

CABINET

**COUNCILLOR SOPHIE PORTER
HEALTHY COMMUNITIES & ACTIVE LIVES
PORTFOLIO HOLDER**

JULY 8TH 2025

KEY DECISION NO

REPORT NO. ED2503

RUSHMOOR TOGETHER

SUMMARY AND RECOMMENDATIONS:

This report set outs the priorities and plan for 'Rushmoor Together' - the new partnership plan for 2025/26 for supporting communities and tackling inequality in Rushmoor.

The plan is a collaborative approach to addressing the challenges facing local communities and is focused around three priority areas:

- Physical and Mental Health
- Economic Wellbeing
- Community Belonging

The Cabinet is recommended to:

- Endorse Rushmoor Together – A partnership plan for supporting Communities for 2025/6

1. INTRODUCTION

- 1.1. This report seeks Cabinet endorsement for 'Rushmoor Together' – the new partnership plan for supporting communities and tackling inequality in Rushmoor.
- 1.2. Rushmoor Together is a follow up to the existing Supporting Communities Plan (SCP) 2021– 24 and builds on the foundations and success the plan delivered.

2. BACKGROUND

- 2.1. The Supporting Communities Plan was approved by the Council in 2021. It focused on four priorities: Economic Wellbeing, Young People, (Resilience and Aspirations) Physical and Mental Health and Connecting Communities.
- 2.2. Refreshing the existing Supporting Communities plan provides an opportunity to review changes in data and local context and change the priorities where relevant. Rushmoor Together reflects the need to be agile and responsive to

changing community needs such as we have seen with the cost-of-living crisis, our work to support new communities arriving in the borough and the impact of Hampshire County Council funding cuts to voluntary sector partners.

- 2.3. The community and voluntary sector play a vital role in supporting or delivering some of the projects identified in this plan. The sector is under increasing financial pressure following the loss of infrastructure funding grants from Hampshire County Council.
- 2.4. The Council has longstanding, positive relationships with the voluntary sector. However, the Council should be mindful of the long-term impact on organisations following significant funding challenges. A strong, resilient, and resourceful community and voluntary sector is critical to ensuring our communities are well placed to respond to any challenges ahead.
- 2.5. Health partners are also in a period of uncertainty and financial challenge. The Health and Care Act, introduced in 2022, made Integrated Care Systems statutory organisations, empowering them to improve population health and reduce inequalities. This led to the creation of the Integrated Care Board (ICB) who have a critical role to facilitate joint action to improve health and care outcomes and influence the wider determinants of health.
- 2.6. On 13 March the Government announced it would be abolishing NHS England and rolling its functions into the Department of Health and Social Care (DHSC). ICB leaders have been instructed to reduce their budgets by 50% by October 2025. Cuts to ICBs will mean they have less power and funding to deliver the government's vision of a more preventative, community-focused approach to health and reduce health inequalities.
- 2.7. There is a strong desire from the partner working group to continue working together and respond to changing demand and challenges in a collaborative way. This is increasingly important for the local area ahead of the impending Local Government reorganisation and devolution.
- 2.8. Following the protests and unrest in the summer of 2024 the Council was awarded funding from the Community Recovery Fund. The Council commissioned the Belong Network, an organisation experienced in social cohesion and connecting communities, to facilitate community conversations and deliver workshops. Belong has since provided a report and is working with the Council to deliver a further programme of work with local communities. This work is reflected throughout 'Rushmoor Together' but specifically in the Community Belonging priority.

3. RUSHMOOR TOGETHER

Priorities

- 3.1. Rushmoor Together has three priority areas: Physical and Mental health, Economic Wellbeing and Community Belonging.

- 3.2. The priorities are largely unchanged from the SCP with Physical & Mental Health and Economic wellbeing remaining as two of the three priority areas. The significant difference with Rushmoor Together is the inclusion of Community Belonging as a priority and the focus on young people cutting across all priorities rather than a stand-alone priority area in itself.
- 3.3. The addition of Community Belonging reflects the importance of residents, and relationships. Its focus is supporting all residents and harnessing the skills of residents to foster kindness and greater participation and engagement within communities to essentially build a greater sense of belonging to the area.
- 3.4. Over the last two years, we have seen changes to the local community that have raised community tensions and created divisions. This is often referred to as community cohesion. Rushmoor Together uses the term community belonging because we think it best describes the importance of strong social relations, across differences of race and geography to foster a stronger, kinder and more resilient Rushmoor.
- 3.5. The Community Belonging priority reflects the need to work together to increase and empower community engagement to build trust, social connections and strong community relations that can resist the pull of division. A more socially connected and 'together' Rushmoor can bring individual and community benefits; including levels of individual subjective wellbeing, increased levels of volunteering and active social engagement.
- 3.6. Rushmoor Together is for everyone in the borough and for that reason it does not have a specific priority for young people. It should, however, be noted that through the Councils Young People plan, approved in March 2025, there is work taking place to sustain longer term engagement with young people to give them a greater voice on local issues and action and to support young people who, through deprivation and inequality may have less opportunities and more challenges.
- 3.7. Physical and Mental Health remains a priority and reflects its role in wider preventative health in general. Local data shows high levels of obesity and inactivity, and mental health challenges remain and so it is imperative that there is an increased emphasis on physical and mental health.
- 3.8. The plan acknowledges that there are some areas in the borough where the need is greater and inequalities are more prevalent. For that reason, the plan identifies focused projects in specific locations in line with the most common challenging issues and needs for the area.
- 3.9. Rushmoor Together purposely does not reference the areas of deprivation in the borough. Over time different strategies and plans have frequently referred to our three areas of deprivation and whilst they are well known and driven by data, constantly reinforcing these areas as deprived can lead to stigma, stereotyping and poor reputation.

