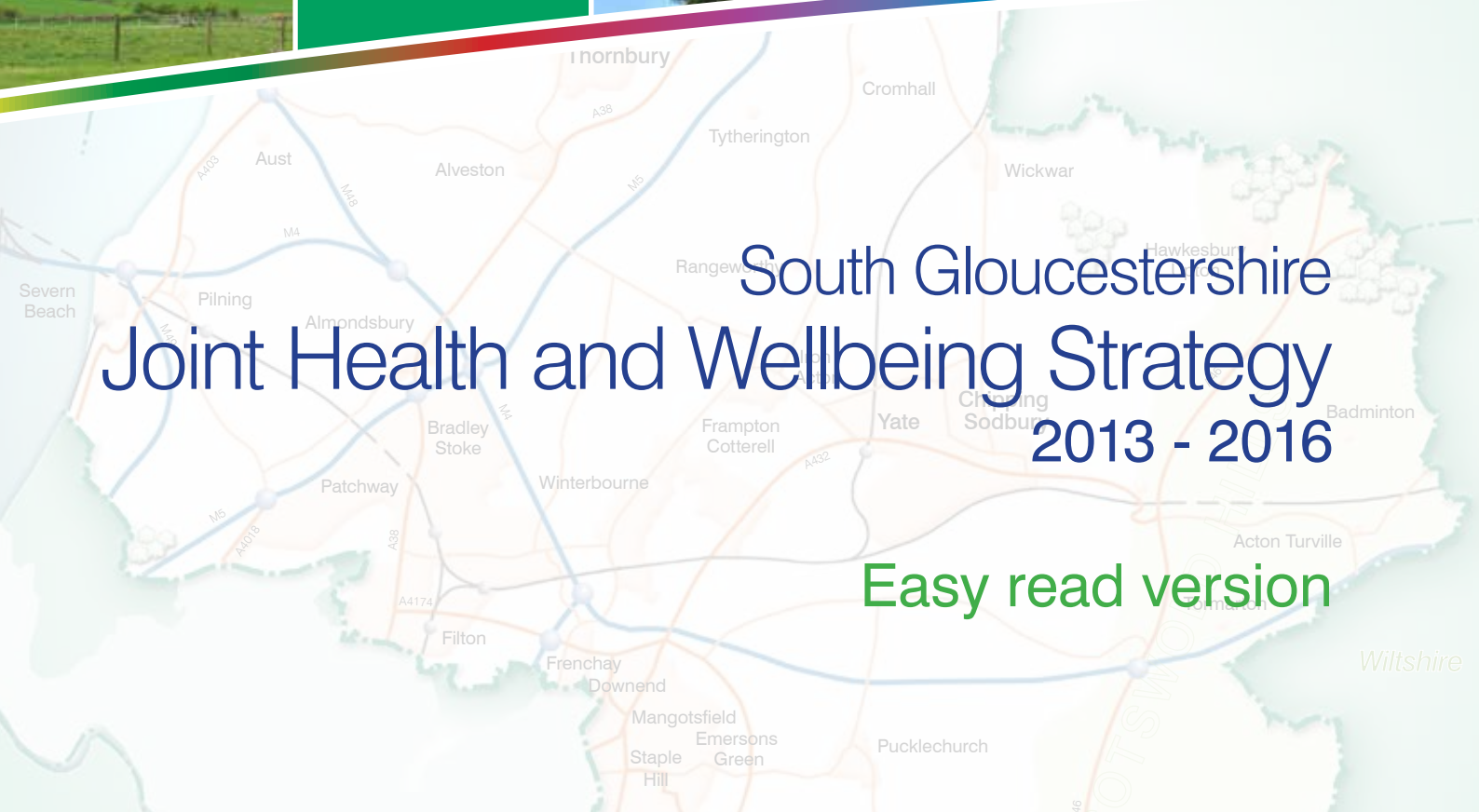
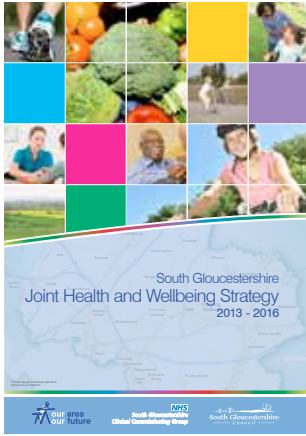




South Gloucestershire Joint Health and Wellbeing Strategy 2013 - 2016

Easy read version





Introduction – what is happening?

South Gloucestershire Council and the National Health Service have written a plan, called the Joint Health and Wellbeing Strategy. It aims to help local people live healthy lives and feel well.



First, we asked a wide range of local people to share their views about the draft strategy.

This is the now final strategy and it has been changed to take into account a large number of people's comments and suggestions on the draft strategy.



