

September 2015

Councillor James Binns

The New Forest Health and Wellbeing Partnership Board are currently refreshing the New Forest health and wellbeing action plan. Priority areas continue to be Starting Well, Living Well, Ageing Well and healthy communities.

Discussions are taking place to establish alternative funding sources for the New Forest reminiscence groups. These groups were set up using a one off Hampshire County Council public grant which has since ceased. We are working with our partners to ensure that these continue across the District.

A new Men's Community Cooking course will commence on Wednesday 4th November for 6 weeks from 5-7pm at the Totton Christian Centre. Those attending come from all across the Waterside, with several from our own Parish.

A New Forest Healthy Weight Local Implementation group has been set up to develop an understanding of local need within the New Forest and is being used to inform local priorities and, where appropriate, the targeting of resources. The group will also map and promote local services and resources across the District.

A multi-agency group looking at children and young peoples' emotional wellbeing, as well as mental health, has been set up and continues to develop its action which identifies how gaps can be addressed by members of the group and our wider partners. The group has identified that there is a lack of mental health support and provision at the lower levels of intervention and that the New Forest has higher than national average rates of hospital admissions for young people who self-harm and under 18s who drink alcohol excessively.

NFDC Public Health has recently been offered an exciting opportunity by the Oxford Mindfulness Centre which is part of Oxford University Psychiatry Department for New Forest Secondary Schools. Schools will take part in their mindfulness and resilience in adolescence (myRIAD) research project. Mindfulness is a way of training our mind to pay attention to experience as it happens, rather than worrying about the past or what might happen in the future. This project will work in tandem with our work in the Wellbeing Board.

An event called 'Fit Fest' will be taking place on 16th October at Brockenhurst College for World Mental Health Day. The event is a multi-agency project which will provide a range of workshops, activities and market stalls aimed at normalising and destigmatising mental health services, as well as demystifying child and adolescent mental health services. Schools from the Parish are being encouraged to send pupils. The intention is to promote young people's understanding in order to increase their sense of responsibility for their health and wellbeing in all aspects.

Applemore Health and Leisure centre has seen a significant usage rise since the refurbishment. Customer reaction has been extremely positive, with membership up 10.4% and casual swimming income up 7%.

Visits to the leisure centre continue to increase and more widely across the age spectrum, the District consistently scores highly in Sports England's Active People Survey with 41.7% of those 14 years and over participating at least once a week. It's encouraging that this is driven by numbers rising in the younger age groups.