

## Appendix 4

### Health and Wellbeing (refer to 3.2 of the Open Spaces Strategy)

No.	Policy	What we have done...	Next Steps	Lead	Time frame
a)	<b>Brighton and Hove's open spaces and the wider Biosphere Reserve to be recognised as integral to the city's approach to promoting health and wellbeing and reducing health inequalities. EQ</b>	<ul style="list-style-type: none"> <li>a) Met with the Health Lifestyle Service to develop plans for referral and monitoring of people getting physically active in parks and open spaces</li> <li>b) Attend Take Part Festival to promote physical activities in parks and open spaces</li> </ul>	c) Work with the Healthy Lifestyles service to promote physical activities being held in parks – funding banner and flags to raise awareness of when and where events are being delivered.	Public Health	<p>October to Apr 2018</p> <p>June 2018 then annually</p>
No.	Action	What we have done...	Next Steps	Lead	Time frame
1.	<b>Work with Public Health and the Clinical Commissioning Group to explore making volunteer activities in open spaces more accessible to patients and general public via the 'social prescribing' programme and council website. EQ</b>	See also volunteering.	<ul style="list-style-type: none"> <li>a) See also volunteering - Pilot a scheme in which General Practitioners referring suitable people to work with groups delivering health benefits in parks. Development work with Public Health.</li> <li>b) Work with Public Health to develop data collection and referral systems to measure outcomes and enable reporting.</li> </ul>	<p>Public Health</p> <p>Public Health</p>	<p>October – April 2023</p> <p>October – April 2018</p>

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2.	<b>Explore ways to work closer and develop projects with private, public and third sector organisations to tackle health issues in the city. EQ</b>	Meeting with SDNPA and Public Health England. Meeting with Healthy Weight Steering Group.	a) Development of Stanmer Estate with Plumpton and South Downs National Park to increase awareness of gateway to Downs. Proposed events to bring new visitors to the Downs.	Cityparks	2020
3)	<b>Increase accessibility of parks and open spaces to all social and vulnerable groups e.g. through initiatives such as Take Part and Health Walks. EQ</b>	'Take Part' event held at the Level by the public health team and other groups. Health walks ongoing. The impact of these programmes on vulnerable groups to be determined by the public health team.	Periodic and specialist events such as 'Take Part' to be continued when feasible.	Public Health	Ongoing