Fylde Council











Healthy Living

Supplementary Planning Document

(Draft)

February 2019

Contents

Consultation Information and How to Respond

1. Introduction 4

2. Planning, Policy and Public Health Context 5

The Role of the NHS/ Health Responsibilities 5

The Role of Planning 13

3. Healthy Places 20

4. Healthy Living 23

Key Considerations 26

5. Healthy Food Environment 26

Nutrition and health 26

Excess Weight and Obesity in Fylde 26

Hot Food Takeaways 28

Opportunities for Food growing 29

6. Alcohol 34

7. Homes for Lifelong Living 36

8. Community Facilities 38

9. Cycling and Walking Infrastructure 43

Policy Background 43

Current Cycling and Walking Provision 44

Opportunities 45

10. Access to Natural Areas 47

11. Health Impact Assessment 50

Glossary 52

References 55

Appendices 58

Consultation Information

This draft Supplementary Planning Document (SPD) on Healthy Living has been prepared following input from stakeholders at the earlier Scoping consultation. Councils are required to consult on a draft SPD before it is adopted (Regulation 13 of the Town and Country Planning (Local Planning) (England) Regulations 2012). This consultation therefore invites representations on the Draft Healthy Living SPD. The Draft SPD is accompanied by the Summary of Representations, as also required by Regulation 13. The Summary of Representations sets out the results of the earlier consultation of November 2018 to January 2019 on the scope of the SPD, and how the comments made have informed the preparation of the document.

This consultation runs from XXX 2019 to YYY 2019 (4 weeks).

How to Respond

Responses should comment on the specific content of the SPD, preferably making reference to paragraph numbers and including recommendations as to how the document should be altered. The Council's preference is for responses to be sent by email to PlanningPolicy@fylde.gov.uk Alternatively they may be sent by post to Planning Policy, Fylde Council, Town Hall, St Annes Road West, Lytham St Annes, Lancashire FY8 1LW.

1 Introduction

1.1 Health and wellbeing mean different things to different individuals. It is much more than simply an absence of illness. Health is defined by the World Health Organisation (WHO) as ***"a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity."*** Wellbeing is a key component of good health, but it is also a much broader concept arising from the action of individuals and a host of collective goods and relationships with other people. Wellbeing can be understood as "***a positive physical, social and mental state: it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, with which they feel able to achieve important personal goals and participate in society***'.

1.2 Health in Fylde is varied compared with the England average. The context of the Borough of Fylde means that there is a higher than average proportion of retired residents and as a consequence, the number of people with dementia is higher than the national average. With an ageing population, this number is likely to increase over the coming years. There is a requirement for activities for young adults and children that promote physical activity which can consequentially influence obesity levels now and in the future. Alcohol consumption is a concern and evidence suggests that road safety improvements are required, with children in Fylde being particularly vulnerable as pedestrians or when cycling (Public Health England, Fylde District Health Profile 2015, Fylde Local Plan to 2032). A higher percentage of people in Fylde are affected by long-term health problems than the national average. These include diseases of the heart and blood vessels, diabetes, kidney disease and stroke. Additionally, there is a disparity in the life expectancies of people living in the most deprived and least deprived areas of the Borough, creating a subsequent disparity in levels of health and wellbeing (Fylde Local Plan to 2032).

1.3 The main objective of the Healthy Living SPD is to provide supporting information and guidance to inform planning decisions, which can then have a more positive impact on health and wellbeing of the residents of Fylde. 'Health and Wellbeing' is a concept that runs throughout the Vision, Objectives and Cross Cutting Themes of the Fylde Local Plan to 2032 and is consequently truly embedded within its policies and proposals.

1.4 The SPD provides guidance to support the policy requirements set out in the Fylde Local Plan to 2032, adopted on the 22nd October 2018, and sets out good practice that developers and applicants should follow when submitting planning applications. The SPD should be a material consideration in the determination of planning applications. This SPD has been through the statutory process as required by legislation in order to become a draft SPD. A public consultation was held between November 22nd 2018 and January 3rd 2019. Comments received during this time were considered and the draft SPD amended to reflect these. The scope of this SPD is limited to the legislative remit of Fylde Council as the Local Planning Authority.

2 Planning, Policy and Public Health Context

2.1 ***"Health problems such as obesity, chronic heart disease, stress and mental health issues are intricately linked to the physical environments in which people live and work. Planning can promote healthy behaviours, environmental health, mental and physical wellbeing, and greater equity in health."*** (Royal Town Planning Institute (RTPI), 2014).

2.2 The linkages between health and the natural and built environment have long been established, and an increasing body of research indicates that the environment in which we live is inextricably linked to our health across the life course. For example, the design of neighbourhoods can influence physical activity levels, travel patterns, social connectivity, mental and physical health and wellbeing outcomes (Public Health England, 2017).

2.3 A key consideration is to ensure that the future needs required to support health and wellbeing are reflected and taken account of in the planning process.

The Role of the NHS/ Health Responsibilities

The Marmot Review

2.4 In November 2008, the then Secretary of State for Health asked Sir Michael Marmot to chair an independent review to propose the most effective evidence based strategies for the reduction of health inequalities in England from 2010. The final report 'Fair Society, Healthy Lives' recommended that the planning system should be fully integrated with transport, housing, environment and health policy. Furthermore, six main policy objectives were published, which concluded that action on these objectives would be the best way to begin to reduce health inequalities.

2.5 The objectives are:

- Give every child the best start in life
- Enable all children, young adults and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health provision.

2.6 Delivering this action requires work by central and local government, the NHS, the third and private sectors and community groups, as national policies will not work without effective local delivery systems. This is supported by the 'White Paper: Healthy Lives, Healthy People: Our strategy for Public Health in England. Here it is acknowledged that *"local government and local communities will be at the heart of improving health and wellbeing for their populations and tackling inequalities."* Local delivery requires effective involved decision-making at a local level, which can only happen by empowering individuals and local communities (Marmot, 2010).

The Wider Determinants of Health

2.7 The health and wellbeing of individual people and local communities can be affected by a wide range of factors. These factors concern the society, the environment, the economy and health. They are generally interconnected with one another, as presented in Figure 1:

Figure 1: The Wider Determinants of Health and Wellbeing in our Neighbourhoods.



Source: Dahlgren and Whitehead, 1991.

2.8 These determinants of health include the natural and built environment. Spatial Planning can therefore be used to address a wide range of health issues including social isolation, poor air quality, physical inactivity and conditions related to this, such as obesity.

An Assessment of Local Health and Wellbeing (Lancashire Insight)

2.9 The Fylde Health Profile 2017 (PHE), reveals that the health of the Borough's people is varied compared with the England average, however, addressing the wider determinants of health continues to be important in Fylde. Due to the fact the district has a higher than average proportion of elderly residents, mobility, social connectedness and ensuring good mental health are crucial priorities.

2.10 The population in Fylde has a growing number of older people. There are already 10% more adults aged over 45 and 8% more adults aged over 65 than the national average. By 2022 it is expected that the number of people aged over 70 will have increased by approximately 28% and by 2030, the number of people over the age of 85 is expected to have doubled. This will

increase the pressure on services as people are much more likely to develop multiple long-term conditions such as diabetes, heart disease, breathing difficulties and dementia. (The Fylde and Wyre Clinical Commissioning Group).

2.11 Whilst the life expectancy for men and women is similar to the England average, life expectancy is 8.7 years lower for men and 8.8 years lower for women in the most deprived areas of Fylde compared to the least deprived areas. This emphasises the critical nature of inequalities in terms of health outcomes.

2.12 The number of children classified as obese in Year 6 (15.6%) is better than the England average as is the number of children (14%) who live in low income families.

2.13 The rate of alcohol-related harm stays per year stands at 585 and the rate of self-harm hospital stands at 175 stays per year, both worse than the England average. Additionally, the rate of people killed and seriously injured on the roads, smoking status at time of child delivery and incidences of new cases of malignant melanoma are worse than average. However, rates of sexually transmitted infections, tuberculosis, violent crime and long term unemployment are better than average.

The Fylde and Wyre Clinical Commissioning Group (CCG)

2.14 The Clinical Commissioning Group for Fylde and Wyre consists of 19 GP practices which provide care for over 150,000 registered patients. Blackpool Teaching Hospitals NHS Foundation Trust is the main provider of secondary health care for the area whilst the Lancashire Care Foundation Trust is the main provider of inpatient and specialist community mental health and learning and disability services.

2.15 CCGs around the country are encouraging all GP practices to become part of a local Primary Care Network (PCN). Based around a GP's list of approximately 30,000-35,000 patients, PCN'S incorporate general practice and other partners in community and social care. These systems can provide care on a scale small enough for continuous care, but large enough, in their partnerships with others in the local health system to be resilient (NHS PCNs, 2018). The networks provided by a PCN can result in early detection of conditions and can give patients the confidence to manage their conditions away from a hospital setting. Self-care will be promoted and enabled through social prescribing and community empowerment (Healthier Lancashire and South Cumbria). This is a component of a wider prevention framework.

The Lancashire Health and Wellbeing Strategy

2.16 The Lancashire Health and Wellbeing Strategy was developed by Lancashire's Health and Wellbeing Board. The ambition for the strategy is that it will enable productive collaborative working to "deliver real improvements to the health and wellbeing of Lancashire's citizens and communities."

2.17 Informed by intelligence from the Joint Strategic Needs Assessment for Lancashire[1], it is apparent that there is a need to focus work to deliver the strategy across the whole life course, with coordinated interventions in childhood, adulthood and old age. The Health and Wellbeing Board agreed on three overarching goals for the strategy, which need to be achieved by the year 2020. These are:

- Better Health and Wellbeing
- Better Care and
- Better Value

2.18 These three goals are used in the Fylde Local Plan to 2032 to help achieve Policy HW1 – Health and Wellbeing.

Securing our Health and Wellbeing: Report of the Lancashire County Council Director of Public Health and Wellbeing

2.19 'Securing our Health and Wellbeing' was produced by the Director of Public Health at Lancashire County Council. The report describes the position of health and wellbeing in Lancashire, noting the challenges faced and the opportunities available to improve health and wellbeing in Lancashire.

2.20 Following an introduction to Lancashire, the report uses the wider determinants of health model to place a focus on the wide range of socioeconomic and environmental determinants (SEEDs) that influence health and wellbeing. The planning system plays a valuable role in addressing many of these. The variations in health inequalities, life expectancy, and their impact on the wider economic system are also discussed alongside the requirement for the promotion of healthy living environments. The report suggests this can be achieved by addressing the variation in road safety (particularly for children), housing standards, fuel poverty, access to green space and cycling and walking paths across Lancashire.

NHS England's Five Year Forward View

2.21 The Five Year Forward View, published in October 2014 by NHS England sets out a clear direction for the NHS. It provides the scope for developing and providing sustainable and personal health and care services over the next 5 years (NHS Confederation, 2015).

2.22 The Five Year Forward View identifies three areas that have a large and ever widening gap between current NHS resources and the demand on the service. Fundamental change is needed to close the following gaps:

- Health and Wellbeing,
- Care and Quality; and
- Funding and efficiency.

[1] An assessment that aims to describe the current and future health, care and wellbeing needs of the local population.

2.23 Based on these, the key points and recommendations emerging from the 5 Year Forward View include:

- More needs to be done to tackle the "root causes of ill health". The plan backs "hard hitting action on obesity, alcohol and other significant health risks, noting that the future sustainability of the NHS depends on a fundamental upgrade in prevention and public health."

- The plan commits to giving patients more control over their own care. It includes the option of combining health and social care and increased support for carers.

- It claims that the NHS must change to meet the needs of the patients who are living longer and have more complex conditions. As a result their needs are more demanding. The plan sets out new models of care that "break down the boundaries between traditional healthcare settings, physical and mental health and health and social care".

- It sets out measures needed to develop and deliver the new models of care. (Nursing Times, 2014).

2.24 The Next Steps of the NHS Five Year Forward View was published in 2017 to review the progress so far and present steps for further improvement. The Next steps document is split into a number of different categories including mental health, primary care, integrating care locally and harnessing technology and innovation.

2.25 Whilst some actions can be brought about by the NHS itself, other actions require new partnerships with local communities, local authorities and employers (NHS, 2014). Local authorities have statutory responsibilities for improving the health of their communities. Actions such as limiting hot food takeaways in close proximity to schools, taking action on alcohol and smoking, promoting developments suited to lifetime living, designing developments that promote activity such as cycling and walking and the ability for self-care are a number of measures that could result in positive outcomes.

Healthy New Towns (A collaboration between health and planning)

2.26 In the NHS Five Year Forward View, a commitment was made to dramatically improve population health and integrate health and care services as new places are built and take shape. In March 2016, the head of NHS England announced plans to create ten NHS-supported 'Healthy New Towns' across the country with the potential to provide more than 76,000 new dwellings for approximately 170,000 residents.

2.27 Combining the need to accelerate housing numbers with the principles laid out in the Five Year Forward View, the Healthy New Towns Programme explores how new housing developments can achieve improved health outcomes (NHS, Healthy New Town Network Prospectus). Building strong and healthy places and communities can contribute to the reduction of the three gaps referred to in the Five Year Forward View. These are:

- The health and wellbeing gap
- The care and quality gap
- The funding and efficiency gap

2.28 As stipulated in the NHS Healthy New Town Prospectus, good urban and housing design promotes healthy lifestyles and thus can prevent illnesses. Additionally, older people can be supported by the latest technology to live in their homes longer, supporting their independence and overall health. Building new developments provides an essential opportunity to radically reshape health and care services which can assist with the changing needs of the population and contribute to the long term financial sustainability of the NHS.

2.29 This is supported by the Chief Executive of the NHS, Simon Stevens:

2.30 *"The much-needed push to kick start affordable housing across England creates a golden opportunity for the NHS to help promote health and keep people independent. As these new neighbourhoods' and towns are built, we'll kick ourselves if in ten years' time we look back having missed the opportunity to 'design out' the obesogenic environment, and 'design in' health and wellbeing"* (NHS England, 2016).

2.31 To achieve this successfully, new approaches to shaping the built environment are needed. These could include:

- Building healthier homes and environments that support independence at all stages of life,
- Tackling unhealthy and obesogenic environments by creating walkable neighbourhoods with improved infrastructure for safe and active travel and more accessible public transport,
- Providing easy access to healthy and affordable food in the local area,
- Implementing a new 'operating system' for health and care that achieves 'triple integration' between primary and secondary care, mental and physical health, and health and social care,
- Creating connected neighbourhoods, strong communities and inclusive public spaces that enable people of all ages and abilities from all backgrounds to mix; and,
- Designing healthy workplaces, schools and leisure facilities that make the most of opportunities to encourage physical activity, healthy eating and positive mental health and wellbeing (NHS: The Forward View into Action, 2015).

2.32 Places that were planning large scale housing development were invited to take part in the programme by submitting an Expression of Interest. In March 2016, Whyndyke Garden Village was chosen as one of the ten Healthy New Town demonstrator sites. The majority of the site, is located in Fylde Borough with a small part (7.6 hectares) located in Blackpool. An outline planning application has been approved for 1,400 homes - 1,310 in Fylde and 90 homes in Blackpool, of which 30% will be affordable. Additional information on affordable housing will be provided in the Affordable Housing SPD. The ambition for Whyndyke Garden Village is to provide the homes, jobs and services that people need, reducing environmental risks and delivering well designed buildings and urban spaces which will create the conditions for healthy, active lifestyles. Education, employment, leisure, health and residential accommodation will be provided on the site with the intention to integrate efficiently and effectively with existing settlements.

2.33 Whyndyke Garden Village is a key component of the Fylde Local Plan to 2032 and is allocated as a mixed use development site within Policy SL2 and as part of the Strategic Location for Development on the Fylde- Blackpool Periphery. Policy S1 The Proposed Settlement Hierarchy identifies Whyndyke as being a Local Service Centre by 2032. Policy EC1 Overall Provision of Employment Land and Existing Employment Sites allocates 20ha of land within the Whydyke site for employment uses.

2.34 The delivery of Whyndyke Garden Village is, understandably, paramount to the success of Policy HW1 – Health and Wellbeing.

2.35 The five main priorities for Whyndyke Garden Village are:

- Developing the model of healthcare provision.
- Pushing the telehealth care agenda.
- Developing a healthy community facility.
- Encouraging physical activity.
- To create a dementia friendly home for life long living.

2.36 'Putting Health into Place' is to be published by NHS England in 2019. This will set out national recommendations for change and provide practical tools for anyone involved in creating new places based on 10 broad principles that should be encompassed by the Healthy New Towns. The principles are as follows:

1. Plan ahead collectively.
2. Plan integrated health services that meet local needs.
3. Connect, involve and empower people and communities.
4. Create compact neighbourhoods.
5. Maximise active travel.
6. Inspire and enable healthy eating.
7. Foster health in homes and buildings.
8. Enable healthy play and leisure.
9. Provide health services that help people stay well.
10. Create integrated health centres.

2.37 These principles have been included in the Section 106 agreement.

Active Design: Planning for health and wellbeing through sport and physical activity (2015)

2.38 Active Design was published in 2015 by Sport England and Public Health England. With the recognition that the design and layout of where people live can contribute to keeping people active and healthy, Active Design introduces a set of design guidelines through the use of 10 principles that aim to influence movement through appropriate design and layout.

2.39 The ten principles of active design are:

1. **Activity for all**

Enabling those who want to be active, whilst encouraging those who are inactive to become active.

2. **Walkable Communities**

Creating the conditions for active travel between all locations.

3. **Connected walking and cycling routes**

Prioritising active travel through safe, integrated walking and cycling routes.

4. **Co-location of community facilities**

Creating multiple reasons to visit a destination, minimising the number and length of trips and increasing the awareness and convenience of opportunities to participate in sport and physical activity.

5. **Network of multifunctional open space**

Providing multifunctional spaces opens up opportunities for sport and physical activities and has numerous wider benefits.

6. **High quality streets and spaces**

Well-designed streets and spaces support and sustain a broader variety of users and community activities.

7. **Appropriate infrastructure**

Providing and facilitating access to facilities and other infrastructure to enable all members of society to take part in sport and physical activity.

8. **Active buildings**

Providing opportunities for activity inside and around buildings.

9. **Management, maintenance, monitoring and evaluation**

A high standard of management, maintenance, monitoring and evaluation is essential to ensure the long-term desired functionality of all spaces.

