

11. **PEAK DISTRICT NATIONAL PARK: NATIONAL PARKS SUPPORTING HEALTH AND WELLBEING FOR ALL (SW)**

1. **Purpose of the report**

To report back on the work of the National Park England's task and finish group (now called the Health and Wellbeing strategic steering group), and the supporting work of the National Parks Health Leads. To brief members on the work currently happening and planned in the PDNP

Key Issues

- To advise on how the Peak District National Park can support the implementation and delivery of the three themes of ; prevent, restore, excel
- To consider how the Peak District National Park can support this work in future

2. **Recommendations(s)**

1. **To confirm support for the universal offer and action plan around prevent, restore, excel and the PDNP following this template to focus health and wellbeing actions**
2. **To support further national advocacy through NPE including aligning with the NHS 10- year plan- map three-point offer against 10-year outcomes, and refreshing the accord with PHE;**
3. **To consider what the next steps for members might be to build and develop support for health and wellbeing work in the PDNP**

How does this contribute to our policies and legal obligations?

3. For the National context see section 2 in appendix 1 This includes links to Landscape Review, NHS 10 year Plan, and DEFRA 25 Year Environment Plan

The [Landscapes review](#) calls for renewed zeal for National Parks and puts health at the centre of its thinking on 'landscapes for everyone'. It states:

National Parks were created in part to provide a healing space, both mentally and physically, for the many who had given so much to protect our country during the Second World War. They were meant for everybody.

There is a specific proposal that refers to health and wellbeing:

Proposal 10: Landscapes that cater for and improve the nation's health and wellbeing

It calls for:

- A new role for our national landscapes in helping the health of our nation, working with the NHS.
- Leadership- for us to be at the heart of this developing field, locally and nationally
- National conversations and relationships to be established with the Department for Health and Social Care, Public Health England and NHS England
- Establish strong relationships with local public health teams, clinical commissioning groups and social care.
- Our offer to be embedded in relevant strategies, policies and guidelines.

The review also mentions health and wellbeing in suggested revisions of the National

Park purposes. Whilst these have not yet been responded to by Government, it is useful to note the reference to natural capital and prominence of connecting all parts of society to support health and wellbeing as an indication of the panel's thinking on the future role of protected landscapes.

4. This work helps us to meet our corporate objective outcome 'A National Park loved and supported by diverse audiences', especially KPI's 11, 13 and 15.
5. The work also supports the National Park Management Plan , area of Impact 4: A National Park for Everyone

Proposals

6. National Park England's Health and Wellbeing strategic steering group suggested the 3x3 action plan outlined below and this was approved by the NPE Board, NPO's and Chairs at the meeting in November 2019. The Health and Wellbeing strategic steering group and the National Parks lead officers group are now working on developing these ideas and the responsibilities of the groups to lead and support work nationally and in individual national parks. In the PDNP we are working to map our current work with this plan and consider future actions we can resource to take this further. The data we now have to support the Diverse Audience work for our corporate strategy will help inform our priorities for the plan.

Below are extracted details of the 3x3 plan supported by NPE Board so the frame work of current actions can be understood in this context.

Appendix 2 shows the work the PDNP is currently doing and plan to do that supports this plan. This work is forming part of the Audience plan that is being developed, based on data collated to support the Corporate objective outcome 'A National Park loved and supported by all'.

Drawing on our national and local experience we believe National Parks can provide profound inspirational experiences that can have a major impact on health and wellbeing. We have a good suite of projects and partnerships and can demonstrate influence nationally and locally especially through our partnership with PHE. However, we can build on our holistic offer for people, place and purpose to have greater impact. We now need to present this in a clear, compelling and legible way, so that we can scale our activity to meet the ambition of emerging policy. In our submission to the Landscapes Review we essentially identified the opportunity for 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 the Task and Finish Group is suggesting three actions to further our collective work on health and wellbeing. It is this '3x3' action plan that we propose forms the basis of our offer working together as a family of protected landscapes.

Our offer and action plan

1. Prevent

What we want:

Protected landscapes are recognised by the health sector as places to develop personal resilience and nurture good health and wellbeing.

How do we propose to do it?

- 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)

2. Restore

What we want:

Significant social prescribing activity taking place in and around protected landscapes.

How do we propose to do it?

- 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.

3. Excel

What we want:

National Parks are recognised as delivering and inspiring excellence in natural health solutions

How do we propose to do it?

- 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 (see Annex III).

Are there any corporate implications members should be concerned about?

Financial:

7. Mapping work as part of the audience development plan will establish the resource available to support this area of work.

Risk Management:

8. None

Sustainability:

9. None

10. **Equality:**

None

11. **Background papers (not previously published)**

None

12. **Appendices**

Appendix 1: NATIONAL PARKS SUPPORTING HEALTH AND WELLBEING – Report from the task and finish group

Appendix 2: PDNP Current activity and Actions to support Health and Wellbeing 3x3 plan

Report Author, Job Title and Publication Date

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