

# Winchester District

## Proposed framework for a Community & Wellbeing Strategy

March 2020



# WHAT WE ARE ASKING OF THE POLICY PANEL

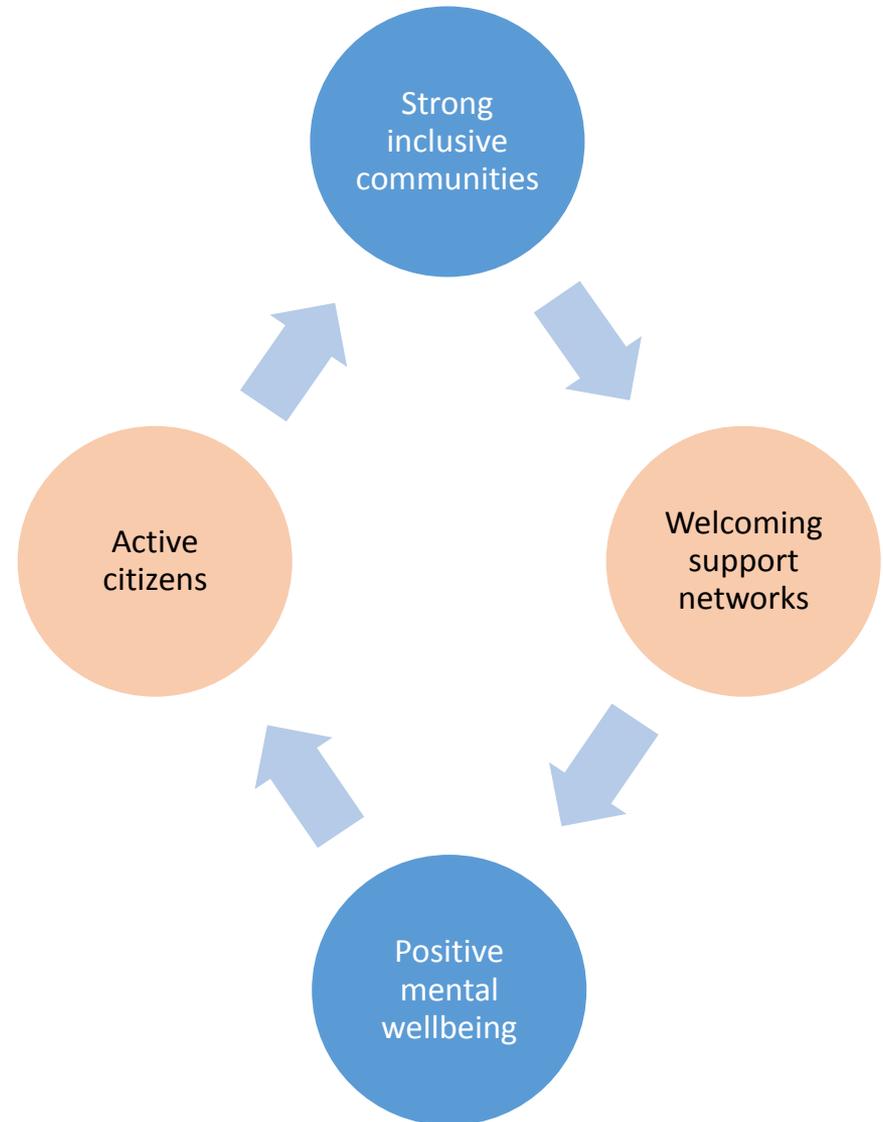
- Do you recognise the differing nature of our communities that is described?
- Are you aware of the work we currently do?
- Have you noticed the impact of this on the communities and people you represent?
- Do you support the new areas of work we intend to undertake?
- Do you support the principles on which we proposed to base our work?
- What can we do to help you provide local leadership and be a catalyst for change within the communities you represent?

