

*Una manera de hacer Europa*



# BUENAS PRÁCTICAS

## Actuaciones Cofinanciadas

RECOVERY AND REVITALIZATION OF URBAN PUBLIC  
SPACE, BIO-HEALTH PARKS  
Lepe city council

**Programa Operativo  
Plurirregional de España**

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**Fondo Europeo de Desarrollo Regional**







## RECOVERY AND REVITALIZATION OF URBAN PUBLIC SPACE, BIO-HEALTH PARKS

The good practice consists of the installation of seven bio-health parks in different geographical areas of the municipality of Lepe, where a wide range of machines can be found that allow citizens to exercise easily and safely. They are green spaces located within the urban nucleus, which are at the service of the entire population and especially aimed at the elderly, improving the quality of life and health of people, always in accordance with the principles of universal accessibility.

Thanks to this action, both the municipality of Lepe and the towns of La Antilla and Pinares are provided with new spaces for meetings, leisure and social relations, which contain equipment in line with a philosophy of health and quality of life. With the installation of these bio-healthy parks, the urban public space is recovered and revitalized, equipping it with elements destined for sports practice. Lepe has achieved a healthier urban environment and has also contributed with this action to the conservation of the environment, to the embellishment of the space and to the dynamization of social activity.

A total of seven healthy areas are established in the municipality, which add value to the environment and qualify the free space, which encourages its use and enjoyment by the population. Precisely, the location of the different parks in key points of the municipality of Lepe, which has a total of 128 km<sup>2</sup>, has been an important variable to cover one hundred percent of the needs of the population in terms of public spaces equipped with infrastructure for sport and health.

The action has had an eligible budget of 150.000 euros, with 80 percent funding from the European Regional Development Fund ERDF and an impact on the scope of action of the municipality of Lepe, where lives a total of 4.517 people over 60 years.

In the following images you can see some of these parks.





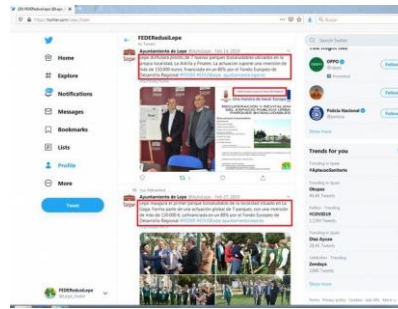
The criteria for the identification and selection of this Best Practice are as follows:

# 1. THE ROLE OF THE ERDF IN THE ACTION HAS BEEN ADEQUATELY DISSEMINATED TO THE BENEFICIARIES, POTENTIAL BENEFICIARIES AND THE GENERAL PUBLIC

As mandatory information and publicity measures, official announcements have been published, temporary posters and permanent plaques have been placed in each of the bio-health parks, and information has been posted on the ERDF investment website (<http://ayuntamiento.lepe.es/es/edusi-2020>).



The role of the ERDF in the action has been conveniently disseminated among the population by means of several tools, such as news inserted in the ERDF website or in social networks, a profile in Facebook (@edusilepe) and an account in Twitter (@Lepe\_Feder), with the hashtags #FEDER #EDUSILEpe.





The local, county and provincial media have published information and reports on the performance. It is worth mentioning the full-page report in the highest-circulation newspaper, Huelva Información.



An explanatory diptych has also been produced, designed as a guide to the use of bio-health parks and their health benefits, where the most relevant data on the project and the European Union's public investment appear.



The diptychs have been distributed in digital and paper formats and distribution days have been organized with information desks. During the activities, merchandising material has been distributed with the visual image designed for the actions co-financed by FEDER within the framework of EDUSI Lepe 2020.





Another of the informative activities that has been very well received by the public, in addition to great media coverage, has been the Biosaludable Day "Actívate", held to promote the use of these facilities to benefit health and improve quality of life.



## 2. THE PERFORMANCE INCORPORATES INNOVATIVE ELEMENTS

The innovative character of this action is found especially in the revitalizing aspect of the urban space, the accessibility and proximity and the benefits for the health of the people. All of this, together with its innovative nature within the local panorama, given that before the installation of the bio-health parks, there were no infrastructures of this type in the municipality.

