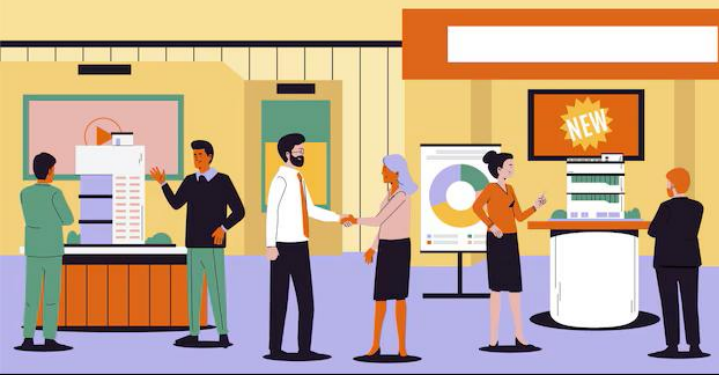




East Hampshire and Havant Voluntary Sector Health & Wellbeing Forum and Alton Wellbeing Partnership

‘Networking and Showcase Event’

10.15am-12.30pm, Thursday 16 October 2025

Leigh Park Community Centre, Dunsbury Way, Havant, PO9 5BG



Hampshire and Isle of Wight

Programme for today...



- Welcome, Housekeeping and Agenda – **Angela Gill**, Facilitator, **Community First**
- **Tim Houghton**, Chief Executive, **Community First**
- **Ross Borman**, Director of Business Development, **Havant and East Hants Mind**
- **Karen Hamilton**, Physical Activity Lead, **Be Active**
- **Refreshment Break, Networking and Showcase Market Stalls**
- **Health & Wellbeing Forum Members** - '1 Minute Updates'
- **Dates of 2025-26** Voluntary Sector Health & Wellbeing Forum and HSPN Webinars/Events
- **Close Networking & Showcase Event** – the **Café** will be open too!



A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

tim.houghton@cfirst.org.uk





Collaboration is critical - partnerships are powerful

- **Devolution and Local Government Reorganisation.**
Strengthening our collective voice ahead of devolution and preparing our VCSE manifesto
Online event: **Monday 20 October, 13:00 – 14:30**
- **HIVCA** (Hampshire & IoW VCSE Health and Care Alliance)
New HIVCA [website](#) ICB focus on strategic commissioning and the importance of partnerships with VCSE and neighbourhood working
- **Get Hampshire Working Plan**
<https://www.hants.gov.uk/aboutthecouncil/strategiesplansandpolicies/get-hampshire-working-plan>
- **Connect to Work** – helping disabled people, with health conditions and people with complex barriers to employment to find work <https://www.gov.uk/government/publications/connect-to-work>
- **Upcoming Campaigns and Awareness Days**
<https://www.nhsemployers.org/events/calendar-national-campaigns>



Collaboration is critical - partnerships are powerful

- **Havant Place-Based Partnership**

Helping people in Havant to be more active and tackling inequality with investment from Sport England in partnership with Energise Me, HBC and local groups. **Havant Active Wellbeing Strategy**. For more info harry.stow@havant.gov.uk

- **Pride in Place Investment**

up to £20m over 10years to invest in key neighbourhoods in Leigh Park and Cowplain (Wecock) in Havant. Led by Neighbourhood Board.

<https://www.gov.uk/government/publications/pride-in-place-impact-fund/pride-in-place-impact-fund-prospectus>

- **Community First Bordon & Whitehill Volunteer Fair** at the Forest Community Centre – **Wednesday 19 November, 1-4pm**

<https://www.cfirst.org.uk/events-calendar/> or contact Jane.Linford@cfirst.org.uk or gary.davis@cfirst.org.uk



- **Help with local connections, collaborations and partnerships across Havant and East Hampshire**
<https://www.cfirst.org.uk/help-for-groups/havant-connects/>
and <https://www.cfirst.org.uk/help-for-groups/east-hants-connects/>
- **Help with volunteers**
<https://volunteerfirst.co.uk/>
- **Help with transport**
<https://www.cfirst.org.uk/community-transport/connect-transport/>
New MIDAS training centre for minibus drivers
<https://www.cfirst.org.uk/training/midas/>
- **Positive Pathways**
<https://www.cfirst.org.uk/volunteering/positive-pathways/>
- **Leigh Park Centre**
<https://www.cfirst.org.uk/wellbeing/leigh-park-community-centre/>
- **Clanfield Centre**
<https://clanfieldcentre.co.uk/>

Ross Borman

Director of Business Development

Havant and East Hants Mind

Ross@easthantsmind.org

 **Havant and East Hants**





Havant and East Hants

Who are we and what do we do?