- 3.10. Rushmoor Together compliments the Councils Delivery plans and supports the priorities of Pride in place and Community Wellbeing - Active Lives, Healthier and stronger Communities in particular.

Funding

- 3.11. Some projects identified in the action plan will be supported by The Supporting Communities Fund (£20K) and Pride in Place (£10k - Government funding) Other projects will be delivered by partners or external funding that has been secured. There will be an emphasis on joint funding bids to strengthen applications and reduce local competition for funds.
- 3.12. It is proposed that the Council will also allocate a proportion of the Community Recovery Fund to support community led projects and activities in relation to the three priorities but specifically Community Belonging. This will be in the form of a new grant called Rushmoor Together (£80k)

Alternative Options

- 3.13. Not endorse the plan and risk undermining partner engagement and the value of partnership working.

Consultation

- 3.14. Rushmoor Together has been prepared following regular meetings with the partner working group and consultation with wider partners as follows:
- Collection of data and evidence from partners
 - Survey to partners groups including community and faith groups
 - Follow up meetings with partners and groups to discuss needs, challenges and plans for them individually
 - Draft plans presented to partner groups at the Partnership meeting
 - Draft plan circulated to Members for comment and feedback
 - Member briefing session in June
- 3.15. Rushmoor Together plan was presented to all Members at a briefing session on Monday 9th June.
- 3.16. Feedback and recommendations from the consultation and meetings have been incorporated into the plan where applicable.

4. IMPLICATIONS (of proposed course of action)

Risks

- 4.1. This is a partnership plan, and the responsibility is with all partners. Many of the projects identified are being directly delivered by partners, rather than the Council, and have been externally funded. Projects have been costed and/or are subject to project and performance management arrangements. The key activities are also subject to challenge from the partner group. There are no

risks identified to the Council and the relative cost to the Council against the benefits this work brings is considered very low.

Legal Implications

- 4.2. There are no anticipated implications arising from the plan.

Financial Implications

- 4.3. The costs of this one-year project are funded by existing budgets or external funding. There is no ongoing financial impact of this proposal. If any further funding is required to support further initiatives, and further approval would be sought.

Rosie Plaistowe-Melham - Financial Services Manager & Deputy S151

Resource Implications

- 4.4. The Community & Partnerships Team lead the coordination and delivery of Rushmoor Together plan including the chairing of the partner meetings. The team is also responsible for managing the Service Level Agreements with key local partners which may include commissioned work to deliver projects relating to the plan.

Equalities Impact Implications

- 4.5. An Equality Impact Assessment has been completed for Rushmoor Together. The action plan focuses on supporting more vulnerable and disadvantaged members of the community. As individual projects, activities will be subject to their own equality impact assessment and measures where appropriate.

5 CONCLUSIONS

- 5.1 'Rushmoor Together' is a partnership plan for supporting communities and tackling inequality in Rushmoor. The plan is a collaborative approach to addressing the challenges facing local communities and reflects the strength of local partnership and the desire to work together to support Rushmoor residents. The plan is low cost to the Council and supports and enhances the Council's delivery plan priorities.
- 5.2 The Cabinet is recommended to endorse Rushmoor Together – A partnership plan for supporting Communities for 2025/6
- 5.3 The plan has the full support of the partner working group and identifies key projects and action to be delivered over the next 12- 18 months. The Plan also has the full support of the Council's Portfolio Holder for Community & Wellbeing.

LIST OF APPENDICES/ANNEXES:

Rushmoor Together Plan

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Rushmoor Together: Supporting Communities Plan 2025/26 – a partnership approach to improving outcomes for people across Rushmoor

Executive Summary

There is so much to be proud of about Rushmoor. For most people it is a happy, healthy and safe place to live. Rushmoor has grown in recent years and with that has come new jobs, skills, housing and opportunities. The population change has seen us benefit from the rich, vibrant cultures that new and existing communities have brought with them.

However, whilst the increasing and changing population creates great opportunities, it also brings challenges, including the sense of belonging for many and an increased demand on local services during a time of constrained public spending. This is on top of existing challenges from the impact of international events, local and national protests and unrest, lasting impacts of Covid and the national cost of living crisis. Whilst many of our residents live happy, comfortable lives, many others face daily challenges and inequalities that impact their quality of life and opportunities.

Strong partnerships are essential to the success of the borough and working together to support one another is more important than ever. 'Rushmoor Together' sets out how we plan to work in partnership to strengthen our communities and build resilience and community relations. This is not just the responsibility of the Council and partners in voluntary, faith and community organisations. It is the responsibility of us all.

'Rushmoor Together' is a partnership effort to work together and support all residents but especially those who face inequalities.



INTRODUCTION

‘Rushmoor Together’ is about working in partnership to improve opportunities for residents.

The plan is a follow up to the Supporting Communities plan 2021 - 24 and an opportunity to build on the foundations and success that has delivered. Through the Supporting Communities plan we have developed effective partnership working across public, business, voluntary, community and faith sectors and delivered projects that support our communities.