In relation to the recovery and revitalisation of urban public space, bio-health parks have been a turning point in the physiognomy of the urban environment of the town, qualifying the space for its new sporting use. The parks have been distributed over seven areas of the municipality, separated from each other geographically, and which now provide a healthy exercise itinerary thanks to the definition provided by their new use. The aim of this design is to bring the parks closer to the citizens, facilitating their access to this type of facilities, with very suitable and appropriate locations for the purpose being pursued.

Integrated and sustainable spaces have been created, since the equipment has been totally integrated into the urban landscape at each of its locations, providing a qualitative value to the surroundings, contributing to the conservation of the environment and providing quality of life to the citizens. When in most municipalities bio-health parks have been installed on the outskirts of cities, making access difficult for people and even having to use the car to get there; in Lepe the decision has been made to integrate them fully into the city, each person living in the municipality has a bio-health park just 5 minutes from their home. The search for proximity in the location is an important innovative aspect that has been achieved with this project.



Another innovative element of the action has been the accessibility and health benefits for people. Lepe's bio-health parks have been very well received by the public, who exercise outdoors every day in these accessible sports facilities that are very close to their own homes and can be easily reached on foot, just by taking a simple walk. Without a doubt, this physical activity has improved the quality of life of the neighbours, especially improving the health of the elderly, dependent people or those undergoing rehabilitation, and helping to maintain the physical condition of society as a whole.



Dozens of people practice sport every day in the bio-health parks of Lepe, La Antilla and Pinares. They have an extensive catalogue of bio-health elements that help them to get in shape and to promote the proper functioning of the cardiovascular and respiratory systems and to work numerous muscle groups. The complete equipment of the bio-health parks offers health benefits, providing flexibility and agility in the joints, as well as strengthening the muscles of the abdomen and back in an easy and safe way.

### 3. ADEQUACY OF THE RESULTS OBTAINED IN RELATION TO THE OBJECTIVES SET

The action is consistent with the objectives pursued, as it has contributed to improving the urban environment of Lepe and the quality of life of citizens. The operation proposed the revitalisation of the municipality's open spaces and green areas, paying special attention to areas with a certain level of degradation and providing them with elements that would bring new uses to them for the benefit of the citizens. In this sense, the results obtained with the action are completely in line with the objectives pursued. Multifunctional spaces have been created for sports, therapy and leisure, open to the use of all citizens and that, in addition, have contributed to the beautification of the environment by valuing the whole.





Another of the fundamental objectives of the action has been the application of the principles of universal accessibility, in an effective, efficient and safe manner; the bio-health parks being totally accessible to any person, and are especially oriented to the attention of diversity, disability and the needs of the most vulnerable groups. Precisely, the elderly in the municipality are among the main beneficiaries of the action and have shown great acceptance since the beginning of the project and have become involved through their participation in activities to promote the use of bio-health parks.

In order to respond to the aging population, we have managed to provide the elderly with useful spaces adapted to their needs, outdoor meeting places where they can spend their leisure time and where they can also take care of their health, improving their quality of life, delaying the signs of aging and improving their physical and mental state.

#### 4. CONTRIBUTES TO THE RESOLUTION OF A LOCAL PROBLEM OR WEAKNESS

The action responds to several weaknesses detected in the territory. Firstly, the installation of the bio-health parks has helped to provide a response to the problems posed by the ageing population. This is a demographic phenomenon that affects not only Spain, but also all the member countries of the European Union and the rest of the developed countries.

This weakness has also been detected in the town, and one of the most outstanding proposals in this line of action is the proposal to create spaces for the practice of healthy sports and suitable for use by the town's elderly people. This action focuses on raising social awareness of the need to care for the elderly, facilitating the improvement of quality of life through the creation of these bio-healthy parks, which have become places for meeting, recreation and social relations.



Secondly, the choice of the location of the parks has been decisive for the enhancement of urban areas with a certain level of degradation. With the location of bio-health parks, certain free spaces in the municipality those were underused for various reasons have been given a specific qualification. A total of seven locations within the municipality have been selected and all of them have been substantially improved after the installation of the parks.

