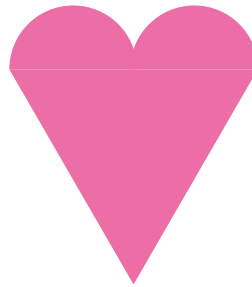


THE TOWN WITH HEALTH AT ITS HEART



WHITEHILL & BORDON
A HEALTHY NEW TOWN
2016-2020



WHITEHILL + BORDON
HEALTHY

AT A GLANCE

**SPRING INTO
HEALTH 2019**

1000+

PEOPLE TAKING
PART IN

100+

ACTIVITIES
OVER
9 DAYS

2

CAFÉ 1759

HEALTHY FOOD AND DRINK

COMMUNITY EVENTS

LOCAL INITIATIVES

**TACKLING
SOCIAL
ISOLATION**

CHRISTMAS CARDS

HAPPY TO TALK SCHEME

SUNDAY SOCIALS

PENPALS FOR ISOLATED
PEOPLE



PARKRUN

180 5KM RUNNERS
EVERY WEEK

70 2KM RUNNERS
(AGED 4-14)
EVERY WEEK

NEW LEISURE CENTRE

SIX-LANE 25M POOL

TEACHING POOL

80-STATION FITNESS SUITE

GROUP SPIN STUDIO

GROUP EXERCISE STUDIO

HEALTHIER KIDS

PARK AND STRIDE SCHEMES

HEALTHY EATING VISITORS
AT JUNIOR
AND PRIMARY SCHOOLS

BALANCE BIKE TRAINING
FOR KIDS AND SCOOTERS
FOR GROWN-UPS


HEALTHY COOKING AND
EATING COURSES AT
CAFÉ 1759

3

COUCH TO 5K

56
RUNNERS

5
TIMES
A WEEK

- 
- // The Healthy New Town programme has left **a real legacy** in Whitehill & Bordon.
 - // Residents are **thinking more about their health** and wellbeing – people enjoy being healthy and active!
 - // The global coronavirus pandemic has put our work in the community to the test and I'm proud to say that we've been able to support the town's most vulnerable people by working together.
 - // The initiatives that have been set up have been, and will continue to be, **a great success** and we look forward to introducing more in the future."

**COUNCILLOR RICHARD MILLARD
LEADER OF EAST HAMPSHIRE DISTRICT COUNCIL**

IN MARCH 2016, WHITEHILL & BORDON WAS SELECTED BY NHS ENGLAND AS ONE OF 10 HEALTHY NEW TOWN DEMONSTRATOR SITES ACROSS THE COUNTRY

NHS England launched the Healthy New Towns programme in 2015 to explore how towns could be designed to help people to lead healthy lives. The programme recognised that people's opportunities for health are influenced by the places and circumstances in which people live and work. Addressing the physical built environment and the social factors which shape communities could improve people's health.

10 demonstrator sites were selected from over 100 applicants and were supported to create programmes of interventions to drive forward healthy place-making to address the following objectives:

- ▶ Planning and designing a healthier built environment
- ▶ Enabling strong, connected communities
- ▶ Creating new ways of providing integrated health and care services

East Hampshire District Council (EHDC) worked with a wide range of public sector, private sector and voluntary organisations to provide lots of fantastic opportunities for local people of all ages to be active, eat healthily, improve their mental health, stay socially connected and get out and about in the town on foot or by bike.

This booklet highlights some of the successful initiatives which have been set up through the Whitehill & Bordon Healthy New Towns programme.



OUR APPROACH

East Hampshire District Council was very clear from the start that new development in Whitehill & Bordon should provide great opportunities for existing residents. We worked with local people and stakeholders to develop a vision for the programme.

THE VISION

A wide range of public sector, private sector and voluntary organisations working together to transform Whitehill & Bordon into a town where it is easy for people to be healthy, active and independent and have the care they need in the right place at the right time.

We brought together a wide range of partners and stakeholders (see page 8) to deliver **three workstreams**:



PEOPLE



Supporting families to live more active lifestyles
Supporting people to make healthy food choices
Supporting people to feel connected to their local community

PLACE



Providing the infrastructure to make it easy to walk and cycle around town
Providing opportunities to grow and buy healthy local food
Providing fantastic and accessible active open spaces

PROVISION



Ensuring that people receive the best care, close to home, when they need it

AN EVIDENCE BASED APPROACH

Hampshire County Council produced a Joint Strategic Needs Assessment which gave us a high-level view of which health issues we should focus on during the programme. We undertook further research to gather insight into the local conditions which could be affecting these health issues.

We commissioned Energise Me (and DJS Research) to look at the barriers to families being active in Whitehill & Bordon. We found that families felt that they had to travel out of town to be active. We took this to heart and worked with our partners to provide fantastic spaces where people can get active in town such as Hogmoor Inclosure and the new leisure centre which will be completed in Summer 2020. We encouraged people to get outdoors and get active and healthy in town with initiatives such as parkrun, Couch to 5k and Abri's Food Academy.

