

# Healthy Didcot

## Action Plan

### 2026

**Working in Partnership with** Mental Health Natters, Community Catalysts, Survivor Space, Oxfordshire Discovery College, Communities of Practice, Home-Start Southern Oxfordshire, Didcot Baby Monday, Sustainable Didcot, Didcot Railway Centre, Oxfordshire County Council (including Targeted Youth Support Service, Locality & Community Support Service, Family Bridges, MASH) , Didcot Library, Reducing the Risk, Didcot TRAIN, Didcot Town Council, OCVA, Sustainable Didcot, The Buck Project, Didcot Good Neighbourhood Scheme, SOFEA (including Nourish & Flourish, Employability, Wellbeing and Education programmes), Didcot Mental Health Wellness Web, local schools, GP surgeries, Buck Project, Riverside Counselling, social prescribers, GLL, Health Visitors, Turning Point, Comermen, Oxfordshire Play Association, Didcot Cricket Club, Active Communities Team, Food Action Plan, SNG, Soha, Citizens Advice South and Vale, Didcot Food Bank, Age UK, Didcot Community Kitchen, Community First Oxfordshire, Woodlands Medical Centre

# Didcot Community Insight Profile Recommendations

These eight priorities have been weaved into the Action Plan ensuring the focus and intention of the work through the proposed project outcomes as identified through the Insight evidence collected.



Community spaces to connect, prevent and engage



Community, Communication and Cohesion



Strengthen access to affordable healthy food and broaden food initiatives



Access to Healthcare – through supporting healthy living



Breaking down barriers



Prioritising improvements to the local environments – built and natural



Hyperlocal approach to mental health provision



Strengthen Social Capital

# The action plan covers four main areas

## Communication and Development

**HD1** Strengthening local capacity  
through collaboration/networking  
**HD2** Growth/development/Growing  
communities

## Wellbeing

**HD3** Connection  
**HD4** Community activation  
**HD5** Mental health

## Health

**HD6** Physical Health  
**HD7** Food: Food action plan/SOFEA  
Nourish & Flourish/Support healthy  
food choices

## Built and Maintained Environments

**HD8** Physical environment and  
infrastructure/Green  
spaces/Champion  
and Celebrate/Energy champions

Communications and development	Action	Outcome	Impact measurement	Partners
<b>HD1</b> <b>Strengthening local capacity through collaboration and networking</b>	Foster a more positive community, empower residents with decision-making input, and enhance local service efficiency through organisational collaboration.	<b>Community, communication, and cohesion</b> <ul style="list-style-type: none"> <li>• Building social connections</li> <li>• Boosting community spirit</li> <li>• Promoting inclusivity</li> <li>• Supporting local businesses</li> <li>• Promoting volunteerism</li> <li>• Mental well-being</li> <li>• Educational opportunities</li> <li>• Preserving heritage</li> </ul>	Increase in positive image and communication  Centralised community events  Strengthened community connections and opportunities  Improved community networks and awareness of support services	<b>Lead:</b> SODC (year 1), Steering group (years 2-3)  <b>Supporting:</b> SOFEA, Didcot Good Neighbourhood Scheme, Communities of Practice
<b>HD2</b> <b>Growth and development/ Growing communities</b>	Assessing community needs and building Strategic Partnerships. Shared training and other resources to improve quality of life.	<b>Breaking down barriers</b>  To break down barriers to accessing services, these strategies could be considered to implement across various statutory and non-statutory services.	Increased resident employability and community empowerment through targeted skills development and enhanced access to opportunities.  Maximising potential of peer-to-peer support and focused engagement work to reach and engage.  Increased cultural awareness and connection. Increasing awareness of community resources.	<b>Lead:</b> SODC (year 1), Steering group (years 2-3)  <b>Supporting:</b> SOF EA Employability and education programmes, Didcot Railway Centre, Oxfordshire Didcot Good Neighbourhood Scheme Discovery College, Sustainable Didcot

