

Housing and Communities Overview and Scrutiny Panel – 17 September 2025

Update and Review of the Health and Wellbeing Plan

Purpose	For Information
Classification	Public
Executive Summary	This report seeks to update the Housing and Communities Panel on the current status of the Health and Wellbeing Plan and identify the priorities of focus going forward.
Recommendation(s)	That Housing and Communities Panel consider the progress and updates to the Council's Health and Wellbeing Action Plan and agree the refreshing of the priorities.
Reasons for recommendation(s)	The current Health and Wellbeing Plan was originally to run 2022 to 2025. This was to tie in with the timing of the Hampshire Health and Wellbeing Board Strategy. The report highlights the successes of the last plan and areas of focus that can best support our most vulnerable residents.
Ward(s)	All
Portfolio Holder(s)	Councillor Dan Poole Portfolio Holder Community, Safety and Wellbeing
Strategic Director(s)	Richard Knott – Strategic Director Housing and Communities
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Introduction and background

1. In October 2022 the Council agreed to adopt the New Forest Health and Wellbeing Action Plan. This plan identified strategic priorities for the council, which included 'Working in Partnership', 'Increasing Physical Activity', and 'Improving Mental Wellbeing
2. The Health and Wellbeing Plan covers the period from 2022 and 2025 (appendix 1). It was based on and supported the "Strategy for Health and Wellbeing of Hampshire 2019-2024", the Hampshire Health and Wellbeing Board's strategy
3. The New Forest Health and Wellbeing Plan uses the insight from the Joint Strategic Needs Assessment (the JSNA) to set relevant priorities. The JSNA is an assessment of the current and future health and social care needs of the local community.
4. The evidence identifies that some parts of the district are disproportionately affected by the causes and impacts of the causes of poor health. Those in more deprived areas are more likely to suffer poor health and have a shorter healthy life expectancy.
5. The causes of poor health are many and varied and it was recognised that the District Council cannot effectively address these issues alone and needed to work along with partners to tackle stubborn health inequalities.
6. There is a recognition that there are some interventions that the District Council can have a more direct impact on, as a result of the work that we have a responsibility for.
7. Physical activity is seen as key to the prevention and management of over 30 different chronic medical conditions.
8. Evidence shows that improving mental wellbeing can improve other aspects of life, and that there are 5 steps that a person can take to improve their mental health and wellbeing. The work of the Council can contribute to supporting the 5 Ways to Wellbeing.
9. The Hampshire Health and Wellbeing Board have released "A Joint Local Strategy for the Health and Wellbeing of Hampshire 2025 - 2035" (background paper).
10. As part of the Corporate Priority review in light of Local Government Organisation the council's plan to launch a new Health and Wellbeing strategy has been shelved. However, the approach to deliver the aims of the corporate plan and previous strategy will continue in our

approach, which will adapt to include any new and emerging priorities based on the insight available.

Programme to Date:

11. The Action Plan is a live document and captures projects and initiatives that are being carried out within the Environment and Regulation service which have had a positive impact on the health of residents and contributed to one of the three priorities.

Highlights from the Action Plan

Priority 1: Working in Partnership

12. St Georges Hall Calshot: Through cross departmental collaboration and working with the local community, parish council and health professionals, a local community asset has been improved, and opportunities for better outcomes have been increased.
13. This opening celebrated the culture and heritage of the local community, allowing an opportunity to increase knowledge and understanding within the community, increase the pride in place and shaping the opportunities for future generations. The adaptations allow for greater programming targeting identified community need.
14. Ringwood Football Facilities: By working with Hampshire Football Association, AFC Bournemouth Community Sports Trust, Ringwood Town FC and Ringwood Town Council, we have delivered a new community facility, including an artificial grass pitch, improved grass pitches, new changing rooms and a pavilion. This facility is professionally managed for the wider community (linked to specific outcomes) and has attracted £2.5million of investment into local facilities.
15. Testwood Artificial Pitch facilities. Working with the Hampshire Football Association, the Rugby Football Union, Hampshire Cricket Board, Testwood School, Pace FC, Tottonians Rugby Club, Totton & Eling Cricket Club and Calmore Cricket Club we have secured a new artificial grass pitch. This collaboration provided multi-club and community facilities at this location for the first time, allowing the partnership to attract £600,000 towards the new facility, including funding from the Lioness Futures Funding to support the growth of female football.
16. There is also a target to support those from lower socio-economic groups and those with disabilities. The work has also improved the grass cricket, football and rugby pitches, enabling two local cricket

clubs to play games, who previously travelled outside of the district for matches, to return to play within the district.

17. Youth Network Group: We have brought together local youth workers and organisations to explore collaborative opportunities, identify gaps and attract support based on local need. This has seen youth work support delivered by experienced organisations in our smaller parishes, for instance the Handy Trust are supporting Sway Parish Council in the development of a local youth club. It has also seen local training needs explored, and we are coordinating local sexual health training for youth workers.
18. Community Forums on Emergency Planning: We have brought together partners, including town and parish councils, regulators, health partners, utility companies and other statutory partners together understand risks within their communities and use their skills and knowledge to be better prepared for emergency incidents.
19. Working with Hampshire County Council Public Health Team and local partners to develop a Live Longer Better Campaign, aimed at keeping older adults active to live a longer life in good health, increasing healthy life expectancy.

