

Agenda Item 8
Report PR20/21-30

Report to	Policy & Resources Committee
Date	25 February 2021
By	Performance and Projects Manager
Title of Report (Decision)	Partnership Management Plan Delivery – Draft Health and Well-Being Strategy

Recommendation: The Committee is recommended to:

- 1) Recommend approval of the Draft Health and Well-Being Strategy, as set out at Appendix 1, by the National Park Authority**

1. Introduction

- 1.1 In the Standing Orders for the South Downs National Park Authority (SDNPA), part of the terms of reference for the Policy and Resources (P&R) Committee is to “develop and consider policies and strategies for recommendation to the NPA save for when these are delegated to another Committee or Officer”.
- 1.2 The Partnership Management Plan (PMP) for 2020-25, includes a new outcome for Health and Well-being. The PMP was approved by the SDNPA on 01 October 2019 (agenda Item 12 Report NPA19/20-14). The draft Health and Well-being Strategy (H&WBS) sets out how the Authority intends to deliver that outcome. The SDNPA H&WBS it at **Appendix 1**.

2. Policy Context.

Broader context

- 2.1 Health and Well-Being sits within a broader work stream to connect individuals, families, groups and communities to the South Downs National Park. It also links to one of four national work streams developed by National Parks England in response to the Defra 25 Year plan. National Parks for All sets out a vision which is... ‘that everyone should be able to discover and engage with protected landscapes to benefit the health and wellbeing of the whole nation’. It is at **Appendix 2**.
- 2.2 For the SDNPA this is set out in the work related to the Connect part of the PMP, which covers outcomes 5-8. Although the H&WB strategy also links to Outcome 9 Priority 9.2. which is... ‘to support community led initiatives which enhance the towns, villages and landscapes of the National Park’.
- 2.3 We connect people to the National Park via number of touchpoints or opportunities, linked to our work in access and recreation, learning, volunteering, health and well-being, communities and our communications and engagement work. Many individuals may well touch at more than one point, and at different times and in different ways over their lives.
- 2.4 An essential element of all of this work is that we want to appeal to those communities (people) with whom at present we have little interaction in a way that engages them, and provides us with the best possible opportunity to create awareness and encourage more use of the National Park.

- 2.5 Underpinning this is the review we are currently undertaking for all our policies, processes, projects and partnerships from an equality, diversity and inclusion perspective. How well we understand those issues and the impacts they currently have will make us more effective in both our internal and external facing work and will inform how we develop our activities and identify opportunities for intervention in the future.

Health and Well-Being

- 2.6 The Health and Well-Being strategy provides a framework for our activity on Health and Well-being. It identifies the issues, presents evidence to support them and sets out how the SDNPA working with partners will address them.
- 2.7 Our ambition for Health and Well-being is that: The South Downs National Park is a well-used and recognised asset for sustaining mental and physical health and wellbeing across all sectors of the community.
- 2.8 We will engage positively with health bodies and local networks of providers and commissioners in and around the National Park. This will enable us to better understand what we can do by working in partnership with them to help deliver our outcome and priorities.
- 2.9 We want to encourage, support and develop a better appreciation of what use can be made of the National Park as a place for healthy outdoor activity and relaxation and as a place where physical and mental health and emotional well-being can be nurtured and supported.
- 2.10 The drivers and context for the strategy include a number of different national and regional strategies and plans. Each supports increased physical activity and improved mental health and are set out in the references to the H&WBS. A summary of the main points is at **Appendix 3**.

3. Issues for consideration

- 3.1 The SDNPA H&WBS defines how we will deliver PMP Outcome 7 *“The South Downs National Park is a well-used and well recognised asset for sustaining mental and physical health and well-being”* and the priority for the next 5 years which is; *“To develop initiatives which enable local communities and individuals to improve health and well-being”*.
- 3.2 Members of the P&R Committee were introduced to the H&WBS at a workshop on 28 July 2020 and were sent a copy. Members were supportive of the strategy and identified three of the nine objectives which they suggested should be a priority. These were:
- **Objective 3:** Support community based planning to deliver health and well-being improvements for local communities
 - **Objective 6:** Engage with partners to raise awareness and use of the National Park as a health and well-being resource for under-represented groups
 - **Objective 8:** Understand what health and well-being providers are currently delivering within the National Park and explore opportunities to increase provision

4. Options & cost implications

- 4.1 Delivering the H&WBS will be a mixture of core funding for posts and the existing work that we do which contributes to H&WB, such as some of our outreach and youth engagement and our access and communities work. Funding for specific projects will be sought when required through the SDNPA internal mechanisms and from external funding sources including the South Downs Trust. We will seek partnership collaborations that enable us to bid for larger project funding and seek to develop sustainable funding models for increased provision where it is possible to do so.

5. Next steps

- 5.1 If agreed at this Committee, the strategy will be presented with a recommendation for approval to the NPA. If approved there, the strategy will be shared with partners and placed on our website as the centrepiece of our proposed new web pages. Officers will develop an action plan to deliver the objectives in the strategy. A summary of the H&WBS has been produced and it will be publicised widely to promote our approach. A summary of the

strategy for publication is at **Appendix 4**.

6. Other Implications

Implication	Yes*/No
Will further decisions be required by another committee/full authority?	Yes, the Draft Health and Well-being Strategy will be submitted to be formally approved by the NPA.
Does the proposal raise any Resource implications?	<p>The strategy itself hasn't had significant resource implications, other than staff time to develop it and a small cost of £400, to produce a summary version ready for publication on the website once the strategy is approved.</p> <p>Resources for delivery will either be through staff time, or bids into the strategic fund or via the relevant theme board budget on an annual basis.</p>
How does the proposal represent Value for Money?	The production of the strategy itself does not impose any spending requirements on the Authority. By articulating clearly, the objectives we want to achieve the strategy sets the framework for projects and other activity we may wish to undertake to deliver it. Each will be considered on its own merits. The officer time invested in developing the strategy is worth the effort as it is helpful to have a framework to focus our future work.
Are there any Social Value implications arising from the proposal?	None
Have you taken regard of the South Downs National Park Authority's equality duty as contained within the Equality Act 2010?	<ul style="list-style-type: none"> The strategy itself seeks to advance equality of opportunity between persons who share the relevant protected characteristics (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, gender and sexual orientation) and those who do not share it; Due regard in this context involves having due regard in particular to: <ul style="list-style-type: none"> a) The themes and objectives in the strategy seek to remove or minimise disadvantages suffered by persons sharing a relevant characteristic connected to that characteristic; b) It specifically encourages the Authority and other providers to take steps to meet the needs of persons sharing a relevant protected characteristic different from the needs of persons who do not share it; c) It is a key objective of the strategy to help ensure that persons sharing a relevant protected characteristic are encouraged to gain access to the National Park for the purposes of improving their health and well-being by encouraging the provision of support and services to enable those under served in being able to access the National Park to do so.
Are there any Human Rights implications arising from the proposal?	None
Are there any Crime & Disorder implications arising from the proposal?	None

Are there any Health & Safety implications arising from the proposal?	The only implications are likely to be for any increase in the amount of direct delivery of activities such as walks and supported conservation activities, or arts based activities. There are existing risk assessments and procedures to cover each of these scenarios
Are there any Data Protection implications?	None
Are there any Sustainability implications based on the 5 principles set out in the SDNPA Sustainability Strategy	The objectives of the strategy do support the principle of a strong healthy and just society.

