

Wellbeing strategy

2025 - 2028



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Foreword

We are delighted to introduce our Wellbeing Strategy. It provides a framework for the council to use its influence, to bring about positive change, contributing to better wellbeing and enabling our communities to thrive and prosper. At Arun, we know that wellbeing runs through all that we do and we use this to influence our decisions and our everyday practice. Arun has an important role in supporting and enabling better health and wellbeing outcomes for people of all ages in our communities. We have potential to do this across all areas of the business, through a combination of statutory functions, support services, commissioned projects and collaborations. Arun is rich with the tools that support people to help themselves and we want to work with our community to build resilience and enable the wonderful potential that exists.

Dawn Hudd,
Chief Executive

Councillor Martin Lury,
Leader of the Council

Introduction

Of local government's many responsibilities, none are more vital than creating places that promote good health and wellbeing. Arun District Council is uniquely placed to positively influence many of the wider determinants of health, such as housing, education, the environment, economic growth and skills.

Within the Arun Corporate Vision: A Better Future, 2022-2026 there are four key themes that underpin our ambition to make Arun a better place to live, work, visit and learn as well as delivering public services.

The four key themes are:

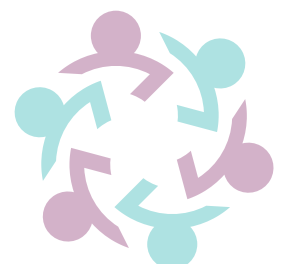
- Improving the Wellbeing of Arun
- Delivering the Right Homes in the Right Places
- Supporting our Environment to Support Us
- Fulfilling Arun's Economic Potential

Under the theme of 'Improving the Wellbeing of Arun', the following aims exist:

- promote and support a multi-agency response to tackle the causes of health inequality in Arun's areas of greatest deprivation
- champion leisure, sports, culture and the Arts in Arun and encourage our community to embrace healthy and active lifestyles
- work with partners to provide advice, support and activities that promote and deliver community wellbeing where it will have the greatest impact

Our commitment to achieving these aims will be delivered through:

- developing and implementing a Wellbeing Strategy to plan services, resources, amenities, activities, and places to help our community thrive
- preparing an annual community engagement plan to promote healthy and active lifestyles and encourage participation in a wide range of wellbeing activities
- working with key partners to ensure that we deliver council wellbeing services that are complementary to their own, rather than duplicate effort
- supporting the NHS Clinical Commissioners to provide primary care medical and dental facilities, working through and with our partners to help meet the growing needs of our community
- supporting the voluntary and community sector to provide services that help the most vulnerable in our community
- providing infrastructure that supports wellbeing – for example, more opportunities for cycling and walking and easily accessible and safe greenspace
- supporting those who are homeless, street-homeless or at risk of homelessness in emergency or temporary accommodation to improve health outcomes



Scope

This strategy aims to set out our role as a local authority, which will give us a clear direction of achieving our ambition of 'Improving the Wellbeing of Arun'. Our strategy will be shaped by key, simple principles. The wellbeing of our district is not our sole responsibility, we are part of a whole system approach and this strategy aims to demonstrate our commitment and the opportunities that we have to support this.

Whilst local authorities are not formally responsible for public health or mental health, with services sitting at county council level or within the NHS, we know that we have a huge role to play in it. We are key providers for services that impact on the wider social determinants of health such as housing, planning, environmental health, community safety, leisure and recreation, all of which impact directly on the health and wellbeing of our population.

This strategy has been developed in consultation with our key partners and stakeholders and has been subject to consultation. We would like to thank everyone for their contributions.

Context

National picture

This wellbeing strategy has been produced against a complex and evolving landscape which is influenced by a variety of factors. The General Election in July 2024 saw a change of government and policy that will impact on many system partners. The devolution framework for local government is in full affect and we are yet to understand the impact of this on our services to the community.

Both central government and Public Health England understand the importance of looking at wellbeing and health holistically and the interdependencies that both physical health and wellbeing have, as well as the wider determinants that all contribute to the overall health of the nation.

Local landscape

Local system strategies set out the vision and ambition for improving health and wellbeing outcomes and reducing health inequalities in West Sussex, including the West Sussex Joint Health and Wellbeing Strategy, Improving Lives Together (Sussex Health and Care strategy), and Our Council Plan (West Sussex County Council). These strategies respond to the health and wellbeing needs of the West Sussex population as described in the West Sussex Joint Strategic Needs Assessment (JSNA). A number of shared priorities are identified for adults and children, such as improving children and young people's mental health, growing up and living in a healthy home environment, living in supportive, connected communities and places that support health and wellbeing, reducing loneliness and social isolation, and enabling people to be independent.

The challenge for Arun is to take these ambitions and create a strategy that is bespoke to Arun, based on insight and local need.

Insight

Arun District is on the south coast, one of seven districts and boroughs within West Sussex. The district is bordered by Chichester to the west, Horsham to the north, and Worthing and Adur to the east. The northern half of Arun District falls within the South Downs National Park (SDNP).

As well as featuring many miles of beautiful coastline the district is home to a number of vibrant towns, parishes and villages and the people and businesses within them. There are three main Towns – Arundel, Littlehampton and Bognor Regis.

