



**North Yorkshire
Joint Local Health and Wellbeing Strategy**

2023 – 2030

Draft for consultation

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Introduction



The Joint Local Health and Wellbeing Strategy is a plan to help people who live in North Yorkshire to be healthier and happier.



The plan belongs to the North Yorkshire Health and Wellbeing Board.



People who work for lots of different organisations are part of this Board.

This includes North Yorkshire Council, the NHS, Healthwatch North Yorkshire and other organisations that help to look after people.



The job of the Health and Wellbeing Board is to help people to have a fair and equal chance to live a long and healthy life.

This plan explains how they will work to make this happen.

Why is this important?



North Yorkshire is a good place to live and lots of people live long and healthy lives.



But some groups of people do not.



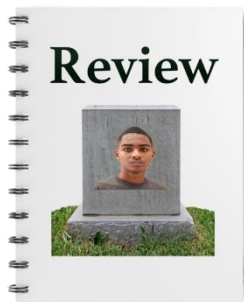
We can all help ourselves to be healthy by making good choices about things, like how much exercise we get, what we eat, not smoking, not drinking too much alcohol.



But there are lots of big things that affect our health too. These things are very hard for us to change by ourselves.

They are things like:

- Where we live
- How much money we have
- The healthcare we get
- The jobs we have
- If we have friends nearby
- If we can travel about easily



These big things can mean that some people die younger than they should, and they live less healthy lives. This is unfair.



The Joint Local Health and Wellbeing Strategy includes lots of things we want to do to make things better for everyone.

How we made the Joint Local Health and Wellbeing Strategy



We looked at lots of different sorts of information to make this plan.

We looked at the **data** that tells us about people's health.

Data is when we collect lots of different numbers together to help us understand something – for example, how many people use a service.



We asked people in organisations to tell us their ideas about the most important things to do.

We looked at what lots of different groups of people had told us already.



We also looked at the plans to make things better for people that the organisations already have. There are lots of different plans.



This helped us to work out what we need to put in the Joint Local Health and Wellbeing Strategy to help people live longer, healthier lives.

Our Plan



Our plan has a big aim. This is what we want our plan to do:

‘For everyone who lives in North Yorkshire to have a fair chance of living a good life, free from **preventable** ill health, living a longer, healthier life.’

Preventable means: things that we can stop from happening



To make this happen, our plan talks about three things. We want everyone to think about these three things and work together on them.

- Think People



- Think Place



- Think Prevention

Think People



When our plan says 'Think People', this is what we want to make happen:

'We want to make sure that our communities with the poorest health have the services and opportunities they need to make their health better.'



Some groups of people in North Yorkshire have very poor health compared to other groups.

This can be for lots of different reasons that they can't change by themselves.



Here are some of the groups of people:

- People whose mental health is not good
- People with learning disabilities
- Autistic people
- Older people who don't have much money and who have health problems
- People who are homeless
- People who take illegal drugs or who drink lots of alcohol
- People who are **refugees** or **asylum seekers**
- People who are Gypsies, Travellers, or Roma
- People who sell sex

	<p>Refugees are people who have had to leave their country because it wasn't safe for them. They are able to live in another country.</p> <p>An asylum seeker is someone who has had to leave their own country and asks to live in a new country.</p>
	<p>Our plan has lots of things we want to do to help these groups of people live healthier lives.</p> <p>These are the things we will do:</p>
	<ul style="list-style-type: none"> • Organisations will work together to make sure people don't have to wait a long time to get a service
	<ul style="list-style-type: none"> • The council and the NHS will work together on plans to make things better for different groups of people. This includes plans about: <ul style="list-style-type: none"> ○ Mental health ○ Autism ○ Dementia ○ Unpaid carers ○ Special Educational Needs and Disabilities ○ People who need help because of their use of drugs and alcohol ○ Women's health



- We will find out more about why some groups of people find it hard to live a healthy life. We will use this information to improve the way we help people



- We will make sure that there are good care services available everywhere in North Yorkshire



- We will make sure that there are different sorts of housing for people who need some care and support, so that they have a choice about where they live



- We will make it easier for people to use **technology** as part of their care and support
- Technology** means digital and electronic equipment to help people stay independent, for example fall alarms



- We will make it easier for people to get support for their mental health in their local area



- We will help people who are pregnant to be healthy



- We will support parents who need some extra help with being healthy, looking after their children and paying bills



- We will help children to stay in school and have a good education



- We will all work together to make sure we agree how we need to spend our time and money to make the most difference for children



- We will all work together on our big plans to help children have better mental health



- We will all work together to keep children and adults safe



- We will use lots of different information to help us check if we are making things better

Think Place



When our plan says 'Think Place', this is what we want to make happen:

'We want to make sure that where you live helps you stay well and happy.'



