

Worcestershire Joint Local Health and Wellbeing Strategy

2022-2032



Easy Read Version





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Section 1 – About the Joint Local Health and Wellbeing Strategy (a strategy is a plan)

The Health and Wellbeing Board (HWB) brings organisations, responsible for improving health and wellbeing together, in Worcestershire.



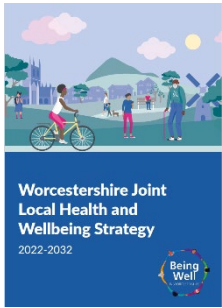
The Joint Local Health and Wellbeing strategy is a 10-year plan to improve the health and wellbeing of everyone in Worcestershire for 2022 – 2032.



It shows our vision. This is what we would like to see happen, and the main areas we will be working together on, to improve our health and wellbeing and reduce health inequalities over the next 10 years. We call these our key priorities.



The Integrated Care Partnership (ICP) is responsible for joining up services across the NHS, local authority, voluntary and community partners. This plan will be a big part of the ICP strategy.



Section 2 How we can improve health and wellbeing:

The Health and Wellbeing Board (HWB) found that lots of different things affect our health and wellbeing, not just good quality health care.

The main areas the Strategy looks at are:

- Prevention – to stop problems happening.
- Health inequalities – unfair differences in health care
- Wider causes of health – other things that can affect our health and wellbeing.

What are other things that effect our health?

These can be things like:



- Education – access to learning.
- Employment – having a job.
- Housing – where we live.
- Income – how much money we have.
- Environment – the area around you and things like air quality.
- Lifestyle choices – what we eat, how much exercise we do, if we smoke or drink alcohol.



What are Health Inequalities?

If people have low income and poor housing, this can mean they get poorer health and a lower quality of life. These are called health inequalities.



Health inequalities are unfair and can be prevented.



Health inequalities have been made worse since the Covid-19 pandemic and have affected the health and wellbeing of some groups more than others, these include:



- People from different ethnic minority backgrounds



- People doing certain jobs like carers, drivers, working in cafes, bars, shops.



- People living in poorer areas.



What is Prevention and Early Intervention?

Prevention is about helping people stay healthy, happy, and independent for as long as possible.

It is about reducing problems happening in the first place and if problems do happen, supporting people to manage them as well as possible.



Prevention can be broken down into 3 areas:

- **Prevent** – taking action to stop problems and reduce risk before it happens, an example of this could be vaccination.



- **Reduce** – helping to stop problems getting worse, an example of this could be reducing high blood pressure.



- **Delay** – taking action to support people to manage long term health needs, an example of this could be a special course to support people with mental health conditions to return to work.



Section 3 - Health and wellbeing in Worcestershire

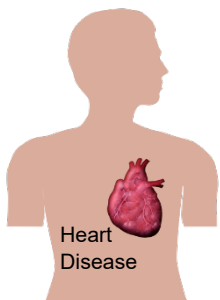
We know that good mental health and wellbeing is an important part of our life.



Better mental health and wellbeing can mean better physical health and living longer.



Our mental health and physical health are both connected. Good mental and physical health and wellbeing helps us to live happy and independent lives.



Research shows that people with poor mental health are more likely to have a health condition like heart disease.



Poor mental health can mean that some people are not able to work, and it can cost the NHS and public services more money to look after them.



Information about the mental health and wellbeing of people who live and work in Worcestershire:



Depression – Over 73,000 people were living with depression in Worcestershire in 2020/2021



Dementia – Over 4,300 people were living with dementia in Worcestershire in 2020.



Unemployment (not having a job) – Over 11,000 people were claiming unemployment benefit in June 2020, but employers still had lots of jobs to fill.



Fuel Poverty – over 37,000 households in Worcestershire didn't have enough money to heat their homes.



Health and Wellbeing in Worcestershire:

Mental Health and Wellbeing Support –

7 out of 100 (7%) adults said they could not find mental health and wellbeing support.

This information is from the Worcestershire Healthwatch Survey 2020.



Older people – in 2021 over 17,000 people lived in Worcestershire who were aged 85 or over.

This will increase to over 28,000 in 2032.



Managing our Weight – 64 out of 100 (64%) adults were overweight or obese in Worcestershire in 2019/2020. The results for England were similar.





COVID-19 Pandemic – how did it affect us?



COVID-19 Pandemic – 80 out of 100 (80%) children and young people thought the COVID-19 pandemic had a bad effect on their wellbeing.

This information is taken from the Worcestershire Healthwatch Report 2022.



Before COVID-19 people in good health and living in better areas were more likely to live a longer life than those in poor health or living in poorer areas.



The COVID-19 pandemic has made this worse and affected the mental health of certain groups more than others.

We don't know yet what effects long COVID-19 will have on people.



COVID-19 had some good effects on communities, here are some examples:



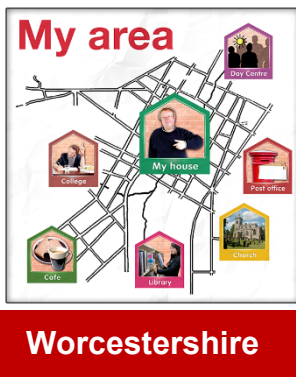
- People supported each other in new ways.
- People become more aware of physical and mental health.
- People were happier to talk about mental health and wellbeing.



It is important to remember that there are other infectious diseases that can affect our health and wellbeing too.



Section 4 – Finding out what you think.



The Consultation – finding out what you think.

