

Moving Forward Partnership Day

Friday 9th October 2026

The Hospitium, York

#MovingForward

Welcome

David Watson (Chief Executive)
North Yorkshire Sport

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Scene setting

David Skaith (Mayor of York
and North Yorkshire) and

- Jo Coles (Deputy Mayor Policing,
◦ Fire & Crime)

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Damien Smith (Deputy Chief Executive)

North Yorkshire Sport

💡 Light Bulb: An idea or insight you'd like to share

🎁 Present: Knowledge, experience or a skill you can offer others – your gift to delegates

? Question Mark: A question or challenge you'd like help exploring or that we are still holding throughout the day



Keynote 1

Simon Hayes (Chief Executive)
Sport England

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Keynote 2

Chris Boardman CBE (National
Active Travel Commissioner)
Active Travel England

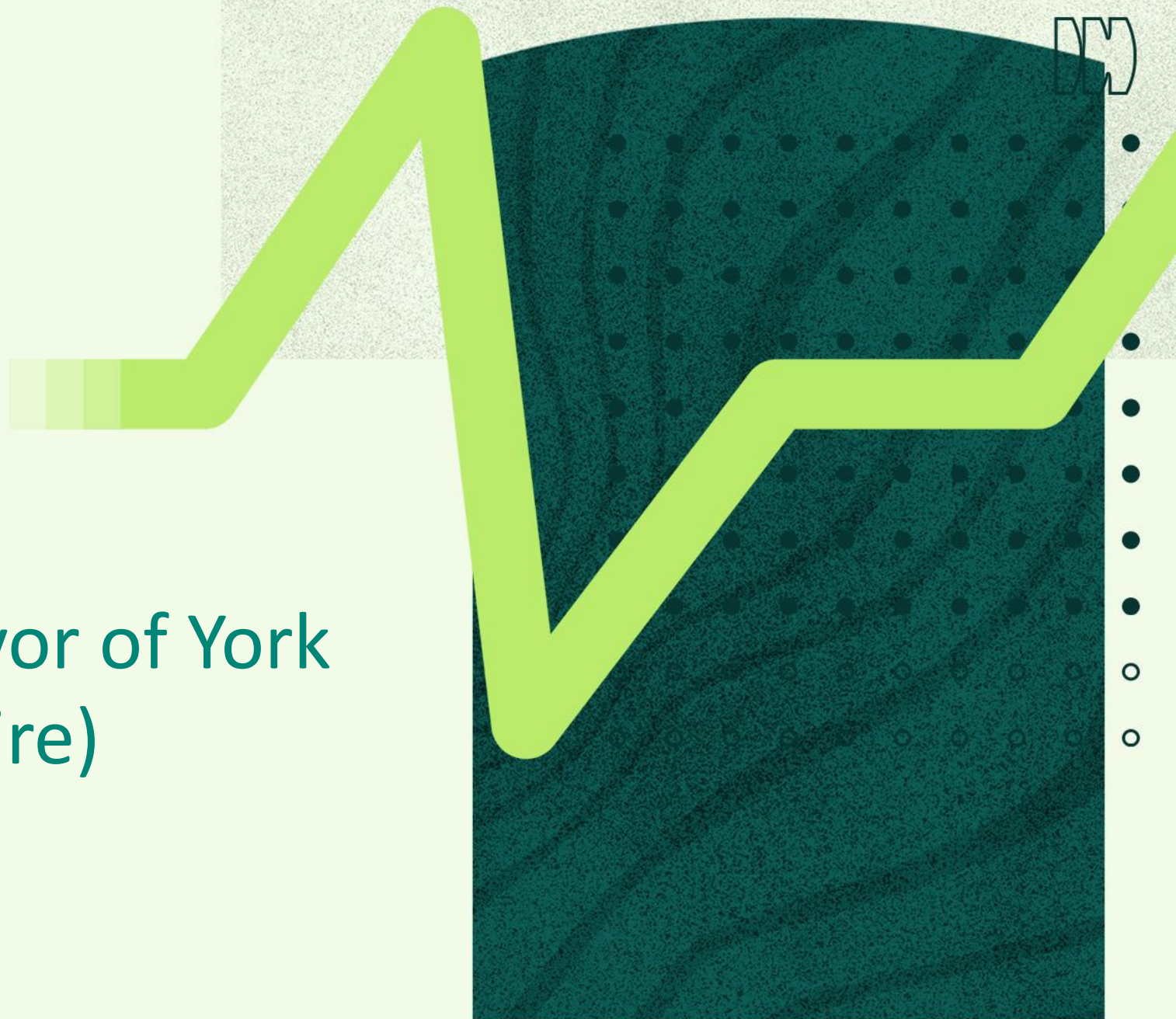
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Keynote 3

David Skaith (Mayor of York
and North Yorkshire)

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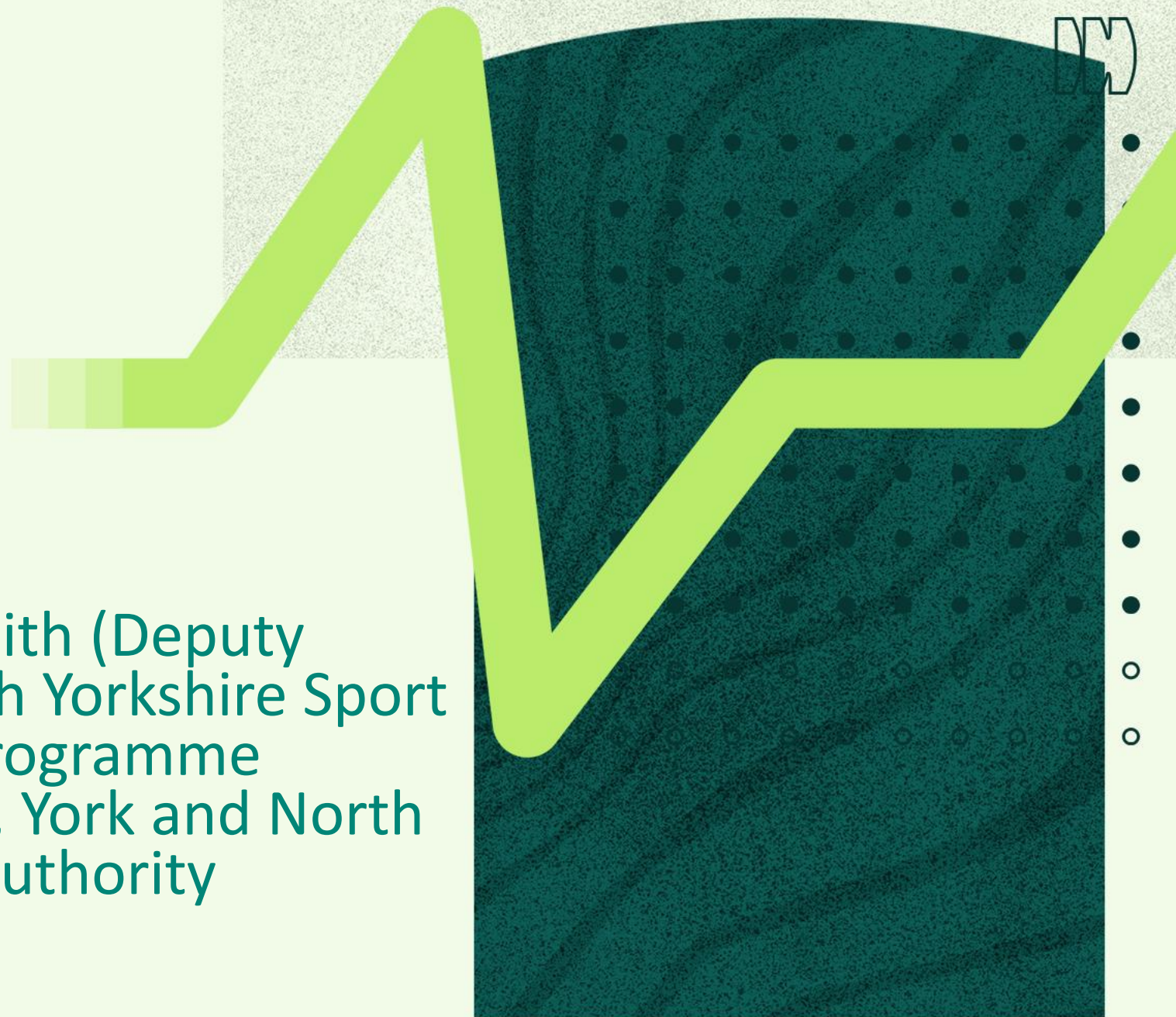




