

# Herefordshire's Health and Wellbeing Plan

2023 to 2033



Easy  
Read

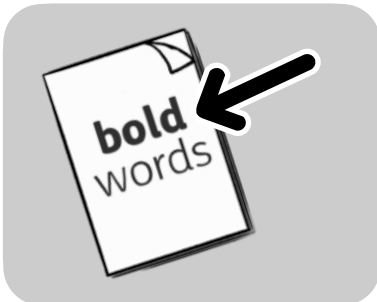
# Easy Read



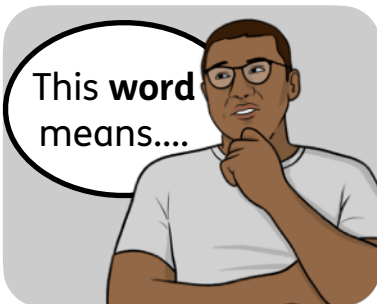
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



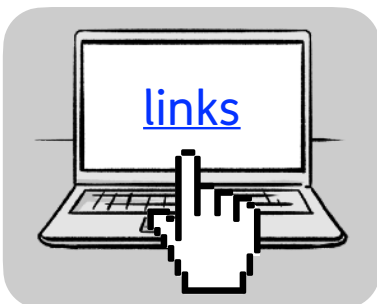
This Easy Read booklet uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.

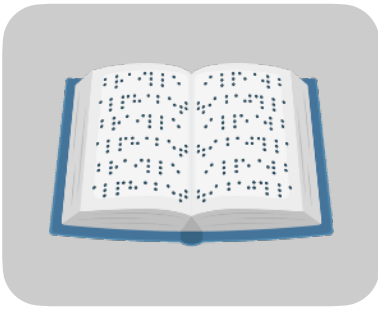


These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

If you need help to:



- Understand this plan.



- Get it in another way, like large print or braille.



- Get it in another language.



Then please email:

[communications@herefordshire.gov.uk](mailto:communications@herefordshire.gov.uk)

# What is in this booklet

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# About this plan



This is a plan to support health and wellbeing in Herefordshire.



Herefordshire Council worked with different health and care organisations to write this plan.



The plan will help different organisations to work together and support people better.

# How we came up with this plan

We have worked on this plan in stages:



- We started by thinking about what we wanted health and wellbeing in Herefordshire to be like.



- We worked on some **principles** for the plan.

**Principles** are ideas that we include in all of our work.



- We worked with different organisations in Herefordshire to see what they thought.



- We spoke to people who live in Herefordshire to see what affects their health and wellbeing.

# Our vision



A **vision** is what we want to see happen in Herefordshire.

Our vision is 'health and wellbeing for everyone'.

We will make sure our vision happens by working on our 4 goals.

Our 4 goals are:



1. Good local areas where:



- Children and young people feel safe and welcome.



- People trust and are kind to each other.



2. Healthy places where people can learn, live and work in a healthy way.

This includes:



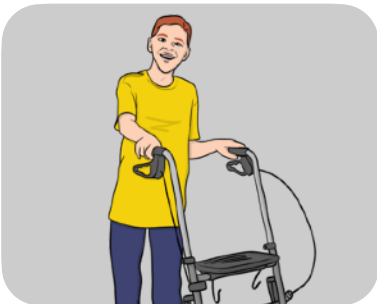
- Good local areas that help people to be active and move their bodies.



- Good homes that are safe and warm.



- Making sure the outdoors is safe for people to use and enjoy.



3. Chances for everyone to do the best they can in life.



Chances for everyone to do the best in life they can include:



- Good schools and education.



- Good paying jobs.



- Jobs that help different groups of people meet each other.



4. Healthy people, which means:

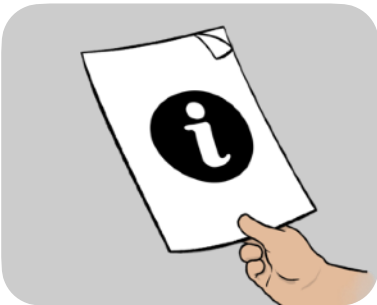


- People will be in control of their health.

## Healthy people also means:



- People can choose to lower how many unhealthy activities they do.