7. Risks Associated with the Proposed Decision

- 7.1 The SDNPA H&WBS does not give rise to any risks in that it merely sets out an approach to what we want to do. Risks are most likely to occur in relation to individual projects, each of which would have their own risk register. The most general risk to this area of work at this time is the impact of Covid 19. This has prevented some of our partners from being able to deliver services and has had an impact on delivery of some projects and may result in some no longer being able to operate.
- 7.2 Covid 19 has increased the need from individuals, families and communities for some of the health and well-being benefits of being in natural green space.
- 7.3 Being clear about what we want to deliver and making and maintaining good links with partners is one way of helping to mitigate some of the impact from Covid 19.

Anne Rehill

PERFORMANCE AND PROJECTS MANAGER

South Downs National Park Authority

Contact Officer: Anne Rehill – Performance and Projects Manager

Tel: 01739 815 969

email: anne.rehill@southdowns.gov.uk

Appendices

1. Draft Health and Well-being Strategy
2. National Parks for All
3. Drivers for the SDNPA H&WBS
4. Summary of South Downs National Park Authority Health and Well-being Strategy

SDNPA Consultees Chief Executive; Director of Countryside Policy and Management; Director of Planning; Chief Finance Officer; Monitoring Officer; Legal Services, Operational Management Team. Connecting People and Communities Theme Board members

External Consultees None

Background Documents [Minute of SDNPA meeting on 01 October 2019](#) Item 12

[Agenda Item 12 Report NPA19/20-14](#)

[Agenda-Item-12-Appendix-1.pdf](#)

[Agenda-Item-12-Appendix-2.pdf](#)

[Agenda-Item-12-Appendix-3.pdf](#)

[Agenda-Item-12-Appendix-4.pdf](#)

[Agenda-Item-12-Appendix-5.pdf](#)

Health and Well-being Strategy



South Downs National Park Authority

Strategic review of Health and Well-being 2020-2025

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1. Introduction and background

- 1.1 We believe that the South Downs National Park (SDNP) is an under-utilised and under-recognised asset for improving the mental and physical health and general well-being for those who live in and around it. In addition, the National Park contains a number of thriving and distinctive town and village communities and therefore has an important role as a beacon of sustainable development.
- 1.2 The National Park provides a universal offer of inspiring landscapes, rich in culture and wildlife; places to nourish mind, body and soul; excellent visitor services; well developed and maintained access routes; great opportunities for volunteering and for learning outside the classroom, alongside targeted interventions for specific groups of people or places.
- 1.3 Our vision for the National Park is set out in the [Partnership Management Plan 2020 - 25](#). The vision is: that people will understand, value and look after the vital natural services that the National Park provides; that the relationship between people and landscape will enhance their lives and that communities in and around it will become more self-sustaining and empowered to shape their own future. The evidence is set out in the [State of the South Downs National Park Report 2012](#).
- 1.4 There are a number of national drivers for the prioritisation of health and well-being. Across Government there is recognition and an increasing commitment, to promote and support healthy communities and to support individuals to become more active. This stretches across a number of Government departments and national organisations. Most relevant for the work of the South Downs National Park are Defra, Public Health England and Sport England.
- 1.5 The Defra 25-year Environment Strategy has an aim to connect people with the environment to improve health and well-being, specifically making reference to the roll-out of social prescribing. The NHS Long Term Plan puts more emphasis on prevention, including social prescribing. The Prevention Green Paper outlines the importance of proactive, predictive, and personalised prevention. It signals a new approach for the health and care system. It will mean the government, both local and national, working with the health and care system, to put prevention at the centre of all our decision-making.
- 1.6 The Defra 8-point plan lists two priorities for National Parks in relation to health and well-being; to promote innovative schemes for National Parks to serve national health and to realise the immense potential for outdoor recreation in National Parks.
- 1.7 The Sport England Strategy: Building an Active Nation 2016-21 contains a range of cross-Government measures to reduce physical inactivity and spread the benefits of sport and physical activity to everyone. It also outlines a broadening of Sport England's role to supporting and measuring both sport and certain types of physical activity.

- I.8 Public Health England (PHE) Strategic Plan 2016 Better Outcomes by 2020-22 supports work across government on sustainable travel to promote increased levels of physical activity through walking and cycling and contributes to the implementation of the government's sports strategy.
- I.9 Prevention is a priority for PHE, their Four Year Strategic Plan includes clear priorities on health prevention and on working towards a healthier, fairer society. National Parks England and PHE have signed a joint [Accord](#) to promote the Health and Well-Being benefits of the National Parks.
- I.9.1 The NHS Long Term Plan commits to increasing funding for primary and community care by at least £4.5bn over the 10 years from 2019. This is to support a range of initiatives including increasing physical activity and supporting people with mental health conditions. One way they aim to deliver this is through increasing support for social prescribing. The Government sees the 2020s as being the “decade of proactive, predictive and personalised prevention”. This will involve more targeted support, tailored lifestyle advice, personalised care and protection against future threats.
- I.10 The South Downs is an important natural asset offering invaluable green space that can be used by individuals to improve physical and mental health, in turn supporting thriving communities through increased and improved health and well-being.
- I.11 The Health and Well-Being system is complex - currently in the South Downs National Park there are 4 Authorities with a public health remit, each with a statutory Health and Well-being Board. There are 6 Clinical Commissioning Group areas, 15 Clinical Commissioning Groups and 4 Sustainable Transformation Plans. Each have differing priorities. This current landscape is constantly changing due to political and financial constraints.

Evidence

- I.12 Biophilia¹ describes the connections that human beings subconsciously seek with the rest of life. This is based on affiliations that humans have for other life forms and nature, and which are rooted in our biology. It is argued that the lack of biophilic activities and time spent in nature, due to changes in lifestyle that mean more time spent indoors and in cars, may be strengthening the disconnect of humans from nature. The 2050 vision for the National Park is that “...*the relationship between people and the landscape will enhance their lives and inspire them to become actively involved in caring for it and using its resources more responsibly*”.
- I.13 Ground breaking research commissioned by the National Trust² published in the ‘**Places that make us**’ report suggests that “...*meaningful places generate a significant response in areas of the brain most commonly associated with positive emotions; demonstrating the strong emotional connection between people and places*”. The research is an in depth

¹ Wilson, E. O. (1984) *Biophilia: The Human Bond with Other Species*, Cambridge, Massachusetts, Harvard University Press.

² National Trust (2018) *The places that make us- Research Report*

study of neurophysiological, emotional and behavioural responses to meaningful places. It was carried out using cutting edge fMRI brain scanning technology. It found that meaningful places generate a significant emotional response in core emotion processing areas of the brain, which is consistent with the physical sensations people experience in these places; such as joy, calm and feeling energised.

- I.14 The PERFECT Project Factsheet no1³ sets out a wide range of robust evidence that green spaces have measurably positive effects on people's health. There is evidence that people who have accessed green spaces report a reduction in symptoms ranging from stress, fatigue, anxiety and depression. There is also evidence that these benefits may be most significant for marginalised groups.
- I.15 There is wide-ranging international evidence that spending time in green spaces is good for a range of mental health conditions such as attention deficit hyperactivity disorder, depression and dementia, by improving cognitive functioning and reducing anxiety.⁴ It has been shown that, adjusting for socio-economic factors⁵, people living in greener urban areas tend to be happier than people in areas with less urban greenery⁶. General health questionnaire scores have shown that people living in greener areas experience significantly lower levels of mental distress, while life satisfaction scores have indicated significantly higher levels of well-being among people living in greener areas. Even being able to see trees through a window offers benefits to both mental and physical health⁷.
- I.16 The mental health and well-being benefits of green space can also result from participation in activities occurring in such spaces, such as social interaction or physical exercise. Benefits include alleviation of stress and anxiety, and improved mood and attention span. People benefit from being more physically active, which impacts on levels of obesity, and has a wider range of other health benefits. People also benefit from social connections reducing the impact of social isolation and loneliness of being part of a green landscape
- I.17 Evidence⁸ indicates that participation in physical activity in a natural setting is associated with more improved mental health outcomes than is the case for participation in physical activity in an indoor setting.