East Hampshire District Council undertook research with local schools which we found were doing lots to help children be healthy and active. We provided play equipment and training to encourage children to get active and eat healthily at lunch times.

We did a town-wide health survey combined with in-depth research into the causes of loneliness and social isolation. We found that whilst there is a lot to do in town during the week, week-ends can be very lonely for some people. We are working with key partners such as Abri and the Whitehill & Bordon Community Trust to develop a range of new initiatives to help people feel more connected to their community and their neighbours.



WHO WE'VE WORKED WITH

We have worked with a wide range of partners to make the Healthy New Towns programme a success:

Abri

Barratts Homes

Bordon Buddies

Community First HEH

Citizens Online

Cycle Sphere

Dementia Friends Hampshire

East Hampshire District Council

Energise Me

Forest & Badgerswood Surgery

Hampshire County Council

Havant and East Hampshire Mind

Local schools

MHA (Methodist Housing)

parkrun and junior parkrun

Pinehill Surgery

Runnyhoneys

South Eastern Hampshire Clinical
Commissioning Group

Southern Health Foundation Trust

Tesco

Whitehill & Bordon Community Trust

Whitehill & Bordon Disability Access Group

Whitehill & Bordon Regeneration Company

Whitehill Town Council

Whitehill Village Hall

Woolmer Forest Timebank

University of Portsmouth

The **PLANNING**
AWARDS 2019
Celebrating excellence in planning and placemaking

WINNER

The Healthy New Towns Partnership has been recognised by the Planning Awards 2019 in the Partnerships category.



8

PUTTING HEALTH INTO PLACE

The Healthy New Town sites met regularly to share their experiences. In September 2019, NHS England launched Putting Health into Place (PHIP). This publication distils the learning from the Healthy New Towns into 10 principles which are illustrated with case studies from the 10 demonstrator sites.

NHS ENGLAND PUTTING HEALTH INTO PLACE

10 PRINCIPLES

- ▶ 1 Plan ahead collectively
- ▶ 2 Plan integrated health services that meet local needs
- ▶ 3 Connect, involve and empower people and communities
- ▶ 4 Create compact neighbourhoods
- ▶ 5 Maximise active travel
- ▶ 6 Inspire and enable healthy eating
- ▶ 7 Foster health in homes and buildings
- ▶ 8 Enable healthy play and leisure
- ▶ 9 Provide health services that help people stay well
- ▶ 10 Create integrated health centres



WHITEHILL & BORDON

WHITEHILL & BORDON IS UNDERGOING AN INCREDIBLE TRANSFORMATION FROM A GARRISON TOWN INTO A GREEN, HEALTHY AND CONNECTED TOWN

After more than 100 years as a 'garrison town', the Army left in December 2015 and freed up more than 100 hectares of previously-developed land.

10

Thanks to £1 billion of investment and superb partnerships, the land the Army left behind is going to be the heart of a new community, with jobs, homes, skills, schools, a green environment, state-of-the-art technology and everything that a 21st Century town could possibly want.

IT'S NOT ENOUGH TO BUILD HOUSES; WE NEED TO BUILD COMMUNITIES

Whitehill & Bordon is a new community in the making, inspired by its military legacy, shaped by its current community and delivered by many dedicated partners and agencies who all share the vision. To read about it is impressive; to see it taking shape is stunning.

Our vision for this new town began with a masterplan of everything a new community needed. Houses of all types and tenures, jobs to make it self sustaining, superb education and training designed for the 21st Century and a brand new road to take the through and heavy traffic away from the centre.

All of this developed in the context of healthy lifestyles and the highest standards of natural infrastructure and environmentally friendly buildings.



TOWN TIMELINE

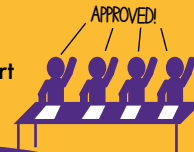
1903 Army moves into town and builds a base.



2000 Army reveals intention to leave Whitehill & Bordon. Residents ask for more facilities but to protect green spaces.



2006 Unanimous cross-party support for Green Town Vision plan.



2016

Work starts on main garrison site at Prince Philip Barracks
Awarded Healthy New Town status



2015 Army leaves the town. Work to build homes and create jobs at Quebec Park and Louisburg Barracks begins.



2010-14 Improvements to town including:

- new allotments
- fitness trail
- improvements to more than 1,000 homes
- demonstration house
- eco-terrace (building of first three homes starts)



2009 Whitehill & Bordon designated as an Eco-town, attracting approximately £12m funding.



2017

Future Skills Centre and BASE, a new business and enterprise centre open
Main site construction begins



2018

First 100 homes built at Quebec Park
New community and enterprise hub and Café 1759 open
New town centre construction begins



2019

Relief road complete
New secondary school opens

2020

New leisure centre with six-lane pool opens



2036 The realisation of the vision – Whitehill & Bordon is transformed into Hampshire's Green, Healthy and Connected Town with 3,350 new homes, 5,500 new jobs, a new town centre, new schools, a health hub, publicly accessible open space, attractive walking and cycling routes, lots of shops and new facilities – a town full of opportunities.



