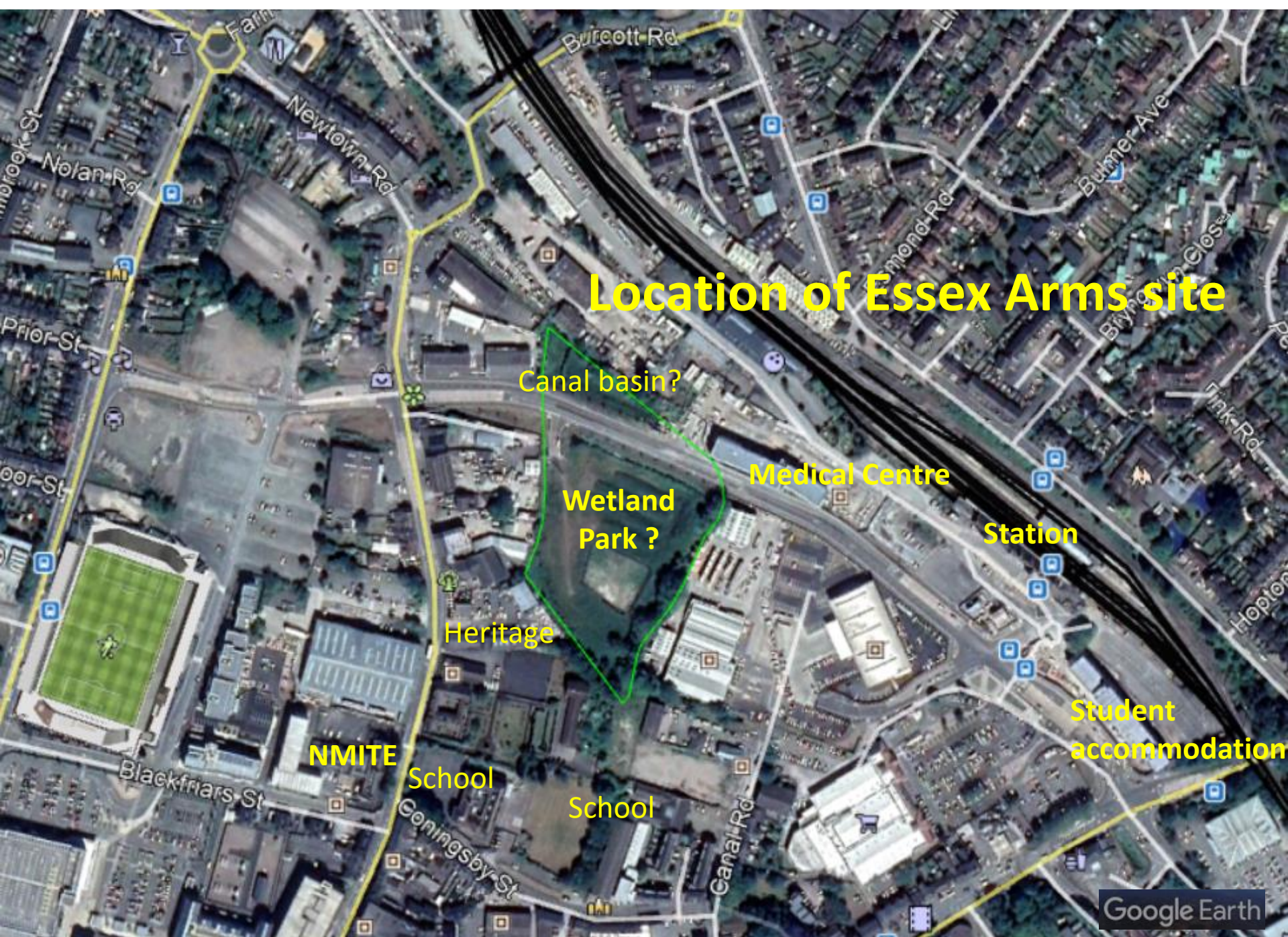


The Essex Arms Site

Could it be a small Wetland Park?

**With a cycling/walking path
between the City and new
Medical Centre?**

Location of Essex Arms site



Canal basin?

Wetland
Park ?

Medical Centre

Station

Student
accommodation

Heritage

NMITE

School

School

Former Essex Arms Sports Ground site, across the City Link Road from the new Medical Centre.
This site is already being colonised by wildlife, e.g. kingfishers



Photos by Mo Burns, 2019

Wetlands quickly bring new enhanced biodiversity of plant and animal species

Photos of little egret etc., awaiting credits



Marsh marigold, Purple loosestrife and Yellow flag iris *(photos by N Geeson)*

Green spaces, such as wetland parks can:

- Increase adjacent property values
- Help filter urban pollution
- Act as a carbon storage sink
- Increase urban biodiversity
- Attract tourists as well as local people
- Improve physical and mental health, and therefore:
 - Help save the NHS money if people become more healthy
 - Decrease workplace absences
 - Improve workplace productivity

Nature and Mental health

Nature improves your health
Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.

Nature makes happier workers
Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.

Green offices boost productivity
Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.

Nature makes you more active
Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.

