The Leicester Health, Care and Wellbeing Strategy

2022-27

Draft V4

April 2022

Foreword

I am pleased to introduce our Joint Health and Wellbeing Strategy for Leicester, which reflects the ambitions and priorities of the city's Health and Wellbeing Board.

Leicester is a vibrant and diverse city in which to live and work, but there are complex health challenges that need addressing. We aim to reduce health inequalities and improve the quality of life and life expectancy of residents, particularly those who are from lower socio-economic groups, and seldom heard communities.

The previous version of this strategy was originally published in late 2019, before any of us had heard of COVID-19. Leicester has been hit particularly hard, being the first place in the country to go into local lockdown in summer 2020 and having relatively high levels of coronavirus infection throughout. The coronavirus pandemic has affected people differently, with those with lower socio-economic status linked to housing and lower-paid jobs or unemployment showing higher rates of coronavirus infection, hospitalisation and deaths than the general population. These differences have been seen in levels of coronavirus infections, numbers of hospitalisations, and deaths as well as other impacts such as the economic effects. School bubbles having to close and children missing schooling has affected all children to an extent, but again children from more deprived areas have missed more school due to higher levels of coronavirus infection in the community and more frequent school bubble closures.

Many people in the city will have been personally affected by the grief of losing loved ones to coronavirus and we offer you our sincere condolences for your losses. We acknowledge that many people's lives will have been changed forever by the pandemic.

This strategy looks beyond the remit of healthcare alone and focusses on improving the health and wellbeing of Leicester's residents over the next five years. We are also looking to reduce the impact of unfair differences in health and wellbeing, known as health inequalities. These were already present in our city, as they are nationally and around the world. However the coronavirus pandemic has made many of these health inequalities more visible, and in some cases will have made these inequalities worse. In this strategy, we will set out our intention to use our local assets such as parks, waterways, leisure centres and museums and theatres to support health and wellbeing and reduce health inequalities. We will also work to make the city environment, including buildings and open spaces, as advantageous to good health and wellbeing as possible.

When the previous strategy was initially developed it was a time of financial pressure which was being felt across all sectors and organisations. We are now faced with the complex nature of a city and country trying to recover from the effects of a pandemic as well as restoring services in the face of continuing financial pressures alongside the rising cost of living for us all.

Delivering this ambitious strategy will depend on a co-ordinated and collaborative approach between all partners, including the local authority, health and social care, local businesses and the voluntary and community sector. This approach may not be without its challenges, but we believe that working together is the best way to have a long-lasting, positive impact on the health of our city's residents as we all work

to move into a recovery phase whilst the pandemic remains a reality. During the pandemic, the people of Leicester demonstrated enormous community spirit to support one other. It is this drive and determination that will contribute to the delivery and success of the strategy.

I would like to thank everyone who has contributed to this strategy, a strategy which represents an important step in improving the health and wellbeing of Leicester's residents. Together, we can continue to make this city a great place to live, work and socialise as we continue the recovery from the coronavirus pandemic.

Councillor Vi Dempster, Assistant City Mayor - Health

1. What is the purpose of this strategy?

The purpose of this strategy is to set out key priorities for the health and wellbeing of the people of Leicester over the next five years.

Our overall purpose and ambition is:

Working together to enable everyone in Leicester to have an equal opportunity for good health and wellbeing

We want to tackle the Inverse Care Law. This means that the people who most need health care are least likely to receive it. Unfortunately, this can also apply to other services and support. It is unfair and unjust. We recognise this will require greater collective partnership action to address the wider determinants of health and require targeted action to improve the lives of people in the city currently or are that are at risk of poor health outcomes. Leicester's Health and Wellbeing Board consists of a range of organisations working in partnership to improve the health and wellbeing of the people of Leicester. The board includes representatives from Leicester City Council (both elected members and officers), the NHS, a representative of the city's sports community, the Police, the universities, and Healthwatch. This strategy sets out the priorities of the Health and Wellbeing Board, and its member organisations, for the next five years, working in conjunction with a whole range of organisations, boards, groups and communities.

