

New Forest Health and Wellbeing Strategy

2023/24 Action Plan Update

Health and Wellbeing Strategy - Background

- Adopted in 2022
- Based on evidence and insight from national and regional sources, including the Joint Strategic Needs Assessment
- Links to overarching HCC Public Health Strategy 2023-26 (and statutory duties) to reduce the health inequalities and increase health life expectancy
- Identifies strategic priorities for **working in partnership, increasing physical activity and improving mental wellbeing.**

NFDC's role and aims...

- Our role will differ depending on the specifics of the project or intervention.
- We will act as enablers, signposting, directing interventions, supporting partners, collaborators or direct deliverers
- We target support at the places which have the largest health inequalities
- We work to support the most vulnerable population groups
- We will co-produce initiatives with the communities to deliver effective and sustainable interventions
- We will build on shared learning from internal and external partners
- We will ensure projects are delivered based on the parameters of funding criteria
- We will work collaboratively with partners on shared or complementary outcomes
- We will take a whole system approach to tackling the wider determinants of health

Progress in past 12 months

Working in Partnership to facilitate increased physical activity and mental wellbeing initiatives and outcomes

- **Healthier New Forest Partnership** – Partnership to ensure best outcomes and use of available resources. Includes ICB, HCC Public Health, NFNPA, Freedom Leisure and others
- **New Forest Youth Forum** - working with youth agencies around the district to identify opportunities to collaborate, challenges and areas of support required.
- **Calshot Youth Club and St Georges Hall** – working with Fawley Parish Council and 17th Port & Maritime Army Welfare team to deliver activity for the local community and improve facilities
- **Safer New Forest Partnership** - Statutory organisations collaborating to address the areas identified through insight and data. Includes the Police, Fire & Rescue, ICB
- **Local Cycling and Walking Infrastructure Plan** – working with HCC and other partners to develop and implement the Waterside LCWIP and New Forest LCWIP
- **Cycle working group** - working with New Forest National Park, Forestry England and other statutory organisations and Community groups to shape infrastructure plans and improve access to routes

Progress in past 12 months

Physical Activity

- **Story Quest – Gang Warily trail:** 400 booklets collected, 620 booklets downloaded, 15,000 social media reach. 120 people attended Ballard Lakes trail launch. £10,000 investment from Sport England
- **Ringwood Football Hub** - £3 million project. NFDC contribution £535,000. 52 people taking part in Walking Football (including 20 x aged over 70 and 16 women).
- **Netball sessions in the Waterside** - 17 girls attending junior netball sessions. 10 regular attendees at Walking Netball sessions. Funded from Energise Me and England Netball
- **Fawley Rugby Club women's rugby** - 35 women participating in touch rugby session set up following £300,000 club house development including £25,000 NFDC grant

Progress in past 12 months

Mental Wellbeing

- **Boys' mental health dance project** - 4 sessions and 7 weekly workshops delivered. 14 young men engaged.
- **Back to Basics** - website has had 5,620 visits and 2,572 professionals have engaged with workshops
- **Holiday Activity Fund** - 16 organisations ran sessions with 7,000 funded spaces for young people eligible for Free School Meals as part of the Holiday Activity Fund
- **Homelessness befriending service** - supported 7 people in temporary accommodation in partnership with The Crossings, Hythe
- **Ex-offender rehab programme** - 10 ex-offenders have been assisted into private rented accommodation.
- **Homelessness awareness training** - delivered to 9 organisations
- **Food Larder** – 6 weekly support Hubs around the district

Future Health Projects - Next steps

- **2 New Artificial Turf Pitch Developments** - in Totton and Fordingbridge plus ongoing monitoring through Community Use Agreements
- **Shared Prosperity Fund projects** – Delivery of 6 projects in New Milton, Totton and Fawley as part of the £100,000 SPF
- **Community Grants** - Work with 27 community groups including monitoring the delivery and outcomes of 11 capital schemes
- **St Georges Hall development** - Development to improve the community asset, support the community and deliver activity identified in community consultation
- **Cycle network development and promotion** – Support the development of a practical cycle network and programmes to increase cycling activity across the New Forest
- **Parkruns** - Develop 2 new parkrun UK events in the district, including a junior parkrun
- **New Sensory Walks** – Develop 2 new accessible sensory walks, in New Milton and Totton
- **Homeless activity referral programme** - Work with Freedom Leisure and Homelessness team to develop opportunities for families suffering homelessness to access physical activity
- **LGBTQI+ Football Project** - Work with Hampshire FA, Energise Me and Breakout Youth to develop a football programme supporting young people from the LGBTQI+ community

Future Strategic Support for Health and Wellbeing

Strategy Developments to support the health and wellbeing of residents:

- Corporate Plan
- Community Strategy
- Clean Air Strategy
- Local Cycling & Walking Infrastructure Plan
- Local Plan
- Playing Pitch & Built Facilities Strategy
- Arts and Cultural Strategy

QUESTIONS