**WE DELIVERED A WIDE RANGE OF INITIATIVES TO HELP
WHITEHILL & BORDON RESIDENTS TO LEAD HEALTHY AND ACTIVE
LIVES
HERE ARE THE HIGHLIGHTS**



SPRING INTO HEALTH FESTIVAL

CELEBRATING THE SUCCESS AND LEGACY OF THE PROGRAMME

The results of the active families survey showed that residents felt that they had to travel outside Whitehill & Bordon to get fit. The Spring Into Health festival highlighted the range of sports and activities available around the town and encouraged residents to get involved and try them for free.

Clubs and organisations ran special open events throughout the week and encouraged residents to sign up to attend on a regular basis. Activities throughout the week included sessions with sports clubs, fitness classes and bootcamps, healthy cooking classes, as well as some more unusual activities such as roller sports and dancing.

Just over 1,000 people attended and 435 people tried something new for the first time.

1000+
PEOPLE TAKING
PART IN **100**
ACTIVITIES
OVER
9 DAYS



whitehillbordon.com/spring-into-health-festival-2019

BREEZE RIDES WITH CYCLE SPHERE

EHDC and Energise Me supported local cycling business owners from Cycle Sphere to train to lead guided cycle rides and coach people to become more confident about cycling around town. All year round, weather permitting, they lead guided rides around the town and nearby countryside and support local people to be more confident cycling both on cycle paths and moving on to roads when they are confident enough.

+

ES



13

cycling@cyclesphere.co.uk



COUCH TO 5K

LOCAL WOMEN'S RUNNING GROUP ENCOURAGES WOMEN TO START RUNNING

Local women's running group, Runnyhoneys, set up a Couch to 5K running course in Whitehill & Bordon.

The group, which was formed to give women the chance to socialise and keep fit at the same time, had overwhelming interest after running a taster session during Spring Into Health.

The Healthy New Towns programme trained three additional run leaders, local to Whitehill & Bordon.

The group has grown and become increasingly popular with local women, it now has 56 runners and takes place five times a week.

14

56
RUNNERS

5
TIMES
A WEEK

runnyhoneys.com



PARKRUN AND JUNIOR PARKRUN

POPULAR RUNNING EVENT LAUNCHED IN THE TOWN

The concept of parkrun, a free event organised by the community, for the community, has become a phenomenon across the UK and internationally – so EHDC worked with members of the local community to bring it to the town.

It launched at Hogmoor Inclosure in March 2018 as part of the Healthy New Towns programme, the running event has been a big hit with local residents, with an average of 180 people running, jogging or walking five kilometres every week.

The two kilometre junior parkrun was launched during the Spring Into Health festival, with an average of 70 young people (aged four to 14) taking part every week.

Runners of any ability can register online, turn up at their local parkrun and take part. Participants can choose to walk, jog or run – you can even bring your dog to the adult parkrun or push a buggy. Every parkrun is available to all and completely free.

180
5KM RUNNERS
EVERY WEEK

70
2KM RUNNERS
(AGED 4-14)
EVERY WEEK

parkrun.org.uk/hogmoorinclosure

15



WORKING WITH SCHOOLS

BALANCE BIKE TRAINING – EXPLORING THE CONNECTED TOWN FROM A YOUNG AGE

10 custom-made balance bikes were provided to six schools across Whitehill & Bordon - and pupils learned how to ride a bike without stabilisers.

Schools received balance bikes, equipment and training by a 'Balanceability' expert to learn how to teach their students the basics of riding a bike, road safety and techniques to improve their core strengths and gross motor skills.

More than 200 pupils will be supported by the initiative each year, which comes at a good time as work begins on miles of cycle paths to link residents to the rest of the town and its new town centre.

Giving the young people the chance to learn how to ride a bike at an early age will give them the opportunity to get healthy and active while exploring the new and improved town.

ADULT SCOOTERS – DAILY EXERCISE WITH YOUR CHILDREN

Parents and children can now scoot the school run together after an adult scooting initiative was launched in Whitehill & Bordon as part of the Healthy New Towns programme.

Adult scooters were provided across the schools, which can be borrowed by parents or family members to scoot to school or around the town with their children.

The initiative was introduced to encourage people to get out of their cars make their day-to-day journeys more active.



PARK AND STRIDE – WALKING TO SCHOOL

Four car parks in Whitehill & Bordon have been made available for a town-wide Park and Stride scheme – which encourages youngsters to walk to school.

The scheme aims to encourage parents and students from schools across the town to either walk to school from their homes if they live close enough or park in one of the four designated car parks and walk from there.

Park and Stride has been implemented in the town to encourage healthy and active lifestyles. Walking to school is great for boosting brain power, becoming street savvy, enjoying quality family time and saving money.

Children need at least 60 minutes of exercise a day and walking to school is an excellent way of doing this. Every minute walked is about 100 steps.

SCHOOL DINNERS NEVER LOOKED SO GOOD!

Healthy eating experts have been visiting junior and primary schools in Whitehill & Bordon to give kids a taste of something healthy.

Hampshire County Council's catering team has been showing youngsters how to pack a lunch that is both nutritious and delicious.