# THE POLICY DRIVERS



## NHS 5 steps to mental wellbeing:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)



<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

# STRONG, INCLUSIVE COMMUNITIES



## People

- Know their neighbours
- Trust between residents
- Shared priorities
- Strong partnerships
- Influence decisions
- Resilience

## Place

- Quality of environment
- Community spaces
- Local groups and networks
- Safety and security

## Pride

- Sense of belonging
- Local identity
- Active citizens
- Events
- Local democracy

# OUR COMMUNITIES

**Population 124,000**

43% urban                      57% rural  
92% white British          8% other

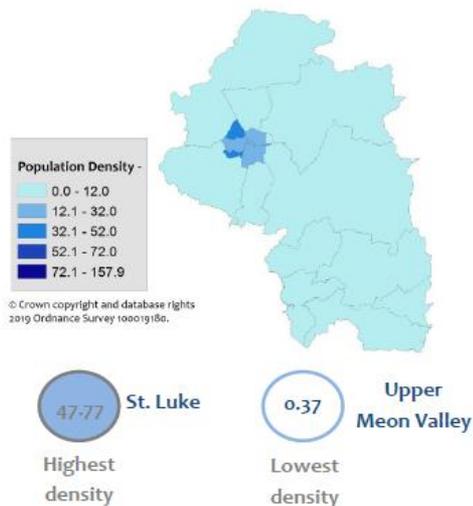
**48 parishes**

44 parish/town councils

23 parish plans

26 parish emergency/resilience plans

Population Density (persons per hectare) 2018



**100+ community buildings**

24 assets of community value

95% either 'very' or 'fairly' satisfied with their local area as a place to live

69% agree that the Council involves residents when making decisions

**Hundreds of charities and community groups**

**24.7% of people volunteer**

**Grants totalling £579,000 per annum**

# PHYSICAL AND MENTAL WELLBEING



Good mental  
health and  
emotional  
resilience

Access to services  
Sense of belonging

Healthy, active  
lifestyles

Regular exercise  
Active travel options  
Environmental quality

Reduced  
health  
inequalities

Targeted support  
Joined up services  
Healthy homes

# OUR WELLBEING

## Population 124,000

18.8% 0-15 years  
60.1% 16-64 years  
21.1% 65+ years

Adult participation in physical activity:  
69.4% active (150 mins)  
11.8% fairly active (30-149 mins)  
18.8% inactive (less than 30 mins)

## Wellbeing of people in Winchester:

Happiness 7.7 / 10  
Life satisfaction 7.9 / 10  
Feeling worthwhile 8.0 / 10  
Anxiety 2.7 / 10

(Source ONS Annual Population Survey)

## Difference in life expectancy between the most and least deprived areas:

5.8 years lower for men  
6.4 years lower for women

Over **18,000**  
children and adults take part in the Winchester and Whiteley junior and adult parkrun events.



**500,000**  
visits every year to River Park Leisure Centre

## The Active Lifestyles Scheme

offers **9** health walks across the district with over

**800** registered walkers



# DIFFERING COMMUNITIES

## City

Established neighbourhoods

Generally prosperous but pockets of relative deprivation

What is 'the community'?

## Market towns

Strong community spirit

Is development changing the nature of the towns?

Proactive parish/town councils

## Rural (Inc. SDNP)

Strong community spirit

People know each other look out for each other

Poor access to services

## Major developments

Limited social networks

Facilities and services not yet established

Indistinct community 'identity'

Need to integrate with established neighbourhoods

# CURRENT WORK

## Community

- Funding and support to ensure a strong, vibrant community / voluntary sector
- Support / protect key community assets and infrastructure
- Secure new community infrastructure through the planning system
- Focussed community development work in new communities
- Sustain community associations / forums in city neighbourhoods
- Community voice expressed through community-led planning
- Community Governance Reviews
- Opportunities for community influence on Council projects and services

# PROPOSED NEW AREAS OF WORK

## Community

- Develop an improved dialogue and more collaborative relationship with parish/town councils
- Sustained programme of community engagement on climate emergency
- Increase community resilience to respond / react to change and major or unexpected incidents
- Facilitate collaboration between key stakeholders in the city and in the market towns
- Support elected members to provide local leadership and be a catalyst for change within their communities