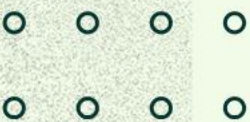
Panel Q&A

Hosted by Damien Smith (Deputy
Chief Executive), North Yorkshire Sport
and Laura Farthing (Programme
Management Officer), York and North
Yorkshire Combined Authority

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Showcase 1: Connected to the Outdoors



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A Natural Health Service for North Yorkshire



YORK
& NORTH
YORKSHIRE
COMBINED AUTHORITY

DAVID
SKAITH
MAYOR



North York Moors
National Park



YORKSHIRE DALES
National Park Authority



Howardian
Hills
National
Landscape



Nidderdale
National
Landscape

YORK
ST JOHN
UNIVERSITY



LOGIKA
GROUP

| Prevention can start in nature

A woman with short blonde hair, wearing a purple knitted beanie and a bright yellow jacket, is looking upwards with a smile. She is standing in a forest with large trees and dappled sunlight filtering through the leaves. The background is slightly blurred, emphasizing the woman in the foreground.

“The Natural Health Service has had a positive impact on my recovery in that it has stretched my expectations of myself particularly in realising I can walk a bit further than I thought and sooner.

It has prompted me to look more closely and carefully at nature, birds, trees, plants, lichens and moss”.

- Participant, Richmond

| Protected Landscapes are a natural health asset

"In my role I am continually striving to find pathways which are suitable, evidence based and effective in meeting peoples needs and helping them in the management of their distress experienced whatever this may resemble.

I strongly believe that the National Health Service for North Yorkshire is a fantastic opportunity and addition to the pathways we offer individual's as this strongly embraces the core values around Behavioural Activation, the benefits of exercise upon mental ill health and the opportunity to develop safe and therapeutic spaces within our Protected Landscapes. These landscapes are a valuable asset for health and wellbeing, offering spaces which are cathartic to needs and offer purpose as well as a place for solace and individual reflection."

- Mental Health Nurse

Using nature and our Protected Landscape as the setting for health and social interventions

A photograph of three people standing on a rustic stone bridge over a river. The bridge is made of large, weathered stone blocks and has a wooden railing. The person on the left is a man in a dark jacket. The person in the middle is a woman in a light-colored jacket with her arms raised. The person on the right is a woman in a dark jacket. The background shows a valley with rolling hills and a river flowing under the bridge. The sky is overcast.

“I'm now fitter and I've lost some weight since starting in January. Which is about a stone and I feel generally fitter.” - Participant, York

“January is just a really bad month. So for me personally, the Natural Health Service starting then and having that positive thing to come and do was massively helpful for my brain and my emotions.”
– Participant, Catterick

| What the Programme Delivers

10-week structured nature interventions

Small-group, guided sessions using hands-on and sensory activities to improve physical and mental wellbeing, reduce isolation and help people get and stay active.

Connecting people to nature beyond the programme

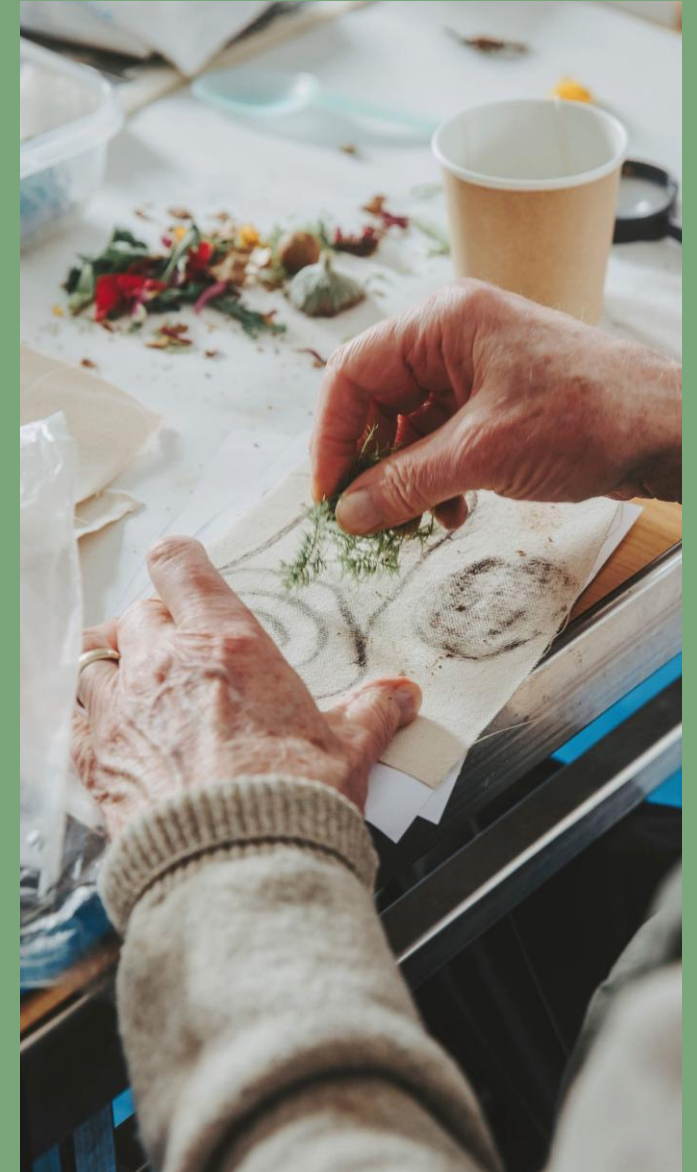
Personalised Nature Plans and links to ongoing community activity, volunteering, wellbeing walks, heritage, arts and other opportunities across our Protected Landscapes and with partners.

Workforce development

Training for health, community, employment and voluntary sector professionals to use nature as an asset for prevention, treatment and recovery, supported by free resources such as Nature Prescription calendars.

Expanding opportunities to get people moving in nature

Extending engagement through wellbeing walks, children and young people's focused active travel opportunities all delivered in our Protected Landscapes and creating routes into nature.



| The 10-Week Intervention

Weeks 1–2: Slowing Down and Tuning In	Aim: Build trust and emotional awareness Example: Sensory walks and grounding activities in nature to help participants feel calm, connected, safe
Weeks 3–5: Observe, Create and Reflect	Aim: Build confidence and self-expression Example: Nature journaling and creative activities outdoors using natural materials to support reflection and expression, as well as opening sensory pathways
Weeks 6–8: Care and Contribution	Aim: Develop purpose and practical skills Example: Participating in conservation tasks such as habitat management, contributing to green spaces or learning about how nature is protected and restored
Weeks 9–10: Build Skills and Independence	Aim: Strengthen independence and resilience Example: Completing outdoor tasks and challenges that require problem-solving and self-direction in natural settings
Bespoke Nature Plan and Signposting	Aim: Support next steps beyond the programme Example: Co-creating a personalised Nature Plan with facilitators, including signposting to local nature activities, volunteering, and wider support services



“The Natural Health Service programme and group has made being outdoors a safe place again.”