According to the Census completed in 2021, Arun currently has a population of 164,899 people, increasing in size by 10% since the last census data provided in 2011. 28% of the population is over the age of 65, compared to 18% nationally, 19% under the age of 20, compared to 23% nationally and 4.3% are over the age of 85, compared to 2.4% nationally. 11.3% of Arun's population is black or ethnically minoritised, which is far less diverse compared to the rest of England at 27%. Arun does however have a high proportion of Eastern European communities compared to the rest of West Sussex. Other key demographic information:

- 51% female / 49% male
- 0.4% of adults identified as Trans
- 2.6% identified as LGBTQ+
- for 5.9%, English is not their first language
- 19.7% are registered as disabled
- 5.3% stated that they have served in the Armed Forces (Veterans)
- 9.2% of people provide unpaid care

The biggest observation in terms of the demographic of Arun is that compared to the nation we have a large proportion of our population over the age of 65. With nearly 30%

of our population in the over 65 bracket, this comes with its challenges in terms of wellbeing and health. The King's Fund describes health inequalities as 'avoidable, unfair and systematic differences in health between different groups of people. There are many kinds of health inequality, and many ways in which the term is used. This means that when we talk about 'health inequality', it is useful to be clear on which measure is unequally distributed, and between which people.'

[What Are Health Inequalities? The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk/what-are-health-inequalities)

Ultimately a health inequality is the difference in a person's state of health compared to another, but it also points to the access that a person has to appropriate care and opportunities to lead a healthy life compared to another. Differences in a person's health and wellbeing are determined by a range of factors, broadly:

- socio-economic factors, such as income
- geography, the place that we live and whether that is rural or urban
- characteristics such as gender, disability, age or ethnicity
- socially excluded groups, for example those experiencing homelessness

Health and wellbeing inequalities can include differences in:

- health status, such as life expectancy
- access to care and availability of services
- quality and experience of the care and support available
- behavioural risks to health, for example smoking rates
- wider determinants – for example, access to quality housing and green spaces

Insight (continued)

These demographic insights provide a foundation for understanding the needs of our community. By identifying population trends, age distributions, and other key characteristics, we can tailor our wellbeing priorities to address the most pressing issues. This data also guides the equitable allocation of resources, ensuring support is directed where it is needed most to maximise positive outcomes for all residents.

The West Sussex Joint Local Health and Wellbeing Strategy 2025-2030 aims to improve the health and wellbeing of residents and communities across West Sussex and reduce inequalities. The Strategy proposes to focus on **five priority areas**:

- o **Food and nutrition**, including breast feeding
- o **School readiness**, including reading (0-4 years)
- o **Transitioning to adulthood** – children and young people’s mental health and wellbeing
- o **Tobacco Control**
- o **Health and wellbeing in temporary accommodation**

There are also three supporting core ambitions:

- Tackle health inequalities
- Build resilient and connected communities
- Work in partnership to deliver the strategy

This approach is designed to support and enhance the existing work of the health and care system in West Sussex and the needs of our residents and communities.

There is an abundance of data available on the health and wellbeing of Arun and the key factors that impact on the community. The Office of Health Improvements and Disparities guides us as organisations on the key determinants of health.

[Local Authority Health Profiles - Data | Fingertips | Department of Health and Social Care \(phe.org.uk\)](#)

NHS Sussex has also produced scene setting information packs for the newly formed Integrated Community Teams that will work across districts and boroughs. Arun’s data pack can be viewed here:

[Diagnostics Weekly Summary Report \(westsussex.gov.uk\)](#)

Public Health West Sussex produced a Coastal Inequalities Framework which highlights the health inequalities experienced by those living in coastal communities:

[west-sussex-coastal-inequalities-framework-v1.pdf \(westsussex.gov.uk\)](#)

An annual Strategic Intelligence Assessment is carried out by West Sussex County Council to provide Arun District Council and partners with crime data for the district.

The infographic on page seven gives a snapshot of the health inequalities that exist in Arun.

Health inequalities in Arun

11%

Adults aged 65 and over living in poverty

14%

Children living in poverty



More than

1 in 9

people live in areas ranked within the most deprived 20% of neighbourhoods nationally

Life expectancy

10 years less for males and 8 for females if living in a deprived neighbourhood

8%

Women known to be smoking at the time of delivery



Smoking prevalence in adults is slightly less than the national average, 11.7% compared to 12.7% nationally. However, smoking prevalence in manual and routine occupations (indicators of deprivation) is 28.3% compared to 22.5% nationally

Arun has similar rates of those nationally for premature mortality due to cancer, cardiovascular and respiratory diseases

Many people cannot afford to buy their own homes, with the ratio of house prices to earnings being high

32.4%

Adults not reaching recommended activity levels



27%

Adults classed as obese

24,400

Adults consuming alcohol at levels that are at risk to their health

22% higher...

