

ALTON TOWN COUNCIL HEALTH & WELLBEING STRATEGY

UPDATED JANUARY 2021

Working together to build a stronger community

Covid-19

This document was originally prepared at the beginning of 2020 before the coronavirus outbreak and the first lockdown in March. The impact of the pandemic on the health and wellbeing agenda is both profound and long lasting; it has affected our entire community to such a degree that will take many years to fully appreciate and address. The focus of the original strategy was to address inequalities in our community by promoting good mental and physical health, highlighting areas where improvements can be made and recognising areas of concern particularly focusing on hard-to-reach groups who may be more prone to experiencing loneliness and social isolation which result in physical as well as mental ill health.

Coronavirus has immeasurably altered this landscape. The psychological impact of living through the pandemic and the fear of the virus itself in these uncertain times has resulted in increased levels of stress and worry, affecting all sectors and demographics in our community. The significant changes in our daily lives including home working and home schooling, furloughing and redundancy, restriction of movement and the loss of day-to-day interaction and contact with friends, family and colleagues must have a long-lasting impact. The Centre for Mental health has stated that Covid-19 could widen mental health inequalities for a generation¹

This document has therefore been updated to reflect the impact, as far as we know, of covid-19 on the mental and physical health and wellbeing of our community.

The document must also acknowledge though, that at a local level, the pandemic has also brought with it a new wave of community spirit and an accelerated progression of some of the aspirations of the original strategy. From people committing to volunteering, supporting those self-isolating, shopping and delivering essential supplies, to businesses providing free meals to NHS staff and keyworkers and working in partnership with other businesses to adapt their businesses to reflect the needs of the community, there are many examples of local people who have pulled together to support each other. Hard to reach individuals have been identified, new community groups have formed and thrived, physical exercise has increased with our public open spaces being busier than ever with people taking their daily exercise and walking and cycling groups have seen increased membership. People have stayed local and taken the time to appreciate the environment on their doorstep. Home working has enabled people to step outside and pop into town at lunchtime and families have reconnected through spending more time together at home. The motto "we are all in this together" has never been more relevant.

Background

So why are we interested in Health and Wellbeing? By way or definition, good health and well-being combines physical, social, intellectual and emotional factors which result in the achievement and maintenance of physical fitness and mental stability, which is of benefit to the individual and in turn advantageous for our communities and society as a whole.

It has been well publicised that prior to the pandemic more than 20% of visits to local GPs are for non-medical reasons, putting an enormous strain on our National Health Service, highlighting that communities need to do more to help each other and help ourselves to be more active, more integrated, sociable and more connected to our neighbours. In 2021 there is still an enormous strain on our NHS but now this is as a direct result of the pandemic, which has meant that whilst all the non-medical reasons for going to the GP have not gone away, the connection to those people has and the need for the local community to intervene and assist is more necessary than ever.

¹ <https://www.centreformentalhealth.org.uk/news/covid-19-could-widen-mental-health-inequalities-generation-says-centre-mental-health-report>

Loneliness, social isolation and obesity are thought to be the three biggest threats to public health. Loneliness, it is estimated, poses a greater threat to health than obesity, and its life-shortening effects are comparable to smoking 15 cigarettes a day. More than just a medical issue, social, environmental and economic factors all play a part and contribute to health inequalities. Social isolation and loneliness, stress, discrimination, trauma and neglect, being a carer or living in poverty, play a contributing role in many physical and mental health conditions as do lifestyle factors like diet and exercise, smoking, drinking or drug use.²

Many of these lifestyle factors have been negatively impacted with the periods of lockdown over the last year. Whilst obesity is cited as one of the most important public health challenges, the long-term impact of the widely reported increase in drinking to relieve mental stress has to be a consideration.