Green exercise can save the NHS money
Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing.

Green neighbourhoods cut depression
Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.

THE WILDLIFE TRUSTS

An aerial view of the Essex Arms Site, when it flooded badly in March 2008. The Flood Alleviation Scheme was implemented in 2012, but there has still been regular, substantial flooding on e.g. Merton Meadows car park and Newtown Road

Essex Arms Site



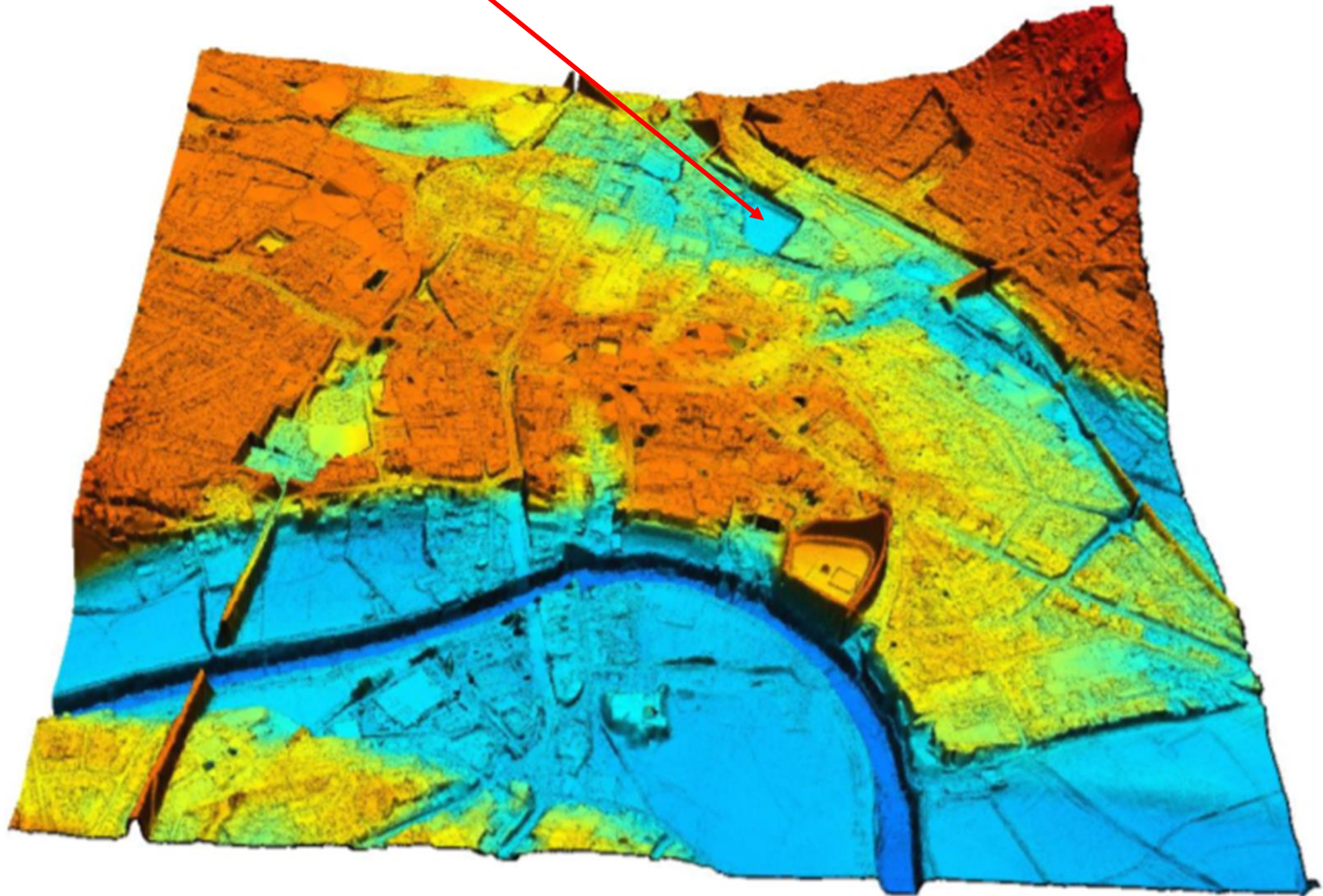
Pizza Hut
roundabout
on A49

Merton
Meadows
car park

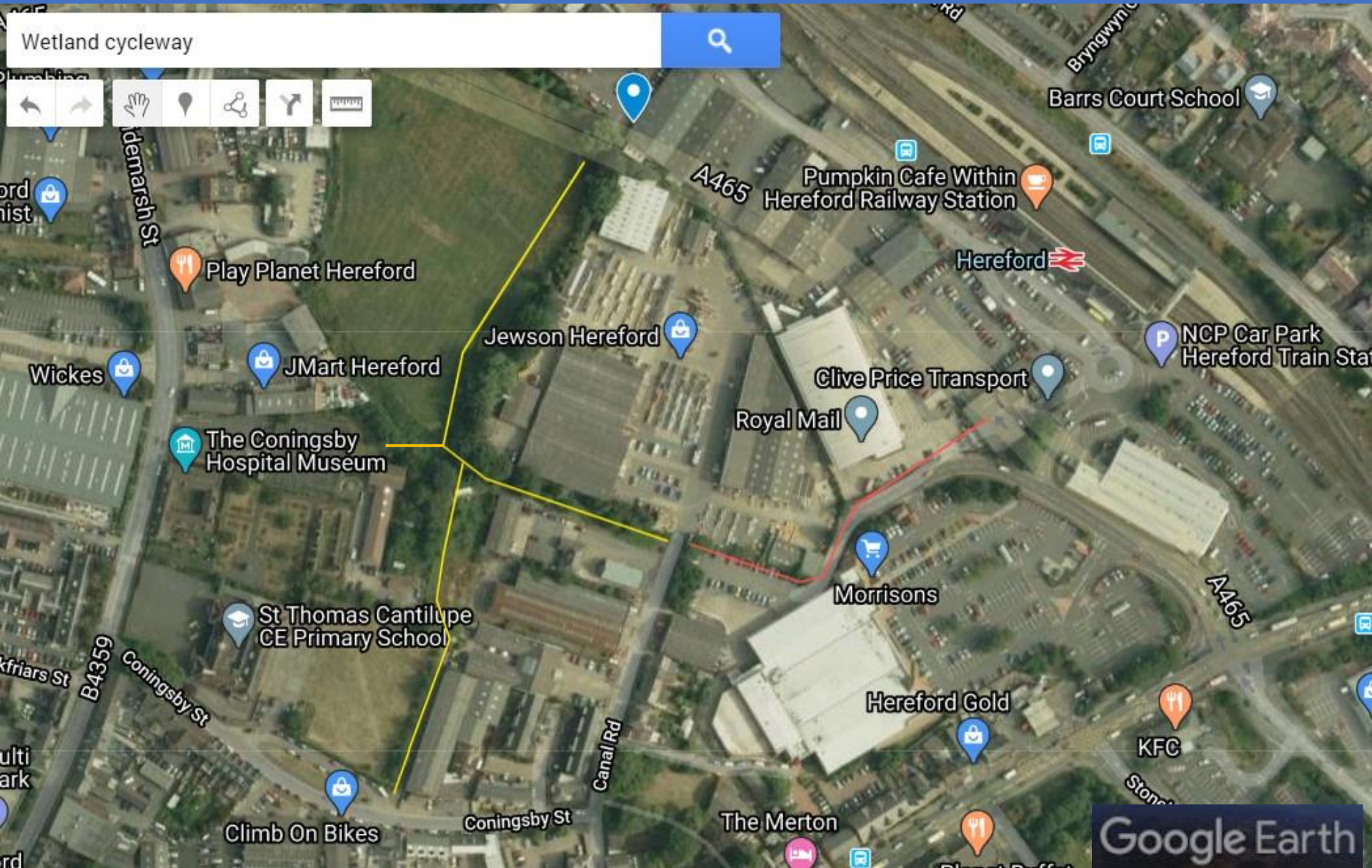
Edgar
Street
Football
ground

Photo from Derek Foxtton, 2008

LiDAR mapping shows that being on the Yazor/Widemarsh/Eign Brooks floodplain, the Essex Arms site is likely to have one of the worst flood risks for flooding in Hereford City *From: Herefordshire Archaeology Report 310, January 2013*

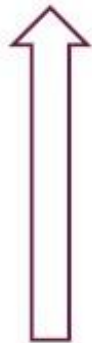


Potential new cycle paths (yellow) linking City Link Road (by new Medical Centre) to Coningsby St. and Canal Road, linking to existing cycle path from Station to Canal Road (red)



Enabling a better network of paths for pedestrians and cyclists can increase time spent in the city and therefore also increase retail spending. The average Benefit Cost Ratio for such schemes is 13:1 (Source: Transport for London, 2013)

HIGHER SPENDS



High street walking, cycling and public realm improvements can **increase** retail sales by up to **30%**

Source: Lawlor, 2013

Cycle parking delivers



5x

the retail spend per square metre than the same area of car parking

Source: Raje and Saffrey, 2016

People who walk and cycle take more trips to the high street over the course of a month

Average number of visits to local town centre each month, by mode



16 visits



12 visits



8 visits

Source: TfL 2014

Over a month, people who walk to the high street spend up to

40% more



than people who drive to the high street

Source: TfL, 2013

A Wetland Park could look like this. It could provide green space for wildlife, for healthy exercise, and wellbeing, - where there is currently none. It could improve the choice of pedestrian/cycling routes between station, transport hub, hospital, medical centre, schools, NMITE/student buildings, and the city centre



**A Wetland Park would be a facility for education (and not just for children!)
A small visitor centre might provide information and refreshments**

**There would also be other opportunities
to boost tourism, by showcasing and
linking to or accessing the heritage of
the former canal basin, Blackfriars
Monastery and Coningsby Hospital**

Photos awaiting full
credits

Thank you for your attention



Herefordshire Wildlife Trust

**Hereford Yazor
Brooks Restoration
Volunteer Group**



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