

Brent Health and Wellbeing Board Joint Health and Wellbeing Strategy How to deal with Health Inequalities This strategy is for 2022-2027

Brent Health and Wellbeing Board: is a group of councillors, doctors and residents who work together to make health and wellbeing better in Brent.

Strategy: this means a big-picture plan.

Joint Health and Wellbeing Strategy: this is our plan to make people's health better in our communities. We look at health inequalities to try and make a more equal society.

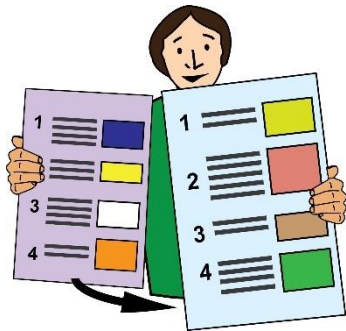
Health inequalities: this means when groups of people have unfair differences in health because of things they can't control. These inequalities happen because of the way things work in our society. People face inequalities because of things like where they live, how much money they have, or the services they can access.

The easy read version of this strategy is divided into eight documents:

- Part 1 – Introduction
- Part 2 – How we wrote our Joint Health and Wellbeing Strategy

- Priority 1
- Priority 2
- Priority 3, Part 1
- Priority 3, Part 2
- Priority 4
- Priority 5

Part One – Introduction



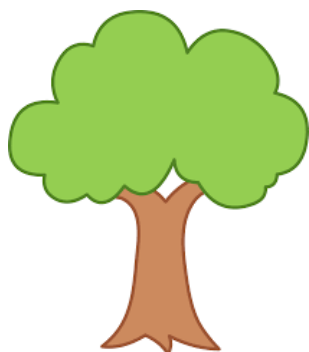
This is **Part One** of our document. In this part of the document, we will talk about:

- Brent.
- The people and groups behind this strategy.
- Health and wellbeing in our communities.
- The effects of the **Covid-19 pandemic.**

Covid-19 or Coronavirus pandemic: this is the virus that has spread all over the world in 2020 and 2021. It has changed the way that people live and work. It has affected people in different ways. For example, it has affected disabled people in particular because often, they are in danger of getting very ill if they catch the virus.

Pandemic: this is when a virus spreads all over the world.

1. About Brent



Brent is a borough in North West London. It is the 15th biggest borough in London. Over 20% of Brent is green space. This means areas where there are grass, trees and plants.



Over 300 thousand people live in Brent. Only six other boroughs in London have more **residents** than this.

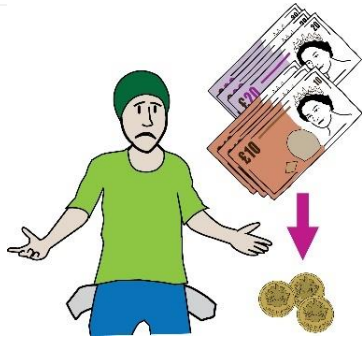
Residents: in this document, this means people living in Brent.



On average, people in Brent are quite young. The average person is around 36 years old. Nearly one in four people in Brent are under the age of 18.



There are lots of different **ethnic groups** in Brent. Only one other borough has more ethnic groups. Six in ten people in Brent are from **Black, Asian and other minority groups**.

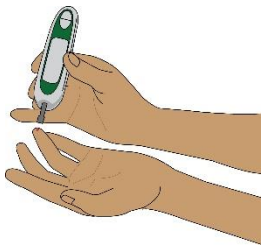


- Around three in ten residents earn less than £10.85. This is less than the **London Living Wage**.

London Living Wage: this means the minimum amount that someone in London should get paid for doing their job. This pay is higher than in other cities, because London is a more expensive place to live.



- Around one in ten people have high blood pressure.



- Around one in ten people have diabetes.



- Around three in ten homes are rented from private landlords.



- Nearly 2,000 families are living in short-term homes.



