

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

| | Current Activity | Future Planned Activity |
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| 1. Prevent Protected landscapes are recognised by the health sector as places to develop personal resilience and nurture good health and wellbeing. | | |
| Prevent 1- Advocacy - communicating our unique national offer to health professionals and third sector partners; develop an advocacy strategy | <p>Good contacts with local Directors of Public Health and their teams. DCC, Oldham and Kirkless</p> <p>Active members of Derbyshire Dales and High Peak Locality partnerships, including walking for health programmes</p> <p>Well respected in leading health walks and funded by locality partnerships.</p> <p>Initial meetings with social prescribing workers held – DCC and Staffs</p> | <p>Development of existing partnerships with PH teams.</p> <p>Establish new partnerships with other Authority Public Health teams</p> <p>Establish links with NHS networks</p> <p>Sharing of any National initiatives</p> <p>Develop links with local social prescribing networks</p> <p>Share 3x3 plan with members and seek support</p> |
| Prevent 2- Signposting activities and opportunities available in National Parks e.g. developing and presenting an online resource of the opportunities available to users | <p>Natural health web page that promotes wider offer including, cycle hire , trails, Miles without stiles routes and guided walks programme :</p> <p>https://www.peakdistrict.gov.uk/visiting/naturalhealthservice</p> <p>Walking for Health network to promote health walks and Dementia friendly walks.</p> <p>Annual programme of Health and Dementia walks, In 2019/20 34 walks delivered to 620 participants.</p> | <p>To ensure this is shared widely with PHE and NHS contacts, through networks (see advocacy above)</p> <p>Develop clear ‘first steps’ information for self-prescribers including links to Miles Without Stiles routes</p> <p>Map current activities to public transport and advertise these</p> <p>Working with Oldham (young people) and Kirkless(diverse audiences) PHE teams on projects to develop health and wellbeing offer and access to key target audiences</p> |
| Prevent 3- Supporting skills and driving standards and continuous | Training with PHE knowledge and intelligence colleagues on use of PHE data. | Working with PHE regions to develop Northern Parks Group(based on |

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| learning- developing a programme for staff in NPAs and with key partners e.g. PHE / Local Authority / Clinical Commissioning Groups (CCGs) | Staff trained in mental Health First Aid (and Mental Health First aid for young people) | Southern Parks Group) Map specific initiatives around local health issues e.g. Dementia, obesity, rural isolation |
| | Current Activity | Future Planned Activity |
| 2.Restore Significant social prescribing activity taking place in and around protected landscapes. | | |
| Restore 1- Connect to link workers in and around National Parks to ensure our offer is visible and taken up | Link workers in Derbyshire in process of being recruited. Early meetings have been requested. | Contact other social prescribing link workers as they are recruited in other areas |
| Prevent 2- Signposting activities and opportunities available in National Parks e.g. developing and presenting an online resource of the opportunities available to users | Natural health web page: https://www.peakdistrict.gov.uk/visiting/naturalhealthservice Case studies of successful projects | Actively seeking to develop networking opportunities with local social prescribing link workers as they are in post. |
| 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) | PDNP staff training in mental Health First aid PDNP staff and volunteers trained as health walk leaders – 32 leaders PDNP staff trained as trainers to deliver health walk leader training – 3 staff 16 staff and volunteers attended dementia friends training 16 staff and volunteers attended ½ day Alzheimer’s understanding dementia course. | As National evaluation framework is developed ensure this is built in to work in this area Develop local network to support best practice in green social prescribing Continue programme of training for PDNP Staff. |
| 3.Excel National Parks are recognised as delivering and inspiring excellence in natural health solutions | | |

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| Excel 1- Initiate a new national partnership between the NHS and National Parks England and refresh the existing accord with PHE. | National lead. Regional actions TBC Focusing on a possible refresh of the PHE/National Parks Accord and links to the NHS 10 year plan | |
| Excel 2- Develop the regional partnership structure to enable Protected Landscape / PHE clusters to share best practice and develop joint programmes | Delivered workshop with PHE regions and local PHE staff in 2018 Case studies of best practice written and shared with partners | Working to develop Norther Parks Hub to work with PHE region Look to build local network to support best practice of green social prescribing and Outdoor mental health interventions |
| 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). | Worked with the University of Derby Nature Connections unit on evaluation for Play Wild Project | Look for links with local Academic Institutions to develop joint working and support of research and evaluation |