- Participant (veteran), Catterick

“It's been my best winter for 20 years mental health wise. I have affective disorder and without this nature prescription I would be by myself on a really cold dark January and February mornings.

Getting up and going out into nature just wasn't happening. I spend time full days in bed or don't get dressed at my worst. So to have something like this to be able to go and do was I simply can't give enough thanks for the experience and how it's helped me. My confidence is boosted. I've made friends with some beautiful people.” - Participant, York



| Natural Health Service To Date

Outputs:

- 95 people have taken part in 10-week nature-based interventions
- 255 professionals trained across health, community, employment and voluntary sectors.
- 25+ training sessions and taster activities helped build wider awareness and referral pathways.
- New resources - developing a new UK first Nature Prescription Calendar for children with RSPB

Outcomes for participants

- +24% mental wellbeing
- +17% social wellbeing
- +13% physical wellbeing
- 15% drop in feelings of loneliness
- 100% of participants would recommend the programme.

Outcomes for professionals

- 90% said training increased their confidence to use or prescribe nature.
- 86% were more likely to refer people to nature-based interventions.
- 89% improved their knowledge of the role of nature and Protected Landscapes in prevention and early intervention.

| Natural Health Service Targets

- Additional 400 adults to take part in 10-week nature connection programmes.
- Additional 150 professionals trained and attended nature connection taster sessions.
- Updated adult Nature Prescription calendars/resources with RSPB
- A UK first children Nature Prescription Calendar developed with RSPB, children and professionals.
- 2 nature connection and cycling programmes delivered trialed in schools
- 1,045 primary school children engaged in active travel/nature connection projects.
- 700 participants to take part in Breath of Fresh Air wellbeing walks across the Protected Landscapes.
- Overall - 2,500+ participants and professionals engaged across York and North Yorkshire.

| Prevention is a long-term investment

We have an abundance of these extraordinary places.

We have the public health challenges we've heard about today.

We have the landscapes. We have the public health need. We have an emerging model.

Over the next year, we'd like to work with many of the organisations represented here, and with the people and communities you support, to understand where this can genuinely add value.

The opportunity is to make Protected Landscapes a more integrated part of our prevention infrastructure in the region and to work together to make that contribution sustainable for the long term.



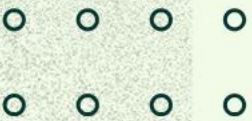
| Thank You

James Metcalfe, Executive Director North York Moors Trust

j.metcalfe@northyorkmoorstrust.uk



Showcase 2: Active Travel



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Safer routes to schools

**Kate Auld- Active Travel Manager
North Yorkshire Sport**



Emily Cherry MBE- CEO, The Bikeability Trust

Chris Harrison- Headteacher, Oatlands Infant School

Rhiannon Letman-Wade- Active Travel Commissioner, York & North Yorkshire





Oatlands Infant School

- Bike Library doubled
- Bike Library storage unit
- Ready Steady Pedal cycling lessons x 3
- Dr Bike sessions x 3
- Bike Bus marshal training x 3
- 15 x balance bikes (EYFS)
- Adult demo bikes x 1

Masham

- 15 x balance bikes (EYFS)
- Adult demo bikes x 1
- Ready Steady Pedal cycling lessons x 3
- Dr Bike sessions x 3

St Peter's

- Bike Library
- Bike Library storage unit
- Ready Steady Pedal cycling lessons x 3
- Dr Bike sessions x 3
- Bike Bus marshal training x 3
- 15 x balance bikes (EYFS)
- Adult demo bikes x 1
- KS2 bike maintenance certification

Skipton Parish

- Bike Library
- Bike Library storage unit
- 15 x balance bikes (EYFS)
- Adult demo bikes x 1

Richard Taylor

- Bike Library
- Bike Library storage unit
- Dr Bike sessions x 3
- Bike Bus marshal training x 3
- 15 x balance bikes (EYFS)
- Adult demo bikes x 1
- KS2 bike maintenance certification

St Aidan's

- Bike Library

Hampsthwaite

- Bike Library
- Bike Library storage unit
- 15 x balance bikes (EYFS)
- Adult demo bikes x 1
- Dr Bike sessions x 3

North Rigton

- 15 x balance bikes (EYFS)
- Adult demo bikes x 1

Kirby All Saints

- 15 x balance bikes (EYFS)
- Adult demo bikes x 1



**YORKSHIRE
CAUSEWAY
SCHOOLS
TRUST**



CATCH

CAUSEWAY ACTIVE TRAVEL COMMUNITY HUB



**YORK
& NORTH
YORKSHIRE**
COMBINED AUTHORITY

**DAVID
SKAITH
MAYOR**



CATCH Mission Statement

The Causeway Active Travel Community Hub is committed to breaking down barriers to physical activity within and beyond the Causeway community

We are committed to increasing the profile of active travel and physical literacy, with a view to establishing healthy habits across the community

CATCH Community Leaders:

Christopher Harrison (OIS / CATCH Lead), Justin Waters (YCST), Kat Milburn (OIS), Alana Snowden (Hamps), Andrew Symonds (RTS), Jane Wood (Mas), Paul Griffiths (STP), Tris Hainsworth (StA), Matthew Bilney (SKP), Giles Anderson (Federation)



Community feedback...

This is a great initiative which will hopefully help to reduce the level of car traffic at drop off and pick up times.

Really good idea. My kids have bikes but I do not so I am excited to be able to join them cycling.

Such a lovely idea - Isabelle is just learning how to ride and she's taking every opportunity to get on a bike. Kids bikes are really a big purchase so being able to borrow one is such a brilliant idea!

It is an excellent initiative, and one that will be beneficial to so many families. We cycle to school regularly and my daughter has her own bike, but plan to use the bike library in the future when her brother joins the school. It is a great way to encourage students to move more!

We believe it is a fantastic opportunity for parents and children to use together , it brings a sense of spending time outdoors and a positive movement towards the importance of physical health and mental well-being.

I think it's a brilliant idea. Such a great initiative to get families moving and doing things together. My children think it's brilliant because I don't have a bike but now I can borrow one to go on bike rides with them!

Super! The fact that this has been brought into school is brilliant. It gives people without a bike the chance to ride with a child for exercise and fun and also for those not able to buy a bike or commit to a bike the chance is wonderful.

Community feedback...

We are so excited about this, my son loves cycling and really wants me to join him for rides, but I haven't got a bike of my own so being able to borrow one from school will be fantastic! This is also a wonderful resource for children and parents who don't have space for a bike at home but would love to get out for some fresh air and exercise. health/environmental initiative is welcomed.

I think it's a great idea! We already cycle and this will encourage more families to take it up and have a knock-on effect to local drivers being more aware/tolerant of cyclists - therefore setting up children for safer cycling for life.