Improving health and wellbeing is not a new concept for the local government sector, although much of what has historically been undertaken by town and parish councils has been very traditional in its approach; promoting allotments, providing play spaces, proving grants to local groups and organising community events. Today though, under the relatively new umbrella term of social prescribing, councils are taking a more targeted and personalised approach to help address health issues through non-medical support that complements conventional health treatments like medication, aiming to reduce appointments at local surgeries and create more cohesive, resilient and strong communities.

Loneliness

Two years ago the Government launched its first-ever loneliness strategy. Loneliness can have an impact on mental and physical health and wellbeing, as well as in the way that people engage and interact with wider services and the local community. It is therefore essential that local residents come together to shape better-connected communities and neighbourhoods. However, whilst it can have a profound effect on health and social care services it is often difficult to identify. People can be surrounded by other people, yet still feel lonely. Loneliness should not be confused with social isolation. Loneliness is a subjective feeling about the gap between a person's desired levels of social contact and their actual level of social contact. It refers to the perceived quality of the person's relationships. Loneliness is never desired and lessening these feelings can take a long time.

Local councils can make a difference in connecting the local community and encouraging residents to look out for their neighbours and befriending, playing a vital role in identifying people who are lonely and helping to raise awareness and signpost to support. As a Town Council, we can:

- Make Connections – find ways to reach and understand the needs of those experiencing loneliness
- Make a Difference – provide services that directly improve the number and quality of relationships that people have
- Linking Up – give support such as transport and through technology to help sustain connections
- Create the Right Environment – creating the right structures and conditions locally to support those affected by, or at risk of, loneliness.³

Dementia

“A city, town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community, people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day-to-day lives”. The Alzheimer's Society

Local Councils can encourage their towns to become dementia-friendly communities to challenging stigma and build awareness of dementia, ensuring that activities include people with dementia and that shops, businesses and services respond to the needs of customers with dementia. Alton is a “Dementia Friendly” town.

Mental Health

² Connecting communities and healthcare: Making social prescribing work for everyone

³ https://www.nalc.gov.uk/news/entry/1325-nalc-and-lga-launch-new-guide-to-tackle-loneliness?utm_source=Members&utm_campaign=099a9ca23f-EMAIL_CAMPAIGN_2018_07_26_02_43_COPY_01&utm_medium=email&utm_term=0_206970988f-099a9ca23f-323645669&mc_cid=099a9ca23f&mc_eid=9b1a014056

According to Mind, the mental health charity, (pre-pandemic) every year one in four of us will experience a mental health problem, while mental illness affects one-in-ten children. Mental health issues can be devastating to our communities and link to other issues such as loneliness.

According to NHS England, improved mental health and wellbeing is associated with a range of better outcomes for people of all ages and backgrounds, including:

- Improved physical health and life expectancy
- Better educational achievement
- Increased skills
- Reduced health risk behaviours such as smoking and alcohol misuse
- Reduced risk of mental health problems and suicide
- Improved employment rates and productivity
- Reduced anti-social behaviour and criminality
- Higher levels of social interaction and participation

Local councils can play a role in the solution in caring for the mental health of their communities and residents as well as their own staff.

Covid-19 has hugely impacted mental health. Public Health England launched Every Mind Matters back in April 2020, with data showing that 4 out of 5 adults were worried about the effect that coronavirus is having on their lives. <https://www.nhs.uk/oneyou/every-mind-matters/> Managing anxiety levels is crucial in attaining the range of better outcomes listed above.

Crohn's and Colitis

According to Crohn's and Colitis UK, Crohn's disease and Ulcerative Colitis are the two main forms of inflammatory Bowel Disease affecting more than 300,000 people in the UK. As a hidden disease, Crohn's, Colitis and incontinence can isolate people into their homes out of fear and embarrassment.

The National Association of Local Councils (NALC) has been lobbying Parliament to introduce The Public Lavatories Bill so that residents can have better access to toilets in their communities. The bill sets out the need for easy access to toilets. NALC believes that toilets which are in publicly owned buildings should not pay business rates and that easier access to toilets will help people who need increased access to feel more comfortable venturing out in public. Councils are encouraged to promote the "Flush" mobile phone application.