- Around three in twenty residents live in poor households.

- Over 40 thousand residents get **Universal Credit**.

Universal Credit: this is a benefit you can get to help you with living costs. You might be able to get it if you don't get paid a lot, if you can't find work, or if you can't work because of your health.



These facts show that there is **poverty** in Brent. Around one in three residents live in poverty. This is slightly more than in London.

Poverty: this means not having enough money to live well or to access basic needs like food, clothes and housing.

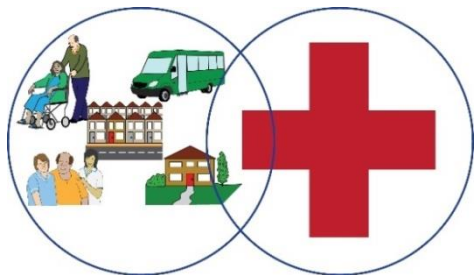
2. Who is responsible for the Joint Health and Wellbeing Strategy?



The Health and Wellbeing Board is responsible for carrying out the Joint Health and Wellbeing Strategy.



The Health and Wellbeing Board is a group of people from different organisations. They work together to try to make



Health and Social
Care Act 2012

health and wellbeing better in the local area.

Health and Wellbeing Boards have a responsibility by law to write a Joint Health and Wellbeing Strategy for their local communities.

This is written in the **Health and Social Care Act 2012**.

Health and Social Care Act: this talks about the laws around health inequalities. It sets out people's responsibilities by law to deal with health inequalities.



All Board members must think about the strategy and their responsibilities when dealing with health and wellbeing services. The Board is made of different partners such as:

- Brent Council. This means Councillors, Public Health, Social Care, and Children and Young People.
- The **NHS** North West London Clinical Commissioning Group, this is an NHS

organisation responsible for GP surgeries and pharmacies.

National Health Service or NHS: this is our public health care system that everyone living in the UK can access for free. It is made up of lots of different services and groups such as hospitals, GPs and community services.

- Nursing and residential care, this means care homes for elderly people.
- **Healthwatch Brent.**

Healthwatch Brent: this group works with residents to and tells the board what the residents' think about the services.

- The NHS Brent **Integrated Care Partnership** Executive Committee. This is a group people from different NHS organisations and the council.
- The NHS North West London Integrated Care System.

Integrated Care System: this is where NHS Services and the council work together. They work together to plan health and care services to meet the needs of their local communities.



The Board is responsible for making sure that the different groups are



working well together across Brent.

The Joint Health and Wellbeing Strategy talks about the **priorities** for the Board.

Priorities: here, this means the most important issues around health and wellbeing for our residents.



A lot of the strategy will be led by the Integrated Care Partnership and Brent Children's Trust.

3. Here are the most important partners for the strategy:



The Integrated Care Partnership work across Brent.

It is part of the North West London Integrated Care System. Here are some of the members:

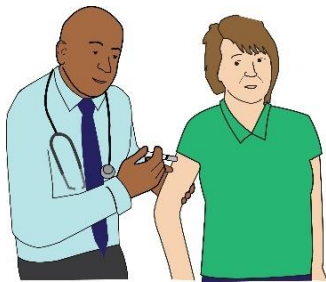
- Brent Council
- North West London Clinical Commissioning Group,
- Central and North West London NHS Foundation Trust

- London North West University Healthcare NHS Trust
- Central London Community Healthcare NHS Trust



The Integrated Care Partnership is made up of four different groups with responsibility for different priorities around health and wellbeing.

