### **Pembrokeshire Coast National Park Authority**



Our actions to deliver the National Park Management Plan 2020-2024



#### **Health and Wellbeing Action Plan**

This action plan should be read in conjunction with the <u>Pembrokeshire Coast National Park Management Plan 2020-2024</u>. It highlights priority actions for health and well-being for the National Park Authority to 2024. The plan will be reviewed annually.

The action plan contains actions for which funding has previously been approved. It may also indicate actions for which resourcing would be required. Where this is the case, any resourcing decision would be made in accordance with the Authority's standard procedures.

In each table, the status column is supported by a more detailed commentary on activity undertaken in the current financial year. This should be viewed in conjunction with the current Corporate and Resources Plan.

This plan was drafted with input from a range of Authority staff and was consulted on with senior management and team leaders. The following partners were also consulted: Pembrokeshire County Council (PCC), Natural Resources Wales (NRW), PLANED, Public Health Wales (PHW), West Wales Action for Mental Health (WWAFMH), Pembrokeshire Coastal Forum (PCF), Pembrokeshire Association of Voluntary Services (PAVS), MIND, and the National Trust (NT).

The action plan identifies work on which the National Park Authority intends to lead, however, delivery relies on collaboration with a range of partners at a local, regional and national level.

# Section A: Priority Area: Promotion and use of the National Park as a health and well-being asset.

Contributes to Management Plan policies and associated impact areas: L1: Conserve and enhance National Park landscapes and seascapes; W1: Provide and promote sustainable outdoor recreation opportunities for all; W2: Provide and promote inspiring outdoor learning and personal development opportunities for all; H2: Promote the Welsh language and local dialects, and celebrate culture and creativity related to the landscape.

Contributes to the following Authority Well-being Objectives: Health and Well-being, Communities, Prosperity

Activities also support the Authority's *Responding to the Climate Change Emergency* action plan, in particular activities relating to supported walking.

#### 1. Strategic - Collaborating with others to promote health benefits of the Park

**Purpose:** To maximise the potential health and wellbeing benefits of the 'heath assets' within the National Park and the Authority through collaboration with health and social care sector partners and other stakeholders.

**Outcome:** People's physical and mental well-being is improved through increasing awareness and access to health and well-being opportunities in the National Park. This is facilitated through effective networks, co-production opportunities, the sharing of resources and ioint projects.

Action / Initiative	Timescales	Lead	Resources /	Status	Activity 2020/21
			Cross- team working		
Strategic Engagement: Involvement with Public Health Wales development of strategic framework for social and green solutions for health	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	PCNPA Policy Officer Other relevant PCNPA Officers from Direction and Discovery Other WNPA officers PHW Staff NRW officers	Ongoing	On-line platform (basecamp) set up to maintain engagement during pandemic
Strategic Partnership: Involvement with West Wales Nature Based Health Service Network	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	PCNPA Policy Officer, Discovery Team Director WWAMH	Ongoing	On-line platform (basecamp) set up to maintain engagement during pandemic  Series of online workshops held over 2020 to shape future development of the network

Action / Initiative	Timescales	Lead	Resources / Cross- team working	Status	Activity 2020/21
Strategic Partnership: Involvement with Let's Walk Pembrokeshire Partnership	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	PCNPA Policy Officer Walkability Officer Discovery Team PCNPA Access Members of the LWP partnership	On hold.	Walking groups in Pembrokeshire all ceased in the pandemic. Plans to now align some of this work with the West Wales Walking for Wellbeing
Strategic Engagement: Engagement and collaboration with other public bodies on COVID-19 recovery planning related to Physical and Mental Health and Wellbeing recovery activities	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	PCNPA Policy Officer and other relevant PCNPA Officers from Direction, Delivery and Discovery, including Rangers Other WNPA officers PHW Staff NRW officers	Underway	Online platform (basecamp) set up to maintain engagement with PHW and during pandemic on social and green solutions for health.

#### 2. Promotion of health opportunities in the Park

Purpose: To promote health and wellbeing benefits and opportunities with the Park, in particular walking opportunities.

Outcome: People's physical and mental well-being is improved through increasing awareness and access to health and well-being

opportunities in the Park.