We recognise the strength in working collectively to address community challenges and needs where we can. ‘Rushmoor Together’ is an opportunity to adapt and reflect the changing needs of residents and partners and work collectively to benefit all communities in Rushmoor.

There are many organisations already delivering on the priorities set out here but by coordinating and aligning our efforts more we can ensure we meet the needs and aspirations of our residents and especially those most in need.

Priorities

The 3 priorities for Rushmoor Together are:

1 Physical and Mental Health

2 Economic Wellbeing

3 Community Belonging

The plan has been developed with the following partners:

NHS Frimley Health and Care ICS	Citizens Advice Rushmoor	Rushmoor Borough Council	Hampshire Public Health	Hampshire Libraries
Step by Step	Hampshire County Council	Rushmoor Voluntary Services	Rushmoor Accessibility Action Group	Vivid Housing
Aldershot Garrison	The Source for Young People	The Vine Centre	Local Colleges and Schools	Police & Fire Service

Objectives & Approach

Rushmoor Together is about achieving more by working together in a targeted way, whilst being agile enough to adapt to changing circumstances and needs.

Our objectives

- To work in partnership and deliver projects that support residents and positively impact their lives
- To strengthen collaboration and work effectively for the good of Rushmoor residents
- To increase levels of community engagement and help to build strong, resilient, active communities
- To make the best use of available resources, including any new funding identified, by focusing planned actions on agreed priorities

The plan takes an action-based approach and has been developed with the following principles:

- Data and gaps: As partners we agree to share data to help understand where inequalities currently exist, may emerge, or widen, in order to achieve our overall aims and work more effectively.
- Lived experience: Work together to understand and empower communities and those with lived in experience to be at the heart of decision making
- A partner approach: Value and appreciate that we can achieve much more together.

OUR APPROACH TO DEVELOPING THE PLAN



The following has also helped to shape the plan.

- **The Council's Delivery plan priorities** which are: Skills, economy and business; Homes for all; community & wellbeing: Active life, healthier and stronger communities; Pride in place; and, Vision for the future and financial sustainability.
- **The Council's Young People's Plan**, agreed in 2025. This plan focuses specifically on action to support young people. Given that, young people is not a standalone priority theme in Rushmoor Together, as it was in the previous Supporting Communities Plan. Instead, children and young people activities and projects run throughout this plan as appropriate.
- **Pathways to Work**, a Government consultation setting out plans and proposals to reform health and disability benefits and employment support. The plan considers how this will impact on our local communities specifically in relation to health and economic wellbeing.



EVIDENCE AND CHALLENGES

We understand that some of our residents face greater challenges than others. Rushmoor has three areas of deprivation and living in a deprived area can impact health, aspirations and life expectancy. (ONS.gov.uk) Recent rises in the cost of living have further impacted deprived communities and widened the inequalities gap between areas of deprivation and the more affluent areas of the borough.

Inequalities are fundamentally unfair and they have a significant impact across all areas of life. For many communities that have experienced deprivation for some time, the causes are complex and multi-faceted and this makes sustained progress and change difficult.

Through 'Rushmoor Together' we are committed as a partnership to tackling the wide range of inequalities in order to deliver positive and lasting change in the borough. We are doing this by providing targeted support in areas of most need.

The three priorities of this plan have been selected based on data and partner input. They are also where the need is greatest and where we believe that together, we can have the biggest impact.

Physical and mental health challenges

Good physical and mental health is integral to our quality of life. Unfortunately some Rushmoor residents face some significant health challenges.

Some of our health challenges:

64.7% of adult residents are classed as overweight or obese

24.8% of reception year children are overweight or obese and 40.7% of children are overweight or obese by year 6

23.9% of adults in Rushmoor are physically inactive (< 30 minutes of exercise per week)

Only four out of ten young people are reaching the recommended levels of physical activity of an average of one hour per day.

This falls to three in ten for girls and is lower still for young people who identify as LGBTQ+

18% of children estimated to have a probable mental health disorder

Emergency hospital admissions for Chronic Obstructive Pulmonary Disease (COPD) is significantly worse than the average

Smoking prevalence of 18.4% - higher than Hampshire (10.5%) and England (12.7%)

Higher than average TB incidence (the third highest rate in the South East)

Emergency hospital admissions for intentional self-harm is significantly worse than England

Nearly 4 in 10 veterans report having a mental health problem

Life expectancy is 8.7 years lower for men and 6.7 years lower for women in the most deprived areas of Rushmoor than in the least deprived areas

Deprived areas at greatest risk of poor mental health and wellbeing

*Active lives Survey Data, Joint Strategic Needs Assessment (JSNA, Hampshire County Council). Military Health BMJ Journals, Mental health and wellbeing index, Beewell survey

Economic wellbeing challenges

Economic Wellbeing is about the ability of individuals, families and communities to consistently meet their basic needs. We know that the cost of living crisis has impacted many people and some families are finding it difficult to manage.

Some of our economic wellbeing challenges include:

Average weekly earnings for those who live in Rushmoor is much lower than for those who live in neighbouring local authorities

3 out of the 4 secondary schools have results below the Hampshire average, and three have a well below average Progress 8 score (DfE 2024)

The majority of Rushmoor's secondary schools have absence rates above the Hampshire and England average

Compared to Hampshire and the South East, Rushmoor has a higher percentage of residents with no qualifications

CA Rushmoor reported that between Jan-March 2025 the top 3 areas where people sought help were: Benefits, charitable support & foodbanks and debt.

