

Southampton Health and Wellbeing Strategy 2026–2035

Final Draft version

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
- Digitally capable – use technology that helps us
- 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