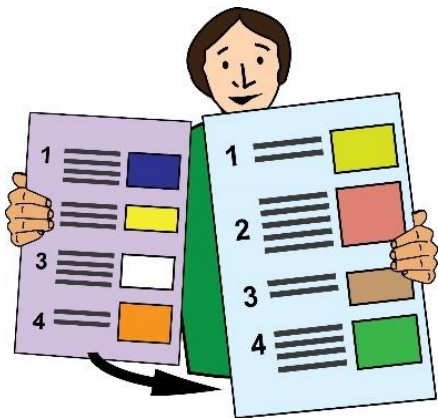


Part 2 – How we wrote our Joint Health and Wellbeing strategy

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 want to get rid of health inequalities.

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 big systems 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.



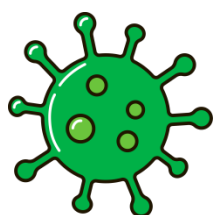
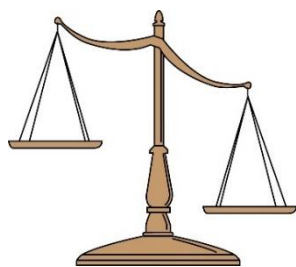
This is **Part 2** of our document. In this part, we will look at the different steps that we have taken to write our Joint Health and Wellbeing strategy.

Please read **Part 1** first, if you haven't already.

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

1. What is the strategy all about?



Health and wellbeing inequality is a really big issue in Brent. Different communities have very different experiences of health. Health inequalities have always been there, but they have been made much worse by 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.

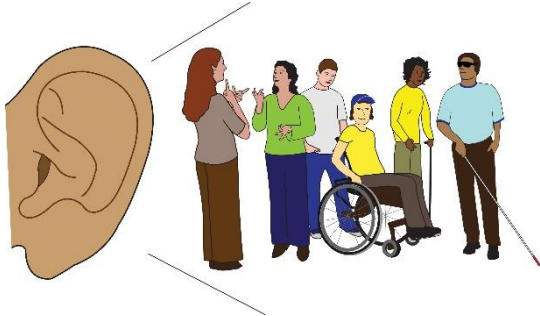
Pandemic: this is when a virus spread all over the world.



We want to work together to get rid of health inequalities and their effects.

The Brent Health and Wellbeing Board thinks that to deal with health inequalities, we must start with our communities.

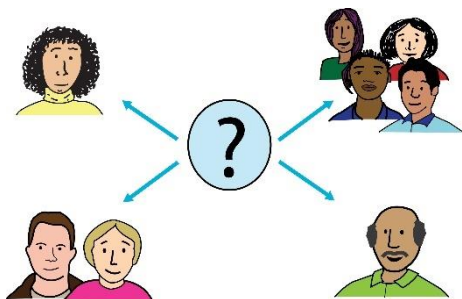
Brent Health and Wellbeing Board: is a group of councillors, doctors and residents who work together to make health and wellbeing better in Brent.



We must work with and understand our communities. We must listen to their experiences. We must work together to find solutions that deal with health inequalities.



This will lead to real change. We must think and act in a different way if we want to reach different results.



Our strategy will put communities at the centre of everything we do. We have worked with **Healthwatch Brent** to do a **consultation**.

Healthwatch Brent: The group works with residents to tell residents' thoughts and feelings to the council and the NHS.

Consulted, Consult or Consultation: this is when people who might be affected by a change or decision are asked for information about how it will affect them.



This consultation was carried out in stages. This consultation was with people in our communities.



Everything in this strategy has come from what we found out from this consultation. This consultation happened during 2021.

2. What did the community say?



We have worked with Healthwatch to reach out to communities to understand their **priorities** for health and wellbeing.

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



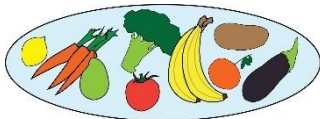
As part of our consultations, we ran workshops and gave out a survey. This survey was given out in person and online.



We asked people about what was important to them, and the people they cared for - for their health and wellbeing.



These are some of the things that people said:

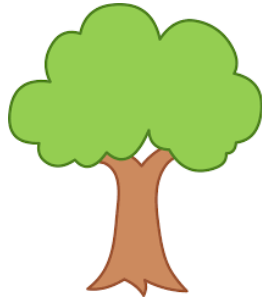


- I don't feel safe doing exercise in the park by myself.
- I can't access fresh fruit and vegetables in my area. They are too expensive.
- There are too many fast-food shops.
- There are lots of things happening in the community but I don't hear about them until it is too late.



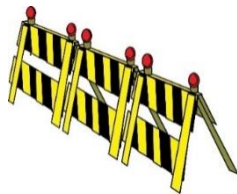
- The mental health of children and young people after the pandemic must be a priority.





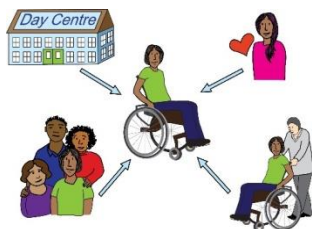
- Green space is really important for our wellbeing. This means areas where there are grass, trees and plants.
- We are worried about how the pandemic has affected our services, such as **General Practices**.