Havant and East Hants Mind are mental health and wellbeing charity established in 1993

- Havant and East Hants Mind work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community.
- To raise awareness to our free services and support for the community & voluntary sector partners and encourage as many as possible to take them up.
- Challenge stigma and normalise talking about our mental health within the workplace.



Our free community services

- **Adult Wellbeing** - wellbeing@easthantsmind.org 023 9249 8916
- Autism ADHD hub
- Older persons service
- **GP** based services
- **Adults Safe Haven - Havant** (6pm – 10pm 365 days a year) 0300 3031560
- **Children and Young Peoples Wellbeing Lighthouse** [cyp@](mailto:cyp@easthantsmind.org) 023 9249 8916
- **Young People Safe Haven - Havant** (Tue, Wed Thur 5 – 8pm)
cypsafehaven@easthantsmind.org Tel – 0300 3031580
- **Workplace Services and Training Team** [Workplace@](mailto:Workplace@easthantsmind.org) 023 9431 7037
- **Suicide Prevention and Postvention** (workplaces) Mon -Thur 9.30 – 2.30pm
023 9248 4422
- **Community Team**
- Mental Health Ambassadors amabassdors@easthantsmind.org

Workplace Training

Free (100% subsidised by Local Authorities HCC, PCC, SCC)

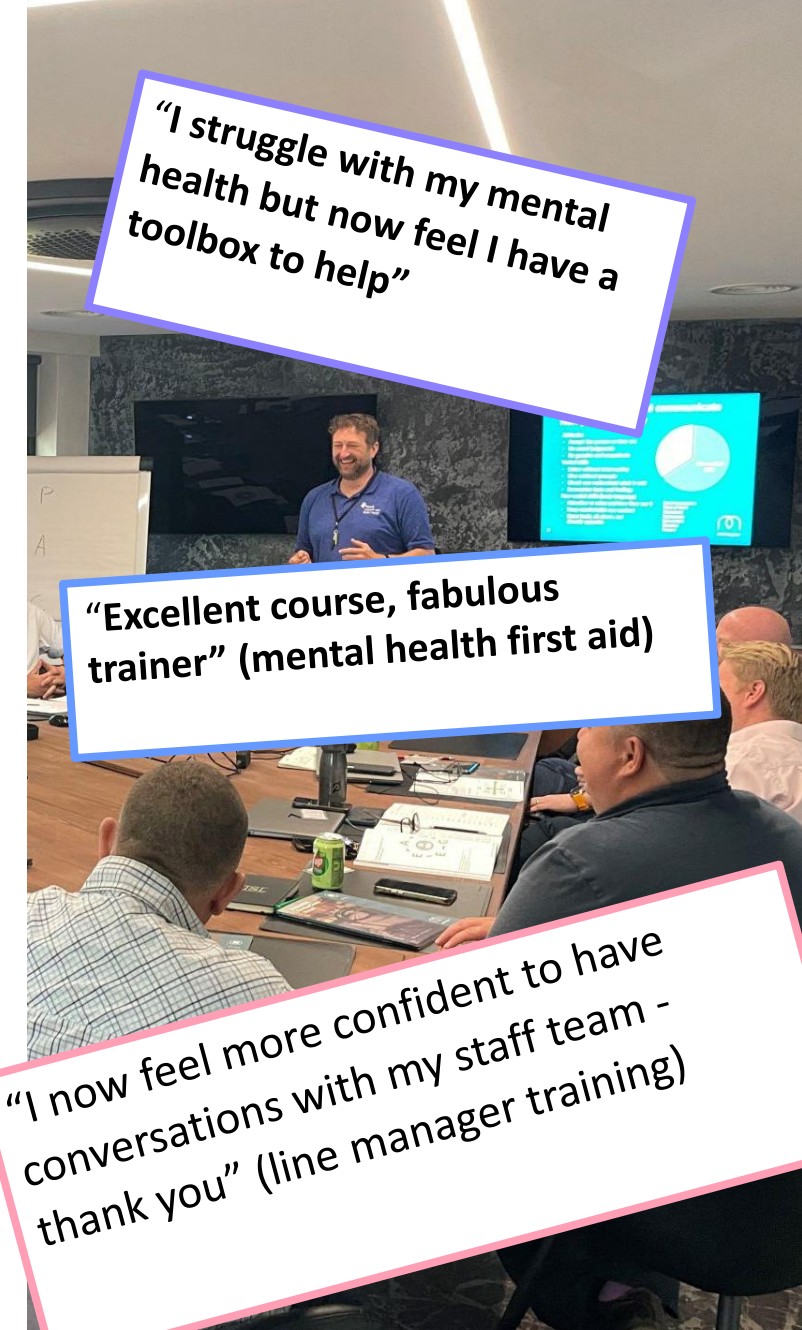
- Be wellbeing aware
- Connect 5
- Suicide First Aid (lite and full day)
- Suicide prevention (1 hour workshop)
- Suicide prevention for line managers (2 hour workshop)