Social Isolation

This is a lack of social contact whereby residents are physically cut off from normal social networks, which can be triggered by factors such as loss of mobility, unemployment, or health issues.⁴ People can be isolated (alone) yet not feel lonely. Social isolation is an objective measure of the number of contacts that people have. It is about the quantity and not quality of relationships. When people feel socially isolated, this can be overcome relatively quickly by increasing the number of people they are in contact with.

Local Councils can reduce social isolation through provision of activities and projects which bring people together, encouraging community cohesion through local events or establishing community transport schemes in areas where good access to public transport is lacking.

In 2021 this is more challenging than ever; with "social distancing" ever present social isolation has the ability to increase exponentially. For local councils this means being creative with the design of projects, activities and events which encourage people out into the community with confidence but in a covid safe environment. It means developing the use technology to connect people virtually and advocating that at a local street by street level, residents have a heightened awareness of those who are self-isolating, shielding or vulnerable.

Obesity

Obesity is one of the most important public health challenges facing society. Being overweight or obese increases the risk of life-threatening disease, and its costs extend far beyond the public sector, affecting individuals, families, communities, the economy and society as a whole.⁵ When children and youth are bullied or victimised because of

⁴ <https://www.ageuk.org.uk/our-impact/policy-research/loneliness-research-and-resources/loneliness-isolation-understanding-the-difference-why-it-matters/>

⁵ <http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/news/news/2017/10/world-obesity-day-understanding-the-social-consequences-of-obesity>

their weight by peers, family and friends, it can trigger feelings of shame and lead to depression, social isolation, low self-esteem, poor body image and even suicide. *Research by the University of East Anglia (UEA) has shown that during the first lockdown, younger people, women and those who are overweight were more likely to have adopted unhealthy lifestyle choices, which included eating less fruit and vegetables, exercising less and drinking more.*

Local Councils can help to create communities that support and promote a physically active lifestyle and a healthy diet, through the promotion of local schemes, provision of good quality public open spaces, allotments and supporting local groups, clubs and organisations that encourage healthy eating and the benefits of physical exercise.

The Local Picture in Alton

It is very likely that many residents already do lots of things that boost their own Health and Wellbeing already, without labelling it as such. WOW or Ways to Wellbeing, a concept created by Happy City for Bristol City Council Public Health ⁶ advocates five ways to make the most of opportunities to improve health and wellbeing.

Just noticing what you're already doing and making the most of chances to grab a few more of those little WOW moments can really make a difference to mental and physical health overall. The Five Ways to Wellbeing are:

Connect. People need people. Friends, family, neighbours, strangers. Connecting with other people is the biggest key to more happiness.

Learn. Try something new, talk to a stranger, take a different route. Learning broadens your mind and enriches your life

Active. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good inside and out.

Notice. Look around, what can you celebrate? Notice the good stuff, even tiny things. Take a breath, feel lucky for a moment.

Give. A hand, your time, a call to a friend, a smile to a stranger. Giving makes us happier and it's infectious. So when everyone's doing it, we get given more too!