# CURRENT WORK

## Wellbeing

- Provide and support sports and leisure facilities with programmes of activity to encourage wide participation
- Targeted interventions for people with at risk of poor health or with long-term health conditions
- Maximise participation through funding and support to ensure strong, vibrant clubs, providers and facilities
- Funding and support for services that tackle inequalities and support the most vulnerable in our society
- Support and encourage participation in a wide range of cultural and arts events activities
- Promote and encourage walking and cycling to improve health and as active travel options

# OTHER CONTRIBUTORS

## Wellbeing

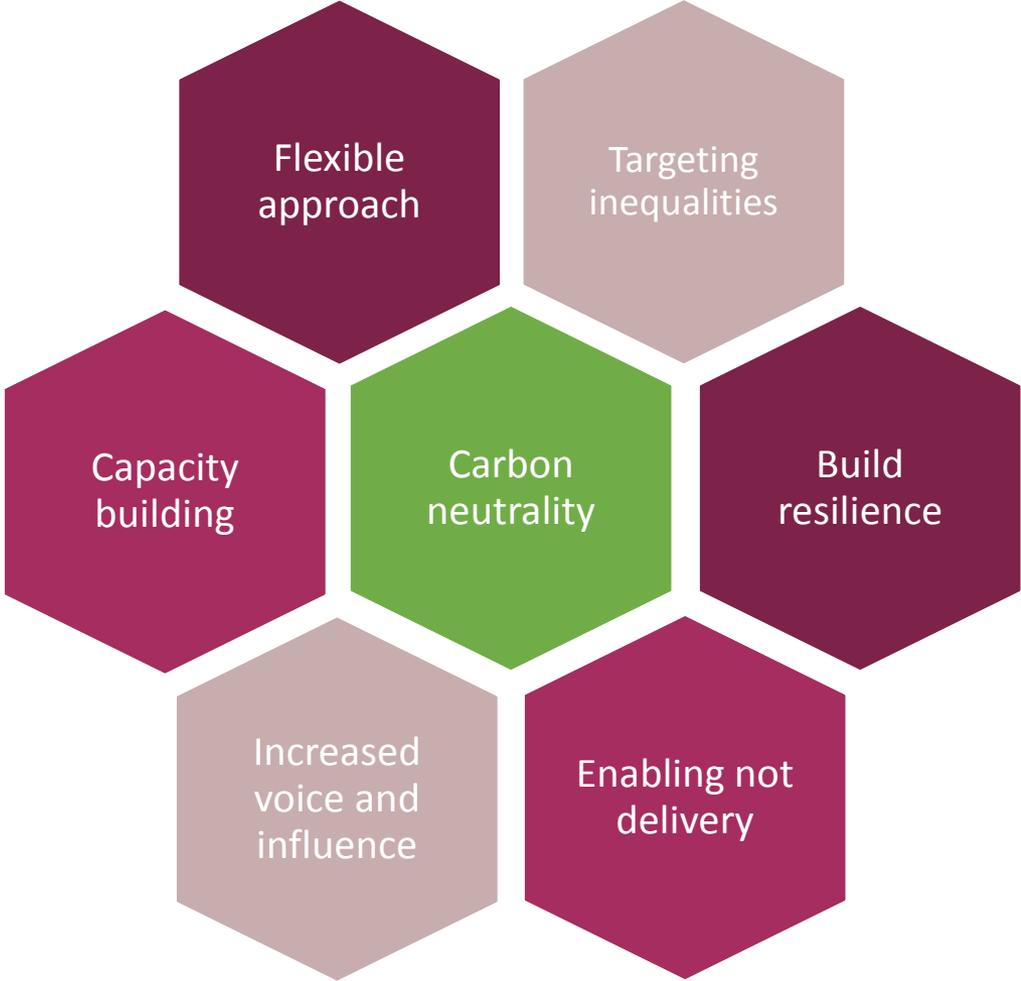
- Air quality
- Accessible, high quality parks and open spaces
- High quality public realm
- Access to suitable housing, particularly for vulnerable and disadvantaged households
- Health in the workplace

