

HEALTH AND WELLBEING ACTION PLAN

1. RECOMMENDATIONS

- 1.1 That Panel recommends the adoption of the Health and Wellbeing Action Plan to Cabinet, to ensure delivery of the Council's Health and Wellbeing Plan which was approved in October 2022.

2. INTRODUCTION

- 2.1 This report proposes a Health and Wellbeing Action Plan to support the wider Health and Wellbeing Plan, which was adopted by the Council in October 2022 – [Health and Wellbeing Plan](#)

3. BACKGROUND

- 3.1 New Forest District Council adopted a Health and Wellbeing Plan in October 2022 covering the District. This Plan is based on the 'Strategy for Health and Wellbeing in Hampshire', which was compiled on behalf of the Hampshire Health and Wellbeing Board.
- 3.2 The 'Strategy for Health and Wellbeing in Hampshire' used insight from the Joint Strategic Needs Assessment (JSNA), which assessed the current and future health needs of local communities. The JSNA has data available at each local authority level. The Council relied on this data in formulating its District wide Health and Wellbeing Plan.
- 3.3 The Council's Health and Wellbeing Plan sets out 3 key priorities to improve the health and wellbeing of residents in the District; these are:-
- Working in Partnership
 - Increasing Physical Activity
 - Improving Mental Wellbeing

At the time of adoption, it was anticipated that an Action Plan would be developed to further the objectives and ensure delivery at a local level. The Action Plan is attached at Appendix 1.

4. THE HEALTH AND WELLBEING ACTION PLAN

- 4.1 The Action Plan deals with specific actions, including the development of programmes and initiatives to support the health and wellbeing of our residents, with progress updates and timescales in respect of delivery.
- 4.2 It is proposed that the Action Plan is updated regularly and reviewed annually by the relevant Overview and Scrutiny Panel.

5. FINANCIAL IMPLICATIONS

- 5.1 Delivery of the Action Plan will be met by existing resources, principally led by the Physical Activity and Partnerships Manager, drawing in other resources within the organisation, when required.

6. CRIME AND DISORDER IMPLICATIONS

- 6.1 Crime levels have been linked to poorer social and physical functioning and lower levels of subjective wellbeing. The proposed Action Plan will play a positive role to improve the health and wellbeing of our communities and in turn may have a beneficial impact crime and disorder issues in the District.

7. ENVIRONMENTAL IMPLICATIONS

- 7.1 Increasing outdoor activities is a positive way to experience the tranquillity and special nature of the District, especially within the National Park. There will be times when residents need to limit disturbance to rare breeding birds which nest on the ground. There are numerous walking routes around the District to enable the community to enjoy the natural environment of the District.

8. EQUALITY AND DIVERSITY IMPLICATIONS

- 8.1 The proposed Action Plan has a positive effect on equality and diversity, enabling a route for all to access the benefits of a diverse and multi-programmed approach to enhance health and wellbeing, catering for all in the community who wish to partake or are referred by social prescribers.

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Background Papers:

Health and Wellbeing Plan 2022-2025

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(Action plan reviewed and updated annually)

APPENDIX 1

Priority No	Action	Lead Officer/Body	Progress	Timescales
PRIORITY NO 1 - WORKING IN PARTNERSHIP				
Establish a Healthier New Forest Partnership.	<p>Schedule quarterly meetings with key partners including Hampshire County Council, Energise Me, the Integrated Care Board Partnership, New Forest National Park Authority, and Community First.</p> <p>Draft and agree terms of reference for the group. Develop an Action plan to target priorities – agreed by the Partnership</p>	Joanne McClay Jamie Burton	<p>Scheduling of meetings is in progress.</p> <p>Terms of Reference drafted and ready to present to the partnership</p>	<p>Meetings to take place in Feb and then quarterly</p> <p>April 2023.</p>
Work with the New Forest National Park Authority and local health partners to deliver a Green Health Hub to maximise the health opportunities of the natural environment.	<p>Work in partnership with the New Forest National Park Authority (NFNPA) to develop a Green Health Hub bringing the benefits of being physically active outdoors to the community, and to promote programmes.</p> <p>Support the development of the Green Health Hub website hosted by the NFNPA for communities to access outdoor activity information.</p>	NFNPA Jamie Burton	<p>The website, logo design and site details have been agreed. Testing underway by NFNPA.</p>	Expected go live April 2023
Engage with the “Hampshire District and Borough Wellbeing Leads” meeting to ensure strong representation to the Health and Wellbeing Board’s local priorities.	<p>Ensure that NFDC are represented at meetings.</p> <p>Review the Group’s TOR in light of recent changes in the public health structures.</p>	Jamie Burton	<p>The District Leads meetings are ongoing. NFDC chair meetings.</p>	TOR to be reviewed for Spring 23

