

Health and Well-Being In the South Downs National Park

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NATIONAL PARKS

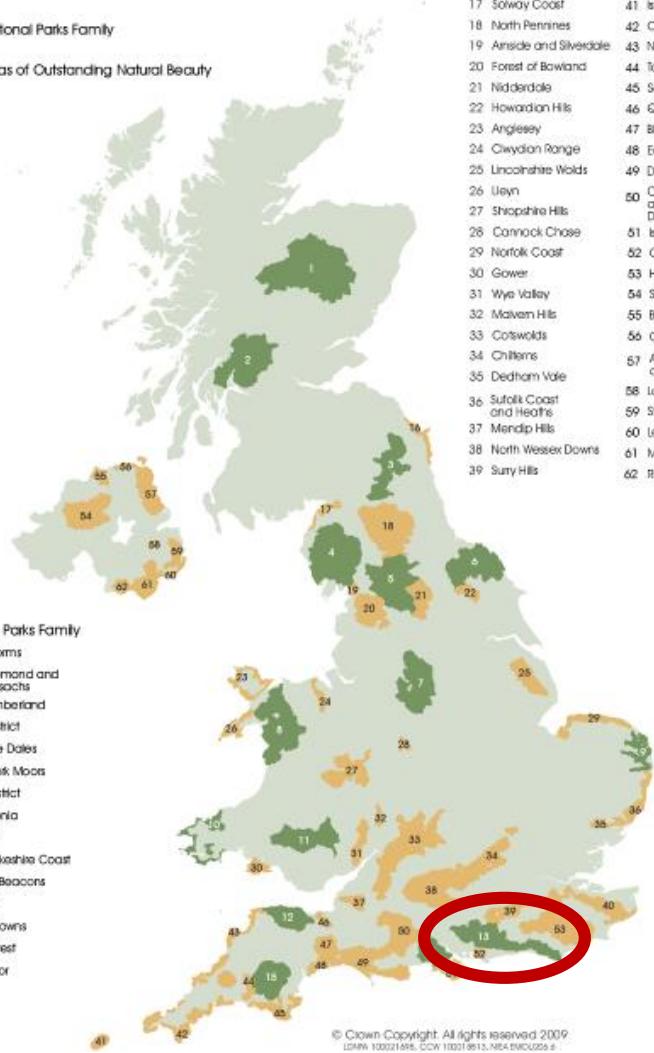
Britain's breathing spaces

- National Parks Family
- Areas of Outstanding Natural Beauty

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- | | |
|-----------------------------|---|
| 16 Northumberland Coast | 40 Kent Downs |
| 17 Solway Coast | 41 Isles of Scilly |
| 18 North Pennines | 42 Cornwall |
| 19 Airedale and Silverdale | 43 North Devon |
| 20 Forest of Bowland | 44 Tamar Valley |
| 21 Nidderdale | 45 South Devon |
| 22 Howardian Hills | 46 Quantock Hills |
| 23 Anglesey | 47 Blackdown Hills |
| 24 Clwydian Range | 48 East Devon |
| 25 Lincolnshire Wolds | 49 Dorset |
| 26 Uley | 50 Cranborne Chase and West Wiltshire Downs |
| 27 Shropshire Hills | 51 Isle of Wight |
| 28 Cannock Chase | 52 Chichester Harbour |
| 29 Norfolk Coast | 53 High Wold |
| 30 Gower | 54 Sperrin |
| 31 Wye Valley | 55 Brekenagh |
| 32 Malvern Hills | 56 Causeway Coast |
| 33 Cotswolds | 57 Ards Peninsula and Glens |
| 34 Chilterns | 58 Logan Valley |
| 35 Dedham Vale | 59 Strangford Lough |
| 36 Suffolk Coast and Heaths | 60 Looe Coast |
| 37 Mendip Hills | 61 Mourne |
| 38 North Wessex Downs | 62 Ring of Gullion |
| 39 Surrey Hills | |

National Parks Family

- 1 Cairngorms
- 2 Loch Lomond and the Trossachs
- 3 Northumberland
- 4 Lake District
- 5 Yorkshire Dales
- 6 North York Moors
- 7 Peak District
- 8 Snowdonia
- 9 Broads
- 10 Pembrokeshire Coast
- 11 Brecon Beacons
- 12 Exmoor
- 13 South Downs
- 14 New Forest
- 15 Dartmoor



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15 UK National Parks

- 10 in England (incl. Broads)
- 3 in Wales
- 2 in Scotland
- (+ 1 proposed in N.Ireland)