Further, this strategy is part of wider work to support of the Leicester, Leicestershire, and Rutland Integrated Care System (ICS) to create an offer to the local population of each place, to ensure that in that place everyone can:

- access clear advice on staying well.
- access a range of preventative services.
- access simple, joined-up care and treatment when they need it.
- access digital services (with non-digital alternatives) that put the citizen at the heart of their own care.
- access proactive support to keep as well as possible, where they are vulnerable or at high risk; and to
- through employment, training, procurement and volunteering activities, anchor institutions such as the NHS and local authorities, play a full part in social and economic development and environmental sustainability.[1]

2. Background

When the previous strategy was published in 2019, none of us knew that the world was about to change dramatically. The coronavirus (COVID-19) pandemic was to affect our lives in ways that we could not have imagined.
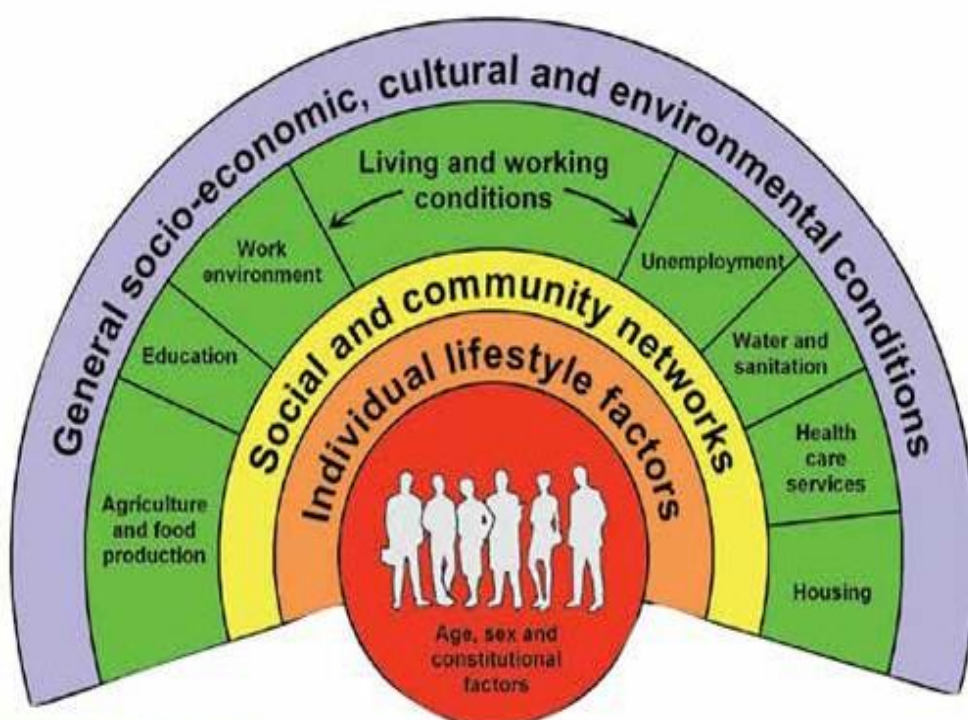
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[1] https://www.england.nhs.uk/wp-content/uploads/2021/01/integrating-care-next-steps-to-building-strong-and-effective-integrated-care-systems.pdf

Leicester and its people have been subject to some form of coronavirus related restrictions since March 2020. Leicester was the first place in the country to be placed into a local lockdown in summer 2020 to try and curb coronavirus infection levels in the summer of 2020. The pandemic has affected people unequally, with differences seen in levels of infection, serious illness and death based on people's ethnicity, and living and working conditions. For example, some people with lower paid jobs were unable to work from home and therefore at greater risk of acquiring and dying from the infection. Another example of those disproportionately affected include those living in overcrowded and poor-quality housing. These factors are beyond people's individual control, and the COVID-19 pandemic has further exacerbated the struggled that people face due to them.