We know that where we live is important to our health and happiness.

It is good for our health if we live somewhere safe, with good housing, green spaces, good jobs, shops and other services, and ways to travel around.

Lots of people in North Yorkshire live in places like this, but some people do not.



Good housing that people can afford is a problem in North Yorkshire.

It can also be hard for people to get good jobs, and get to the services that they need, if they live in the countryside or in a small town.



Some areas in North Yorkshire are much poorer than the rest, and people who live in these areas are much less healthy. This includes some areas on the coast, in Scarborough and Whitby.



Our plan has lots of things we want to do to help make sure that where we live helps us to stay healthy and happy.

These are the things we will do:



- Help to develop health and care services to join up and work together in local areas



- Develop Community Partnerships in our towns to help us work together to make things better in local areas





- Make sure our big plans help local areas to be healthy places to live, including:
 - North Yorkshire Local Plan
 - Local Transport Plan
 - Housing Strategy
 - Economic Growth Strategy
 - **Devolution** deal for North Yorkshire and York

Devolution is when central Government gives more power to local councils to make decisions.



- Find ways to change the areas we live so that it is easier for us to stay healthy, including:
 - Making it easier to get exercise
 - Making it easier to get affordable healthy food
 - Making it easier to travel around, including by walking or cycling
 - Good air quality, inside and outside
 - Making sure our countryside, our villages and towns are nice places to live and can cope with weather changes



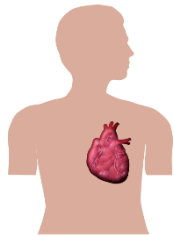
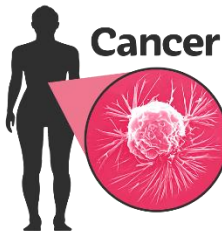
- Help the communities that are the poorest and most unhealthy to become healthier and more equal to other communities, by:
 - Making sure we have good information to help us understand what the problems are
 - Finding more people to work in health and care
 - Making it easier to get health and care services
 - Find new ways to provide home care services in rural areas

Think Prevention



When our plan says 'Think Prevention', this is what we want to make happen:

'We want to help everyone who lives in North Yorkshire to be healthier by doing the big things that will make the most difference.'



There are some illnesses that affect lots of people. They are:

- Cancer
- Heart disease
- Problems that affect the muscles and bones
- Mental ill-health
- Dementia
- Breathing problems

Together, these illnesses add up to more than 60% of ill health and early death in England.

A lot of people have more than one of these illnesses at the same time.



There are things we can do to stop these illnesses from happening, or make them happen more slowly. We call this **prevention**.

Prevention works best if it starts when we are children, but we can all make choices to help ourselves stay healthy. This includes exercise, what we eat and drink, and not smoking.



We want to make it easier for everyone in North Yorkshire to make healthy choices.

These are the things we will do:



- There is a big NHS Plan called the **‘Major Conditions Strategy’**. It is about making sure that fewer people get illnesses like diabetes and heart disease.

We will look at this plan and work out what we need to do in North Yorkshire.



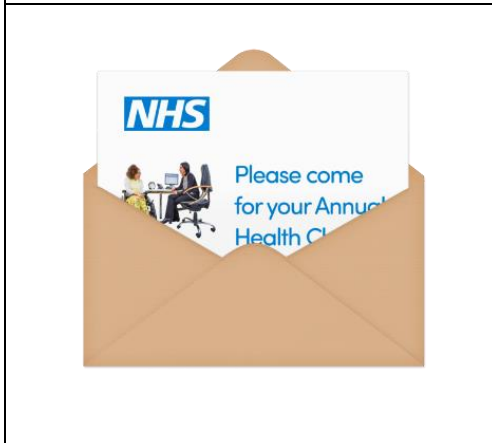
- We will help people to stop smoking.