Children filled up on carrot sticks, watermelon, yoghurts and all sorts of healthy alternatives to traditional lunch box fare such as chocolate and crisps.

Studies have drawn a connection between how healthily students eat and their ability to concentrate during lessons.

Other activities include providing play equipment, encouraging more active play times and training older children to run playground games for younger schoolmates.



REDUCING SOCIAL ISOLATION IN THE TOWN

SOCIAL ISOLATION SURVEY – FINDING OUT WHAT WE CAN DO TO HELP

In February 2018, EHDC surveyed local people to find out about levels of loneliness and social isolation in Whitehill & Bordon.

The council then carried out several in-depth interviews with residents who said they were lonely or isolated to find out more.

This work helped to shape new initiatives and projects that are now underway.

CHRISTMAS CARDS – NO ONE SHOULD FEEL LONELY AT CHRISTMAS!

In December 2018, a Christmas card project was set up in Whitehill & Bordon to tackle social isolation at a time when no one should feel lonely.

The project gave local school children the opportunity to design and write Christmas cards that would be sent to people who are socially isolated or lonely.

Each card included information about local Christmas church services and activities that are on offer to older people across the town, including a Christmas Day meal run by local volunteers. This initiative has become a regular event.

18



HAPPY TO TALK

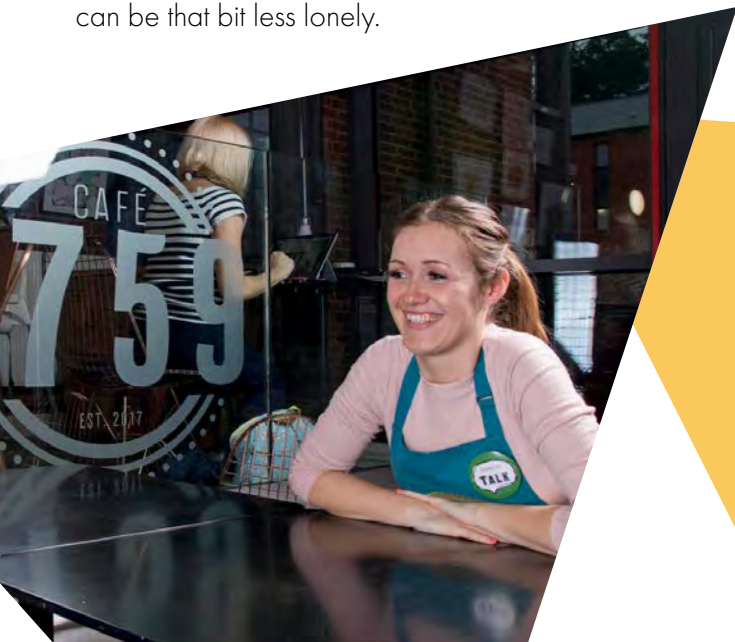
Whitehill & Bordon Community Trust's Happy to Talk campaign (launched at Café 1759 and BOSCO) encourages people to talk to each other, reducing feelings of loneliness and isolation.

People in cafés, pubs, restaurants and even staff rooms can take a 'chat mat' to show their willingness to talk with someone new.

The British Red Cross and Co-op found in 2016 that almost a fifth of the UK population said that they were always or often lonely.

Happy to Talk badges are also available to local organisations who can allocate a member of staff who is happy to talk and can be approachable to members of the public who might be feeling lonely or just want a chat.

By encouraging people to chat with others who may also feel isolated, friendships can be built, and life can be that bit less lonely.



SUNDAY SOCIALS

The Social Isolation insight work showed that although there is lots going on during the week, the weekends could be very lonely for people living on their own or caring for a loved one. Some people go from Friday to Monday without having contact with another person. EHDC worked with Abri and Whitehill & Bordon Community Trust to make weekends less lonely. Abri will be starting a Sunday Social project in Spring 2020 where local people can meet up at Café 1759 for Sunday lunch and a chat.

WRITE A LETTER

EHDC is also working with MHA (Methodist Homes) through their East Hampshire Live at Home scheme, which enables older people to maintain their independence and live more fulfilled lives. The Write a Letter project will support elderly socially isolated older people living in Whitehill & Bordon, to write or email letters to each other to create "penpal" friendships. Elderly people can make new friends without leaving their homes. Towards the end of the project, the pairs of writers/e-mailers will be given the opportunity to meet, face to face, over lunch if they so wish.

“I LOVE RECEIVING LETTERS. NOT THE JUNK KIND, BUT THE REAL KIND FROM MY PENPAL TELLING ME ABOUT HER DAYS. IT TAKES AN EFFORT SOMETIMES TO REPLY BUT IT IS DEFINITELY WORTHWHILE.”

MAKING EVERY CONTACT COUNT (MECC)

HELPING OTHERS IMPROVE THEIR HEALTH AND LIFESTYLE

MECC training was offered to local businesses, groups and organisations. It empowered attendees to have positive conversations with their friends, family members and colleagues to make better health and lifestyle choices.