The issues identified as important by the people of Leicester in 2019 have not gone away. There will have been differences in people's experiences of life during the coronavirus pandemic. This updated strategy is a 'call to action' to tackle the origins of ill health in our city alongside our recovery from the coronavirus pandemic, by fostering a shared approach to protecting residents' health and wellbeing with local organisations and communities.

We know that improving access to services when people need them is important to the people of Leicester. Evidence shows that simply increasing access to health, care and wellbeing services will not adequately address health needs or improve the wellbeing of Leicester's residents. Improvements in access in services will need to happen alongside a more rounded approach to addressing health challenges. We need to consider the broad factors that determine a person's health and wellbeing, such as people's unique characteristics, their environment, communities and relationships. The image below illustrates how general socio-economic, cultural and environmental factors can interact to determine a person's health and wellbeing.

Figure 1: The wider determinants of health, Dahlgren and Whitehead

A range of community and faith groups have been integral parts of Leicester's response to the pandemic, supporting local residents with practical support such as delivering food or medicines, and working to support vaccination pop-up clinics in community venues. By drawing on the existing resources of partners and communities and building on the relationships that have developed over the course of the pandemic, we can work together to provide innovative and wide-ranging solutions to the city's complex health and wellbeing needs.

Local organisations are working together on these solutions. We have a new Health Inequalities Framework, which sets out the ways that the NHS, local government and community and voluntary sector organisations will work together to reduce unfair and avoidable differences in wellbeing experienced by people in Leicester. We will look to develop a new action plan together with different communities across Leicester to come up with local solutions for issues that affect the physical, emotional and mental wellbeing of our residents.

NHS England also have a national framework for addressing health inequalities. This is called CORE20PLUS5. This approach defines target populations and 5 focus clinical areas. CORE20 is the people living in the 20% most deprived areas; PLUS incorporates groups that experience poorer than average access to services/experience of services and/or outcomes and inclusion groups; 5 includes specific targets within maternity, severe mental illness, chronic respiratory disease, early cancer diagnosis, and hypertension. The CORE20PLUS5 approach is being used in Leicester and Health and Wellbeing board partners are working on reducing health inequalities in these groups alongside other initiatives.

Figure 2: CORE20PLUS5 www.england.nhs.uk/about/equality/equality-hub/core20plus5/

REDUCING HEALTHCARE INEQUALITIES

The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in health inequalities improvement

CORE20
The most deprived **20%** of the national population as identified by the Index of Multiple Deprivation

PLUS
ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups

Target population

CORE20 PLUS 5

Key clinical areas of health inequalities

1. **MATERNITY** ensuring continuity of care for **75%** of women from BAME communities and from the most deprived groups

2. **SEVERE MENTAL ILLNESS (SMI)** ensuring annual health checks for **60%** of those living with SMI (bringing SMI in line with the success seen in Learning Disabilities)

3. **CHRONIC RESPIRATORY DISEASE** a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia vaccines to reduce infective exacerbations and emergency hospital admissions due to those exacerbations

4. **EARLY CANCER DIAGNOSIS** **75%** of cases diagnosed at stage 1 or 2 by 2028

5. **HYPERTENSION CASE-FINDING** to allow for interventions to optimise blood pressure and minimise the risk of myocardial infarction and stroke

3. Why do we need a strategy?

There are significant health inequalities between different areas within Leicester, as well as many health and wellbeing outcomes in Leicester being significantly worse than the England average. The city has many areas of deprivation, and the difference in health outcomes between the most and least deprived areas of the city is stark. These differences have also been seen in the levels of coronavirus infection and deaths in different areas, as well as the wider impacts of the coronavirus pandemic.

There is a seven-year difference in life expectancy between men living in the most and least deprived areas of the city. Those living in the most deprived areas of Leicester will live more years in poor health than those in the least deprived. Reducing this inequality within our city can only be achieved by focusing on those in greatest need and working with them to reduce the many different factors that may have a negative influence on their health and wellbeing.