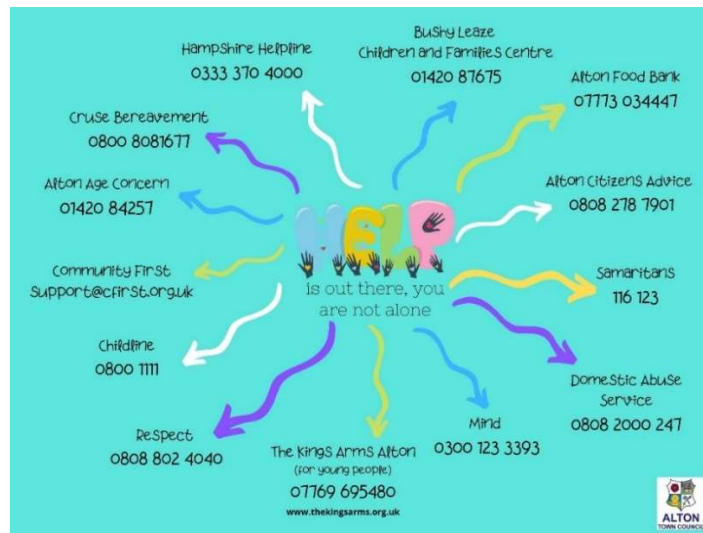
Alton Town Council

Alton Town Council is keen to promote the values of the Five Ways to Wellbeing. The key message being that it is not necessarily about running marathons, eating a strict diet or volunteering full time to help others; it is about doing what you can when you can and taking a little bit of time to look after yourself, your neighbour and your community, making positive choices to improve your health and wellbeing.

The Town Council is an active member of the **Alton Health and Wellbeing Partnership Forum** run by Community First, North Hampshire CCG and East Hampshire District Council. This forum brings together stakeholders from across the sector to consider best practice, share ideas and bring forward new projects. It is clear from this partnership that there is a wealth of activities and opportunities available within the Town and as a Town Council, one of the most productive things we can do is to promote access and awareness of these opportunities to those who could benefit to the wide range of services available in Alton. From Men's Shed to Knitter Natters, Gardening Clubs to Sports Clubs, there are literally hundreds of groups across Town who can help us all improve our health and wellbeing at every age and through every sector of our community.

To help with this the Town Council has created an online resource hub, access through the website www.alton.gov.uk providing information and for the last 9 months has produced a weekly version of the Altonian to provide up to date information on services and support available to local people. The Town Council has also worked on the formation of a Community Coordination Group for Alton, which brings to together local support services connected to Health and Wellbeing to ensure clear dissemination of information and networking between organisations to assist during the pandemic. The Town Council also provides free to access Wi-Fi throughout the Town Centre to enable visitors and residents to access the internet and useful mobile phone apps such as Refill Alton and Flush.

⁶ http://www.happycity.org.uk/wp-content/uploads/2016/12/WOW_A7-FINAL.pdf



The Town Council has, traditionally, given direct financial support or provision of premises to a number of local organisations involved in health and wellbeing in our community. Currently, groups benefiting include the **King's Arms, Alton Community Association, Wey Valley Radio, Citizens Advice, Bushy Leaze, Home Start Hampshire, Alton Foodbank** and the **Alton Climate Action and Network**.

2020 saw the creation of the **Alton and District Community Resilience Fund** which has provided support to a number of families in need of emergency assistance during the pandemic. The fund received over £20,000 in donations from various local groups and individuals and a panel of local volunteers meet at short notice to consider applications from individuals and families for goods and services, so solutions can be provided as soon as possible.

The Town Council also currently promotes good health and wellbeing in the following ways:

Neighbourhood plan

Alton produced its first Neighbourhood Plan in 2016. This document enabled the council to play a more active role in shaping the community to make sure that there are places for residents to meet in their community, ensure that the community is supporting an active lifestyle for residents by encouraging walking and cycling and by supporting local services and public transport. The plan also promotes the development and protection of public open spaces and encourages residents to eat healthily by providing allotments. The plan also advocates the development of a range of homes and neighbourhoods that meet the needs of all people, including the elderly and disabled.

Allotments

Allotments promote a healthy lifestyle by encouraging people to be outside, moving and being active and producing their own food to promote a healthy diet. The town has 5 allotment sites and an active Alton Allotment Association promoting the benefits of "growing your own" for both physical and mental health. The allotment sites are also a hub of social activity, bringing like-minded people together through a shared love of gardening and growing.