³ PERFECT Interreg Europe Project, (2018) *Factsheet 1 – green infrastructure and health*

⁴ N Cianga and AC Popescu: 'Green spaces and urban tourism development in Craiova municipality in Romania'. *European Journal of Geography*, 2013, Vol.4, 34-45

⁵ R Mitchell and F Popham: 'Effect of exposure to natural environment on health inequalities: an observational population study'. *The Lancet*, 2008, Vol. 372 (9650), 1655-60

⁶ MP White, I Alcock, BW Wheeler and MH Depledge: 'Would you be happier living in a greener urban area? A fixed effects analysis of panel data'. *Psychological Science*, 2013, Vol. 24 (6), 920-8

⁷ RS Ulrich: 'View through a window may influence recovery from surgery'. *Science*, 1984, Vol. 224 (4647), 420-1

⁸ Spatial Planning for Health: An Evidence Resource for Planning and Designing Healthier Places. Public Health England, London, 2017, p.64

- 1.18 In the UK, illness as an outcome of physical inactivity has been calculated as costing the National Health Service alone between £0.9 billion and £1 billion per year⁹. Indirect costs have been estimated at £8.2 billion per annum¹⁰.
- 1.19 The People and Nature Network¹¹ sets out in detail the evidence relating to a range of health and well-being issues. Local health inequalities, are identified through the Health and Well-Being Board Joint Needs Assessments^{12, 13, 14}.

2. The key issues for health and well-being in the National Park

- 2.1 Access to accessible natural green space: we know there are deficits in the South Downs National Park (SDNP) despite being a largely rural area.
- 2.2 Lack of access to facilities and services in local towns and villages.
- 2.3 The demographic profile¹⁵ of those who are more likely to access the National Park means that those who currently use the National Park do not include underrepresented groups in or around the National Park.
- 2.4 Addressing poor awareness of the existence of the South Downs National Park particularly in certain demographic groups – young people, people living in urban areas and those from Black and Minority Ethnic (BAME) groups.
- 2.5 Lack of knowledge of what there is to do and see in the South Downs National Park.
- 2.6 Addressing barriers to access which are multiple and include: awareness and cultural and socio-economic issues. These can affect confidence in, or ability to access and use, the SDNP for some groups or individuals.
- 2.7 Severance and connectivity are issues, with major roads preventing many communities from easily getting access to the National Park.

⁹ P Scarborough, P Bhatnagar, KK Wickramasinghe, S Allender, C Foster and M Rayner: 'The economic burden of ill health due to diet, physical inactivity, smoking, alcohol and obesity in the UK: an update to 2006-07 NHS costs'. Journal of Public Health, 2011, Vol. 33 (4), 527-35

¹⁰ Game Plan: A Strategy for Delivering Government's Sport and Physical Activity Objectives. Department of Culture, Media and Sport /Strategy Unit, London, 2002, p.48.

¹¹ <https://www.southdowns.gov.uk/wp-content/uploads/2020/07/PANN-GI-in-the-SDNP-and-wider-SE-FINAL.pdf>

¹² West Sussex County Council <https://jsna.westsussex.gov.uk/reports/jsna-reports/>

¹³ East Sussex County Council <http://www.eastsussexjsna.org.uk/>

¹⁴ Hampshire County Council <https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna>

¹⁵ <https://www.gov.uk/government/collections/monitor-of-engagement-with-the-natural-environment-survey-purpose-and-results>

- 2.8 A lack of access to transport and lack of public transport into and around the National Park.
- 2.9 Accessibility and infrastructure for people with a range of disabilities is also an issue.
- 2.10 Climate change and impacts on health are well established and include: heat islands, flooding, health issues exacerbated by heat, air pollution, water quality, and lack of access to healthy food. There is also increasing evidence of people experiencing climate change anxiety¹⁶.

3 The strategic review for Health and well-being in the SDNP

Our ambition for Health and Well-being is that:

The South Downs National Park is a well-used and recognised asset for sustaining mental and physical health and wellbeing across all sectors of the community

- 3.1 Our aim in identifying this priority is to do more to engage positively with health bodies and local networks of providers and commissioners in and around the National Park. This will enable us to better understand what we can do by working in partnership with them to help deliver our outcome and priorities.
- 3.2 One of the ways we want to do this is by encouraging, supporting and developing a better appreciation of what use can be made of the National Park as a place for healthy outdoor activity and relaxation and as a place where physical and mental health and emotional well-being can be nurtured and supported.
- 3.3 We can also work with relevant authorities and organisations to ensure that our built environment, particularly where there is new development in and around the National Park, includes new or improved accessible natural green space *on the doorstep* and provides opportunities for communities to thrive in a healthy environment.
- 3.4 Most Health and Well-Being Boards have identified similar priority areas, but with a different emphasis on each depending on their assessed need:
 - Starting well
 - Living and working well
 - Ageing well
 - Dying well
- 3.5 We have identified three themes based on the model of the social determinants of health and well-being in neighbourhoods, a health map developed by Barton and Grant in 2006. The model allows us to link the work across the SDNP and the SDNPA, linking themes and activities in our other strategic review areas and across our day-to-day

¹⁶ Susan Clayton Whitmore-Williams, et al. (2017), *Mental Health and Our Changing Climate: Impacts, Implications, and Guidance*. American Psychological Association

delivery. They cover work with communities and individuals and promoting the National Park.



