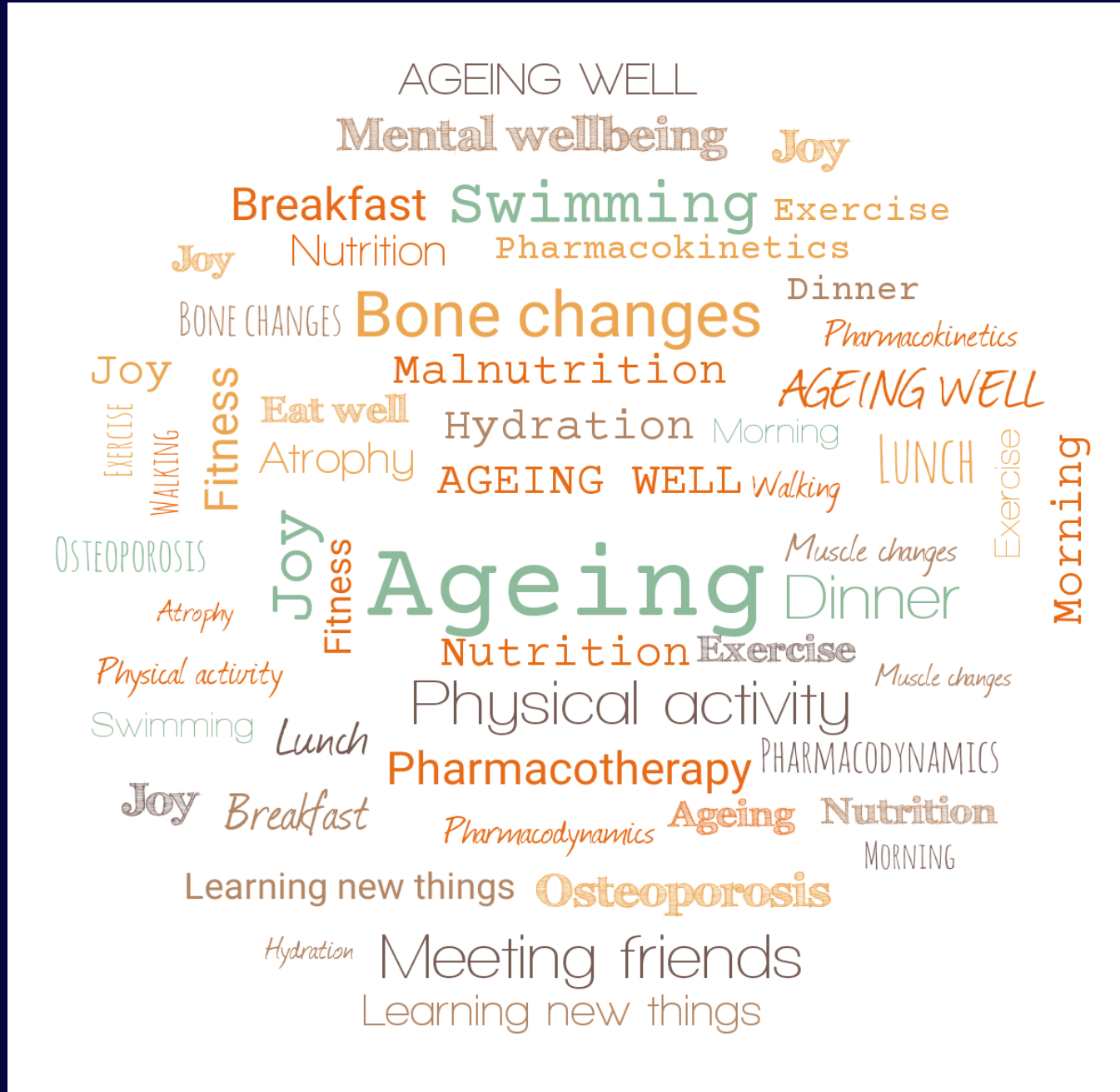




# Ageing Well Public Talks



# Talk 5. DADIMA'S walks: an amazing example of the Five Pillars for Ageing Well in action

Yoseph Araya, Senior Lecturer in Ecology & Environmental Sciences  
The Open University