Play Areas and Trim Trails

Public play areas are located at Treloar Heights, Greenfields, Barley Fields, Holybourne, Anstey Park and the Public Gardens. Play areas encourage young people, from an early age, to engage in physical activity in creative ways and socially interact with other park users. The Council has also introduced a trim trail to Anstey Park. These promote a healthy lifestyle for residents through keeping fit and being in green spaces and encourages more people to attend the park.

Leisure Centre

The new Alton Leisure Centre was officially opened in January 2020. Centres such as this are a positive way to encourage a healthy lifestyle for residents, allowing people to socialise as well as enjoy sports together. Leisure centres also bring people together of all ages and encourage community spirit.

Open Spaces

Alton Town Council owns and manages over 75 hectares of parks, sports pitches and informal green spaces within the town. Residents are encouraged to utilise these spaces for recreational purposes. Strategically located benches allow people to stop and rest and some sites have seasonal pitch markings and goals for athletics, football, rugby and rounders. The multi-use games area at Anstey Park is a flood lit facility open all year round for football, basketball, netball and tennis and is free to use. A number of "Friends" groups have been set up on informal open spaces for residents to help with ecology and conservation works with like-minded people working in small sociable groups.

Planting hedges and trees

The health and lifestyle benefits of having access to trees and green spaces are well written about, Trees are known for their calming benefits and their ability to improve air quality. Alton Town Council took part in National Tree Day in November in 2019 planting new trees near Will Hall Farm and worked with Alton WI in November 2020 to install 120 trees at Windmill Hill. Through the Council's climate change strategy we will continue to implement further planting over the coming months and years.



Socially safe seating areas

Installed in June 2020 the Town Council created a pedestrian zone in Market Square, populated with a number of large picnic benches, complete with parasols to enable people to meet outside in the fresh air in a socially distanced space. Picnic benches have also been installed on the lawn at the Assembly Rooms. An open sided marquee was erected over the summer in the Public Gardens to give people an open air space in which to meet but with protection from the elements and there are plans to install further seating in this area in 2021.

Skate parks

The new state of the art skate park at Jubilee Fields is due to opened in late spring 2020. Alongside the existing park at Anstey Park, the facility is a great initiative to encourage younger generations to be outside partaking in social and healthy activity, either skateboarding, BMXing or Scootering and is low in cost to the council. As an Olympic sport in Tokyo 2021, this is a great time to promote the sport and encourage new participants.

Public Toilets

The Town Council maintains public facilities at Anstey Park, with EHDC providing facilities in the Town Centre. The Town Council is keen to consider reviving a community toilet scheme, whereby local businesses allow visitors to use their facilities in exchange for a small allowance, saving the capital cost of new facilities and making use of those already in place.

Public Transport

Transport is important to link residents to the town centre as well as to local healthcare and leisure facilities. It decreases the chance of isolation and loneliness amongst residents and provides a safe and easy way for people to meet each other. Alton Town Council continues to liaise with Stagecoach in respect of ensuring that there are commercial services serving the town. In addition, the Council will seek funding channels to develop a town wide community bus service to increase residents access to shops, hospitals, green spaces and a reliable way to meet their friends and family.

Walking and Cycling.

Alton Town Council in association with Walk Alton, the Ramblers and local volunteer walk leaders, run a very successful month-long walking festival each May. Designed to encourage both experienced ramblers as well as those new to walking to take part, with over 60 walks to choose from there is something for everyone from strollers to long distance walkers. The event encourages residents to come back and try other walks throughout the year. Alton is a Walkers are Welcome Town and is currently working with the South Downs National Park to develop walking and cycling infrastructure further. 2021 also sees the introduction of a Cycling Festival alongside the Walking Festival and working with the Enhance East Hampshire Programme on the development of the Local Cycling and Walking Infrastructure Plan during 2021

Active Alton

Working with a small group led by Dr Hugh Bethell, the Active Alton Directory and Social Media pages are designed to provide details to the public of a wide number of sports clubs, local groups and organisations involved in helping people gain and maintain an active lifestyle. A paper copy of the Directory was delayed due to Covid but an on-line version was launched last autumn at <https://altonevents.co.uk/active-alton/> funded through Town and District Council

grants. The Active Alton (Health and Wellbeing) Facebook Page will form a hub for local clubs to promote fixtures, courses and drop-in sessions, coaching opportunities and events.