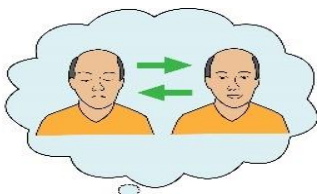
These are the group priorities:



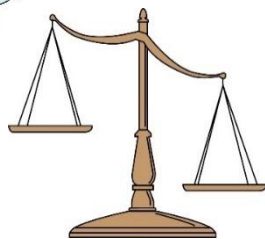
- Dealing with health inequalities and supporting people to get vaccinations



- Health and care services



- Mental health and wellbeing



- Dealing with the inequalities between primary care networks

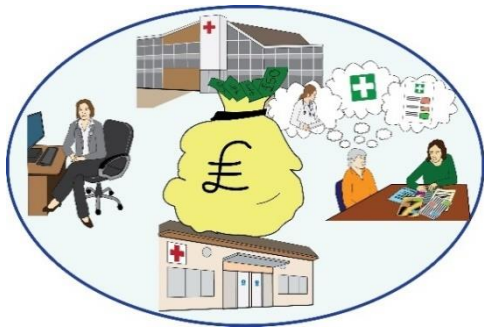
Primary Care Networks: these are groups made up of different general practices. These general practices

work together to make healthcare better across their communities.

General Practice or GP: this means the doctors in your local community. You can go and visit them here when you have a health problem that is not an emergency.



The Integrated Care Partnership is responsible for making sure health and social care services work together across Brent.



The Brent Children's Trust is a partnership that is responsible for things like:

- Commissioning, this means planning and giving money to different services.
- Planning.
- Working together to make sure **resources** are used to support children and young people in Brent.



Resources: this means time, money, staff or anything else that is needed.



The Brent Children's Trust works with the Integrated Care Partnership to make the health and wellbeing of young people better. They also have groups which work towards individual priorities.

These groups are:

- Children and Young People's Mental Health Wellness Group
- Local Partnership Group for Children and Young People who have been in care
- Young Carers Champions Group, this is a group that makes sure children with caring responsibilities get the support they need.
- Inclusion Strategic Board for Children and Young People with **Special Educational Needs** and Disability.
- **Early Help and Prevention** Group, this is a group that supports families early on so health problems don't get worse.

Special educational needs: this means when a child or young person has extra needs. By law, they must get extra support at school or in college.

Prevention and early intervention: this means taking steps early on to make sure people are less at risk of getting health problems.



The Brent Children's Trust will make sure the priorities for children and young people are worked on. They will update the board about this work.

4. What do we mean when we say Health and Wellbeing?



Health and wellbeing means being fit and stable.

It means having good physical and mental health.



Health and wellbeing can be physical, social, mental or emotional. This means there are lots of things that affect our health and wellbeing.




Our health and wellbeing can be affected by things such as:

- Where we are born

	<ul style="list-style-type: none"> • Our sex • Our age • Where we went to school • Our job • The food we eat • Water and hygiene • Having clean air to breathe • Whether we drink alcohol or smoke • Our access to health services
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5. What are health and wellbeing inequalities?

	<p>Health inequalities mean the differences in people's health. Lots of things can affect the chances we have to lead healthy lives.</p>
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For example, these things might affect your chances of a healthy life:

- If you have any health conditions.
- If you can access treatment when you need it.
- If you can get good care and treatment when it is needed.
- If you have unhealthy habits such as drinking alcohol and smoking.
- Your social situation or how much money you have.



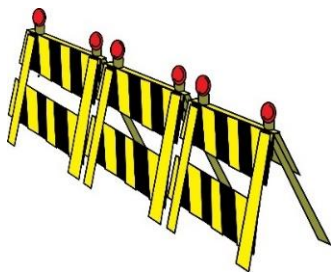
Often, these inequalities can be faced by different groups of people for example:

- People living in poorer areas.
- Younger and older people.



- People from black and minority ethnic communities.
- People living with a disability.
- People who are left out from society, such as homeless people.
- People with lower **incomes**.

Income: this means all the money coming into your bank account.



People will face different **barriers** and this will lead to different health inequalities.

Barrier: in this document, this means the things that stop people living equal lives.



A simple way of understanding how these inequalities affect people is by looking at the different between **life expectancies**.

Life expectancy: this means the average amount of time a person is expected to live. This is different for different groups of people.



