

## LOCAL OUTCOMES IMPROVEMENT PLAN (2024-2029): YEAR 2

### STRATEGIC DELIVERY PARTNERSHIP: POPULATION HEALTH

### PRIORITY AREA: MENTAL HEALTH IMPROVEMENT INCLUDING SUICIDE PREVENTION

*\*Detailed information can be found within the Action Plans below*

Action	Target	Measuring Success	Timescales	Responsibility	Link to LOIP Outcomes	Collaborative Working
Develop and deliver a revised and refreshed Mental Health and Suicide Prevention Action Plan focusing on a life course approach.	<p>Promote and raise awareness on mental health improvement and suicide prevention (communication and campaigns)</p> <p>Increase understanding and awareness of mental health and wellbeing and suicide prevention and suicide safer communities (training, resources, community activities education)</p> <p>Improve understanding of evidence and approaches to improve mental health and prevent suicide focusing on a life course approach and wider determinants of health (evidence, research and capacity building)</p>	<p>Clear action plan with timelines and responsibilities</p> <p>WEMWBS</p> <p>Life Satisfaction Score</p> <p>Probable deaths by suicide (5yr averages) – NRS and local data</p> <p>Child wellbeing and happiness</p> <p>Loneliness</p> <p>Potential further measures re determinants of mental health to be agreed</p>	2024-2029	Mental Health & Suicide Prevention sub group	Wellbeing	<p>Suicide Prevention Leads and Trainers</p> <p>SA Community Planning partners</p> <p>Tier One services / TSI</p> <p>North Ayrshire HSCP as lead partnership area for MH/SP (as part of Ayrshire wide Public Health approach)</p>

## STRATEGIC DELIVERY PARTNERSHIP: Population Health (Mental health and suicide prevention)

### PRIORITY AREA: Mental health and Suicide Prevention (MH/SP)

The purpose of the MH/SP group is to support the mental health and wellbeing of communities with a focus on prevention and early intervention across the life course, aligning with Scotland's Mental Health and Wellbeing Strategy.

The group will therefore:

- Develop actions across the life course which focus on the social and economic determinants of mental health and suicide.
- Promote and raise awareness via communications, campaigns, and ongoing conversations.
- Increase knowledge and understanding through training and health information.
- Continue to socialise the life course approach using evidence and research to inform activities.

Action	Measuring Success	Timescales	Responsibility
<b>Development of a clear mental health improvement and suicide prevention action plan</b>			
Consultation and engagement on revised group membership and terms of reference	<ul style="list-style-type: none"> <li>• Numbers engaged</li> <li>• Terms of Reference in place</li> <li>• Engagement report produced</li> </ul>	October 2025	Public Health Suicide Prevention Leads (with HSCP and CPP locality groups and local communities)
Development of action plan for 2025-2027	<ul style="list-style-type: none"> <li>• Numbers involved in development of plan</li> <li>• Action plan with clear timescales and partner commitments for 2025-26 in place</li> </ul>	December 2025 Not yet started	Public Health South HSCP MH/SP group members
<b>Increase understanding and awareness of mental health and wellbeing and suicide prevention and suicide safer communities (training, resources, community activities, education)</b>			
Continue to promote Time, Space, Compassion and develop time, space compassion facilitator network	<ul style="list-style-type: none"> <li>• Number of people who attended sessions</li> <li>• Good news stories which are developed and shared</li> </ul>	March 2027	MH SP Group
Delivery of two suicide prevention learning events – Low Road September and Data (tbc)	<ul style="list-style-type: none"> <li>• Delivery of South Ayrshire SP learning event</li> <li>• Delivery of Data Event</li> <li>• Evaluation and event reports</li> </ul>	March 2026	SP Leads
Explore opportunities for using data, digital apps and local intelligence to improve understanding of areas for focus / high risk	<ul style="list-style-type: none"> <li>• Review information available via Holly Health</li> <li>• Shared data exercise between Public Health and Suicide Review Group</li> </ul>	March 2027	MH SP Group

