

Report to	<b>Policy &amp; Resources Committee</b>
Date	<b>25 November 2021</b>
By	<b>Performance and Projects Manager</b>
Title of Report (Note)	<b>Partnership Management Plan Delivery – Health and Wellbeing</b>

**Recommendation: The Committee is recommended to**

- 1) Note progress on delivering the Health and Well Being Strategy**
- 2) Note the implications for the “Transforming Lives” section of the emerging 2022-2025 refresh of the Corporate Plan**
- 3) Support the direction of travel for future work**

**1. Introduction**

- 1.1 This report provides an update on delivery against the Health and Well Being Strategy and looks at lessons learned, before setting out the possible future direction of our health and well-being work. Members are asked to note the report and support the direction of travel, which will be incorporated into the corporate plan priorities for health and well-being.

**2. Policy Context.**

- 2.1 Our work on health and well-being contributes to delivery of Outcome 7 in the Partnership Management Plan. The Health and Well-Being Strategy set out three themes and 9 outcomes. They are set out at **Appendix I**, along with the main areas of work for delivering the themes. It links to joint work with other National Park Authorities on health and well-being. It delivers on Defra targets to increase access to nature, helping everyone to understand the value of our countryside and through this improving people’s health and well-being and strengthening their sense of place.

- 2.2 Health and well-being is one of a number of work streams that make up the **Transforming Lives** priority in the refresh of the corporate plan. Other areas of work that contribute to this priority, of connecting people to the National Park and also help to deliver on health and well-being are:

- outreach engagement and education
- community development and neighbourhood planning
- volunteering
- connecting people to the landscape through arts and cultural heritage
- access

**3. Issues for consideration**

- 3.1 Our health and well-being work is delivered in a number of different ways and links closely to our outreach, engagement and cultural heritage work. It is delivered through projects

focused on specific things and other work carried out on a regular basis like health walks, and links to networks that allow us to highlight the National Park as a resource for health and well-being with a wide range of partners. A lot of our work was severely affected by Covid. Much of what we wanted to deliver was put on hold or delayed. We responded by funding a number of project aimed at dealing with the effects and impact of Covid.

- 3.2 There are a number of projects and other work that deliver against the themes of the health and well-being strategy. The table below sets out some of them. A summary of the projects are in **Appendix 2**.

<b>Delivering Theme 1 Realising well-being benefits for communities</b>	<b>Delivering Theme 2 Realising well-being benefits for individuals</b>	<b>Delivering Theme 3 Promoting the South Downs National Park as a place for health and well-being</b>
Allowing nature into public open spaces – Adur and Worthing	Piloted 5 ways to health programme at Seven Sisters	We are part of networks of social prescribers and promote the National Park to them
Work with Sussex Local Nature Partnership on health and well-being.	Walks for people through Mind, GROW and Eastbourne Walking Festival, and Ranger led walks	Sign post organisations to information that can help them deliver green social prescribing
Use of Truleigh Hill YHA to deliver a range of activities and projects	Artscape & Timescape project	Supporting groups and organisations to access funding opportunities and promote their work
Ouse Valley CARES (Climate Action, Ecological resilience, Sustainability)	Truleigh Inspiring project	Research into social prescribing activity linked to the National Park
	Led mindful walks from a GP surgery	Footsteps App
	New Haven Active Travel hub	Poetry for Well being
	Youth Action	Butser Ancient Farm: Bronze Age Build with Operation Nightingale
	Micro volunteering	The Full Harvest
	National Academy of Social Prescribing - Green Social Prescribing pilot project at Truleigh Hill	Towner Art Drop

#### 4. Options & cost implications

- 4.1 This area of work is appropriate for external funding. One of our key priorities will be to develop a series of asks for income generation for the specific things we want to do. Much of the work we want out carry out can be developed within existing staff resources. Other resources may emerge as part of the corporate planning process and the development of the budget.