Prevalence of obesity in Year 6 children is higher in Arun than across West Sussex but compares nationally to 22.7%

10%

winter mortality index in Arun compared to 8% nationally. This means that Arun experiences more deaths associated with wintertime weather

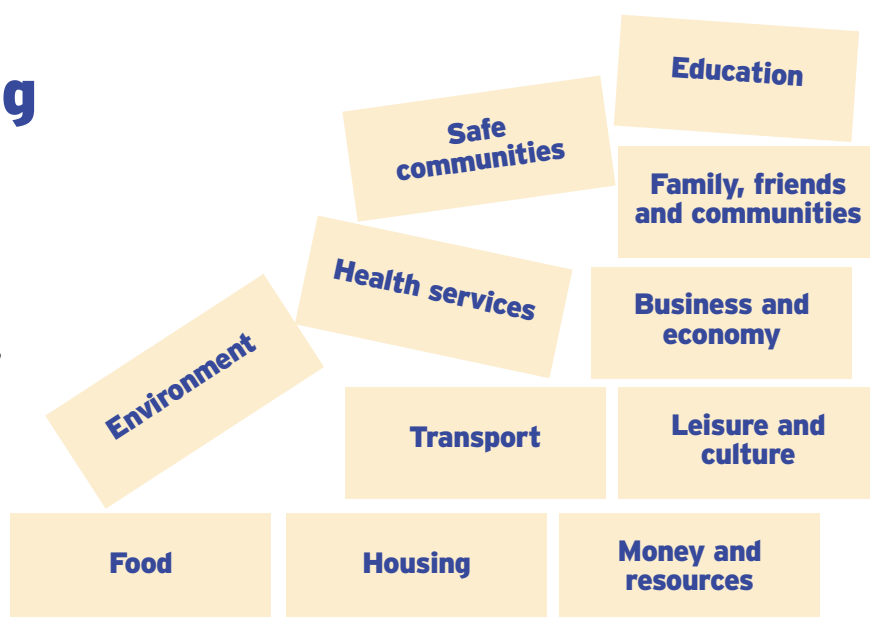


11,926

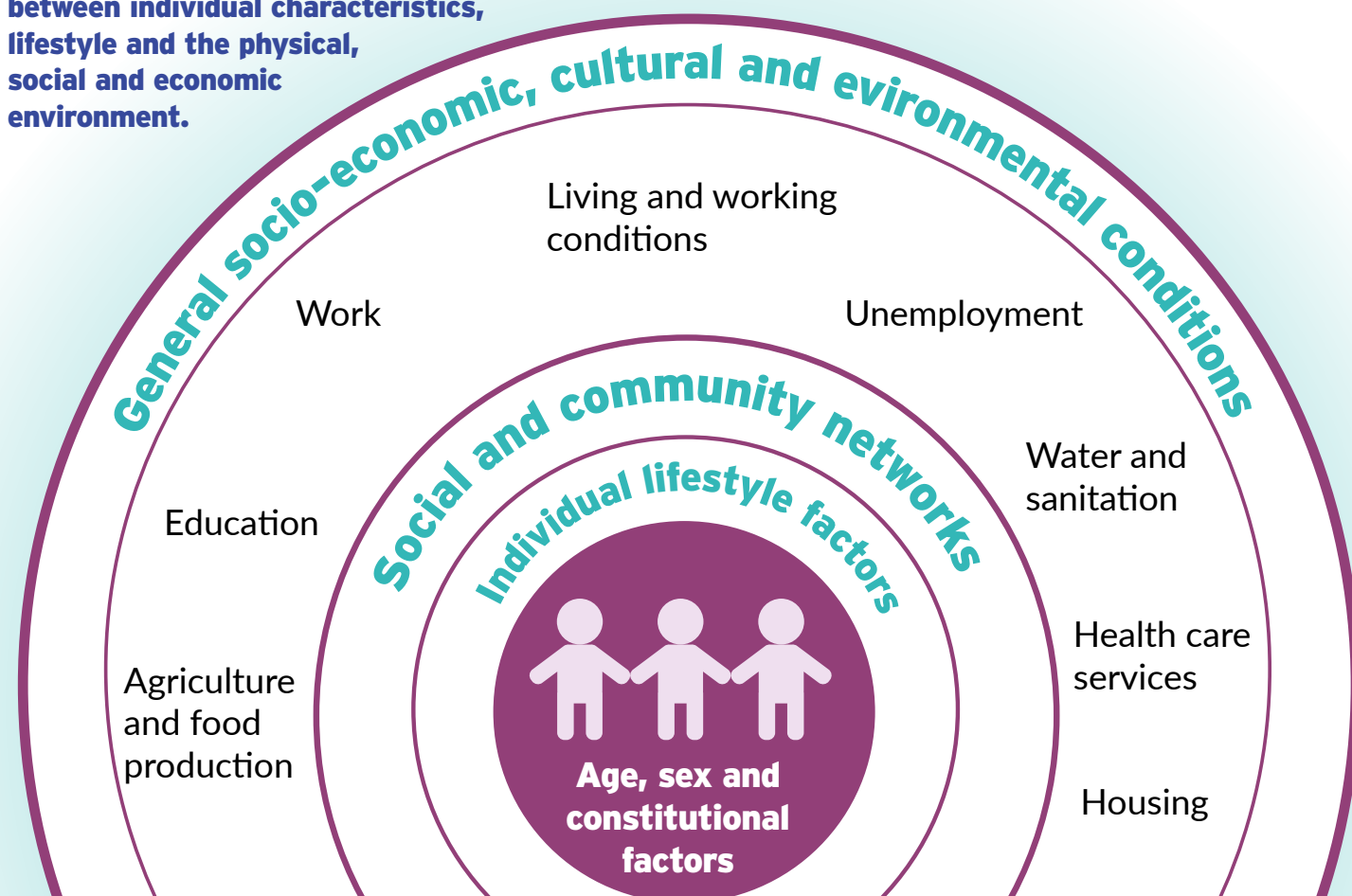
Crimes reported in Arun in 2023 - up 7% since 2022 and compared to pre-pandemic levels in 2019, violent crime accounting for 55% of these figures