Employment

The Council is a certified "Disability Confident Committed Employer" and as such, ensures its recruitment process is inclusive and accessible, anticipating and providing reasonable adjustments to new employees as required and supporting any existing employee who acquires a disability or long-term health condition, enabling them to stay in work. The Council is also looking to produce, implement and communicate a mental health at work plan in line with the recommendations in the "Thriving at Work" Stevenson /Farmer report⁷ produced in 201, including encouraging open conversations about mental health and support available and developing mental health first aiders.

Defibrillators,

The Council owns and maintains two Public Access Defibrillators, one in the Public Gardens, kindly donated by the Friendly Society and the other outside the Assembly Rooms, kindly donated by the Alton Lions. Other defibrillators have been installed by local organisations around the town and include one at the Community Centre, one in Anstey Park by the Football Club, one outside Sainsbury's and one at Amery Hill School. (List not exhaustive)

Events

The Town Council organises a wide range of events, all free to enter, to bring local residents together including Fun Fridays, Yuletide, Last Night of the Proms, Pancake Race, Walking Festival, Community Fair, Eco Fair and Classic Car Show. The Council also gives support to Regency Week, Victorian Cricket, Alton Flavour Fest, the Bus Rally and Santa Run.

The events programme was severely impacted in 2020 due to the pandemic and the Council has worked hard to re-imagine the calendar for the year to be socially distanced and covid safe. This involved running a number of small outdoor markets in the Public Gardens and Market Square to promote local businesses and charities, running a photography competition and exhibition which was displayed in windows of a number of local shops to form a trail and launching the MarmART Trail at Christmas, another outdoor walking trail around the town centre to accompany the Christmas lights and our illuminated Marmots.

Volunteering

Volunteering helps give people self-confidence and a sense of pride and identity; it brings purpose to people which has a positive impact on their health and wellbeing. Donating time and expertise is also good for other people and the community, which provides a natural sense of accomplishment. Alton is incredibly fortunate to have a huge commitment to volunteering, from coaching at Sports Clubs, to community bus drivers, from those who befriend others to those who use their skills to repair tools and equipment. Councillors lead by example, volunteering with a number of local groups to help engender a sense of community and pride.

2020 saw a huge number of local residents get involved with volunteering from setting up and running the Alton Covid-19 Mutual Aid Group, the creation of the Alton Community Share and the rapid progression and development of the Alton Community Cupboard, all of which have been incredibly successful and well supported.

Alton Town Council - Health and Wellbeing Strategy Vision.

The objectives of this strategy and the accompanying action plan are designed to enable the Council to pursue policies which will have a positive impact on the future health and wellbeing of the Town for its residents, visitors, businesses and staff. The vision objectives have been summarised as follows:

- 1) Alton Town Council will strive to ensure that all Altonians have the opportunity to participate in community life - empowering people to improve their own and their communities' health and wellbeing and seeking to influence decision makers in the adoption of policies which advocate improved health and wellbeing.
- 2) Alton Town Council will assist Altonians to be physically active, making sure they have opportunities to access recreational opportunities free at the point of use where possible, promoting a range of sports, events and activities
- 3) Alton Town Council will seek to promote opportunities for residents, schools and businesses to become involved with initiatives which will have a positive impact on health and wellbeing in our community both now and in the future and which engender a strong civic pride.

⁷ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/658145/thriving-at-work-stevenson-farmer-review.pdf

4) Alton Town Council will signpost to the existing network of health and wellbeing related organisations our community which offer support and volunteering opportunities.