10. **Activity promotion and local champions**

Physical measures need to be matched by community and stakeholder ambition, leadership and engagement.

2.40 The document acknowledges that active design should be promoted through all planning activity, it can be encouraged through Local Plans and Neighbourhood Plans and will assist in the creation of sound local and neighbourhood policies. Planners can also use Active Design in determining planning applications.

The Role of Planning

The National Planning Policy Framework (NPPF)

2.41 The NPPF was published in July 2018 and sets out the Government's planning policies for England and how these are expected to be applied.

2.42 In relation to healthy living:

2.43 Paragraphs 7-10 of the NPPF acknowledge that the purpose of the planning system is to contribute to the achievement of sustainable development, with paragraph 10 stating that **"a presumption in favour of sustainable development"** is at the heart of the Framework. To achieve sustainable development the planning system has three overarching objectives: economic, social and environmental, which are co-dependent and thus need to be pursued in mutually supportive ways. These objectives should be delivered through the preparation and implementation of plans and the application of policies in the Framework.

2.44 Paragraph 8b acknowledges that in order to provide and promote sustainable development, "strong, vibrant and healthy communities" should be supported. This can be done through ensuring the provision of an adequate number and type of homes to meet the needs of the current and future population. Well-designed and safe built environments, with accessible services and open spaces that reflect current and future requirements and support communities health, social and cultural wellbeing, are also vital.

2.45 Paragraph 91 asserts that planning policies and decisions should aim to achieve healthy, inclusive and safe places. These places should promote social interaction, be safe and accessible and enable and support healthy lifestyles especially where this would address identified local health and well-being needs. This is supported by paragraph 92 a-e, which highlight the elements required to provide the social, recreational and cultural facilities and services that the community needs. These include planning positively for the provision and use of shared spaces, community facilities and other local services, supporting the delivery of local strategies to improve health, social and cultural wellbeing, and guarding against the loss of valued community facilities.

2.46 Paragraph 96 identifies the importance of access to a network of high quality open spaces and opportunities for sport and physical activity in its contribution to the health and wellbeing of communities. This is supported by the Fylde Local Plan to 2032 with the 'protecting, increasing and enhancing open space, sport and recreation provision and the Green Infrastructure network throughout the Borough' assisting in the achievement of Strategic Objective 5.

2.47 Lancashire County Council's Director of Public Health, through the Health Equity, Welfare and Partnerships service, is collaborating with Lancashire's local planning authorities (LPAs), including Fylde Council, to take account of local health issues and considerations, through the provision of local health data and advice. Due to the emphasis on partnership working, this SPD takes into account information provided by Public Health and other relevant parties.

Local Policy

2.48 The Fylde Local Plan to 2032, adopted October 2018, together with the Joint Lancashire Minerals and Waste Core Strategy DPD 2009 and the Joint Lancashire Minerals and Waste Local Plan Site Allocations DPD, plus the two Neighbourhood Plans form the statutory development plan for Fylde, although the Neighbourhood Plans only apply to the areas for which they are made. They are not Borough wide development plan documents.

Fylde Local Plan to 2032

2.49 Current planning policy recognises the contribution that planning can make to improving health and wellbeing. The Fylde Local Plan to 2032, adopted on 22nd October, 2018, has a number of policies which are intended to help deliver health and wellbeing.

2.50 Chapter 10: Health and Wellbeing contains:

- **Policy HW1- Health and Wellbeing.** This policy focuses on integrating public health and planning principles to help reduce health inequalities. It also takes account of the three goals set out in the Lancashire Health and Wellbeing Strategy. It sets out the methods by which this policy could be achieved, including collaborative working with Lancashire County Council and health professionals, seeking appropriate land or financial contributions, safeguarding and encouraging the provision of allotments and garden plots and promoting improvements to cycling and pedestrian routes. Finally, it acknowledges the requirement for a Health Impact Assessment should the screening process demonstrate a need.

- **Policy HW2 – Community Facilities**. This policy recognises the important role of community facilities in providing the health and wellbeing, social, educational, spiritual, recreational, leisure and cultural needs of the community. It recognises that when independent (outside) of a new development, co-location should be considered in accessible community buildings, for example, using a hall or a public house as a venue for a post office, or a healthcare facility several days a week. Finally, the policy proposes new locations for community facilities and acknowledges that the loss of any community facility will be resisted unless it can be demonstrated that the facility's continued operation is no longer required or it can be relocated to a location that is equally accessible to its users.

- **Policy HW3 – Protection and Provision of Indoor and Outdoor Sports Facilities.** This policy recognises that public accessible urban open space, play and sports facilities all have a vital role to play in helping to promote healthier lifestyles. It will provide appropriate indoor and outdoor sports facilities for the Fylde communities by protecting existing indoor and outdoor sports facilities and supporting new indoor and outdoor sports facilities. Finally, it emphasises the importance of major residential developments contributions to new or improved sports facilities where there is a recognised need or increased demand.

2.51 Other relevant polices include:

- **Policy M1 – Masterplanning the Strategic Locations for Development.**

  This policy requires that all masterplans for strategic locations for development should meet a list of criteria. Criterion 'f' acknowledges the need for an appropriate level of retail, leisure,

social, cultural, community and health facilities to meet the needs of the residents of the new development without undermining the characteristics of the existing towns or centres.

- **Policy GD6 – Promoting Mixed Use Development.**

This policy encourages mixed uses on strategic sites. This allows for the provision of local retail centres and access to employment, commercial, leisure, community and recreational opportunities close to where people live and work.

- **Policy GD7 – Achieving Good Design in Development.**

This policy states that development will be expected to be of a high design standard. A high quality built environment and good design which facilitates cycling and walking has a positive effect on the health and wellbeing of a community. Green infrastructure can help make space for nature in urban areas, promote better health and affect people's sense of wellbeing, defining how they feel about the places where they live. Criterion 'l' outlines the requirements for protecting existing natural assets and providing enhancements to open spaces to encourage people to use them. Additionally, criterion 'm' states that in line with the Equalities Act, provision must be made for the needs of the specific groups in the community such as the elderly and those with disabilities.

- **Policy EC2 – Employment Opportunities.**

Employment is a wider determinant of health and the effects of unemployment, unstable employment and lack of access to employment can damage long-term health and wellbeing. The availability of land in the Borough for employment opportunities is limited, and thus this policy seeks to retain the continued employment use of existing employment sites. Criterion 'a' states that accommodation for employment purposes should be flexible and suitable to meet changing future employment needs and provide for the requirements of local businesses and small firms. This will ensure the provision of a wide variety and accessible employment for local communities into the future.

- **Policy H1 - Housing Delivery and the Allocation of Housing Land.**

This policy states that the Council will provide for and manage the delivery of new housing in Fylde by applying a minimum housing requirement of 415 net homes per annum for the plan period. Sufficient land will be made available to deliver a minimum of 8715 new homes up to the end of the Plan period in 2032. This will increase access to high-quality housing for all.

- **Policy H2 – Density and Mix of New Residential Development.**

Provision of good quality housing is essential to good health. It can be argued that access to high quality, affordable housing in neighbourhoods that promote health and wellbeing is one of the most unequally distributed of all of the social determinants of health. This policy sets out the requirements for the density and mix of new residential development in the Borough. It recognises that a broad mix of types and size of homes will be required to reflect the demographics and housing requirements of the Borough and different considerations will arise from developments of different densities. Specialist accommodation will be required to meet the ageing need of Fylde's population. The policy states that at least 20% of homes within residential developments of 20 or more homes should be designed specifically to accommodate the elderly, including compliance with optional technical standard M4(3(2A))

(wheelchair-adaptable dwellings) unless It is proved that this would render the development unviable. This policy is supported by Policy H4- Affordable Housing.

- **Policy H4 - Affordable Housing.**

This policy sets out the requirements for the provision of affordable housing in the Borough. With 'affordable housing' recognised as an important wider determinant of health, all market housing schemes of 10 or more homes will be required to provide 30% affordable housing/starter homes unless viability testing demonstrated that this provision would prevent delivery of the development. The policy proceeds to lay out requirements for the tenure and size and type of affordable housing.

- **Policy H5 – Gypsies, Travellers and Travelling Showpeople's sites.**

This policy sets out the requirements for additional pitches or plots for Gypsies, Travellers and Travelling Showpeople in Fylde up to the end of the Plan period. Where additional need is evidenced and cannot be accommodated in the allocated sites, permission for new Gypsies, Travellers and Travelling Showpeople's sites will be granted where all the criteria in the policy can be met. Criterion 'e' states that the site would not be isolated and should be within or proximate to a settlement which can provide education, health, welfare and employment infrastructure. Local environmental quality with respect to noise and air quality should not have a detrimental impact on the health and wellbeing of Gypsies, Travellers and Travelling Showpeople.

- **Policy INF1 – Service Accessibility and Infrastructure.**

Development will be required to provide essential site service and communications infrastructure and support the infrastructure requirements set out in the Infrastructure Delivery Plan. The policy recognises that for Fylde to protect and create sustainable communities, development proposals should contribute towards improvements to existing infrastructure and provision of new infrastructure, as required to meet the needs of the development. This will allow for the provision of infrastructure that can influence the health and wellbeing needs of the community. These will be secured through a Planning Obligation or the Community Infrastructure Levy (CIL).

- **Policy INF2 – Developer Contributions.**

This policy states that development will normally be expected to contribute towards the mitigation of its impact on infrastructure, services and contribute to the requirements of the community. Developments may be required to contribute towards; affordable housing; community facilities providing for the health, spiritual, recreational, leisure and cultural needs of the community; and enhancing the functionality, quality, connectivity and accessibility of the Green Infrastructure network – the network of natural environmental components and green and blue spaces (such as outdoor sports facilities, open space, parks, allotments, play areas, enhancing and conserving biodiversity and management of environmentally sensitive areas).

- **Policy T4 – Enhancing Sustainable Transport Choice.**

This policy recognises that community health and wellbeing should be improved by providing alternative means of sustainable transport such as walking and cycling. This will be achieved through protecting and enhancing the existing public rights of way network; the provision of additional footpaths, cycleways and bridleways where appropriate; and safeguarding land for the provision of a continuous footpath, cycleway and bridleway network along Fylde's coastline. Utilisation of these methods will also reduce transport emissions, such as carbon dioxide and other greenhouse gases, again having a positive public health impact.

- **Policy ENV1 – Landscape.**

An increasingly strong evidence base demonstrates the positive effects that access to good quality landscapes has on health and wellbeing. This policy seeks to ensure that development will have regard to its visual impact within its landscape context and the landscape type in which it is situated. Supported by the Lancashire Landscape Character Assessment (2002) development will be assessed to consider whether it is appropriate to the landscape character, amenity and tranquillity in which it is situated. The Council will encourage appropriate landscaping on new development sites, which will complement existing natural features such as hedges and ponds.

- **Policy ENV2 – Biodiversity.**

Biodiversity not only provides life-sustaining goods and services but the conservation and sustainable use of biodiversity can provide significant benefits to people's physical and mental health. This policy is concerned with the protection and enhancement of Fylde's biodiversity and geological assets and interests. Additional information can be found in the Biodiversity SPD.

- **Policy ENV3 – Protecting Existing Open Space (the Green Infrastructure Network).**

This policy protects the existing areas of public open space (identified on the Policies Map) from inappropriate development. This includes parks and gardens, amenity greenspace, children's play areas, local areas and local equipped areas for play, youth provision, allotments and sports pitches. Fylde's Public Rights of Way network, comprising footpaths, byways, cycleways and bridleways will also be protected and opportunities to extend the network will be safeguarded from development.

- **Policy ENV4 Provision of New Open Space (the Green Infrastructure Network).**

This policy sets out the amount of new amenity open space that will be required. Opportunities for movement and activity will be maximised, with new housing developments of ten or more homes being required to provide facilities for children's play. The minimum standards of these areas alter depending on the size of the development. Green open space should be safe, accessible, of high quality and be provided as a single central usable facility. Where there is an identified over-provision of open space in close proximity to the application site, the monies generated from the development of the site and development in close proximity to it will be used to enhance the quality of, and accessibility to, the existing open space network.

Neighbourhood Plans

2.52 Neighbourhood Plans give communities greater ownership of the plans and polices that affect their area and give direct power to develop a shared vision and shape the growth and development of their local area (Planning Practice Guidance, 2014). The Neighbourhood Plans formed by communities within Fylde should be in conformity with the strategic policies presented in the Fylde Local Plan to 2032.

St. Annes on the Sea Neighbourhood Development Plan

2.53 The St. Annes on the Sea Neighbourhood Development Plan (NPD) acknowledges the vital role of the provision of Green Infrastructure as a community facility to improve health and wellbeing. Policy EN2 – Green Infrastructure - of the St Annes on Sea NPD states that new open spaces should "be accessible and where possible, connect and enhance the existing green infrastructure network within St. Annes. Provision of open space should be in advance of relevant developments being occupied and should also be accessible to people with disabilities and be dementia friendly." This is delivered by Policies ENV3 (Protecting Existing Open Space (Part of the Green Infrastructure network)) and ENV4 (Provision of New Open Space (Part of the Green Infrastructure network)) of the Fylde Local Plan to 2032. Additionally, it is also recognised that a well-developed Green Infrastructure network linked with safe pedestrian and cycle networks will serve to encourage greater levels of exercise with consequent benefits to health and wellbeing.

2.54 The importance of community facilities is recognised within Policy CH1- Community Facilities of the St. Annes on the Sea NDP, which mirrors Policy HW2 – Community Facilities – of the Fylde Local Plan to 2032. The provision or if necessary the re-provision of high quality community facilities is considered essential for the health and wellbeing, social, educational, spiritual, recreational and leisure and cultural needs of residents, visitors and businesses.

Bryning with Warton Neighbourhood Plan

2.55 The provision of access to health services such as GP's and dentists, is immediately noted as an issue for the Warton community, with residents having to travel at least 2 miles to reach these services. The Bryning with Warton NDP acknowledges that the area is a Strategic Location for Development (Policy SL3) in the Fylde Local Plan to 2032 so for this to be sustainable, community facilities, education provision, local retail centres and health care provision need to be included within the infrastructure delivery schedule and provided for through developer contributions.

2.56 Mirroring Policies in the St. Annes on Sea NDP and the Fylde Local Plan to 2032, Policy BWLC12 of the Bryning with Warton NDP focuses on 'Community, Leisure Facilities and Open Spaces'.

2.57 The policy states that proposals to improve and/or provide centrally located community facilities will be supported. There is a recognised lack of provision for young people in Bryning with Warton which is an issue that needs addressing. Enhancing the quality of community facilities and open space will enhance its value to the local community and result in increased

usage. This will have a positive impact on the physical and mental health and wellbeing of the residents of Bryning with Warton.

4 Healthy Places

4.1 The World Health organisation refers to healthy places as:

"The place or social context in which people engage in daily activities in which environmental, organisational and personal factors interact to affect health and wellbeing."

4.2 Public Health England defines healthy placemaking as:

"Placemaking that takes into consideration neighbourhood design (such as increasing walking and cycling), improved quality of housing, access to healthier food, conservation of, and access to natural and sustainable environments and improved transport and connectivity."

4.3 It is clear from these definitions that there are multiple components required to create a healthy place. As the Design Council (2018) affirms, it "cuts across built environment stakeholders, physical and social infrastructure and fundamental changes are required in order to facilitate a positive impact on health and wellbeing."

4.4 Planning Policy Guidance (PPG) acknowledges that *"a healthy community is a good place to grow up and grow old in".* In these cases, the community should support healthy behaviours and support reductions in health inequalities.

4.5 In 2013, Public Health England (PHE) set up the Healthy Places Programme. This recognised that the places people live and the homes in which they live can have a significant impact on their health and wellbeing.

4.6 Although it is difficult to precisely quantify the impact of the natural and built environment on health, there is consistent research to support the notion that a majority of health outcomes can be explained by factors other than healthcare (PHE, 2017). This can include the nature of the places people live, work, learn and spend their leisure time in. Therefore, healthy places can be centred upon six different aspects of the built and natural environment, which in turn can influence healthy living. These are:

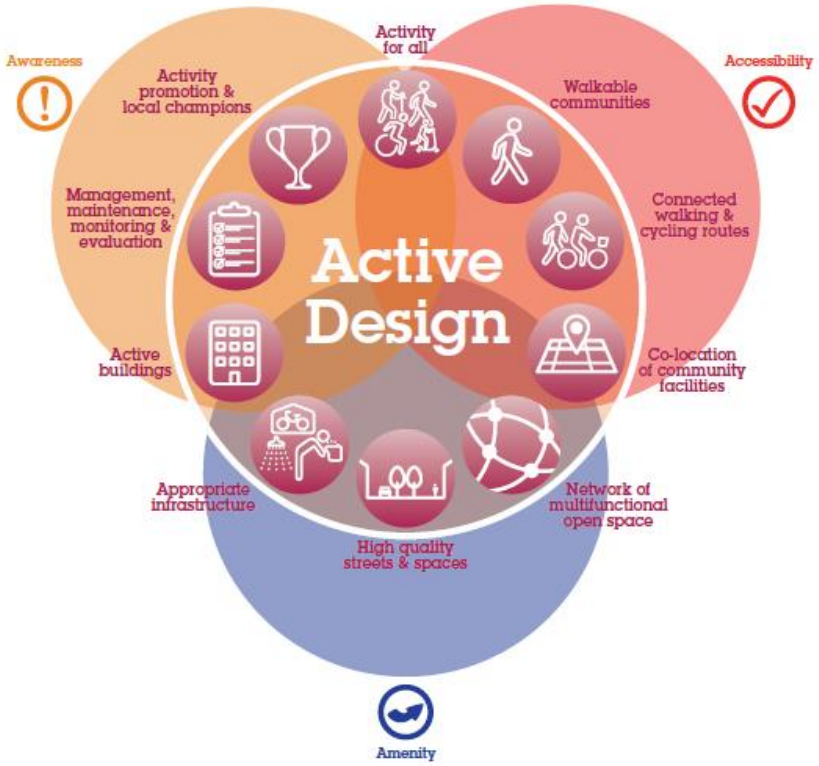
- Neighbourhood design,
- Housing,
- Healthier food choices,
- Natural and sustainable environment, and;
- Movement and access
- Healthy Workplaces

4.7 The design of buildings, streets, parks and neighbourhoods can support good physical and mental health, help reduce health inequalities and improve wellbeing, of which additional information will be provided in the Good Design SPD. These environments should be safe, convenient and accessible, with a well-designed built environment and interesting, stimulating public spaces and social infrastructure that will encourage community participation and social inclusion for all population groups. This would aid people to lead

active and healthy lifestyles, promote active play and cycling and walking, and create healthy living environments for people of all ages (PPG, 2017).