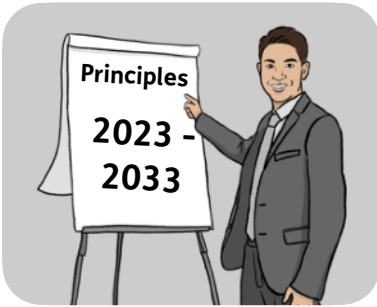


- Everyone will get information, services and support that suits their needs.



- People will get the services they need at the right time and in places that are right for them, including their own homes.

# Our principles



Remember, **principles** are ideas that we include in all of our work.

These are the principles we will include in our work over the next 10 years.

## Prevention first



**Prevention first** means stopping people from getting ill in the first place.

## Working with communities



**Communities** means different groups of people who have something in common, like disabled people.

We will work with different groups of people to:



- Decide what services should be like.



- Include people in our plans who know what it is like to be from a certain group of people.

## Lowering health inequality



**Health inequality** is when people have poor health because of where they live or their background.



We will work with groups that have poor health to support them.

# Thinking about our staff



Lots of our staff live in Herefordshire.

Our staff play a big part in providing good services.

We need to understand:



- How many staff we need.
- What skills staff need to have.

# Working together



We need to join up the different health organisations and services in Herefordshire.



This is so people we care for are looked after in the best way.

This will help people to get the care they need at the right time.

## Looking at the results of our work



We need to look at our work and check if it is getting the results we want.

## Using information to make decisions



We will use the best information to make decisions.



We will work on new services based on what people need.



This will help us to use money and buildings in the best way possible.

# Our priorities



**Priorities** are the important things that we need to work on first.

We have 2 main priorities:



1. Best start in life for children.



2. Good mental wellbeing all through people's lives.



We have also decided on 6 other priorities.

All 6 of these priorities will help people to live healthy lives.



Our 6 other priorities are:

1. Making it easier for people to use services in their local areas.



2. Supporting older people to live well.



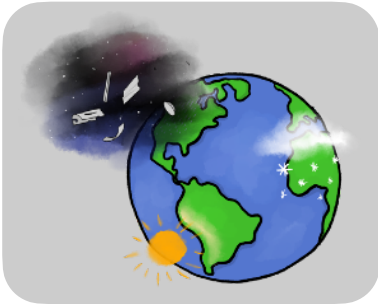
3. Helping people to have better jobs with better pay.



4. Supporting people who have lots of different health needs.



5. Making homes better and finding homes for people who do not have one.



6. Lowering how much we affect **climate change**.

**Climate change** is all about big changes in the weather. Like storms getting worse than they used to be.

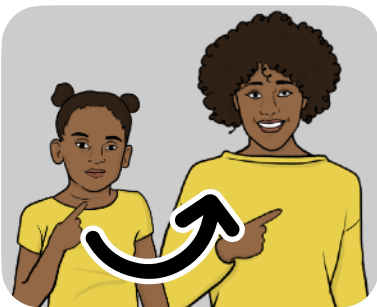


# What our main priorities mean

## Best start in life for children



This means that children will have everything they need to do the best they can.

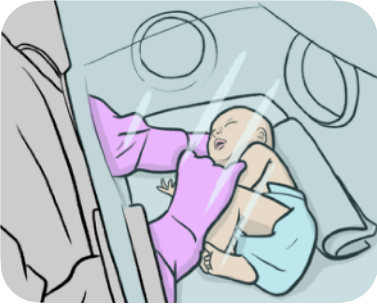


The start of a child's life makes a big difference to how well they will do later in life when they are an adult.



If children have a bad start to life it can make it difficult for them to have good lives as adults.

We want to improve children's start in life by:



- Lower the number of babies who die less than 12 months after they are born.



- Lower the number of pregnant mothers who smoke.



- Raise the number of mothers who breastfeed their babies.



- Raise the number of babies and young children who get **vaccines**.

**Vaccines** are injections or jabs that help to stop you from being ill with a certain illness.



- Lower the number of children who are overweight or **obese** when they start school.

**Obese** means they have a lot of fat on their body.



- Lower the number of children who get rotten teeth.



- Help children who have an Education, Health and Care Plan to do better at school.



- Support children who are in care to have a better start in life.



To do these things we will need to make sure families are supported by the services they use.



There needs to be more support for families who need the most help.

Services, organisations and businesses across Herefordshire will need to work together to support all families.

## How we will know if we are getting this right

We have come up with 4 main results that we want to see.