Action / Initiative	Timescales	Lead	Resources /	Status	Activity 2020/21
			Cross team working		
<b>Communication:</b> Promotion of walks and	Current	Health and	PCNPA Policy Officer,	Underway	New website shows all previous walks.
other health and well-being opportunities	Management	Tourism Policy	Walkability Officer		
in the Park through Authority's website	Plan period	Officer	Discovery Team, PCNPA		Opportunities to update and digitally
	(2020 - 2024).		Access Officers, PCNPA		map some of the Walks for All pursued
			Comms Team		by Walkability Officer during 2020 and
			Members of the LWP		2021.
			partnership		
					In process of employing Kickstart
					employee to map walks digitally and
					video to further promote the Walks for
					All walks May 2021

Action / Initiative	Timescales	Lead	Resources /	Status	Activity 2020/21
Ongoing Service: Delivery of Walks led by Authority rangers, centre staff and volunteers	Current Management Plan period (2020 – 2024).	Activity and Events Coordinator	Cross team working  PCNPA Discovery. Rangers.  Centre Staff.  Direction – Community  Archaeology Officer Time.  Volunteer Activity Leaders.  Public Walks subject to booking fee paid by	Ongoing	77 walks delivered across Authority as regulations allowed in 2020/21.  Opportunities for small groups of 15 (plus 2 walk leader and backstop) will be available from mid-2021 onwards – restrictions permitting.
Ongoing Service: Delivery of the beach wheelchair initiative and to develop further all terrain opportunities for people with limited mobility	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	participants.  Direction Team Access Officer Walkability Project Officer PCNPA Countryside Management Team	Underway	All chairs other than those at Whitesands withdrawn from beachside locations in 2020 with option for users to collect chair from PCNPA HQ. 2021 beach wheelchair coordinator appointed for a 6 month pilot project
Project: Development of new footpath links and circular walk creation. Including Progress made on new footpath link between Newport and Nevern, Llwybr Pwll Cornell and improvement of Public footpath at Moylegrove to form circuit walk from St Dogmaels via Moylegrove and Poppit Sands.	Current Management Plan period (2020 – 2024).	Access Officer	Direction Team Access Officer Walkability Project Officer PCNPA Countryside Management Team	Underway	Management Agreements completed; ground works in progress with contractors, volunteers and staff. Opening date TBC.
Project: partnership approach to support outdoor activity providers link with social prescribing	2020- 2022	Health and Tourism Policy Officer	PCNPA Policy Officer WWAMH Recreation Plan group and PCF	Underway	Connections made with Outdoor Alliance to highlight opportunities of social prescribing to the sector.

#### 3. Supported Walking and utilising the Park for social prescribing

**Purpose:** To provide supported walking opportunities in and around the Park through the Walkability scheme and further develop our approach through delivery of the three year West Wales Walking for Well-being project. This project focuses on developing health and well-being walks starting at and linked to GP hubs promoting supported walking opportunities as a form of social prescribing.

**Outcome:** Barriers are removed to walking opportunities for people with a positive impact on people's physical and mental well-being. These activities support the wider preventative agenda promoted in the Welsh Government Strategy: A Healthier Wales: Our Plan for Health and Social Care and the through the Walking for Health Project a sustainable model is developed that can be replicated in other areas across Wales.

Action / Initiative	Timescales		Resources /	Status	Activity 2020/21
Ongoing Service: Walkability Scheme	Current Management Plan period (2020 – 2024).	Walkability Officer	Officer Time –Walkability Officer	Ongoing	16 sessions as restrictions allowed during 2020/21. Walks restarting May 2021.
Ongoing Service: West Wales Walking for Well-being Project	Current Management Plan period (2020 – 2024).	Discover Team Leader	Funded through Welsh Government Healthy and Active Fund	Underway	35 sessions offered by Pembrokeshire West Wales Walking for Well-being sessions in 2020/21.  West Wales Walking for Wellbeing delivered a programme of on-line training and support for walk leader volunteers.  'Virtual walking activity led by project partners in Ceredigion
Project: Experiences for All and take action recommended actions	2020-2022	Health and Tourism Policy Officer	Discovery Team Park Direction Interpretation Team Communications Funded through WG underspend funding	Underway	Project timeline realigned due to COVID-19.  On line survey completed in 2021.  Final report due with recommendations mid-2021.

#### 4. Health and Well-being Projects and Initiatives

**Purpose:** To promote well-being for people of all ages through developing, delivering and evaluating initiatives that focus on improving mental and physical health and address social isolation, particularly through volunteering. This will include evaluating and developing a follow on project to the Pathways Welsh Government supported volunteering project. Note: These activities may link in with Greening our communities' activity under the Climate Change Action Plan.

**Outcome:** A wide range of people are able to access volunteering and other opportunities in the Park that helps improve their physical and mental well-being.