# ***DADIMA's walks: an amazing example of the Five Pillars for Ageing Well in action***

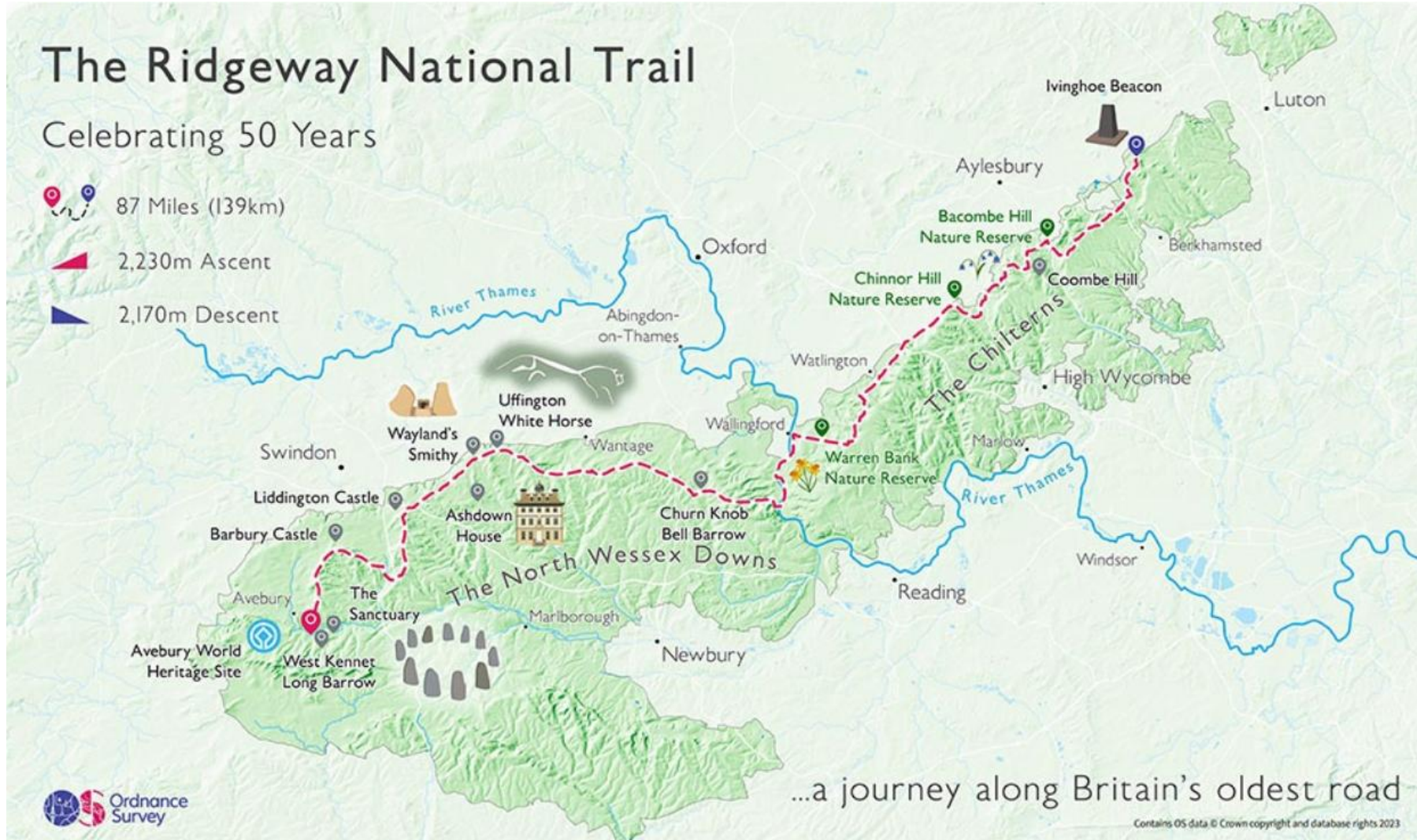


**Yoseph Araya (Geeta and Subash Ludhra)**

*Senior Lecturer in Ecology & Environmental Sciences*

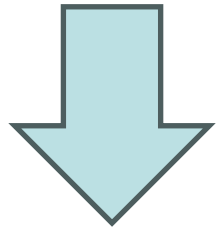
# Nature Walks

Walking through **nature**, alone or in groups, on trails/paths or freeform, with a **purpose**—for enjoyment, health benefits, or learning opportunities.