Priority 2: Increasing Physical Activity

20. Junior Parkrun: A new junior parkrun has been set up based at Gang Warily community centre in Fawley. This was based on an identified need and based in the most accessible area for those who face the biggest barriers to participate. Over 400 young people have taken part in this parkrun.
21. Menopause Activity: Working with Freedom Leisure we have trained instructors at every centre to be able to deliver advice and support to menopausal and perimenopausal women to stay active and healthy, supporting their healthy life expectancy.
22. Story Trail: A new Story Trail has been codesigned by pupils at a primary school working in partnership with a local author and artist. The story encourages readers to explore the local parkland, where a new play area has been installed, and copse, where new trails had been installed. The area was targeted because of the impact of financial challenges on local families, offering free activities in a local environment, and encouraging them to use local amenities whilst supporting literacy outcomes.
23. Walking Football: As part of the Ringwood football developments, we have ensured that walking football sessions have been developed. There are now more than 50 weekly attendees including 20 people aged over 70 years old.

24. The Applemore Artificial Football Pitch has been highlighted as an example of good practice by Hampshire Football Association, especially in regard to the ability to engage in new groups, and in particular female footballers. The agreements and programmes that we introduced and monitor as part of the development has seen the number of girls playing at the partner club increase from 3 to 160 players whilst the club has increased from 260 to 580 players over the last 10 years.

Priority 3: Improving Mental Wellbeing

25. The Beardy Gardener: Connecting creativity, gardening and wellbeing, the Beardy Gardener (Leigh Johnstone) designed and built a garden with home-schooled children and adult participants of Solent Mind. The garden was named "A Forest of Calm" designed to promote the benefits of nature and creativity for mental wellbeing. The garden appeared at BBC Gardeners World Spring Fair in Beaulieu before being moved to Bramshaw village.
26. Sensory Walks: Working with Hampshire Public Health we have developed two sensory walks in the district. These have utilised existing walks established by town councils but have promoted the wellbeing aspects of walking in nature and utilising the "Take Notice" aspect of the five ways to wellbeing, encouraging people to be aware of the sounds, smells and seasonal changes along the walk.
27. Fluid Motion Drop In: We have invested in a free open access drop-in at Fluid Motion's creative hub in Totton precinct. Fluid Motion are an award-winning arts and health charity that use theatre and other creative activities to improve people's mental health. The hub is a safe, friendly and creative space for children and young people under 18. The hub offers arts activities designed to improve young people's mental wellbeing and can support targeted work for those referred to their service.
28. LGBTQ+ Hubs with SPUD: Working with SPUD, three free creative hubs were delivered, specifically supporting local young people from the LGBTQ+ community to develop their talent and improve their confidence through connecting with mentorship by local artists. This provided positive role models, increased representation and providing a safe space for participants to express their emotions

Future Priorities

29. The evidence from the document "A Joint Local Strategy for the Health and Wellbeing of Hampshire 2025 -2035" and the Joint Strategic Needs Assessment is that the current priorities are still relevant. This has influenced the current service plan (Appendix 3)

30. The key theme of Tackling Health Inequalities is aligned with the District Council's priority of 'Supporting those in Most Need'. Those areas can be identified by the IMD and we will look to prioritise support for those in the NHS's Core 20 areas (those local areas that are in the top 20% most deprived nationally) and those with certain protected characteristics. There will be particular focus on the intersectionality of these drivers of health inequalities.
31. In addition to 'Working in Partnership, Increasing Physical Activity and Improving Mental Health', we will look to support partners to tackle childhood obesity and cardiovascular disease in work age population, as priorities. This will support the NHS 10 Year Health Plan for England which has an emphasis on prevention. The impact of the interventions are often seen over a longer time period however we will use programme appropriate measurements to evidence the benefits of our work. This will include measuring qualitative or quantitative data where practical. The nature of early intervention and prevention means that measuring long term outcomes will largely sit with clinical partners.
32. We also acknowledge the impact of other strategies with different council departments that will support the outcomes of the "Joint Local Strategy for the Health and Wellbeing of Hampshire 2025 - 2035. In particular this includes the Climate Change strategy and the Economic Development strategy, both key themes in the Health and Wellbeing Board strategy.

Corporate plan priorities

Theme: People

Corporate Plan Objective:

33. Helping those in our community with the greatest need and creating balanced, resilient and healthy communities, with programmes that benefit those populations or areas identified as greatest need.
34. Empowering our residents to live healthy, connected and fulfilling lives.

Theme: Place

Corporate Plan Objective:

35. Shaping our place now and for future generations

Options Proposal

36. The areas identified have been done so based on insight and evidence.

Financial and resource implications

37. The work has formed the basis of work programmes and therefore the resources, budgets and grants are within the current available resources.
38. The strategic document will allow us to identify the opportunities to leverage more resources and income via external funding streams.

Legal implications

39. There are no additional legal implications identified.

Risk assessment

40. None identified.

Environmental / Climate and nature implications

41. The Health and Wellbeing Plan will look to support those who are at most risk of the health impacts of climate change and support programmes that will deliver environmental benefits, health and wellbeing benefits and climate change benefits. It will also look to utilise the positive power of connectivity with nature to amplify the benefits of outdoor activity.

Equalities implications

42. Through targeting those suffering the highest health inequalities across the district it is anticipated that it will improve levels of equality and access to services. The work included in the Action Plan will specifically look to support those with protected characteristics, especially where there is an intersectionality with wider health and wellbeing needs.

Crime and disorder implications

43. Tackling the wider determinants of health will seek to have a positive impact on communities across the district, positively addressing some of the causes of crime and disorder.

Data protection / Information governance / ICT implications

44. None identified.

Appendices:

Appendix 1 – The New Forest
Health and Wellbeing Plan 2022-
25

[Health_and_Wellbeing_Report_2022_v10.pdf](#)

Appendix 2 – Action Plan

Background Papers:

A Joint Local Strategy for the Health
and Wellbeing of Hampshire 2025-
2035

[AStrategyfortheHealthandWellbeingofHampshire-final.pdf](#)