See stand for eligibility

Reduce fee courses for voluntary sector

- Mental health awareness
- Day Crafting
- CPD accredited courses
- Safeguarding (L1 and L3)
- Mental Health First Aid
- Mental Health Refresher
- Suicide First Aid
- Many Bitesize sessions /courses

Please turn up if you book



Our ask to you



Our ask to you



A festive poster for the Mental Elf Festive 5k Fun Run. The background is dark blue with white snowflakes. On the left, a female elf in a green and white striped hat and blue dress is dancing. On the right, a male elf in a red and white striped hat and blue tunic is running. The text is centered in white and yellow.

 mind Havant and East Hants

Mental Elf

Festive 5k Fun Run

Last Sunday in November
Staunton Country Park

Race start: 10am

Book your place at easthantsmind.org

Karen Hamilton

Physical Activity Lead

Be Active

BeActive
HAMPSHIRE



Be Active Hampshire

**Move Your Way
to Better Health.**

BeActive
HAMPSHIRE



Group activities



1-1 support



Local to you



Free to join

What we offer to Hampshire Residents

- 12-week physical activity programmes- free of cost
- Weekly group sessions at accessible venues
- Delivered by trusted local providers
- Tailored to each community's needs
- Built-in behavioural support and coaching
- Follow-on support to keep moving after 12 weeks



Service Overview

Be Active Hampshire has three pathways to support local residents improve their physical activity levels.



Face to face groups



Remote pathway



121 support

Face to face groups

Working with community instructors and co-producing with key priority groups.

Designed bespoke low intensity interventions to meet needs of the community.

Group sessions held in familiar community venues.

Example sessions include; yoga, tea dance, low impact circuits





Remote pathway

We understand that moving from a sedentary lifestyle to becoming more physically active can be daunting.

For those not ready to start exercising in a face-to-face setting, we have a suite of remote options available.

Our online gym has over 100 pre-recorded exercise classes to download and follow in the comfort of your own home.

Sessions include tai chi, yoga, pilates, circuits, and will gradually build up intensity levels.

1-2-1 support

As clients get referred into Be Active Hampshire, it might become apparent that some people will require additional support or might not be ready to start exercising in a group.

Where this is the case or where a client wants 1-2-1 support, our dedicated remote advisor can offer Teams/Telephone appointments to plan a home exercise programme.

Eligibility Criteria

Inclusion Criteria

- Those aged 18 and over
- Currently inactive (doing less than 30 minutes of structured physical activity per week)
- Resident of Hampshire or registered with a GP in Hampshire

Exclusion Criteria

- Those under 18 years of age
- Those with a health condition for which a health professional has advised that physical activity is unsuitable
- Those from Portsmouth or Southampton
- Anyone doing more than 30 minutes of structured activity per week

Priority Groups

Be Active Hampshire will employ a strategy of co-production to engage with key priority groups. These focus groups will then work to understand barriers to participation and co-design suitable solutions and activity session.

