



# Our plan to help people in York stay healthy and happy

2017 - 2022



Easy read version of: York's Joint Health  
and Wellbeing Strategy 2017-2022  
June 2017

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## Who are we?

We are a group of people from services in York:



- City of York Council



- North Yorkshire Police

Tees, Esk and Wear Valleys **NHS**  
NHS Foundation Trust

**NHS**  
Vale of York  
Clinical Commissioning Group

York Teaching Hospital **NHS**  
NHS Foundation Trust

- Hospitals and NHS services in York



- Independent Care Group



- Healthwatch York



- York CVS.



Our job is to improve the health and happiness of people who live in York.

## What is this about?



York is a great place to live. People who live here are usually healthier and happier than most people in England. We want it to stay that way.



But not everyone here is healthy and happy. There are some poor areas in the city. Here people may be more unhealthy and not live as long as people in other areas.



There are also groups of people who may have poor health such as:

- single parents who look after their children by themselves



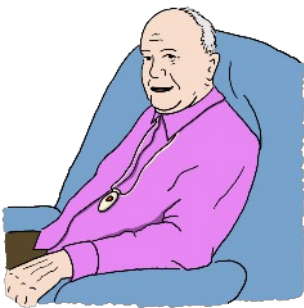
- children on free school meals or in care



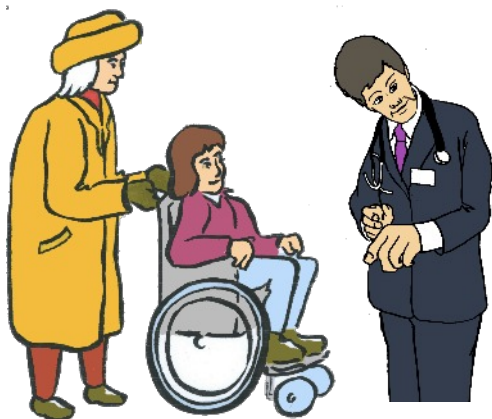
- people with long lasting health problems like diabetes can find it hard to get a job



- people with learning disabilities



- old people living alone



- carers who need more support with their own health.





Our last plan on health and happiness has finished. We asked you what was important for this new plan.



You told us you know services are very busy and we cannot do everything. We will support you to learn more about your health so you will know when you need help from us.



You also said that being healthy is about more than doctors and hospitals. You need support with things like not having enough money and being lonely.



We will do what we can. We will tell you when we cannot help.



This plan will be about:

- mental health and being happy



- children and young people



- adults



- older people.



We hope you will be part of this plan and help to make it happen.



## How we wrote this plan



We asked you what is important for your health and happiness. We had meetings and put some questions on the internet. Over a thousand people told us what they thought.



We looked at how well we had done with our last plan. We still need to do more work on some of the things from that plan. Some of the important things from that plan are also in this new plan.



We looked at a lot of information about York and the people who live here. We also made sure all the ideas in useful plans for England and nearby places are included.



We had to think a lot about the money we have and how to spend it well. There may be more cuts in the next 5 years.

# Mental health and being happy



Nearly everyone will have poor mental health at some time in their lives.



You told us our mental health services are still not good enough. You said that mental health needs to be just as important as physical health.



## Most important to do

We need to get better at seeing signs of poor mental health. Then we can help you before it gets really bad.

## We also want to:

- work at you getting better and living a normal life again. We know that you will need support that carries on for some time. Help with somewhere to live, education and having a job are also important





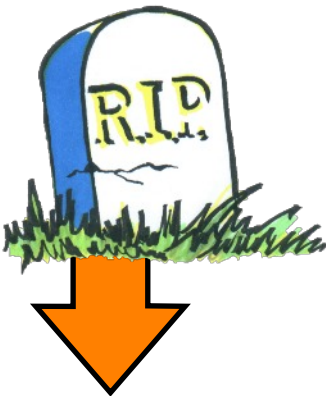
- have better services for:
  - young mothers as we know this group can have problems



- children and young people



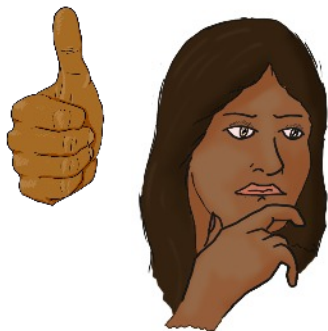
- people with learning disabilities



- make sure that York becomes a Suicide Safer City. This means fewer people kill themselves



