

# Draft Southampton Health and Wellbeing Strategy 2026–2035

## Our Vision

- Children get a healthy start in life
- Adults live healthy, active lives
- We can connect with others
- We can afford the essentials for a good, healthy life

## About This Plan

This 10-year plan (starting in 2026) aims to improve health and wellbeing for everyone in Southampton.



## Who Made This Plan?

The Health and Wellbeing Board—a team from the council, NHS, and community—created this plan by listening to local people and reviewing health data.



## Our Four Priorities

### 1. Starting Well

**Goal: Give every child the best start in life**

Focus: Reduce childhood obesity

- Work with schools and families to promote healthy eating and activity
- Improve access to nutritious food and safe play spaces
- Support all children, especially in poorer areas



### 2. Staying Well

**Goal: Help people stay healthy and independent as they age.**

Focus: Early, joined-up, personalised care

- Support people to live at home
- Offer more NHS health checks
- Promote physical activity and reduce smoking, alcohol, and drug harm
- Prevent long-term conditions and reduce hospital visits



### 3. Connecting Well

**Goal: Help people feel connected and active in their communities.**

Focus: Encourage physical and creative activity

- Make it easier for everyone to be active
- Support creative activities to boost wellbeing
- Improve safety in public spaces
- Reduce loneliness



### 4. Financially Well

**Goal: Support people to earn, learn, and manage money.**

Focus: Skills, training, and employment

- Help people find and stay in work
- Support young people and those with additional needs
- Promote flexible working and support small businesses
- Reduce gambling harm



## What Helps People Stay Healthy?

- Safe housing
- Clean air
- Healthy food
- Social connections
- Access to jobs and activities



## How We'll Work

- Collaborative – Work together
- Co-produced – Listen to communities
- Equitable – Fair for everyone
- Balanced – Mental and physical health equally important
- Preventative – Stop problems before they start
- Holistic – Support the whole person
- Sensitive – Respect differences
- Evidence-based – Use data and research
- Sustainable – Protect the environment



## Making It Happen

- Healthy Child Board – Support children and families
- Health and Care Partnership Board – Support adults and older people
- Connecting Well Forum – Promote social and physical activity
- Renaissance Board – Boost jobs and training