These are:

1. Children being healthy.



2. Children being kept safe from harm at home and in their local area.



3. Young children doing things that they should be able to at the right time, like starting to talk.



4. Parents being supported before and after their baby is born.

## Good mental wellbeing all through people's lives



**Good mental wellbeing** means feeling good and being able to do things in your life well.



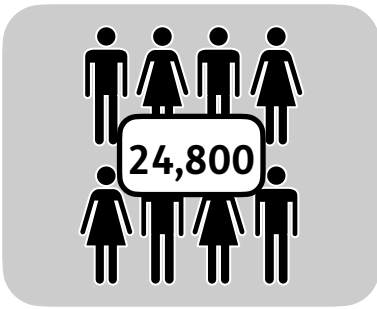
Good mental wellbeing is very important. People do best in life when they have good mental wellbeing.



People who have good mental wellbeing are less likely to do unhealthy things like smoking or drinking too much alcohol.



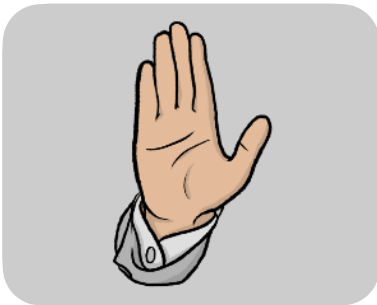
In Herefordshire, people have better mental wellbeing than in the whole of England.



But there are still around 24,800 adults who have problems with their mental health.



Supporting people who have poor mental wellbeing can be difficult.



Often the best way of dealing with poor mental wellbeing is to stop it from happening in the first place.

Some of the things happening in Herefordshire to support mental wellbeing are:



- Mental Health First Aid training for staff who work in services.



- Mental Health in Schools Programme.



Other things happening to support mental wellbeing include:

- The Herefordshire and Worcestershire Wellbeing and Recovery College.



- The Cart Shed charity, which has activities in the woodland to support mental wellbeing.



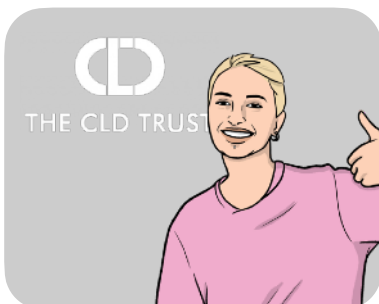
- Safe havens, where people can go to get support and do activities.



- Support services based on a farm to help people with mental health problems and learning disabilities.



- Men's Shed - this is a club for men to go and do activities like making or mending things. It helps men to mix with other people and not be lonely.



- The CLD Trust, which has support services for young people.

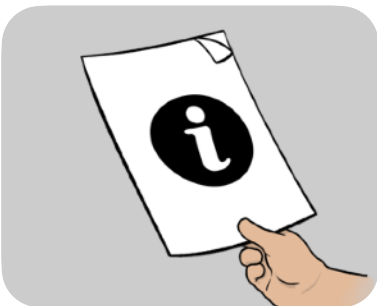
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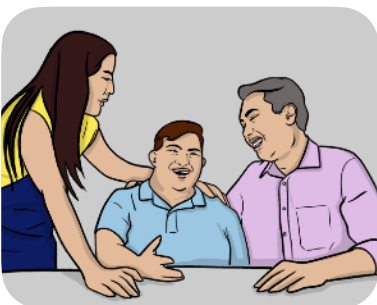
1. People feeling happy with their life.



2. People being able to get the right mental health information and services for them.



3. People feeling safe from harm in their local area.



4. People feeling part of their local area, so people do not feel lonely and can help each other.



# Making this plan happen

All of the health and care services in Herefordshire need to work together to:



- Improve health and wellbeing.
- Lower health inequalities.



The Health and Wellbeing Board will check that this plan is being followed by different services and organisations.



We will need to think about how health is affected in every decision that services and organisations make.



After we share this plan with the public, we will make plans for how we will make sure our 2 main priorities happen.



We will write the plans with other services, organisations, and people living in Herefordshire.



Some services and organisations are already in charge of some of the other priorities in this plan.



The Health and Wellbeing Board can help different services to find out:

- What works well.
- How to work better.



This plan may change over time as we:

- Listen to what people in Herefordshire need.
- Learn new information in the future.



This will make sure that health and wellbeing in Herefordshire carry on improving.

# Find out more



You can look at our website here:  
[www.herefordshire.gov.uk/family-support/health-wellbeing-strategy](http://www.herefordshire.gov.uk/family-support/health-wellbeing-strategy)