The coronavirus (COVID-19) pandemic has and continues to have a major impact on people. Food poverty increased in 2020. People in lower paid roles or with zero hours contracts were facing greater financial instability. Those whose employers could not fund time off work for self-isolation or those who were not eligible for financial support to isolate may have found themselves having to work regardless to be able to feed their family. Children from disadvantaged families, and children of black and minority ethnicities lost more learning time due to lockdowns and self-isolation than those from wealthier areas. Carers of all ages will have found themselves under greater strain as a result of lockdowns. The cost of living is rising, with major increases in the cost of energy bills likely to increase the number of people living in fuel poverty over the coming months.

One of the main aims of this strategy is to reduce health inequalities. These are unfair and avoidable differences in health due to a range of factors as set out in the diagram on The Determinants of Health. No matter where we live, our health behaviours are influenced by our wider environment. Behaviours such as smoking, excessive drinking, drug use, poor diet and inactivity are greater in many parts of our city than they should be. This leads to a poorer quality of life, a shorter life expectancy overall and to an increase in rates of heart disease, cancer and respiratory disease, the leading causes of death in the city.

Around 48,500 people in Leicester are living with more than one long term physical or mental health condition. In Leicester, 25% of people living with diabetes have five or more additional health conditions, and 35% of those living with depression have three or more additional health conditions.

There is a clear link between people's mental and physical health. When a person is struggling with poor mental health, their physical health is likely to suffer too, and vice versa. People with poor mental health are more likely to engage with unhealthy behaviours and poor lifestyle choices, contributing to premature death. In Leicester it is estimated that between 34,000 and 38,000 people live with a common mental health problem such as depression or anxiety, and around 3,400 people live with an enduring mental health condition, such as schizophrenia or bi-polar disorder.

Approximately 30,000 people are socially isolated in the city. Social isolation and loneliness have a direct negative impact on mental and physical health and can make existing health problems worse. This impacts on people of all ages, particularly older people, but this is becoming increasingly common amongst younger people aged 16 -24 years.

These key issues affecting the health of people in Leicester are the core themes of this strategy.

4. Themes for action

Our ambitions for Leicester are grouped under five themes, which are shown in the diagram below.

THEME 1: HEALTHY PLACES

Ambition: To make Leicester the healthiest possible environment in which to live and work

A healthy Leicester promotes good health and alleviates and prevents health inequalities. It has green and open spaces, leisure facilities, libraries and museums. The air is clean, fit to breathe, there are low levels of unemployment and insecure work, and homes are of a decent standard. There are good choices with easy access to healthy food and opportunities to exercise regularly and travel by bike or on foot. A healthy place offers is a sense of community, safety and inclusiveness. Leicester has a number of parks and open spaces; work is going on to regenerate areas of the city and make these more pedestrian friendly; people continue to use our leisure centres, libraries and museums. However, these facilities are not necessarily equally accessible to all communities throughout the city.

Our environment has an impact on our quality of life, our health and our life expectancy. People living in environments with increased air and noise pollution with little to no green space, or who are working in low-paid, insecure occupations with few opportunities for social mobility, are those who generally have poorer health and lower than average life expectancy.

Key issues that we know affect the local environment in Leicester with examples of what we are doing to improve people's opportunities of living a health life