4.8 Consequently, the importance of creating active environments that make physical activity the easiest and most practical option in everyday life, is emphasised by Sport England. Their Ten Principles of Active Design, presented in Figure 2, aim to offer the greatest potential for communities to lead active lifestyles.

Figure 2: The Ten Principles of Active Design



Source: Sport England, 2015

4.9 The Active Design Principles can be applied both to new developments and to assist the enhancement of existing places. Whilst not all of the Principles will be appropriate for a given scenario or setting, achieving as many of the Active Design Principles as possible will maximise the opportunities for active lifestyles (Sport England).

4.10 Applicants will be encouraged to include Active Design Principles within their applications. Examples of good practice and successful implementation can be found by following the link below: https://www.sportengland.org/facilities-planning/active-design/

4.11 A checklist of the Active Design Principles, supplied by Sport England can be found in Appendix B.

4.12 There are many strategies and plans in place across Fylde that encompass the aspects in this section to try and improve the health and wellbeing of local communities. Opportunities to engage in physical activity are encouraged and promoted through initiatives such as the 'Walking for Health' group. This combines physical activity across a variety of different terrains, involving exposure to green and blue infrastructure networks, with a social element that is equally important for health and wellbeing. It is recognised that green and blue infrastructure has a significant role to play in promoting health and social inclusion, particularly in tackling physical inactivity, obesity, and in reducing stress. The YMCA's 'Your Move' programme utilises a team of specialists to support over 2000 local adults, children and families in overcoming health conditions and making improvements to their daily lives (YMCA, 2018). Sessions are operated from community centres and gyms across the Fylde Coast. These programs highlight how good placemaking can be utilised to improve health and wellbeing within a community.

4.13 The construction of the Healthy New Town Demonstrator, Whyndyke Garden Village provides ultimate potential to embed 'healthy place' principles from the start of a development process instead of trying to apply them in hindsight. At Whyndyke, community, health and employment facilities will be located close together in a mixed use neighbourhood, as stipulated in Policy SL2 of the Fylde Local Plan to 2032. The Whyndyke Garden Village Board are working to develop a model of healthcare provision, pushing the telehealth care agenda and the use of smart home digital technology, developing healthy community facilities, encouraging physical activity and creating lifelong homes. The ten guiding 'healthy' principles will be utilised throughout to ensure that features that contribute to healthy places and encourage a state of healthy living are maximised within Whyndyke at every available opportunity. It is proposed that the benefits of these initiatives are, where possible, rolled out into other new developments to enable the creation of healthier environments for those developments and the areas surrounding them.

4.14 This will support the development of healthy places and homes within Fylde, which ensure that health inequalities are considered and addressed when planning, developing and improving the built environment.

4.15 Sections will be added on digital technologies and community engagement after further discussions with the Whyndyke Garden Village Healthy New Town Board.

5 Healthy Living

5.1 People's lifestyles are heavily influenced by the wider determinants of health, shown in Figure 1. Although people appear to make individual choices about the factors that influence their health, these decisions are influenced significantly by social norms and the range of choices available. For example, people who live in obesogenic environments find it harder to incorporate elements that contribute to a state of healthy living into their day to day life. The planning system has the potential to influence a wide range of lifestyle choices and behaviours, such as healthy eating and physical activity. The promotion of good quality local employment, affordable housing, environmental sustainability, education and skill development can also help to address health inequalities in an area.

5.2 In a report conducted by The Health Foundation (2016) it was suggested that people need to have the physical and psychological capability to perform the behaviour, strong automatic and reflective motivation to engage with the behaviour, and the social and physical environment to engage with the behaviour. Therefore, the way in which a place is designed can clearly influence a person's choice or action. Targeted policy and system changes in a community can help overcome obstacles and barriers to the necessary behaviour change required to achieve health and wellbeing.

5.3 Increased activity is an essential aspect of healthy living. According to Sport England's Active Lives Survey, 25.6% of adults are currently inactive and more than one in four do fewer than 30 minutes of physical exercise per week. 1 in 6 deaths can be directly related to inactivity – the same as smoking. Inactivity not only has consequences for health but it also places a substantial burden on the health services through the treatment of long term conditions and the cost of social care arising from the loss of functional capacity. As life expectancy increases there will be huge potential to derive benefits to health and social care services from increasing activity (Start Active Stay Active, 2011). The mental health benefits of physical activity are also well recognised.

5.4 Sport England have analysed the effects of inactivity and the benefits of increased activity. Further information can be found by following the links:

5.5 https://www.sportengland.org/research/active-lives-survey/

and https://www.sportengland.org/our-work/health-and-inactivity/

5.6 Health and wellbeing is embedded throughout the Fylde Local Plan to 2032, and as a result it includes a number of Polices that support the provision of healthy places by advocating changes to behaviour and encouraging people to make healthier choices.

5.7 It has been evidenced that it is essential for residents to incorporate healthy choices into their daily routine, and the environment in which they live needs to reflect this.

5.8 For example, the design and location of where people live significantly influences how people travel. A mixed use neighbourhood with well-designed and well established cycle ways and pedestrian footpaths should reduce the need to travel by car and provide the environment

for people to actively want to take up more physical means of mobility. Creating mixed use developments enables people to live closer to the services they need and use regularly providing opportunity for people to walk and cycle to local facilities and employment. As a result, active travel can be normalised (sustrans). Policy GD6 of the Fylde Local Plan to 2032 states that mixed use development should be encouraged particularly on strategic sites.

5.9 The availability of community facilities can influence people to attend events and join certain groups, as noted in Policy HW2 of the Fylde Local Plan. Co-located and integrated community facilities provide a space that facilitates physical activity, social interaction and helps to develop a sense of community. This helps to support healthy communities, enhance wellbeing and build social networks (Healthy Active by Design, 2018).

5.10 Engaging in community based activities can have a positive effect on health and wellbeing. In Fylde for example, yoga classes, health walks and walking sports classes held at local community facilities help to promote physical activity for all ages. Knitting groups, herbalist clubs and an open garden at the facilities at Park View 4U encourage people to learn or practice a skill and increase activity whilst providing the opportunity to socialise. These networks are proven to continue outside of the sessions and could help reduce the high levels of social isolation in the Borough.

5.11 Community facilities have often been designed with a single use in mind, and built for separate sections of the community resulting in them being underutilised and not available for the whole community. Shared use of community facilities can ensure equitable access for the community. The importance of this concept, especially in terms of health care provision, is being increasingly recognised. Community facilities can provide the social infrastructure for people to have equitable and convenient access to innovative models of local healthcare services and help to deliver criterion b) 2) of Policy HW1 in the Fylde Local Plan. With an increasing focus on preventative medicine and self-care, it has been identified that self-care programmes can be established and run from multi-use community facilities.

5.12 Self – care can involve:

- Making healthy lifestyle choice - such as physical activity and healthy eating, which allow the maintenance of good health and the prevention of illness.
- Responsible use of all medicines
- Self-recognition of symptoms - which involves assessing and addressing symptoms, if necessary in partnership with a healthcare professional (not necessarily a doctor).
- Self-monitoring - which involves checking signs and symptoms for deterioration or improvement.
- Self-management - which includes being able to manage the symptoms of disease, either alone or in partnership with healthcare professionals or other people with the same health condition. (World Self-Medication Industry)

5.13 Through these programmes, patients with often long-term conditions can be given assistance and education to allow them to recognise, treat and manage their own health. Groups provided for patients with similar conditions can also provide a platform for sharing knowledge and experience, as well as providing opportunity for socialisation, which has

subsequent health and wellbeing benefits. People can also be signposted to more appropriate services.

5.14 Benefits of self-care include:

- A reduced number of GP visits and outpatients visits
- Improved medicine use
- Reduction of hospital admissions
- Improved health awareness (The Pharmaceutical Journal, 2014).

5.15 This section highlights the importance of 'healthy places' in providing their communities with high quality, easy opportunities to make healthy choices and carry out actions consistent with a state of 'healthy living'. It should be made easy for 'Healthy Living' to become a way of life. Both of these themes run consistently throughout the considerations in this SPD.

Key Considerations

6 Healthy Food Environment

Nutrition and Health

6.1 Access to an environment that encourages healthy eating is recognised to improve long term health. Eating a healthy, balanced diet can help people to maintain a healthy weight, reduce the risk of conditions such as Type 2 diabetes and high blood pressure and is associated with higher academic performances amongst children. Healthy eating is defined by the NHS (2017) as *"eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight."* The current government guidelines for healthy eating include consuming more fruit, vegetables and starchy carbohydrates, reducing levels of sugar and salt and limited alcohol consumption (NHS, 2017).

6.2 However, healthy eating can be influenced by a number of factors including deprivation, a perceived lack of time and a lack of knowledge surround healthy eating. More socially disadvantaged people and households have poorer dietary-related health outcomes and behaviour than more affluent households. Families on low income are less likely to be able to afford fruit and vegetables or experiment with healthy foods.

6.3 Other barriers to healthy eating include:

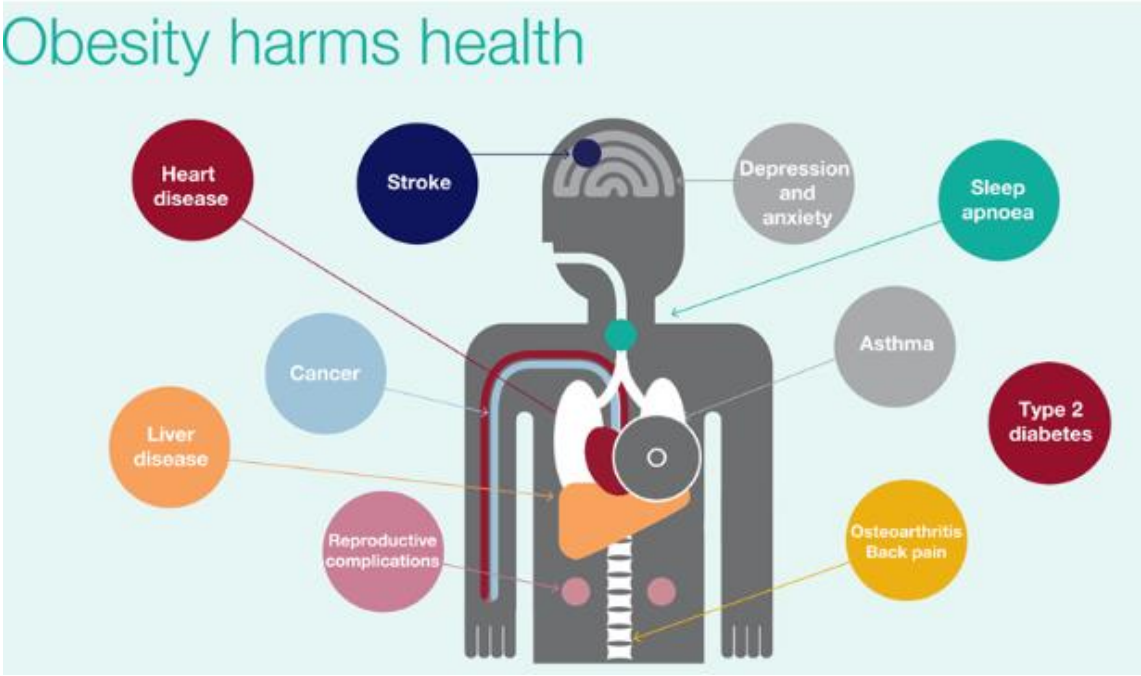
- Perceived cost of healthy or nutritious food,
- Lack of knowledge or education around food preparation and healthy eating,
- Poor accessibility to affordable food,
- Unclear food labelling; and,
- The marketing of high fat and high sugar foods to children (NHS, 2017).

6.4 The built environment has great potential to positively impact on eating habits. The provision of units selling fruit and vegetables and the restriction of hot food takeaways in communities has been recognised to influence residents' health (TCPA, 2016). In addition, the provision of food growing spaces such as allotments, and food growing spaces near community facilities or places of work can encourage people to grow and eat their own food, often fruit and vegetables (TCPA, 2016). These concepts have also been encapsulated within the Healthy New Town principles.

Excess Weight and Obesity in Fylde

6.5 Obesity is one of the biggest health challenges facing the UK, with significant negative health consequences and a huge wider cost to society. Being overweight or obese is linked to a wide range of diseases including: type 2 diabetes, high blood pressure, some cancers, heart disease and stroke (PHE, 2018). Obesity can also be associated with poor psychological and emotional health and poor sleep (PHE, 2018). Some of the impacts of obesity are presented in Figure 3:

Figure 3: The impact of obesity on health



Source: PHE, 2018

6.6 The obesity epidemic in England has attracted considerable policy attention in recent years with the 2008 publishing of 'Health Weight, Healthy Lives' encouraging local authorities to use planning regulations to provide less obesogenic environments. These are environments that promote more activity and healthier eating.

6.7 In Fylde, 68.1% of adults (age 16+) have excess weight, which is significantly worse than the England average of 64.8%. Eight of Fylde's 21 wards have a reception year obesity rate of 10.9% or higher which places them in the worst 20% nationally. These are: Clifton; Freckleton West; Kirkham North; Kirkham South; Medlar with Wesham; Ribby with Wrea; St. John's and Warton with Westby.

6.8 Comparing childhood obesity rates to levels of deprivation by ward is complicated in Fylde as the percentage will be affected by the significant number and distribution of rural primary schools. People often travel long distances by car so their children can attend certain rural primary schools. A child's height and weight is recorded by the ward in which the primary school is located and not their home address. This should be taken into consideration when assessing childhood obesity by ward in Fylde.

6.9 Despite pockets of deprivation in St. Annes, it has not been identified as an area with high levels of childhood obesity. There are many primary schools within a relatively small area in St Annes which means that children from deprived wards may be distributed at a number of different primary schools. Also, children in St. Annes are more likely to live in a close proximity to the primary school they attend, creating increased potential for active travel, either on foot, or bike. This is a well-recognised as an element that mitigates the onset of excess weight and obesity.

Hot Food Takeaways (Healthy Places)

6.10 Takeaway foods have become increasingly popular and are considered to be a key driver in increasing levels of excess weight and obesity due to their high levels of sugar, salt and fat, as well as low levels of micronutrients (The Royal Society for Public Health, 2015). Studies have determined that hot food takeaways are most likely to be concentrated in deprived areas. There are suggestions that this is due to the 'increased availability of premises, less community resistance to planning applications, and lower rents, as well as greater demand for cheaper and calorie dense food' (The Royal Society for Public Health, 2015). Over 25% of calories are now thought to be consumed outside the home and meals obtained in hot food takeaway outlets often exceed recommended daily requirements for energy, fat, sugar and salt, thereby increasing the risk of becoming overweight or obese if eaten regularly. For this reason, Public Health England's "Healthy People, Healthy Places" strategy supports the government's place based approach to health. It states that *"the government will promote planning powers to local authorities and PCT's to highlight the impact they can have on promoting a healthy weight, for instance through managing the proliferation of fast food outlets, particularly in proximity to parks and schools"*.

6.11 Although in some locations, the provision of Hot Food Takeaways can be advantageous where other trades are failing, and they bring a footfall into quieter areas this does not outweigh the negative impact they have on health and must be viewed in context with the long term cost to healthcare and the wider community.

6.12 It is also evident that Hot Food Takeaways are only a small part of the problem and a whole system approach is required in tackling obesity. With the link between planning and health becoming increasingly documented, Lancashire County Council Public Health and Wellbeing team are working with district councils to investigate how certain spatial initiatives, focussing on obesity, can be implemented. Restricting access to unhealthy food is considered a practical and sustainable method of initiating the battle against excess weight and so some Local Authorities have been using the planning system to restrict the development of, and opening times of hot food takeaways.

6.13 Criterion g) of Policy HW1 of the Fylde Local Plan to 2032 (Appendix A1) is concerned with the health and wellbeing of Fylde's residents. Criterion a)-g) describe how this will be achieved and Criterion g) states 'The reduction of health inequalities and initiatives to facilitate healthier lifestyles will be supported, where these can be delivered through the planning system. The Hot Food Takeaway Advisory Note published by Lancashire County Council evidences a link between hot food takeaways and obesity. Therefore, there is a strong local policy basis and associated evidence to support the control of hot food takeaways.

6.14 Planning applications for A5 use classes (Hot Food Takeaway) will be assessed in relation to all of the following principles:

- **A restriction on new A5 uses within wards where more than 10% of reception pupils are classed as obese**

Hot Food Takeaways will only be permitted in wards where less than 10% of reception children are obese and where the proposal accords with the Development Plan and material considerations. These wards are: Ansdell, Ashton, Central, Elswick and Little Eccleston, Fairhaven, Freckleton East, Heyhouses, Kilnhouse, Newton and Treales, Park, Singleton and Greenhalgh, St. Leonards and Staining and Weeton.

- **A 400m control zone surrounding secondary schools**

Hot Food Takeaways will only be permitted on sites outside the 400m control zone shown in Appendix C, and where the proposal accords with the Development Plan and other material considerations. The restriction does not apply to control zones which fall within town centres, as defined on the Fylde Local Plan to 2032 Polices Map. Preventing the development of new hot food takeaways around secondary schools limits access for children with financial ability and time spent outside of the school during school hours and can have a positive impact on eating choices.

- **In the wards with less than 10% obesity in Reception Class children, hot food takeaways will only be permitted where they do not result in a clustering of hot food takeaways in deprived areas.**

Consideration should be given to the location of new hot food takeaways outside town centres to prevent over proliferation in certain deprived areas and to discourage residents from making unhealthy food choices. A5 uses will only be permitted in the town centres defined on the Fylde Local Plan to 2032 Policies map. This is to support Policy EC5 Vibrant Town, District and Local Centres. Applications for A5 uses outside of defined town centres will be assessed in relation to clustering and also in relation to the Development Plan and material considerations.

6.15 Additional work will be carried out to survey locations of existing hot food takeaways and develop a definition of clustering and a level of deprivation where this would apply.

