



Supporting and creating mental health and wellbeing through the design of places and spaces



.....using a multi-sector approach between health, public health, architecture, arts, planning, and citizens



.....focussing on areas of inequalities



**Healthy
Happy
Places**

Funded by:

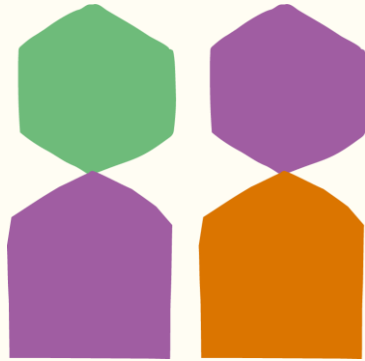


**Academic Health
Science Network**
North East and North Cumbria

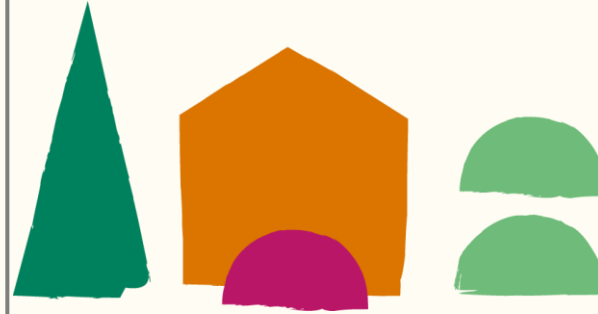




Place specific



People



**Buildings & spaces
in between**



**Evidence →
Implementation**



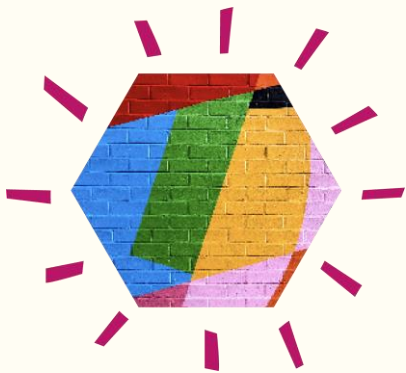
Trauma informed



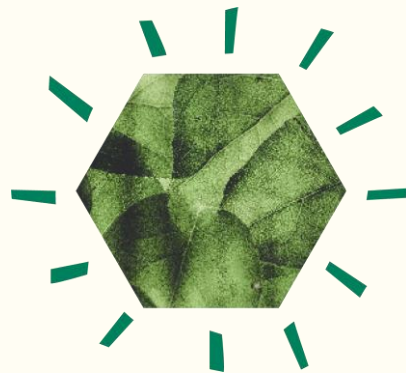
Neurodiverse aware



Dementia friendly



Arts / Creative



**Biophilic /
Nature inspired**



**Community owned
/ activated**



Lifestyle Security

Webinar Series



Academic Health Science Network
North East and North Cumbria

Healing Environments

How do places and spaces play a role in how we feel and heal?

REGISTRATION OPEN

SPEAKERS

- Dr Rachel Turnbull, Programme Lead for Healthy Happy Places, AHSN NENC
- Dr Angela Kennedy, Head of Centre for Specialist Psychological Therapies, Cumbria Northumberland Tyne & Wear NHS Foundation Trust
- Timothy Crawshaw, Vice President of the Royal Town Planning Institute
- Christopher Shaw, Chair of Architects for Health and Senior Director at Medical Architecture

#HealthyHappyPlaces Thursday 2nd December 2021 11:00 – 12:15



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Biophilic Design

Working with nature through design and its impact on mental health and wellbeing

REGISTRATION OPEN

This webinar will explore the elements of **biophilic design**; the psychological impacts and experience of mimicking nature in design; the clinical experience of incorporating nature into therapy; and showcase examples of biophilic design in internal and external spaces through the lens of architecture and urban planning.

Thursday 17th February 2022 13:00 – 14:30 #HealthyHappyPlaces



Healthy Happy Places

Suicide prevention by design

Wednesday 11 January, 2023
1–3pm GMT, Online

Sharing work from public health, planning, design, and community. Everyone welcome.

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Bottom Up Urbanism

Tackling wellbeing in the built environment through citizen participation and leadership

This webinar will explore some of the creative and community driven approaches to creating vibrant spaces and places that contribute and support wellbeing and mental health

Thursday, July 5 2022, 11:00-12:30 GMT

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Dementia Friendly Environments

How do we design places and spaces that prevents and supports people living with dementia?

This innovative webinar will bring together practitioners from the built environment, medical and therapeutic disciplines, and academia to share and celebrate best practice to build a collaborative approach to planning and design.

Thursday 19th May 2022, 13:00-14:30 GMT

#HealthyHappyPlaces



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Thursday, 7 April 2022, 11:00-12:30
#HealthyHappyPlaces

NeurodiverCity

Neurological difference and inclusion in the designed environment

This webinar is part of a series of events which will showcase perspectives from mental health, architecture and urban planning. It will include:

- The psychological impacts of neurodiversity
- The lived experience of autism in relation to the urban environment
- The creation of inclusive places and spaces through design

Questions and Reflections

Visit our [webpage](#)

Sign up to our [mailing list](#)

Contacts:

rachel.turnbull@ahsn-nenc.org.uk

mail@crawshawurbandesign.com

holly.fillingham@cntw.nhs.uk