Building blocks of health and wellbeing

Almost every aspect of our lives has an impact on our wellbeing and health. In order to create a district where we can all thrive we need the right building blocks in place. Access to the right homes, food, education, health services, to feel safe and to be free from poverty all has an impact and to not have these in place puts a strain on our health and wellbeing and in turn how long we live and the quality of our lives. The building blocks are known as the social determinants of health.



The King's Fund describes health as being determined by a complex interaction between individual characteristics, lifestyle and the physical, social and economic environment.



Our impact on wellbeing

To support the unique needs of rural and coastal communities in Arun, we will focus on solutions that address deprivation, our unique demographic, geographical isolation and limited access to services. Across direct services, planning and investment our ambition is to ensure long – term resilience for our communities.

The Arun Wellbeing Team

The Arun Wellbeing team is commissioned by Public Health West Sussex to develop a prevention and wellbeing programme for adults of all ages who live and work in the Arun district. The team has a particular focus on supporting behaviour change in people with increased risk of developing cardiovascular disease, stroke, type two diabetes and some preventable cancers through providing information, signposting and motivational support.

Trained Wellbeing Advisers offer a wide range of support including: 1-2-1 behaviour change support, healthy eating weight management workshops (tier 2 weight management), specialist support around alcohol reduction from risky drinking, delivery of NHS health checks and wellbeing checks and smoking cessation support.

The Wellbeing services are embedded across the district council, with key performance indicators directing the team to target those from high-risk groups including: those from deprived wards, carers, those with learning disabilities and English as a second language. Our staff make regular referrals through to the Wellbeing team to support clients with wider wellbeing needs. Our Wellbeing service also offers workplace health support to small and medium size enterprises, with a particular focus on those businesses with a higher eastern European demographic or predominately male workforce.

In 2023/2024 our Wellbeing Service received 1,488 referrals, with 37% of these being from high risk groups.

Community Engagement Hubs

Arun has two Engagement Hubs that are uniquely placed in the heart of 2 of our most deprived communities. Bersted Green Hub and Chilgrove Community Hub in Wick are vibrant spaces that provide free and low-cost activities to our residents. Both hubs are located within our own social housing stock and serve to provide the community with a chance to take part in a range of activities that support wellbeing as well as access vital services that support people to live full and independent lives. Our Hubs are supported by the Wellbeing Team and a Community Engagement Officer. Our Hubs offer resident engagement sessions, tailored fitness sessions, weight management programmes, mental health support, education and skills training, warm spaces and the opportunity to build community resilience.

Leisure and Cultural Strategy 2013-2028

The leisure and cultural strategy was developed in 2013 to set an ambition across 15 years for investment into leisure and cultural facilities. Strategic priorities are:

- to provide modern, fit for purpose leisure centres in Bognor Regis and Littlehampton
- to transform Bognor Regis's seafront
- enhance Littlehampton's seafront and riverside
- to make the most of Arundel's quality
- to make the District exceptionally good for cycling and other activities that are best off road, like horse riding, running and walking

[The strategy can be viewed in full here.](#)

Our impact on wellbeing (continued)

Leisure services

Arun District Council owns two leisure centres, an entertainment centre which includes a theatre and cinema and a community centre. The operation and management of these facilities, alongside a comprehensive healthy communities plan, are delivered by a Leisure Trust. Delivering high quality, accessible and affordable leisure opportunities is at the heart of this contract with specific focus on supporting hard to reach communities.

The council's leisure operator sets out to address health inequalities and empower everyone to be active in a way that works for them. There is an immediate focus on encouraging everyone to be active and stay active, whilst prioritising the impact on children, residents with long-term health conditions, diversity and inclusion and older and disabled people.

The council and its leisure operator influence opportunities, activities, engagement and the ability to benefit from leisure in our everyday lives. The total service value of the activities can be estimated and categorised under subjective wellbeing, social and community development, physical and mental health and individual development.

Participation at the council's leisure centres continues to grow year on year with over 1.3 million visitors in 2024. The council will continue to work with the leisure trust to continue the trend of increased participation and engagement within Arun.

The leisure operator produces a healthy communities plan every 2 years which provides a clear action plan aimed at targeting our most hard to reach parts of the community in providing accessible leisure opportunities.