# What are the benefits of nature

**Ecosystem services** are benefits provided by our environment, ranging from resource, ecological, economical to social and to the cultural.



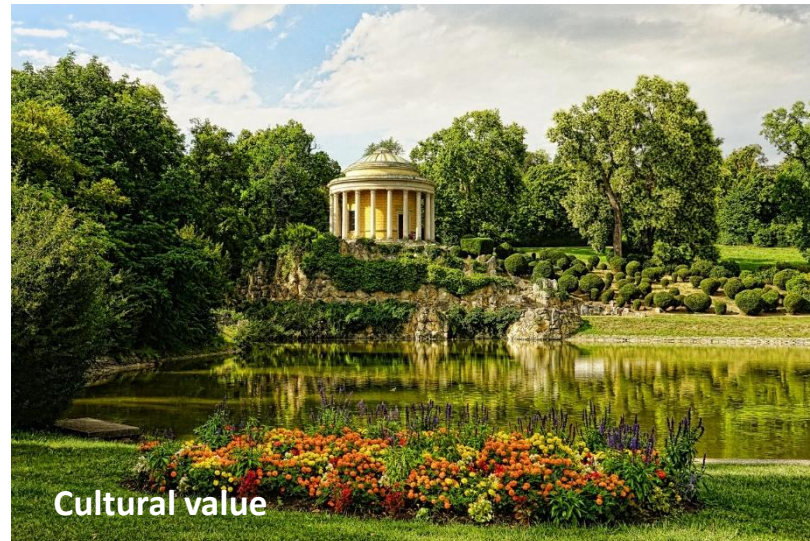
**Wellbeing**



©NSF



©Andrew Mandemaker. Wikipedia



©showaze. Pixabay



©OLU. Wikipedia

# Nature and health trends



AMERICAN PSYCHOLOGICAL ASSOCIATION

TOPICS

PUBLICATIONS & DATABASES

RESEARCH & PRACTICE

Home > Monitor on Psychology > 2020 > April/May >

FEATURE

## Nurtured by nature

Psychological research is advancing our understanding of how nature improves mental health and sharpen our cognition




Information and support About us News and campaigns Get in touch

Home > Information and support > Tips for everyday living > How nature helps

## Nature and mental health

Home Episodes Clips




Listen now

**Dr Geeta Ludhra tells Farzana Chaudry about Dadima's Walks in the Chiltern Hills**

The walks aim to create a welcoming space for people from diverse backgrounds to walk.

10 April 2022  
9 minutes

This clip is from



**Farzana Chaudry**  
The latest on Pakistan and a foodbank Ramadan campaign

Opinion

Sport

Culture

Lifestyle



The Guardian Int

Love & sex Health & fitness Home & garden Women Men Family Travel Money

This article is more than 11 months old

### Health benefits of being in nature worth £356 an adult in 2020, ONS data shows

Advertisement

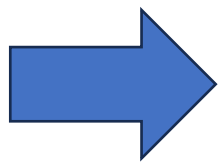


## Compendium of WHO and other UN guidance on health and environment



# Health benefits of nature

- **Physical:** exercising our bodies outdoors
- **Mental:** taking time to relax and reflect in nature
- **Social:** engaging with others outdoors.



*Will help tackle the epidemic level prevalence of obesity, Type 2 diabetes, heart, circulatory and lung diseases, cancer, social isolation and mental health conditions*

Both **conscious and unconscious** evidenced benefits.

Rhee et al. (2023); Bratman et al.(2012); Kuo et al (2019)

*Health benefits for aging well, addressing the five pillars*

# You don't need wilderness to access nature ...



*Public parks in urban areas have been around since 1840's, designed to create physically healthy spaces and for walking and promenading. More widely, there is also Countryside and Rights of Way Act 2000*

# Dadima's an intergenerational in-person community

**Dadima (दादी माँ):** Grandmother in Hindi. It stands for the **wisdom**, the **kindness**, and the **healing of mother nature**.