47 AONBs

- 38 in England & Wales
- 9 in Northern Ireland

The South Downs National Park



Partnership Management Plan 2020-2025



SDNPA Health and Well-Being strategy



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

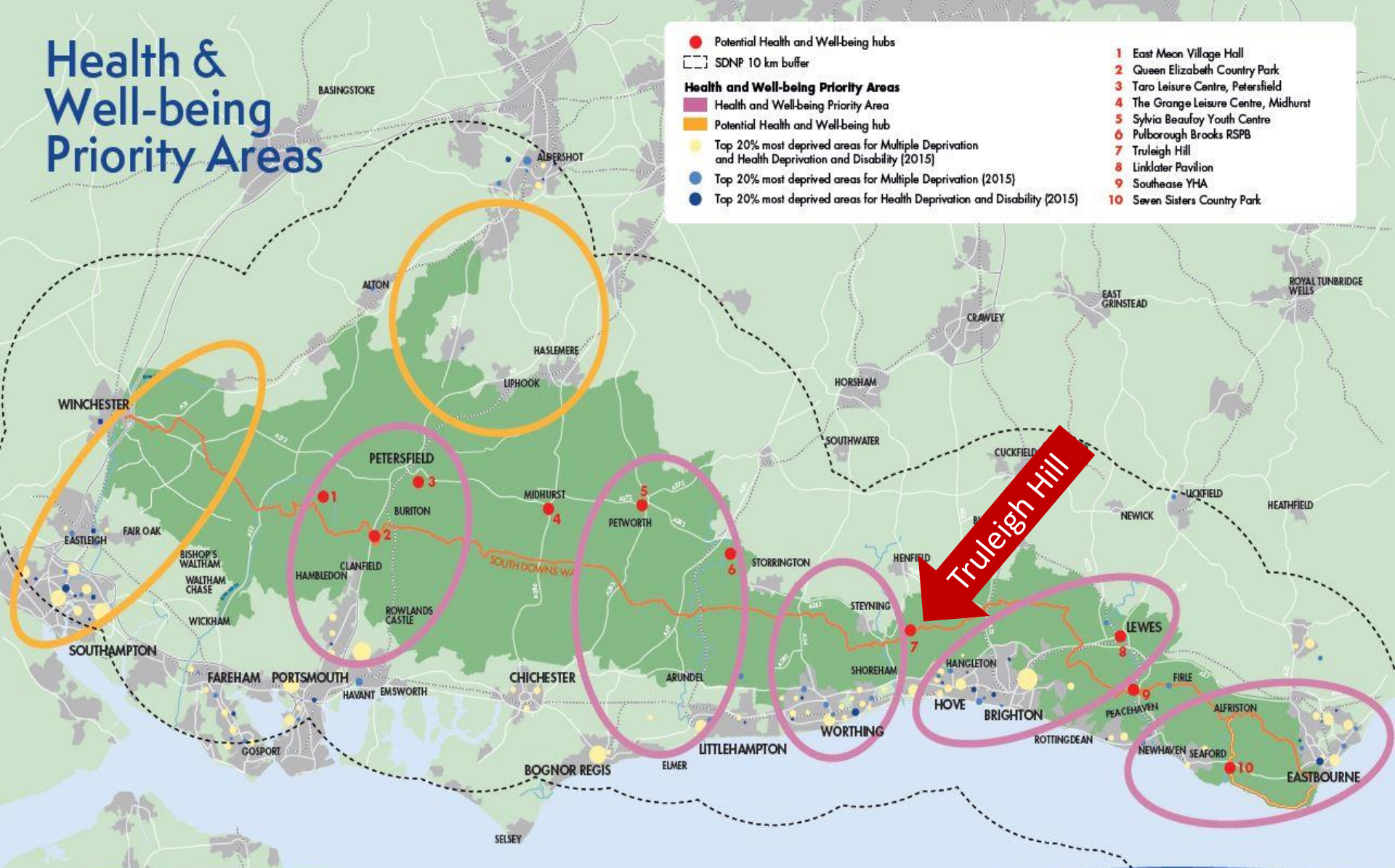
Objective 8: Understand what health and well-being providers are currently delivering within the National Park and explore opportunities to increase provision

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

- Potential Health and Well-being hubs
- ▭ SDNP 10 km buffer
- Health and Well-being Priority Areas**
- Health and Well-being Priority Area
- Potential Health and Well-being hub
- Top 20% most deprived areas for Multiple Deprivation and Health Deprivation and Disability (2015)
- Top 20% most deprived areas for Multiple Deprivation (2015)
- Top 20% most deprived areas for Health Deprivation and Disability (2015)

- 1 East Meon Village Hall
- 2 Queen Elizabeth Country Park
- 3 Taro Leisure Centre, Petersfield
- 4 The Grange Leisure Centre, Midhurst
- 5 Sylvia Beaufoy Youth Centre
- 6 Pulborough Brooks RSPB
- 7 Truleigh Hill
- 8 Linklater Pavilion
- 9 Southease YHA
- 10 Seven Sisters Country Park



Kate Drake SDNPA H&WB Officer

- Connection with health sector
- Engaging Communities
- Engaging with those who are less likely to use the National Park
- Identifying and delivering projects
- Supporting partnerships



Delivering the strategy

- Developing hubs
- Three over next 5 years
- Developing a health and Well-being hub at Truleigh Hill within 2021



Truleigh Inspired – developing a hub



Today has been so relaxing and grounding for my busy mind. Thank you



'Totally therapeutic'



Next Steps

1. Work with YHA at Truleigh Hill to establish a H&WB hub
2. Link in with existing local authority H&WB hub closest to it
3. Work with local voluntary sector organisations and communities to establish what services can be delivered in that place
4. Work with partners to identify funding options for services
5. Promote the hub to health providers
6. Do the same in at least two other locations across the NP by the end of 2025





Thank you
Any questions?