The training was rolled out across Whitehill & Bordon and the rest of East Hampshire as part of the Healthy New Towns programme.

Whether this is not doing enough exercise, smoking, drinking too much alcohol, eating too much fast food – the training gave attendees the skills to help people identify their problems and how to change them to make themselves healthier.

20

PEOPLE



8 SAFE PLACES AROUND THE TOWN

SAFE PLACES

A PLACE FOR RESIDENTS TO FEEL SAFE

Eight Safe Places have been set up across the town to give vulnerable people a place to go if they are feeling overwhelmed or being bullied, abused or harassed.

The safe places offer refuge to anyone who feels intimidated, vulnerable or at risk while they are out and about in the town.

The scheme provides a place, with trained staff, for people to seek help or simply just calm down and have some alone-time.

Each safe place is easily recognisable by its bright yellow Safe Places sticker that is usually displayed on the door or in the window of the establishment.



CAFÉ 1759

A PLACE TO SOCIALISE AND BE HEALTHY

Registered housing provider Abri built a new community café at its brand new Quebec Park housing site in the heart of Whitehill & Bordon.

The café has a healthy eating focus, offering a wide range of healthy food and drinks, and also provides a relaxing and social environment for residents to enjoy.

The café hosts a wide range of community events and local initiatives, including a food academy which teaches young people how to cook healthy, nutritious meals from scratch while on a budget.

22



READY FOR SCHOOL

Abri and Whitehill & Bordon Community Trust have developed the Ready for School project with support from Health Visitors to help families make sure that their children have the best possible start when they move up to school. A bespoke leaflet has been designed for families with local pre-school children based on activities available in the local area. A Fingers to Fork course has also been rolled out at Café 1759 which shows families with very young children how to cook delicious healthy meals and snacks and uses stories to show young children where their food comes from.

// CAFÉ 1759 [IS] AN IMPORTANT CENTRE FOR THE COMMUNITY. FACILITIES LIKE THIS, WHICH ENABLE PEOPLE TO MEET OTHERS AND GET INVOLVED WITH COMMUNITY ACTIVITIES, CAN HELP TO MAKE A DIFFERENCE TO PEOPLE'S LIVES."

DAMIAN HINDS MP

BRAND NEW LEISURE CENTRE

A STATE-OF-THE-ART HUB FOR EXERCISE AND SPORT

A brand new £10million leisure centre is now open in Whitehill & Bordon.

The new centre will help continue the legacy of the Healthy New Towns programme - providing a great hub for people to come together and enjoy the many fitness opportunities it has to offer.

It includes a six-lane pool, built to Sport England standards, along with a teaching pool, an 80-station gym - which offers the latest in cardiovascular and resistance equipment, a dedicated fitness studio and spinning bikes with hi-tech virtual spinning.

The centre also includes a 'changing places' toilet which is fully accessible and has changing facilities for people with more complex needs than a standard accessible toilet.

// THIS LEISURE CENTRE IS GOING TO INSPIRE A NEW GENERATION OF WHITEHILL & BORDON RESIDENTS TO KEEP FIT AND HEALTHY."

**GEORGINA HERMITAGE
PARALYMPIAN**

24

OPENED
**WINTER
2020**

PLACE



WAYFINDING

HELPING THE COMMUNITY FIND THEIR WAY AROUND THE TOWN

Around 200 residents, including eight classes of children from four local schools, took part in interactive wayfinding workshops where they explored the town and mapped out their experience – this helped the HNT partners find ways to make getting around the town easier, safer and more enjoyable for everyone.



POCKET PARKS

The first pocket park in Whitehill & Bordon is now open, transforming a patch of land off Savile Crescent into a park and mini fruit orchard.

The pocket park has been planted with 21 apple trees and an attractive sculpture in the shape of an apple core.

The Whitehill & Bordon Community Trust (WBCT) has led the scheme, with more planned around the town.



COMMUNITY GARDENS

ENCOURAGING THE TOWN TO GROW

Whitehill & Bordon residents now have a community garden to enjoy if they want to get out and about, get some fresh air or chip in with some gardening.

The garden was originally planted by children from local schools and has benches that have been engraved with the names of the schools which helped to build the garden.

Local residents have been working with the town council to water it, grow it and keep it in good condition and a nice place for the community.

NATURAL PLAY AREA

A FUN PLAY PARK MADE FROM NATURAL MATERIALS

A natural play area at Hogmoor Inclosure gives local families the chance to explore nature together, run around and have fun.

The play park, built from natural materials, includes a maze, wooden play area, sandpit, zip wire, pond and rope bridge. The park is set in a natural landscape, with seating and picnic benches. A café and classroom next to the play area are due to open in 2020.

Pathways link the play area to the existing footpath network and to the development areas at Prince Philip Barracks, so visitors can enjoy three walking routes through the trees with interactive sculptures and seating along the way. The routes are 1.2km, 2.1km and 2.9km long (between about half and two miles long).