6.16 The importance of joined up healthy weight strategies are well-acknowledged. There are many opportunities within Fylde to get involved with activities that support the intended outcomes of Hot Food Takeaway restraints. These include events that promote physical activity, such as the 'Your Move' scheme and the Fylde Health Walk. The opportunities to improve obesity levels through food choice can be further improved through increased education and dietary awareness and more opportunities for people to grow their own food.

Opportunities for Food Growing (Healthy Places and Healthy Living)

6.17 Growing your own food not only helps to save money but it is good for environmental sustainability, education and skill development, encouraging exercise and helping people to make healthier dietary choices. It is, therefore, a beneficial mechanism for promoting good wellbeing.

6.18 To improve physical health, food growing projects can:

- Increase overall levels of physical activity and fitness, burn more calories and thus can contribute to healthy weight management and reduce the risk of obesity; and,
- Increase healthy fruit and vegetable consumption for people that grow food as well as improving people's attitude to healthy eating (Sustain, 2014).

6.19 To improve mental health, food growing projects can:

- Contribute to improved social interactions and community cohesion,
- Reduce the occurrence of episodes of stress, the severity of stress and associated depression; and,
- Alleviate symptoms of dementia and Alzheimer's disease, which can in turn improve circumstances for carers (Sustain, 2014).

6.20 Paragraph 10.21 of the Fylde Local Plan to 2032 states that:

6.21 "Community food growing schemes including the 'landshare' initiative where local landowners lease out their land to local residents to use for food growing purposes, can help counter this [obesity and its associated health issues] by providing fresh, affordable food and also promote physical activity and social inclusion. It is important, therefore, to safeguard allotments and other urban land that can support local food growing."

6.22 This backs the view that there are numerous benefits to being able to grow your own food which is further corroborated by a strength of evidence demonstrating the benefits of gardening and food growing for physical and mental health and wellbeing.

6.23 Allotments are the plots of land made available for individual, non-commercial gardening or growing food plants. They provide opportunities for exercise, getting fresh air and increasing consumption of home grown fruit and vegetables. In Fylde at present, housing is relatively low density with a large proportion having their own garden space suitable for food growing. However, future demand may require changes to how allotment space is allocated. This presents an opportunity for the 'designing in' of allotments in new developments. This would provide for people living in gardenless flats to have access to, and reap the benefits of food growing and engaging with the outdoors.

6.24 Fylde Council recognises the importance of allotments as an important component of the Green Infrastructure network and they are consequently protected from inappropriate development under Policy ENV3 (Appendix A5) of the Fylde Local Plan to 2032. Policy HW1 (Appendix A1) recognises the health and wellbeing benefits of allotments and garden plots and thus seeks to safeguard and encourage their provision.

6.25 There are a number of allotments in Fylde. These are:

- Moss Hall Lane Allotments
- Mythop Road Allotments
- Shepherd Road Allotments
- Blundell Road Allotments

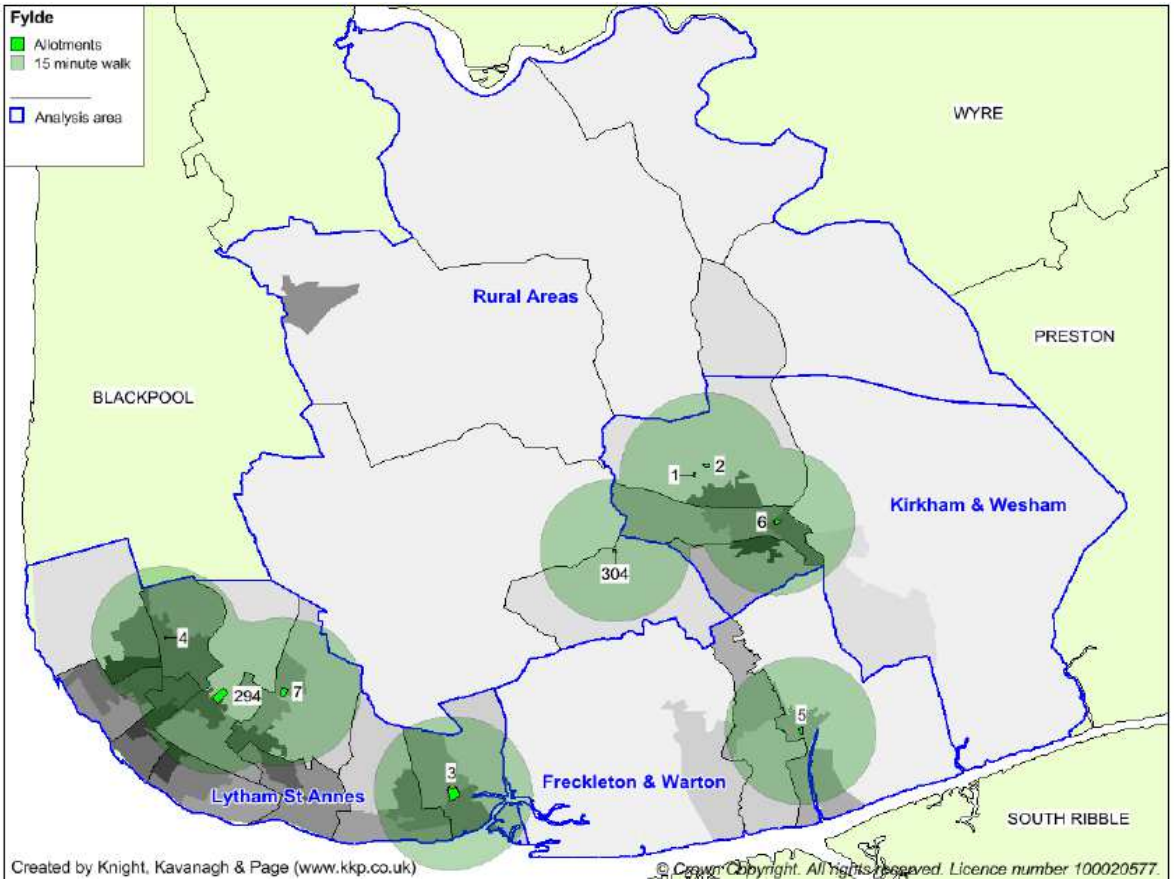
- Croft Butts Lane and Naze Lane Allotments
- Off School Lane, Kirkham Allotments
- Rear of Morland Avenue, Wesham Allotments
- Fleetwood Road, Wesham Allotments
- Wrea Green Allotments
- Church Road Allotments

6.26 Details of these can be found on the Fylde Borough Council Website.

6.27 The Fylde Borough Council Open Space Study (2016) identified that there are deficiencies in some resources that contribute to the Green Infrastructure network, including allotment space. It also highlighted inadequate access to some of these assets.

6.28 The Open Space Study assessed allotment space based on four analysis areas: Freckleton and Warton, Kirkham and Wesham, Lytham St. Annes and Rural Areas, shown in Figure 4. It identified catchment gaps in the Freckleton and Warton and Kirkham and Wesham, with significant gaps in the Rural Areas. There are waiting lists for allotment spaces in all of the analysis areas.

Figure 4: Allotments mapped against analysis area



Source: Fylde Borough Council Open Space Study, 2016 (created by Knight, Kavanagh and Page)

6.29 The Council have evidenced a shortage of allotment spaces, with allotments in all analysis areas having a waiting list. Therefore applicants are encouraged to allocate space for

allotments or community food growing space within their proposals, particularly within significant housing developments.

6.30 Open spaces should be well integrated into development and assist in meeting the needs and demands of the local community.

6.31 Opportunities for growing your own food can be provided through a variety of mechanisms such as the provision of a garden within the working environment or be catered for by community led projects. Through the enablement of community leadership and empowerment by means of encouraging participation in the planning, designing and management of food growing spaces, it is possible to improve health and wellbeing and ultimately reduce health inequalities in the local area.

6.32 Initiatives that promote community engagement in this manner are becoming increasingly popular, with the benefits widely recognised. An example of this includes:

- Incredible edible (incredibleedible.org)

6.33 Incredible Edible is a network encouraging areas across the UK to become self-sufficient and improve the local community. The Incredible Edible Network was set up in 2012 in response to the popularity of the original group in Todmorden. Since then, the number of Incredible Edible groups in the UK has risen from 25 to over 100.

6.34 It seeks to:

- "Engage and inspire new groups who have decided to take up the challenge of creating kinder, more confident, more connected communities through the power of food,
- Build up, empower and connect existing groups to help them continue to deliver ever increasing impact in their own communities; and,
- Act to amplify the grass roots actions in order to inform and influence national and local policy in order that these policies may create kinder communities."

6.35 In Rossendale, Lancashire, people visiting Rawtenstall's Whitaker Park can pick their own free fruit and vegetables in the community garden. The garden, 'Incredible Edibles Rossendale' is looked after by volunteers and actively encourages anyone passing to pick and eat the food. This not only impacts on the health and wellbeing of the volunteers, but encourages people not involved in the project to eat fresh, home grown produce.

6.36 In Fylde, Incredible Edible Fylde and Wyre is held at Lytham Allotments. Its primary aim is to support adults and older people from a range of backgrounds, including those who are looking for friendship, those suffering from social isolation and loneliness and those who may have disabilities, alcohol misuse problems, weight problems or mental health issues. The Incredible Edible Fylde and Wyre has seen significant successes, such as its involvement in the 'Larkholm for All' project in Fleetwood, Wyre, where unused land is being transformed into a community garden. The project has been successful in bringing people who use the Larkhome Disability Day Centre, and the local community close together. The importance of the scheme has been

recognised in terms of encouraging people who live locally and use the day centre to cook and use the produce from the garden and eat more healthily (Incredible Edible Network, 2018).

Workplace allotments

6.37 There are a variety of workplaces which could be suited to workplace growing projects. The workplace allotment gives staff the opportunity to grow healthy produce, exercise and meet new people.

6.38 British Airways has offered employees allotment plots at its headquarters near Heathrow Airport to help improve their general health and wellbeing. There is also a social network page on which people can share recipes for their produce and offer advice on growth strategies. The scheme has also been implemented at Manchester Airport, university sites and other private businesses as an employee benefit.

6.39 The Fylde Coast Sub-region which comprises of the Fylde, Wyre and Blackpool authorities has strong commuting flows between the three areas, indicating a vibrant and interdependent employment market. Strategic employment sites within the Fylde Borough such as the BAE Systems, Warton and Blackpool Airport Enterprise Zones and other smaller employment areas and businesses provide extensive opportunities to design in work place allotments. Due to the strong commuter flows, this will not only have an impact on the workplace health and wellbeing of employers in Fylde but also transfer healthy behaviours to the wider Fylde sub-region.

6.40 Provisions of workplace allotments or community food growing spaces in new and existing employment areas will be encouraged.

<u>Whyndyke Garden Village Healthy New Town</u>

6.41 Whyndyke Garden Village Healthy New Town will assist in addressing major healthcare problems such as obesity by encouraging people to exercise more and eat well. The provision of allotments, as stipulated in the Section 106 agreement, will contribute to the provision of fresh, affordable food, whilst promoting physical activity. Policy HW1 supports this fully. It will also promote opportunities for social inclusion and enables community leadership and participation in the planning, design and management of a person's environment. The countless benefits of this, and its significance in helping to reduce health inequalities will be recognised and similar initiatives reproduced in other developments.

7 Alcohol (Healthy Living)

7.1 Excessive alcohol consumption is England's second biggest cause of premature mortality behind tobacco use. Regular heavy drinking is associated with a range of additional issues such as anti-social behaviour and an increased risk of physical and mental problems.

7.2 In Fylde, approximately 311 different premises are licenced for regulated entertainment and/or the sale of alcohol. The main concentration of these can be found in the town centres of St. Annes, Lytham and Kirkham.

7.3 Long term alcohol misuse can also contribute to social issues such as unemployment and homelessness. In Fylde, 3 wards (St. Leonard's, Ashton and Central) sit within the worst performing 20% nationally for alcohol related hospital admissions. A notable change in drinking behaviours has seen an increase in the consumption of alcohol at home, with alcohol being purchased for a cheaper price at supermarkets or off licences (drinkaware). This has led to an increase in 'pre-drinking' where people, especially younger people, drink alcohol at home with the purpose of becoming intoxicated before going out to the pubs and clubs. Alcohol consumption is therefore a concern. However, alcohol specific stays for under 18's and hospital admissions for alcohol related harm decreased in recent years.

7.4 Schemes such as the 'Get on Board' alcohol awareness programme have been delivered by AFC Fylde Community Foundation. This has helped young children make informed choices and decisions when it comes to alcohol misuse later in life and may contribute to improved statistics in relation to alcohol consumption and alcohol harm. The Environmental Health Department also conducts work with the local police. This usually involves sending an underage person to purchase alcohol, and conducting checks on whether underage sales are taking place. If underage sales are found to occur, steps are taken to ensure this doesn't happen again.

7.5 The regular use of premises for the selling or consumption of alcohol usually requires planning permission. The planning system can help to influence reduced alcohol consumption in alcohol selling establishments through the use of planning conditions. This is enabled by Section 70(1) (A) of the Town and Country Planning Act 1990, it is important to ensure that conditions are tailored to tackle specific problems e.g. disturbance by people leaving premises rather than used to impose unnecessary controls. For example, a planning condition may be attached that regulates the operating hours of the premises where considered appropriate by the Council.

7.6 Drinking establishments require a Premises License under the Licensing Act, 2003 when opening hours are between 23:00 and 05:00. The aim is to promote the four licensing objectives:

- The prevention of crime and disorder
- Public safety
- The prevention of public nuisance
- The protection of children from harm.

7.7 A licence issued under the Act does not override any restriction placed on the premises by the planning authority.

8 Homes for Lifelong Living (Healthy Places)

8.1 Living in a suitable home is important for a good and healthy later life. However, it is essential that new homes are fitted with features that support living throughout the whole life course. Lifetime homes are ordinary homes that are designed to incorporate 16 Design Criteria that can be applied to new homes at minimal cost (lifetimehomes.org). These include:

- Approaches to entrances,
- Communal stairs and lifts,
- Bathrooms; and,
- Circulation space.

8.2 Each design feature supports the changing needs of individuals and families at different stages of their lives. Although it is essential to remember that lifetime homes are not specifically about catering for the elderly, the elderly population of Fylde is expected to grow. 'Adapting for Ageing- Good Practice and Innovation in Home Adaptations' provides a series of home adaptations that will assist older people to live independently in their own home for as long as possible. It can also assist with the inequalities and disabilities that occur as a result of ageing, such as dementia. These adaptations include provision of space and electrics for stair lifts, automatic window controls, digital capabilities, hoists and bathroom features that can be well hidden and storage space. Many elements can be used throughout different life stages and to accommodate different needs such as disabilities. For example, a space for wheelchair storage can be used for pram storage or a space for toys.

8.3 Policy H2 (Appendix A6) of the Fylde Local Plan specifies that at "least 20% of homes within residential developments of 20 or more homes should be designed specifically to accommodate the elderly, including compliance with optional technical standard M4(3(2a)) (wheelchair-adaptable dwellings), unless it is demonstrated that this would render the development unviable". However, lifetime homes standard, presented in Building Regulations as optional requirement (M4(2) Category2), provides scope to go above and beyond to ensure that new dwellings are suitable for people throughout their life course, thus reducing the need for people to relocate as a result of changing needs or situations.

8.4 'Approved Document M' Volume 1 sets out the Building Regulations for the Access to and Use of Dwellings: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/540330/BR_PDF_AD_M1_2015_with_2016_amendments_V3.pdf

8.5 Applicants and developers are encouraged to adopt the highest building standards within their proposals.

8.6 Facilitated discussions are underway with a variety of stakeholders including Public Health at Lancashire County Council, Fylde and Wyre CCG and building developers and Cassidy and Ashton architects to create a suggested approach to Homes for Life Long Living to be considered by Whyndyke Garden Village Developers. The application of the Lifelong Living Standard to 80% of homes within the development, with the other 20% being compliant with

Building Regulations M4(3) 'Access to and use of buildings' has been proposed. The Council will support the application of these standards at Whyndyke Garden Village.

Whyndyke Garden Village Healthy New Town

8.7 Whyndyke Garden Village Healthy New Town will be used as an exemplar in the development of advanced homes for lifelong living, which will include digital technology and adaptable infrastructure to allow families to live in their home throughout their lives. Any learning will be taken forward to influence future developments in Fylde Borough.

9 Community Facilities (Healthy Places)

9.1 The importance of community facilities is widely recognised in National and Local Planning Policy, as is their contribution towards a state of good health and wellbeing. Workplaces, schools, indoor and outdoor sports and leisure facilities, the public realm and open spaces can be designed in ways which promote an active and healthy lifestyle, including regular physical activity, healthy diet and positive mental health. They can contribute towards community spirit and reduce the need to travel by making communities more self-contained.

Examples of Community Facilities

- Schools
- Parks and Open space
- Neighbourhood centres
- Libraries
- Sports Centres
- Public Houses
- Cultural buildings
- Local Shops

Figure 5: Examples of Community Facilities in Fylde





Community Facilities in Fylde: The Eagle and Child, Weeton and Fairhaven Lake, Lytham St Annes

9.2 NPPF Paragraph 20, criterion 'c' states that strategic policies should set out an overall strategy for the pattern, scale and quality of development, and make sufficient provision for community facilities (such as health, education and cultural infrastructure). Paragraph 83, criterion 'd' states that planning policies and decisions should enable the retention and development of accessible local services and community facilities.

9.3 The NPPF is supported by Planning Practice Guidance (PPG), which provides additional information on health and wellbeing, open space and sports and recreational facilities.

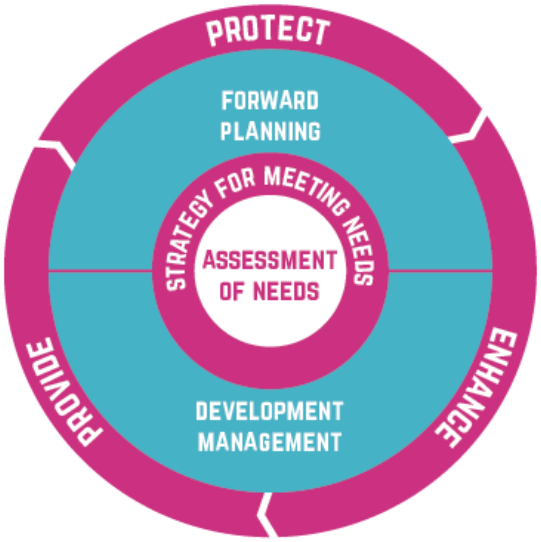
9.4 The creation of sustainable communities is critical in improving health and wellbeing and reducing health inequalities. Access to community facilities can benefit a community in a number of ways:

- Increase in physical activity through the increased likelihood to walk or cycle to a facility, or the activities conducted at a facility
- The reduced car use brought about by well-placed, mixed use facilities can assist environmental sustainability
- Holding events at a facility can reinforce a sense of community
- Community facilities can help provide local employment (Barton et al, 2003).