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<p>Support the reduction of anxiety linked to energy price increases through the Warmer Homes Collaboration.</p>	<p>Cost-of-living advice and support available from NFDC, along with signposting to support offered by other partners, is published on the Council's website.</p> <p>Proactively promote on the Council's website (and through work in the community) the Warmer Homes Grants initiative to ensure residents can access funding to improve energy efficiency for their homes.</p> <p>Support residents in receiving Home Upgrade Grant (HUG) (a separate Government fund) to upgrade the energy efficiency of properties in the worst performing off gas grid homes.</p> <p>Maximise the opportunities of the Council as Housing Authority, in receiving the Local Authority Delivery (LAD) funding which support energy efficiency retrofit measures for Council housing stock.</p>	<p>Ryan Stevens</p> <p>Kirsty Farmer</p>	<p>Member of Portsmouth City Council led consortium for Hampshire residents. Funding received from Government - £15M To date, £197k spent on 29 properties, further 279 applications pending decision.</p> <p>Additional Consortium HUG funding secured for eligible residents - £16M. In New Forest to date, grant allocated to 2 properties £27k, and 72 applications pending.</p> <p>Council received £300k in 23/24 and has applied for a further £750k in 23/24.</p>	<p>Ongoing</p>
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<p>Support the community safety outcomes for local residents through the Safer New Forest Partnership.</p>	<p>Continue to play lead role in the Safer New Forest Partnership working collaboratively with partners to ensure the Partnership Plan priorities are in place, monitored and reviewed.</p> <p>Existing Plan can be viewed at:- https://www.safer.newforest.gov.uk/article/2324/Safer-New-Forest-partnership</p> <p>Identified priorities in 22/23:-</p> <ul style="list-style-type: none"> - Drug and alcohol related harm - Domestic abuse - Reducing the risk to vulnerable people and property (NB priorities currently being reviewed for 23/24 Plan. Likely to have a new priority relating to the fear and perception of crime) <p>Deliver training and awareness sessions to public sector partners to help tackle identified priorities.</p> <p>Engagement with youth groups on crime and antisocial behaviour in their area.</p>	<p>Nikki Swift and Community Safety Team</p>	<p>6 community engagement events in 22/23 engaging with 529 people. 8 bike register events across the district. Visits to skate parks, the Handy Trust and Foodbanks to engage with youth groups. Safer New Forest Young Person Survey– 148 completed surveys. 96% very satisfied and satisfied with living in the New Forest. New Partnership Plan will be in place April 2023</p>	<p>Ongoing</p>
<p>Work with community organisations and voluntary groups in order to tackle the causes and impact of health inequalities within identified communities</p>	<p>Work with Fawley Parish Council and MOD to tackle the issues of isolation within the Calshot community, its lack of facilities within the village, lack of transport from the village and the potential lack of integration between the two distinct communities. Improving the Council's engagement with the community to:</p> <ul style="list-style-type: none"> - Develop a youth group to support young people and to develop relationship with families. - Bring the local community and the army community together to identify shared issues and understand how they may be tackled. 	<p>Jamie Burton Ryan Stevens CAB Housing team</p>	<p>Weekly youth group meeting established at St George's Hall. Food larder attending Calshot with Citizens Advice and NFDC.</p> <p>Wrap around work rolled out at 5 food larder venues in Calshot, Pennington,</p>	<p>Ongoing</p>