5) Alton Town Council will seek to use its power of general competence to create creative solutions and shape provision to improve good health and increase social interaction

Key Target Influencers

In seeking to deliver the objectives of the strategy a number of key sector influencers have been identified who will be instrumental in shaping policy and decision making which will impact the viability and deliverability of the strategy.

East Hampshire District Council/Hampshire County Council Communities Teams

East Hampshire District Council Housing Team

Hampshire County Council Public Transport – improved community transport, increased car sharing. Local Transport Plans.

Stagecoach – increased frequency and number of services to allow people to connect to services and each other.

Developers – designing developments which lend themselves to social interaction, creating sociable spaces and places.

Abri – social housing provider in Alton, whose Community Investment Plan focuses on Ageing Well and reducing social isolation

The King's Arms – utilising their links directly to young people and their networking with local schools.

A31 Primary Care Network, Southern Health, Local PPGs

Alton Health and Wellbeing Forum – Networking between local organisations, GPs and medical services to update and inform on local schemes and opportunities.

Walk Alton and Cycle Alton – using their expertise to promote the physical and mental benefits of exercise.

Enhance East Hampshire Team (EHDC) – Improving community spaces and places to encourage engaged connected communities is a central theme of the placemaking agenda.

Local Shops and Business - Working to increase availability of public toilets, safe places, dementia friendly environments.

Challenges

In the delivery of the action plan items in the strategy a number of potential constraints need to be considered.

- The current restrictions imposed as a result of Covid-19 and the subsequent longer term impact on how we interact and come together going forward.
- Competing priorities. Time, money and lifestyles choices will impact the decisions individuals make in respect of their health and wellbeing.
- Finance. Further significant budget cuts at Hampshire County Council impacts service provision including delivery of adult and young person social care, in many areas cut to just the statutory minimum. This requires creative application to funding streams and use of General Power of Competence by the Town Council to fill this gap, in a time where the Town Council has also seen a drastic loss of income resulting from covid-19.
- Resourcing. Officers and councillors have considerable remits and capacity needs to be acknowledged when seeking to deliver such a wide-ranging strategy action plan without statutory authority.
- Public perception and stigma. Whilst the opportunities to improve mental and physical health and wellbeing are well intentioned and well meaning, the messages have to be pitched appropriately and carefully so as not offend. Language is key to engagement and needs to intended audience to feel empowered nor embarrassed.

Action Plan

The Action Plan to deliver the vision objectives are included as an appendix to this document.

Because action on Health and Wellbeing brings many co-benefits it is also important in addressing other areas of within our community including climate change and how we promote Alton as a sustainable attractive town both today and in the longer term. As such this strategy should be read alongside the Council's Climate Change Strategy and Promotions and Marketing Strategy.

Useful resources

<https://www.gov.uk/find-coronavirus-support>

https://www.kingsfund.org.uk/publications/creating-healthy-places?utm_source=twitter&utm_medium=social&utm_term=thekingsfund - Creating Healthy Places

<https://www.nalc.gov.uk/library/our-work/health/3035-reaching-out-supporting-principal-and-local-councils-to-tackle-loneliness/file> Reaching out A Guide to helping principal and local councils tackle loneliness

<https://populationwellbeingportal.e-lfh.org.uk/>

<https://www.neighbourhood-planning.co.uk/2019/09/health-wellbeing-heart-nplans.html> Putting Health & Wellbeing at the Heart of Neighbourhood Planning

<https://www.cfirst.org.uk/groups/help-for-groups/alton-health-and-wellbeing-partnership/> Health and Wellbeing Partnership for Alton

Frome Health and Wellbeing <https://www.frometowncouncil.gov.uk/your-community/health-and-wellbeing/health-wellbeing-strategy/>

The Walkie Talkies. <https://vimeo.com/246263009>

Incredible Edibles. <https://www.incredibleedible.org.uk/>