Local parks and green spaces contribute to age-friendly placemaking in a number of ways: providing space for exercise and fresh air, access to nature, sports and leisure facilities, and meeting places for social events.

The most successful examples are parks that are attractive, safe, and can accommodate the needs of a wide range of activities - bringing different groups and generations together.

Where has it been achieved?

**Norfolk Heritage Park, Sheffield**
- Sheffield City Council
  - This large Victorian park dates back to the mid-19th century and was gifted to the city by the Duke of Norfolk. It underwent significant restoration and regeneration in the early 2000s to develop new sports and community facilities. This included the development of The Centre in the Park - a purpose-built community building that hosts a café, public WCs, and a range of local voluntary groups and events.

**Taavetinpuisto senior sport zone, Finland**
- Miina Sillanpää Foundation & Lappset
  - Lappset's 'senior sport zones' have been developed with healthcare and exercise professionals. The Taavetinpuisto Park is designed as an attractive place for older residents to meet and participate in exercise. The sports equipment in the park also suits those whose mobility is limited or who use a wheelchair. The foundation holds frequent instructed exercise sessions open to all adults who use the park.

**Superkilen urban park, Copenhagen**
- BIG with Topotek 1 & Superflex
  - Superkilen is conceived as a huge outdoor playground-come-gallery spread over a half-mile wedge of the Nørrebro area of the city. The diverse range of interventions - including artworks, planting and play spaces - originate from one of 60 different countries that represent the nationalities of local residents. The kilometre-long park demonstrates how a radically bold intervention can bring together a diverse range of new uses and users in a challenging urban environment.

**Alexandra Park, Manchester**
- Manchester City Council with Age-friendly Manchester
  - Alexandra Park is one of the earliest and most intact Victorian Parks in Manchester. Local older residents were consulted as part of the process of refurbishing the park landscape, benches, buildings and sporting facilities to help shape the city's first Age-friendly park. This included the refurbishment of The Pavilion to provide public toilets, a larger flexible community space and a community café.

<table>
<thead>
<tr>
<th>Activity facilities</th>
<th>Community facilities, café &amp; WCs</th>
<th>Outdoor play spaces</th>
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<tbody>
<tr>
<td>Gateway facilities (with somewhere safe to use the toilet and get a drink) can promote the use of the park, particularly amongst more vulnerable groups.</td>
<td>Café and public WCs, a larger flexible community space and a community café.</td>
<td>Playgrounds and new forms of exercise and play equipment have been purpose-designed for adults, older people and people with mobility difficulties.</td>
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