Priority groups include:

Those in IMD 1-3 areas of deprivation	Those living with long term health conditions	People from Black, Chinese or Asian ethnic groups
Women living in the most deprived wards	Those not at work or who are economically inactive due to ill-health or a disability	Physical, learning or developmental disability Severe Mental illness- Depression, etc

How to Refer



GP clinical operating system

Healthcare professionals can refer through the clinical operating system e.g. EMIS Web. The referral emailed to our secure inbox, and our team will contact your patient and triage.



Our website

Visit www.beactivehampshire.org.uk click 'Sign up' and complete the form on behalf of your service user.



Self referral

All patients can self-refer by clicking the '**Sign up**' button at the top of our website

Clinical Operating System

Multiple Choice Question

Fareham and Gosport Local Referral Form Launcher:

Please select:

- ☐ [Ophthalmology](#)
- ☐ [Orthopaedics](#)
- ☐ [Other](#)
- ☐ [Paediatrics](#)
- ☐ [Palliative](#)
- ☐ [Pathways and Patient Info](#)
- ☐ [Podiatry](#)
- ☐ [Radiology](#)
- ☐ [Referral Safety Netting Advice](#)
- ☐ [Respiratory](#)
- ☐ [Sexual Health](#)
- ☐ [Urology](#)
- ☐ [Vascular](#)
- ☐ [Weight Management](#)
- ☐ [End](#)