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.



- Time and money are big **barriers** for me.

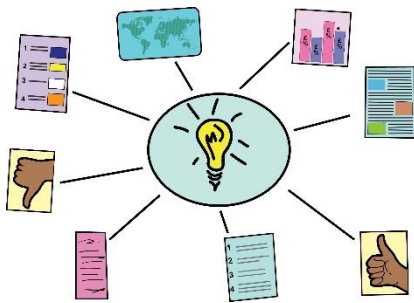
Barrier: in this document, this means the things that stop people living equal lives.



- **Prevention and early intervention** must be a priority.

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

3. Our strategy and other strategies



Lots of the issues that our communities talked about are already being dealt with by other strategies. These other strategies are owned by us and our partners.

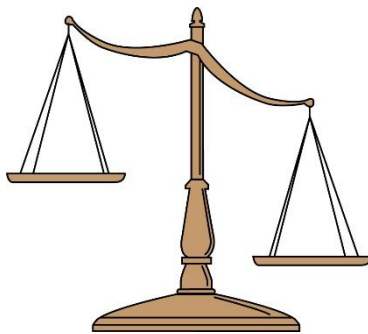
For example, Brent Council's **Poverty** Commission has plans to make housing standards and access to housing better.

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



Brent Council's Long Term Transport Strategy looks at ways to make it easier to walk and cycle in Brent.

To make our goals a reality, these other strategies and plans must reach their goals too.



We will take steps to make sure these strategies and plans achieve better health and wellbeing in Brent:

NHS long term plan

This plan is all about stopping illnesses and getting rid of health inequalities. The plan aims to use information in a better way. The plan is based around **integrated care systems**.

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

Integrated Care system: this is a partnership of NHS organisations and local governments. They work together to plan health and care services and to meet the needs of their local communities.

Poverty Commission



This plan looks at housing and job and **financial inclusion**.

Financial inclusion: this means when everybody has equal access to things and services that they can afford.



Climate and Ecological Emergency Strategy

This plan aims for better nature and green spaces. It supports communities. It also looks at how make a better a green economy. This means an economy that grows in a way that does not harm the environment.



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



Black Community Action Plan

This plan looks at building up community spaces.



It looks at support for jobs and businesses. It looks at

how to deal with homes and homelessness.

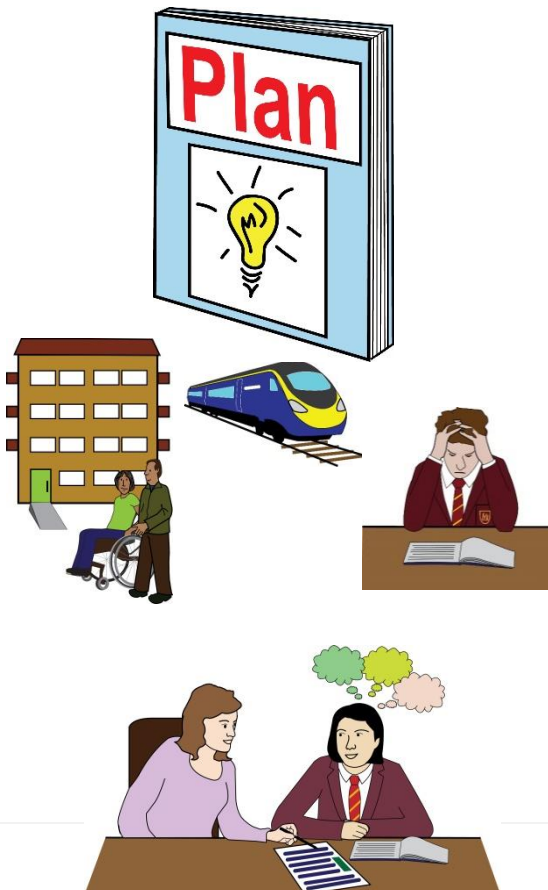


Equalities Strategy

This plan looks at getting rid of barriers to equality. It looks at the best way to give information that can be changed to meet people's needs.



Here are some other strategies that we will support better health and wellbeing in Brent:



- Local Plan.
- Housing Strategy.
- Brent Youth Strategy.
- Long-term Transport Strategy.
- Dealing with health inequalities across North West London.
- Brent **Special Educational Needs**

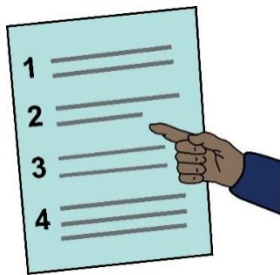
and Disabilities Strategy.

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.

4. Planning our priorities



We have thought a lot about what we heard in our consultations with our communities. We have also worked to understand the priorities and plans in other important strategies.



We planned some priorities so we could ask our communities what they thought about them.



These were the priorities that we planned:

Healthy Lives

I can make the healthy choice and live in a healthy way. The people I care for can do this too.