Area	What we know about the City	Examples of work we are doing
Air quality and transport	Half of Leicester's residents are concerned about air quality. Motor vehicles are the greatest contributor to air pollution in the city. With less people driving during the pandemic, the air quality in Leicester improved.	We are promoting the health benefits of sustainable transport, such as cycling and walking, and improving air quality by working with transport sectors to reduce their impact on the environment. We are endeavouring to keep the clean air levels that were reached when fewer vehicles on the road during the pandemic, through supporting work towards our city being carbon neutral.
Health and Care Services	Leicester's people often have to tell their story more than once to different health and care agencies. COVID-19 has impacted access to health and care services and waiting lists for diagnosis and treatment have increased.	We are improving digital access to care and optimising function through new models of integrated care. We are also working in new partnership ways at a Neighbourhood Level to provide a seamless experience when residents are talking to partners
Housing and the built environment	One in five households in Leicester are overcrowded, rising to two in five if they have children. With people spending more time working from home, it is even more important that housing is of good quality. Further, the fuel poverty rate in Leicester is among the highest in England.	We are ensuring all local authority housing meets decent home standards. By maintaining and improving housing in the public and private sectors we are helping to ensure all properties are safe, healthy places to live in.
Mental Health	It is estimated that between 34,000-38,0000 people in Leicester live with a common mental health problem such as depression or anxiety. COVID-19 has further exacerbated mental health and wellbeing problems in our population.	We are offering facilities where communities can come together to take part in a wide range of social and cultural activities to benefit their mental and physical wellbeing.

THEME 2: HEALTHY MINDS

Ambition: To promote positive mental health within Leicester across the life course

Good mental health and wellbeing is vital for quality of life and life expectancy. Many people in Leicester experience mental health problems which can contribute to problems loneliness, isolation, and poor physical health. Adverse life experiences such as relationship problems, debt, or bereavement can contribute to poor mental health.

Our mental wellbeing is shaped by childhood experiences. Learning to cope with problems from an early age can prevent mental health problems in later life. It's important to ensure children have emotional support at home and school.

People with poor mental health report the stigma they face from others can exacerbate their problems. In Leicester, we need to tackle mental health stigma and discrimination and work to ensure that mental health is viewed with the same importance as physical health.

Suicide is sometimes linked to poor mental health. It is for us to acknowledge and prevent suicide whenever possible. Deaths by suicide can trigger complex emotions in people who have been bereaved. Offering timely support to those who have been affected is key to our approach. Mental health services in Leicester are widely used. Sometimes people have difficulty accessing timely treatment. Our aim is to ensure wider approaches can be used to support the resilience of people in need.

Key issues affecting mental health in Leicester with examples of what we are doing to improve people's opportunities to live a healthy life:

Area	What we know about the City	Examples of work we are doing
Preventing deaths by suicide	Around 30 people die by suicide in Leicester each year. Suicide can be influenced by a complex mix of adverse life experiences, such as relationship breakdown, bereavement, debt, or unemployment	We are working to prevent death by suicide and supporting people affected by suicide with our Start a Conversation: Suicide is Preventable campaign which focusses on how small actions can save lives.
Mental health of children and young people	One in ten children report having a mental health problem; many more say they feel stressed or overwhelmed. Promoting resilience to the stresses of daily life is key to improving children's mental health, as well as having more honest conversations about mental health and wellbeing, free of stigma.	We are supporting the mental health of children and young people in the city by providing emotional resilience training in Leicester.
Engagement with the local	People experiencing poor mental health are less satisfied with their local area and the green space in the city.	We are encouraging people to use our parks, open spaces, leisure centres and waterways and supporting their mental

environment of residents	This impacts on social isolation and happiness.	wellbeing, by promoting outdoor gyms and encouraging walking and cycling. We are encouraging a wider awareness of mental health by encouraging people to speak out about their experiences of mental health problems.

THEME 3: HEALTHY START

Ambition: To give Leicester's children the best start for life

Having the healthiest possible start in life increases the prospects of positive mental and physical health in the future. There are many factors that influence the health and wellbeing of our children and young people, from the health and lifestyle choices of mothers during pregnancy, the environment in which a child grows up and the education that child receives.

For the best start for life for Leicester's children, we need to support the mother to breastfeed, ensuring the child is immunised, and supporting the child to develop good communication skills and healthy behaviours such as practising good oral hygiene and exercising regularly. Activities that instil confidence and resilience in children are the key to supporting positive mental health. We also recognise the possible impact of emerging issues such as new technologies, including social media, on the mental health and wellbeing of children and young people.