## **5. Lessons Learned**

- 5.1 We have learned lessons from the work and projects we have carried out. We also have lessons identified in the recent research into the use of the National Park for socially prescribed activity. The key lessons are set out below.
- 5.2 Social prescribing is still developing; we will remain linked into the relevant networks for the National Park but will shift our focus onto creating information and supporting the development of activities for social prescribers to refer people to.
- 5.3 We need different approaches across the geography of the National Park, as the partnerships around health and well-being operate differently in different parts of the National Park. The different networks geographically also appear to have differing capacity and priorities, which can make a uniform Park wide offer a challenge to deliver.
- 5.4 Amongst providers who are already using the National Park to deliver health and well-being activities, there is an appetite for collaboration and working in partnership with the South Downs National Park Authority. We need to capitalise on that desire.
- 5.5 The take up for taster sessions for the five ways to well-being was disappointing. We learned that it was difficult to make the right connections through social prescribing networks alone.
- 5.6 Covid anxiety is still having a big impact on vulnerable people, this means that there is some hesitancy in engagement with activities, travelling on public or shared transport and meeting and connecting with larger groups of people who are not known to them.
- 5.7 Access to the right information is important for lots of people who want to work with us, with practical suggestions on how resources and information can be used for health and wellbeing outcomes. We need to provide a place on our website where the information needed by individuals and by professionals is easier to find.
- 5.8 Digital and in person audiences do not necessarily cross over, particularly where the focus is on underserved groups and groups who may experience a variety of barriers to access. Growing our understanding of how digital can act as an engagement tool will help us to consider how digital can meet previously unmet needs and help tailor a digital offer accordingly with a focus on health and wellbeing benefits.

## **6. Next steps**

- 6.1 The lessons we have learned about our health and well-being work will help focus us for the future. This will feed into the corporate planning process as part of the development of ambitions for the Transforming Lives priority. Achieving any of it, will depend on which priorities are approved as part of that process.
- 6.2 In future, we will shift our focus for our health and well-being work away from as much direct delivery and onto to using our brokerage role to influence and facilitate others to deliver with a strong landscape and wellbeing focus. We want to concentrate our resources on creating the assets, like health and well-being hubs, and work with others to deliver services from them.
- 6.3 The importance of supporting people to access the National Park is important. We will focus on developing partnerships to make sure that individuals and groups that need help to access the National Parks are better placed to get it.
- 6.4 A new area for us to work on will be supporting those suffering from social isolation and loneliness. We noticed this in some of the Covid projects we funded, and it links to the previous point. Some people need a significant amount of help and support to be able to gain access to the National Park.
- 6.5 Community action and community support has increased dramatically during the pandemic with neighbour care groups, local walking groups starting up. We can tap into this not only for the communities in the park, but connecting those outside the park with these groups. By creating a challenge fund, we can facilitate groups to engage beyond the boundary and use the National Park (their parish) as an asset. We will ensure learning from projects or collaborations that are funded is widely shared to inform future projects.

- 6.6 We will also put more effort into scaling up what works, providing support for partners who may want to scale up what they deliver, or making sure we build legacy planning into the projects we develop to pilot particular types of delivery.
- 6.7 We will develop a network of providers who use the National park to provide health and well-being activities, we can then support them to increase or develop their offers, and provide them with information and support. It could work in a similar way to the successful learning provider network we already have.
- 6.8 Linked to developing places that can be health and well-being hubs, we will work with transport providers and community transport organisations to improve access to the National Park and sites within it, our first ambition is setting up a health and well-being hub at Seven Sisters. We may also seek to set up a community travel grant scheme like the one we have for schools.