There are very high rates of income deprivation affecting older people in areas within Wellington ward

About 11.2% (2,125) of children live in low income families

Grub Hub supporting an average of 260 residents every week in 2025, up from 240 in 2024

During Covid the number of people who were unemployed rose, and is still not at the level it was before (NOMIS)

3 areas of deprivation in the 20% top deprived nationally

Young people from low income families more likely to feel they don't have much of a chance in life (ONS.gov.uk)

Community Belonging challenges

We want to build connections between people in local communities where population change has impacted their sense of community and we want people to feel safe in their communities.

Some of our community challenges include:

Residents' feelings of safety outside during the day and at night as not as high as we would like

Anti social behaviour in town centres impacting the reputation and perception of the town centres

At 95.5 crimes per 1,000 population, in 2022/23 Rushmoor had the highest crime rate in Hampshire

Wider social issues including cost of living pressures and issues of economic and social disparity identified as a contributing factor in unrest

Protests and opposition to use of migrant hotels and asylum seekers

Levels of loneliness in Aldershot young people are double the national average.

The score is lower still for females, those on free school meals, and those with special educational needs. It is considerably lower for LGBTQ+ young people.

4 out of 10 young people have been made to feel bad because of their race, skin colour, gender, sexual orientation, disability or religion

Rushmoor is the most ethnically diverse population in Hampshire, with a large Nepali population 10.6%

- Hampshire #BeeWell survey 2024, Census 2021, Hampshire JSNA, RBC Residents Survey, Rushmoor Voices Report



BUILDING ON SUCCESS

There are many great examples of partnership working in Rushmoor with dedicated community leaders and partners. The 2021-24 Supporting Communities Plan delivered a number of successful projects and outcomes across four themes. Some examples of success include the following:

Young people - Resilience and aspirations

- *New weekly Youth Café for young people in Aldershot*
- *Support to Lighthouse project for young people and families in Aldershot*
- *Community Safety detached youth work across the borough*
- *Kickstart young people access to work programme - supporting young people locally*
- *Delivery of Climate Change Schools projects*
- *North Hampshire Youth Hub employability workshops*

Mental and physical health

- *Delivery of local health checks*
- *Wellbeing Walks programme delivered in 6 locations*
- *Delivery of Men's mental health day promoting mental health support*
- *Potters Hotel physical activity programme for children and families*
- *Delivery of Safe Cycling programme*
- *Support to Mental health groups including Talk Mental men's group*
- *Green social prescribing programme*
- *Talk plus and CA joint mental health support*

Economic hardship

- *Virtual Job Club*
- *Get ready for winter campaigns - funding for warm and welcome community hubs*
- *Community Grub Hub - supporting 200 people every week*
- *Fuel poverty support and food vouchers*
- *Holiday activity and food (HAF) programmes*
- *Men's Shed and Repair Café established*

Connected communities

- *Established Rushmoor Link community directory at www.rushmoorlink.org*
- *Asylum seeker and Ukraine guests support*
- *Keep Well and Stay Connected digital inclusion project for older people*
- *Nepali community champions*
- *Pride in Place grants scheme delivered 17 local projects including Rushmoor Pride.*



PRIORITY THEMES FOR RUSHMOOR TOGETHER

Building on the success so far and adapting the plan based on data and feedback from partners the three priority for 'Rushmoor Together' are:

1 Physical and Mental Health

We want to ensure people have access to opportunities to support their physical and mental health.

2 Economic Wellbeing

We want to make it easier for people to develop skills and support people with cost of living challenges.

3 Community Belonging

We want to ensure people feel safe and build connections between people in local communities where population change has impacted on their sense of community.

The Plan

1. Physical & Mental Health

Mental and emotional health, physical health and a healthy lifestyle all contribute to our health and wellbeing and ultimately our quality of life.

We want to support everyone to thrive and make healthy choices. We will help to remove barriers that prevent people from being active and develop projects to encourage a wide variety of physical activities, especially for those people who might currently be less active and for those where physical activity can support independent and healthy living.

Research also shows that physical activity can impact your mental health. Good mental health is integral to overall wellbeing and we will work in partnership to promote and increase opportunity to access more mental health support. We understand that cost of living, housing challenges and employment concerns, to name just three, can impact your mental

health. We also know that that residents living in our more deprived communities face greater challenging social and economic conditions which widens health inequalities. We will work in targeted areas to provide increased support where it is most needed.

“ Whatever your age, there’s strong scientific evidence that being physically active can help you lead a healthier and happier life.

— NHS Website

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Projects for 2025-26 to support Physical and Mental Health

- ‘Active in Rushmoor’ campaign to promote physical activities across the borough in the summer
 - Live Longer Better programme to support independent living
 - ‘Steady and Strong’ classes for older adults in Farnborough and Aldershot
 - Wellbeing Walks programme of weekly volunteer-led walks across Rushmoor
 - ‘Blooming Minds’ project - mental health nature-based community activity
 - Increasing level of physical activity in schools with high obesity rates
 - Men’s Health Day event to promote physical and mental health in men
 - ‘Active Travel’ safe cycling sessions in schools and a family group
 - Community Health Workers targeting residents with health needs in areas of deprivation
 - Research possibility of a mental health practitioner to support health needs of vulnerable residents and street drinkers
 - Healthy weights programme to encourage healthy weights in adults and children
 - Carers Champions Carers programme
 - Blood Pressure Checks volunteer Champions trained in giving BP checks and guidance in the community
 - Outreach health events for hotel based migrants
 - Support for and promotion of Mental Health groups and providers
 - Connect to Work Scheme assisting people with health conditions and disabilities into sustainable work
 - Targeted advice and guidance support to Talkplus clients in Rushmoor
 - Mental health and wellbeing and resilience workshops delivered to young people at the Youth Cafe
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2. Economic Wellbeing