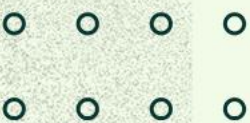
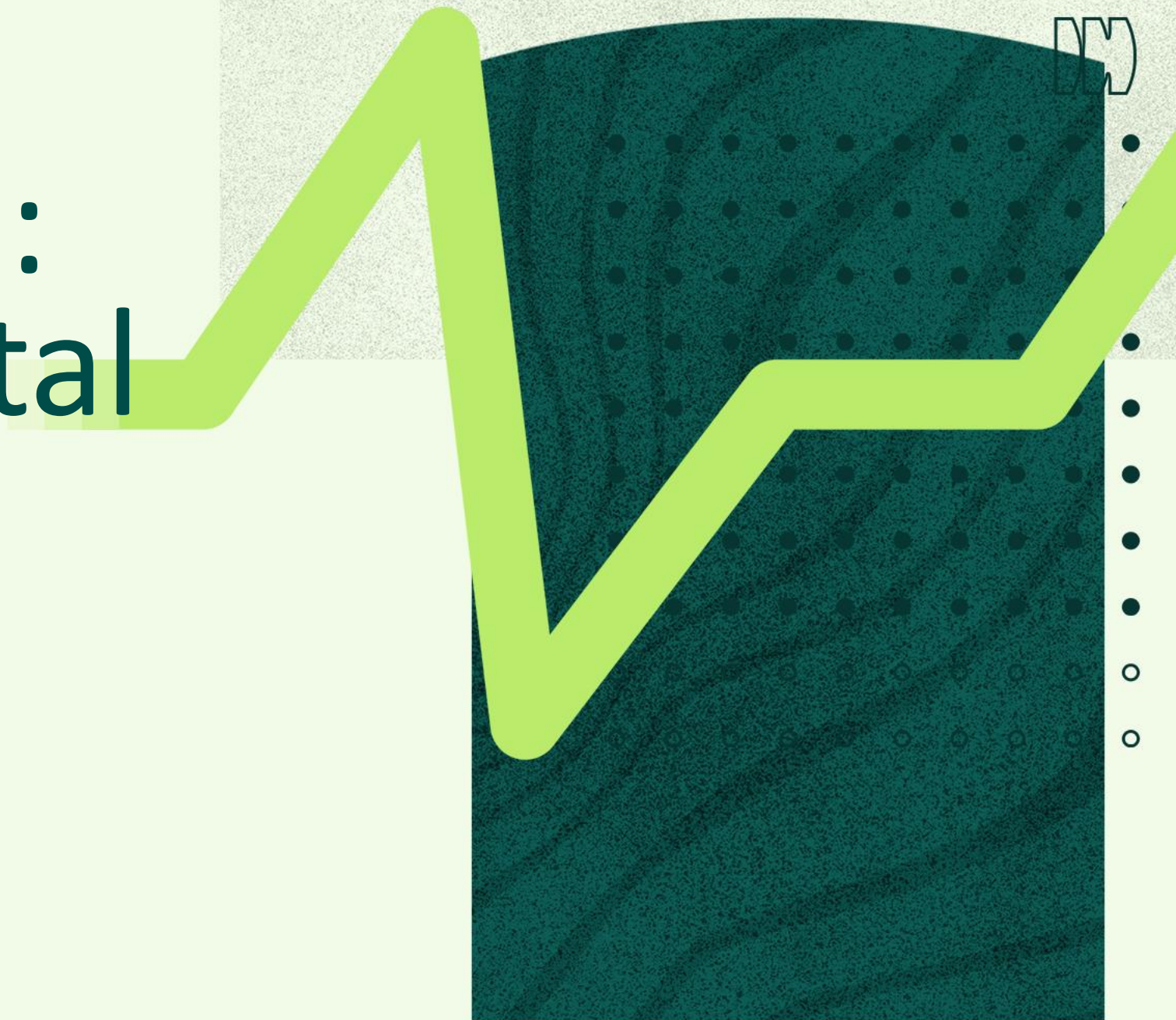
Great idea. Some parents feel guilty that they don't have the time to do park and stride due to work commitments but offering another opportunity for the children to feel like they can get involved in a school.

It's great to be able to borrow bikes to go out as a family. The children have bikes but as parents we don't do the children are excited that we can go out cycling as a family.

Great idea. It will encourage children/families to be more active. My children love the idea and have learnt about inclusivity since some children do not have their own bikes.

Another brilliant idea from the School - the innovation and ability to try different things, offer so much choice and variation in activities to Children is nothing short of incredible.

Showcase 3: Men's Mental Health



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MEN'S MENTAL HEALTH

From national strategy to local action

What should change for men
in York and North Yorkshire?

Professor Paul Galdas
University of York
Chair, YNYCA Men's Mental Health Taskforce



UNIVERSITY
of York

WHAT NATIONAL POLICY MEANS LOCALLY

National strategy direction

- Improving access to support through workplaces and trusted community settings
- Services that respond to men's needs
- Healthier living and working conditions, stronger social connections

Our local task

- Identify which men existing support is missing
- Improve recognition of distress and the response men receive
- Connect action across services, workplaces and communities