As an example, the park of La Estación has been located on the current greenway, which is on the former grounds of the railway, a linear section that runs through the municipality in an east-west direction. Due to its characteristics, people usually use this greenway for running and walking, although they do not have a sports infrastructure prior to the installation of the bio-health park, which has been enhanced in the surrounding area. Another of the locations has been a free space in disuse next to the intercity road Lepe - El Terrón that, after the placement of the bio-healthy park, has become a place where dozens of neighbors of the area do sports daily.



## 5. HAS A HIGH DEGREE OF COVERAGE OVER THE TARGET POPULATION

The lack of this type of facilities in the municipality was evident and there was a great demand from the population for these urban facilities, one of the main beneficiaries being the elderly. Due to their full integration into the urban environment, citizens have some bio-healthy parks very close to where they live, which facilitates their access to them. In this sense, it can be stated that the action has a high degree of coverage over the population to which it is addressed. However, not only do the elderly in the municipality benefit from the advantages of bio-health parks, but also people who are dependent on the parks themselves, who are accessible and oriented towards improving health and optimising quality of life.

All these positive characteristics of the parks are an attraction for the population of the area of action and for citizens in general, who have welcomed the action with great enthusiasm and have turned to the use of the bio-health parks in the town, also promoted by various actions such as the holding of bio-health days and the preparation and distribution of explanatory brochures.



Since April 2019, the bio-health parks have been fully operational, providing service to the population of the town, which currently has 28,877 inhabitants, a figure that is tripled by the influx of tourists in the core of La Antilla during the summer months. The bio-health parks have meant a significant improvement in the health and active leisure facilities in the town's urban environment, as there were previously no facilities of this type. Due to the great demand from the citizens, the reception has been very good from the neighbours. The action, which has also contributed to urban regeneration and the beautification of the surroundings, has improved the quality of life of the inhabitants.

## 6. CONSIDERATION OF THE HORIZONTAL CRITERIA OF EQUAL OPPORTUNITIES AND ENVIRONMENTAL SUSTAINABILITY

With regard to the criterion of environmental sustainability, it should be noted that the location of the bio-health parks in the urban environment, very close to the homes and fully integrated in different neighbourhoods of the municipality, allows easy access to these infrastructures by the residents, who do not have to use any means of transport to reach the parks, thus contributing to the care of the environment. The fact that motor vehicles do not have to travel in the vicinity of the parks has an impact on the reduction of CO2 emissions.





Similarly, it contributes to environmental sustainability by promoting the physical fitness of citizens, especially the elderly, who are beginning to have more autonomy and independence to move around on foot or in environmentally friendly vehicles such as bicycles. With the use of bio-health parks, people increase their mobility, decrease their muscular pains, favour their cardiovascular and respiratory systems and register improvements in certain pre-existing diseases.

In the whole of the action, special consideration has been given to the criterion of equal opportunities, facilitating the access of the whole population to bio-healthy parks. Their use has been specifically promoted by distributing information on the action through the guide to the health benefits of the parks to local women's associations, associations for people with reduced mobility, associations for the disabled and immigrant associations. Similarly, invitations have been sent out for organised promotional activities.

There is no doubt that bio-health parks are accessible spaces that promote inclusion, since carrying out sports activities in a public environment encourages interaction between people and promotes social inclusion; at the same time, it encourages citizen participation. On the other hand, as far as communication is concerned, special care has been taken both in the use of non-sexist language and non-stereotypical images.

## 7. SYNERGIES WITH OTHER POLICIES OR INSTRUMENTS OF PUBLIC INTERVENTION

This action has generated synergies with other public policies to improve urban public space and citizen participation. Lepe Town Council has promoted the construction, in the surroundings of the bio-healthy parks, of children's playgrounds for the recreation and active leisure of the local children. In addition, calisthenics sports areas have been installed, equipped with structures for performing physical exercises with one's own body weight and whose target audience is young sportsmen and women who train in these facilities.



In this way, intergenerational spaces have been created in which both the local elders and the young people and children of the municipality practice sport and spend their free time. Thanks to this strategy and to this design of uniting children's parks, calisthenics and bio-health parks in the same environment, a contribution has been made to promoting social relations between the different age groups, improving the social insertion of the different groups and the interrelationship of citizens, generating evident enriching effects for society as a whole.



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