What is in the strategy?

Overall the health of people who live in South Gloucestershire is good and has improved in the past few years.



But some health problems in the area are getting worse.

The plan will help to make sure we use what we have in the best way and try to :

- prevent illness by encouraging people to live healthy lifestyles





- make services fair and available for people who most need them
- make services easier to use
- look at how we can all work together to make it easier to use our services
- make sure that the services work for local people and make the best use of the money we have to spend
- ensure that services are provided in a safe way and that the people using the services are treated well

There are some things that may make this difficult. These are a few of the things we will have to think about:

- the number of people who use our services and need support is increasing each year
- the number of older people who need more help is increasing each year
- some things that create health problems are increasing, including people being overweight and people drinking too much alcohol
- there is less money to spend on services

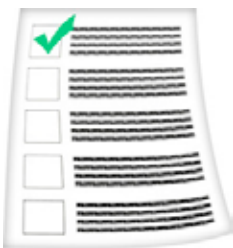


- we need to improve support for carers and people with learning difficulties and to make sure everyone has the chance of the best possible education



The strategy has six really important areas of work called priority themes. These are listed below.

Within each of the priority themes is a set of 'actions'. We will need to work with lots of other agencies, communities and individuals to make sure that the 'actions' will improve the health of people who live in South Gloucestershire.



These priority themes are:

1. Making the healthy choice, the easy choice.

Big health improvements can be made by encouraging people to make small changes in their lives. The number of people diagnosed with heart disease and the number of people diagnosed with cancer could have been reduced by half by reducing smoking and obesity and by increasing being active and eating healthy foods.

Actions include:

- encouraging people to be physically active and taking exercise
- encouraging people to eat healthy foods
- encouraging people to manage their weight
- reducing injuries and falls
- encouraging people to stop smoking and drink less alcohol
- supporting people to have better mental health and wellbeing
- informing people so that they can have better sexual health



2. Tackling health inequalities.



Making sure that everyone, especially vulnerable people have good health and good access to care services

Health inequality means that some people have poorer health and poorer access to care than others. Often poor and vulnerable people do not have good health and access to care compared to other people.



Actions include:

- focussing on things that affect people's health, such as education, income, employment and housing
- ensuring our services meet the needs of vulnerable people and that we design our services to ensure everyone has good health care
- focusing on the six areas in South Gloucestershire called priority neighbourhoods, which have the highest level of health needs
- reducing childhood poverty and supporting children who are growing up in poverty
- reducing domestic abuse
- improving the health of people in vulnerable groups, such as people with learning difficulties, lone parents and black and minority ethnic communities and travellers





3. Making the best start in life

Encouraging children and young people to develop the skills they will need to lead healthy lives and do as well as they can in life.

Actions include:

- supporting new parents, families and pre-school age children
- ensuring children of school age have the opportunity to do their best at school and prepare for later life
- encouraging more young people to stay in school or training, or to find a job
- supporting families and young people with complex needs to get the services they need to do as well as they can
- promoting the emotional wellbeing of all young people and promoting effective support for people with behavioural or emotional difficulties



4. Fulfilling lives for all

Helping people with long term conditions, including physical disabilities and mental health problems, to lead independent, fulfilling and dignified lives

Actions include:

- helping people manage their long term illnesses and disabilities





- supporting people, including disabled people, to gain employment



- developing ways to tackle loneliness and isolation



- improving public transport and accessibility to services

5. Ageing well

Supporting older people to live healthy, active and independent lives for as long as possible

Actions include:



- supporting older people with long-term illnesses
- helping older people maintain their independence
- helping people with dementia from an early stage
- supporting people who are carers
- supporting people at the end of their lives



6. Accessing the right services in the right place, at the right time.

Providing health and care services where and when people need them.

Actions include:

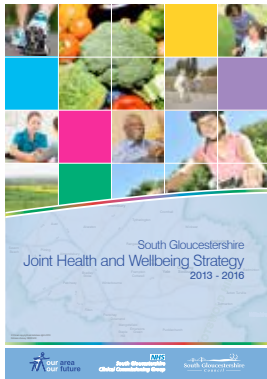
- making sure our services consider proposed new housing development and changes in the birth and death rates





- ensuring people leaving hospital are supported until they are fully better
- improving earlier diagnosis and treatment to prevent the start of many health problems and help prevent health problems getting worse

What happens next



In the full version of the JHWS you can see the other strategies and action plans that already exist and will help take this strategy forward

If you want to read the full version of the plan or to say what you think, go online to:



www.southglos.gov.uk/JHWS

The Health and Wellbeing Board meets regularly to check on progress. These meetings are open to the public and anyone is free to come along.

You can also write to us using the FREEPOST address below (no stamp is needed)



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