Examples include:

- a free to access health walk scheme that runs five days a week
- dementia friendly swimming sessions
- free to access play sessions across the community in the school holidays
- gentle exercise programmes being delivered within our sheltered housing schemes

Case study

Alcohol reduction helps improve health and wellbeing

To support the unique needs of rural and coastal communities in Arun, we will focus on solutions that address deprivation, our unique demographic, geographical isolation and limited access to services. Across direct services, planning and investment our ambition is to ensure long – term resilience for our communities.

Miranda self-referred to the alcohol service in February 2023 she was ‘binge drinking’ which also led to drug use. She was taking medication for depression but needed to be sober for six months to access mental health services for further support. This was her goal at her first appointment with Olivia the Wellbeing Alcohol Reduction Adviser.

Support

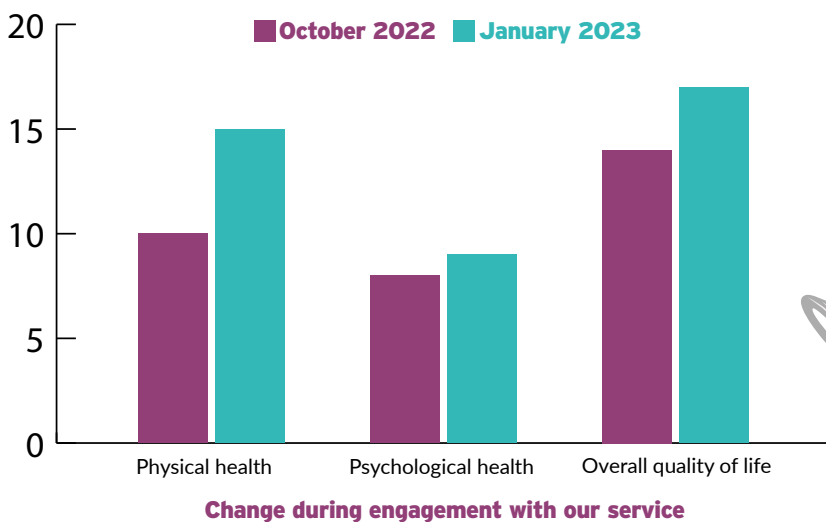
Olivia met with Miranda four times over six months. They discussed previous triggers, upcoming situations that may be difficult, guilt and feelings around actions when drinking and relationships with those around her.

Changes and Outcomes

Miranda started to journal her actions, practicing gratitude, exploring sober influences in the media, and read books. She said, “Being drink free enabled me to be more in tune with my body and health”. As a result, she had blood tests to explore physical issues which had been masked by her drinking, including thyroid problems as well as having tests for liver and kidney functions.

Miranda reached her goal of sobriety for six months and was able to go back to the GP to be referred for a mental health assessment. She reduced her Audit C assessment score from 20 down to nine and improved all wellbeing assessment scores over the six months.

PharmOutcomes® wellbeing scores



Local Community Network

The Arun Local Community Network is a multi-agency group which aims to address local health and wellbeing inequalities in the Arun district. The Arun LCN recognises the importance and value of working together to deliver tangible health and wellbeing improvements. The network aims to:

- create opportunities for more joined up and co-ordinated working at a local community level
- prevent duplication
- ensure best use of local assets, resources and shared intelligence
- enable network knowledge to build and maintain an accurate shared picture of local system resources, gaps and challenges
- provide new, collaborative opportunities that support innovation and best practice
- identify health priorities and areas of concern in Arun and work as wider system partners collectively to support

