

Joint Health and Wellbeing Strategy

2022 to 2032

Giving everyone in Leicestershire the
chance to live happy, healthy lives

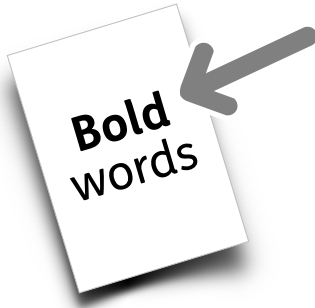


**easy
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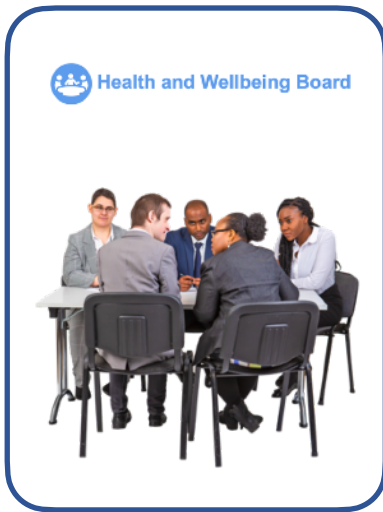


In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to another website which has more information.

Introduction



Leicestershire Health and Wellbeing Board has written this **strategy**.

Leicestershire Health and Wellbeing Board is an official committee made up of people from local health and care organisations.



We work to make sure health and care services are right for local people and support them to live happy, healthy lives.



A **strategy** is a plan of things to do over a period of time.



This strategy explains our plans for health and care services for the next 10 years.

Health and wellbeing in Leicestershire



Where people live

Leicestershire is mostly countryside, but most people live in our towns.



Only about 1 in 10 people live in the countryside.



More older people

We expect there to be more older people over the next 10 years.



This is because people are living longer and more people living in Leicestershire.



More older people means that more people will be wanting a health and care service.



Rich and poor

Most people in Leicestershire have enough money to live well.



But there are areas which have people who are very poor.



Poorer people tend to have worse health than other people.



Long lives

On average people in Leicestershire live longer than people in the rest of England.



But men in the poorer areas of Leicestershire live on average for 8 years less than men in other areas of the county.



Women in the poorer areas, on average live 5 years less than women in the other areas of the county.

Long, happy, healthy lives



We want everyone in Leicestershire to live, long, happy, healthy lives.

So, we will do these things:



- Provide care and support that is right for each individual person.



- Help people not to get ill in the first place.



- Help people with long term health conditions to live as independently as possible.



- Make sure that we are fair to everyone in all our work - so that everyone has an equal chance of having good health.



- Help people to have good **mental health** as well as having good **physical health**.

Physical health is the health of your body.

Mental health is the health of your mind.



- Help everyone recover from the difficulties we all had with COVID-19.



- Remember to treat people carefully and with respect because we don't know if they have suffered from **trauma** at some time in their lives.

Trauma is something bad that has happened to you, is difficult to forget and affects your health and wellbeing.



To make these things happen, we will:

- Work together with other organisations.



- Train and support our health and care workers.



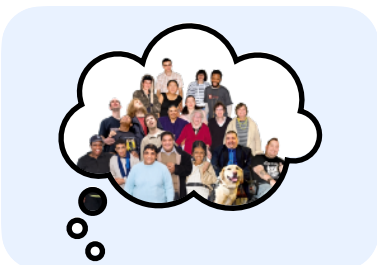
- Use equipment, computers and phones in new and better ways.



- Involve, listen to and talk to local communities.



- Build on the services and organisations that are working well.



- Think about the health and wellbeing of everyone in Leicestershire.



- Collect more information about the health and wellbeing of local people so we can plan to have better services.

Best start for life



First 1001 important days

The first few years of your life are very important. They affect how healthy you are for the rest of your life.



We will have services for families and children that are accessible to all, including disabled people, before they go to school.



We will support women to breastfeed their babies.



We will give young children the **vaccinations** they need to keep safe from certain illnesses.

A **vaccination** is an injection or jab that helps to stop you being ill with a certain illness.



Ready for school

We will help families to make sure their children are ready to start school.

We will work to help:



- Children from the poorer communities.



- Children with special educational needs and disabilities (SEND).

We will:



- Help children and families to get used to taking exercise and keeping fit.



- Help any children who are having difficulty with speech and communication.



Preparing for life

We will help children and young people to become healthy adults by:



- Giving children and young people the vaccines that will keep them healthy, including the vaccine against COVID-19.



- Making sure all children and young people can go to school, get a job or some training.



- Helping children and young people to know how to:

- Stay safe.



- Look after their own mental health.



- Keep fit and have a healthy weight.