Economic wellbeing refers to the overall standard of living and quality of life for individuals and households. Having economic wellbeing means having enough income to get by in life. It also implies employment opportunities, access to basic goods and services, social support, and overall satisfaction with life. Our action plan includes projects supporting people into employment, raising skills and confidence and aspirations. We will also support people with cost of living challenges and help to access services and advice.

Projects for 2025/26 to support Economic Wellbeing

- Employment and Skills partnership offer including job fairs and website, the SEEDL training platform,
- Bespoke young people's work experience programme at the Council
- Bespoke Nepali community employment support
- Get Ready for Winter support of warm and welcome spaces and targeted information, advice and guidance to residents challenged by cost of living pressures
- Debt, benefits and housing expert advice supporting those with severe and enduring mental health needs
- Specialist advice service pilot project for victims of domestic abuse
- 'Advice in Crisis' complementary advice services to clients using local foodbanks and pantries.
- 'Money Matters' financial capability workshops and 1-1 support
- 'Green Doctor' targeted service to support those in poor health and at risk of fuel poverty.
- 'Work Well' social prescribing service supporting the signed off sick back into work

“ We see further evidence of deepening poverty in the increasing number of food bank users, with more emergency food parcels being delivered than ever before

– UK Poverty 2025: The essential guide to understanding poverty in the UK, Joseph Rowntree Foundation

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3. Community Belonging

We want to develop resilient communities where people support and respect one another.

Community belonging is concerned with how well people from different backgrounds meet and get along together. It relates to levels of trust between individuals, different groups and communities, and the local organisations that serve them. Community belonging is about developing our communities and social spaces where difference is welcomed and celebrated, and where empathy and curiosity about people is encouraged. When this happens, we create strong and safe communities, with community resilience, good relations and a sense of community pride and belonging for all.

Our action plan will inevitably focus activities on those parts of our borough where people feel less sense of community belonging. It includes projects that encourage communities to come together, and help people find out about and get involved in their communities. It is also about ensuring all residents feel safe and heard. We will work in partnership to ensure our town centres are safe and welcoming places.

Projects for 2025/26 to support Community Belonging

- Development of a community mediation service
- Development of 'Rushmoor Voices' community engagement group
- Growth of 'Rushmoor Youth Voice' young people led community engagement group
- Annual 'Think Safe' activities for Year 6 pupils in Rushmoor schools
- Detached youth work positively engaging with young people in 'hotspot' areas
- Partnership approach to reducing street drinking and supporting mental health of street drinkers
- 'Legacy Project' mentoring project for referred young people at risk of exploitation
- 'Rushmoor Link' community signposting website continually promoted and expanded
- Cohesion support project to address challenges faced by migrant community members settling in Rushmoor
- Pride in Place grants scheme supporting pride in place local community projects
- Development of Rushmoor Together Grants to enable communities to develop and deliver inclusive events and projects.

“ Building community cohesion where trust and sense of belonging are paramount is imperative to help communities and place thrive

— Newlocal.org.uk

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Funding

The following Council grants are available for partner and other local organisations to apply for to deliver projects that support the delivery of Rushmoor Together priorities:

- Supporting Communities Grants £20k
 - Pride in Place grants £10k
 - Rushmoor Together Grants £80k
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Monitoring Impact and Challenging Progress

The Partner Steering Group meet at least every two months to review progress against the plan and identify any changing needs or challenges. At each meeting partners will provide an update on projects and, when needed, seek the support of the wider group.

The group will provide an impact report to the Council at the end of the year.

Supporting Communities Action Plan

Summary of Projects to be delivered in 2025-26

Physical and Mental Health			
Project Outline	Impact	Status	Notes / Support Needs
Active in Rushmoor Summer campaign to promote sport and physical activity for all. The programme will include free taster sessions to try across the borough during the summer at local community events including Victoria Day, Donkey Derby and Moorfest. Moorfest - 13th July - stalls for clubs and groups and 'have a go' sessions.	Increased physical activity levels Communities are more aware of the local sports and activities offer, and the benefits of staying active. Venues and providers offering discounts and offers for new users.	Showcasing in community events - May - July	£5,000 funding Lead: Rushmoor BC
Live Longer Better activities - Young at heart The production of a hard copy guide highlighting the the Live Longer Better campaign - <u>Live Longer Better Health and social care Hampshire County Council</u> . To be translated into Nepali. Face to face engagement with our elderly population Delivered by Rushmoor Healthy Living who will take the Live Longer Better information and appropriate activities out to local communities and groups Nepali social and physical activity group to be set up in Farnborough by Rushmoor Healthy Living, supported by Rushmoor BC.	Embracing the County wide Live Longer Better campaign, supporting our growing number of older adults. Increase activity and social support among older residents, including the Nepali community through translated materials. Elderly residents will be better informed of the support and activities available to them. Improved social interaction and physical activity levels by this group. The Live Longer Better principles will be explored and shared appropriately with this group. The improvement of knowledge of Live Longer Better principles is key.	Two years to March 2027	£15,500 funding from Hampshire County Council. Funding ideas delivered by a Live Longer Better Community of Practice, Delivered by Rushmoor Healthy Living.
Steady and Strong classes Working with Hampshire County Council Falls Prevention service and NHS Frimley Health & Care (physios). Two classes set up in Farnborough, one further class to be set up in Aldershot.	Older adults have increased strength and balance to mitigate against falls.	Ongoing	Self-funded by customer charges, therefore sustainability is vulnerable. Shortage of trained instructors in the borough. £300 for additional Aldershot class set up, funded from Live Longer Better. Lead: Rushmoor BC
Wellbeing walks programme Volunteer led healthy walks programme, linking in with GP's, social prescribers, leisure and community venues. 6 walks organised across the borough	Reaching out to different target groups, including those who are most physically inactive and need extra support. The programme supports mental and physical wellbeing. Combatting issues including depression, stress, isolation and weight loss.	Ongoing	Funded to April 2026 by Rushmoor BC. Lead: Rushmoor Voluntary Services

