



Easy  
Read

# Health and wellbeing strategy 2022 to 2032

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



Updated in 2025

# Easy Read

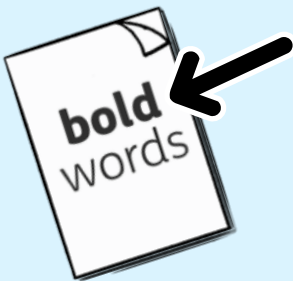


This is an Easy Read version of some information.

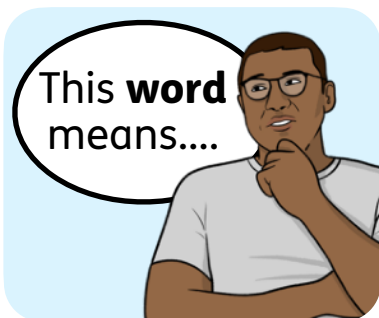
It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show that they may be hard to understand.



We will explain what the bold words mean.

# What is in this booklet

About this booklet.....	4
Health and wellbeing in Leicestershire .....	5
Best start for life .....	6
Staying healthy, safe and well .....	9
Living and supported well.....	12
Dying well .....	14
Improving mental health.....	16
Reducing health inequality.....	18
Protecting people's health and being ready for emergencies .	19
Next steps.....	20
Find out more .....	21



You can fill in a quick survey to say what you think about this Easy Read booklet:  
<https://www.easy-read-online.co.uk/easy-read-feedback-survey>

# About this booklet



This booklet is from **Leicestershire Health and Wellbeing Board (the Board)**.

The **Board** is a group 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.



In 2025, we made some changes to our **health and wellbeing strategy**.

This is our plan for health and care services. It runs from 2022 to 2032.



We made these changes so that we can continue to meet the needs of people in Leicestershire.



Please read this Easy Read booklet to learn about the updated plan.

# Health and wellbeing in Leicestershire



**Health and wellbeing** means feeling happy and healthy in your body and mind.



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



People in Leicestershire are living longer.  
This means there will be more older people who need health and care services in the next 10 years.

# Best start for life

We want children in Leicestershire to be healthy so that they can:



- Have good relationships with family and friends.



- Have good mental health and learn how to deal with difficult feelings.



- Help and take part in their local area as they get older.



- Learn the skills they need to live good lives.



- Learn and do well in school.

We are committed to:



- Helping women to be healthy before, during and after pregnancy.



- Making it easier for families to find advice and support for dealing with small health problems.



- Helping families and young people find the right health and wellbeing services in their area, when they need them.



- Making sure that local health and wellbeing services are easy to use and suitable for people with different needs.



We are also committed to:



- Giving families the support they need to look after their baby's health and help their child learn and grow.



- Giving families the support they need to get their children ready for school.



- Making sure it is easy for young people to move from children's services to adult services.



- Helping young people look after their own health.



# Staying healthy, safe and well

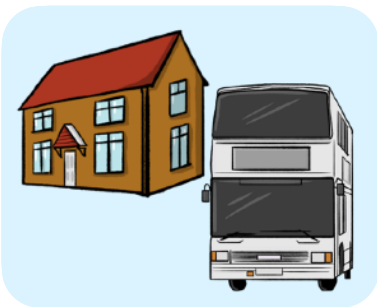


We want people in Leicestershire to live healthy, happy and long lives.

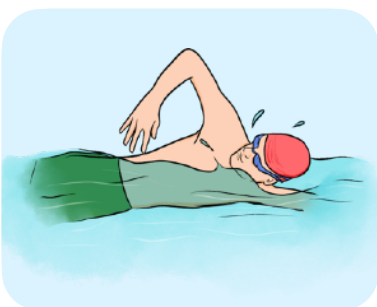
People are more likely to live longer if they:



- Live and work in healthy and safe places.



- Have good schools, jobs, homes and transport in their local area.



- Have healthy habits, like being active and eating a healthy diet.

We are committed to:



- Making sure that health and fairness are part of everything we do.



- Working together to have healthy places where people can live good lives.



- Working with businesses to make sure people can find and stay in work, and have healthy places to work.

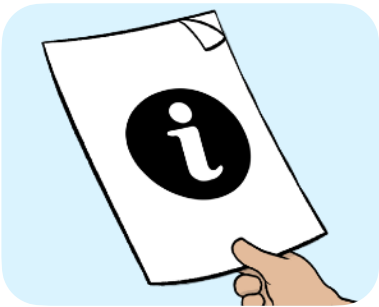


- Making sure people's homes are safe and warm.