For example, the average man in Brent is expected to live for 80 years. The average woman in Brent is expected to live for 85 years.



In most other boroughs near us, people are expected to live longer than this.

6. Covid-19



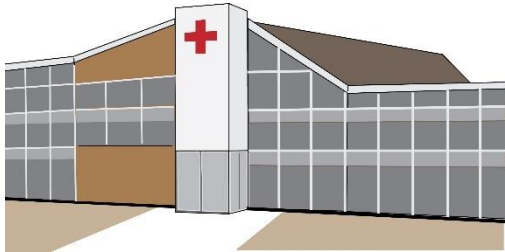
Covid-19 has had a really big effect on the world, the country, and right here on Brent communities.

The first stage of Covid-19 affected people here really badly.

Lots of people in Brent lost people they loved and cared for. Other people are still suffering from the long-



term health effects of Covid-19.



Covid-19 has not affected all communities in an equal way.

For example, these people were more likely to go to hospital or die if they caught Covid-19:



- People with disabilities.
- People with learning difficulties.
- People from poorer areas.
- People from Black, Bangladeshi and Pakistani ethnicity.



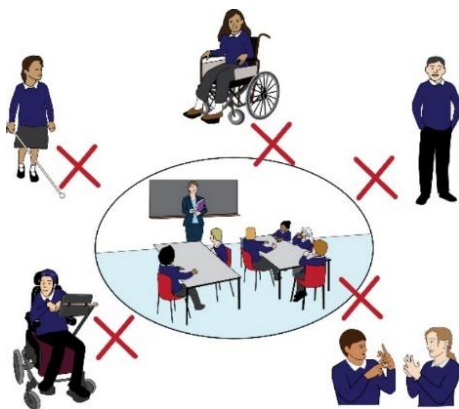
Here are some more facts about Covid-19 in Brent.

Between March 2020 and April 2021 there were:



- Over 39 thousand cases of Covid-19
- 884 deaths from Covid-19
- Nearly 190 thousand people who got both of their Covid-19 vaccinations

7. Our communities and the Covid-19 pandemic



Covid-19 has had lots of other effects on our communities in Brent.

Children and young people have missed out on school and extra-curricular activities.

For example:



- By spring 2021, primary school children lost over two months in reading and

$$9 + \frac{5x}{2} = 4$$



over three months of maths.

People have told us they have been lonely and cut off from their communities.

Lots of services have moved online.

Some people have had to wait a long time for appointments and surgeries. Some people have even had them cancelled.

Lots of people have been put on **furlough** or lost their jobs.

In March 2021 one in five workers in Brent were on furlough.

Furlough: this means when you can't go to work because of the pandemic. You still have a job but you are not allowed to work and you don't get paid for your job. However, you can get some money from the government instead.



The effects of Covid-19 have changed all of our



lives in different ways. Schools, parents and children and young people have found new ways of working.

Children and families have had different experiences, depending on where they lived. For example, some people live in big family houses with gardens.

On the other hand, some people live in flats with no access to private outdoor space.



Lots of people who worked in offices could still carry on working.

This is because organisations let people work from home.



However, people who worked in shops and restaurants lost their jobs or were put on furlough. Lots of businesses closed down because of Covid-19.

Throughout the pandemic, workers in low paid work



have been more likely to put themselves at risk of getting Covid-19. This has been the only way they could keep working.



However, there were some good things that happened because of Covid-19. Communities came together to look after each other. They became stronger and closer.



Some people started new hobbies and activities.



There was also less traffic during the first lockdown. Because of this, the air became cleaner.



Some services changed the way they work. They became more accessible and easier for service users. The services were run in a better way.



Now, we have to work together to deal with the effects of the pandemic.

We must move forward in the best way possible.



We must deal with the really big effects that the pandemic has had on our health and wellbeing. We need our communities to get better.