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	<ul style="list-style-type: none"> - Ensure St Georges Hall is available to the community as an accessible venue. - Ensure there is a food larder presence in Calshot - To use this programme as a pilot for the delivery of support at other identified communities. 		Fordingbridge, Totton and New Milton.	
<p>Administer the Community Grants Scheme, supporting organisations that meet the Council's grant award criteria.</p> <p>Total budget of £130,000 (revenue) and £100,000 (capital).</p>	<p>To deliver the Council's annual Revenue and Capital Community Grants programme. Decisions in respect of 23/24 made, subject to ratification by Cabinet.</p> <p>Agenda Document for Community, Partnerships and Wellbeing Overview and Scrutiny Panel, January 2023.</p> <p>Develop funding agreements for Capital Grant projects to ensure delivery.</p> <p>Monitor existing Capital Projects and award stage funding as appropriate.</p>	Ryan Stevens Jamie Burton	<p>Grants Panel has met and completed their recommendations.</p> <p>Awards of £129,600 (revenue) 92,000 (capital) recommended.</p> <p>Application value of £249,430 (revenue) and £161,040 (capital).</p> <p>27 applicants - 19 revenue 8 capital 19 successful awards recommended (13 revenue; 6 capital)</p> <p>Recommendations accepted by Community, Partnerships & Wellbeing O&S Panel</p>	Ongoing
Further develop information sharing and collaboration between services within the	A cross departmental officer group has been established, to respond to the cost-of-living crisis.	Ryan Stevens	Monthly meetings to ensure that information is shared	In progress

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council to respond to the cost-of-living crisis.	Dedicated cost-of-living support page published on the Council's website and promoted by officers out in the community, to offer required support.		effectively, and residents receive support.	
PRIORITY NO 2 – INCREASING PHYSICAL ACTIVITY				
Work with health care partners to ensure more residents with long term health conditions access the Active Lifestyles activity referral programme.	<p>Identify geographical locations and health conditions with fewer referrals from social prescribers.</p> <p>Continue to promote the Active Lifestyles scheme with local social prescribers in appropriate forums to increase uptake.</p> <p>Quarterly meetings with Active Lifestyles Manager to identify areas to increase take up.</p>	Freedom Leisure Jamie Burton	Continue to meet with social prescribers and leisure partners to ensure increased take up	Ongoing
Increase in number of Active Lifestyles participants that complete the programme and continue to lead an active lifestyle.	To increase the number of end-of-programme assessments to ensure post programme retention.	Freedom Leisure Jamie Burton	32% increase in 2022 in retained numbers to date	In Progress
Work with the New Forest School Sports Partnership to increase activity in identified groups.	<p>Work with the New Forest School Sports Partnership to deliver a leadership academy with New Forest secondary schools.</p> <p>Train up to 30 young people with leadership skills and multi-sport qualification and qualifications to deliver netball, football, and rugby sessions.</p> <p>Partnership Development Manager to support the attendees to deliver the activity</p> <p>Young Leaders to support primary school festivals in 23/24 targeting less active pupils.</p>	Jamie Burton The Schools Sports Partnership		Spring/ Summer term 2023