From: **Factsheet 1 Green Infrastructure and Health**

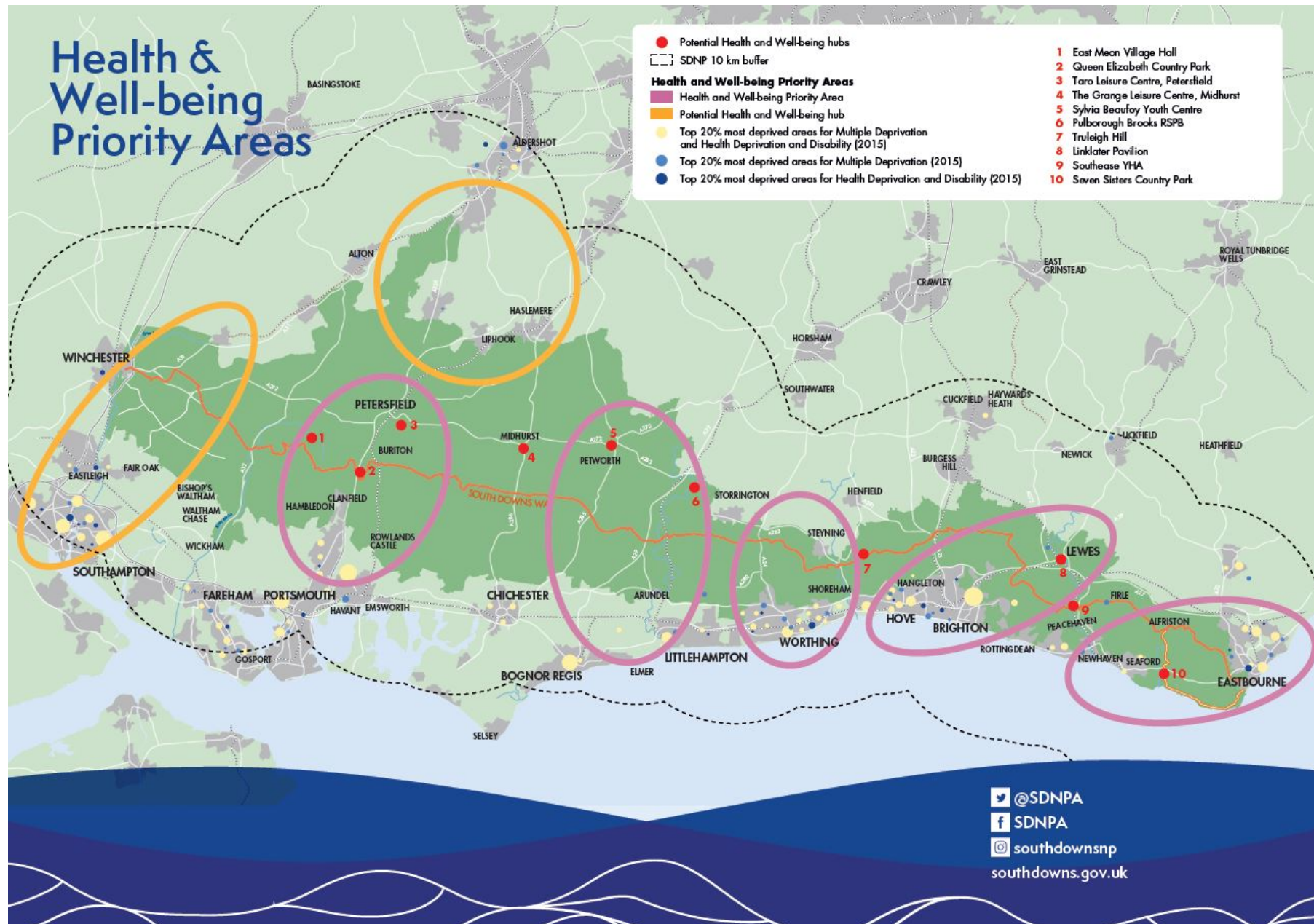
PERFECT (Planning for Environment and Resource Efficiency in European Cities and Towns) Interreg project

4. Objectives and Delivery Action Plan 2020-25

Theme 1: realising well-being benefits for communities.	Theme 2: realising well-being benefits for individuals.	Theme 3: Promoting the South Downs National Park as a place for health and well-being.
<ul style="list-style-type: none"> • Objective 1: Identify priority areas to focus health and well-being provision within the National Park 	<ul style="list-style-type: none"> • Objective 4: Increase the numbers of individuals accessing the National Park from health pathways via social prescribing and other voluntary sector mechanisms 	<ul style="list-style-type: none"> • Objective 7: Develop partnerships and networks to share best practice and develop joint programmes
<ul style="list-style-type: none"> • Objective 2: Support development and enhancement of doorstep greenspace for health and well-being 	<ul style="list-style-type: none"> • Objective 5: Establish tools to monitor and evaluate the benefits that access to the National Park has on individuals who use it for health and well-being 	<ul style="list-style-type: none"> • Objective 8: Understand what health and well-being providers are currently delivering within the National Park and explore opportunities to increase provision
<ul style="list-style-type: none"> • Objective 3: Support community based planning to deliver health and well-being improvements for local communities 	<ul style="list-style-type: none"> • Objective 6: Engage with partners to raise awareness and use of the National Park as a health and well-being resource for under-represented groups 	<ul style="list-style-type: none"> • Objective 9: Promote and develop guidance and promotional materials to support use of the National Park to improve health and well-being

- 4.1 **Theme 1** relates to the benefits to communities of environmental resilience, balanced and healthy communities with access to a variety of multi-functional green space. In order to deliver Theme 1 we will use the evidence in the People and Nature Network, which provides a strong evidence base for areas with higher levels of poor health and health inequality having the poorest provision of access to natural greenspace. County Council Health and Well-being Board Joint Needs Assessments set out the evidence for particular groups and interventions in their areas. Both will be used to identify areas for increased investment in and around the National Park.
- 4.2 The People and Nature Network, the South Downs National Park Local Plan, and support for Neighbourhood and Community Planning will be critical in delivering health and well-being benefits for communities. We will develop place-based approaches to increasing awareness and use of the National Park and increasing provision of accessible natural green space.
- 4.3 In addition to the broader place-based approach, we aim to identify a number of locations across the National Park where, working with partners and local communities, we might develop facilities to deliver activities which support and improve the health and well-being of targeted individuals and communities. The following criteria will identify the most appropriate location for these:
 - Proximity of places in the National Park to areas of multiple deprivation and health deprivation
 - Proximity to accessible natural green space
 - Access to rights of way and other access routes
 - Availability of public or community transport
 - Availability of facilities e.g. toilets and refreshments
 - Local infrastructure and community capacity to engage
 - Potential to add value to existing provision from other organisations in the area

The map below sets out those priority areas and links to potential places in the National Park.



- 4.4 **Theme 2** relates to the physical and mental well-being benefits to individuals from specific areas and belonging to specific groups. To deliver Theme 2 we will focus on the priorities from the H&WB Boards, which all focus on; mental health and resilience; healthy lifestyles for young people; supporting individuals and communities to live healthier lives; and reducing isolation and loneliness for older people.
- 4.5 We will develop projects and collaborations which link to the NHS 5 ways to mental health and well-being: be active, keep learning, give to others, connect and be mindful.



- 4.6 We will target our effort with those individuals that have long term health conditions, low level mental health issues and suffer from loneliness and isolation.
- 4.7 We aim to develop a variety of 'offers' for ways of improving Health and Well-Being across the National Park which may include but will not be limited to delivering or supporting:
- a. With partners develop a range of activities that **provide opportunities for physical activity** for individuals
 - b. With partners develop a range of activities to engage individuals to **connect with the landscape through Arts and Heritage**
 - c. With partners develop a range of activities and volunteering opportunities to **connect individuals to nature**
- 4.8 **Theme 3** relates to making information available to a range of professionals and the public to better understand what the National Park offers and how to access it. To deliver Theme 3 we will promote the National Park as a place for improving health and well-being. Acknowledging that some individuals might not feel comfortable and knowledgeable about how and where to access the National Park so barriers will need to be broken down. Success will be achieved by:
- a. Working in **close partnership and developing collaborations** with a number of institutions, local authorities, the NHS, local GP practices, schools, businesses, charities and other organisations
 - b. Carrying out **research and evaluative work** that helps us demonstrate the effectiveness of health and well-being activity provided across the SDNP

- c. Understanding how best to engage with changing and new social prescribing structures to target our bespoke information effectively and our offer is visible and taken up

4.9 In common with some other strategic areas of work our strategy for health and well-being is supported across a wide range of our activities. Therefore, our action plan only captures those areas where specific work for this strategy are not included in other work streams or strategies. See our website for further details.

Appendix i - SDNPA - Partnership Management Plan

National Park Purposes

1: To conserve and enhance the natural beauty, wildlife and cultural heritage of the area

2: To promote opportunities for the understanding and enjoyment of the special qualities of the National Park by the public

Duty: To seek to foster the social and economic well-being of the local communities within the National Park in pursuit of our purposes

List the outcomes and policies from the PMP that are relevant here.