9.5 Sport England have recognised that around one in two women and a third of all men in England are damaging their health through a lack of physical activity. In England, this costs approximately £7.4 billion per year. The cost to the Fylde Borough per year is approximately £1,620,106, based on the cost of treating the 5 major diseases that can be attributed to people being inactive (Sport England Cost of Inactivity by Local Authority). Sport England suggest that the supply of the right facilities in the right area is key to getting more people partaking in sport and physical activity.

9.6 Sport England acknowledge that the planning system is vital in shaping the built environment and encouraging a provision of high quality community facilities. Three planning objectives are considered integral to promoting activity through the use of community facilities: To Protect, To Enhance and To Provide.

Figure 6: Sport England's Three Planning Objectives



Protect:	Enhance:	Provide:
Existing provision should be protected unless an assessment has demonstrated there is an excess of the provision and the specific buildings or land are surplus to requirements, or equivalent or better provision will be provided as replacement.	The use of existing provision should be optimised, for example through quality, access and management improvements supported by appropriate ancillary facilities.	Appropriate new provision that meets needs and encourages people to play sport and be active should be provided by adapting existing places and through new development.

Source: Sport England

9.7 These planning objectives support Policies HW1, HW2 and HW3 (Appendix A1-A3) in the Fylde Local Plan.

9.8 More information can be found by following the link: https://www.sportengland.org/our-work/health-and-inactivity/

9.9 It is clearly evidenced that the retention and provision of good quality local community facilities is an essential objective to emsure that each resident has the opportunity to gain the benefits derived from their use.

9.10 The protection of existing and provision of new community facilities where necessary is supported strongly within the Fylde Local Plan. Strategic Objective 5 (criterion 'h') endeavours to develop socially cohesive, safe, diverse and healthy communities by facilitating access to community facilities, including health and social infrastructure by investment in existing and the provision of new formal indoor and outdoor sports facilities across the Borough. Community facilities, including indoor and outdoor sports facilities are both protected and promoted within Policies HW2 and HW3 (Appendix A2 and A3) of the Fylde Local Plan.

9.11 The Fylde Local Plan provides for the development of 8715 new homes by 2032. This will place pressure on existing community facilities as well as create a requirement for additional community facilities such as schools, sports clubs and high quality open space. These will need to cater for a variety of needs, such as the provision of plentiful opportunities for older people to assist their physical and mental health and wellbeing.

9.12 An objective of this SPD is to improve activity levels for adults in Fylde by providing opportunities for people to be active and engage in activities in and around the places in which they live.

9.13 The findings of the Facility Review, prepared by Lancashire Sport Partnership recommends the provision of indoor tennis centres in Fylde, together with approximately 113 more Health and Fitness stations (i.e. treadmills, cycling machines, rowing machines etc), due to current under-provision. Additionally, the overall goal of Fylde Council's Sports Development Plan is to ensure there are more high quality opportunities to participate in sport and physical activity within the Fylde facilities and the wider community. Set out through three key themes it is anticipated that through working with partners, the full potential of community facilities can be realised. Social isolation and inactivity can be impacted through targeted intervention, particularly in areas of deprivation and Fylde residents can benefit from resources to positively impact their health outcomes.

9.14 Additionally, there are current developments within the Borough that lack access to community facilities in close proximity to homes, decreasing opportunities for activity and leisure and encouraging car use. The need for a new secondary school and a new church in Warton have also been recognised.

9.15 The applicant will be expected to engage in discussions at the pre-application stage for assistance in assessing the impact of the proposal on community needs.

9.16 Where a need for a community facility is identified/evidenced, applicants/developers may be expected to provide financial contributions /a site or indeed construct the facility as part of the development.

9.17 The Council also produced an Open Space Report, Playing Pitch Strategy and a Playing Pitch Strategy Assessment Report which will assist any proposals affecting outdoor sporting facilities.

9.18 Requirements for community facilities in Fylde can also be found in 'Chapter 9: Neighbourhood and Community Facilities' of the Infrastructure Delivery Plan: http://www.fylde.gov.uk/assets/legacy/getasset?id=fAA3ADcANAA5AHwAfABUAHIAdQBlAHwAfAAwAHwA0

9.19 Any loss of a facility will be resisted unless it can be demonstrated that its operation is no longer needed or viable or where appropriate relocation or mitigation is proposed.

9.20 Effort should be made to ensure that community facilities are futureproofed, to accommodate the needs of potential future populations.

Fylde Case Studies

Park View 4U

9.21 Park View 4U is a charity based at Park View Playing Fields in Lytham. It raised funds to transform an underused field into an awards winning park which provides community facilities for 3 generational users. It works with many partner organisations such as 'Health Walks, Gardening Clubs, and Sports events to deliver community activities. The Eco Pod community centre provides educational programmes such as Forest and Beach school and Wildlife Watch Club. These activities and events all contribute to improving health outcomes in all ages of the local population. Activity levels are increased, mental wellbeing improved and the educational element allows for an understanding of the local area and contributes to a strong sense of place.

Mill Farm AFC Fylde

9.22 Mill Farm is the home of football team AFC Fylde, as well as a multi-million pound Sports Village. It comprises of a conference centre, a sports bar and restaurants. It also has 3G pitches for both football and hockey. In 2013, The AFC Fylde Community Foundation was formed. The main aims include:

- Developing sporting aspirations of participants
- Developing links with local primary schools, providing children and teachers with the opportunity to develop their sporting skill set
- Engaging with children on the Fylde coast providing opportunities for all to take part in an activities on a regular basis
- Integrating with communities, providing support, assistance and opportunities to all residents of the Fylde coast (afcfylde.gov.uk).

9.23 The utilisation of the sports facilities by schools and the wider community allow for far reaching benefits including the opportunity to partake in activity, the opportunity for socialisation and the positive effects on mental wellbeing that arise from these.

Whyndyke Garden Village Healthy New Town

9.24 A new community hub at Whyndyke Garden Village Healthy New Town will provide a community hub, which will facilitate a school, health facility and community hall. It would adhere to Policy HW2 of the Local Plan as the facility will be co-located, and provide mixed uses with a range of services in one sustainable and accessible location. The learning gained from the successful implementation this community hub can be utilised to ensure exceptional future provision of community facilities for the residents of Fylde and its neighbouring authorities.

10 Cycling and Walking (Healthy Places and Healthy Living)

Policy Background

10.1 Encouraging cycling and walking is considered a priority within the NPPF, with Paragraph 91, criterion 'c' states that planning policies and decisions should aim to achieve healthy, inclusive and safe places which enable and support healthy lifestyles with layouts that encourage walking and cycling.

10.2 In summer 2018, Lancashire County Council approved the Joint Lancashire Cycling and Walking Strategy – 'Actively Moving Forward'. The vision is to see more people cycling and walking for everyday and leisure in Lancashire. The target is to double cycling numbers and see a 10% increase in numbers of people walking in the next 10 years. Lancashire County Council are also working on five Local Cycling and Walking Infrastructure Plans (LCWIPs). LCWIPs are intended to be a long term approach to the development of cycling and walking networks at a local level. They will enable infrastructure work to be identified as short, medium and longer term and enable integration with land use, transport planning and development. The Lancashire Cycling and Walking Strategy, alongside the LCWIPs, will help inform the joint Lancashire Transport Plan 4 (Blackburn with Darwin Report).

10.3 The Fylde Local Plan to 2032 includes cycling and walking within criterion (a) of Strategic Objective 3: Taking an integrated approach to the location of development with improved accessibility to key facilities (by walking, cycling and public transport) in order to provide the opportunity for a modal shift away from car use. Policy T4 (Appendix A7) of the Local Plan is dedicated to enhancing sustainable transport choice and acknowledges how cycling and walking, alongside public transport use, can benefit Fylde.

10.4 The Council recognises that the benefits of cycling and walking are extensive and understands that by encouraging active travel such as cycling and walking and ensuring this is a safe and convenient alternative to the car, healthier lifestyles can be promoted and, as a consequence, health inequalities reduced. This aligns with Policy HW1 (Appendix A1) of the Fylde Local Plan. As such, any initiatives to encourage and promote cycling and walking will be encouraged.

10.5 The main benefits of cycling and walking are:

- They are a low cost means of transport
- Reduces traffic congestion and air pollution through the reduction of emissions
- The provision of interesting and stimulating footpaths and cycleways help improve mental and physical wellbeing
- Environmentally friendly
- Provides opportunity for social inclusion
- Prevents inactivity, reducing stress and
- Can provide direct access to green and blue infrastructure.

10.6 The main factors that discourage cycling and walking in Fylde are:

- Safety and speeding vehicles
- Poor provision for cycling and walking
- Lack of cycling facilities.

10.7 These elements have been considered throughout the Fylde Local Plan and in this SPD to determine how best to promote cycling and walking in the Borough. The Fylde Local Plan incorporates cycling and walking into a wide variety of different policies, which promote improvements to existing pedestrian and cycling infrastructure and its implementation in new developments. The regularity of their appearance within the Fylde Local Plan policies is indicative of their importance in enhancing sustainable transport, improving linkages between key areas and improving health and wellbeing.

10.8 The Council will encourage that adequate provision is made for cycling and walking in the Lancashire Transport Plan 4 and the Local Cycling and Walking Infrastructure Plan, produced by Lancashire County Council.

Current cycling and walking position

10.9 Currently, some areas of Fylde are unattractive for cyclists, including the area south of the M55 at Peel Hill, which has poor links to Blackpool and St Annes. Lancashire County Council want to see improvements to the A584 and B5261 corridors to make them attractive to cycle on. The minor road network is key to increasing cycling and improvements to link cycle paths to make it more attractive to cycle from residential areas to schools, town centres and the seafront are paramount. A key link is from the Queensway development (site HSS1) to the coastal cycle route. Improvements to the public realm are recognised to encourage walking. These improvements will be supported by a Local Cycling and Walking Infrastructure Plan.

10.10 The Fylde Coast Highways and Transport Masterplan states that the Fylde Coast Cycle Network will build on work already taken between Fleetwood and Starr Gate and in St. Annes, as well as the Blackpool Explorer routes and initiatives that are underway such as the Blackpool Green Corridor initiatives. The completion of the Fylde Coastal Way will be key to the network, which will link the Guild Wheel to the Bay Cycle Way. Lancashire County Council will work towards ensuring that the whole length of the Way is a family friendly, long distance route suitable for all users.

10.11 In Fylde 78.1% of residents walked and 18.7% of residents cycled at least once per month in the year 2016/17, which indicates that there is potential for improvement.

10.12 The number of commuters in Fylde cycling and walking to work is higher than the North West average. However, as a reflection of the relative isolation in the rural areas, the proportion of people cycling or walking to work is lower in the villages (Fylde District Profile).

10.13 The number of people killed and seriously injured on the roads in Fylde is significantly worse than average. To ensure improvements in cycling and walking, the Council will work with

Lancashire County Council as the Highways Authorities to improve safety, especially on roads with poor cycling safety statistics.

Opportunities

Appropriate linkages

10.14 To assist with a modal shift from the private vehicle to cycling and walking, it is advised that access to well-designed, separate but overlooked cycleways (both on and off-road) and walking routes that link serve the local facilities and link to services and amenities are considered in the masterplanning stage of a new development, in accordance with Policy M1 (Appendix A8) of the Local Plan. See Policy GD7 (Appendix A9) for more information on how cycling and walking infrastructure should be implemented in a development.

10.15 Consideration of the Active Design Principles (Appendix B) by Sport England, specifically relating to walkable communities, connected walking and cycling routes, networks of multifunctional open space, co-location of community facilities, high quality streets and spaces, and active buildings, could assist in this endeavour.

10.16 The role of cycling and walking facilities has been recognised in terms of providing direct access to blue and green infrastructure. The Fylde Local Plan acknowledges that it is vital that the right infrastructure is in place to support future development, includes the Green Infrastructure network. Convenient and equitable access to a range of stimulating and interesting blue and green spaces provides recreation opportunities for all age groups, and enables residents to reap the benefits of exposure to these environments.

10.17 The Council recognises the value of the Lancaster Canal, of which a short length passes through the eastern part of the Borough, in terms of cycling, walking and other forms of recreation, as well as providing access to valuable green and blue infrastructure assets. It is recognised that with the level of development proposed in Fylde over the lifetime of the Local Plan there is an opportunity to extend the Public Rights of Way network, byways, cycleways and bridleways improving access to key Green Infrastructure assets, including the coastline and Lancaster Canal towpath.

10.18 Policy M1 sets out a criteria for the masterplanning of new developments, including access to walkways, cycleways and bridleways that link to key facilities and the wider Green Infrastructure network. Additionally, Policies T4 (Appendix A7), ENV3 (Appendix A5) and ENV4 (Appendix A10) will help deliver walkable and cycle-able facilities that are linked with the Green Infrastructure Network.

10.19 Applications will be encouraged that link existing and new routes with consideration towards the inclusion of Green and Blue Infrastructure assets that will help to develop comprehensive cycling/walking network.

10.20 It is crucial that cycleways and pedestrian routes are attractive. Where possible the route should be landscaped and well maintained to provide attractive surroundings for users. This should be considered by the applicant**.**

10.21 The Council will seek to ensure that the public and tourists are informed about cycling and walking routes in the area. Information packs including this information could be presented to new home owners in the Borough by developers. Additionally, information could be left in holiday accommodation to inform visitors of their active travel options.

Cycling and Walking Facilities

10.22 The provision of washing facilities such as showers and cloakrooms, as well as the provision of secure parking facilities within the working environment can significantly increase the attraction of walking or cycling to work. It could also increase the likelihood of commuters choosing to make a proportion of their journey by these means, for example, getting off the bus or train and cycling or walking the remainder of the journey. Criterion j) of Policy GD7 of the Local Plan (Appendix A9) states that in order to achieve good design in developments, parking areas for bicycles should be safe, accessible and sympathetic to the character of the surrounding area.

10.23 Within proposals for development the Council will require that adequate provision is made for cycling and walking, including:

- Cycleways and pedestrian footpaths
- Secure parking facilities for bicycles

10.24 Planning Applications for employment purposes should demonstrate that they have considered facilities such as secure parking and showers, to encourage the uptake of cycling and walking to and from work.

10.25 These initiatives can be aided and substantiated by employer initiatives to encourage cycling and walking and working in conjunction with other organisations that are involved with cycling and walking.

Whyndyke Garden Village Healthy New Town

10.26 Whyndyke Garden Village Healthy New Town will set a standard across the Borough for the implementation of cycling and walking infrastructure within a new development. A masterplan design will be produced with pedestrian walkways and cycleways a prominent feature. The site will be joined with existing cycle and walking routes to create an attractive, well-designed network that can positively influence people's health and wellbeing. This will support Policies HW1, M1 and T4 of the Local Plan particularly. The use of smart technology could allow residents to log their cycling and walking statistics, encouraging people to partake in physical activity.

11 Access to Natural Areas (Healthy Places and Healthy Living)

11.1 It is becoming increasingly recognised that access to natural areas can make a population healthier and happier. Studies have shown that access to nature plays a vital role in achieving good physical and mental health. It is proven to reduce levels of obesity, allergies and emotional stress in children and lowers mortality rates in the elderly. Public Health England and the UCL Institute of Health Equity (2014) acknowledge that increasing the "use of good quality green space for all social groups is likely to improve health outcomes and reduce health inequalities" Safe, accessible and attractive public open spaces, can encourage community activities and social interaction and encouragingly affect the wider determinants of health. It can improve community cohesion and reduce social isolation for all population groups. There is a recognised association between social capital and health, including protective factors against dementia and slowing cognitive decline in the over 65's, which is linked to social participation and community empowerment (Public Health England and the UCL Institute of Health Equity, 2014).

11.2 Policy ENV 4 of the Local Plan states that safe green open space should be accessible, of high quality and normally be provided as a single central usable facility. It sets out the requirement for the provision of amenity open space within new housing developments comprising 10 or more homes and provides the minimum standards that developers are required to follow per home, based on the number of bedrooms. Consequently, the Council will encourage applications that endeavour to increase the provision of good quality natural areas and green space.

11.3 Other polices, including Policy M1, GD7, HW1-3 and T4 are relevant in promoting access to natural areas.

11.4 The Fylde Borough has an abundance of high quality natural areas, such as varied coastal landscapes, a section of the Lancaster Canal, historic parklands, wildlife reserves, sports facilities and woodland belts. It is recognised that convenient and equitable access to open spaces and natural areas for all ages is vital in influencing the health of the local populations.

11.5 For this reason, as much as it is important to create high quality natural areas as a visitor or 'travelled to' destination, it is equally essential that areas are created immediately outside of people's homes that encourage people to go out and enjoy natural areas from their front doorstep.

11.6 Improvements to the public realm and public open space (both levels of provision and design) are paramount in kick-starting this process.

11.7 It has been identified that there are significant natural assets in Fylde that are not achieving their full potential, especially in terms of access, recreation and tourism. These include the 7.5km of coastline from Starr Gate in the west to Freckleton Marshes in the east. The coastline also contains some of the most important open spaces in the Borough, from the beach, the sand dune network, the Promenade Gardens and Fairhaven Marine Park through to Lytham Green.

11.8 In recognition of the importance of the coastline, and its invaluable contribution to health and wellbeing of residents and visitors alike, the Council has prepared a Coastal Strategy.

11.9 The Vision of The Fylde Coastal Strategy 2015-2032 contributes to the provision of high quality coastal areas:

"To create a unique, high quality destination for residents and visitors, which is based on the conservation and enhancement of the natural landscape and heritage assets of the coastal area of the Borough of Fylde".

11.10 There are 10 objectives of particular relevance, many of which contribute to the provision of high quality natural spaces for residents and visitors:

- To create an interconnected corridor of green infrastructure along the Fylde coast.
- To improve the quality of our bathing water and beaches.
- To protect, enhance, regenerate and maintain the natural environment and the heritage assets of the Borough.