Healthy Places Near me



There are safe, clean places where I can go. The people I care for can go here too. We can go here to:

- Relax.
- Exercise for free.
- Meet with people.
- Grow our own food.



Understanding, listening and making our services better

I can speak up and take part in making changes to the way services are run. The people I care for can also do this.



The Brent Health and Wellbeing Board has good information and knows a lot about health inequalities in our communities.



Healthy ways of working



People who work in health and the council will be happy and fulfilled. The health and wellbeing system will get better quickly, after the effects of the pandemic.



Staying Healthy

I understand how to have good physical and mental health. The people I care for understand about this too.



We can manage any health conditions by caring for ourselves first. We have access to good medical care when we need it.

5. Carrying on our conversations with the community



After this, we went back to talk to communities. We wanted to check that we had understood everything they told us so far. We went to lots of different events and groups. We



wanted to make sure our health and wellbeing priorities would deal with the issues that residents had told us about.



We also asked people to tell us about things we could all do to make these priorities a reality.

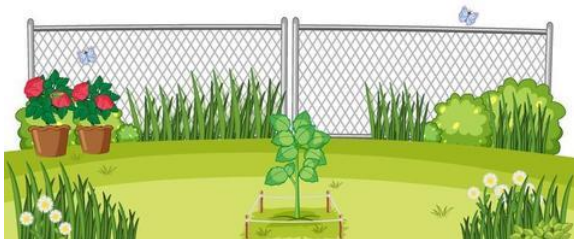
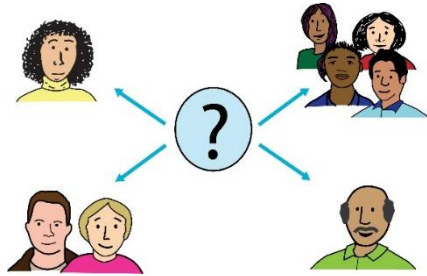
We asked about what individuals, organisations and communities could do to make sure these priorities are met.



These are some of the things that people said:

- We need more people to take part. The work must be based on trust.
- Managing and caring for myself is a really important part of my wellbeing. I need accessible information and support to do this.





- These priorities are really great.
- Different groups will have different priorities. The best way to get rid of inequalities is to understand them.
- We worry about funding for the services we love. What will happen in the future?
- Young people's needs and services should be thought about with these priorities.
- We need our community to have a culture where services, information and places are accessible.
- I really want equal access to spaces for growing food or community gardens.

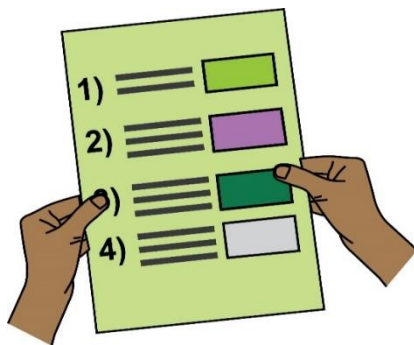


- Could residents take part in making decisions?
- You must do more for people with a disability to access services and spaces.

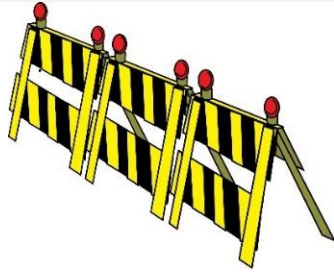
6. Reaching our final priorities



After talking to the community, we have agreed on the priorities for our Joint Health and Wellbeing Strategy. Here they are:



1. Healthy Lives.
2. Healthy Places.
3. Staying Healthy.
4. Healthy Ways of Working.
5. Understanding, Listening and Making our Services Better



We will make sure that our strategy meets the needs of the people who face the most barriers in our communities.

We will always carry out our actions by looking at poverty, disability and **ethnicity**.

Ethnicity or ethnic group: this means different groups that share the same race, culture or country. For example, a person could be Black, White, Asian or Mixed.



This will help us to understand the issues our communities face. This will help us to make health and wellbeing more equal across our communities.

These pictures might help you to understand what equality means to us:



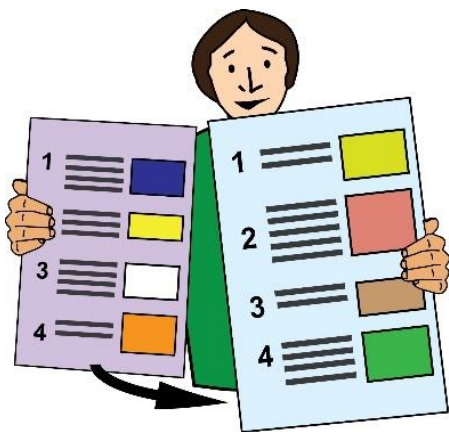
In the first picture, everyone is given the same, but they are still not equal.



In the second picture, everyone gets what they need so they are equal.



In the third picture, the inequality is gone. We have got rid of the barrier that makes people unequal. Our strategy is all about getting rid of barriers.



This is **Part 2** of our document.

Next, we will look at each priority in more detail. Each priority will be written as a separate part.

Please make sure you have read Part 1 – Introduction too before you carry on reading.