PMP outcomes:

Outcome 5 Outstanding experiences for communities and visitors are supported by high quality access and sustainable transport networks

Outcome 6 Widespread understanding of the special qualities of the National Park and the benefits it provides

Outcome 7 The South Downs National Park is a well-used and recognised asset for sustaining mental and physical health and well-being

Outcome 8 More responsibility and action is taken by visitors, communities and businesses to conserve and enhance the special qualities and use resources more wisely

Outcome 9 Communities in the National Park are more sustainable with an appropriate provision of housing to address local needs and improved access to essential services and facilities

PMP policies:

Policy 29: Enhance health and well-being of residents and visitors by encouraging, supporting and developing the use of the National Park as a place for healthy outdoor activity and relaxation.

Policy 30: Develop 'access for all' opportunities, particularly supporting those groups currently underrepresented in the national Park visitor profile.

Policy 32: Encourage and support creative and cultural activities which connect with and increase appreciation of the National Park's special qualities.

Policy 33: Build and maintain volunteering capacity, and diversify volunteer roles and range of opportunities to deliver National Park Purposes.

Policy 37: Encourage cycling for both commuting and leisure purposes through the development and promotion of a seamless and safer network and by protecting the potential opportunities for future off-road cycling infrastructure.

Policy: 40: Manage the highway network and its infrastructure to integrate it more effectively into the landscape and reduce the impact of traffic on communities and visitors

Policy 45: Develop high quality learning experiences, particularly in the outdoors, and resource materials that link to the special qualities of the National Park

Policy 48: Support the towns and villages in and around the National Park to enhance their vital role as social and economic hubs

Policy 50: Housing and other development in the National Park should be closely matched to the social and economic needs of local people and should be of high design and energy efficiency standards, to support balanced communities so people can live and work in the area

Appendix ii - Reference Strategy Documents

National Strategies	Local Plans and Strategies
<p>Universal Personalised Care – Implementing the Comprehensive Model Jan 2019</p> <p>NHS Long Term Plan 2019</p> <p>Sport England 2016-21 – Towards an Active Nation</p> <p>Defra 25 year Environment Strategy 2018</p> <p>Landscapes review: National Parks and AONBs 2019</p> <p>Public Health England (PHE) Strategic Plan 2020-25</p> <p>Prevention Green Paper - Cabinet Office and Department of Health and Social Care July 2019</p> <p>National Parks England – Public Health England Accord 2017</p>	<p>Hampshire County Council - Health and Well-Being Strategy</p> <p>East Sussex County Council - - Health and Well-Being Strategy</p> <p>West Sussex County Council – Health and Well-Being Strategy</p>
SDNPA Plans and Strategies	
<p>The Corporate Plan 2020-25</p> <p>Partnership Management Plan 2020-25</p> <p>Climate Change Adaptation Plan 2017</p> <p>People and Nature Network 2020</p> <p>Local Plan 2019 - 2030 policies</p> <p>State of the South Downs National Park Report 2012 (SoNPR)</p> <p>SDNPA Cycling and Walking Strategy</p> <p>SDNPA Volunteer Strategy</p> <p>SDNPA Outreach Strategy</p> <p>SDNPA Cultural Heritage Strategy</p>	

Appendix iii - Glossary of Terms and Acronyms

List any that you use as set out below

Climate change – Changes in the earth’s climate and weather, due to the impact of human activity. There is more information on the SDNP climate change strategy and adaptation plan here: <https://www.southdowns.gov.uk/national-park-authority/our-work/climate-change-adaptation-plan-strategy/>

Clinical Commissioning Groups - Clinical Commissioning Groups (CCGs) were created following the Health and Social Care Act in 2012, and replaced Primary Care Trusts on 1 April 2013. They are clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for their local area. As of 1 April 2020, following a series of mergers, there are 135 CCGs in England.

Community based planning - Neighbourhood planning gives communities direct power to develop a shared vision for their neighbourhood and shape the development and growth of their local area. They are able to choose where they want new homes, shops and offices to be built, have their say on what those new buildings should look like and what infrastructure should be provided, and grant planning permission for the new buildings they want to see go ahead. Neighbourhood planning provides a powerful set of tools for local people to plan for the types of development to meet their community’s needs and where the ambition of the neighbourhood is aligned with the strategic needs and priorities of the wider local area

Defra – Department for Environment Food and Rural Affairs

Health and Well-Being Boards – Health and well-being boards were established under the Health and Social Care Act 2012 to act as a forum in which key leaders from the local health and care system could work together to improve the health and well-being of their local population. They became fully operational on 1 April 2013 in all 152 local authorities with adult social care and public health responsibilities.

H&WB board Joint Needs Assessments - The Joint Strategic Needs Assessment (JSNA) is a process by which local authorities and Clinical Commissioning Groups assess the current and future health, care and well-being needs of the local community to inform local decision making.

Marginalised groups – sometimes also called social exclusion – refers to the relegation to the fringes of society due to a lack of access to rights, resources, and opportunities. In the UK this can be connected to a person's social class, race, skin color, religious affiliation, ethnic origin, educational status, childhood relationships, living standards, and or political opinions, and appearance. Such exclusionary forms of discrimination may also apply to people with a disability, minorities, LGBTQ+ people, drug users, institutional care leavers the elderly and the young. Anyone who appears to deviate in any way from perceived norms

of a population may thereby become subject to coarse or subtle forms of social exclusion
([Source Wikipedia](#))

NHS – National Health Service

NHS Long Term Plan – is a plan for the NHS to improve the quality of patient care and health outcomes

You can find out more about the Long term Plan here:

<https://www.longtermplan.nhs.uk/online-version/overview-and-summary/>

People and Nature Network - the People and Nature Network (PANN) sets out how a wide range of partners can work together to plan positively for nature and natural services within and surrounding the protected landscapes of the south east.

You can find out more about the PANN here: <https://www.southdowns.gov.uk/wp-content/uploads/2020/07/PANN-GI-in-the-SDNP-and-wider-SE-FINAL.pdf>

PHE – Public Health England

Social prescribing - Social prescribing, also sometimes known as community referral, is a means of enabling health professionals to refer people to a range of local, non-clinical services. The referrals generally, but not exclusively, come from professionals working in primary care settings, for example, GPs or practice nurses.

Sport England - Sport England (SE) helps people and communities across the country get a sporting habit for life. It also protects existing sports provision and must be consulted on any planning applications that affect playing fields in England.

Sustainable Transformation Plans - Sustainability and transformation plans (STPs) were announced in NHS planning guidance published in December 2015. NHS organisations and local authorities in different parts of England have come together to develop 'place-based plans' for the future of health and care services in their area.

You can find out more about STPs here <https://www.kingsfund.org.uk/topics/integrated-care/sustainability-transformation-plans-explained>

Underrepresented groups - describes a subset of a population that holds a smaller percentage within a significant subgroup than the subset holds in the general population. Specific characteristics of an underrepresented group vary depending on the subgroup being considered. In and around the National Park underrepresented groups usually include: those who experience socio-economic deprivation, young people, people from BAME (black and minority ethnic) communities, people with disabilities

Delivery Plan for National Parks as Landscapes for Everyone

This document is 1 of a suite of [4 interconnected and interrelated workstreams](#) that have been devised by the English National Park Authorities in response to the [25 Year Environment Plan](#).



Our Vision: Everyone should be able to discover and engage with protected landscapes to benefit the health and wellbeing of the whole nation.