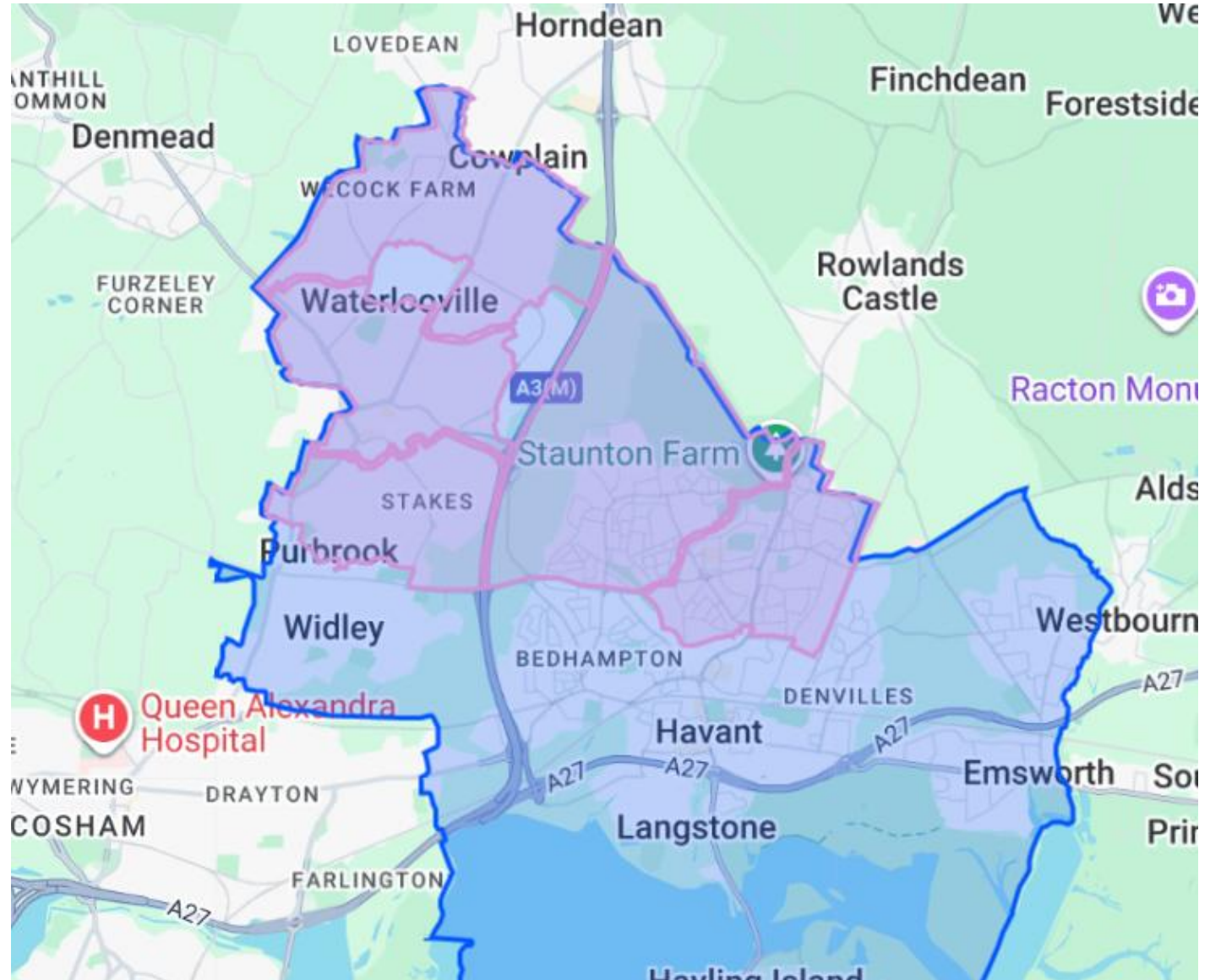
Multiple Choice Question

Please select:

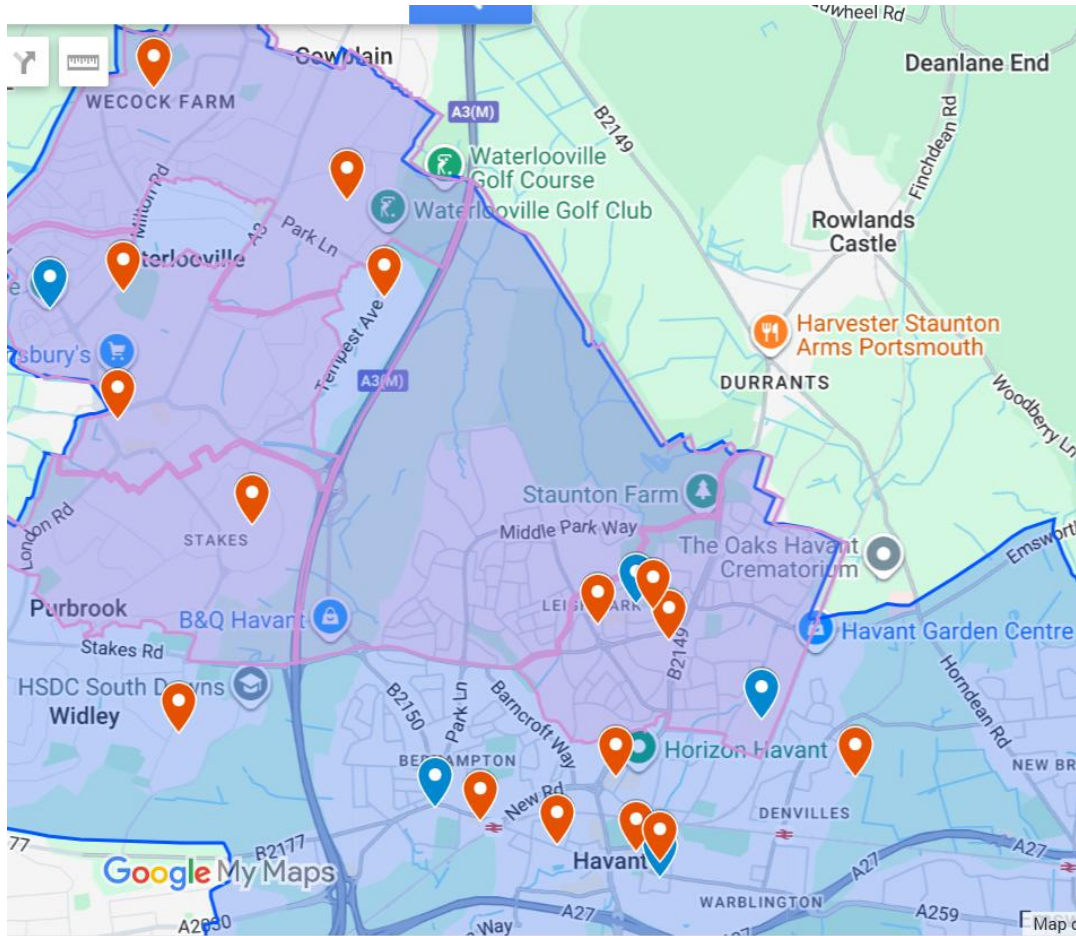
- ☐ [Ref - Be Active Hampshire Referral Form](#)
- ☐ [Ref - CDD - Everyone Active Referral Form](#)
- ☐ [Ref - Fareham Exercise Referral Scheme](#)
- ☐ [Ref - Gloji – Tier 2 Weight Loss](#)
- ☐ [Ref - Gosport Exercise on Referral Scheme - Patient Form](#)
- ☐ [Ref - HCC - Tier 2 Slimming on Referral Weight Mgmt](#)
- ☐ [Ref - HCC - WW - Adult Weight Management Referral Form](#)
- ☐ [Ref - PHFT - Horizon - HBC - Exercise Ref Scheme Form](#)
- ☐ [Ref - PHFT - Outpatient Dietician Adults & Paediatrics](#)
- ☐ [Ref - PHU - T3 Weight Management Integrated Complex Obe...](#)
- ☐ [Ref - SSH - Tier 3 Specialist Weight Management Programme ...](#)
- ☐ [Ref - WW - Health Solutions Referral Form - Weight Mgmt](#)
- ☐ [Ref - WW - Pregnancy Health Solutions - Weight Mgmt](#)
- ☐ [Back](#)
- ☐ [End](#)