Department
of Health &
Social Care

Men's health: a strategic vision for England

Published 19 November 2025

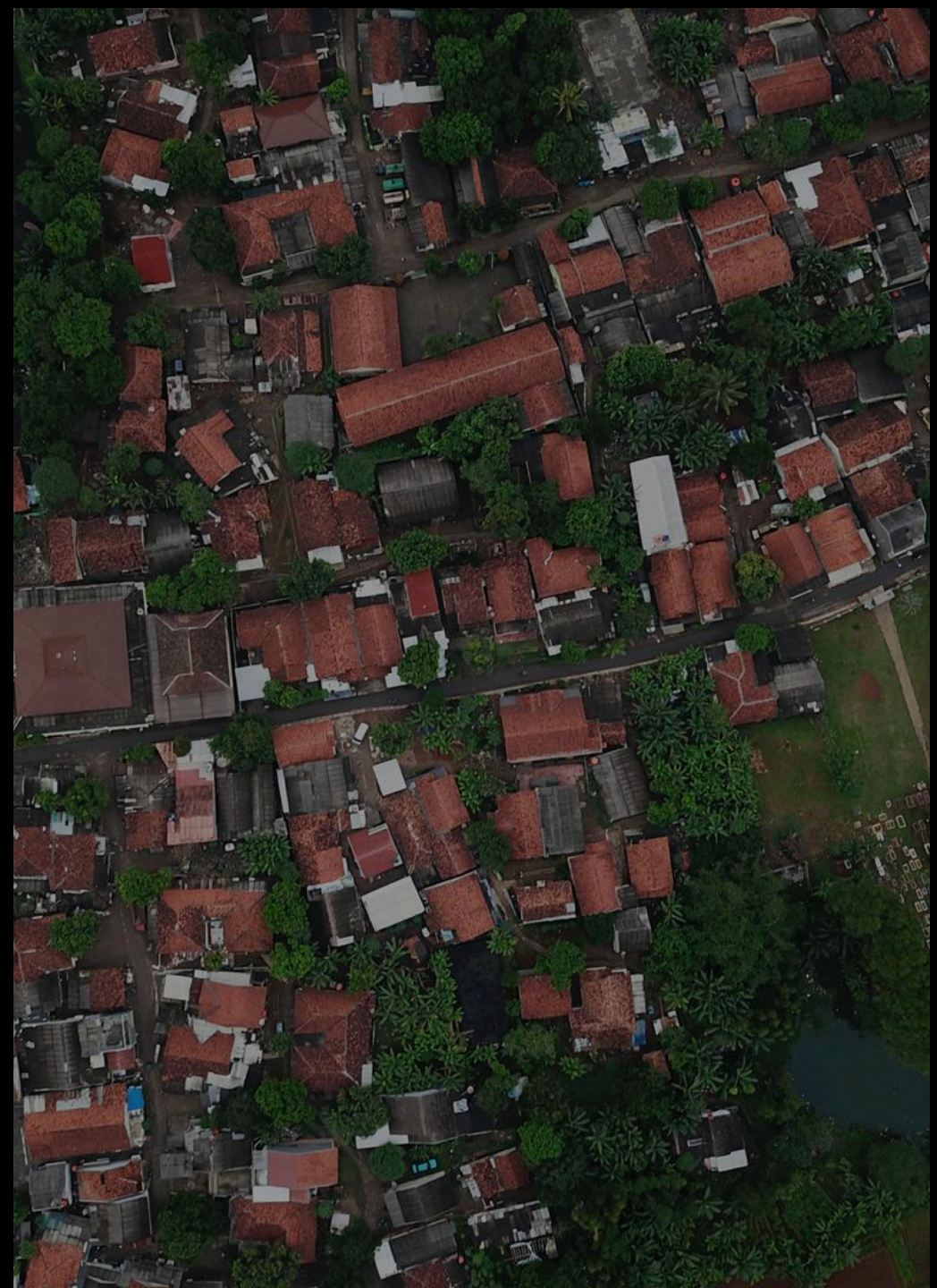


DIFFERENT MEN DIFFERENT PRESSURES

Financial insecurity and difficult working conditions

Isolation and distance from support

Services that are difficult to access or don't feel relevant



HOW DO WE RECOGNISE & RESPOND TO DISTRESS?

Do we recognise when a man is struggling?

Can he access support that makes sense to him?

Does he feel understood?

What happens next?



WHAT MOVING FORWARD CAN ENABLE

Conditions affecting men's wellbeing

- Working with employers on workplace pressures
- Connecting men with practical advice and support
- Reducing barriers to community participation

Support available when they need it

- Accessible support around men's everyday lives
- Staff equipped to recognise and respond to distress
- Clear routes between community support and services

EXPECTATIONS FOR LOCAL ACTION

Are we reaching men who currently miss out?

Is the support making a useful difference to their lives?





MOVEMBER®



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& NORTH
YORKSHIRE
COMBINED AUTHORITY

2003

INTRODUCING MOVEMBER

MATES HAVING A CHAT AND SEEING WHERE IT
GOES. THAT'S A PROPER GOOD CHAT.
AND THAT'S HOW MOVEMBER STARTED.

TWO FRIENDS CATCHING UP OVER DRINKS,
THINKING, WHAT WOULD HAPPEN IF THE
MOUSTACHE MADE A COMEBACK.





The Real Face of Men's Health

Men's health impacts us all. Be part of the solution.  **MOVEMBER.COM**

GLOBAL IMPACT



\$32 million to improve the health of boys and men



UK first men's health strategy announced



Canada's first men's health strategy



GLOBAL IMPACT

NATIONAL LEADERSHIP

LOCAL LEADERSHIP

INDIVIDUAL MEN



MEN IN MIND

YORK PILOT

MAY 2026

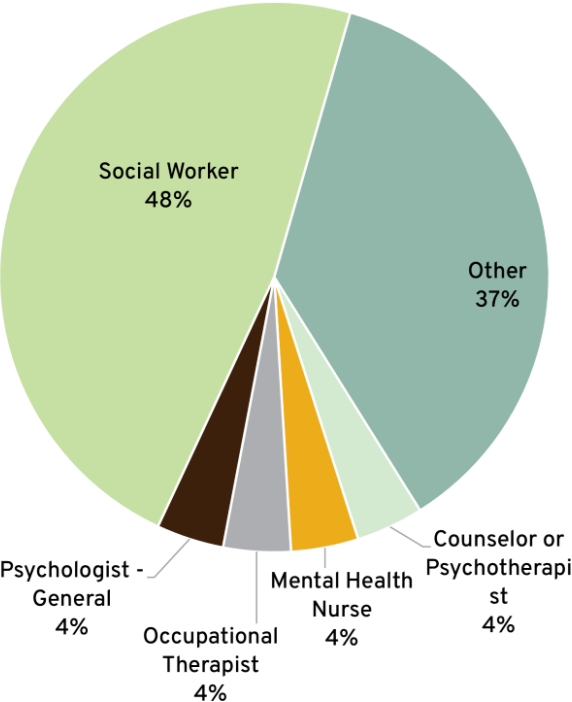
Stop men slipping through the cracks

Men in Mind is the world's first online training program built for the health professionals men actually turn to. Evidence-informed, interactive and CPD-accredited, it gives practitioners practical tools to keep men engaged in care.

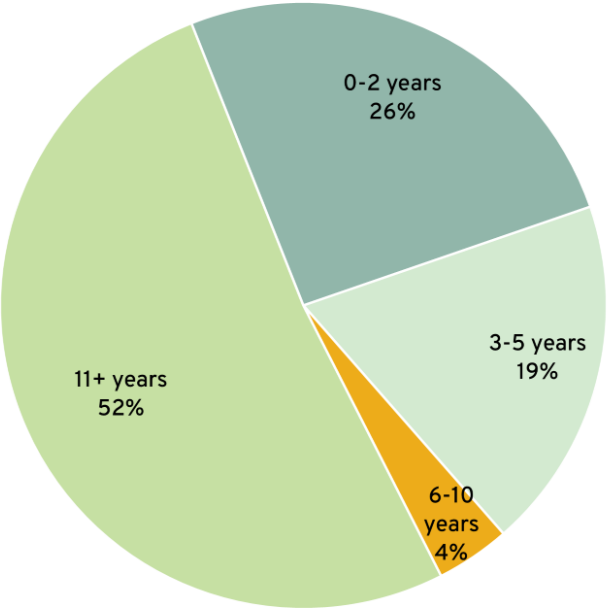


32 YORKSHIRE PROFESSIONALS

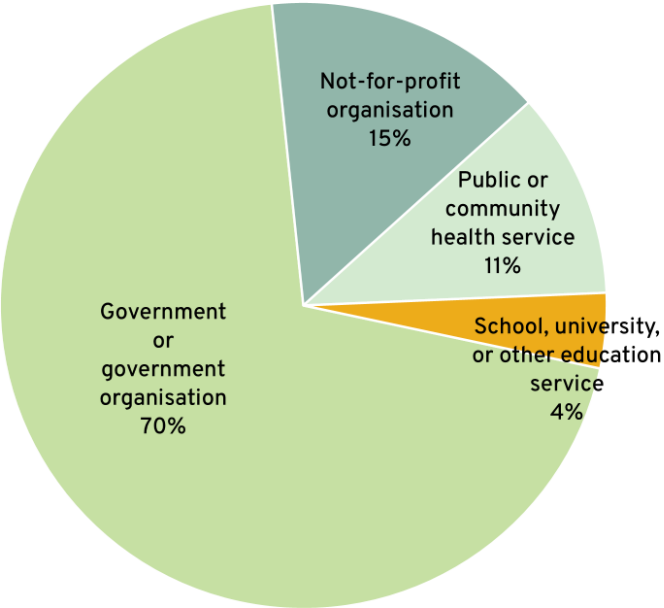
PROFESSION



YEARS OF EXPERIENCE



CLINICAL WORKPLACE SETTING



ENGAGING WITH MEN IN THERAPY COMPETENCY

48.6%

Mean increase* in Engaging with Men in Therapy (EMIT)⁺ score, which is a large effect size ($g = 1.07$)^{**}.
(n=20)

86%

of York Pilot participants felt that Men in Mind increased their confidence working with Male clients
(n=21)

* Averaged across participants who responded to the EMITs (n = 20)