This Plan is being taken forward by the ten National Park Authorities across England. We commit to developing a suite of initiatives which result in National Parks being landscapes that:

- Improve peoples' health, well-being and recovery through equitable access and connection to nature and culture.
- Are understood by both healthcare professionals and within the wider public, as places that can restore and enhance people's physical and mental health.
- All young people have visited and enjoyed as part of an outstanding learning experience in a natural landscape.
- Have initiatives co-designed with underrepresented groupsⁱ, minorities, and those living with health inequalities, with the goal of creating greater opportunity to discover, equity of access to and experience of National Parks.
- Inspire a deeper connection to nature. National Parks will be valued as a key part of our heritage, inspiring people, both young and old, to have pride in, a passion for, and actively engage in our protected landscapes (e.g. volunteering, donating, supporting).

We will do this by: working through our strong local partnerships, other government departments, schools, and health sector partners to co-create programmes that are specifically tailored to meet the needs of underrepresented park users. Our National Parks' collective communications will focus on making National Parks more relevant to underrepresented groups and inspiring as many people as possible to enhance their nature connectedness as a route to physical and mental wellbeing.

This will deliver:

- **Improved understanding** of the benefits that experiences in nature can bring to improve peoples' health, well-being, and recovery
- **Signposting opportunities** and resources in National Parks to support referrals and the social prescribing agenda
- **A more inclusive programme of big walks and adventures** for families, schools, essential workers, visible minorities and under-represented groups.
- An opportunity for **every child to visit a National Park** throughout their school career to enjoy outstanding learning experiences.
- **A deeper connection to nature** for young people through carefully designed engagement activities, and visits to protected landscapes for fieldwork, day trips and residential trips.

- **A progressive set of experiences** throughout an individual's life to support them in their journey to becoming Outdoor Citizens.
- **Greater public awareness and understanding** of National Parks and a feeling that National Parks are relevant to their life and their choices about lifestyle and wellbeing.

Our programme to achieve the vision:

Landscapes for Health and Wellbeing: This programme will be centered around three themes: *prevention* of ill-health, *restorative* benefits of National Parks, and the provision of *excellence* in natural health solutions.

Youth Ambassadors for Protected Landscapes: This programme will establish an outdoor learning programme for all school children to experience National Parks, strengthen relationships and enable partners to collectively promote understanding and engagement with protected landscapes. We will work with Defra to support a post-COVID initiative to continue and promote the public practice of regularly walking in their local area. Should Defra not engage as the primary funder for this programme, English NPAs will consider other avenues for its delivery. In addition, a number of NPAs are working to develop a family-based John Muir Awardⁱⁱ.

Inspiring more people to care more about nature and National Parks: This programme will work with partners to improve outreach to and dialogue with urban and disadvantaged communities. It will link with existing communications initiatives in each of the Parks to widen the appeal of National Parks to more diverse audiences, inspire more people to take an active role in protecting and enhancing protected landscapes, and show how National Parks play a role in the UK's Green Recovery.

We will monitor progress against this Plan and undertake a light-touch review each year.

How can you help?

- **Champion National Parks as landscapes for everyone:** Government departments and agencies, and ENGOS to promote National Parks as landscapes for everyone. Defra and Natural England to work with NPE and the National Association for AONBs to promote and encourage National Landscapes as accessible, welcoming and open to all members of the public
- **Advocate the benefits of National Parks for health and wellbeing:** Health sector to work alongside NPAs to improve people's health, wellbeing, and recovery; NHS to champion National Parks as having a key role in the new social prescribing model; third sector groups, government agencies, and ENGOS, to work with National Parks to advocate the benefits that nature can bring to health and wellbeing
- **Funding to support health, wellbeing, and outreach initiatives in National Parks:** commercial partners to help fund health, wellbeing and outreach activities across the National Parks (for example, a national Health and Wellbeing Partner, support for the 'National Parks Futures Fund', and sponsoring Wellbeing Walks and a proposed programme of 'National Park Big Weekends'); future Government grants criteria should include National Parks as 'Landscapes for Everyone' and provide the opportunity for National Parks to bid for funding; provision of external funding grants; and Government domestic tourism initiatives to provide financial support to rural businesses for product and service marketing campaigns that could specifically target under-represented groups.
- **Use National Parks as landscapes that can foster educational opportunities:** Educators, families, NGOs, and Ministers to promote the inclusion of learning on protected landscapes in the National Curriculum, and endorsed by the Department for Education; DfE to include protected landscapes in at least Key Stage 2 curriculum, supported by notes and guidance that encourage fieldwork and field trips.

ⁱ **Underrepresented groups** include but are not limited to those from BAME communities, areas of high deprivation, and the disabled

ⁱⁱ <https://www.johnmuirtrust.org/john-muir-award>

Drivers around health for the South Downs National Park Authority

England is home to 10 National Parks and 34 Areas of Outstanding Natural Beauty (AONBs). They attract more than 260 million visits a year and are home to over 2.3 million people. National Parks are funded directly by the Department for the Environment Food and Rural Affairs. There is a huge amount of evidence that demonstrates the positive impact of connection with the environment on human health and well-being (much of it is referred to in the SDNPA H&WB Strategy). There are a number of national drivers for the work of National Parks on health and well-being. This document shows what the main drivers are and links them to National Parks national approach and the SDNPA specific approach as set out in the PMP and the H&WB Strategy.

Defra 25 Year plan

The plan is a blueprint for the next 25 years which aims to connect people with the environment to improve health and wellbeing.

There are 6 key areas and one of them is: connecting people with the environment to improve health and wellbeing. The priorities within that key area are set out below:

- I. Helping people improve their health and wellbeing by using green spaces
 - i. Considering how environmental therapies could be delivered through mental health services
 - ii. Promoting health and wellbeing through the natural environment
2. Encouraging children to be close to nature, in and out of school
 - i. Helping primary schools create nature-friendly grounds
 - ii. Supporting more pupil contact with local natural spaces
3. Greening our towns and cities
 - i. Creating more green infrastructure
 - ii. Planting more trees in and around our towns and cities
4. Making 2019 a Year of Action for the environment
 - i. Helping children and young people from all backgrounds to engage with nature and improve the environment.
 - ii. Supporting the 2019 Year of Green Action

The plan talks about promoting collaboration between the health and environment sectors at local and national level. It also mentions how mental health providers can establish new working arrangements with environmental voluntary sector organisations to offer appropriate therapies.

Defra 8 point plan for National Parks

The Defra 8 point plan set out the Government ambition to put National Parks at the heart of the way we think about the environment and how it is managed for future generations. It will be delivered through the 25 year plan. It lists two priorities for National Parks in relation to health and well-being;

- to promote innovative schemes for National Parks to serve national health – the 8 Point Plan talks about Government support for further engagement with local clinical commissioning groups to grow the evidence base on green prescriptions and about supporting innovative schemes to promote well-being.
- to realise the immense potential for outdoor recreation in National Parks – this is linked to the *Sporting Future: A strategy for an active nation* it talks about investment in infrastructure and initiatives that allow people to get outdoors to facilitate it.

