

# The Joint Health and Wellbeing Strategy and Action Plan ... A Journey

Health and Wellbeing Board  
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Strategy Workshops



Partner engagement



Drafting document



Drafting action plan



Informal partner consultation



Final draft



FORMAL PUBLIC CONSULTATION



# Strategy Content – brief overview



Focuses on addressing the wider determinants of health

Addresses key issues  
e.g. multi-morbidity / social isolation

Recognises a need to maximise collaborative working

Underpinned by an action plan with specific objectives

# The Strategy Vision, Themes & Aims

Healthy  
Places

Make Leicester a healthy  
place to live and work in

Healthy  
Aging

Enable Leicester  
residents to age  
comfortably and  
confidently

**Ensure that everyone  
has the opportunity  
to improve and  
maintain their  
physical and mental  
health**

Healthy  
Minds

Ensure mental health is  
considered in all aspects  
of place and the life  
course

Healthy  
Lives

Encourage Leicester  
residents to adopt  
health behaviours that  
are sustainable  
throughout life

Healthy  
Start

Give Leicester's children  
the best start in life

## SPECIFIC

## OBJECTIVES

- A) Influence the environment to accommodate healthy living and dementia friendly environments
- B) Ensure decent homes are within the reach of every citizen**
- C) Increase opportunities for sustainable transport
- D) Improve air quality in the City
- E) Maximise and regenerate open and green space**
- F) Develop and encourage healthy neighbourhoods
- G) Improve mental health and wellbeing in Leicester city residents**
- H) Improve levels of healthy eating in Leicester
- I) Increase physical activity levels in Leicester residents**
- J) Reduce levels of overweight/obesity in Children and Adults
- K) Increase the number of people engaging in protective behaviours**
- L) Reduce the prevalence of chronic conditions in Leicester
- M) Support women and their families to experience a healthy pregnancy
- N) To support and facilitate stakeholders and other organisations in the education and promotion of positive health and wellbeing**
- O) Increase the priority of health and wellbeing in existing work places
- P) Support increase in better quality employment and better income**
- Q) Take steps to reduce social isolation, particularly amongst the elderly
- R) Support informal carers to continue to care and improve their health and wellbeing**

# The Action Plan – an example

18 objectives

## Improve mental health and wellbeing in Leicester city residents

Support for the number of people affected by suicide	Public Health People & Places	LLR Suicide Prevention Strategy	All people referred by Leicestershire Police will have support	Level
Support the emotional resilience of informal or family carers to enable them to care for longer	Adult Social Care	LLR Joint Carers Strategy	Number of Carers who report better health and wellbeing outcomes	

Underpinned by specific actions

Lead partner

Related strategy/ plan

Measure



# Final Stage -Public Consultation

Dates \_\_ July -



During the consultation period we will be visiting local organisations to encourage engagement

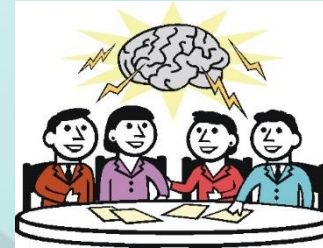
How can you help?

What is happening?

Spread the word

Contribute ideas/ objectives

Encourage staff to contribute



- Arrange for us to come and talk to you
- Log onto the consultation site <link to go here>
- Visit libraries for a hard copy