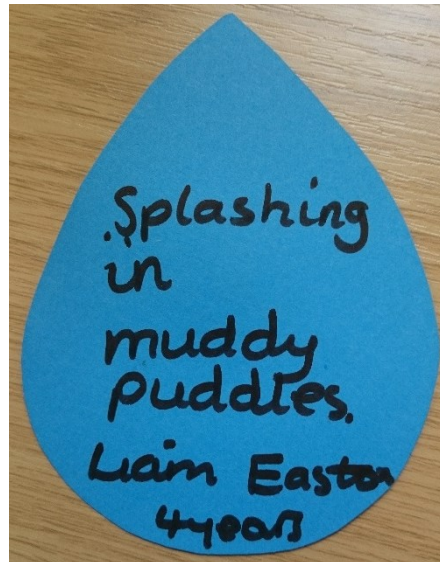
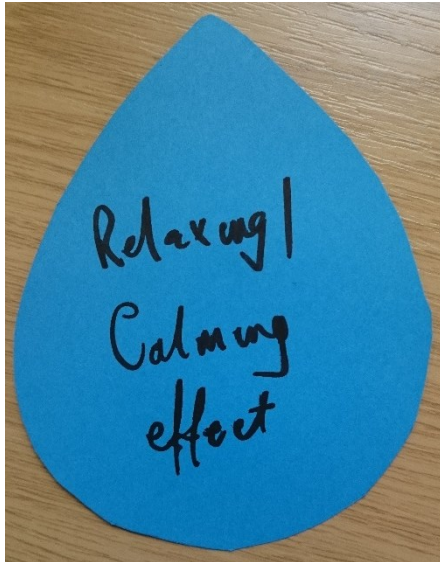
Sensory (n=7)

e.g. smell of the sea, sound of waves or being under water, power and feel of water



Blue Spaces

Other things people liked about spaces with water



Spaces mentioned: seaside, canals, rivers

Blue Spaces

What people didn't like about outdoor spaces with water

Four out of the five things people said they **didn't like** about outdoor spaces with water, were about rubbish or plastic in the sea. One person did not like aggressive ducks.

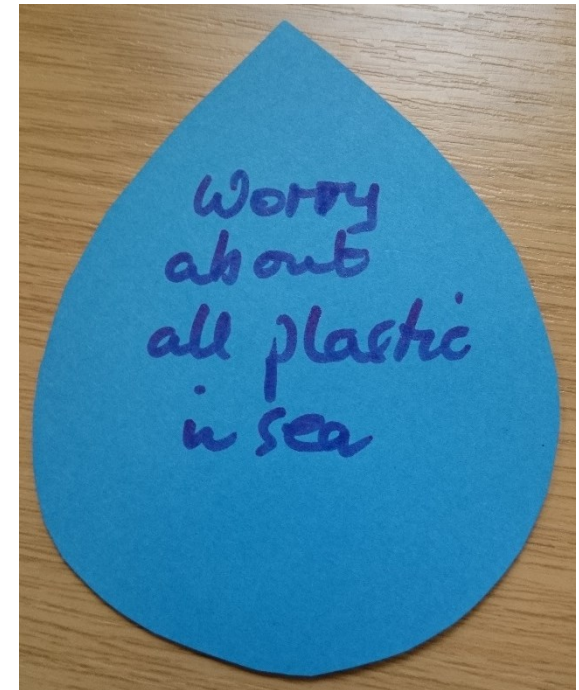
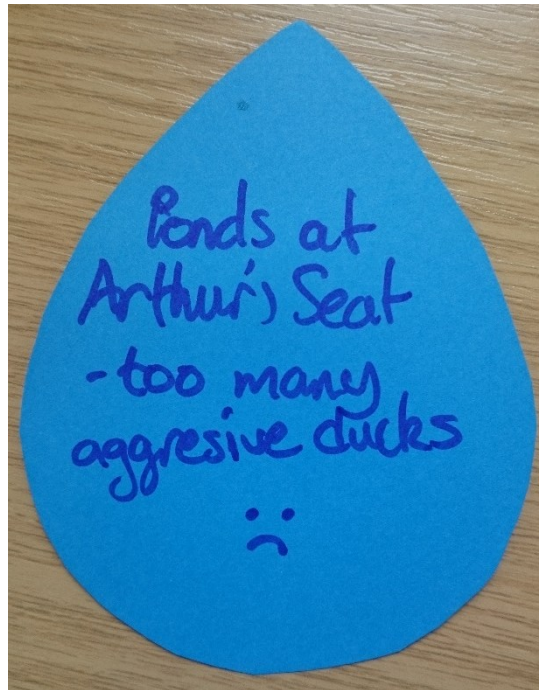
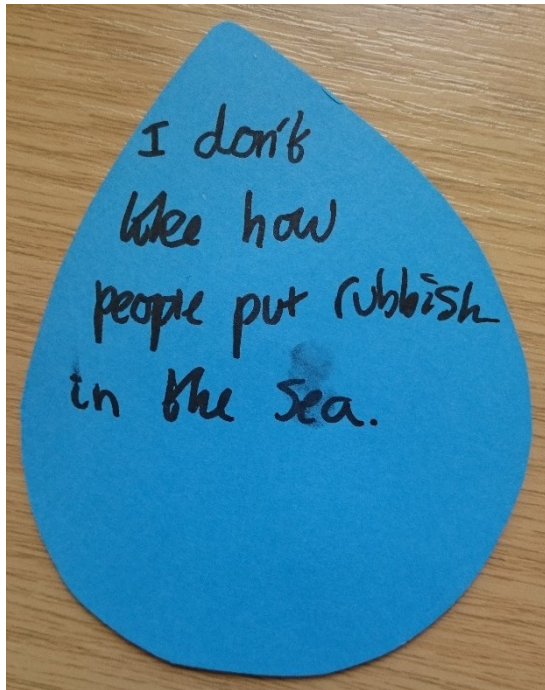