Target Areas for Havant Borough

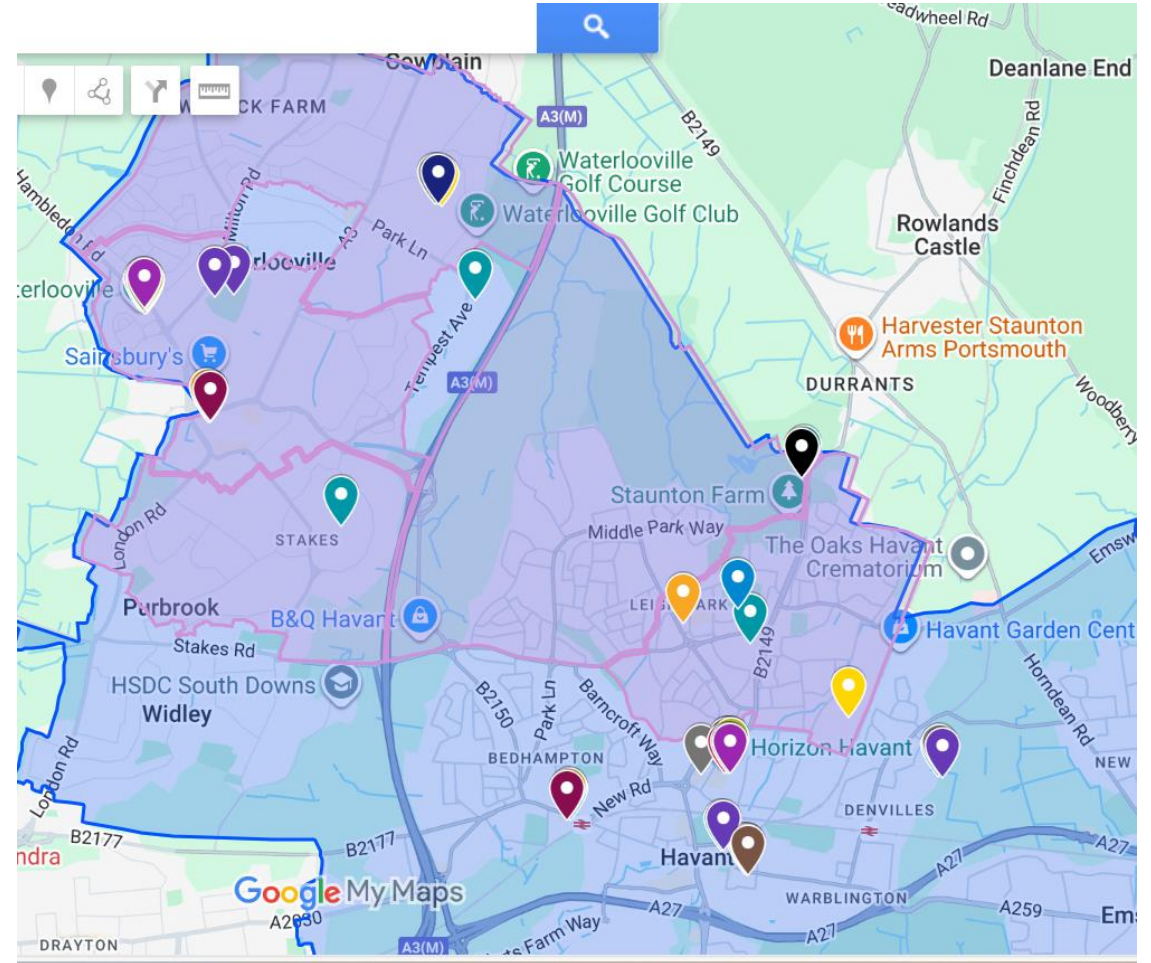
- Leigh Park
- Waterlooville
- Stakes
- Wecock Farm