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**// HOGMOOR INCLOSURE NATURAL
PLAY AREA PROVIDES AN
EXTRAORDINARY SETTING FOR
FAMILIES TO EXPLORE THE NATURAL
WORLD ON THEIR DOORSTEP."**

**JAMES CHILD
WHITEHILL AND BORDON
REGENERATION COMPANY**

PLACE



SKATE PARK

ROLLING INTO A HEALTHY LIFESTYLE

One of the biggest skate parks in Hampshire was built in Whitehill & Bordon as part of the town's regeneration, giving young people a place to 'hang out' and be active.

The skate park, which opened in August 2017, has top-quality ramps and obstacles for skateboarders, roller skaters, BMXers and scooter riders to enjoy.

A big hit with young people in the community, the skate park is located in a great, central spot in the town.



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BORDON AND OAKHANGER SPORTS CLUB – A SPORTING HUB FOR THE COMMUNITY

Bordon and Oakhanger Sports Club (BOSC) was rebuilt in 2018 to include a wide range of sports facilities and now hosts a variety of community events and clubs.

As well as the new two-storey pavilion, there is a cricket pitch, tennis courts, a bowling green, a petanque area, a play area and two football pitches.

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GREEN GRID, GREEN LOOP

East Hampshire District Council secured £4.5m from the Enterprise M3 Local Enterprise Partnership to make improvements to a network of walking and cycling routes around the town. The routes, called the 'Green Grid' and 'Green Loop', connect the town's green spaces and new and existing developments – including the new town centre and secondary school.

The network aims to reduce car journeys and encourage people to walk or cycle and is part of a wider strategy to make it easier to get around the town.



PLACE

DEMENTIA FRIENDLY HOGMOOR INCLOSURE

The paths around Hogmoor Inclosure have been developed to be dementia friendly.

Sculptures are used to mark locations and make it easier for everyone to find their way around the park.

COSY WHITEHILL & BORDON

Over £1m has been used towards energy-efficiency measures to make existing homes warm and healthy.

EHDC offers interest free loans and grants depending on eligibility to residents of Whitehill & Bordon and Lindford for insulation, boilers, double or triple glazing or solar panels.

easthants.gov.uk/cosy-east-hampshire

ACCESSIBLE WHITEHILL & BORDON

A digital map is being developed to help promote accessible places and spaces and improve accessibility in Whitehill & Bordon.

Local people will be encouraged to add their favourite accessible locations in the town as well as highlighting accessibility problems where they occur.

The project is a partnership between EHDC, Whitehill & Bordon Community Trust and Whitehill & Bordon Disability Action Group.

HEALTH HUB

TOP-NOTCH HEALTHCARE FACILITIES COMING TO THE TOWN

The Whitehill & Bordon Health and Wellbeing Hub will bring GPs, specialist nurses, therapists, community health services, hospital consultants and pharmacists together under one roof. This will make it easier for local people to access the care they need close to home and for GPs and other health professionals to provide truly integrated health care.

The Health & Wellbeing hub will be in the new town centre next to the brand-new leisure centre. Local health providers are already talking to Everyone Active, the leisure centre operator, about innovative ways of working together to support local people to be healthy and active.

The Whitehill & Bordon Healthy New Towns programme has brought together a wide range of partners to develop this innovative vision for integrated health provision including South Eastern Hampshire CCG, Forest and Badgerswood Surgery, Whitehill & Bordon Regeneration Company, Southern Health Foundation Trust and East Hampshire District Council.



SOCIAL PRESCRIBING

Many people who visit the GP could make positive changes to their health and well-being by getting more involved in community activities such as Walking for Health, an art class or volunteer gardening. Social prescribers work with GP surgeries to refer patients with a variety of care needs to local community groups. This enables patients to take part in local activities with the support and guidance of a link worker.

Community First Havant and East Hampshire worked with Forest and Badgerswood surgeries to establish a surgery signposting scheme which trained volunteers to offer residents support in accessing social activities, assistance with exercise or diet and help them feel less isolated. Volunteers were also able to sign post residents to organisations that can help with wider issues such as housing, benefits, employment and education. The scheme started in 2017 with more than 30 people being helped in the first year.

In Autumn 2018 Abri funded a dedicated link worker to work alongside the surgery sign-posters and procured a computer application which made referrals from GPs, nurses and health professionals simpler at Forest and Badgerswood Surgery and elsewhere in town. The link worker takes a hands-on approach to supporting patients, some of whom have low intensity mental health problems such as anxiety and loneliness, including an initial meeting, facilitating transport and attending activities with them until they are comfortable going alone. They can also offer social support, and advice on employment, physical health, diet and nutrition. So far, 81 people have been referred to this scheme, 39 of whom have received support.

Following on from these successful schemes, social prescribing is now available through all GP surgeries in East Hampshire.