We are also committed to:



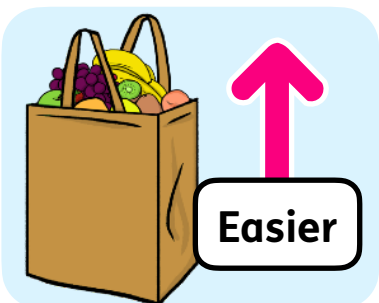
- Building healthy and safe communities where people feel supported.



- Giving people support and information to help them make healthy choices.



- Helping people eat a healthy diet and stay a healthy weight.



- Making it easier for people to get healthy food.

# Living and supported well



We want to help people live good lives and stay independent as they get older or their health gets worse.

We are committed to:



- Helping people manage their ill health in a way that is best for them.



- Keep making sure people get the health and care services they need, when they need them.



- Helping people with disabilities and ill health to be independent and live in their own home.

We are also committed to:



- Supporting people if they fall over.



- Supporting **carers**.

**Carers** are people who care for their family member, partner or friend.



- Finding out what support people need early on, to stop their health from getting worse.



- Providing local health and care services closer to people's homes.

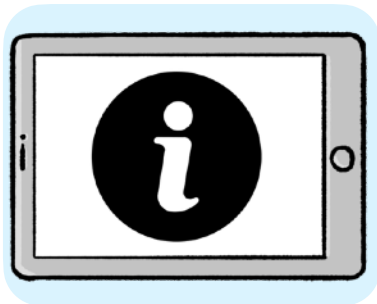
# Dying well



We want to make sure people in Leicestershire can choose the care they get at the end of their life.

This care is called **end-of-life care** or **palliative care**.

We are committed to:



- Making sure people can find information to help them make decisions about their end-of-life care.



- Asking people what they would want from their end-of-life care.



- Helping people plan and talk about their end-of-life care.

We are also committed to:



- Helping health and care services work together to give people the right end-of-life care.



- Supporting carers after the person they care for has died.



# Improving mental health



**Mental health** is about health issues that affect the way you think, feel and behave. Having good mental health means being able to cope with your emotions.



We want to give people in Leicestershire the mental health support they need at the right time.



We are committed to:

- Helping people have good mental health so they do not become ill.



- Making sure that mental health is just as important as **physical health**.

**Physical health** is about health issues that affect your body.

We are also committed to:



- Making it easier for people of all ages to get mental health support.



- Making it easier for young people to move from children's mental health services to adult mental health services.



- Doing more to support people who have **dementia**.

**Dementia** is a disease in the brain. It can affect your memory and behaviour.



- Reducing **suicide** by making it easier for people to get help early.

**Suicide** is when a person ends their own life.

# Reducing health inequality



**Health inequality** is where some groups of people have worse health than others.



We want to reduce health inequality by making healthcare in Leicestershire fairer for everyone.



We are committed to making sure that people from all groups can get the health and care services they need.

# Protecting people's health and being ready for emergencies

We want to make sure that:



- We are protecting people's health.



- We are as ready as we can be for health emergencies.



We are committed to protecting people's health in a way that is fair and helps us deal with problems in the future.

## Next steps



We will work with local services and the public to make sure this plan works well.



We will talk to local people and communities to find out if they feel that the plan is working well.



We will have regular checks to make sure we do everything in our plan and that the plan is working well.

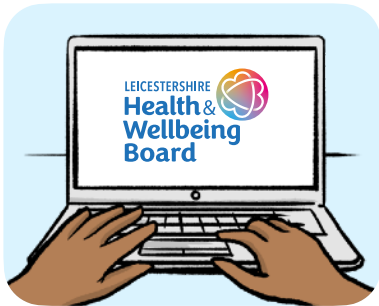


Smaller groups will be in charge of different parts of the plan.



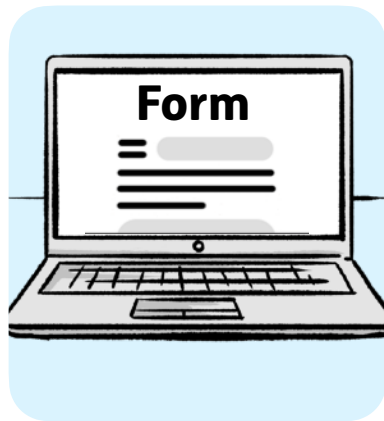
We will do other checks to see if we need to change the plan.

# Find out more



You can look at our website here:

<https://www.leicestershire.gov.uk/health-and-wellbeing/leicestershire-health-and-wellbeing-board>



You can fill out an online form to contact us here:

<https://www.leicestershire.gov.uk/health-and-wellbeing/leicestershire-health-and-wellbeing-board/get-in-touch-with-the-health-and-wellbeing-board>

This Easy Read booklet was produced by [easy-read-online.co.uk](https://www.easy-read-online.co.uk)  
The booklet includes images licensed from Shutterstock.

This page is intentionally left blank