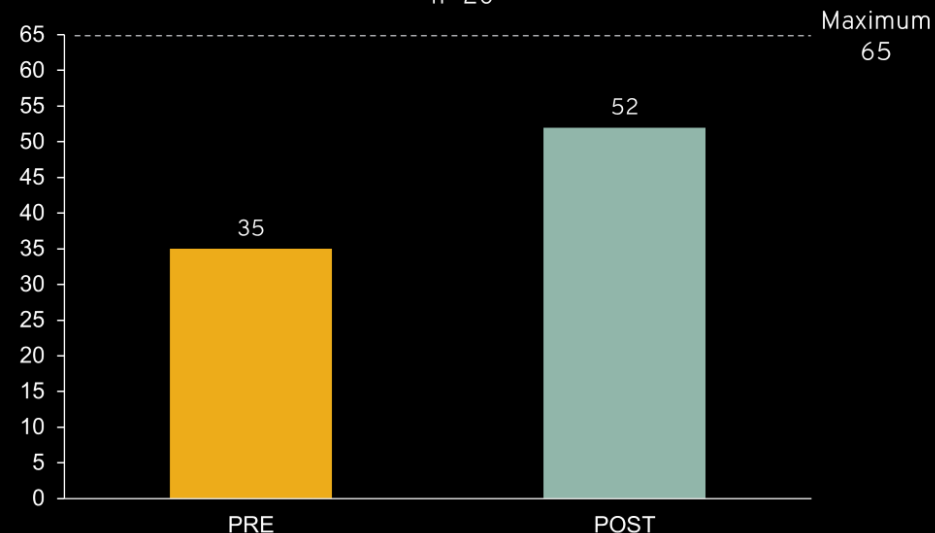
+ Seidler et al., 2022

**Hedges g was used for effect size calculation to account for the small sample size

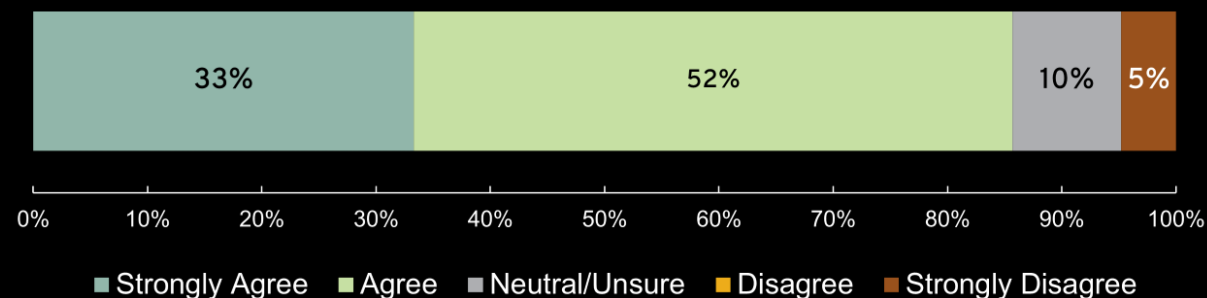


EMITS Knowledge Scores Pre vs Post MiM

n=20



Men in Mind has increased my confidence in working with male clients...
n=21



LEARNING OUTCOMES

86%

of York Pilot respondents (18/21) felt that the **Men in Mind course would improve their clinical practice**

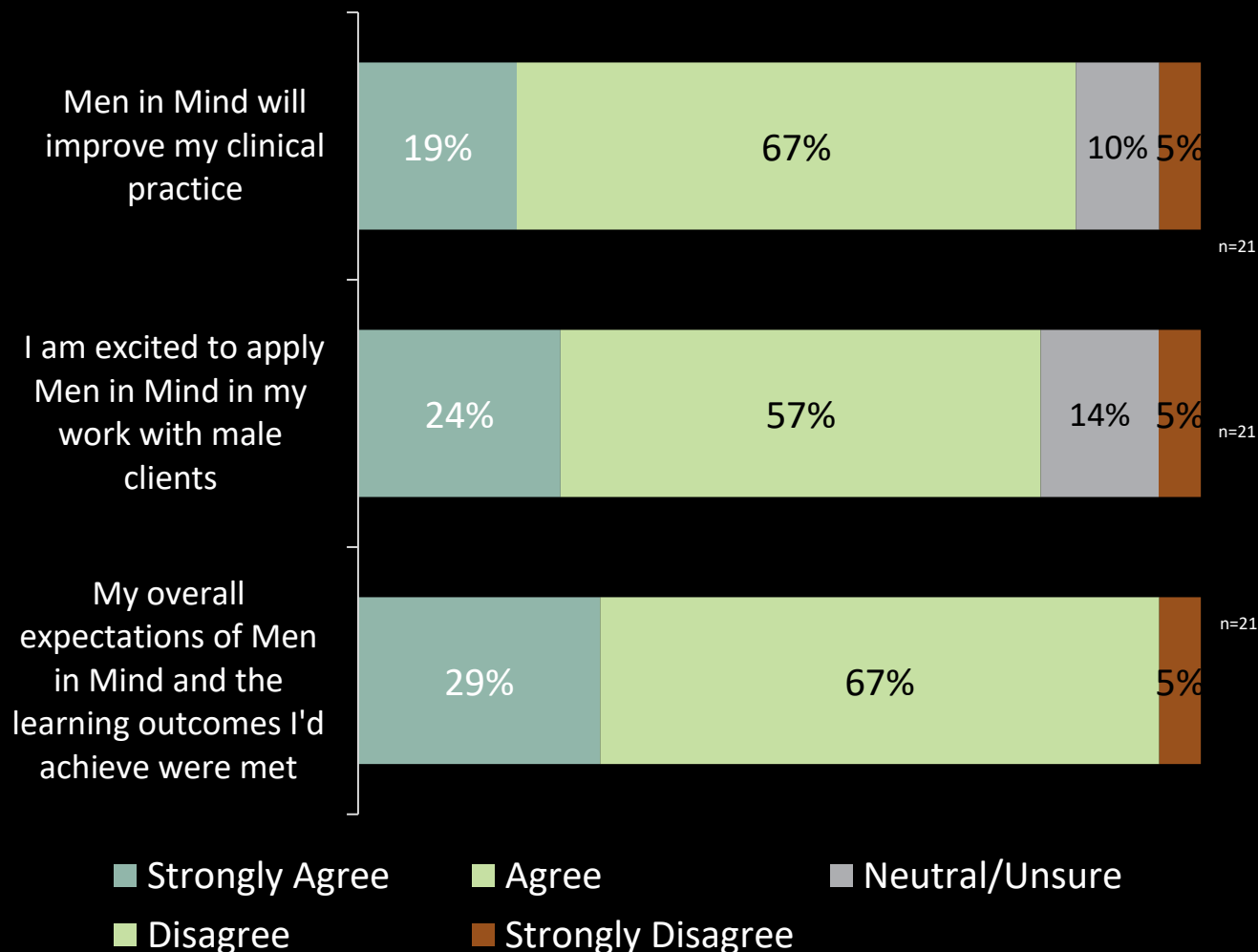
81%

of York Pilot respondents (17/21) felt **excited to apply their Men in Mind course learnings in their work with male clients**

95%

of York Pilot respondents (20/21) felt that their **expectations of Men in Mind and the learning outcomes they achieved were met**

Please reflect on your experience completing the Men in Mind modules and your clinical practice for the following:



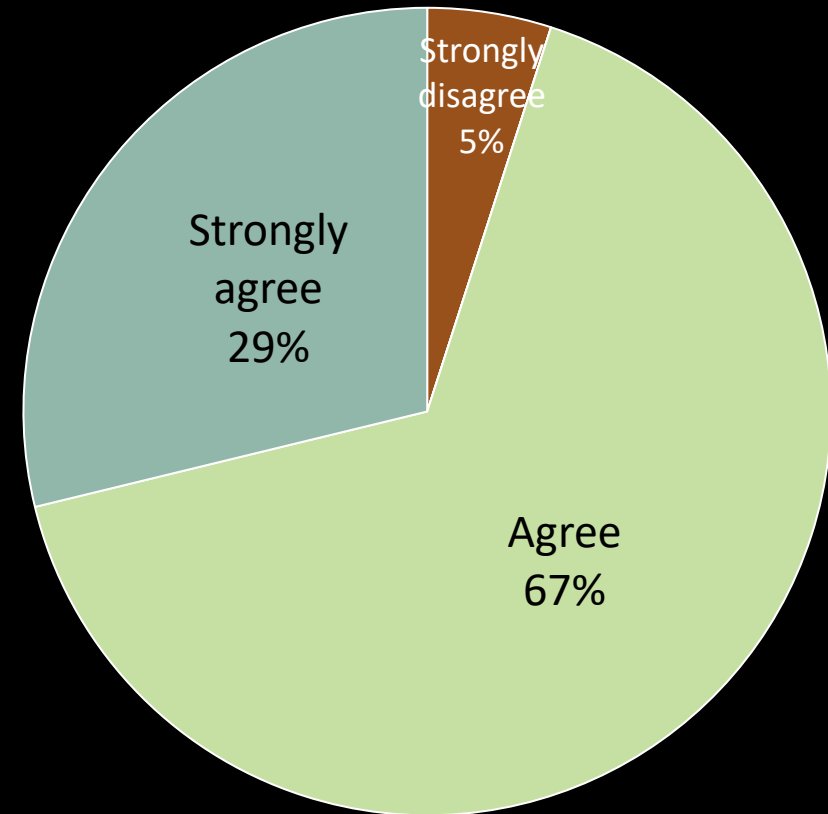
NETWORK RECOMMENDATIONS

95%

of York Pilot respondents (20/21)
would recommend Men in Mind to
colleagues.**

This indicates that participants viewed the course as valuable for other health professionals working in their field, and suggests a desire for the course to reach more audiences

I would recommend Men in Mind to colleagues



FOCUS GROUP FEEDBACK

"I don't know if it's my childhood of watching Home and Away, Neighbours, but I found the Australian accent quite soothing, you know, something a bit different that we don't often get to experience over here."

"The gender lens when I start working with a male, do I identify an emotion as aggressive because of my bias, even though it may be frustration."

"Got a referral the other day, 'aggressive with professionals' – he felt undermined by people. If I went in and thought 'he's going to be aggressive towards me' then straight away would change the dynamic. Just needed someone to listen to."

DIFFERENT MEN DIFFERENT PRESSURES

The Real Face of Men's Health



Farmers and mental health – our project & impact

Ashley Green, CEO
Healthwatch North Yorkshire



YORK
& NORTH
YORKSHIRE
COMBINED AUTHORITY

DAVID
SKAITH
MAYOR

healthwatch
North Yorkshire

Background

- Men in UK agriculture face higher rates of poor mental health and suicide than many other occupations.
- Many farmers do not seek or access available NHS or community support services.
- Farmer community identifies mental health as the industry's biggest hidden issue.
- Mental health linked to poor personal & business resilience.

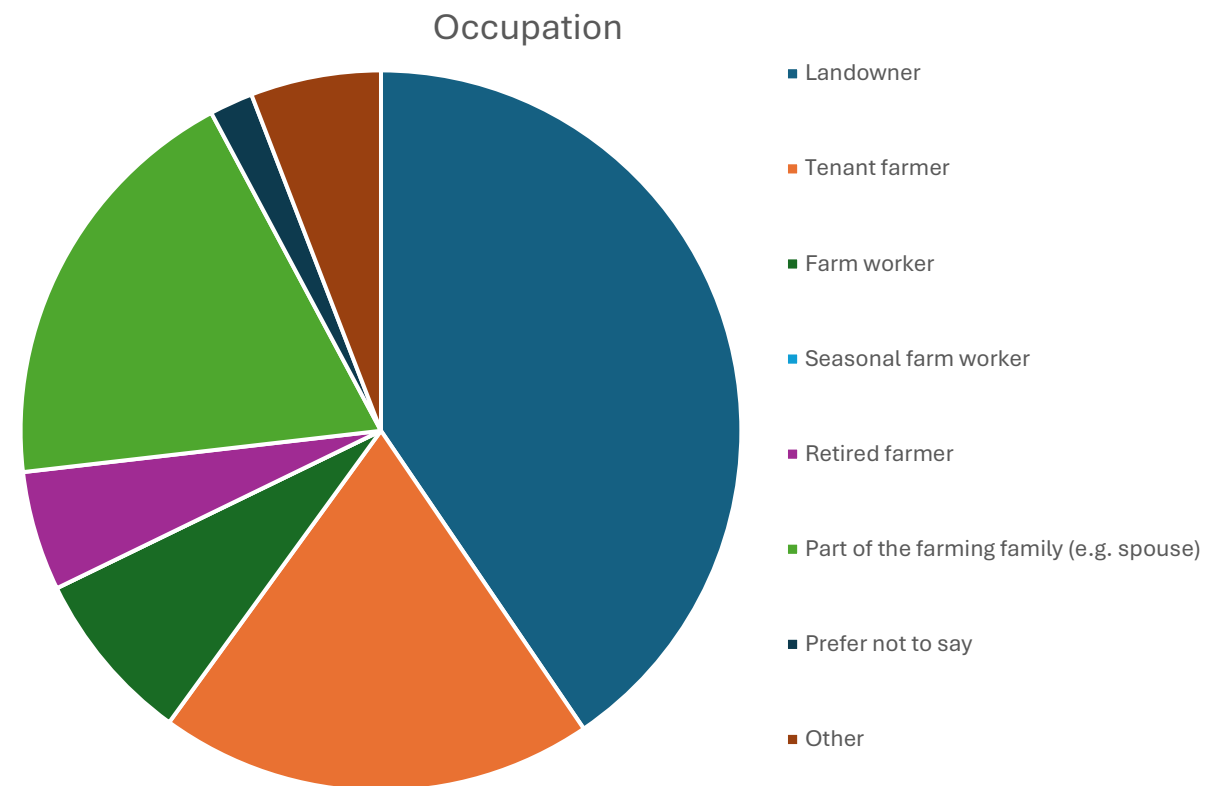
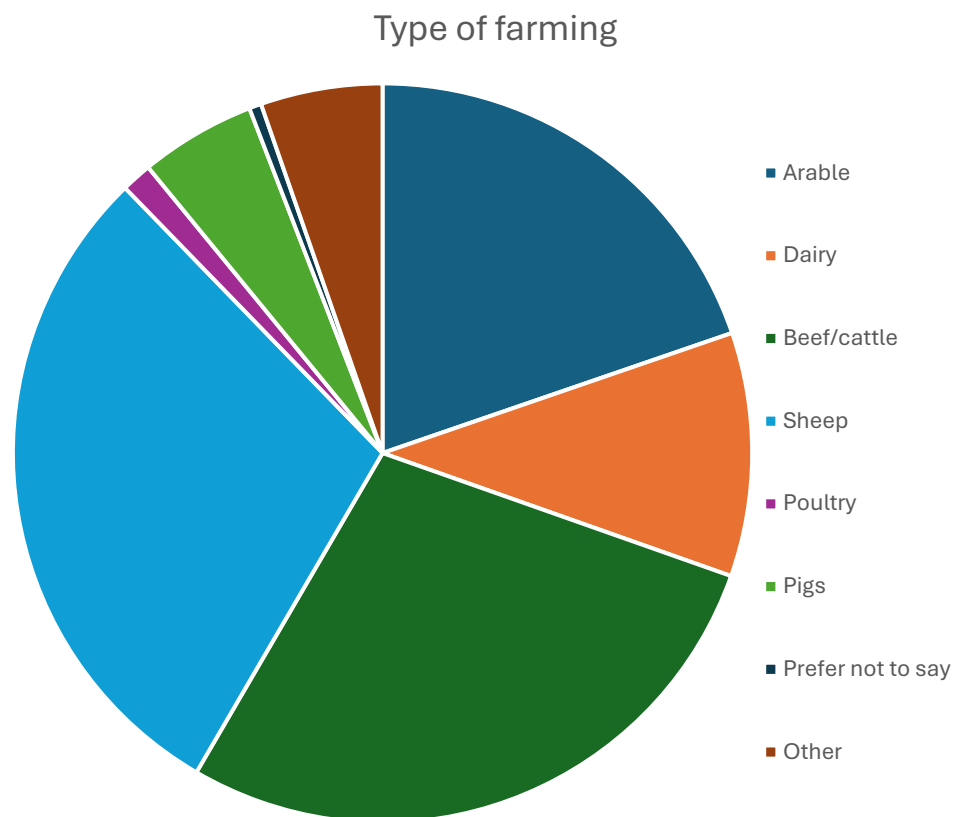