Key issues affecting children and young people in Leicester with examples of what we are doing to improve people's opportunities to living a healthy life:

Area	What we know about the City	Examples of work we are doing
Early years health	Infant mortality in Leicester is higher than the national average. Risk factors include poor maternal/family lifestyle choices, including smoking in pregnancy and in the house with babies and children, not breastfeeding and not immunising infants.	We are reducing the risk factors of infant mortality in the city by providing new mothers and families with information and support.
Mental health	One in ten children between five and 15 years suffers from poor mental health. This rate has increased through the COVID-19 pandemic. One in four children has a parent at risk of developing a common mental health problem.	Supporting families to improve early communication and use of home language. We are enabling professionals across the wider workforce and the community to promote good communication skills from 0-25.

Healthy eating and exercise	Childhood obesity in Leicester is higher than it is nationally, due to a number of different reasons.	We are encouraging more school-age children to be physically active by encouraging each school in Leicester to take part in the Daily Mile initiative.
Communication	Many children across Leicester have poor communication skills compared to other areas of the country.	We are working with education settings and workplaces to raise awareness and encourage early identification and support for mental health. This approach will support children to remain included within their education setting. Programmes from universal to specialist actively engage children and young people and those who work with them.
Oral health	Leicester has one of the worst rates of children's oral health in the country. This is particularly the case amongst under fives.	We are supporting children and families to develop good oral hygiene from an early age by signing up nurseries and other early year settings to the Healthy Teeth, Happy Smiles programme.

THEME 4: HEALTHY LIVES

Ambition: To encourage people to make sustainable and healthy lifestyle choices

A healthy lifestyle reduces the risk factors linked to developing long term mental and physical health conditions. People with chronic health conditions can manage these risks and prevent their health from becoming worse by making healthy choices.

Some people experience unfair and unjust differences in health and wellbeing due to factors such as ethnicity, poverty, employment. People with a learning disability experience worse health than people without learning disabilities. People with mental health problems also tend to experience worse physical health. Many of these differences in health are avoidable, or things can be done to reduce the impact of these differences; this is something that we wish to work on together for the people of Leicester.

Lifestyle choices such as smoking, excess drinking of alcohol, poor diet and a lack of exercise contribute to around 40% of premature deaths in the city. Poor health choices made in adulthood may also have a negative impact on health in later life.

Environmental factors such as secure employment, a sense of purpose and having meaningful social connections also contribute towards positive health.

Having access to cultural activities, such as museums and theatre and opportunities for learning outside of work, helps overall health and wellbeing throughout our lives, as does feeling part of the local community by having strong relationships with friends, family and faith groups.

Key issues affecting people in Leicester with examples of what we are doing to improve people's opportunities to live a healthy life:

Area	What we know about the City	Examples of work we are doing
Long-term conditions	Rates of diabetes are significantly higher in Leicester compared to England, with an estimated 31,000 adults living with diabetes in the city. The number of people living with more than one chronic condition is increasing.	We are encouraging more people to take up or increase their levels of physical activity through initiatives like Active Leicester and we are supporting people to walk and cycle more. We are encouraging people to eat more healthily through the delivery of the Food Plan and are supporting people to reduce smoking and alcohol consumption. We are raising awareness of the condition and the importance of early diagnosis, and improving care and timely access to diagnosis, by working as part of Cities Changing Diabetes.
Lifestyle choices	Half of adults in Leicester are overweight or obese. One in ten adults drinks alcohol above the recommended weekly units. One in five adults in Leicester eats the recommended five fruit and vegetables a day and two in five do less than the recommended 150 minutes of exercise a week. Our most vulnerable groups, such as those living in the most deprived areas, are at risk of making poor lifestyle choices.	
Mental and physical health	There is a clear link between mental and physical health. People with poor mental health may neglect their physical health and people who are physically unwell may develop poor mental health.	