30

PROVISION



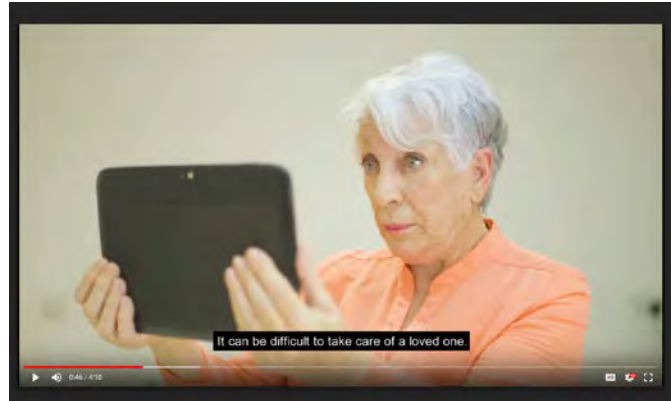
WHITEHILL & BORDON CONNECTED

East Hampshire District Council working with the University of Portsmouth joined forces with digital inclusion charity Citizens Online to help make Whitehill & Bordon a Digitally Healthy New Town.

People who lack digital skills can't always access the services they need. They also miss out on the many benefits that digital can bring, such as feeling less alone, finding work, saving money and improving health.

Citizens Online is rolling out its award-winning Switch approach to understand digital inclusion in Whitehill & Bordon better and make sure sufficient support is available to those who need it. The vision is to embed Digital Champions within local organisations and venues such as Whitehill Village Hall, the Library and Café 1759 to help people with digital skills. The Switch programme receives match funding from the National Lottery Community Fund as part of the One Digital programme.

East Hampshire District Council also worked with the University of Portsmouth and Abri to produce two short videos to show how digital technology can support healthy lifestyles and technology enabled care at home.



31

SOCIAL CRISIS PILOT

Staff from local mental health charity Havant and East Hants Mind launched a successful 'social crisis pilot' in 2017, which provided on-site mental health support and practical help to tackle social issues.

The coordinated work helped 88 patients in total and reduced GP attendance by 42 per cent on average.



CORONAVIRUS

The coronavirus pandemic is raising a number of challenges to the health of Whitehill & Bordon residents.

We're working in partnership with several organisations to support local people.

COMMUNITY RESILIENCE PARTNERSHIP

Due to the pressing needs of the town during the coronavirus pandemic, Whitehill & Bordon Healthy New Town Partnership has formed a Community Resilience Partnership (CRP) and is working to identify projects that will support residents affected by the virus.

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BORDON FOODBANK

The project funding has been used to provide more resources for Bordon Foodbank, which is seeing a surge in demand with an increase from 130 to 540 food parcels per week.

HOT MEAL PROJECT

Café 1759 has hosted Abri's Hot Meal Project, which is providing delicious, healthy hot food to people in need. The café has provided more than 2,200 children's meals and helped around 45 local families.

BORDON BUDDIES

The CRP is supporting volunteers in Whitehill & Bordon who are giving up their valuable free time to support vulnerable people and those self-isolating to avoid exposure to coronavirus with shopping trips and other household chores.

A local taxi company has delivered more than 1,200 prescriptions for free in the area.



WHAT'S NEXT?

NATIONAL PROGRAMME

NHS is playing a leading role in shaping the future of the built environment.

In spring 2019, NHS England published Putting Health into Place, a handbook for how local communities should plan and design a healthy built environment.

Learning from the 10 demonstrator sites, principles have been developed with a network of 12 housing developers who are committed to creating healthy communities.

NHS England will build on this by working with government to develop a Healthy New Towns Standard, including a Healthy Homes Quality Mark to be awarded to places that meet the high standards and principles that promote health and wellbeing. Embedding these principles within local planning guidance would ensure all future developments have a focus on design that support health and wellbeing.

FOR WHITEHILL & BORDON

Although the NHS England Healthy New Towns demonstrator site programme finished in March 2019, In Whitehill & Bordon we are continuing to work hard to make Whitehill & Bordon a green, healthy and connected town.

Most of the initiatives highlighted have now been embedded in local organisations such as the Food Academy or with volunteers such as parkrun. This means that they are on a sound footing to have a long future supporting local people in the town.