Raise awareness of and promoting knowledge and confidence about mental health with CPPs and communities	<ul style="list-style-type: none"> <li>• Agreed method/platform for progressing action</li> <li>• Agreed messaging</li> <li>• Implementation</li> <li>• Numbers who engage</li> <li>• Evaluation and feedback</li> </ul>	March 2027	MH SP Group
Utilise literature review on interventions to tackle social isolation and loneliness to develop areas of action for the group	<ul style="list-style-type: none"> <li>• Presentation on preventative approaches and interventions to the group</li> <li>• Actions agreed alongside locality plans</li> </ul>	March 2026	MH SP Group
Promotion and support for delivery of mental health improvement and suicide prevention training	<ul style="list-style-type: none"> <li>• Number of people from South Ayrshire attending training</li> </ul>	March 2026	MH SP Group
Explore opportunities to roll out third sector suicide prevention toolkit in South Ayrshire	<ul style="list-style-type: none"> <li>• Number of third sector organisations in South Ayrshire using the suicide prevention toolkit (should they adopt locally)</li> <li>• Feedback from third sector on resource</li> </ul>	June 2026	Public Health Senior HI Programme Officer TSI MH SP Group
<b>Promote and raise awareness of mental health improvement and suicide prevention (communication and campaigns)</b>			
Promotion and participation in national and local suicide prevention and mental health campaigns	<ul style="list-style-type: none"> <li>• Messages shared for</li> <li>• Suicide Prevention Day</li> <li>• Mental Health Awareness Week</li> </ul>	March 2026	MH SP Group
<b>Improve understanding of evidence and approaches to improve mental health and prevent suicide focusing on a life course approach and wider determinants of health (evidence, research and capacity building)</b>			
Review of Mentally Healthy Communities Toolkit and identify next steps	<ul style="list-style-type: none"> <li>• Number of people who participate in review</li> <li>• Completion of review report</li> <li>• Action plan agreed based on findings</li> <li>• Increased understanding of individual community resilience</li> </ul>	March 2027	MH SP Group

**LOCAL OUTCOMES IMPROVEMENT PLAN (2024-2029): YEAR 2**

**STRATEGIC DELIVERY PARTNERSHIP: POPULATION HEALTH**  
**PRIORITY AREA: GREEN HEALTH ACTIVE LIVING**  
*\*Detailed information can be found within the Action Plans below*

Action	Target	Measuring Success	Timescales	Responsibility	Link to LOIP Outcomes	Collaborative Working
<b>Delivery of the Green Health Active Living action plan</b>	<p>Set targets and priorities (leadership)</p> <p>Promote the benefits of green health and active living (marketing &amp; communication)</p> <p>Improve and inform understanding of how green health is being promoted (research &amp; development)</p> <p>Deliver and improve learning resources and opportunities (education &amp; training)</p>	<p>Visits to the outdoors</p> <p>Biodiversity</p> <p>Mental wellbeing</p> <p>Physical activity</p> <p>Journeys by active travel</p> <p>Loneliness</p> <p>Access to green and blue space</p> <p>Places to interact</p>	2023-2029	Green Health and Active Living Sub Group (GHALSG)	Place & Wellbeing	<ul style="list-style-type: none"> <li>NHS Ayrshire &amp; Arran (Public Health)</li> <li>South Ayrshire Council (Community Planning, Thriving Communities, Ranger Service, Leisure Services, Outdoor Access)</li> <li>Galloway and Southern Ayrshire Biosphere</li> <li>Ayrshire College</li> <li>South Ayrshire HSCP</li> <li>Nature Scot</li> <li>The Conservation Volunteers</li> <li>Ayrshire Coastal Path</li> <li>Voluntary Action South Ayrshire</li> <li>Ayrshire Roads Alliance</li> <li>Biosphere Bikes</li> <li>The Outdoor Partnership</li> <li>Ayrshire Climate Hub</li> <li>Adventure Centre for Education</li> </ul>

## STRATEGIC DELIVERY PARTNERSHIP: POPULATION HEALTH

### PRIORITY AREA: GREEN HEALTH AND ACTIVE LIVING

The purpose of the Green Health and Active Living Sub Group (GHALSG) is to encourage active living and help connect health and social care with nature.

#### Priorities

1. The GHALSG will connect the health and environment sectors by fostering partnerships and joint working between the third sector, locality planning partners, education, health and social care to enable everyone in South Ayrshire to grow well, live well and age well, by improving health and wellbeing through active living and interaction with the environment.
2. The GHALSG will work with partners to co-ordinate marketing, communication and research connected to green health and active living in South Ayrshire, to promote the benefits of active living, green health and nature prescription and to help the development of active living and green health opportunities, priorities and place planning.
3. The GHALSG will contribute to the delivery of local and national strategies.

South Ayrshire Green Health and Active Living Action Plan is split into 4 workstreams which help to deliver key actions: Leadership, Marketing & Communication, Research & Development, Training & Education.