- keep working to make York a place that has good attitudes to people with **dementia.**



## We will do this by:

- encouraging you to use good ideas to help you improve your own mental health



- working to have mental and physical health services seen as equally important



- making sure there are safe places to talk to friendly people. Some people think badly of those with mental health problems. Talking about how people treat you can help you deal with bad attitudes. We need everyone to treat others with respect



- understanding what you need for good mental health services in York. Then we can make sure our services are what you need



- working to have better mental health services for children and young people. We want to treat you quickly at home and have expert help when you need it



- making sure what we say here fits with the England plan for mental health.

### We will see how well we are doing by checking:

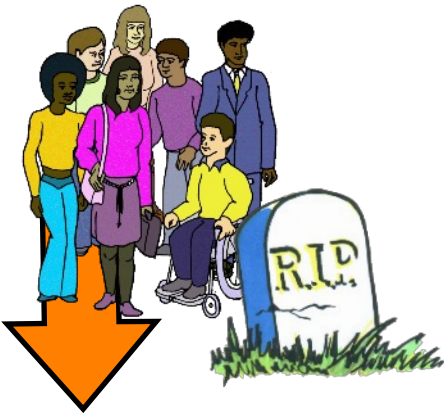


- more people use our **counsellors** or psychologists. Talking about your problems can help your mental health



- how many people are told they have dementia by their GP





- fewer people with severe mental health problems die younger than others



- fewer people go in to hospital for **self-harm**



- GPs and York Council share information about people with learning disabilities



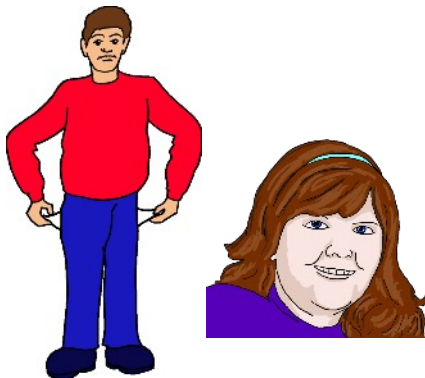
- more people tell us they and their families feel well supported through a bad time.



# Children and young people



This includes pregnant women, children and young adults up to about 21 years old.



1 out of 10 children in York are very poor. Children in the poor areas of the city are more likely to be very over weight.



You told us that support from children's centres and school nurses is good. But more support is needed for young mums. You want more play spaces and are worried about **air pollution**.

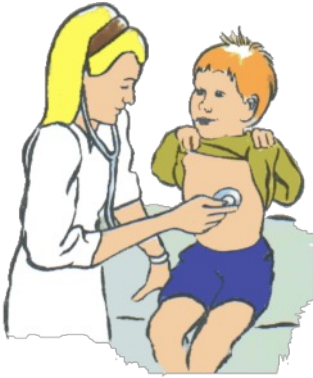


Young people said they want to be able to talk privately with GPs and health staff.

## Most important to do



Support for the first 2 years of life, especially for children living in poor places. These are the most important times for a child. How well a child does now affects how well they will do in life.



### We also want to:

- give all children the same chance of good health and happiness



- make sure children and young people are not abused or neglected



- make services better for students



- make services better for mothers who are at risk of being hurt physically or emotionally



- make York a breastfeeding friendly city



- work towards having young people who do not smoke

### **We will do this by:**



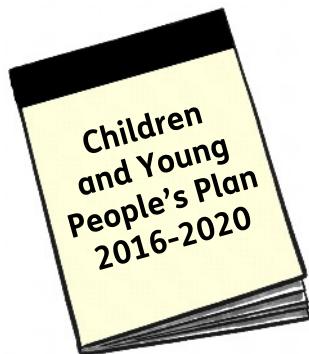
- encouraging healthy choices including healthy eating and locally grown food



- making sure our York's Local Area Teams do a good job



- offering more support with being a good parent for all families. Especially those with children under five years old



- making sure our Children and Young People's Plan 2016-2020 happens

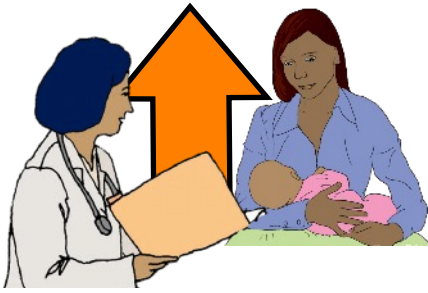


- making sure we know what students need and this is in all local plans.