We asked people who live and work in Worcestershire to take part in our survey to ensure their views and needs were included in our Joint Local Health and Wellbeing Strategy.

We asked people to tell us what they thought about things like:



- Our vision – what we would like to see happen.
- Our priorities – the main areas we want to look at.
- What being well means to you.
- How COVID-19 has affected you.

Over 1600 people replied to the survey.

We also talked to lots of different groups and organisations in the Worcestershire Community to understand their needs. All this information helps us to develop action plans to deliver our strategy.





Health and Wellbeing Survey.

Here are the results from the survey in May 2022.



The Health and Wellbeing Board asked if you thought good mental health and wellbeing should be the main area to focus on for people in Worcestershire.

85 out of 100 (85%) people said yes.

The Health and Wellbeing Board asked what you thought about 3 main areas that help us to be well in Worcestershire.



- Healthy living for everyone - 94 out of 100 (94%) people agreed with this.



- Safe, healthy homes and communities - 94 out of 100 (94%) people agreed with this.



- Good jobs and opportunities - 91 out of 100 (91%) people agreed with this.



Being Well in Worcestershire:

We asked you to tell us what being well means to you.



The top 3 most important things you told us are:

- Physical health
- Access to healthcare
- Mental health



We asked you to tell us how COVID-19 has affected the health and wellbeing of people living and working in Worcestershire.



80 out of 100 (80%) people said that people's health and wellbeing is worse since COVID-19.

The top 3 areas affected worst by COVID-19 were:

- Social isolation – being alone.
- Mental health and wellbeing
- Physical health

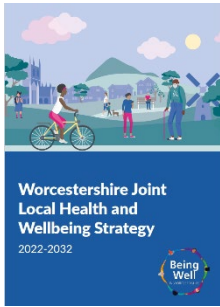




What else is important to you?

You told us about other things that are important.

We will use this information to help us deliver our 10-year strategy, develop action plans, and share with our Health and Wellbeing Board partners:



- Accessible information and advice

- Easy access to services

- Rising cost of living

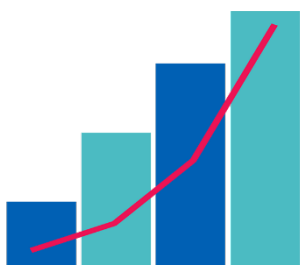


- Access to safe, reliable, and affordable transport



- Good physical and mental health

- Your local area – access to green areas like parks and the countryside



- Measuring progress – how will we know how we are doing?



Section 5 - Our Joint Local Health and Wellbeing Strategy

Our Vision and priorities – what we want to happen and the main areas we will look at:

After the survey results and feedback the Health and Wellbeing Board agreed our vision – what we want to happen:



Our Vision:

‘Working together for better health and wellbeing in Worcestershire.’

The Board agreed the main priority for our plan is good mental health and wellbeing supported by 3 other areas that affect our health and wellbeing.





There are 3 main support areas which will help us to be well in Worcestershire.

Healthy Living:

- Support people to start well, live well and age well.
- Support people to live longer in good health.
- Help people to improve their own health and wellbeing and make healthy choices.
- Support people to live healthy and independent lives for longer.
- Provide support and care when it is needed.



Safe, healthy homes and communities

- Improve access to healthy, safe, affordable and warm homes to give people a better quality of life, good mental health and wellbeing.
- Improve communities and places with good mental health and wellbeing at the centre of everything we do.
- Protect the area around us and let everyone know how being outdoors can help our mental health and wellbeing.



Good jobs and opportunities:

- Improve access to good quality jobs, training and volunteering opportunities.
- Work with employers to offer good healthy, happy workplaces.





Five Ways to Wellbeing:

We can use the Five Ways to Wellbeing as a tool to help us improve our mental wellbeing.

It can help us to build up and keep good mental wellbeing from birth until old age.



1. **Connect** – talk and listen.



2. **Be Active** – do what you can and enjoy it.



3. **Take Notice** – remember the things you like.



4. **Keep Learning** – learn new things.



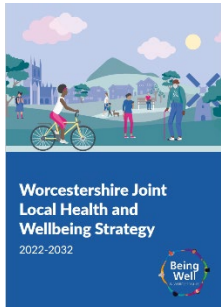
5. **Give** – your time, words, be there for others.



Section 6 - How we will do this.



We will need organisations, communities, families, and individual people to work together. Everyone has a part to play.



We will make a set of plans with clear actions and timescales to show how the strategy will be delivered.



We will focus on areas and communities that need help most.



The Health and Wellbeing Board is committed to engaging and working in co-production with the local community and partners.



How we will measure our progress to see how we are doing:

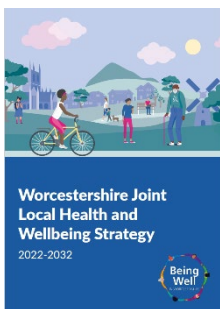
The Health and Wellbeing Board will check how well things are going by:



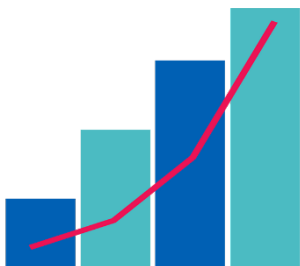
- Making sure there are people who take the lead in getting things done.



- Helping partners to work together.
- Check on the progress of the plan and offer support where needed.



- Make sure the Being Well Strategic Group agree clear action plans about who is doing what, when and where.



- Get regular reports on how we are doing from the Being Well Strategic Group.
- Check progress to see if we are meeting the targets that we set out in the plan.