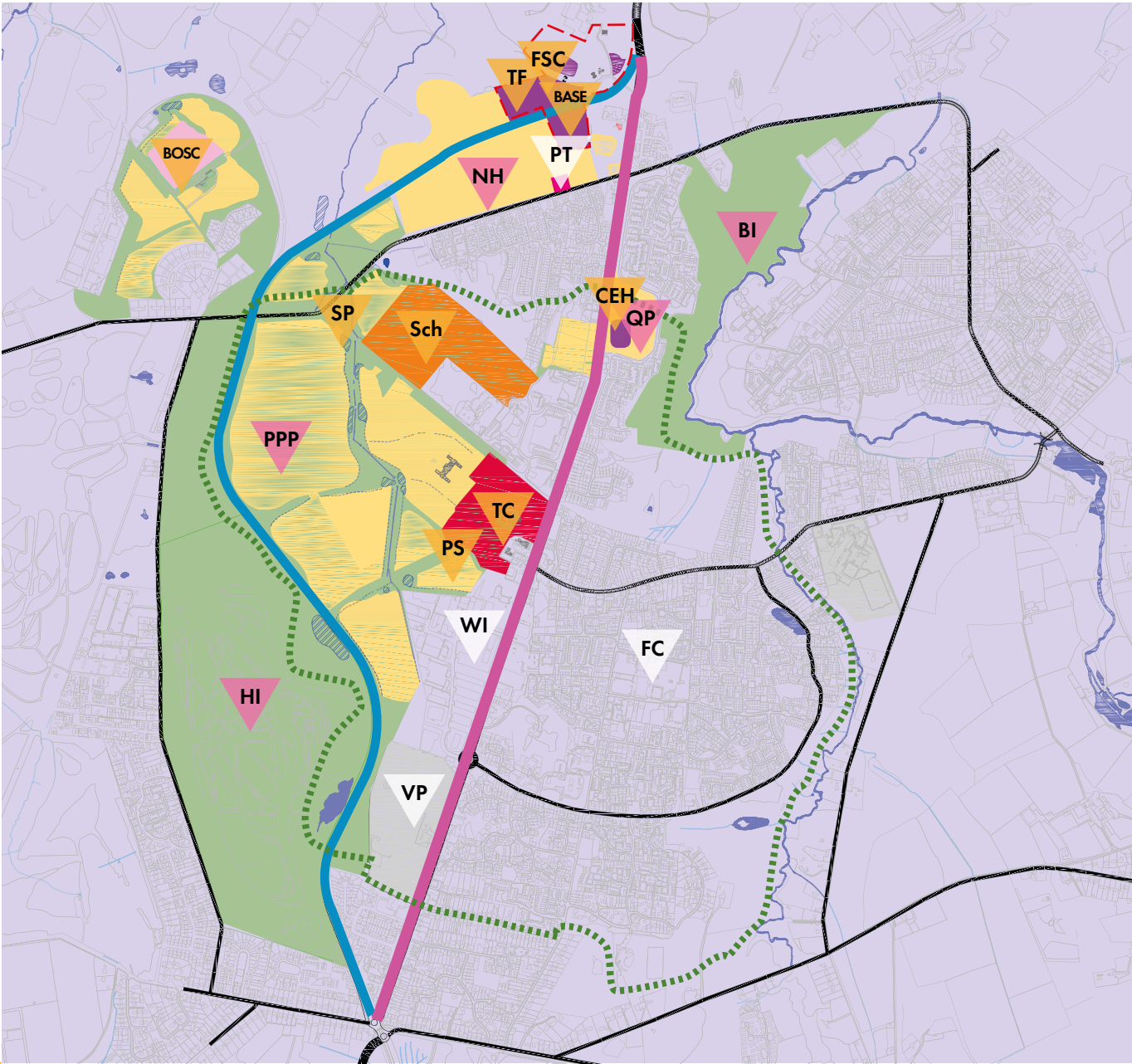
Some of the projects such as the social isolation and Ready for School projects are in the early stages of delivery and will continue to develop.

Looking to the future, the Whitehill & Bordon Healthy New Town Partnership will continue to work together to deliver projects that ensure a legacy for the Healthy Whitehill & Bordon programme.

All of this work is designed to encourage residents to live healthier lives, reducing the need to visit their doctor and in turn the burden on the NHS.



WHAT'S HAPPENING WHERE



KEY

- BASE** BASE Bordon Innovation Centre
- BI** Bordon Inclosure
- BOSC** Bordon & Oakhanger Sports Club
- CEH** Café 1759
- FC** Forest community centre and shopping centre
- FSC** Future Skills Centre
- HI** Hogmoor Inclosure
- NH** New Heritage (Louisburg Barracks)
- PP** Prince Philip Park
- PT** Phoenix Theatre
- QP** Quebec Park
- Sch** Oakmoor Academy secondary school
- SP** New skate park
- TF** Tech Forest / Business Enterprise Centre
- TC** New town centre, incorporating: new public service hub, new health hub, new primary school and new leisure centre
- VP** Viking Park
- WI** Woolmer Industrial Estate

-  Improved publicly accessible green space
-  Relief road (Templar Way)
-  Road improvement scheme
-  Green loop walking and cycling route
-  Enterprise Zone
-  New homes
-  Existing areas
-  Former MoD sites
-  New facilities

QUEBEC PARK

-  100 new homes
-  100 new jobs, including 13 construction apprenticeships
-  Café 1759
-  Business and community hub

NEW HERITAGE

-  500 new homes
-  500 new jobs (minimum)
-  Future Skills Centre
-  BASE business and enterprise centre

MAIN SITE (PRINCE PHILIP PARK)

-  2,400 new homes
-  Facilities (swimming pool, gym, children's play areas, skate park, allotments)
-  Up to 3,000 new jobs
-  New town centre
-  New shops
-  Green spaces
-  New schools
-  Transport improvements
-  Improved medical facilities

RELIEF ROAD

-  New 2.6 mile road
-  Eases congestion on A325
-  Cycling and walking paths
-  Provides access to sites

OTHER SITES

-  350 homes
-  Up to 1,900 new jobs
- 1,200 homes retro-fitted with energy saving measures

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THE TOWN
WITH HEALTH
AT ITS HEART



WHITEHILL+BORDON
HEALTHY