11.11 Additionally, The Fylde Coastal Strategy is made up of ten themes, all of which contribute to the provision of high quality coastal spaces in the Borough.

11.12 The Fylde Coastal Strategy can be found by following: http://www.fylde.gov.uk/assets/legacy/getasset?id=fAA3ADUAMQA4AHwAfABUAHIAdQBlAHwAfAAwAHwA0

11.13 A comprehensive Green Infrastructure network is needed to encourage people to walk and cycle, to create a sense of place and to improve access to open spaces. This can be created through the provision of cycleways, footpaths and bridleways, for example. It is also recognised that waterways can provide direct access to blue and green infrastructure assets.

11.14 The Fylde Green Infrastructure (GI) Strategy recognises that GI provides multiple environmental, economic and social benefits by providing a mix of overlapping functions, for example by providing wildlife, recreational and cultural experience, as well as delivering ecological benefits, flood protection and microclimate control. The Fylde GI Strategy presents a SWOT table, identifying strengths, weaknesses, opportunities and threats in terms of creating a high quality GI network in the Borough.

11.15 The Fylde Green Infrastructure Strategy can be found by following: http://www.fylde.gov.uk/assets/legacy/getasset?id=fAA3ADgAMQA4AHwAfABUAHIAdQBlAHwAfAAwAHwA0

11.16 Planning Applicants should be aware of these documents when undergoing the application process.

11.17 The importance of access to natural areas is emphasised strongly through the Local Plan and the SPD. Extending opportunities for local schools, businesses, volunteers and residents to get involved in managing their natural environment and expanding opportunities for all ages and abilities to enjoy the Borough's countryside, heritage and wildlife are ways in which access to

natural areas could be promoted. The targeting of deprived areas for Green Infrastructure delivery to improve access to health and environmental quality is equally important. However, a particular challenge in this area is a lack of funding. As the resident and visitor population of the Fylde Coast grows, it is crucial that funding is made available to ensure provision of high quality natural areas.

Whyndyke Garden Village Healthy New Town

11.18 Whyndyke Garden Village Healthy New Town will provide a Green Infrastructure network of open spaces, in line with Policy M1 of the Fylde Local Plan. This will include natural and semi-natural green spaces, amenity green space, allotments, and formal and informal recreation areas. Whyndyke's Green Infrastructure network will link the community with the surrounding area to ensure a comprehensive network and easy and attractive access to natural areas. Communities will be encouraged to utilise these provisions to take part in physical activity, engage in community activities and take advantage of the benefits of spending time in natural spaces. The benefits will be well recognised and the learning used to apply Borough wide, both in the masterplanning of new development sites and in the upgrading of current open spaces and their access potential.

12 Health Impact Assessment (HIA)

12.1 A ***'Health Impact Assessment (HIA) is a tool which allows for evaluating the health impacts of policies, strategies and initiatives'.*** (European Portal for Action on Health Inequalities). The purpose of HIA is to inform decision makers of any adverse health effects that may arise from proposed actions and support identification of appropriate policy options. The potential positive aspects of a proposal should be heightened whilst emphasis should be placed on avoiding or minimising any negative impacts.

12.2 Policies adopted through the Fylde Local Plan to 2032, itself subject to a HIA, will impact on future planning decisions in the Borough and will consequently shape the community. HIA tested policies will ensure that the policies will reflect the health needs of the people in Fylde and set out appropriate standards for new development in the area. The HIA should be conducted at the earliest opportunity whilst the type of assessment would depend on the nature of the policy. Table 1 contains a summary of the main HIA considerations.

Table 1: HIAs and Planning Policy

HIAs and Planning Policy	
Why undertake a HIA?	✓ Ensure robust evidence base on health & wellbeing ✓ Identify local health needs directly from relevant stakeholders ✓ Ensure that policies reflect local needs ✓ The Plan supports healthy and happy communities
Who should undertake a HIA?	Local Planning Authority ✓ An in-house exercise, or ✓ External consultants
When should HIA be undertaken?	At an early stage ✓ Evidence gathering ✓ Issues & options After the Plan has been adopted ✓ Evaluate and monitor the outcomes
What type of HIA should be undertaken?	Local Plan ✓ Intermediate HIA Local Plan Review or Supplementary Planning Document ✓ Rapid HIA
How should HIA be undertaken?	There are two ways of undertaking HIA: ✓ Independent assessment ✓ Integration within the wider Sustainability Appraisal process
What is the added value of an HIA?	✓ Additional qualitative and quantitative evidence provided ✓ Improved links to policy areas and sectors such as public health ✓ Increased mutual understanding amongst public health practitioners and planning professionals ✓ Demonstrable understanding and accountability for the impact of planning on the health of the local population

Source: Public Health, Worcestershire County Council, 2016

12.3 The need for a robust HIA has been recognised in the Fylde Local Plan to 2032:

Policy HW1 – Health and Wellbeing (Fylde Local Plan to 2032)

"In order to help reduce health inequalities, the Council will require health impact screening to be undertaken for all major development proposals on each Strategic Site (100 or more homes) within the Strategic Locations for Development through the submission of a masterplan. A full independent HIA will be required if the screening demonstrates a need. The HIA's will be assessed by Lancashire County Council as the public health authority."

12.4 The number of HIAs submitted alongside major planning applications are presented as a Performance Monitoring Indicator for Policy HW1 Health and Wellbeing in the Fylde Local Plan to 2032. Lancashire County Council are currently exploring the provision of a HIA template and guidance document to assist in the production of robust and comprehensive HIAs.

12.5 The Council is dedicated to guaranteeing that developments have a positive impact on the community, and achieving spaces and places that will promote physical and mental health and wellbeing whilst providing residents with the necessary infrastructure and opportunities to make healthier lifestyle choices.

Glossary

Clinical Commissioning Group (CCGs)

CCGs are statutory NHS bodies responsible for the planning and commissioning of health care services for their local area.

Community Asset Ownership Model (CAOM)

Community ownership of assets refers to a community-based organisation's freehold or leasehold interest in an asset on behalf of a wider community or for an organisation's own use.

Community services

Services that are designed to improve the quality of life of residents in a community. These can include or be operated from libraries, community centres, youth services, social services, older peoples support, special needs and disability and places of worship.

Green infrastructure network:

The networks for natural and semi-natural features that provide benefits to people. This can include open space, parks, children's play areas, sports pitches and courts, accessible natural green space, allotments and burial facilities.

Health and Wellbeing (definitions provided by the World Health Organisation)

- **Health** A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.
- **Wellbeing** A positive physical, social and mental state: it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, which they feel able to achieve important personal goals and participate in society.

Health Impact Assessment

A Health Impact Assessment (HIA) is a tool used for the evaluation of the health impacts of policies, strategies and initiatives.

Healthy New Towns

The Healthy New Towns programme brings together health providers, commissioners, local government and developers to create healthier places. Ten demonstrator sites across England, of which Whyndyke Farm is one, are being used to embed health and wellbeing from the start of new developments and to design and deliver health and care services from scratch [NHS, 2018].

Integrated Care Systems

According to the NHS, in an integrated care system, NHS organisations, in partnership with local councils and others, take collective responsibility for managing resources, delivering NHS standards, and improving the health of the population they serve.

Joint Strategic Needs Assessment

A JSNA is a review of the health needs of the local population to provide guidance for the planning and commissioning of health, wellbeing and social care services within a local authority area.

Local Planning Authority
The Borough, District, Unitary or County Council with the responsibility of planning for that area.

National Planning Policy Framework (the Framework)
The Framework sets out the Government's planning policies for England and how they are expected to be applied. It must be taken into account in the preparation of local and neighbourhood development plans and it is a material consideration in planning decisions.

Obesity

Being obese is defined as excessive fat accumulation that presents a risk to health (World Health Organisation).

Overweight

Being overweight is defined as abnormal fat accumulation that presents a risk to health (World Health Organisation).

Primary Care Networks (PNCs)

PNCs enable assist in providing accessible, coordinated and more integrated primary and community care, which can help in improving health and wellbeing outcomes for patients.

Section 106 Agreement

Section 106 agreements, otherwise known as Planning Obligtions, are agreements made between local authorities and developers and can be attached to a planning permission to enable an acceptable development.

Self – Care

Care taken by an individual towards their own health and well-being — including the care extended to the family and the community

Social Capital

The networks of relationships among people who live and work in a particular society, enabling that society to function effectively.

Supplementary Planning Document

Documents which add further detail to the policies in the development plan. They can be used to provide further guidance for development on specific sites, or on particular issues, such as design. Supplementary planning documents are capable of being a material consideration in planning decisions but are not part of the development plan.

Sustainability Appraisal

Appraisal of plans, strategies and proposals to test them against the four broad objectives set out in the Government's sustainable development strategy 'A Better Quality of Life: A Strategy for Sustainable Development for the UK', published in 1999.

Sustainable Development

The most commonly used definition is that of the 1987 World Commission on Environment and Development, the Brundtland Commission: '*development which meets the needs of the present without compromising the ability of future generations to meet their own needs'.* The UK Sustainable Development Strategy Securing the Future set out five 'guiding principles' of sustainable development: living within the planet's environmental limits; ensuring a strong, healthy and just society; achieving a sustainable economy; promoting good governance; and using sound science responsibly.

Wider Determinants of Health

Wider determinants of health are a wide range of social, economic and environmental factors which impact on people's health. The Marmot Review (2010) raised the profile of wider determinants of health by emphasising the strong and persistent link between social inequalities and disparities in health outcomes (Public Health England, 2018).

References

Barton, H, Grant, M, Guise, R (2003). *Shaping Neighbourhoods- A guide for health, sustainability and vitality*. London: Spon Press.

Dahlgren G, and Whitehead M. 1991. *Policies and Strategies to Promote Social Equity in Health.* Stockholm, Sweden: Institute for Futures Studies

Department of Health, 2010. *Healthy lives, healthy people: our strategy for public health in England* (Vol. 7985). The Stationery Office.

European Portal for Action on Health Inequalities, 2014-2020. *Health Impact Assessment*. [online] Available at: < http://www.health-inequalities.eu/tools/health-equity-audit/>

Fylde and Wyre Clinical Commissioning Group, 2014. *2030 VISION FOR HEALTH AND CARE IN FYLDE AND WYRE. [PDF] Fylde and Wyre CCG.* [Online] Available at: < http://www.gpwebsolutions-host.co.uk/25284/download/resources/corporate_documents/2030%20Vision%20for%20Health%20and%20Care%20in%20Fylde%20and%20Wyre.pdf>

Fylde Borough Council, 2018. *Fylde Local Plan to 2032*. [PDF] Fylde Borough Council. [Online] Available at: < http://www.fylde.gov.uk/council/planning-policy--local-plan-/local-development-framework/adopted-fylde-local-plan-2032/>

Fylde Borough Council, 2015. *Fylde Coastal Strategy 2015-2032*. [PDF] Fylde Borough Council. [Online] Available at: < http://www.fylde.gov.uk/tourism/fylde-coastal-strategy/>

Fylde Borough Council, 2011. *Fylde Green Infrastructure Strategy*. [Online] Available at: < http://www.fylde.gov.uk/council/planning-policy--local-plan-/local-development-framework/comprehensivelistofevidence/> (see ED067a)

Fylde Borough Council, 2017. *Bryning with Warton Neighbourhood Development Plan*. [Online] Available at: < http://www.fylde.gov.uk/council/planning-policy--local-plan-/local-development-framework/warton-neighbourhood-plan/>

Fylde Borough Council, 2017. *St. Annes on The Sea Neighbourhood Development Plan*. [Online] Available at: < http://www.fylde.gov.uk/council/planning-policy--local-plan-/neighbourhood-planning/st-annes-sea-town-council-neighbourhood-plan/>

Healthier Lancashire and Cumbria, nd. *Healthier Lancashire and Cumbria*. [Online] Available at: < https://www.healthierlsc.co.uk/>

Incredible edible, 2019. Incredible edible network. [Online] Available at: https://www.incredibleedible.org.uk/

Lancashire County Council Director of Public Health and Wellbeing, 2016. *Securing our Health and Wellbeing Report.* [PDF] Lancashire County Council. [Online] Available at: < https://www.lancashire.gov.uk/media/898725/securing-our-health-and-wellbeing-report-of-the-dphw-2016.pdf>

Lancashire Health and Wellbeing Board, nd. *Lancashire Health and Wellbeing Strategy*. [PDF] Lancashire Health and Wellbeing Board. [Online] Available at: < https://www.lancashire.gov.uk/media/898728/lancashire-health-and-wellbeing-strategy.pdf>

Marmot, M., Allen, J., Goldblatt, P., Boyce, T., McNeish, D. and Grady, M., 2010. Fair society, healthy lives. *The Marmot Review*, *14*.

Ministry of Housing, Communities and Local Government, 2018. *National Planning Policy Framework.* [PDF] Ministry of Housing, Communities and Local Government. [Online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/740441/National_Planning_Policy_Framework_web_accessible_version.pdf>

NHS Confederation, 2015. *Understanding the 5 Year Forward View*. [Online]. Available at: < https://www.nhsconfed.org/supporting-members/integration-and-new-care-models/nhs-england-five-year-forward-view>

NHS England, 2014. *Five Year Forward View*. [PDF] NHS England. [Online] Available at: < https://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>

NHS England, 2018. *Healthy by design: The Healthy New Towns Network Prospectus*. [PDF] NHS England. [Online] Available at: < https://www.england.nhs.uk/wp-content/uploads/2018/01/healthy-by-design-healthy-new-towns-network-prospectus.pdf>

NHS England, 2018. *Primary Care Networks: The building blocks of an Integrated Care System*. [Online] Available at: < https://www.england.nhs.uk/gp/case-studies/primary-care-networks-the-building-blocks-of-an-ics/>

NHS England, 2018. *Putting Health into Place: Introducing NHS England's Healthy New Towns Programme*. [PDF] NHS England. [Online] Available at: < https://www.england.nhs.uk/wp-content/uploads/2018/09/putting-health-into-place-v4.pdf>

NHS England, 2016*. NHS Chief announces plan to support ten healthy new towns*. [Online] Available at: https://www.england.nhs.uk/2016/03/hlthy-new-towns/

Nursing Times, 2014. *What you need to know about the NHS five year plan*. [Online] Available at: < https://www.nursingtimes.net/roles/nurse-managers/what-you-need-to-know-about-the-nhs-five-year-plan/5076090.article>

Public Health England, 2017. *Fylde Health Profile*. [PDF] Public Health England. [Online] Available at: <https://fingertips.phe.org.uk/profile/health-profiles/area-search-results/E12000002?search_type=list-child-areas&place_name=North West>

Public Health England, 2017. *Spatial Planning for Health. An evidence resource for planning and designing healthier places.* [PDF] Public Health England. [Online] Available at: < https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf>

Public Health England, 2018. *Wider Determinants of Health*. [online] Available at: <https://fingertips.phe.org.uk/profile/wider-determinants>

Public Health England and UCL Institute of Health Equity, 2014. Local action on health inequalities: improving access to green space. [Online]. Available at: < https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/357411/Review8_Green_spaces_health_inequalities.pdf>

RTPI, 2014. *Promoting Healthy Cities. Why planning is critical to a healthy urban future.* Planning Horizons no.3.

Sport England, Public Health England, 2015. *Active Design Planning for health and wellbeing through sport and physical activity*. [online] Available at: http://www.sportengland.org/facilities-planning/active-design/

Sustain and Garden Organic, 2014. The benefits of gardening and food growing for health and wellbeing. [PDF] Growing Health. [Online] Available at: https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/GrowingHealth_BenefitsReport_0.pdf

The Kings Fund, 2018. Digital change in health and social care. [Online] Available at: https://www.kingsfund.org.uk/publications/digital-change-health-social-care

The Pharmaceutical Journal, 2014. Promoting self care in the community: the evidence and why it is important. [Online] Available at: https://www.pharmaceutical-journal.com/learning/learning-article/promoting-self-care-in-the-community-the-evidence-and-why-it-is-important/11137908.article?firstPass=false

The Royal Society for Public Health, 2015. *Health on the High Street.* [Online] Available at: < https://www.rsph.org.uk/our-work/campaigns/health-on-the-high-street/2015.html>

Worcestershire County Council, 2016. Health Impact Assessment in Planning Toolkit. [PDF] Worcestershire County Council. [Online]

World Self Medication Industry, nd. What is self-care? [Online] Available at: http://www.wsmi.org/about-self-care-and-self-medication/what-is-self-care/

Appendices

Appendix A1: Policy HW1 Health and Wellbeing Policy

Policy HW1

Health and Wellbeing

The Council will integrate public health principles and planning to help reduce health inequalities by:

a) Working with health care commissioners to support healthcare facilities and particularly to improve primary care and mental health care access and facilities;

b) Working with the Lancashire Public Health Service and the Health and Wellbeing Board on planning and health issues, to take account of the three goals in the Lancashire Health and Wellbeing Strategy, that the Board will deliver by 2020:

1. **Better health** – improve healthy life expectancy, and narrow the health gap.
2. **Better care** – deliver measureable improvements in people's experience of health and social care services.
3. **Better value** – reduce the cost of health and social care.

c) Where required by the priorities of Lancashire County Council and health care commissioners, identifying sites for new healthcare facilities, and with providers of other social and community infrastructure to deliver appropriate facilities in accessible locations, to meet local needs, reflecting the spatial distribution of need and the importance of accessibility and public transport provision;

d) Seeking land or financial contributions, where appropriate and viable, towards new or enhanced healthcare facilities from developers where new housing results in a shortfall or worsening of provision;

e) Safeguarding and encouraging the provision of allotments and garden plots within developments and small scale agriculture and farmers markets to provide access to healthy, affordable locally produced food options;

f) Promoting improvements to healthy lifestyles and developing a network of cycling and pedestrian routes - linking key settlements and service centres, enabling the community to improve their health by travelling by more sustainable modes of transport - integrated into a wider multi-functional green infrastructure network;

g) The reduction of health inequalities and initiatives to facilitate healthier lifestyles will be supported, where these can be delivered through the planning system.

In order to help reduce health inequalities, the Council will require health impact screening to be undertaken for all major development proposals on each Strategic Site (100 or more homes) within the Strategic Locations for Development through the submission of a masterplan. A full independent Health Impact Assessment will be required if the screening demonstrates a need. The Health Impact Assessments will be assessed by Lancashire County Council, as the public health authority. The outcomes of the screening process should be reflected in the development proposal and should be a consideration in decision-making.