Asset mapping



Commercial & Community Venues



Current Physical Activity Offerings

Co-production

Meeting with local community groups and physical activity providers to gain insights on current barriers to physical activity and what provision residents would like to see.

- Craft/Knit and Natter at Havant Library
- Men's Group at Leigh Park Library
- Stay and Play groups at Springwood Community Centre, Stakes
- Horizon Leisure
- Local instructors

Current Activity Offerings in Havant:



Men's Fit Foundations



Fitness For Menopause



Ladies' Fit Foundations



Beginner's Tai Chi



Chair Based Fitness



Badminton Bonanza

Over to You!



What can we do in the area to raise awareness of our service?



Do you have any local insights that may help us with designing activity programmes? – e.g. what has worked/hasn't worked in the past

**Move Your Way
to Better Health.**

BeActive
HAMPSHIRE



Group activities



1-1 support



Local to you



Free to join

Thank you

Elizabeth Friend

Partnership Officer

07756 295050

elizabeth.friend@beactivehampshire.org.uk

Karen Hamilton

Physical Activity Lead

07943720892

karen.hamilton@beactivehampshire.org.uk

[Be Active Hampshire - Move your way to better health](#)

Networking & Showcase Market Stalls...







Thank
You

- ❖ **Thank you** to **Carol** and **Leigh Park Community Centre**, today's **presenters**, **Katy**, **Ethan**, those on **Market Stalls**, and **all** who helped, supported &/or attended today's Voluntary Sector '**Networking & Showcase Event**'
- ✓ The Health & Wellbeing Forum **PowerPoint** will be on **Community First's** Health Forums **webpages** within a week

Dates of 2025-26 Health & Wellbeing Forum & HWB Webinars...

- **1-2pm Tuesday 9 December** - Hampshire and Isle of Wight Social Prescribing Network **Webinar** – '**Addressing Frailty and Social Isolation: Integrated Approaches to Ageing Well**'
- **1-2pm Tuesday 10 February 2026** - Voluntary Sector Health & Wellbeing **Webinar** – '**Weight Management in the 21st Century: Nutrition Innovation and Medical Intervention**'
- **9.30am-2.30pm Wednesday 11 March 2026** - Hampshire and Isle of Wight Social Prescribing Network – '**Networking and Showcase Celebration Event**' - [Vineyard Church, Winchester](#)



- Please complete the feedback form/via the QR code today before you leave!
- Your Health & Wellbeing related **items** will be **circulated** electronically 4-6 weekly, by **Katy Ovens**
- **If** you have suggestions for the 2026-27 Health & Wellbeing Forums themes or would like to present or recommend a good presenter on a relevant health topic, please email **Katy**:- healthforums@cfirst.org.uk
- **Finally**, if you know of a local health organisation/representative that might like to join this Forum or the Hants & IoW Social Prescribing Network, please ask them to email **Katy** as above
- ❖ Enjoy the final **Networking, Showcase Market Stalls**. Have a **Happy & Healthy Winter too!**

Community First

Leigh Park Community Centre, Dunsbury Way, Havant, PO9 5BG



<https://www.cfirst.org.uk>



healthforums@cfirst.org.uk



0300 500 8085