Action / Initiative Timescale	s Lead	Resources Cross-Team Working	Status	Activity 2020/21
Project: Development and delivery of health and well-being projects linked to volunteering and outdoor/ heritage engagement (e.g. Pathways, roots to recovery project,)  Current Managem Plan perio (2020 – 20)	d Team Leader	Discovery/ Rangers. Centres. Community Archaeology. Fundraising.	Underway	Pathways – Impacted by COVID-19, including issues around transport, although several sessions undertaken, including training (including on line), countryside skills and conservation works, and walks  Roots to Recovery Project Bid –in partnership with MIND Pembrokeshire application for Lottery funding for project submitted in January.  Archaeology – 16 heritage volunteers focused on scheduled monuments. Number of Virtual events 2020-21 including delivery of the Archaeology Day. Also, activities were delivered as part of Heritage Guardians, Heritage Watch and also working with community groups.

Action / Initiative	Timescales	Lead	Resources Cross-Team Working	Status	Activity 2020/21
Ongoing service: Providing volunteering and social action opportunities in the Park area, benefiting both people and the Park's well-being	Current Management Plan period (2020 – 2024).	Volunteer Officer	Volunteer Officer Archaeology Officer Ranger Team Various cross NPA officers as opportunities arise	Underway	Limited Group volunteering occurred during 2020/21 due to COVID-19.  Opportunities individual volunteering increased  Engaged with officers across the authority to identify diverse volunteering opportunities.  Engaged with COVE (Volunteering) hub to raise awareness for nature based and conservation volunteering.  Archaeology – 16 heritage volunteers focused on scheduled monuments.  Also, activities delivered via Heritage Guardians, Heritage Watch and through community groups.
Project: Opportunities at Centres that break down social isolation within communities	Current Management Plan period (2020 – 2024).	Centre Managers.	Centres. Fundraising.	Ongoing	Centres impacted by COVID-19 restrictions, with activities when open focused on reopening activities.  OYP during 2020/21: Virtual St Davids Day Dragon Parade; VSM involved in Happy Museum peer learning project with NPA Interpretation Officer. Funding sought to support a community based networking project at Oriel y Parc, to support active citizenship and issues surrounding climate change.  Continued involvement with Pembrokeshire Inspired (outdoor market) when restrictions permitted

Online exhibition was the Friends of Oriel y Parc's annual competition for schoolchildren

#### 5. Development and Delivery of outdoor school and play opportunities and projects

**Purpose:** To provide pre-school children, school children and young people with the opportunity to benefit from outdoor education and play through our education programme, Roots project and through development of First 1000 days project. Through the Pembrokeshire Outdoor Schools project empower and give schools and teachers the skills to engage pupils in outdoor education sessions.

**Outcome:** More children and young people have access to and are benefitting from outdoor learning and opportunities to be physical

active. Teachers have the skills to deliver outdoor learning opportunities.

Action / Initiative	Timescales	Lead	Resources Cross-Team Working	Status	Activity 2020/21
Project: Delivery of Pembrokeshire Outdoor Schools Project	Current Management Plan period (2020 – 2024) and beyond.	Discovery Team Leader	Discovery.  Welsh Gov funded / Trust - Postcode Lottery	Underway	Provision of online outdoor education materials.  Range of well attended Outdoor School webinars held for teachers on outdoor learning themes.
<b>Project:</b> Roots / Gwreiddiau Project (funded by South Hook LNG via PCNPCT, focused on re-connecting schools/ learners with food production in the Milford Haven Cluster).	Current Management Plan period (2020 – 2024) and beyond.	Discovery Team Leader	Discovery – Education Officer,	Underway	Project adapted during 2020/21 due to COVID-19.  Autumn 2020 sessions held with schools focus on creating growing spaces in the grounds of each school and also developing the value of outdoor spaces for outdoor learning.
Project: First 1000 days project	Current Management Plan period (2020 – 2024).	Discovery Team Leader	Discovery. Direction	Underway	Full funding achieved for First 1,000 Days and will launch in Spring 2021.

Action / Initiative	Timescales	Lead	Resources	Status	Activity 2020/21
			Cross-Team Working		
Ongoing Service: Education Programme -Delivery of outdoor learning opportunities through Authority's education programme	Current Management Plan period (2020 – 2024) and beyond.	Discovery Team Leader	Officer Time. Some school sessions subject to booking fee. Discovery Team. Ranger Team. Centres. Direction – Community Archaeology/ Stitch in Time.	Ongoing	Education programme delivery was affected during 2020/21 by COVID-19 Activities offered in line with regulations, but many cancellations by schools  Archaeology – Heritage Guardians sessions delivered via pre-recorded videos with school in Pembroke to get pupils interested in their heritage. Also delivered an outdoor session.

