



How has Lockdown  
changed the way we  
value green space and  
natural landscapes  
across the Valleys?

426

people responded to the  
Valleys Regional Park survey.  
The results told us that:

96%

felt green space helped  
their health and mental  
health during lockdown.

81%

wanted more  
green spaces  
near home.

74%

appreciated green space  
more following lockdown.

82%

were more aware of  
wildlife as they found new  
places to explore locally.

82%

said local green space  
allowed them to continue  
exercise routines in  
lockdown and **54%** said  
green space allowed them to  
start new exercise routines.

**356** want to walk more

**77** want to run more

**162** want to cycle in local green spaces

**225** want to visit more nature reserves

**54** said green space was important to  
their business

**109** want to be more involved in caring  
for natural landscapes

## What now?

You told us that local green spaces and natural landscapes are more important than ever. They provide opportunities to connect with nature, space and encouragement to exercise and support our mental health and resilience. We will make sure this message is heard loud and clear.

### We will now use the results to:

- Improve the natural environment with a co-ordinated approach.
- Create more opportunities for people to get involved.
- Encourage more people to use the natural landscape to improve their health.
- Promote our outstanding landscapes and the benefits they provide.
- Help more people to connect with the nature on their doorsteps.