Project Outline	Impact	Status	Notes / Support Needs
Blooming Minds A ten-week programme delivered by Rushmoor Voluntary Services Community Support Workers, for people referred by clinical or professional colleagues, which supports people to engage in a nature based, community activity.	Person-centred care to improve mental and physical health.	On going Two pilot programmes have been completed.	NHS funding agreed Lead: Rushmoor Voluntary Services
NHS Develop Physical Activity group Partner group to identify opportunities to increase physical activity in the borough. Activity includes: Targeted work with schools to help children learn the importance of staying active and eating healthily; while providing schools with the tools they need to support their students' physical wellbeing.	Increased physical activity in schools. Increased use of green space. Empowering school communities by encouraging them to take an active approach in their health and wellbeing.	Ongoing	Lead: Rushmoor BC
Men's Health Day Annual event to promote Men's Mental Health and showcase local support and activities in the borough - linked to Men's mental health month.	Rushmoor men more aware of the importance of good mental and physical health and the local support services. Stigma reduced.	November campaign and event. Date TBC	Lead: Rushmoor BC
Active Travel Sessions to increase awareness of safe cycling routes for residents to ride their bikes for pleasure and walking routes including heritage trails. Balance, Glide and Ride sessions in schools for very young cyclists. Delivery of Bikeability sessions in schools. Delivery of a family after school club, based at Farnborough Grange Infant School.	More active travel by residents, increased physical activity and safer cycling. All year R pupils in the Borough having the opportunity to learn to ride a balance bike.	Ongoing	Lead: Public Health Hampshire
Community Health Workers – Recruitment of 4 community health workers (3 in Aldershot, 1 in Farnborough) to work within PCNs in deprived areas targeting residents with health needs. Workers will link with Rushmoor BC, social prescribers and other partners.	Targeted programme to support residents with health needs and provide a range of support.	3 Community Health & Wellbeing Workers are in post.	Funded by Public Health Hampshire, based at Aldershot PCN (Salus), 12-month pilot project to the end of 2025. Lead: NHS Frimley
Whole Systems Approach to healthy weights Partner led programme to support healthier weights in Rushmoor adults and children.	Focus on physical health and also mental health, (i.e. confidence and self-image)	Ongoing	Lead: Public Health Hampshire

Project Outline	Impact	Status	Notes / Support Needs
Partnership @ Place Health Forum A partner meeting organised at least three times per annum for statutory and community health providers – agenda follows NHS Frimley strategic priorities of CVD / Hypertension, healthy weights, and smoking cessation.	Rushmoor health partners meeting regularly to help inform strategy and to be better informed of local projects and activities	Ongoing	Lead: NHS Frimley
Health and Wellbeing Events in Carers Hubs Events will include access to services including Drug and Alcohol specialist, Smoking Cessation, Weight Management, Cancer Screening service, Vaccination Team and Blood pressure checks. Blood Pressure monitor loan scheme to be introduced after the initial sessions.	Carers are better informed of the range of health and wellbeing support.	These events are ongoing, most recently 24th April and 27th May.	Lead: NHS Frimley
Carers Champions Champions acting as a central point of contact to carers, promoting awareness, and facilitating access to resources and information.	Better outcomes for both carers and those they care for.	Currently being rolled out	GP Practices are being encouraged to nominate Carers Champion in their Practice. Lead: NHS Frimley
Blood Pressure Checks Champions Volunteers from the community being trained in giving BP checks. This is to support with raising awareness in the community about the importance of BP checking and accessing services available for BP checks and monitoring.	Raising awareness about the risk of Cardiovascular Disease Empowering local population to be able to check their Blood Pressure.	Training is being rolled out.	Training is being led by Public Health Hampshire. Lead: NHS Frimley
Outreach Events in Migrant Hotels. Partner led events to deliver activities and information related to physical activity, sexual health team and primary care.	Raising awareness of services available locally to promote health and wellbeing.	Dates TBC	Citizens Advice Rushmoor
Supporting Vulnerable Residents - Assessment of need across Aldershot & Farnborough town centres in order to identify appropriate interventions. Profile of needs will enable partner organisations to respond by providing co-ordinated, targeted support to vulnerable residents including street drinkers	Detailed understanding of individuals needs and intervention required. Increased mental health support for vulnerable residents Reduction in number of people who perceive the town centres not to be safe	In development	RBC: Community Safety/Operations Service