Staying healthy, safe and well



If people have a healthy lifestyle and live in healthy places, they are more likely to have a long and healthy life.

We will help by:



- Working with local schools, colleges and businesses so people can get good jobs.



- Working with house builders so everyone can get a good place to live.



- Supporting people with mental health conditions to live independently.



- Working with the police and communities to keep everyone safe.



- Reducing pollution and improving the quality of the air we breathe.



- Aiding families who can't afford to keep their homes warm.



Choosing a healthy lifestyle

We will help people to choose a healthy lifestyle by:



- Encouraging people to support each other to be active.



- Giving people information about how to live a healthy lifestyle.



- Working with shops and supermarkets to make sure there is plenty of low cost healthy food for people to buy.



- Improving people's sexual health.



- Making it easier for people to walk and cycle across Leicestershire.



- Checking if people have got cancer.

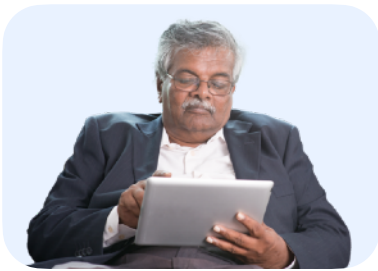
Living well



We want people to carry on being healthy and living well even if they have long term conditions or disabilities.

Staying independent

As people start with long-term health conditions and disabilities, we will:



- Help people to manage their own health and care at home using new equipment, computers and phones.



- Help people to get support from local communities.



- Reduce the number of older people who have a fall.



- Help people find the right type of housing and support for them.



- Make sure that people can access local health services.

People who are frail or need complex care

Complex means complicated, because they have many different health conditions.



Frail means that someone is weaker and more likely to be hurt.

We will:



- Look out for people who are likely to need hospital treatment at some time.



- Support people and their carers to be as independent as possible for as long as possible.



- Get better at planning so that most **vulnerable** people have a care plan. **Vulnerable** means you might need help and support to stay safe and well.



- Quickly come and see people at home if they have a crisis, so they don't have to go into hospital.



- Support people to get back home quickly and safely if they have been in hospital.



- Reduce the number of people who have to go into a nursing home.

Dying well



We want people to be able to choose the care and support they get at the end of their life.

We will:



- Ask people what they would like for them at the end of their life.



- Ask people in Leicestershire what services should be like for people at the end of their life.



- Support carers after a loved one has died, so they can move on to the rest of their lives.



- Offer all vulnerable people care plans that include what they want at the end of their lives.

Other priorities



Priorities are the most important things that we will do first.

These priorities affect all parts of our life.

Improved mental health

We will:



- Make mental health services equal to physical health services when we make plans.



- Help people to have good mental health - so they don't become ill.



- Keep the number of people who take their own lives low.



- Carry on working to help children and young people have good mental health.



- Listen to local people by asking them what they want for mental health services.



- Improve our support for people with **dementia**.

Dementia is a disease in the brain. It affects your memory and behaviour.



Reducing health inequalities

A **health inequality** is where certain people have worse health than others. Often poorer and more vulnerable people have worse health than others.

We will:



- Make sure that everyone has fair access to health services.



- Train our managers so they understand more about the problems of health inequality.

- Make sure everyone gets fair access to:



- Tests for cancer.



- Tests for high blood pressure.



- Vaccinations against flu and COVID-19.



- Yearly health checks for people with mental health problems.



- Look at how COVID-19 has affected people from poorer communities.



Recovering from COVID-19

Many people and services have suffered because of COVID-19.

We will:



- Help people to get a vaccination against COVID-19.



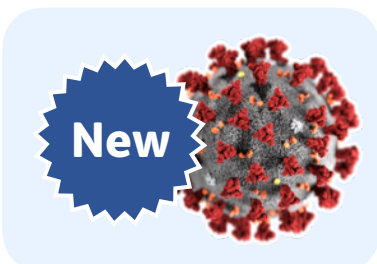
- Make sure that services are able to support people who catch COVID-19 in the future.



- Look at how to support vulnerable people so they are safe from COVID-19.



- Help the people of Leicestershire to live with COVID-19 in our county.



- Make sure we are ready if any new disease, like COVID-19, comes along.

Next steps



The Leicestershire Health and Wellbeing Board works with key people from the local councils and health services as well as listening to patients and people who use services.



We also have people from the police at our meetings.



We help people from different organisations:

- Work and make plans together.
- Listen to patients and people who use services.

Next, we will:



- Make sure that services work together on our main priorities.



- Look at other areas of work that may become a priority in the future.



- Watch the general health of people in Leicestershire so we can quickly make plans if we need to.

For more information



You can read the full strategy here:

<https://politics.leics.gov.uk/documents/s166738/Appendix%20A%20JHWS.pdf>

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