# Walking with Dadima's: Connecting Communities with Nature

THE DISCONNECT:  
*Why the Group  
Was Needed*



## Health & Wellbeing Barriers

The group helps address health issues common in South Asian communities.



## Making Nature Welcoming for All

The initiative seeks to make the countryside a space where everyone feels included.

## A Lost Connection to the Countryside

First-generation immigrants often could not access nature while busy establishing their lives.

THE SOLUTION:  
*A Path to  
Connection  
& Community*



## Focus on Holistic Health

Walks are designed to support physical, mental, spiritual, and faith-based wellbeing.

## A Truly Multigenerational Community



**“The countryside is for everyone.”**

The group's vision is for all communities to find their own magical connection with nature.

# Dadima's walks: learning, connecting, sharing

- Monthly **Sunday morning**, all year round
- Meet up and **walk** 3-4 hours,
- **Bring and share** snacks, drinks (Chai!)
- **Connect** with people and nature
- Each walk has **theme**: birds, geology, biodiversity



Harbind Singh



Subash Ludhra



Geeta Ludhra



Sivi Sivanesan

# Legacy and the future



**ES<sup>3</sup>** Earth Science,  
Systems and  
Society

ORIGINAL RESEARCH  
published: 20 August 2024  
doi: 10.3389/esss.2024.10119



## Co-Constructing “Third Spaces” for Engagement with and for Minoritized Community Groups and Environmental Scientists

Richard Holliman<sup>1\*</sup>, Geeta Ludhra<sup>2,3</sup>, Clare Janet Warren<sup>1</sup>, Anjana Khatwa<sup>4</sup>, Yoseph Araya<sup>1</sup>, Kelly Smith<sup>1,5</sup>, Janice Ansine<sup>1</sup> and Marcus Peter Sebastian Badger<sup>1</sup>

# Further information

## Contacts

- Subash and Geeta Ludhra
- Dadima's CIC

## Some previous projects:

- Walking the Walk
- Landscape Stories, UK
- Open University: <https://university.open.ac.uk/stem/environment-earth-ecosystem-sciences/node/224>
- Dadima's Story video: <https://www.youtube.com/watch?v=-kkXgTvjR4&t=1s>
- Geeta on BBC Three Counties: <https://www.bbc.co.uk/sounds/play/p0c0j2f0>



# Summary of related resources to The Ageing Well Public Talk Series

## Podcasts

Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café:  
['Ageing Well Under Lockdown'](#)

Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking – researching with people living with dementia and their carers](#) –

Vseteckova J (2020) Podcast – [Areas of research with The Open University](#)

Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust – [Spotter sheet and mindful walking](#).

Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)



## Ageing Well Public Talks

Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)

Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)



Hedges V & Vseteckova J (2023)

[What should I expect when I am nearing the end of my life?](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022)

[Sense of self during aging: how mindfulness and nature can help](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)

Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)

Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)

## **Care and caring related**

Vseteckova J, (2020) [\*\*How to age well, while self-isolating\*\*](#)

Vseteckova J, (2020) [\*\*SHORT FILM - Ageing Well in Self-Isolation\*\*](#)

Vseteckova J, (2020) [\*\*ANIMATION - Keeping healthy in Self-Isolation\*\*](#)

Vseteckova J et al (2020)  
[\*\*COVID-19 The effects of self-isolation and lack of physical activity on carers\*\*](#)

Taverner P, Larkin M, Vseteckova J, et al. (2020) [\*\*Supporting adult carers during COVID-19 pandemic\*\*](#)

Robb M, Penson M, Vseteckova J, et al. (2020) [\*\*Young carers, COVID-19 and physical activity\*\*](#)

Penson M, Vseteckova J et al. (2020) [\*\*Older Carers, COVID-19 and Physical Activity\*\*](#)

Vseteckova J & Methley A (2020) [\*\*Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times\*\*](#)