Photo Competition

During the Science Festival we launched a photo competition

We asked people to submit photos of their favourite or least favourite shared outdoor space and tell us why

£300 worth of prizes were up for grabs



OUR OUTDOORS

Photo Contest

Submit a photo by April 30th for a chance to win!

1. Take a photo of your favourite or least favourite shared outdoor space
2. Upload to Twitter or Instagram with the hashtag #OurOutdoorsUK
3. Caption it with a sentence stating why it's your favourite or least favourite space

1st place gets £100 gift voucher
Two 2nd place winners get £50 gift voucher
Five 3rd place winners get £20 gift voucher

#OurOutdoorsUK

MRC Medical Research Council

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SCPHRP Scottish Collaboration for Public Health Research and Policy



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Photo Competition Winners

 OUR OUTDOORS

Photo Contest Winners

1st place

Trevor Pake (@trevorpake)
I love how Edinburgh's Holyrood Park can feel like a little slice of epic wilderness right in the heart of the city #OurOutdoorsUK



2nd place

2nd place: Pam Champion (@championm)
#OurOutdoorsUK My favourite outdoor space is the beach as I love the sounds of the Sea and my kids laughter. It's such a huge space to allow freedom and creativity x



2nd place: Happyhoo (@happyhoo)
any one of over 150,000s of miles of public footpaths in the UK! #OurOutdoorsUK nothing like it in the rest of the world!



 Medical Research Council

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 SCPHRP
Scottish Collaboration for Public Health Research and Policy

 OUR OUTDOORS

Photo Contest Winners

3rd place

Mike Stringer (@ForestStringer)
#OurOutdoorsUK The beautiful Lake District national park is great for walking with the family and enjoying its spectacular scenery all year round.



3rd: kaz (@Gooner_KJP)
#OurOutdoorsUK (lanberis, I love to walk around this lake as well as wild swimming. So tranquil.



April Alder (@april_alder)
Giants Causeway is my fave place in the UK. I love that it's there for everyone but it's tranquility, majesty and wild beauty can only really be appreciated if you steal a moment to yourself #OurOutdoorsUK



sallyannjohnston
#OurOutdoorsUK Has to be the Beautiful Cornwall, for me its full of surprises everytime we visit we find somewhere new to explore and as a keen photographer 📷 It is my idea of heaven on earth 🌍



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Next Steps...



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Information gathered from the Science Festival will be used alongside information from the workshops and other public engagement activities to do the following:

- **Draft questionnaire:** The information gathered from public engagement activities is being used to draft a questionnaire to measure people's health and wellbeing in specific shared outdoor spaces.
- **Validating and testing questionnaire:** Once the questionnaire is complete citizen scientists will be engaged to conduct cognitive testing of the questionnaire items. This will inform a final questionnaire.
- **Questionnaire piloting and public engagement activities** will take place in Edinburgh and the Lothians before being rolled out across the UK.



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