### Section B: Priority Area: Landscapes for Everyone - Increasing access and opportunities for people to benefit from engagement with the Park's Special Qualities

Contributes to Management Plan policies and associated impact areas: L1: Conserve and enhance National Park landscapes and seascapes; L3: Protect and enhance natural soundscapes; W1: Provide and promote sustainable outdoor recreation opportunities for all; W2: Provide and promote inspiring outdoor learning and personal development opportunities for all; H1: Conserve and enhance landscapes of particular historic interest, Conservation Areas, scheduled monuments, listed buildings and their settings; H2: Promote the Welsh language and local dialects, and celebrate culture and creativity related to the landscape; N1: Contribute to a low carbon economy for Wales and adapt to climate change. Activities also support the Authority's *Responding to the Climate Change Emergency* Action Plan, in particular action on transport.

Contributes to following Authority Well Being Objectives: Equality, Health and Well-being, Communities.

Contributes to delivery of Authority's Equality Plan long term aim of creating a Park that is a Landscape for Everyone through supporting delivery of Equality Objective 1: By 2024, our promotion of the National Park as a destination will be representative of more diverse audiences and we will have removed some barriers to accessing the Park for underrepresented groups or those who face specific barriers. Resulting in a more diverse range of people benefiting from and experiencing its Special Qualities. Equality Objective 2: By 2024, we will ensure that solutions developed to address opportunities and challenges identified in the National Park Management Plan are inclusive and take account of the Plans Equality Impact Assessment

Contributes to delivery of Authority's Equality Plan long term aim on Our services are accessible and inclusive by default and our projects are contributing to addressing inequality through supporting delivery of Equality Objective 3: By 2024, we will have staff and volunteers trained and mechanisms in place to ensure we design, procure and deliver accessible and inclusive services. Equality Objective 4: By 2024, we will have developed and delivered projects and schemes that have positive benefits for those facing inequalities, in particular children and young families from deprived areas.

#### 6. Landscapes for Everyone - Creating positive experiences and improving access for all where possible

**Purpose:** To promote and support landscapes for everyone through a range of activities that breakdown barriers and increase opportunities for people to access and benefit from the Special Qualities of the National Park.

**Outcome:** The Authority has removed some barriers to accessing the Park for those facing specific barriers resulting in a more diverse range of people accessing, benefiting from and experiencing the Park's Special Qualities. In doing so creating a Park that is a landscape for everyone.

Action / Initiative	Timescales	Lead	Resources/	Status	Activity 2020/21
Communication: Identify opportunities to work collaboratively to ensure the promotion of the National Park as a destination reaches and is representative of more diverse audiences. Promotion and interpretation material take into account accessibility and inclusivity as standard practice (link to Ex4AII)	Current Management Plan period (2020 – 2024).	Head of Communications	Cross-Team Working Comms. Interpretation. Centres.	Ongoing	Experience For All project will provide recommendations for internal and partner work going forward.
Project: Experiences for All Project Research and implementation of recommendations from the project	2020 -2022	Health and Tourism Policy Officer	Discovery team Leader Interpretation Team Communications Team	Underway	Project timeline realigned due to COVID-19.  Online survey completed in 2021 Final report due with recommendations mid 2021
Project: Further develop the Beach Wheelchair Scheme and access opportunities for rough terrain – i.e Mountain Trike routes.	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	Beach Wheelchair and Outdoor Access Officer Direction and Discovery Team	Ongoing	3 Mountain Trikes purchased in 2020 and trailed in various locations in NP.  Mobility Club to be piloted in summer 2021 in Canaston Woods
Communication: Promotion of walks for all, wheelchair walks and other accessible opportunities in the Park through Authority's website	Current Management Plan period (2020 – 2024).	Head of Communications	Communications. Access Officer Beach Wheelchair and Outdoor Access Officer		System in place to record number of downloaded Wheelchair map walks every year.
Projects: Physical Access Improvements, Including - St Non's (St Davids), Creation of more accessible circuit walk at reed bed Freshwater East, Carew Castle Access.	Current Management Plan period (2020 – 2024).	Building Projects Manager Countryside Management Team and contractors undertaking this work	Direction – Access. Countryside Management. Property. Fundraising.	Current projects at different stages – activity carrying through to 2021/22 due to impact of COVID-	Access Improvements to St Nons Well to start on site May 2021.  Accessible circuit walk at reed bed Freshwater East, to be completed autumn 2021.  Carew Castle Access: work delayed but plan to commence work in autumn/winter 2021/2022.