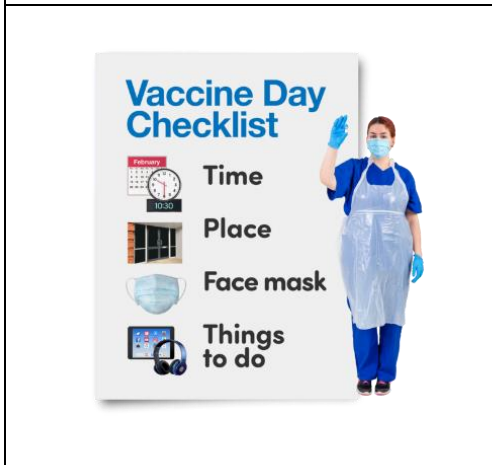
- We will help people to stay a healthy weight.



- We will help people to stay well and out of hospital.
- If they need to go to hospital, we will help them to go back home when they are ready, rather than having to stay in for longer than they need.



- We will help more people to have regular health checks, like the Annual Health Checks.



- We will help people to have the vaccinations that they need.



- We will make a plan to help people who want to kill themselves on purpose. This is called **suicide**.

Suicide is when a person kills themselves on purpose because they are finding life too difficult.



- We have a plan for making things better for older people. We have written this plan with older people. We will work with older people to make this plan happen.



- We will help people to stay healthy and safe during bad weather, like snow, floods and very hot weather.
- We will also help people to stay warm during cold weather.



- We will help children and young people to stay healthy and happy.



- We will make sure families who don't have enough money for food and bills know about the different sorts of help available.



- We will make sure we have the information we need to know if people are getting healthier.



- We will help people to stay healthy when they are wanting to have sex or get pregnant.



- We will help people to make choices and get **contraceptives** if they don't want to get pregnant, especially young people.

Contraceptives are things that stop you getting pregnant or making someone else pregnant, for example condoms, birth control pills and the coil.

What we want all organisations to do

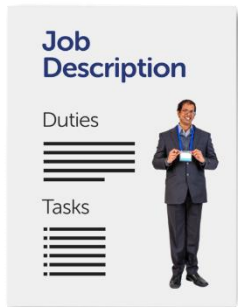
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North Yorkshire



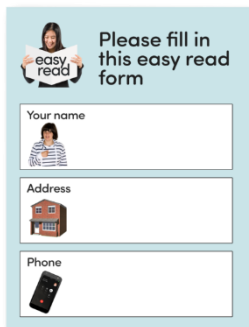
There are some big things that the Health and Wellbeing Board wants all organisations to do.

These things will help us make the changes we want for North Yorkshire.

We want all organisations to:



- Provide employment opportunities for people who find it hard to get a job.



- Make sure the way we do things is accessible to disabled people, and other people who find it hard to access services.

This includes accessible information and the services we offer.



- Work with different groups to find out what problems there are with accessibility and ideas to fix the problems

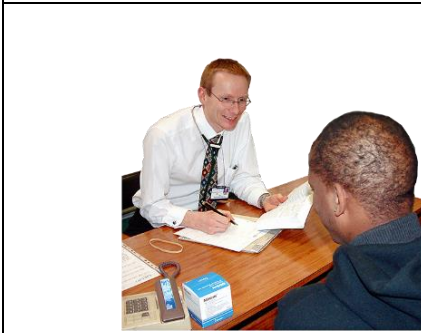


- Make sure we all use our money, staff and buildings in the best way we can



- Make sure we all help people to use **technology** and digital services

When we talk about **technology**, we mean things like mobile phones, iPads, apps, Alexa, Facebook, Zoom and the internet.



- Make sure that if people can't use technology and digital services, they still receive good services



- Work together to listen to people and involve them, and **co-produce** with them

Co-produce means people and organisations working together to come up with ideas to make things better

Making our plan happen

Health and Wellbeing Board
North Yorkshire



The Health and Wellbeing Board will make this plan happen by helping all the different organisations work together to make changes.



They also will also make sure they all think about equality and diversity when they make changes.



The Board will check to make sure the plan is happening.

The Board will ask the different organisations to explain what they are doing to make the plan happen.



The Board will look at information to see if different groups and communities have better and more equal health.



The Board will ask the different groups and communities what they think about the changes.



The Board will use its meetings to find out how the plan is working.