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<p>Manage the Just Got Home (JGH) Scheme to ensure that residents leaving hospital are supported to be able to live an independent lifestyle.</p>	<p>Continue to work in partnership with New Forest Disability Information Service to ensure the JHG scheme supports residents.</p> <p>Continued support to residents released from Lymington hospital.</p> <p>The service has been extended to residents released from Fordingbridge hospital with effect from April 22.</p>	<p>Kirsty Farmer</p>	<p>To date (2022/23) there have been 221 referrals from Lymington and 79 from Fordingbridge</p>	<p>2022/2023</p>
<p>Deliver the healthy walks programme with Community First Wessex, growing the number of walkers, trained volunteer walk leaders and number of walks around the District.</p>	<p>Work with Community First Wessex and New Forest National Park Authority to deliver a Healthy Walks programme.</p> <p>Community First to run a Volunteer Walk Leader training event to train new walk leaders.</p> <p>Ensure a networking session is delivered to support volunteer walk leaders, ensuring training is up to date and volunteers are valued.</p> <p>Ensure that there is a Health Walks programme across the district.</p>	<p>Jamie Burton CFWessex NFNPA</p>	<p>Q1 and Q2 of 2022/23:- 9 Walking Schemes delivered Walking hours – 3046 Volunteer Walk Leaders – 35 Volunteer Hours Recorded – 1074 Volunteer event – 18 leaders attended</p>	<p>Ongoing</p>
<p>Deliver programmes with partners to keep older people active and connected through sport such as walking football</p>	<p>Work with Applemore School, Hampshire FA and the Primary Care Network to set up walking football sessions at Applemore School Artificial Grass Pitch (AGP).</p>	<p>Jamie Burton</p>	<p>Walking football sessions running weekly at Applemore AGP. Up to 20 attendees</p>	<p>Ongoing</p>
<p>Administer NFDC disabled facility grants (DFG) adaptation grants and hospital discharge grants to support residents living independent lives for longer</p>	<p>Maximise the available DFG funding awarded through the Better Care Fund and the Council's own Housing Revenue Account to bring about adaptations in residents' homes to improve their quality of life.</p>	<p>Kirsty Farmer</p>	<p>Total Grant Spend (Better Care Fund) 22/23 - £900k (62 cases completed)</p>	<p>Ongoing</p>

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			Total Grant spend for HRA 22/23 - £1M (66 cases completed)	
Work with and support sport and recreation partners to ensure the development of accessible sports facilities with appropriate development plans to increase participation within identified targeted groups.	<p>Ensure that the Community Capital Grants funding agreements support the development of opportunities with targeted groups: Totton Rugby Club to develop greater female participation. Fawley Rugby Club to develop greater female participation. Gang Warily leisure centre to develop greater participation in key groups with their facilities development.</p> <p>Monitor the Community Use Agreement on Ringwood artificial grass pitch and pavilion development to ensure that programmes increase participation within targeted groups.</p> <p>To ensure the redevelopment of Burgate artificial grass pitch facility has a development plan which includes measures to support an increase in participation within identified targeted groups.</p>	Jamie Burton	<p>Funding Agreement in place with: Fawley Rugby Club Tottonians Rugby Club Gang Warily Leisure Centre</p> <p>Monitor progress in developing greater female participation</p> <p>Ringwood Facility to be completed February 23</p> <p>Burgate facility meetings are ongoing to ensure appropriate development plan</p>	
Support partners to deliver the Holiday Activity Fund to ensure families on Free School Meals can access activity and hot meals through the holidays.	<p>Work with partners at Hampshire County Council, Local Children's Partnership (LCP) and Citizens Advice to ensure the Holiday Activity Fund (HAF) programme over the holidays has coverage across the district and targets areas with Free School Meals.</p> <p>To map the applications to run activity, to identify gaps and to work with local community groups to ensure families can access activity.</p>	Jamie Burton	Summer HAF ongoing 18 organisations delivered 7966 funded places to those eligible for Free School Meals.	Ongoing