				19 on delivery.	Developing an enhanced specification and inspection regime for easy access routes.
Action / Initiative	Timescales	Lead	Resources/ Cross-Team Working	Status	Activity 2020/21
Project: Develop project checklist that can be shared with partners to ensure projects developed to address National Park Management Plan impacts are inclusive.	By end 2021	Data and Performance Officer.	Park Direction. Discovery/ Rangers. Fundraising.	Ongoing Underway Not Started Complete	Experience for All report will feed into the process, and form starting basis of creating the checklist.
Ways of Working: Support centres to engage, join and develop initiatives that support wider access to attractions, heritage and arts opportunities.	Current Management Plan period (2020 – 2024).	n/a	Centres. Interpretation. Fundraising.	Removed from Corp Plan 2021/22 as Authority realigned work in response to COVID- 19.	Centre closure and staff furlough during part of 2020/21  Activity in 2021/22 likely to focus on reopening activities.  Work on developing inclusive opportunities will continue, in 2021/22 this is likely to focus on our digital offer.
Strategic: Work with others in the development of local projects and schemes that help address transport challenges in the Park, taking into account barriers different groups may face. (this links in with actions within the responding to climate change emergency action plan)	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	Direction. Interpretation. Communications.	Ongoing Underway Not Started Complete	Work on active and sustainable travel itineraries underway May 2021 – with view to revamp previous 'Green Traveller guide 2016'

## 7. Landscapes for Everyone - Promoting social inclusion and supporting initiatives that assist those experiencing child poverty or socio economic disadvantage

**Purpose:** To deliver social inclusion work that breaks down barriers to accessing the Park and its benefits, including those relating to rural and child poverty and socio economic disadvantage. Note: These activities may link in with 'Greening our communities' activity under the Climate Change Action Plan.

**Outcome:** The Authority is delivering activities that have a positive benefit for those facing inequalities and is using the Park's assets to achieve this. Barriers are removed so that more people are able to help look after the Park and experience its Special Qualities.

Action / Initiative	Timescales	Lead	Resources Cross-Team Working	Status	Activity 2020/21
Project Development: Development and delivery of at least one project in partnership with others that has positive benefits for those facing inequalities, in particular children and young families from deprived areas	2020-2022	Discovery Team Leader	Discovery Team Officers Comms. PCNPA Policy Officer, Interpretation. Centres.  Partnership with other organisations	Ongoing Underway Not Started Complete	Funding secured for First 1000 Days project to begin in 2021/22.
Ongoing Service: Engage with partners to provide social inclusion activities using the Parks' assets to enhance access and participation opportunities within the Park and help break down social isolation for some groups. Including engaging with PCC Team around the family, future works, community and support groups (e.g. MIND, St David's Care in the Community, Point Youth Centre), and providing Youth Rangers Service. Activities will include supporting people to achieve and engage with John Muir Award.	Current Management Plan period (2020 – 2024).	Discovery Team Leader	Discovery. Rangers. Centres	Ongoing	Roots to Recovery bid (in partnership with MIND) submitted to Lottery.  Virtual Youth Committee Sessions  Youth rangers outdoor and online engagement sessions held  Pathways 2 delivered short walks to participants from VC gallery.  Talk and quiz with Solva Care.  Walkability walk delivered for 12 MIND participants.  Walk Leader Training session.

Action / Initiative	Timescales	Lead	Resources Cross-Team Working	Status	Joint work with UKNPAs and UK Gov. Kickstarter Scheme for 2021/22 Activity 2020/21
Ongoing Service: Providing social action and outdoor and heritage learning opportunities for pupils and young people with additional learning needs (including working with Plas Coleg Dwbl students)	Current Management Plan period (2020 – 2024).	Archaeology Officer	Discovery. Rangers. Centres. Community Archaeologist.	On hold	No progress made during 2020-21 due to COVID-19.
Strategic: Completion of integrated impact assessments on our strategic decisions and ensure staff and Members have the skills needed to pay due regard to the socio economic duty. / Represent Welsh National Parks on the Welsh Government Socio-economic Duty Guidance Group /	2020 - 2022	Data and Performance Officer	Officer Time - Data and Compliance Performance Officer	Ongoing	Member of WG guidance group feeding into guidance and engagement/ training material.  Integrated assessment approach piloted on Corporate and Resources Plan 2021/22.
Strategic Partnership: Engagement with other Welsh National Parks on Social Inclusion and development of joint position statement with other Welsh National Parks on social inclusion and child poverty	Current Management Plan period (2020 – 2024).	Health and Tourism Policy Officer	Officer Time – Direction, Discovery, Data and Compliance Performance Officer	Underway	Landscapes for All paper being revised to reflect changes and challenges brought about by the pandemic May 2021