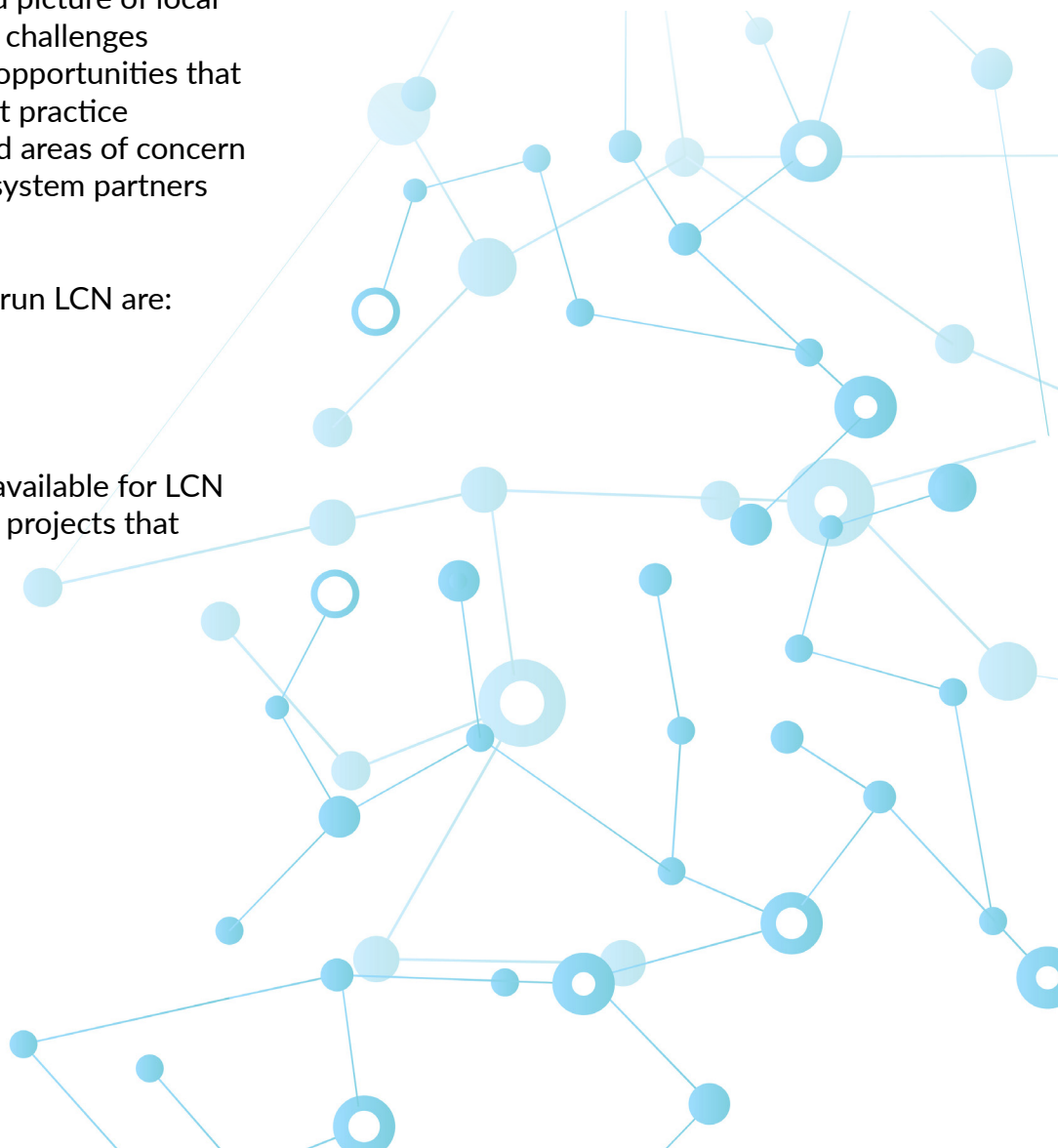
The current priorities for the Arun LCN are:

- ageing Well
- mental health
- healthy food

There is a small grant scheme available for LCN members to deliver small scale projects that tackle our priorities.

The Arun Integrated Community Team

The district council is part of the local leadership of the Arun Integrated Community Team (ICT). The ICT is made up of professionals working together as 'teams of teams' across primary care, community, mental health, local authority partners, voluntary, community and social enterprise organisations and other local partners. The ICT aims to deliver a 'neighbourhood first' approach to health and wellbeing, bringing together clinical teams and organisations who deliver on the wider determinants of health, with the common aim of supporting care for the most complex and vulnerable people, and developing and delivering a preventative health offer.



Community and voluntary sector partnerships

Arun District Council works with several partners within the voluntary and community sector. We recognise the importance of these successful and vibrant partnerships for the infrastructure of our district. We are part of key partnerships in Arun that ensure a collaborative approach to wider health determinants.

The Arun and Chichester Food Partnership is a collaborative network of cross sector partners in the local food system working to make good food accessible to all throughout Arun and Chichester. The vision for Arun and Chichester is for no one to go hungry and for everyone to have access to enough good quality food. The partnership wants to help people to grow, share and learn together to create skilled, fulfilled and nourished communities, with a real commitment to reduce the environmental impact of food production, procurement, consumption and waste.

Arun Community Transport Forum works to develop an integrated transport provision across the Arun district. This partnership, facilitated by Community Transport Sussex, brings together Community Transport Providers across Arun and provides a space for them to network, share ideas and create solutions to local community transport issues.

The Financial Impact Group bring together a collaborative network of statutory organisations and the voluntary sector for the purpose of mitigating economic financial impact on residents of the local community.

Our partners face continual pressures on funding, volunteer recruitment and demand on services. Arun provides funding to the voluntary and community sector to ensure that the needs of the sector and the community are met. Infrastructure delivery is an essential part to ensuring that all of our partners are equipped to best serve Arun residents and are a vibrant part of our local economy. Service Level Agreements exist for each funded partner, with Key Performance Indicators (KPIs) set to align with our corporate vision. The partners with funding from 2025 to 2029 are:

- Citizen's Advice Arun and Chichester www.arunchichestercab.org.uk
- Voluntary Action Arun and Chichester www.vaac.org.uk
- Age Uk www.ageuk.org.uk/westsussexbrightonhove
- Community Transport Sussex www.ctsussex.org.uk
- Arun Community Transport www.actransport.org.uk

Economy

Arun recognises that access to jobs and training opportunities impacts on health outcomes. [The Arun Economic Development Strategy 2020 - 2025](#) sets out the economic priorities of Arun District Council and the opportunities to support the prosperity of the district.

[Our Vision for Arun](#) is to create a dynamic, competitive and sustainable place to live, work and do business. To do this we will capitalise on Arun's advantages and address its challenges to continue to grow, attract and retain more businesses, people and investments.