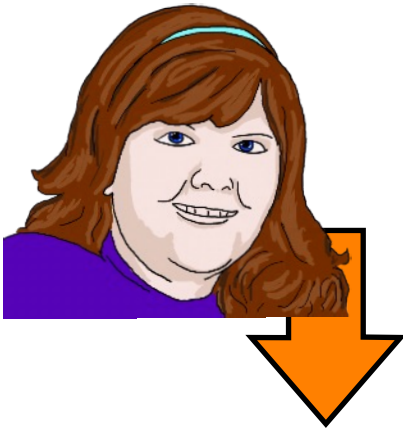
**We will see how well we are doing by checking that:**



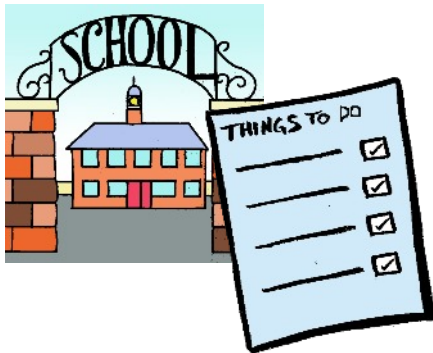
- we have more mothers in York who are breastfeeding



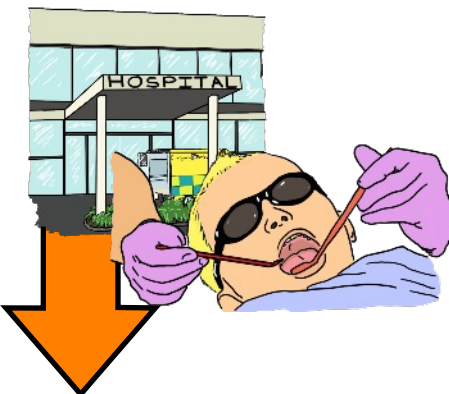
- there are more visits at the right time to a mum and baby under 1 year old



- fewer children in different areas in York are overweight. Poor areas have more children overweight. Bring the number of overweight children down to about the same everywhere



- more **vulnerable** children are ready for school. There is a list of things children need to do to be ready for school. It includes doing things the way they are told and saying how they feel



- fewer children have to go to hospital with bad teeth



- more young people in York tell us they feel safe, happy and able to cope with things.



## Adults



Most people in York are work age - between 16 and 64 years old.



Most adults who live here are usually healthier and happier than other people in England. But we also have some of the poorest people in England living in York. When you are poor you are more likely to have poor health and be depressed.



You told us:

- you want the **living wage** in York and cheaper houses
- people who find it hard to get a job need good advice and support. This includes people with learning disabilities and people who have long lasting health problems like diabetes







- to encourage everyone to make changes to the way they live to be healthier



- lesbian, gay, bisexual and **transgender** people get poorer health care than others. This needs to change



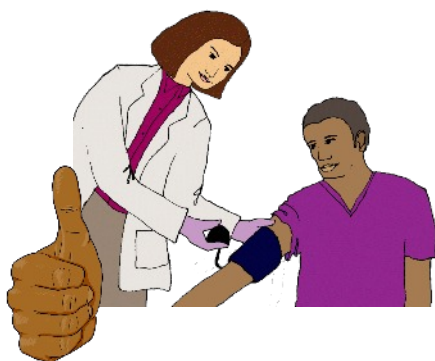
- to encourage people to drink alcohol safely.



## Most important to do

Encourage work places to support you to be healthy and make it easier for you to get work.

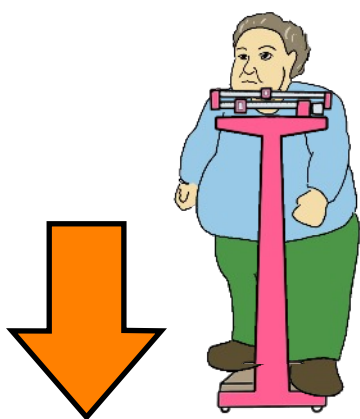
## We also want to:



- improve the health of people living in the poorer areas. You need the same chances as everyone to be healthy and happy



- help you all to make good choices



- support you to lose weight and stay at a healthy weight



- help you to help yourself. This includes knowing how to live well with long lasting health problems like diabetes

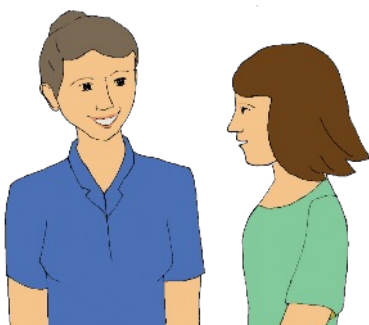


- put into practice York's new plan to encourage people to drink alcohol safely.