Project Outline	Impact	Status	Notes / Support Needs
General Support to Mental Health groups/providers Ongoing support to and promotion of local health groups including Talk Mental, SUGS and Branches (currently using Rushmoor BC offices), SEEDL <u>Rushmoor Wellness</u> online platform	Provide direct mental health support to residents	Ongoing	UKSPF funded Lead: Rushmoor BC
HIV Testing support – Cohorts targeted for testing (Aldershot pilot). Support commissioned by Rushmoor Voluntary Services	Practical and emotional support of clients targeted for testing	Ongoing	NHS funded. Lead: Rushmoor Voluntary Services
Connect to Work scheme Government programme to help disabled people, those with health conditions and people with complex barriers to employment, to find sustainable work.	Supporting people with disabilities into work, providing workplaces with the support needed to accommodate those with disabilities.	Waiting for update on programme contents/delivery partners.	Lead: Hampshire County Council
Supporting Communities grants Up to £1,000 funding for projects by local community groups focused on Supporting Communities priorities.	42 different projects supported in the 2024 funding round. The majority of activities benefitted physical and mental wellbeing.	Ongoing	Total Supporting Communities fund 2025-26 is £20,000 Lead: Rushmoor BC
Non-emergency patient transport This is a limited resource made available for free to those who meet specific medical mobility needs, including the need to travel by stretcher, wheelchair or have regular visits to renal dialysis.	Support to vulnerable residents	Service transferred from SCAS to EMED on 1st April.	NHS Funded. Rushmoor Voluntary Services understand that this is not being promoted and enquirers will be directed to try voluntary services first. Farnborough Neighbourcare is established in Farnborough. There is currently no voluntary car service in Aldershot.
Mental health clients support Targeted information, advice and guidance to Talkplus clients	Targeted support to Talkpls clients	Ongoing	UKSPF funded with Talkplus Lead: CA Rushmoor
Mediation work Development of a Community mediation service	Community service to support local neighbourhood disputes	In development	Proposal being developed for initial 2 year pilot Lead: CA Rushmoor

Project Outline	Impact	Status	Notes / Support Needs
Think Safe Annual project teaching Year 6 pupils valuable safety messages including personal safety, antisocial behaviour, healthy relationships, fire safety etc.	Valuable safety messages given to Year 6 pupils ahead of transition to Year 7 and secondary school.	Annual project – taking place 28th April – 2nd May 2025	Funded by Rushmoor BC, subsidised by schools. Lead: Rushmoor Borough Council Community Safety

Economic Wellbeing			
Project Outline	Impact	Status	Notes / Support Needs
Employment and Skills offer: <ul style="list-style-type: none">Rushmoor Jobs WebsiteJob and Employment Support FairsSEEDL training platformCouncil Work Experience Programme (Young People’s Plan)Signposting to free support programmesPartnership work to support targeted groups such as Military, NEETs, women, etc.Employment and Skills Plans (ESPs)	<p>Easier access to local jobs for residents, free training and upskilling, raising awareness of opportunities locally, raising aspirations and confidence, providing local people with an opportunity to experience the workplace.</p> <p>ESPs – Planning application requirement of developer contributions to social value including local jobs, schools visits, careers guidance, donations, and apprenticeships.</p>	Ongoing	Website is UKSPF funded. Lead: Rushmoor BC
Nepali Employment Support Bespoke support for the Nepali community led by Greater Rushmoor Nepalese Council (GRNC) with Rushmoor BC	Easier access to local employment opportunities for Nepali community	Ongoing	Lead: GRNC
Get Ready for Winter Campaign / Support Partnership effort to prepare for increasing winter pressures and support for Rushmoor residents. Signposting residents to the range of existing resources around finance / benefits / budgeting, welfare, housing, wellbeing, etc. <ul style="list-style-type: none">Promoting a network of welcoming spaces/venues where people can access warmth and social interaction.Use social and physical media to promote support and advice available – webpages, leaflets, social media, etc.	Support to combat negative impact on residents impacted by cost of living challenges	Ongoing	Regular discussion among partners about targeted support to provide relevant cost of living support provision. Standing agenda item at Supporting Communities meetings into Winter 2025/6. No direct cost. Lead: Rushmoor BC
Mental Health Project Longstanding specialist mental health advisory service, run by Citizens Advice Rushmoor, working with the NHS and other partner organisations from within the local health and VCSE sectors to support those with severe and enduring mental-ill health with expert advice in areas such as debt, benefits, and housing. Expansion currently being explored to extend service permanently to those under NHS Talking Therapies.	Helping improve client’s quality of life, maintain independence, and prevent relapse.	Ongoing	Funded by NHS Frimley and Broadhurst, with support from UKSPF and Innovation Fund to support TalkPlus extension during 2024/25. Partners include Andover Mind etc. Lead: CA Rushmoor