The strategy focuses on three themes:

- Arun: future places - shaping our places: for people to live, work and visit
- Arun: a business success story - attracting investment and success: giving businesses the space and support to grow and prosper
- Arun: prosperous and happy communities - putting people centre stage: supporting our people to live healthy, happy, prosperous lives

Key to the economic strategy is creating prosperous and happy communities. Active and engaged lifestyles help with mental as well as physical health. A wide and eclectic range of physical, social, cultural and leisure facilities is vital for individual health, social interaction and community cohesion, and will help to attract younger people to move into the area. Arun District Council will ensure that there is a wide range of cultural and leisure opportunities in the area and work to protect our natural assets.

Our priorities...



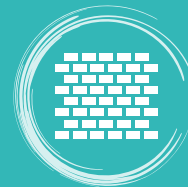
Improving the wellbeing of Arun



Delivering the right homes in the right places



Supporting our environment to support us



Fulfilling Arun's economic potential

Housing and homelessness

Arun housing strategy 2024-2029

Our vision is for Arun's residents to have access to the right homes in the right places which enable them to live a fulfilling life and contribute to the future growth and sustainability of the district. It is designed to positively contribute to the four themes of the Council Vision, with the following aligned to Wellbeing:

Improving the wellbeing of Arun through the provision of better-quality housing options which support healthy lives, particularly for those with support needs.

We will do this through a focus on the following five strategic priorities:

- delivering the right homes in the right places
- improving the quality of homes
- promoting environmental resilience
- providing housing options
- preventing homelessness and rough sleeping

Within each of these priorities is a series of specific actions which will be delivered in partnership with other organisations, such as the county council and other statutory partners for example health, housing associations, community land trusts, house builders, and the voluntary sector.

A key part of this strategy is to ensure that the housing offer across Arun meets the needs of our population, recognising that 3 in 10 are over the age of 65 and we are committed to supporting those who are in their own homes to be able to stay there safely alongside providing high quality sheltered housing schemes. We are also committed to conducting a supported housing review to understand the housing needs of those with additional support needs.

[The full strategy can be found here.](#)

Arun homeless and rough sleeping strategy 2024-2029

We want Arun to be a better place to live, work and visit, and to deliver great public services. Arun is a thriving district, consisting of Bognor Regis, Littlehampton and the South Downs National Park. Whilst the district is relatively affluent, access to high paying work is more difficult here than in other parts of the county, and local housing is increasingly unaffordable to rent or buy.

Homelessness in Arun is in line with the regional and national picture, though we are finding it harder to prevent families, in particular, from becoming homeless. Rough sleeping is rising slowly but is a concern for the health and wellbeing of some of our most vulnerable citizens.

Our vision is to prevent homelessness wherever possible, and where it is not, to ensure it is rare, brief and non-recurring.

We have engaged with a wide range of statutory and voluntary sector partners to develop the Homelessness and Rough Sleeping Strategy, and looked at how our services are performing in



Housing and homelessness (continued)

terms of preventing and relieving homelessness and rough sleeping and where these could improve.

What we have learned is that it is becoming harder to find sustainable, long term housing solutions for people who are homeless, and evictions from private rented accommodation are a major factor in causing homelessness in Arun along with family/friends being no longer able to accommodate, and domestic abuse.

However, we have a wide range of committed partners to work with us across statutory and voluntary sector services in the district and at county level. We have more work to do to build on relationships, particularly with private and social sector landlords to increase supply and strengthen housing delivery in Arun. Our current approach has been validated by a recent review of private rented sector liaison schemes in West Sussex, with our approach cited as the most successful.

The key themes of our strategy are:

- to prevent homelessness wherever possible
- to develop long term solutions within our housing market to help us respond to the housing needs of people living in Arun
- to build on the partnerships we have to ensure an effective response

[The full strategy can be viewed here.](#)

Community Safety Partnership

The Safer Arun Partnership (SAP) is the name given to the statutory local Community Safety Partnership and brings together a number of agencies to work together to reduce crime and anti-social behaviour across the district. It is recognised that no individual agency can deal with these issues in isolation.

Arun provides a Community Safety Team to deliver on its responsibilities under the Crime and Disorder Act 1998. There is a responsibility placed on the local authority to deliver the community safety partnership, as well as develop a holistic approach to crime reduction and prevention. Arun has a dedicated Anti-Social Behaviour (ASB) Enforcement Team who work closely with partners to tackle ASB head on to improve public safety. Arun also supports the wider community to promote positive safeguarding, working across its range of services to ensure that safeguarding concerns are reported and the right support is provided to those individuals in need.

The strategic vision of SAP is:

- to reduce the risk of harm to our communities by creating a safer place for people to live, work, and visit
- to take a proactive approach to reducing crime and nuisance behaviour
- to consider the concerns of local people and to deliver against their priorities as well as those at county and national level
- to work together and make best use of partnership resources



The Arun Local Plan 2011-2031

The Arun Local Plan will be used to guide decisions on planning, development and regeneration activity over this period. This includes many other decisions shaping corporate investment plans and strategies, as well as those from external providers, delivering services and infrastructure to the local community.