## 7. Other Implications

Implication	Yes*/No
Will further decisions be required by another committee/full authority?	The priorities will be included as part of the corporate plan priorities which will be finalised in March 2022
Does the proposal raise any Resource implications?	Resource implications will be developed as part of the budget planning process for 2022-23. It may also require a shift in the focus of some of our staff resources to focus on new areas of work.
How does the proposal represent Value for Money?	We will seek support from the external funding team to secure funds to support work in this area. We will also ensure that our resources are focused on the work that will have the most significant impact.
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?	Much of this area of work relates directly to this duty. Our target audiences include those who are underserved in the National Park: Young people Black, Asian and ethnically diverse people People with disabilities or affected by health inequalities People affected by, or from areas of social deprivation In addition to targeting these groups of people, where it is possible, we work will with them to design interventions that will directly support their needs.
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?	None

Are there any Data Protection implications?	None
Are there any Sustainability implications based on the 5 principles set out in the SDNPA Sustainability	None

## 8. Risks Associated with the Proposed Decision

8.1 We need to ensure that we manage expectations about the role of the National Park Authority in delivering the Health ns Well-Being Strategy. We need to focus on those things that we are best placed to achieve. This is likely to be our brokerage an facilitation role rather than through direct delivery.

Risk	Likelihood	Impact	Mitigation
Our approach is compromised by lack of resources to deliver	Likely	Reduction in the number of people who are helped to access the National Park for Health and Well-Being	Seek external funding for some of the areas that we want to deliver. Help partners to scale up what they can deliver.  Focus on the facilitation and brokering role that the National Park Authority has

### Anne Rehill PERFORMANCE AND PROJECTS MANAGER South Downs National Park Authority

Contact Officer: Anne Rehill – Performance and Projects Manager

Tel: 01730 819271

email: [Anne.Rehill@southdowns.gov.uk](mailto:Anne.Rehill@southdowns.gov.uk)

Appendices  
1. Health and Wellbeing Strategy  
2. Summary of Projects

SDNPA Consultees  
Chief Executive; Director of Countryside Policy and Management;  
relevant Strategy Leads

External Consultees  
None

Background Documents  
Draft Health and Well-Being Strategy  
[https://www.southdowns.gov.uk/wp-content/uploads/2021/02/PR\\_2021\\_25Feb\\_Agenda-Item-8.pdf](https://www.southdowns.gov.uk/wp-content/uploads/2021/02/PR_2021_25Feb_Agenda-Item-8.pdf)





**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.

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

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

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

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

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

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

<b>DELIVERING THEME 1:</b> <b>Realising well-being benefits for communities</b>	<b>DELIVERING THEME 2:</b> <b>Realising well-being benefits for individuals</b>	<b>DELIVERING THEME 3:</b> <b>Promoting the South Downs National Park as a place for health and well-being</b>
<ol style="list-style-type: none"> <li>1. Identify areas for increased investment in and around the South Downs National Park</li> <li>2. Develop place-based approaches to increasing awareness and use of the National Park and increasing provision of accessible natural green space</li> <li>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</li> </ol>	<ol style="list-style-type: none"> <li>1. With partners, develop a range of activities that provide opportunities for physical activity for individuals</li> <li>2. With partners, develop a range of activities to engage individuals to connect with the landscape through Arts and Heritage</li> <li>3. With partners, develop a range of activities and volunteering opportunities to connect individuals to nature</li> </ol>	<ol style="list-style-type: none"> <li>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</li> <li>2. Carry out research and evaluative work that helps us demonstrate the effectiveness of health and well-being activity provided across the National Park</li> <li>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</li> </ol>