Glover review: roadmap and NP offers on health

The Glover Review was set up in 2018. Its remit is to consider whether the protections for National Parks and AONBs are still fit for purpose. National Parks in England have responded to the review highlighting 5 areas where we think we can add value. They are framed as 5 opportunities. The specifics are still in development. One of them relates to health and well-being and includes things like:

- National Parks as hubs for excellence in nature and landscape led health and well-being
- Expanding the capacity and expertise in National Park Authorities to play a convening and enabling role in improving understanding among healthcare professionals and the wider public of the opportunities and resources that exist in National Parks

The Glover review was completed and its final report published in September 2019. It set out 27 proposals, covering 5 areas:

1. Landscapes alive for nature and beauty
2. Landscapes for everyone
3. Living in landscapes
4. More special places
5. New ways of working

Those relevant to Health and Well-Being are:

Proposal 10 - Landscapes that cater for and improve the nation's health and well-being. Activities to deliver this include:

- Establish strong relationships with local public health teams, clinical commissioning groups and social prescribing link workers
- Make the NP more accessible to disabled visitors – develop a network of accessible, hard surface, stile free paths

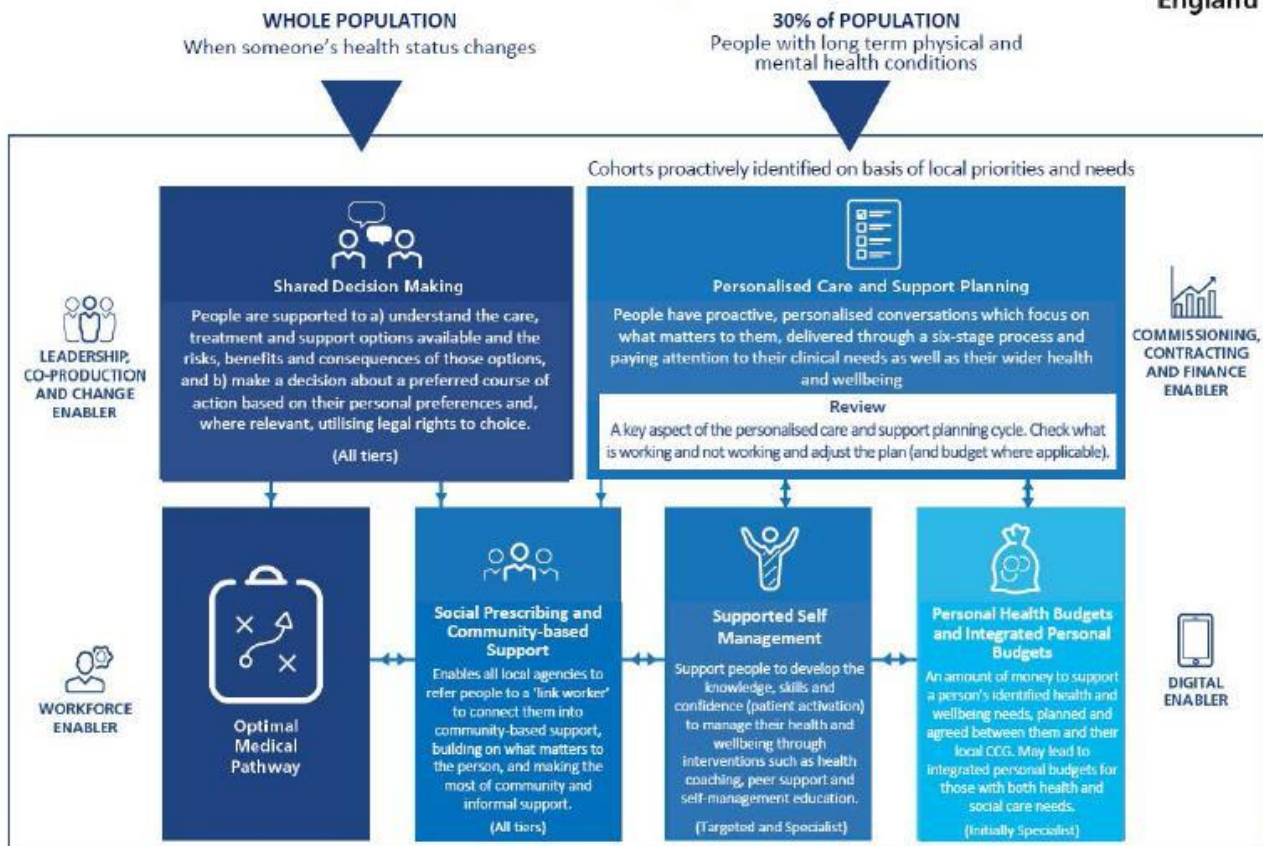
NHS Long Term Plan

The plan commits to increasing funding for primary and community care by at least £4.5bn over the 10 years from 2019. This is to support a range of initiatives including increasing physical activity and supporting people with mental health conditions. One option for delivery this is through increasing support for social prescribing.

The introduction of personalised care is also important, as it influences the care packages put in place for individuals. It also influences how The SDNPA engages with the health sector and social prescribers. The Government Prevention Green paper sees the 2020s as being the “decade of proactive, predictive and personalised prevention”. This will involve more targeted support, tailored lifestyle advice, personalised care and protection against future threats.

The approach to personalised care is set out below.

Personalised Care Operating Model



National Parks England joint approach

Working together National Parks have identified a collective approach to promoting the role that National Parks have to play in delivering on the Defra 25 year plan and responding to calls for the development of a Natural Health Service to support the move away from a purely medicalised approach to health and well-being. A National Parks England level task and finish group has been developing the approach. At the end of 2019 it articulated the unique offer from National Parks. This forms part of a broader related set of four work streams developed by National Parks England in response to the Defra 25 year plan, *'Landscapes for Everyone'*.

It stated "National Parks are inspirational places that improve the nation's health and wellbeing. We have a unique and universal offer to the nation. Visiting a National Park is a holistic experience which benefits both mental and physical health. The National Park idea was born at the same time as the NHS, stating *"There can be few national purposes which, at so modest a cost, offer so large a prospect of health giving happiness for the people"*."

The proposed approach is based on a holistic offer around three themes:

1. **Prevent-** providing prevention of ill-health in practice where mental and physical health and wellbeing is supported and enhanced;
2. **Restore** - drawing on the restorative benefit of National Parks through social prescribing in partnership with the NHS; and
3. **Excel** - delivering and inspiring excellence in natural health solutions

For each of these three themes three actions to further our collective work on health and wellbeing are suggested:

Prevent - Protected landscapes are recognised by the health sector as places to develop personal resilience and nurture good health and wellbeing
Prevent 1- Advocacy- communicating our unique national offer to health professionals and third sector partners; develop an advocacy strategy
Prevent 2- Signposting activities and opportunities available in National Parks e.g. developing and presenting an online resource of the opportunities available to users
Prevent 3- Supporting skills and driving standards and continuous learning- developing a programme for staff in NPAs and with key partners e.g. PHE / Local Authority / Clinical Commissioning Groups (CCGs)
Restore- Significant social prescribing activity taking place in and around protected landscapes
Restore 1- Connect to link workers in and around National Parks to ensure our offer is visible and taken up
Restore 2- Work with our partners to develop new and build on existing socially prescribed opportunities
Restore 3- Evaluate our contribution to social prescribing and scale up by making the case to the new National Academy for Social Prescribing for resources to realise potential
Excel- National Parks are recognised as delivering and inspiring excellence in natural health solutions
Excel 1- Initiate a new national partnership between the NHS and National Parks England and refresh the existing accord with PHE
Excel 2- Develop the regional partnership structure to enable Protected Landscape / PHE clusters to share best practice and develop joint programmes
Excel 3- Develop partnerships between National Parks and academic institutions to foster research and innovation; seek a common approach to return on investment based on work from North York Moors NPA

South Downs Partnership Management Plan

This articulates the vision for the South Downs for the next 50 years and sets out how we plan to deliver activity towards that over the next 5 years, with our partners.