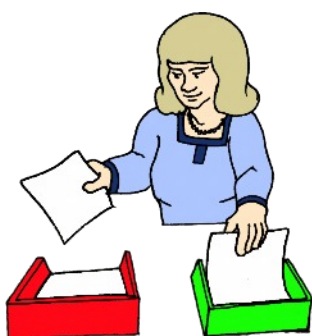


## We will do this by:

- making sure everyone knows about support you can get to live healthily



- starting a new service that will give advice on everything to do with health



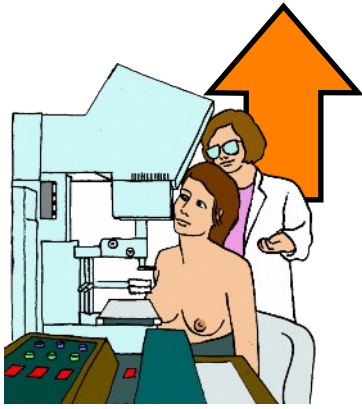
- employing people with learning disabilities to show others they are good workers



- checking how well local health services are supporting people with long lasting health problems like diabetes. They need to work with you on being active and losing weight



- showing the harm that alcohol can do

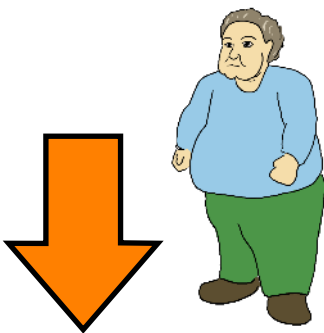


**We will see how well we are doing by checking that:**

- more people are using health checks like breast screening



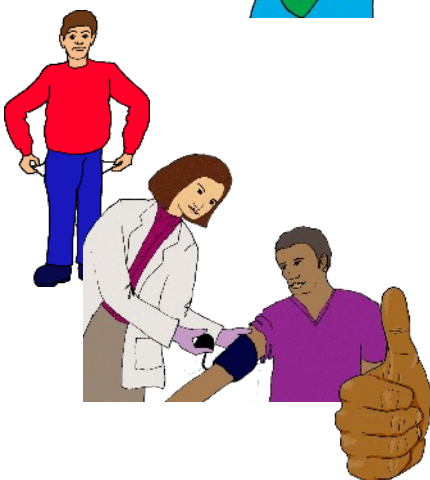
- the big firms sign up to our work place health support



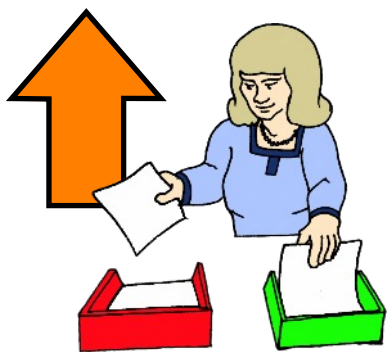
- fewer adults are overweight



- alcohol is not a reason for you going to hospital



- people who live in the poor areas have as good health as everyone else



- more people with learning disabilities or mental health problems have jobs



- more people tell us they feel healthy and happy.

## Older people



This means people over 66 years old. We will have more older people in York in the next 5 years.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



People staying in hospital longer than they need to is worse in York than other places. This usually affects older people more.



You told us that you want to feel more a part of your community.



You want support and advice to help with long lasting health problems like diabetes.



You want more choices in where to live for older people.

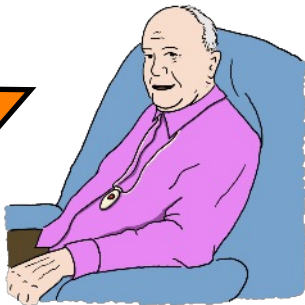
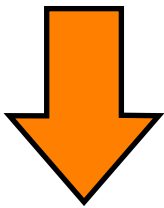




You want better care services and public transport.