**Summaries of projects**

<b>Project</b>	<b>Description</b>
Allowing nature into public open spaces – Adur and Worthing	To develop a practical methodology for use by local authorities to identify the benefits and services from greenspaces in their ownership and to translate this into practical proposals and projects to uplift their value for nature, people and wider natural capital benefits
Work with Sussex Local Nature Partnership on health and well-being.	Play an active role in the partnership of environmental groups, NHS organisations and voluntary and third sector organisations to connect people to nature in areas of health inequality and for communities and individuals experiencing health challenges. Promoting collaboration across Sussex.
Use of Truleigh Hill YHA to deliver a range of activities and projects	Truleigh Hill has been used by a number of staff to deliver nature connection, such as at and volunteering and outreach activities.
Ouse Valley Cares	Project to support communities in Barcombe – Lewes – Lower Ouse Valley – Havens (Seaford, Newhaven, Peacehaven, Telscombe) to develop community based responses to climate change.
Piloted 5 ways to health programme at Seven Sisters	A series of taster sessions was developed and delivered at Seven Sisters Country Park, in conjunction with local groups.
Walks for people through Mind, GROW and Eastbourne Walking Festival, and Ranger led walks	Staff regularly lead a range of different walks to support health and well-being. Rangers lead heartsmart walks and the H&WB Officer leads mindful walks.
Artscape & Timescape projects	This partnership between the South Downs National Park Authority and Artscape, seeks to engage isolated individuals, in the more deprived areas on the fringes of the National Park, in their local landscape and heritage, through art. The aim is to create sustainable interventions which contribute to a reduction in loneliness and improve participant’s health and wellbeing.
Truleigh Inspiring project	This project ran 9 creative sessions online or on site. The project will culminate with a commemoration event to coincide with the installation of a free outdoor exhibition on Worthing Pier, inspiring and connecting the local community to the SDNP. Highlighting areas of interest and how people used the SDNP for sustaining & improving their mental & physical health & well being during and after lockdown
New Haven Active Travel hub	
Youth Action	This project is a NPUK and sector wide response to the Glover Review call for ‘Every child to have a night under the stars. This project will ensure that children and young people who need our National Landscapes can access them.  Youth Action Fund grants to promote youth social and environmental action in support of the SDNP. Round 1 grants allocated to 13 youth led organisations.

Project	Description
	Pupils will engage in learning outside the classroom activities framed through the John Muir Award to build understanding, experience and resilience.
Micro volunteering	Offering a range of different volunteering opportunities to appeal to a broader range of people.
National Academy of Social Prescribing - Green Social Prescribing pilot project at Truleigh Hill	Supported a partner by hosting a session of nature connectedness at Truleigh Hill.
We are part of networks of social prescribers and promote the National Park to them	Regularly attend National Association of Social Prescribing events and networks, as well as local networks.
Sign post organisations to information that can help them deliver green social prescribing	Staff provide information for groups and organisations to help them make connections and gain access to funding opportunities.
Supporting groups and organisations to access funding opportunities and promote their work	Many of our staff work alongside partner organisations to help them get access to funding streams. Small amounts of money and endorsement from the SDNPA can unlock bigger funding sources.
Research into social prescribing activity linked to the National Park	Recent research allows us to set a baseline for the level of activity in the National Park and to better understand how we can support social prescribing as a mechanism for connecting people to the national Park.
Footsteps App	App content that enables more people to experience the South Downs through engaging digital interpretation, enhancing their experience and understanding of place, and bringing the cultural heritage of the South Downs to the forefront of the story of landscape – as an inspirational place to artists, makers and thinkers
Stop a minute project	
Poetry for Well being	Creation and delivery of digital resources developed by and featuring Kathryn Bevis, the Hampshire Poet, to support delivery of the forthcoming new series of 'Poetry for Wellbeing' courses, running from April 2021.
Butser Ancient Farm: Bronze Age Build with Operation Nightingale	Butser Ancient Farm: Bronze Age Build a partnership with Operation Nightingale, focused on physical and mental health of serving and former Armed Forces personnel.
The Full Harvest	The Full Harvest (series of podcasts comprising new stories inspired by the rivers of the South Downs – project included community focused work to develop the stories, including sessions with Arts on Prescription in Hastings
Towner Art Drop	Over 900 creative kits delivered to 500 households in East Sussex, through 14 community partners, including carer and refugee networks and food banks. Kits designed to encourage connection to the outdoors, and using mindfulness and actions in the present moment for mental wellbeing.