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PRIORITY NO 3 – IMPROVING MENTAL WELLBEING				
<p>Play a leading role in supporting the cultural organisations and creative individuals to increase opportunities to connect our communities through the new Creative and Cultural Development Officer post (CCDO).</p>	<p>CCDO 12 month post in place from May 2022 funded by NFDC and Arts Council England (ACE).</p> <ol style="list-style-type: none"> 1) To increase participation and inclusive access to arts and cultural activities for the improvement of our communities physical and mental health and wellbeing. 2) To play a lead role in supporting arts and cultural organisations, creative practitioners and businesses to thrive, sustainably, ensuring a well-connected, resourced and inspired industry. 3) To improve our neighbourhoods, installing pride in place and establishing community cohesion. 4) Improving opportunities for young people to engage in creative education and develop creative careers. 5) Manage Folio Partners network to include organisations delivering community focused work in the district. 6) Create Folio Creatives to support local creatives to ensure a workforce to deliver local work. 7) Run network events to support the local cultural sector. 8) Improve communications between and with the creative and cultural sector within the District. 9) To develop a Cultural Strategy to deliver a sustainable arts and cultural programme in the New Forest. 	<p>Kealy Whenray</p>	<p>CCDO post in place. Quarterly Folio Partners network meeting – membership increased. Folio Creatives created >100 individuals signed up. Workshops on grant funding applications and how to reach new audiences. Developed relationship with Southampton University to identify how to increase young people's engagement in Arts and Culture.</p>	<p>On going</p>
<p>Support the delivery of the Culture in Common arts programme empowering targeted communities to co-design and deliver cultural activity locally.</p>	<p>Attend regular consortium meetings with Energise Me, New Forest National Park Authority, Folio and the Handy Trust. To train Community Anchors to empower identified people from local communities to support the programme. To deliver taster sessions to identified community groups to support the delivery of co-designing of programmes.</p>	<p>Energise Me. Jamie Burton</p>	<p>Community Anchors training course completed. Seven taster sessions completed.</p>	<p>2022-2025 Culture in Common programme Business Plan to be completed in January 2023</p>

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<p>Work with the Local Children's Partnership to increase the levels of awareness and understanding of mental health issues and empower adults to have conversations about wellbeing through the Back-to-Basics programme.</p>	<p>Support the Local Children's Partnership in piloting the Back-to-Basics programme developed by Solent Mind to encourage conversations on how basic steps such as getting enough sleep, eating well and being physically active can improve mental wellbeing and resilience.</p> <p>Support in developing the Back-to-Basics programme based on feedback from pilot.</p> <p>Roll the Back-to-Basics programme out to New Forest Schools</p>	<p>Jamie Burton</p>	<p>Pilot programme completed.</p>	<p>On going following review of the pilot.</p>
<p>Provide training for volunteers that support residents that are homeless.</p>	<p>Provide awareness training to organisations that may encounter homeless people to ensure an understanding of how best to support those at risk of homelessness.</p>	<p>Megan Ward</p>	<p>Homelessness training delivered to 6 organisations. Continue to communicate any updates to organisations</p>	<p>Ongoing</p>
<p>Work to support homeless people with employment support and mentorship.</p>	<p>Continue to support Beam, a social enterprise which specialises in supporting homeless people into employment, to offer tailored support and mentor any of our homeless clients into employment https://beam.org/ Continue the Homelessness Support delivered through the Council's Government funded Support Workers, including early intervention and multi-agency working to bring about solutions to get people back into work.</p>	<p>Megan Ward</p>	<p>Supporting 4 homeless people in to work</p>	<p>Ongoing</p>
<p>Work with the New Forest School Sports Partnership to support young people to maximise their resilience and capabilities.</p>	<p>Work with New Forest Schools Sports Partnership to deliver a climbing project targeting less engaged students. Schools to identify up to 40 students that would benefit from confidence building and responsibility. Support the delivery of a leadership workshop to identified pupils.</p>	<p>Jamie Burton</p>	<p>Schools identified Staff changes at climbing venue delayed the delivery of the programme.</p>	<p>April 2023</p>

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Operate a befriending scheme targeting those residents who are homeless.	Work in partnership with the Crossings to ensure a befriending service for those in temporary or settled accommodation and require support/assistance with tenancy sustainment	Megan Ward	Have supported 5 clients	Ongoing
Support identified groups to tackle the issues of poor mental health	Work with key partners, including Hampshire County Council (HCC), the Farming Community Network (FCN) and Hampshire Police to deliver a workshop targeting rural workers (farmers and commoners) and the causes of poor mental wellbeing in this group. Use the insight gathered from the Hampshire Farmers Wellbeing Survey, conducted by HCC and FCN to identify issues to focus on and to manage the workshop programme.	Jamie Burton	Programme developed and date and venue secured for a workshop.	Workshop with partners planned for February 2023