Action	Measuring Success	Timesc	Responsibility
<p>Deliver further editions of the blue health calendar and associated events and promotional materials for the blue and green health calendars.</p> <p>Share and promote ongoing blue and green health work and campaigns, including universal offers, through the app and other comms opportunities, such as health walks, cycling opportunities, nature recording and conservation activities.</p>	<ul style="list-style-type: none"> <li>• Calendars printed/distributed/downloaded</li> <li>• Events delivered</li> <li>• Campaigns promoted</li> <li>• Green health app users/views/downloads</li> <li>• Activities delivered</li> </ul>	March-2026	SAC Sustainability
Complete delivery of blue health programme funded through the Community Health and Wellbeing Fund, including exploration and development where possible of prescribing opportunities.	<ul style="list-style-type: none"> <li>• Activities delivered</li> <li>• GP practices engaged with; referrals made</li> <li>• Groups engaged with</li> <li>• Participant numbers and feedback</li> </ul>	March-2026	The Outdoor Partnership Adventure Centre for Education
Undertake targeted blue and green health engagement, ie biosphere green health workshops, with specific groups and communities, focusing on those considered to be in most need of the benefits it can provide	<ul style="list-style-type: none"> <li>• Workshops/events delivered</li> <li>• Communities engaged with</li> <li>• Participant numbers and feedback</li> </ul>	March-2026	Galloway and Southern Ayrshire Biosphere

**LOCAL OUTCOMES IMPROVEMENT PLAN (2024-2029): YEAR 2**

**STRATEGIC DELIVERY PARTNERSHIP: POPULATION HEALTH**

**PRIORITY AREA: PHYSICAL ACTIVITY AND SPORT**

*\*Detailed information can be found within the Operational Plans below*

<b>Action</b>	<b>Target</b>	<b>Measuring Success</b>	<b>Timescales</b>	<b>Responsibility</b>	<b>Link to LOIP Outcomes</b>	<b>Collaborative Working</b>
Deliver Physical Activity and Sport action plan	Improve opportunities in physical activity and sport so everyone can be involved	Physical activity Attendance at sports facilities	2024-2029	Service Lead Thriving Communities	Place & Wellbeing	CPP Partners

## STRATEGIC DELIVERY PARTNERSHIP: POPULATION HEALTH

### PRIORITY AREA: PHYSICAL ACTIVITY AND SPORT

We will work in partnership to enable people in South Ayrshire to lead active, happy and healthy lives so they can grow well, live well and age well.

#### Sport and Recreation Leadership

##### Purpose of Group

1. Provide opportunities for people in South Ayrshire to participate and progress in sport and recreational activities.
2. Develop environments for sport and recreation across South Ayrshire.
3. Develop people, spaces and places to enable environments for sport and recreation to thrive.

Action	Measuring Success	Timescales	Responsibility
Support sports clubs and community organisations to offer a wide range of sustainable opportunities within South Ayrshire communities.	<ul style="list-style-type: none"> <li>• Increased participation in sport and recreation</li> <li>• Increased progression in sport and recreation</li> </ul>	Collect monthly – report 6-monthly	SAC Health & Wellbeing (Thriving Communities) Sport & Leisure and sports clubs
Community Sport Hubs will develop a range of opportunities for sports clubs and organisations to work together	<ul style="list-style-type: none"> <li>• Number of CSH training and networking opportunities</li> </ul>	Collect monthly – report 6-monthly	South Ayrshire Community Sport Hubs (Thriving Communities) and sports clubs
Provide a range of development opportunities for the sport and physical activity workforce across South Ayrshire	<ul style="list-style-type: none"> <li>• Number of training and development opportunities</li> <li>• Number of clubs/coaches engaging in training and networking opportunities</li> <li>• Number of qualified volunteers delivering sport and physical activity across South Ayrshire</li> </ul>	Collect monthly – report 6-monthly	SAC Health & Wellbeing (Thriving Communities) SAC Sport & Leisure
Recognition and celebration of the sport and physical activity workforce across South Ayrshire	<ul style="list-style-type: none"> <li>• Delivery of South Ayrshire Sport Awards</li> <li>• Delivery of campaigns to recognise local workforce</li> </ul>	Report annually	SAC Health & Wellbeing (Thriving Communities) SAC Sport & Leisure
Quality Physical Education is coordinated, planned and delivered across all primary and secondary schools	<ul style="list-style-type: none"> <li>• Number of primary schools delivering at least two hours of PE per week for all pupils.</li> <li>• Number of secondary schools delivering at least two 50-minute periods of PE for all pupils between S1 and S4.</li> </ul>	Report annually	SAC Education
Physical Activity and Sport is embedded across all educational settings promoting pathways to participate, volunteer and officiate in sport	<ul style="list-style-type: none"> <li>• Number and range of Active Schools programme delivered.</li> <li>• Number of clubs linked with schools.</li> <li>• Number of young people engaging in the Developing Young Workforce programme.</li> <li>• Number of students engaged in sport and physical activity</li> <li>• Number of student volunteers</li> </ul>	Collect and report each school term	SAC Health & Wellbeing (Thriving Communities) Ayrshire College UWS
Development and maintenance of quality facilities for all levels of sport and recreation	<ul style="list-style-type: none"> <li>• Number of facilities</li> <li>• Development of new facilities</li> <li>• Number of groups accessing facilities</li> <li>• Number of individuals accessing facilities</li> </ul>	Report annually	SAC Sport & Leisure, SAC Health & Wellbeing (Thriving Communities) Sport Scotland facilities team