Wellbeing	Action	Outcome	Impact measurement	Partners
<b>HD3 Connection</b>	The community has a range of opportunities to come together, which are of interest to people and where they can learn and benefit from their experience. Reduction in loneliness and an improved sense of identity amongst the local community. Greater access to services will increase peoples physical and mental health.	<b>Strengthen Social Capital</b> reduce loneliness bonding, bridging, linking and identity	Reduced isolation and loneliness. Enhanced community health spaces. Improved mental health support. Foster community connections. Investment in community infrastructure	<b>Lead:</b> Home-Start Southern Oxfordshire, SOFEA, Didcot Library, Didcot Town Council, OCVA, Sustainable Didcot, Didcot TRAIN, Cornermen, Didcot Good Neighbourhood Scheme, Oxfordshire Discovery College <b>Supporting:</b> SODC
<b>HD4 Community Activation</b>	Enhance support for young families and youth in Didcot, addressing complex needs and improving access to services. Families supported to enable them to thrive and meet their full potential, which can reduce health inequalities over their lifetime. A new or improved spaces for youth provision encourages greater attraction and usage, thereby addressing anti-social, educational and skills issues. Improved information on and access to services and initiatives that meet residents' needs can improve health and wellbeing.	<b>Community spaces to connect, prevent and engage</b> More dedicated spaces for children, family and early intervention provisions. Exploring, identifying and repurposing multi-agency property assets. Ensuring the community offering is dispersed throughout the growing town, connecting more hyperlocal communities with others. Creating social cohesion, health and well-being, sense of place and economic benefits.	Address young family needs: Identify the specific needs of young families in Didcot, particularly those with complex needs.  Support investment for youth provisions to secure funding to improve and future-proof youth provisions, assets, and spaces in Didcot.  Identified gaps in services and utilising current provision.  Collaborate and build: Working with partners to support emerging or existing initiatives Support and develop existing provision.	<b>Lead:</b> Home-Start Southern Oxfordshire, Didcot Railway Centre, OCC, Didcot Baby Monday, Didcot Library, Reducing the Risk, Didcot TRAIN, Community Catalysts Didcot Town Council, OCVA, Sustainable Didcot, The Buck Project, Soha, Didcot Good Neighbourhood Scheme, Oxfordshire Discovery College  <b>Supporting:</b> SODC
<b>HD5 Mental Health</b>	Intervention and prevention focus, building on current provision through developing work with partners.  Improve awareness and signposting to mental health and wellbeing services. Support hyperlocal groups.  Secure future provision Future: Strengthen networks and build volunteer provision to support delivery of projects across action plan. Collaborating with local resources and building partnerships	<b>Hyperlocal approach to mental health prevention</b> Improving and empowering protective factors amongst residents, including physical health and healthy behaviours, physical activity levels, social support and inclusion, strong cultural identity and pride, awareness and education.	Improve access to mental health support and reduce stigma.  Improve access to support on smoking, alcohol, drugs, substance abuse and challenging behaviour to boost physical, mental health and wellbeing.  Less residents requiring medical assistance and remaining physically well.	<b>Lead:</b> Home-Start Southern Oxfordshire, Mental Health Wellness Web, SOFEA Wellbeing, local schools and partners. GP surgeries, Buck Project, Riverside Counselling, Didcot Baby Monday, social prescribers, GLL, Health Visitors, Turning Point, Didcot TRAIN, Cornermen, Didcot Good Neighbourhood Scheme, Oxfordshire Discovery College, Mental Health Natters, Survivor Space <b>Supporting:</b> SODC

