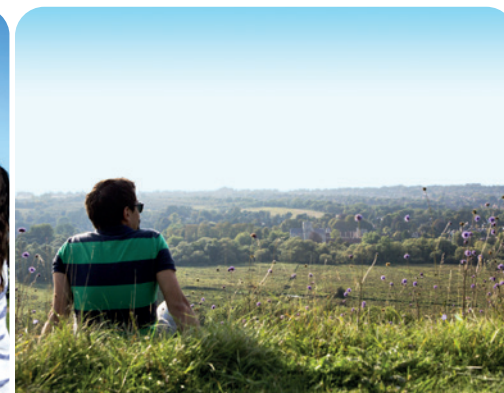


# Health and Well-being Strategy

## 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

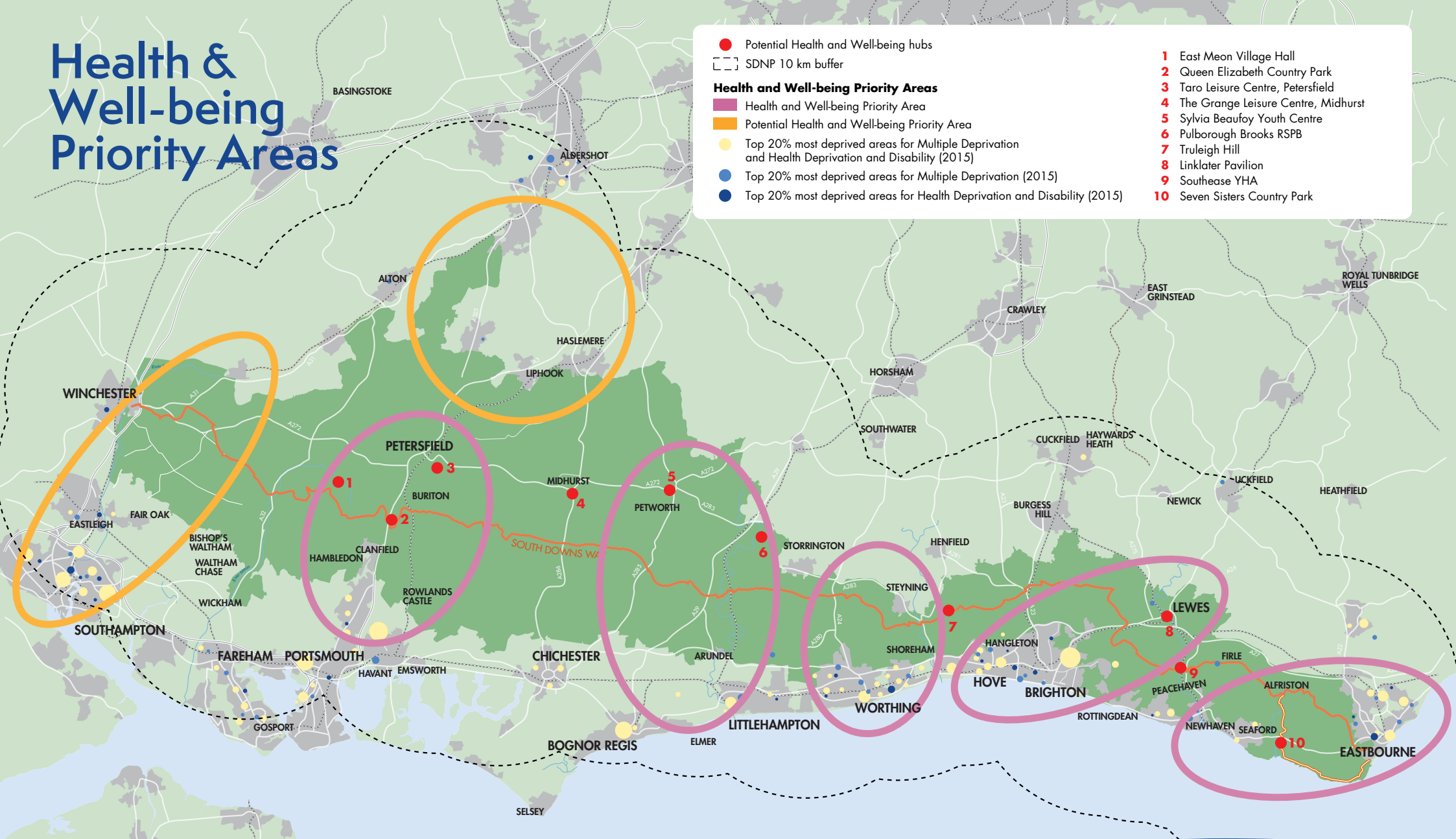
Promoting the South Downs National Park as a place for health and well-being.

**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