Background

- We wanted to understand what might be stopping the farming community getting help for their mental and physical health and what services could do to make them work better.
- We worked in collaboration with farming support organisations and North Yorkshire Council.
- Report '**Ploughing through barriers**' released April 2025.



Who we heard from



We heard from a total of 220 people from across the farming community of North Yorkshire

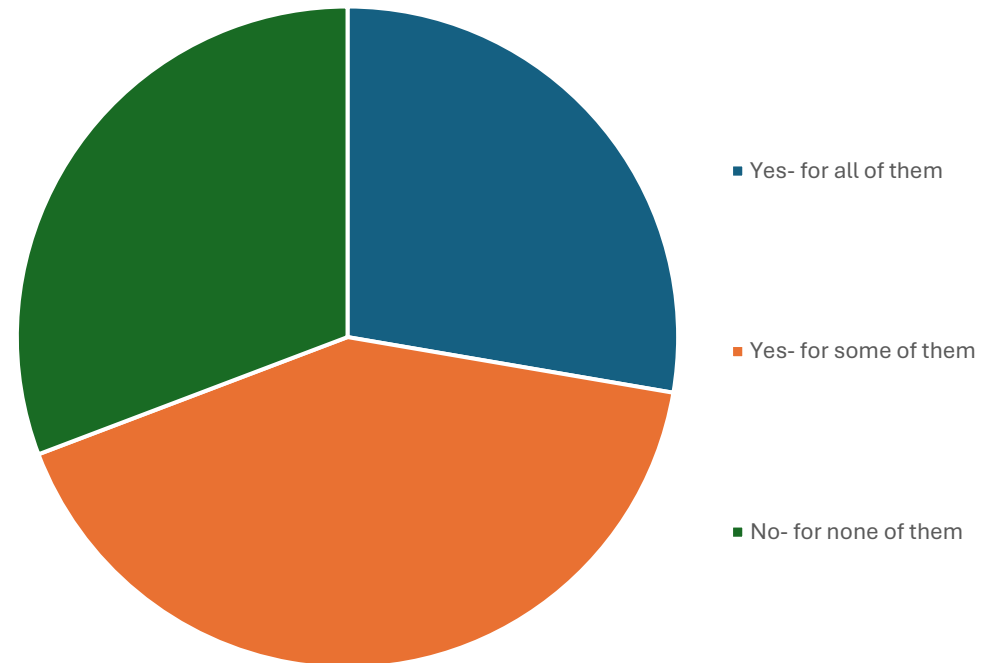
Key findings

74% had experienced back, joint, knee, shoulder or muscle pain

42% had experienced mental health problems

31% had experienced poor sleep

Did you seek help in relation to any of these problems?



What stops farmers seeking help when unwell?

40% said it is hard to arrange health appointments around their farming work

46% said they don't have time to attend health appointments due to their farming work

Time off equals **lost income**, and hiring staff to cover is costly

Rural access issues: distance, limited transport, poor internet and phone signal

Worry that sharing mental health issues may lead to their **gun license** being taken away

What stops farmers seeking help when unwell?

Lack of awareness about available services and **limited health knowledge**

38% said they don't feel that their problems are severe enough to seek help

37% said they don't think that staff in health services understand the farming way of life and its pressures

Health takes a backseat: the farm comes before health

What would help farmers seek help when unwell?

Bringing services to the farming community

57% would like to have drop-in clinics at local farming sites where no appointment is needed (e.g. field nurses at auction marts)

46% said mobile health units in local villages/towns would help

Ongoing support through community-based approaches

In-person health support in rural areas to help encourage farmers to put their health first.

What would help farmers seek help when unwell?

Improving communication and awareness

Better promotion of health services and information at **auction marts, community hubs, pubs**

Reassure farmers that support is **confidential**

Use **farmer friendly language** when speaking with farmers about healthcare

Utilising trusted professionals for signposting

Train rural professionals (such as vets) to signpost farmers to health and wellbeing support

Designed new project – in response to farmer's feedback

Support farmers mental health through one year pilot (April 26 – March 27)



Project Purpose

Improve men's mental health wellbeing by increasing awareness, reducing stigma and improving access to existing support for farmers.



Prevention Focus

Support early identification and promote mental health training for farmers, farming organisations, vets etc.



Taking support & advice to farmers

- Farming auction marts across Harrogate & District, Hambleton & Richmondshire
- Collaboration with local farmers
- Agricultural events & shows
- Allied farming organisations
- Mental health training



Farmer friendly advice & information

- Flyers, leaflets & mugs
- Dedicated webpage
- Social media promotion
- Farming organisations
- Dales radio
- Farming peer support (mental health)



Our impact

- Engaged with over 500 farmers
- Signposted 150+ to mental health support
- Signposted 40 farmers to mental health training
- 800 people viewed our farming web pages
- 300 people viewed our online farming directory



Our impact

"After speaking to someone from Healthwatch at the auction mart, I contacted a support organisation for help that I wouldn't have known about otherwise."
[farmer, Richmondshire]

"It helped to talk to someone who understood farming and the pressures we face. I left knowing where I could go for advice if things became difficult."
[farmer, Bedale]

"Farmers are much more likely to engage when support is brought into familiar and trusted settings. This project has helped start conversations that would not otherwise have happened." **[staff from Northallerton auction mart]**



Showcase 4: Movement, Activity and Sport



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Movement Activity and Sport Fund

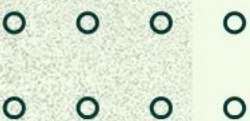
- **Liz Byrne**, Chair of Richmond Dales Amateur Swimming Club
- **Lindsay Howard**, Thirsk Bowmen, Welfare and Records Officer
- **Paul Downes**, Activity Alliance, Strategic Partnerships Advisor (Yorkshire and Humber)
- **Izzy Rhodes**, North Yorkshire Sport, Active Communities Manager (Movement, Activity and Sport Fund)

Call to action and close

David Watson (Chief Executive)
North Yorkshire Sport

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Thank you for coming



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