Project Outline	Impact	Status	Notes / Support Needs
Domestic Abuse – specialist advisory service Looking to launch a pilot project across the North Hampshire Community Safety Partnership area (Basingstoke & Deane, Hart, and Rushmoor), to offer a specialist advice and casework service for victims/survivors of domestic abuse, to complement other commissioned DA services. This builds on existing Nepali Domestic & Sexual Abuse Service, based within Citizens Advice Rushmoor.	Supporting victims of DA with complex advice needs	Proposed launch in October	Exploring bid to OPCC’s Safer Communities Fund. Lead: CA Rushmoor
Advice in Crisis Complementary advice provision for those in food poverty who are accessing local food banks and pantries. Building on existing partnerships with the Community Grub Hub, Farnborough Foodbank (Cove Church and St Peter’s Church), and Kerith Community Pantry.	Support to combat negative impact on residents impacted by cost of living challenges	Ongoing	Lead: CA Rushmoor
Money Matters Bolstering financial capability offer locally, including workshops and 1-to-1 support. Activities include ‘Cook and Budget’ workshops in collaboration with Farnborough College of Technology, as well as a similar arrangement with Hart & Rushmoor Young Carers. Look to improve number of volunteer financial capability advisers within existing Citizens Advice Rushmoor services.	Improve community’s financial resilience/capability, i.e. money management skills		Lead: CA Rushmoor
Green Doctor Service available to support those at risk of fuel poverty. A targeted approach via connected care data is being used for those in properties with a low EPC rating and those living with respiratory conditions. Accepts self-referral and referrals from professionals.	Vulnerable residents supported with debt reduction and associated physical and mental health.	Ongoing	Groundworks is the current provider. Lead: NHS Frimley
Work Well An eight-week, social prescribing modelled service which aims to support people back into work from being signed off as unwell. Triggered by the issuing of a second fit-note, referrals will be made into Work Well.	Rushmoor Voluntary Services based support staff will connect with individuals to identify the barriers to being fit to work and to utilise a personal budget to respond to this, e.g. to pay for gym access, physio appointments etc.	Contract pending.	This is a DWP funded project to be delivered by Rushmoor Voluntary Services via Frimley ICB. Lead: Rushmoor Voluntary Services

Community Belonging

Project Outline	Impact	Status	Notes / Support Needs
Rushmoor Voices Community engagement group. Task and Finish Group on Community Cohesion is working to engage with local communities to strengthen social cohesion in Rushmoor.	The project intends to address community tensions and create safe spaces for dialogue.	Planning	Lead: Rushmoor BC
Rushmoor Youth Voice A forum for young people to engage with experts and discuss important issues that affect them and their community. The issues include health, education, aspirations, climate change, safety, and drug/alcohol awareness. Meets at least six times a year.	Young people engage with local issues and participate in debates, workshops, and social media discussions.	Ongoing	Lead: Rushmoor BC
Aldershot Youth Café A safe space for young people, with activities to support mental health and well-being.	Increased engagement for young people Provision of a safe space for young people	Ongoing	Lead: Rushmoor BC
Reduction of Anti Social Behaviour in Town Centres Development of a partner led approach to reduce street drinking and anti social behaviour in town centres. Approach to consider the potential for a mental health practitioner to provide dedicated support.	Reduction in anti social behaviour and increase in perception of feeling safe	In development	Lead: Police, RBC and health partners
Detached Youth Work Grant funded youth outreach work aiming to engage with young people in potential hotspot areas – offering advice and signposting. Visible engagement at hotspot areas across the borough.	Provide reassurance to public and young people as well as signposting as and when appropriate.	Ongoing limited funding likely to be exhausted Summer 2025.	Funded by OPCC and Safer Streets 5 Home Office Fund. Further funding being applied for to extend. Lead: Rushmoor Borough Council Community Safety
Yellow Brick Road Legacy Project Grant funded mentoring project, working one to one with young local people at risk of exploitation and falling out of mainstream education.	Vulnerable young people tackle the issues they are facing and improve life chances.	Ongoing funding until September 2025.	Funded by OPCC Safer Communities Fund. Further funding being applied for to extend. Lead: Yellow Brick Road
Rushmoor Link Community website Maintained by Rushmoor Voluntary Services, continued effort to promote this community signposting website both to community groups and to Rushmoor residents.	Residents and community providers / professionals can access information about local services in one place. 28 categories of support and information. Find local support in Rushmoor - Rushmoor Link	May 2025 – Presentation to Nepali community groups	Set up funded by Rushmoor BC and Hart & Rushmoor Local Children’s Partnership. Lead: Rushmoor Voluntary Services

Project Outline	Impact	Status	Notes / Support Needs
Volunteer Buddy Support To recruit and train volunteers (Buddies), to support migrant communities to engage in social and volunteering opportunities.	Fosters an inclusive and connected community and sense of belonging. Support's migrant communities to participate in local life and increase integration.	Ongoing	Funded by Rushmoor BC- resettlemetrn Lead: Rushmoor Voluntary Services
Asylum seeker and Ukraine guests support Ongoing support of Ukrainians and their host families. Support towards independent living and the promotion of the Ukrainian community and activities in Rushmoor.	Ensures appropriate support is provided to asylum seekers and good links maintained with officials responsible for their upkeep. Ukrainian guests feel supported in Rushmoor. Ukrainian guests feel welcomed and given opportunities for cohesion and integration.	Ongoing	Lead: Rushmoor BC
Pride in Place grants scheme Grants up to £1,500 supporting projects that increase pride in our local community, e.g. community integration, access to physical and cultural activities, access to local amenities and green spaces, building capacity of community groups.	Community led projects that enhance a sense of pride and belonging across Rushmoor.	In progress	£10,000 total fund in 2025-26 Lead: Rushmoor BC
Mediation work Community support for neighbourhood disputes disputes	Community service to support local neighbourhood disputes	October/Nov start	Lead: CA Rushmoor