Our strategic objectives are:

- to strengthen Arun's economic base and provide local job opportunities by increasing, diversifying and improving the quality of employment within the district through the provision of appropriate employment sites, better infrastructure including road access, quality affordable accommodation and the development of business support and partnerships
- to reduce the need to travel and promote sustainable forms of transport
- to plan for climate change, to work in harmony with the environment to conserve natural resources and increase biodiversity
- to plan and deliver a range of housing mix and types in locations with good access to employment, services and facilities to meet the district's housing requirements and the needs of Arun's residents and communities both urban and rural, ensuring the issues of affordability and the provision of appropriate levels of affordable housing are addressed whilst supporting the creation of integrated communities
- to protect and enhance Arun's outstanding landscape, countryside, coastline, historic, built and archaeological environment, as well as the setting of the South Downs National Park, thereby reinforcing local character and identity

- to create vibrant, attractive, safe and accessible towns and villages that build upon their unique characters to provide a wide range of uses and which are a focus for quality shopping, entertainment, leisure, tourism and cultural activities
- to promote strong, well integrated and cohesive communities, through the promotion of healthy lifestyles, provision of good quality accessible community facilities and a safe environment, which delivers an enhanced quality of life for all. This includes meeting the needs of a growing elderly population

Our Local Plan is over five years old and we are therefore updating it to ensure that future development needs are met sustainably and to reflect the changing vision for the area, along with various legislative changes.

The National Planning Policy Framework (NPPF) Section 8 refers to Promoting Healthy and Safe Communities. This reflects a requirement for local authorities to ensure that all planning policies and decisions aim to achieve healthy, inclusive and safe places and beautiful buildings with a focus on addressing local health and wellbeing needs.



Climate change

Arun is committed to playing its part in fighting climate change and this is set out in our Carbon Neutral Strategy. The strategy details our direction of travel, incorporating how a healthy and stable environment is key to the function of society. It ensures that we have the abundance of raw materials required for the resources we use in our daily lives, including soil used to grow produce, the clean air we breathe and the natural defences that protect our infrastructure as well as helping with our fitness and mental wellbeing. The benefits of changing our behaviours lead to a cleaner, greener, healthier and fitter district.

The full strategy can be viewed here: [Climate change | Arun District Council](#)

Our ambition for Wellbeing in Arun

Our founding principle is that we fully appreciate that Arun District Council is just one system partner who has an influence on the Wellbeing of its community. We are more impactful when we work in partnership. Arun is rich with infrastructure organisations who all contribute to the wider determinants of health.

Considering health and wellbeing in all council processes

Arun District Council will consider the impact of all decisions made at committee level on the Health and Wellbeing of its communities. All decision papers taken to our Committees are asked to consider impacts on wider factors such as Equalities, Health and Safety, Environment and Climate Change, Crime and Disorder. With 'Improving the Wellbeing of Arun' being one of our four key themes, it is appropriate for officers and members to consider the impact of decisions.

Collaboration and advocacy

Arun District Council is a strategic partner of NHS Sussex and is part of the West Sussex Strategic Local Community Network. Arun has its own Local Community Network, a multi-agency group aiming to address local health and wellbeing inequalities in the Arun district. The Arun LCN has strategic oversight of health and wellbeing across Arun acting as an enabler, identifying gaps and strengthening partnership working across the district. The LCN works across system partners including VCS, public sector and health. The LCN will be the formal partnership for Arun to ensure that health and wellbeing is considered and prioritised. As NHS Sussex develops the Integrated Community Teams across the county, the alignment of key infrastructure public organisations and those of health are becoming more aligned than ever before.

Our ambition for Wellbeing in Arun (continued)

Targeting those most in need

The insight and data available for Arun shows stark differences in the health and wellbeing for those living in our least and most deprived areas of the district. Where resources are stretched across all organisations, it is prudent and essential that we concentrate our services and programmes in our areas of most need.

Supporting infrastructure organisations and avoiding duplication

We work collaboratively with infrastructure organisations, providing core service funding to those who deliver services that have the greatest impact in Arun. Our partnerships with Citizen Advice, Voluntary Action Arun and Chichester, Age UK and Community Transport Sussex are vital to our commitment in this support and avoiding duplication of service across the district. It is clearly evident that should the district council not fund these vital organisations, the cost in delivering internally and the detriment to the health and wellbeing of our residents would be significant.

By focussing on these simple principles, we can ensure that Arun keeps 'Improving the Wellbeing of Arun' at the forefront of all service delivery and partnership working.

What does success look like?

The Communities and Wellbeing Service within Arun will be take the lead in embedding this strategy into practice. Part of this work will include the creation of an action plan that brings some of the ambitions to life with practical projects, programmes and ways of working. This will create some measurable key performance indicators that will provide a framework to monitor the progress of the strategy.

Overall aims



Promote and support a multi-agency response to tackle the causes of health inequality in Arun's areas of greatest deprivation.



Champion leisure, culture and the Arts in Arun and encourage our community to embrace healthy and active lifestyles.



Work with partners to provide advice, support and activities that promote and deliver community wellbeing where it will have the greatest impact.