Appendix A2: Policy HW2 Community Facilities Policy

Policy HW2

Community Facilities

Development proposals for new community facilities – including developments within the new local centres at Warton, Whyndyke and Whitehills identified on the **Policies Map including Inset plans** - which provide for the health and wellbeing, social, educational, spiritual, recreational, leisure and cultural needs of the community, should be co-located where possible, providing mixed uses and a range of services in one sustainable and accessible location.

Where new facilities are required independent of new development, co-location should be considered in the most accessible community buildings available, i.e. using a hall or a public house as a venue for a post office, or a healthcare facility several days a week.

Indicative sites for new primary schools are identified within the development sites at Queensway (HSS1) and Whyndyke (MUS2) and are shown on the **Policies Map including Inset Plans**.

The Council will work with the Education Authority to identify and deliver a site for a new secondary school once a need is demonstrated within the plan period.

A site for a new Church will be reserved on land at the rear of cottages on Lytham Road, in Warton – as identified on the **Policies Map** – for the re-location of Holy Family Church in Warton.

The loss of any community facilities will be resisted unless it can be demonstrated that the facility's continued operation is no longer viable or needed, or can be relocated elsewhere in a location that is equally accessible by the community.

Appendix A3 – Policy HW3 Protection of Indoor and Outdoor Sports Facilities

Policy HW3

Protection and Provision of Indoor and Outdoor Sports Facilities

In order to provide appropriate indoor and outdoor sports facilities for the communities of Fylde, the Council will:

1. Protect existing indoor and outdoor sports facilities, unless:

   a) They are proven to be surplus to need, as identified in an adopted and up to date Needs Assessment [1]; and/or

   b) An equivalent or better quality and quantity replacement sports facility will be created in a location well related to the functional requirements of the relocated use and its existing and future users. This would be over and above any provision made available through CIL; and/or

   c) The development is for an alternative indoor or outdoor sports facility the benefits of which clearly outweigh the loss of the existing sports facility, (see additional footnote below);

   And in all cases:

   d) The proposal would not result in the loss of an area important for its amenity or contribution to the character of the area in general; and

2. Support new indoor and outdoor sports facilities where:

   a) They are readily accessible by public transport, walking and cycling; and

   b) The proposed facilities are of a type and scale appropriate to the size of the settlement; and

   c) They are listed in the action plan in the adopted Playing Pitch Strategy and / or the Built Facilities Review, subject to the criteria in this policy.

3. Make sure that major residential developments contribute, through land assembly and commuted sums, to new or improved sports facilities where development will increase demand and / or there is already a recognised shortage. Commuted sums should be obtained in accordance with an up-to-date adopted Needs Assessment Action Plan [2].

1. In terms of sports provision, the relevant Needs Assessment will be the Playing Pitch Strategy and Built Sports Facility Strategy
2. The relevant sports Needs Assessments and Action Plans are the Playing Pitch Strategy and Built Facilities Strategy.

Appendix A4: Relevant Section of Policy EC5 Vibrant Town, District and Local Centres

Policy EC5

Vibrant Town, District and Local Centres

The town, district and local centres; and primary and secondary frontages are defined on the **Policies Map** which includes **Inset Plans** and accompanies this plan.

Retail Hierarchy of Centres

The retail hierarchy of town, district and local centres within Fylde is as follows:

1. **Town Centres**
   - Kirkham;
   - Lytham; and
   - St Annes.
2. **District Centres**
   - Ansdell.
3. **Local Centres**
   - Freckleton;
   - Alexandria Drive, St Annes;
   - Headroomgate Road, St Annes;
   - St Davids Road North, St Annes;
   - St Albans Road, St Annes;
   - A local centre is proposed in Warton;
   - A local centre is proposed in Whitehills; and
   - A local centre is proposed in Whyndyke.

In the town centres, as defined onthe **Policies Map including Inset Plans**, retail and other main town centre uses, including the following uses, will be encouraged within the defined town centres: Retail (A1), Financial and Professional Services (A2), Restaurants and Cafes (A3), Drinking Establishments (A4), Hot Food Takeaways (A5), Business (B1), Hotels (C1), Non-residential Institutions (D1) and Assembly and Leisure (D2).

Primary Shopping Frontage

In the primary shopping frontages, as defined on **Policies Map including Inset Plans**, proposals for the change of use from A1, A2 and A3 uses to other uses will be required to meet the following criteria:

a) The proposal retains a pedestrian-level shop front with windows and display;

b) Any proposed non A1, A2 and A3 uses at pedestrian level should, wherever possible, have operational hours that include at least a part of traditional opening times (9.00am – 5.00pm). Uses that involve operational hours in the evening or night should not create unacceptable disturbance or nuisance to residents or other users of the centre and surrounding areas.

Appendix A5: Policy ENV3 Protecting Existing Open Space (Part of the Green Infrastructure network)

Policy ENV3

Protecting Existing Open Space (Part of the Green Infrastructure network)

Existing Open Space is identified on the **Policies Map including Inset Plans** denoted by the following descriptions:

- Parks and Gardens
- Semi-Natural Greenspaces
- Amenity Greenspace
- Children's Play Areas
- Local Areas and Local Equipped Areas for Play
- Youth Provision
- Allotments
- Cemeteries/Churchyards
- Football Pitches
- Rugby Pitches
- Cricket Pitches

The areas of Existing Open Space provide a critically important part of the Green Infrastructure network within Fylde. Existing Open Space will be protected from inappropriate development, having particular regard to the multi-functional benefits of open spaces, as follows:

a) Existing Open Space, including sports and playing pitches (subject to policy **HW3**: Protection and Provision of Indoor and Outdoor Sports Facilities), will be protected unless the requirements of paragraph 74 of the Framework are met and the findings of any published and adopted needs assessment are met.

b) Existing Open Space, including sports and playing pitches (subject to policy **HW3**: Protection and Provision of Indoor and Outdoor Sports Facilities), will be protected unless it can be demonstrated that any proposal will not have adverse effects contrary to the landscape, biodiversity and water management requirements of the Local Plan and the requirements set out in the other criteria in this policy are met.

c) Development will not be permitted on Existing Open Space which is considered essential to the setting, character, recreational benefits for residents, or visual amenities of Key Service Centres, Local Service Centres and rural settlements.

d) Development will not be permitted on Existing Open Space that makes a positive contribution to the historic environment including the character, appearance and setting of conservation areas and listed buildings, unless the proposal meets the requirements of Policy ENV5.

e) Development that results in the loss of land used for allotments as shown on the **Policies Map including Inset Plans** will only be permitted when:

- Suitable, alternative provision is made that is at least equivalent in size and quality to that which will be lost; or
- It can be demonstrated that there is no longer a community need for the allotments.

f) Fylde's Public Rights of Way network, comprising footpaths, byways, cycleways and bridleways will be protected and opportunities to extend the network will be safeguarded from development and supported where this improves access to key Green Infrastructure assets, including areas of Green Belt, the two Areas of Separation, the Coastal Change Management Areas and the Lancaster Canal towpath.

Appendix A6: Policy H2 Density and Mix of New Residential Development

Policy H2

Density and Mix of New Residential Development

Density

Developments will be expected to make efficient use of land, whilst avoiding detrimental impact on the amenity, character, appearance, distinctiveness and environmental quality of the surrounding area. It is expected that this will normally result in a minimum net residential density of 30 homes per hectare.

When considering a proposal for a significantly higher density development, in addition to the above considerations, particular attention will be paid to ensuring that there is no unacceptable impact on highway safety and that sufficient car parking is provided on-site. High density development should be very carefully designed to relate well to its surroundings, be orientated towards and have principal entrances facing towards the street, and should include sufficient usable amenity space to provide for the needs of residents.

Mix

A broad mix of types and sizes of home, suitable for a broad range of age groups, will be required on all sites to reflect the demographics and housing requirements of the Borough as set out in the Fylde Coast Strategic Housing Market Assessment (2014). The mix required will be adjusted according to updated future Housing Needs Assessments over the plan period.

All developments of 10 or more dwellings will therefore be required to include at least 50% of dwellings that are 1-, 2- or 3-bedroom homes. Developments within or in close proximity to the **Tier 1 Larger Rural Settlements** or **Tier 2 Smaller Rural Settlements** should include at least 33% 1- or 2-bedroom homes. These requirements will be adjusted in response to the findings of future Housing Needs Assessments conducted on behalf of the Council.

Specialist Accommodation for the Elderly

In order to meet the needs of an ageing population in Fylde, at least 20% of homes within residential developments of 20 or more homes should be designed specifically to accommodate the elderly, including compliance with optional technical standard M4(3(2a)) (wheelchair-adaptable dwellings), unless it is demonstrated that this would render the development unviable. Affordable housing requirements set out in Policy **H4** may be met partly by the provision of homes designed to accommodate the elderly, where these also fall into the definition of affordable housing set out in the Framework.

Developments to provide 100% specialist accommodation for the elderly, including residential care homes, will be approved providing that:

- It is situated to provide easy access to regular public transport. Within larger development sites, the part of the site in closest proximity to bus stops with a regular service should be chosen for this type of accommodation;
- The proposal is well-designed, avoiding unnecessary use of high fencing around the perimeter, orientated towards the street with an entrance on the street side of the building providing the shortest possible pedestrian access, including usable outside landscaped

gardens with seating, and access and parking for vehicles well separated from pedestrian routes;

- The development complies with the development strategy and other policies of the plan; and
- Convenient access arrangements are provided for vehicles providing hospital transport.

Developments will be considered by the Council to be purpose-built 100% specialist accommodation for the elderly if:

- All areas used by residents will comply with optional technical standard M4(3(2a)) (wheelchair-adaptable dwellings);
- A communal lounge or similar social facility for the exclusive use of all residents is included within the development;
- A shared laundry service is provided for the use of all residents;
- The development will be marketed with a restriction on age for residents of over 55;
- A daily hot meals service is provided either through a central facility on-site or through an outside provider to residents who require it; and
- An emergency alarm call service is provided for all residents.

On sites where 100% specialist accommodation for the elderly is proposed as defined above, affordable housing contributions will not be sought.

Development on Garden Land

When considering proposals for residential development on garden land, stringent caveats will be applied relating to design, character, access, amenity and other issues deemed appropriate by the Council. Development on garden land should not result in any of the homes relying on what was previously a front garden for all of their private amenity space.

Custom and Self-build Homes

Proposals to include plots for custom- and self-build homes within larger housing development sites will be approved, subject to compliance with other requirements of the plan with respect to layout, density, mix and access. Developers of strategic housing sites will be encouraged to devote a proportion of the site to provide serviced plots for custom- and self-build homes.

Applications to provide serviced plots for custom- and self-build homes on small sites (of fewer than 10 dwellings) will be supported where the site is located in accordance with Policy **DLF1**, subject to compliance with other policies of the plan.

Wherever custom- and self-build homes are proposed, they should be well-designed, in accordance with Policy **GD7**.

Appendix A7: Policy T4 Enhancing Sustainable Transport Choice

Policy T4

Enhancing Sustainable Transport Choice

In order to secure the long term viability of the Borough and to allow for the increased movement of people and goods expected, the Council will work with neighbouring authorities and transport providers to improve accessibility across the Borough, improve safety and quality of life for residents and reduce the Borough's carbon footprint. Over the Local Plan period the Council will work with the Highway Authority (LCC), Highways England, Network Rail and transport providers to:

a) Improve community health and wellbeing by providing alternative means of transport such as walking and cycling. This will be achieved through protecting and enhancing the existing public rights of way network; the provision of additional footpaths, cycleways and bridleways, where appropriate; and safeguarding land for the provision of a continuous footpath, cycleway and bridleway network along Fylde's coastline;

b) Reduce the environmental impact of transport through suitable mitigation and design;

c) Reduce transport emissions, such as carbon dioxide and other greenhouse gases, by encouraging greater usage of public transport facilities;

d) Reduce congestion in the Key Service Centres of Lytham, St Annes and Kirkham to promote competitiveness and enhance the tourism economy;

e) Prepare and actively promote travel plans for all new developments which generate significant amounts of movement, including both employment and residential;

f) Improve public transport between the Strategic Locations for Development and nearby town centres, employment areas, tourism developments and to the rural parts of the Borough.

g) Implement measures to deliver a shift to public transport, away from car use over the plan period, and where appropriate, support, promote and implement innovative public transport initiatives;

h) Provide a rail / bus / tram interchange on the South Fylde Line;

i) Support the shift towards new technologies and fuels by promoting low carbon travel choices and encouraging the development of ultra-low carbon / electric vehicles and associated infrastructure;

j) Provide a park and ride at Kirkham and Wesham Railway Station;

k) Provide improved pedestrian, disabled, cycling and public transport access to and from Kirkham and Wesham Railway Station;

l) Improve and upgrade the North Fylde Railway Line and the South Fylde Railway Line, including improved service frequency on the latter; and

m) Integrate different modes of transport, to ensure a comprehensive and coherent sustainable transport network.

All planning applications for developments that generate significant amounts of movement should be supported by a Transport Statement or Transport Assessment, prepared in accordance with the Planning Practice Guidance. Any mitigation identified in the Transport Assessment or Transport Statement that is required to make the development acceptable must be implemented in accordance with the requirements of the Highway Authority.

Appendix A8: Policy M1: Masterplanning the Strategic Locations for Development

Policy M1

Masterplanning the Strategic Locations for Development

Unless a Masterplan or design code has already been prepared by the Council, prospective developers of Strategic Sites (100 or more homes) within the Strategic Locations for Development named in policy **DLF1** will be expected to prepare a masterplan or design code for their site in consultation with the Council. This should be carried out as part of the pre-application consultation process set out in the Statement of Community Involvement. Following approval by the Council, the masterplans will become supplementary planning documents.

The masterplans should include an agreed programme of implementation in accordance with the masterplan and an approved design code.

The masterplans should meet all the following criteria:

a) The Strategic Locations for Development should be considered as a whole and a comprehensive approach to making every strategic site within the Strategic Locations for Development sustainable, should be taken.

b) A broad balance and range of housing choice, including both market and affordable housing, in line with the Fylde Coast SHMA, 2014 should be provided, in accordance with policies H2 and H4;

c) Variations in housing density with an overall minimum net density of 30 homes per hectare;

d) High quality design should be included and development should be designed to encourage cohesion within the site and seek to minimise the impact on neighbouring properties;

e) A wide range of local employment opportunities should be provided that offer a choice of jobs and training prospects;

f) An appropriate level of retail, leisure, social, cultural, community and health facilities should be provided that meet local needs of the residents of the development, but does not

undermine existing town, district or local centres or neighbouring key service centres or local service centres;

g) Additional school capacity for nursery, primary and, where necessary, secondary educational needs should be provided in the short, medium and long-term;

h) Appropriate highways access and a comprehensive approach to planning the highway network within and linking the sites which make up the Strategic Locations for Development;

i) Access to well-designed, separate but overlooked cycleways (both on-road and off-road), walking routes and bridleways serving the local facilities and linking to services and amenities. Opportunities should be sought for the development of a network of walking, cycling and bridleway routes with access to and from adjacent settlements and the nearest town centres and schools;

j) Housing, employment, retail and leisure facilities located within a maximum walking distance of 400 metres of a frequent, viable and accessible bus service;

k) Secured by Design principles should apply in new developments;

l) Energy efficiency measures should be incorporated into new developments;

m) A design led approach to the provision of car parking spaces with the overall aim of reducing dependency on the private car;

n) Measures to deliver a shift to public transport, away from car use over the plan period. Opportunities should be sought to improve access to public transport and minimise the need to travel by private car;

o) Provide a Green Infrastructure network of open spaces, including natural and semi-natural greenspaces, amenity greenspace, allotments, and formal and informal recreation areas with provision for children and young people where people can congregate. Provide for large scale landscape enhancement, including the provision of tree belts and advanced landscaping and ensure the site links into the wider Green Infrastructure network. Existing ponds, trees, woodland, hedgerows, water features and areas of open space should be retained wherever possible. Details should be provided regarding the maintenance and management of the on-site open spaces.

p) The conservation and enhancement of important environmental assets and natural resources, biodiversity (nature conservation) and ecological networks. Ecological connectivity within the site and with the surroundings should be maintained and enhanced through appropriate site layout; the retention of existing important features including trees, woods and water bodies and their integration within a well-designed landscape with appropriate habitat protection;

q) The site designs should be informed by appropriate ecological surveys to ensure appropriate mitigation measures are implemented. Potentially damaging effects of development on sites of nature conservation value, especially Natura 2000 sites should be avoided, unless the potential effects can be mitigated;

r) Where it is considered that proposals may have a harmful impact upon the significance of a heritage asset, the proposal should be considered in relation to the provisions of Policy ENV5.

s) To confirm the presence or otherwise of sub-surface archaeology, more detailed archaeological studies should be undertaken, prior to development;

t) Development respects the environmental character of its surroundings. Particular attention should be given to the creation of a well-designed and defined edge to development and a sensitive transition to adjoining areas in the countryside. Proposals will need to include plans for the long term use and management of these areas;

u) Inappropriate development in Flood Risk Zones 2 or 3 will not be permitted. Development in Flood Zones 2 and 3 should be in accordance with the requirements of the national Planning Practice Guidance. Where a strategic development location contains land within Flood Risk Zone 2 and 3, landscaping constitutes an appropriate form of development in these areas. Developments will be required to include measures to deal with surface water drainage using the SuDs hierarchy;

v) Health impact screening to be undertaken for all major development proposals on strategic sites. A full independent Health Impact Assessment will be required if the screening demonstrates a need;

w) Wastewater infrastructure upgrades should be completed and the development of sites should ensure that any potential adverse impacts are mitigated. Design of the infrastructure should take into account any potential future development;

x) Local waste management facilities and neighbourhood waste management facilities for the separation, storage and collection of waste, to increase the efficiency of its subsequent re-use, recycling and treatment should be provided.

Appendix A9: Policy GD7 Achieving Good Design in Development

Policy GD7

Achieving Good Design in Development

Design and Access Statements

Where required, all development proposals should be accompanied by a Design and Access Statement that fully explains and justifies the design approach for the scheme.