Health	Action	Outcome	Impact measurement	Partners
<b>HD6</b> <b>Physical Health</b>	Residents have sustainable access to an increased range of social and other activities which provide a positive impact on health and wellbeing.	<b>Access to Healthcare - through supporting healthy living</b> <ul style="list-style-type: none"> <li>• Provide accessible information to members of diverse communities to understand access to all health provisions</li> <li>• Build on existing work with social prescribers</li> <li>• Explore opportunities for improved access to medical services</li> <li>• Engage with local health providers to identify solutions to challenges faced by residents regarding access to health centre services</li> <li>• Involve the community when reviewing healthcare services</li> <li>• Continue to enhance the diverse range of social prescribing</li> </ul>	<p>Active travel opportunities to improve physical and mental health.</p> <p>Increased access to activity promoting physical and mental health and wellbeing, including for groups vulnerable to health inequalities.</p>	<p><b>Lead:</b> South and Vale Active Communities team, GLL</p> <p><b>Supporting:</b> OPA, Didcot Cricket Club, Style Acre, Yellow Submarine, My Life My Choice. St Birinus, Didcot Girls School, Oxfordshire Cricket Board, Didcot Good Neighbourhood Scheme</p>
	<p>Champion new and existing initiatives.</p> <p>Supporting local grass roots sports groups.</p> <p>Empower groups to enable physical recovery.</p>			
<b>HD 7</b> <b>Food</b>	<p>Collaboration with <b>South and Vale's Food Action Plan</b> on priority areas 1-2.</p> <p><b>SOFEA</b> Continued engagement with SOFEA and their well-established larder network as well as the Nourish &amp; Flourish programme, which incorporates nutritional therapy clinic, kitchen and school programme.</p> <p>Supporting <b>Healthier Food Choices</b> locally with groups and organisations, collaborating with partners and signposting to existing and future initiatives.</p>	<b>Strengthening access to affordable healthy food and broaden food-based initiatives</b> <ul style="list-style-type: none"> <li>• Build on the existing community food-based projects, interests and enthusiasm.</li> <li>• Cross-cultural and intergenerational connections through food.</li> </ul>	<p>Residents have access to information and experience/skills on healthy eating and cooking to support and enable a well-balanced diet as part of a healthy lifestyle. To tackle food poverty and diet related health by identifying Didcot as a priority area.</p> <p>Free nutritional support and education within the community is provided to improve diet and understanding of nutrition to support long term health and wellbeing.</p>	<p><b>Lead:</b> SOFEA, OCC, Food Action Plan</p> <p><b>Supporting:</b> SODC, Sustainable Didcot Community Kitchen International Café Age UK Didcot Town Council, OCC, SNG, Didcot Good Neighbourhood Scheme</p>

Built and Maintained Environments	Action	Outcome	Impact measurement	Partners
<b>HD8</b> <b>Physical environment and infrastructure/ Green spaces/ Champion and Celebrate/ Energy Champions</b>	<p><b>Improve Parks and Green Spaces:</b> Upgrading play areas, and green spaces with better access, seating, planting, community gardens, and inclusivity.</p> <p><b>Promote Outdoor Activities:</b> Make it easier for people to use paths, the nature trail, and public table tennis in Didcot.</p> <p><b>Enhance Community Safety:</b> Through creative approaches like public art lighting and improved routes and wayfinding.</p> <p><b>Champion for better Transport through improved routes</b> and affordability, prioritising active travel.</p> <p>Support improvement in primary health care provisions.</p> <p>Celebrate local facilities: Promote and encourage the use of key Didcot places.</p>	<p><b>Prioritising improvements to the local environs – built and natural environment</b></p> <p>The quality of the built and natural environment is also a major determinant of health.</p> <p>Evidence shows that access to nature is linked to significant improvements in both physical and mental health and reduces health inequality.</p> <ul style="list-style-type: none"> <li>Better provisions to be able to use active travel</li> <li>More diverse usage and access to open space</li> <li>Better connections in and around the town, to access facilities more easily</li> </ul>	<p>Greater access to improved nature, biodiversity and a local facilities to residents to improve mental and physical health, wellbeing.</p> <p>Public transport and active travel opportunities improve access, physical and mental health and support the local environment by reducing the impact of climate change.</p> <p>Improved access to services, food and opportunities lead to better life and health and wellbeing opportunities.</p> <p>People feel safe to access local facilities and activities and feel positive about the local area.</p> <p>To enhance residents' quality of life by improving access to nature, local facilities, services, and active travel options, fostering community connection, promoting health and well-being, and ensuring a safe and positive local environment.</p> <p>To improve residents' well-being by creating warmer, more comfortable, and energy-efficient homes, reducing fuel poverty, and empowering the community through support, skills development, and access to sustainable solutions.</p>	<p><b>Lead:</b> SODC, Didcot Town Council, Active Communities team, Police, OCC, Network Rail, Great Western Park, ICB, Taylor Wimpey</p> <p><b>Supporting:</b> Town Council, SODC, Soha, BHBH, Citizens Advice South and Vale, Sustainable Didcot, Didcot Library, Didcot Food Bank, Age UK. Sustainable Didcot, Woodlands Medical Centre and their appointed developer</p>