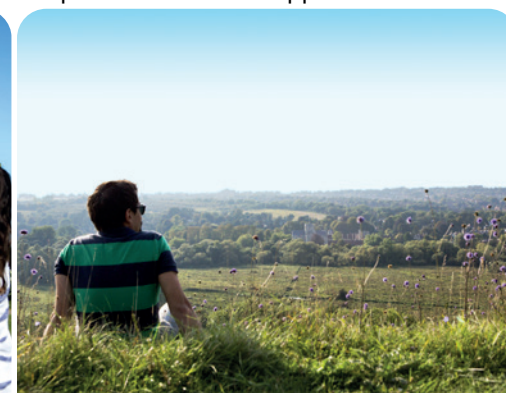
Outcome 7 in the proposed revised partnership management plan is that: *“The South Downs National Park is a well-used and recognised asset for sustaining mental and physical health and wellbeing”* The priority for the next five years is to *‘Develop initiatives which enable local communities and individuals to improve health and wellbeing’*

There are also a number of policies in the PMP and Policy 29 is to: *“Enhance the health and wellbeing of residents and visitors by encouraging, supporting and developing the use of the National Park as a place for healthy outdoor activity and relaxation”*.

Links: <https://www.southdowns.gov.uk/partnership-management-plan/outcome-7-health-and-wellbeing/>

Health and Well-being Strategy

THEMES AND OBJECTIVES



THEME 1

Realising well-being benefits for communities.

Objective 1: Identify priority areas to focus health and well-being provision within the South Downs National Park

Objective 2: Support development and enhancement of doorstep greenspace for health and well-being

Objective 3: Support community based planning to deliver health and well-being improvements for local communities

THEME 2

Realising well-being benefits for individuals.

Objective 4: Increase the numbers of individuals accessing the National Park from health pathways via social prescribing and other voluntary sector mechanisms

Objective 5: Establish tools to monitor and evaluate the benefits that access to the National Park has on individuals who use it for health and well-being

Objective 6: Engage with partners to raise awareness and use of the National Park as a health and well-being resource for under-represented groups

THEME 3

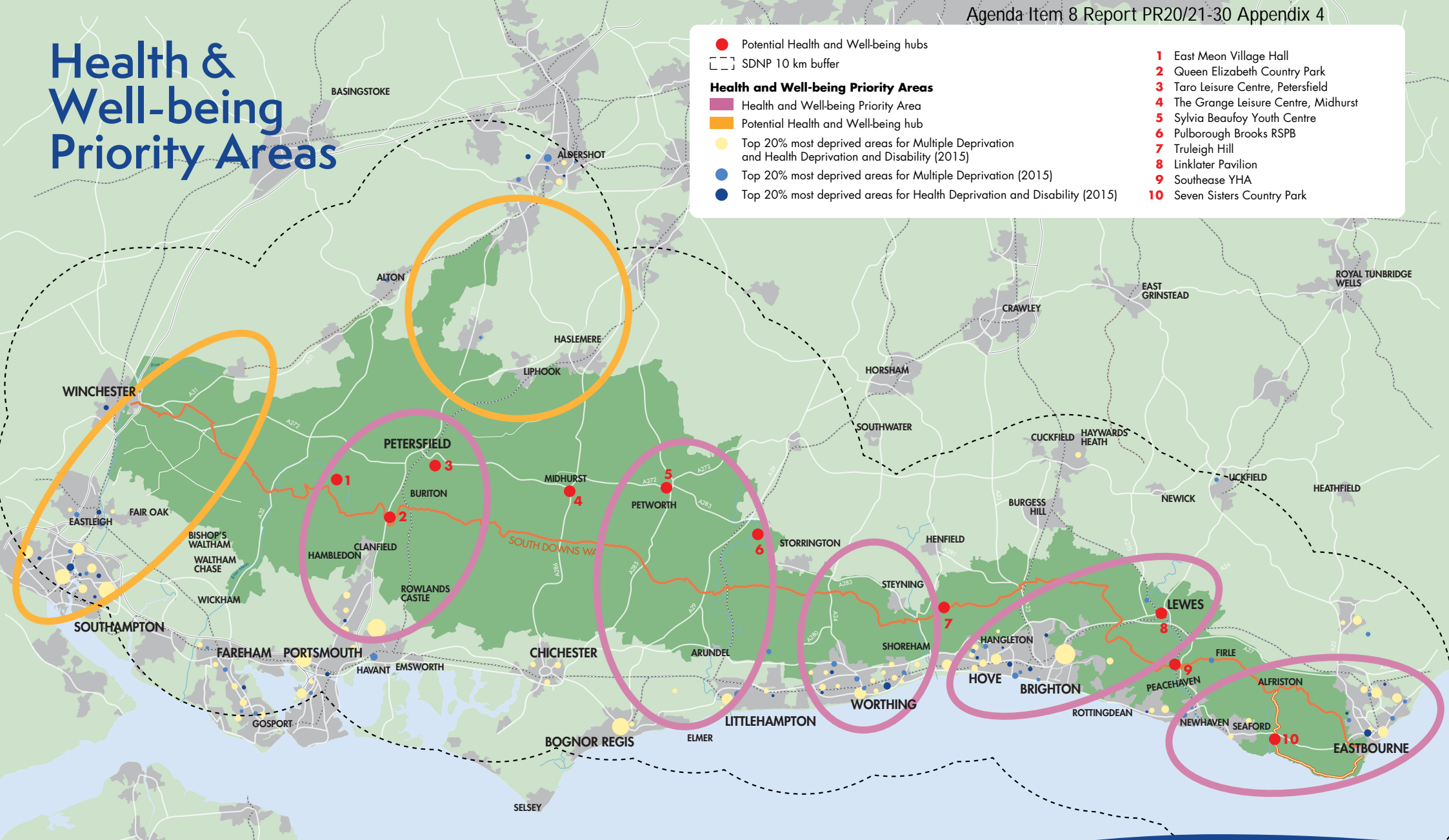
Promoting the South Downs National Park as a place for health and well-being.

Objective 7: Develop partnerships and networks to share best practice and develop joint programmes

Objective 8: Understand what health and well-being providers are currently delivering within the National Park and explore opportunities to increase provision

Objective 9: Promote and develop guidance and promotional materials to support use of the National Park to improve health and well-being

Health & Well-being Priority Areas



Delivering Health and Well-being Themes



Artscape Project 2019



DELIVERING THEME 1: Realising well-being benefits for communities

1. Identify areas for increased investment in and around the South Downs National Park
2. Develop place-based approaches to increasing awareness and use of the National Park and increasing provision of accessible natural green space
3. Identify a number of locations across the National Park where, working with partners and local communities, we might develop facilities to deliver activities which support and improve the health and well-being of targeted individuals and communities

DELIVERING THEME 2: Realising well-being benefits for individuals

1. With partners, develop a range of activities that provide opportunities for physical activity for individuals
2. With partners, develop a range of activities to engage individuals to connect with the landscape through Arts and Heritage
3. With partners, develop a range of activities and volunteering opportunities to connect individuals to nature

DELIVERING THEME 3: Promoting the South Downs National Park as a place for health and well-being

1. Work in close partnership and develop collaborations with a number of institutions, local authorities, the NHS, local GP practices, schools, businesses, charities and other organisations
2. Carry out research and evaluative work that helps us demonstrate the effectiveness of health and well-being activity provided across the National Park
3. Understand how best to engage with changing and new social prescribing structures to target our bespoke information effectively so that our offer is visible and taken up