General Principles of good design

Development will be expected to be of a high standard of design, taking account of the character and appearance of the local area, including the following requirements:

a) In order to promote community cohesion and inclusivity, new development will be expected to deliver mixed uses, strong neighbourhood centres and active street frontages which bring together all those who live, work and play in the vicinity.

b) Ensuring densities of new residential development reflect and wherever possible enhance the local character of the surrounding area.

c) Ensuring that amenity will not be adversely affected by neighbouring uses, both existing and proposed.

d) Ensuring the siting, layout, massing, scale, design, materials, architectural character, proportion, building to plot ratio and landscaping of the proposed development, relate well to the surrounding context.

e) Taking account of landform, layout, building orientation, massing and landscaping to minimise energy consumption.

f) Conserving and enhancing the built and historic environment.

g) Applying Secured by Design principles to all new developments.

h) Being sympathetic to surrounding land uses and occupiers, and avoiding demonstrable harm to the visual amenities of the local area.

i) Taking the opportunity to make a positive contribution to the character and local distinctiveness of the area through high quality new design that responds to its context and using sustainable natural resources where appropriate.

j) Ensuring parking areas for cars, bicycles and motorcycles are safe, accessible and sympathetic to the character of the surrounding area and that highway safety is not compromised.

k) Ensuring the layout, design and landscaping of all elements of the proposal, including any internal roads, pedestrian footpaths, cycleways and open spaces, create user friendly, sustainable and inclusive connections between people and places resulting in the integration of the new development into the built and historic environment.

l) Creating safe and accessible environments where crime and disorder, and the fear of crime, do not undermine quality of life or community cohesion, and there are clear and legible pedestrian and cycle routes and high quality public space, which encourages the active and continual use of public areas.

m) Protecting existing landscape features and natural assets as an integral part of the development; requiring multi-functional green infrastructure to be integrated into urban areas; providing enhancements to open spaces to encourage people to use them; protecting and enhancing habitats; providing open spaces and linkages to the wider ecological networks as part of the Green Infrastructure network; and enhancing the public realm.

n) Making provision for the needs of specific groups in the community such as the elderly and those with disabilities, in line with the Equalities Act.

o) All new housing developments should result in a high standard of amenity for occupiers. The standard of amenity for occupiers should not be compromised by inadequate space, poor layout, poor or lacking outlook or inconvenient arrangements for waste, access or cycle storage. Developments should include adequate outside amenity space for the needs of residents. New homes designed specifically to accommodate the elderly should comply with optional standard M4(3(2a)) in accordance with policy H2.

Highway Safety

p) The needs of non-motorised users, such as pedestrians and cyclists, should be prioritised over other road users, through design measures.

q) The development should not prejudice highway safety, pedestrian safety, and the efficient and convenient movement of all highway users (including bus passengers, cyclists, pedestrians and horse riders). The development should not reduce the number of on-site parking spaces available, unless there are other material considerations which justify the reduction.

r) All development proposals will need to show that appropriate provision is made for public transport services; appropriate measures are provided to facilitate access on cycle or foot; where practicable, ensure existing pedestrian, cycle and equestrian routes are protected and extended; and the needs of specific groups in the community such as the elderly and those with disabilities are fully provided for.

Climate Change

r) Development proposals should consider measures to mitigate the effects of climate change by the incorporation of energy and water efficiency in new and existing buildings, 'grey' water and rainwater harvesting and storage for waste and recyclables.

s) Adaptation to climate change should be achieved through the design and orientation of buildings to maximise solar gain, provide shelter from the elements and take advantage of natural light and ventilation.

Existing Land Uses

t) The development should not prejudice or prevent the operation of existing land uses.

Public Realm

u) The public realm should be designed appropriately, to reflect the quality of the area including landscaping, street furniture and materials, and developments should be appropriately managed and maintained so that they add to the character, quality and distinctiveness of the surrounding area.

Public Open Space (the Green Infrastructure network)

v) New public open space should be provided in a single central useable facility where possible, which is accessible, of high quality and good design, be visible, safe, using quality materials, including facilities for a range of ages and incorporating long term maintenance; unless it is agreed by the Council that provision is more appropriate off-site.

Advertisements

w) Advertisement designs should respect the character and architectural details of the buildings and location within which they are proposed, and their surroundings, in terms of scale, details, siting and method of illumination.

Flood Risk

x) Inappropriate development in Flood Risk Zones 2 and 3 will not be permitted.

Appendix A10: Policy ENV4 Provision of New Open Space (Part of the Green Infrastructure network)

Provision of New Open Space (Part of the Green Infrastructure network)

Amenity Open Space

Within new housing developments comprising ten or more homes the provision of amenity open space with facilities for children's play (i.e. playgrounds and Multi-Use Games areas including LAPs and LEAPs), will be required to the following minimum standards (1) :

- $16m^2$ per 1 bedroom home
- $24m^2$ per 2 bedroom home
- $32m^2$ per 3 bedroom home
- $40m^2$ per 4 bedroom home
- $48m^2$ per 5 bedroom home

Such safe green open space should be accessible, of high quality and normally be provided as a single central usable facility.

Housing developments of 100 homes or more will be required to provide double the above standards. Developers should provide effective long-term future maintenance of areas of open space in accordance with this policy, through the formation of a management company.

When determining an application for non-strategic sites there is a preference for an off-site contribution, *in lieu* of on-site provision of open space, to enhance facilities on an adjacent open space.

Where the standards require the provision of open space of less than 0.2 Ha, or where it is agreed with the Council that the open space would be better provided off-site, payment of a commuted sum will be sought to help provide additional or improved open space nearby, where the benefits would serve the occupiers of new and existing developments. Commuted sums will be calculated on the basis of the value of the land that would otherwise have had to be made available and the costs of laying the land out as public open space and maintaining it for a 10 year period.

Developer contributions and the Green Infrastructure network

Financial contributions will be sought through the Community Infrastructure Levy to assist schemes for other safe green open space where there is an identified need, including the provision of allotments, trees and woodland.

Enhancement

Where there is an identified over-provision of open space in close proximity to the application site, the monies generated from the development of the site and development in close proximity to it

ill be used to enhance the quality of, and accessibility to, the existing open space network. Opportunities to link open spaces to create a multi-functional Green Infrastructure network will be naximised. Financial contributions will be sought through the Community Infrastructure Levy (CIL) o assist such schemes.

(1) Policy **ENV4** does not include the provision, protection or enhancement of indoor and outdoor sports facilities. The provision of indoor and outdoor sports facilities is dealt with under policy **HW3** in chapter 11.

Appendix B: The Active Design Principles Checklist



1. Activity for all

Neighbourhoods, facilities and open spaces should be accessible to all users and should support sport and physical activity across all ages.

Enabling those who want to be active, whilst encouraging those who are inactive to become active.

Are a range and mix of recreation, sports and play facilities and open spaces provided to encourage physical activity across all neighbourhoods?	
Are facilities and open spaces managed to encourage a range of activities to allow all to take part, including activities for all genders, all ages and all cultures?	
Are a range of sport and physical activity opportunities specifically targeted at more deprived areas or areas where there are known to be particular health issues?	
Are varied promotion initiatives and methods directed across peer groups, to seek to reach all members of society and to target hard to reach groups?	
Are all facilities supported as appropriate by public conveniences, water fountains and, where appropriate, changing facilities to further increase their appeal to all?	
Do public spaces and routes have generous levels of seating provided?	
Where shared surfaces occur, are the specific needs of the vulnerable pedestrian taken into account?	



2. Walkable communities

Homes, schools, shops, community facilities, workplaces, open spaces and sports facilities should be within easy reach of each other.

Creating the conditions for active travel between all locations.

Are a diverse mix of land uses such as homes, schools, shops, jobs, relevant community facilities and open space provided within a comfortable (800m) walking distance? Is a broader range of land uses available within 5km cycling distance?	
Are large, single purpose uniform land uses avoided?	
Are walkable communities created, providing opportunities to facilitate initiatives such as walking buses to school, and providing the basic pattern of development to support a network of connected walking and cycling routes (Principle 3)?	



3. Connected walking & cycling routes

All destinations should be connected by a direct, legible and integrated network of walking and cycling routes. Routes must be safe, well lit, overlooked, welcoming, well-maintained, durable and clearly signposted. Active travel (walking and cycling) should be prioritised over other modes of transport.

Prioritising active travel through safe, integrated walking and cycling routes.

Does the proposal promote a legible, integrated, direct, safe and attractive network of walking and cycling routes suitable for all users?	
Does the proposal prioritise pedestrian, cycle and public transport access ahead of the private car?	
Are the routes provided, where feasible, shorter and more direct than vehicular routes?	
Are the walking and cycling routes provided safe, well lit, overlooked, welcoming, and well maintained, durable and clearly signposted? Do they avoid blind corners?	
Do routes support all users including disabled people?	
Are shared pedestrian and cycle ways clearly demarcated, taking the needs of the vulnerable pedestrian into account?	
Do walking and cycling leisure routes integrate with the open space and green infrastructure network of the area?	
Are sporting facilities fully integrated in this walking and cycling network?	
Are informal facilities for physical activity provided, such as Greenline routes?	



4. Co-location of community facilities

The co-location and concentration of retail, community and associated uses to support linked trips should be promoted. A mix of land uses and activities should be promoted that avoid the uniform zoning of large areas to single uses.

Creating multiple reasons to visit a destination, minimising the number and length of trips and increasing the awareness and convenience of opportunities to participate in sport and physical activity.

Does the proposal promote a mix of land uses and the co-location and concentration of key retail, community and associated uses?	
Are sports facilities and recreational opportunities prominently located?	
Are multiple sporting facilities located in one place, to allow choice of activity?	



5. Network of Multifunctional Open Space

A network of multifunctional open space should be created across all communities (existing and proposed) to support a range of activities including sport, recreational and play and other landscape features including Sustainable Drainage Systems (SuDS), woodland, wildlife habitat and productive landscapes (allotments, orchards). Facilities for sport, recreation and play should be of an appropriate scale, positioned in prominent locations, co-located with other appropriate uses whilst ensuring appropriate relationships with neighbouring uses.

Providing multifunctional spaces opens up opportunities for sport and physical activity and has numerous wider benefits.

Does the open space provided facilitate a range of uses?	
Are the sports and recreation facilities provided designed in accordance with best practice guidance?	
Are the sports and recreation facilities appropriately designed and located in relation to neighbouring uses?	
Does the open space provide an accessible setting for development?	
Does the open space link to existing networks and walking and cycling routes?	



6. High Quality Streets and Spaces

Flexible and durable high quality streets and public spaces should be promoted, employing high quality durable materials, street furniture and signage.

Well designed streets and spaces support and sustain a broader variety of users and community activities.

Are streets and spaces which are provided of a high quality, with durable materials, street furniture and signage?	
Is appropriate provision made to promote access to, and activity by, all users including providing safe route ways for vulnerable pedestrians?	
Is the new civic space of an appropriate scale and proportion to allow a range of possible functions?	



7. Appropriate Infrastructure

Supporting infrastructure to enable sport and physical activity to take place should be provided across all contexts including workplaces, sports facilities and public space, to facilitate all forms of activity.

Providing and facilitating access to facilities and other infrastructure to enable all members of society to take part in sport and physical activity.

Are public toilets, showers and changing facilities provided? Are these accessible and usable by all potential users?	
Are drinking fountains provided?	
Is there a multitude of seating options provided? Is the seating provided accessible to all?	
Is safe and secure cycle parking provided for all types of cycles including adapted cycles and trikes?	
Is Wi-Fi provided in facilities and spaces?	
Is safe and secure pushchair storage provided where appropriate?	



8. Active Buildings

The internal and external layout, design and use of buildings should promote opportunities for physical activity.

Providing opportunities for activity inside and around buildings

Are buildings well located in relation to surrounding walking and cycling routes, with direct access by these modes prioritised over access by vehicular modes?	
Is the use of stairs promoted (over the lift) utilising signage and creating spacious and clean stairwells that are welcoming? (This should be balanced with the need to ensure lifts are easily accessible for those who cannot use the stairs)	
Within the workplace, have methods to promote natural physical activity been explored such as using sit-stand desks?	
Have innovative design features within buildings and surroundings which encourage activity e.g. feature staircases, cycle access ramps or other architectural features been utilised?	
Have buildings been designed to provide appropriate amounts of internal space for rooms along with circulation and external space?	



9. Management, maintenance, monitoring & evaluation

The management, long-term maintenance and viability of sports facilities and public spaces should be considered in their design. Monitoring and evaluation should be used to assess the success of Active Design initiatives and to inform future directions to maximise activity outcomes from design interventions.

A high standard of management, maintenance, monitoring and evaluation is essential to ensure the long-term desired functionality of all spaces.

Has the long term management and maintenance of a development or facility been considered to ensure the facility remains sustainable over a long-term?	
Have alternatives to local authority management of public realm, streets, spaces and formal open space been considered?	
Have issues such as the servicing of grass pitches, the impact of noise, floodlighting or vehicular access been considered?	
Do the management of facilities target the broadest possible range of users, with particular emphasis on disadvantaged groups?	
Have programs for monitoring and evaluating the success of initiatives been established?	



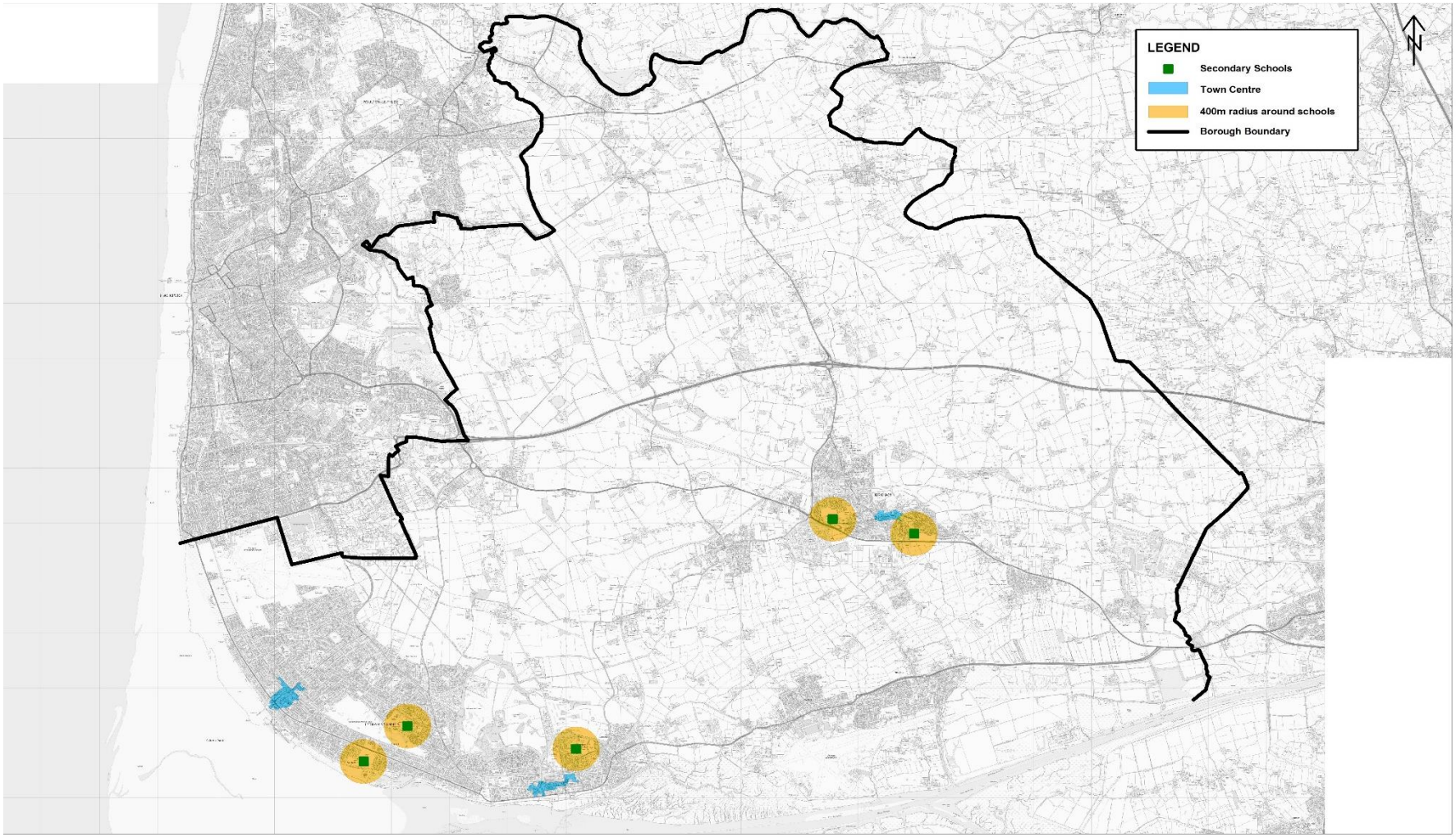
10. Activity Promotion & Local Champions

Promoting the importance of participation in sport and physical activity as a means of improving health and wellbeing should be supported. Health promotion measures and local champions should be supported to inspire participation in sport and physical activity across neighbourhoods, workplaces and facilities.

Physical measures need to be matched by community and stakeholder ambition, leadership and engagement.

Has the stakeholders and organisations prioritised the promotion of sport and physical activity across all of their activity?	
Has a broad program of events been established in the area associated with new facilities?	
Has the scope of new technology and social media been explored in terms of promoting activities or encouraging activity?	
Have local champions been identified to help ensure the sport and physical activity benefits of the development will be realised and will the local champions be adequately supported?	

Appendix C: 400m Takeaway Control Zones around Secondary Schools



400m Takeaway Control Zone around Secondary Schools

(c) Crown Copyright and database right (2019). Ordnance Survey (100006084).

Scale
0 800 1600 2400 3200 m

Fylde Council











© Fylde Borough Council copyright 2016
You may re-use this document/publication (not including logos) free of charge in any format or medium. You must re-use it accurately and not in a misleading context. The material must be acknowledged as Fylde Borough Council copyright and you must give the title of the source document/publication.

Where we have identified any third party copyright material you will need to obtain permission from the copyright holders concerned.

This document/publication is also available on our website at **www.fylde.gov.uk.**

Any enquiries regarding this document/publication should be sent to us at the Town Hall, St Annes Road West, St Annes FY8 1LW, or to listening@fylde.gov.uk.

Date: February 2019
Our Ref: GDSPD(S)

Review Date:
Authorised by: Julie Glaister, Planning Policy Manager