THEME 5: HEALTHY AGEING

Ambition: To enable the people of Leicester to age comfortably and confidently

In modern society 'age' can be less about years lived and more to do with subjective health and wellbeing - how we feel inside. With people living longer, supporting people in retirement is even more important. Protecting our residents' continued health and wellbeing into older age requires them to have a continued sense of purpose. This may be through sharing their expertise, trying something new or giving back to society. Older residents at risk of poverty and those who are frail may need more practical support with healthcare and housing. Part of healthy ageing is about dying well. We will work to ensure people have a personalised, comfortable, and supported end of life with personalised support for carers and families.

Healthy ageing is also about equality. As we age, discrimination can increase. Many older people in Leicester also suffer multiple discrimination, for example being both older and a woman, or older and a person from a minority group.

About 40% of people aged over 65 have a limiting long-term health condition and have a higher risk of developing sensory impairments such as loss of vision. There needs to be early diagnosis of, and effective support for, people with dementia. Older people need appropriate, timely access to the support they need to stay independent for as long as possible.

Supporting older people to manage their wellbeing can involve promoting good lifestyle choices such as a healthy diet, fluid intake exercise, oral health, flu (and other) vaccinations and regular NHS, or other, health checks. Maintaining good mental health in older age is also of key importance, particularly in helping people to cope with social isolation and loneliness.

Key Issues affecting older people in Leicester with examples of what we are doing to improve people's opportunities to experience healthy ageing:

Area	What we know about the City	Examples of work we are doing
Lifestyle factors	The onset or progress of some health-related conditions can be influenced by lifestyle factors, with those aged 65+ being less likely to undertake the recommended amount of exercise, and more likely to be overweight or obese, and drink above recommendations.	We are creating 'dementia friendly' public spaces throughout the city by working with public, private and voluntary sector age-friendly partners We are encouraging people to make positive changes that will improve their mental and physical health by working with partners to signpost and refer people to relevant lifestyle services.

Environmental factors	For some older people living in Leicester it is more difficult to travel independently and/ or access facilities. They are more likely to experience social isolation and loneliness, and may find online communication more difficult.	We are encouraging older people to practice self-care and independence and improve their own wellbeing by working with partners to implement a model of support.
Mental health	An increasing number of people aged 65+ feel socially isolated and lonely. However, those aged 65+ generally report a higher state of mental wellbeing than people under 65.	We are working to reduce social isolation and loneliness through a range of programmes and services in the city.

5. What are the key priorities?

We have identified a number of key priorities across the five overarching themes that we are and will continue to progress through an even more collaborative approach between health organisations, the local authority, voluntary and community sector organisations and with local communities:

Theme	Proposed Priority
A. HEALTHY PLACES Making Leicester the healthiest possible environment in which to live & work	1. We will improve the built environment to support people's long-term health and wellbeing.
	2. We will improve access to primary and community health and care services.
	3. We will move towards being a carbon neutral city.
	4. We will create Mental Health & Dementia friendly communities within Leicester.
B. HEALTHY START Giving Leicester's children the best start in life.	5. We will give every child the best start in life by focusing on the critical 1001 first days of life.
	6. We will make sure our children are able to Play and Learn.
	7. We will mitigate against the impacts of poverty on children and young people.
	8. We will empower health self-care in families with young children.
C. HEALTHY LIVES	9. We will take action to reduce levels of unhealthy weight across all ages.

Encouraging people to make sustainable and healthy lifestyle choices	10. We will increase early detection of heart & lung diseases and Cancer in adults.
	11. We will promoting independent living for people with long term health conditions.
	12. We will improve support for Carers.
D. HEALTHY MINDS Promoting positive mental health within Leicester across the life course	13. We will improve access for children & young people to Mental Health & emotional wellbeing services.
	14. We will improve access to primary & neighbourhood level Mental Health services for adults.
	15. We will reduce levels of social isolation in older people and adults.
	16. We will work towards having no deaths from suicide in the city.
E. HEALTHY AGEING Enabling Leicester's residents to age comfortably & confidently	17. We will enable Leicester's residents to age comfortably and confidently through a through a person-centred programme of frailty prevention.
	18. We will promote independent living for frail older people.
	19. We will reduce the number of falls for people aged 65+ in Leicester.