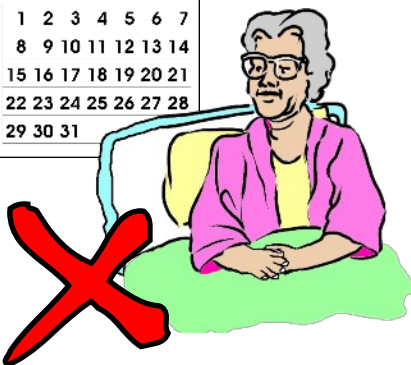
In particular you want us to help with being lonely. You want us to make sure no-one in York dies alone.



## Most important to do

To bring down the number of older people feeling lonely.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## We also want to:

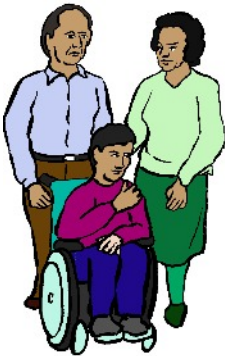
- keep working to stop people staying in hospital longer than they need to



- use older people's skill and knowledge



- support people to recover faster



- support the very important work of York's carers



- get GPs to use a new idea more. This is linking people up with activities or services locally that they might enjoy



- support people to die where they want with people they want

## We will do this by:



- encouraging you to volunteer. Looking at how to introduce you to others to share your skills and knowledge



- encouraging local social events such as walks



- pushing for better public transport



- pushing for more choices in where to live for older people



- making sure carers needs are in our plans and services



- giving practical support to you when you are close to the end of your life

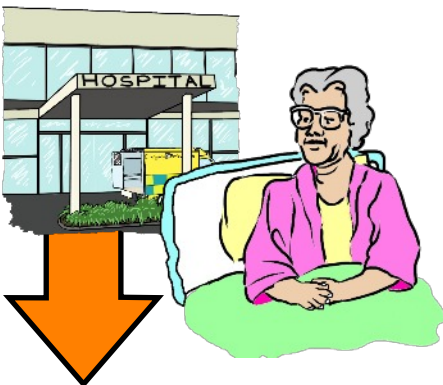


- making sure the voices of older people are heard when we plan

**We will see how well we are doing by checking that:**



- more older people tell us they see as many people as they want to



- fewer older people go into hospital when they do not need to



- there are more things to volunteer for that welcome older people



- more older people tell us they are happy with their care. And are doing what they need to prepare for the end of their life.



# Making the plan work



To make this plan work we need to change how we work

## Changing how we work with you



- we will keep putting you in charge of your own decisions and money. Then you will be able to understand more about the possible choices you have



- we will look at you as a whole person. This means things like checking your physical health problems when you see us about mental health. Our staff need training to understand how to do this well



- we need to look at everything that affects your health. Things like where you live and jobs. We may not be able to change these but we can talk to others about what is needed.





## Changing how we work with communities

- we need to build friendly and strong communities. They need encouraging to find ways to help themselves
- when we buy services we need to make sure we think about each community individually. Especially thinking about what is good about that community
- we need less medicines for people and more things like encouraging you to join a club. But only when it is the best way to help you.



## Changing how we work together

- we need to think about where it makes sense to have money and service-buying together. This will help make health and social services a joint service that work together well. Then together we can sort out some of the problems. Such as people staying in hospital longer than needed





- make sure our staff never say ‘oh but that is not my job’. We need to work together well and train our staff how to do a good job



- there are particular problems when you move from hospital to home. The services do not always work together. We need to get this right.

## How we will do our checks



Members of our group work with many different services and people. Each member will be given things from this plan to check on. They will do this with other people they work with.



We will also work out new ways to check with you how things are going.

## Hard words

**air pollution** - this is when the air has things in it from traffic or factories. This makes it unhealthy to breathe especially for children and can cause asthma.

**counsellor** - someone whose job is to listen to people

**Dementia** - is a serious illness that affects the memory and brain and makes people confused.

**living wage** - this is the lowest amount of money a worker needs to live on.

**self harm** - some people try to cope with difficult and painful feelings by hurting themselves. They may cut, burn or hit themselves.

**transgender** - people who are born as one sex and want to live as the other sex. For example a person who looks like a man may feel inside like a woman.

**vulnerable** - children who might be more at risk from abuse because, for example, they have a learning disability or very poor.

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