

# Our Outdoors is a public health citizen science project..

It aims to explore how local shared outdoor spaces affect our health and well-being, by working with members of the public and communities.



We developed the  
**'Perceived Wellbeing in Outdoor Shared Spaces' scale**

## Step 1 - Identifying Themes

Three workshops with members of the public explored what elements of outdoor spaces had positive and negative wellbeing impacts.

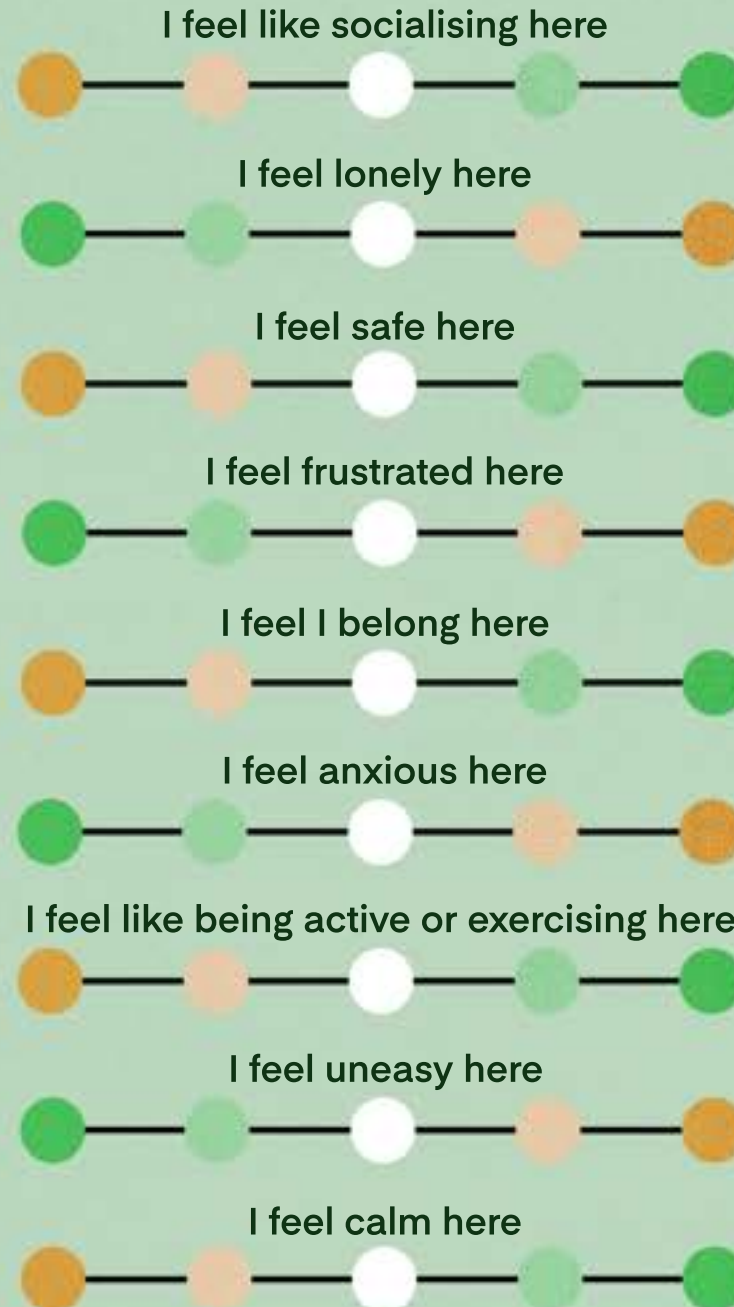
## Step 2 - Developing and Testing the Scale

From these themes a number of questions were created for the scale. These questions were then tested with members of the public at three outdoor spaces to narrow down which ones were suitable for the scale.

## Step 3 - Embedding the Scale in the App

The final scale was embedded in the Our Outdoors app amongst other questions relating to features of the outdoor space and activities within the space.

## Perceived Wellbeing in Outdoor Shared Spaces Scale



Read more about the PWOSS here:



## The Power of Data

By gathering data as much data as possible we can explore which outdoor spaces contribute to our wellbeing and why.

This can then be used as evidence for how we can best design or change outdoor spaces to have the greatest benefit.



## Who can benefit?

Whether you're an individual or a group your data is important! You may want to contribute data for a specific site you're connected to, or as a one off for somewhere you visit.

Either way, the larger and more diverse the dataset created, the more powerful it is.

## BENEFITS OF USING OUR OUTDOORS

### MACRO

Preserve a green space for future generations

Demonstrating health benefits of outdoor spaces

More open access to big data + research insights

The App becomes a tool regularly used by policymakers

A revolution in how research is made and disseminated with non-academic people/partners

Create a feeling of achievement and contribution by the public

Giving the public ownership and control

Give the public a voice

People are inspired to take part in more Citizen Science projects

More lighting makes safer spaces

A best practice example of citizen science and accessible research

Connecting public with ideas of Geodiversity and Biodiversity

Policy makers fund more Citizen Science initiatives

Tailored data can be gathered for projects and funding applications

Smaller projects lead by community groups to engage or steward for their area

Embracing pre-existing spaces, discovering new spaces, discussing accessibility for these areas

Local outdoor spaces are valued more

More desire for better maintenance of spaces

More bins

Clean spaces

Less dog poo!

### MICRO



### With thanks to:

**Nick Draine, Ryan McKay,  
Jen Barekat, Victoria Briones,  
Margon Vantuyl, Phillipa Coles,  
Emma Jillings, Jule Bandel,  
Stephen Malden,  
Craig McDougall,  
Nel Coleman, Alice Haskell**

Find out more at  
**ouroutdoors.net**



**OUR OUTDOORS**

## Community Reads

This leaflet was co-produced with community members as part of a wider project exploring creation of more accessible outputs from participatory research



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