

Health and Well-Being Strategic Review Summary 2018

1. Underlying evidence and drivers for change

The South Downs is an important natural and cultural asset. It offers invaluable greenspace and both built and cultural heritage assets. These assets could be better used by communities and individuals to improve physical and mental health. Extensive research shows the importance of access to natural greenspace and other cultural assets for mental and physical health and well-being.

2. Key issues

Most of the key issues limiting the use of the National Park for Health and Well-Being relate to barriers to engagement and access by individuals and some communities.

- Identifying and producing plans to address known hot spots of health deprivation and lack of access to natural green space
- Identifying and mitigating barriers to accessing the South Downs for Health and Well-Being
- Reduction in environmental factors that contribute to ill health
- Gaining agreement from health partners that the South Downs should be a focal area for investment and action
- Increasing sustainability and resilience of local communities in the National Park

3. Strategic outcomes

- Outcome 11: The South Downs National Park is a well-used and well recognised asset for improving mental and physical health and wellbeing
- Different programmes will focus on supporting communities and individuals to improve health and well-being and to live more sustainably

4. Partnerships and delivery mechanisms

- Creation of health networks and resources based on the model of our Learning and Volunteering networks and the Learning Zone
- Development of a Green Infrastructure plan to identify opportunities for an improved network of multi-functional open spaces
- Local Plan policies (once adopted)
- sign-posting and promotion
- collaborative project development and funding bids