6. What will this mean for a resident of Leicester?

Progressing these key priorities should mean the following for a resident of Leicester:

I can access support and services when I need to, services will work together, and me and my family's needs will be the at the centre of the support that I receive.
I will live in a city with better air quality and a built environment that supports my health and wellbeing.
I will have more information of how to look after myself and my family's health.
I will have better and different ways (e.g. online) ways of accessing primary & community health services.

If I have children, I will get information, advice, and support to help them grow and develop.
I will get information, advice, and support on the importance of maintaining a healthy weight for myself and my family.
I will have better understanding of the early signs of health & lung diseases and cancers through more information advice and support.
If I have a long-term condition or illness, I will be supported to live as independently as possible.
If I am an unpaid carer I will get information, advice and support to help me manage this work.
If I am older person, I will get information advice and support to age comfortably and confidently as possible.
If I live in an area of the city or neighbourhood with poorer health outcomes, I will get targeted information, advice and support to improve my health & wellbeing.

7. How will work on these priorities be progressed?

The Health and Wellbeing Board recognises that we cannot focus the same level of resource and effort across all priorities simultaneously. For this reason we have therefore adopted a 'Do, Sponsor, Watch' approach as summarised below.

Approach	Supporting expectations	Number of priorities within each theme
DO	- Agreed by the Health and Wellbeing Board as the most important priorities to progress in initial years. - Underpinned by detailed reference to plans & supporting metrics within an Action Plan. - A member of the HWB will act as champion for each DO priority. - Quarterly progress reporting to the Health and Wellbeing Board.	1-2
SPONSOR	- Plans & supporting metrics outlined within an Action Plan. - Any risk to progress escalated through reporting to Place based groups.	1-2

WATCH	▪ Plans outlined within an Action Plan 22/24. ▪ Any risk to progress escalated through reporting to Place based groups.	1-2

The benefit of this approach is it gives focus on a small number of 'Do' priorities in initial years, whilst ensuring some level of focus on all priorities identified. The Health and Wellbeing Board can also review where each priority goes within the framework and regular intervals.

We also expect work on all priorities to be progressed using the guiding principles:

- Health and wellbeing equity in all we do, with support and services being provided and available at a scale and intensity that is proportionate to need.
- Using co-design and co-production of services and support with the people using the services, as well as using feedback we have already received from the people of Leicester on what is important to them on health and care services being delivered.
- Takes a strengths-based approach building on existing community and voluntary sector resources/ services in place.
- Look at new ways of building our local health and social care workforce.
- Are supported by clear measures of progress.

8. Engagement

A variety of partnership groups and boards, community organisations and groups, and other sources have informed our ambitions for Leicester's Joint Health and Wellbeing Strategy. Initial engagement, consultation and research for the strategy took place in 2019 when the previous version of the strategy was published. We have also incorporated what people have told us about their health and wellbeing in other engagement and consultation exercises such as: Building Better Hospitals, Step Up to Great Mental Health, primary care engagement and a range of COVID-19 pandemic and vaccination engagement and insights work.

More recently and to compliment what people have told us already, the strategy has also been the focus of an engagement process to ensure that our existing strategy and new priorities are aligned and continue to reflect views of the people of Leicester. The priorities were considered in a series of engagement events and opportunities in 2021 to 2022 including a public engagement event which collected views online from November 2021 to January 2022.

9. What are the next steps?

A series of action plans will support the strategy from 2022 to 2027. The initial action plan will run from 2022 to 2024, and will consider practical steps to convert the priorities into actions that can be implemented to achieve improvement and will include taking further some of the work that we have already started. Progress on these actions will be driven by and reported to a range of partnership groups as well as the Health and Wellbeing Board.

10. Acknowlegements

The Health and Wellbeing Board would like to thank the Leicester Place-led Plan core working group and all those who have worked in partnership to produce this strategy.