# PROPOSED NEW AREAS OF WORK

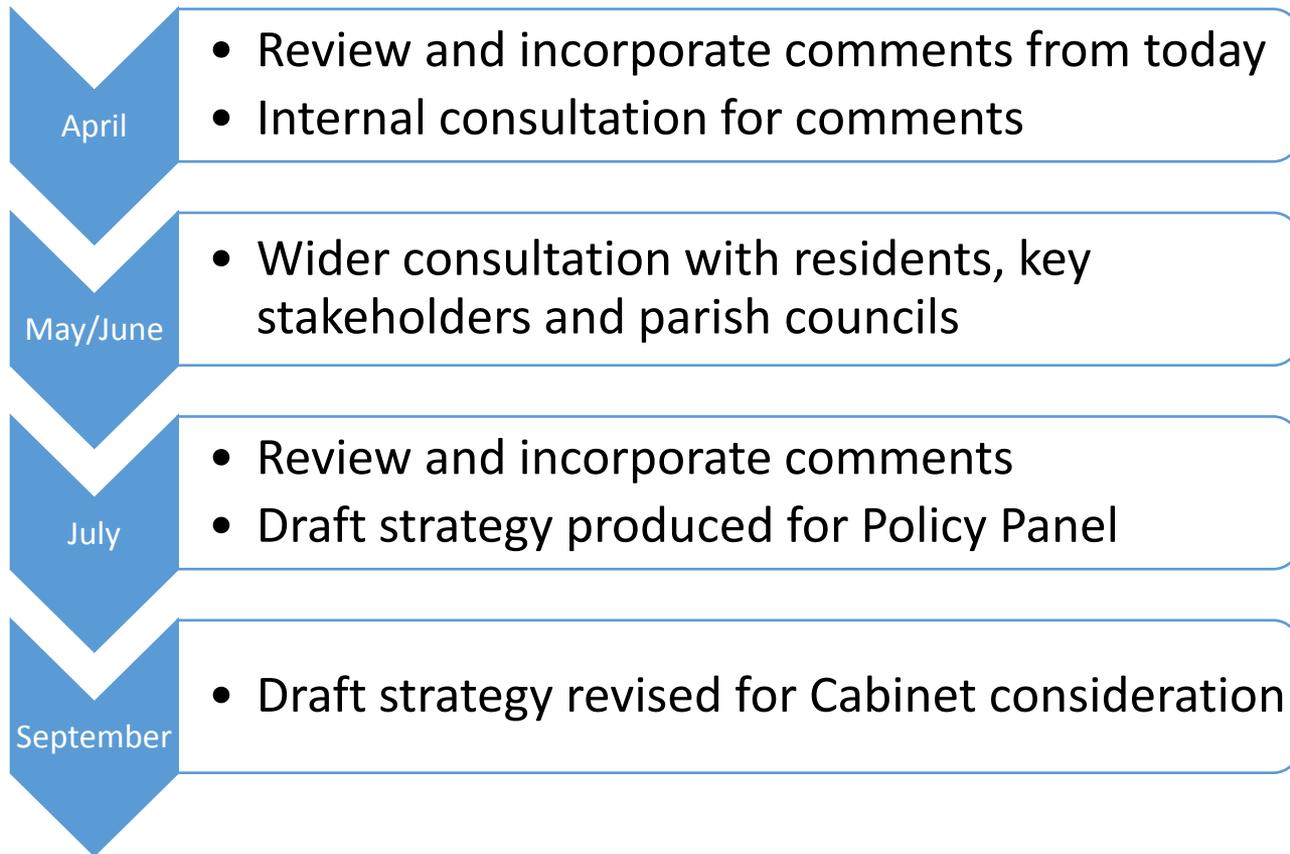
## Wellbeing

- Increase participation in sport and physical activity at the new leisure centre
- Work with schools to establish healthy behaviours early in life
- Promote and encourage active play
- Establish arrangements for collaboration and closer working with Primary Care Networks and other key stakeholders locally across the health and wellbeing sector

# OUR PRINCIPLES



# TIMETABLE



# Questions