

Heritage and the Natural Environment

CHAIR: Craig Lister, Wellbeing Lead, East of England, Public Health England

CRAIG LISTER is an exercise physiologist with 20 years' experience (NHS, public health, voluntary, community and social enterprise and the fitness sector) and a steering group member of the [SP Network](#). As Head of Prevention for NHS Bedfordshire his team developed [the Lifestyle Hub](#), engaging local GPs, Bedford Hospital, the local university and other groups as an early model of SP. He became the [NHS Health Check](#) national programme manager with Public Health England (PHE), then Managing Director of The Conservation Volunteer's health and wellbeing programme [Green Gym™](#) in 2015. Funded by The National Lottery Community Fund he led development of the [Quality Assurance Framework for SP](#) and the recently released report [Enabling the potential of SP](#) (2021) supporting the MARCH programme. Craig is currently Health and Wellbeing Programme Lead for the East of England with PHE.

What a wonderful honour it is for to chair this last session of such an amazing event. It has been fantastic, and it has been great to see how this has evolved. My name is Craig Lister, I am an Exercise Physiologist by trade, currently I'm Wellbeing Lead for East of England at PHE. I have been involved in SP for 20 years in various guises, it has not been called 'SP' until recently. When I explain what it is to my father who is 88, he says that 'surely that's common sense, Craig.' Which of course it is, isn't it! Perhaps we are all experts in common sense. I suppose, very briefly, what I would say we have evolved with the natural world for over 300,000 years, so it truly is in the nature of us to live within the natural world. Also, we have overcome immense challenges through shared ownership, but also our appreciation of the natural world, and in the last 10,000 of years, our appreciation of arts as well. So, it is fully embedded within everything we do.

We have got a wonderful panel: Dr Desi Gradinarova, Senior Policy Advisor, Wellbeing & Inclusion, Historic England; National Historic Environment Lead, National Academy for SP 'May the Force of the Past be with you: why heritage is good for the human mind and soul'. Elizabeth Galvin, Head of Learning & Digital, Victoria & Albert Museum, 'Museum Object-based Learning for Brain Health.' Tom Mack, Programmes Manager, Active Devon, 'Connecting Actively to Nature', and Sir Tim Smit, Co-Founder, The Eden Project: 'Making Natural History'.

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