



A Happier and Healthier Berkshire

Reading West Berkshire Wokingham

Berkshire West Joint Health and Wellbeing Strategy

A plan to help improve people's health & wellbeing



Easy read from CLASP



What is the Joint Health and Wellbeing strategy?

- ✓ It is a plan to help improve people's health and wellbeing (happiness).
- ✓ It is for people living in Reading, West Berkshire and Wokingham.
- ✓ The plan is for the next 10 years.
- ✓ It looks at 11 different areas.



11 different areas:



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1. Helping everyone have the same chance to live a healthy life



2. Supporting vulnerable people to live healthy lives



3. Supporting families with young children to be healthy



4. Helping people get over addictions to alcohol etc



5. Being healthy and well at work



6. Fitter communities



7. Supporting people with lots of health needs



8. Supporting people who had a traumatic (difficult) childhood



9. Building strong and healthy communities



10. Mental health support for children and young people



11. Mental health support for adults



Area 1: Helping everyone have the same chance to live a healthy life

Some people's health is often worse than other members of the community. This could be because:

- They are poorer
- They can't get to health appointments
- They don't know how to keep healthy



What do we want to do?

- ✓ We want to close the health gap so that everyone has the same chance to live a healthy life.



Area 2: Supporting vulnerable people to live healthy lives

Supporting vulnerable people to live healthy lives will make everyone's lives better.

What do we want to do?

- ✓ Give vulnerable people extra help so they know how to look after their health and wellbeing.
- ✓ Give them information they understand.
- ✓ Keep them connected to the community so they don't feel isolated.



Area 3: Supporting families with young children to be healthy



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During pregnancy and the first 2 years of a child's life are very important times.



What do we want to do?

- ✓ Support parents to have good relationships with each other and their children. This will help the whole family to be happy and healthy.



Area 4: Helping people get over addictions to alcohol, smoking, drugs

People who are addicted to alcohol, smoking or drugs have extra health problems. Their addiction affects the people around them as well as themselves.



What do we want to do?

- ✓ Provide good quality addiction services and support to help people give up.
- ✓ Encourage others not to start these habits in the first place.



Area 5: Being healthy and well at work

Having a good job helps our mental health.

What do we want to do?

- ✓ Support people with health conditions to find work and stay employed.
- ✓ Ask employers to support their staff's health and wellbeing needs.
- ✓ Ask employers to be more inclusive and support their staff's cultural needs.



Area 6: Fitter communities



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People who don't exercise are more likely to get ill.
Exercise helps our mental health too.



What do we want to do?

- ✓ Encourage people to be more active by:
 - improving green spaces in our communities
 - supporting people to get out of their homes.
- ✓ Ask communities to work together to improve everyone's access to fitness.

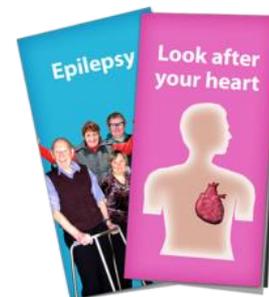


Area 7: Supporting people who have lots of health needs

People with lots of health needs spend more time in hospital and often don't have a good quality of life.

What do we want to do?

- ✓ Give them information about their health conditions so they can help themselves.
- ✓ Help them access good quality services.
- ✓ Support their carers so they can do their job well.



Area 8: Supporting people who had a traumatic (difficult) childhood

A traumatic childhood includes things like abuse or neglect, living in poverty, losing a parent, or having parents who argue all the time.

What do we want to do?

- ✓ Support organisations that protect children.
- ✓ Help children cope with their experiences so they can grow up well.
- ✓ Support adults who have experienced a traumatic childhood.



Area 9: Building strong & healthy communities

When people feel lonely and isolated, it affects their health and wellbeing. They can become depressed, find it hard to sleep, and get ill more easily.

What do we want to do?

- ✓ Help people cope with everyday pressures such as work or difficult relationships.
- ✓ Create positive, inclusive communities that help people to live well and stop them feeling isolated.



Area 10: Mental health support for children and young people

Lots of children and young people need support with their mental health.

What do we want to do?

- ✓ Offer good mental health support to children and young people when needed.
- ✓ Support children to cope with their problems so they can manage them on their own in future.
- ✓ Show parents how to be good at supporting their children's mental health.



Area 11: Mental health support for adults

1 in 4 people have a mental health problem each year. Poor mental health can affect the quality of people's lives and how long they live.



What do we want to do?

- ✓ Make 'good mental health' a priority for everyone.
- ✓ Give people the right support at the right time. It will help people with their health, their relationships and stay in work.