8. What else do we know about Covid-19 and our communities?



Build Back Fairer: The Covid-19 Marmot Review is a report that looked at how the pandemic has affected health inequalities in England.

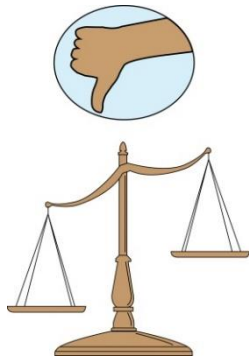


The report looks at the inequalities to do with the **economy** or social conditions before the pandemic.

Economy: this means the way that things and services are made, sold and used.



The report says that these inequalities led to lots of deaths from Covid-19.



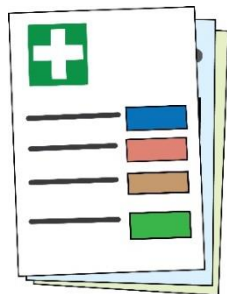
These deaths did not affect people in an equal way.

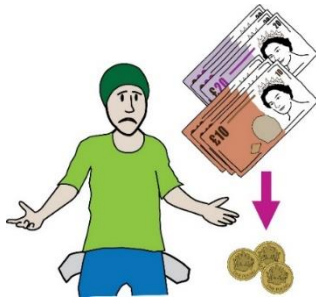
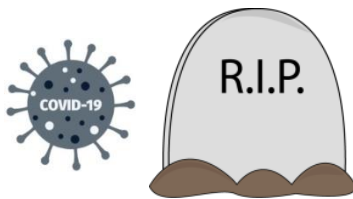
Some communities in the United Kingdom were more at risk than others.

Here the report sets out the priorities:



- Give every child the best start in life.
- Children and young people.
- Make sure there is a healthy standard of living.
- Build up and work on healthy places and communities.
- Work on ways to stop people from having ill health.
- Make sure there is good work for everyone.

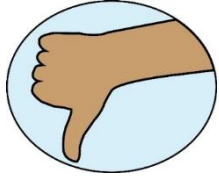




The report looks at how Covid-19 has affected different groups in unequal way. It also looks at how we can make society more equal after Covid-19.

It found out some interesting things. We have thought about these things when working on our health and wellbeing strategy:

- People who lived in poorer areas were more likely to die from Covid-19.
- The report looked at the poorest 10% of areas in England compared to the richest 10% of areas.
- People who were under 65 in the poor areas were four times more likely to die from Covid-19.
- Restrictions such as lockdowns and social



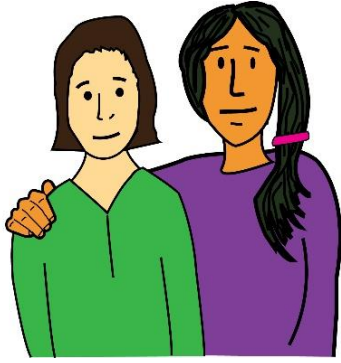
distancing were needed, but they had some really bad effects on people. For example:

- Health needs were not met.
- Mental health problems got worse.
- People missed out on school and university.
- People lost their jobs.
- People lost money.

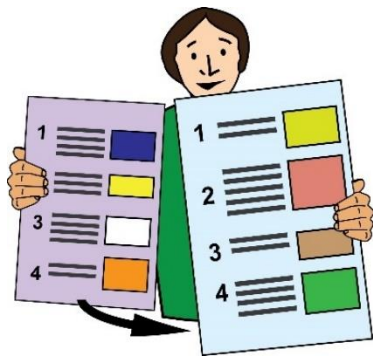
A positive effect of the pandemic was that neighbours started supporting each other more than usual.

Communities organised support groups in local areas.

By the end of May 2020 there were over 2000 support groups.



More than 750 thousand NHS volunteers signed up different volunteer programmes, to support people who were struggling during the pandemic.



This is **Part One** of our document. Please go to

Part Two, to find out more about how we wrote our strategy.