

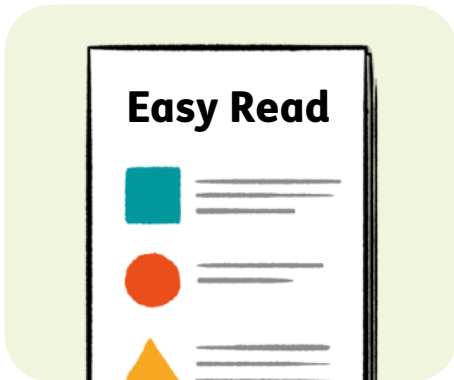
Our plan for health in Warwickshire

For 2026 to 2031



**Easy
Read**

Easy Read



This is an Easy Read version of some information.

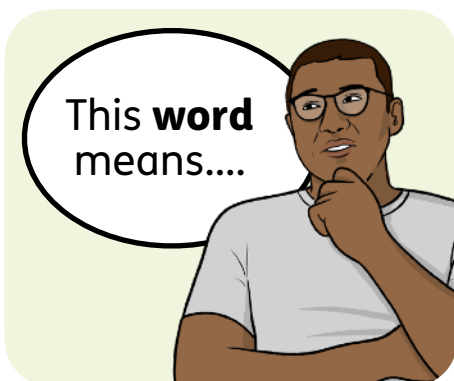
It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

What is in this booklet

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About this booklet



This booklet is from Warwickshire Health and Wellbeing Board.



We are a group of organisations including councils, the NHS, **social care** services, the fire service and the police.



Social care is the extra support some people need to live their lives, like support with eating or washing.



We are working together to improve the health and **wellbeing** of everyone in Warwickshire.

Wellbeing means feeling happy and healthy in your body and mind.



This booklet will tell you about our plan to help people in Warwickshire be healthier over the next 5 years.

Our priorities



We talked to different people who live or work in Warwickshire to help us write our plan.



They helped us choose 3 **priorities**, which are the most important things we want to do.



These priorities are the same for all parts of Warwickshire.



But we might work a bit differently in different parts of Warwickshire, to support everyone with their health and wellbeing.



Having good health is about more than just having good healthcare services.



So this plan will support people in Warwickshire in lots of different parts of their lives.

Priority 1 - Help everyone have good mental health



Mental health is the way you think, feel and behave.

Having good mental health means being able to cope with your emotions.



We will support people who have difficulties with their mental health more quickly.



We will make it easier for them to get the support they need.

Priority 2 - Support people who do not have a lot of money



We know that not having a lot of money can be bad for your health.



Not having a lot of money can make it difficult to get a good place to live and a good job.



We will think about what is best for people's health when we do all our work.

Priority 3 - Support people to move more and eat well

We know that:



- Moving more and being a healthy weight are good for your health.



- A lot of children and adults in Warwickshire do not move enough.



We will have more good places to walk, to make it easier for people to travel by walking, cycling or using a wheelchair.

How we will work together



Different organisations in Warwickshire work in different parts of the county.

They also work on different things, like:



- Planning towns or homes.



- Running schools and transport.

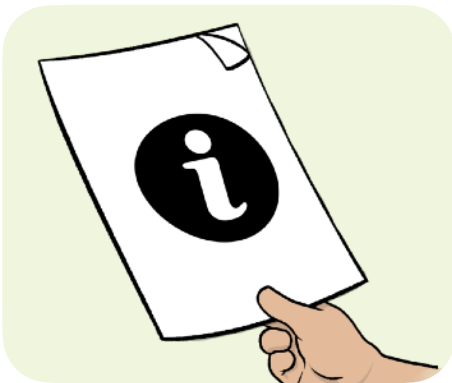


- Giving health services.



We are already working well together in the different parts of Warwickshire.

To make sure we keep working together well, we will:



- Share information with each other, other organisations and people who live or work in Warwickshire.



- Share buildings.



- Think about what is best for people's health when we do all our work.

Why some people have bad health



We looked at what organisations around the country have found out about why some people have bad health.

Some of the most important things they found that make a difference to people's health are:



- Their mental health and wellbeing.



- How much they weigh.

Some of the other most important things organisations found that make a difference to people's health are:



- If they do not have a lot of money.



- If they smoke.



- If they drink a lot of alcohol.



- How much exercise they do or how much they move.



Most of these different things are connected, so we have to make sure our plan includes all of them.

What we plan to do



Our plan includes what we will do for each of the priorities.



We will make sure we remember the good things that are already happening to support people's health and wellbeing in Warwickshire.

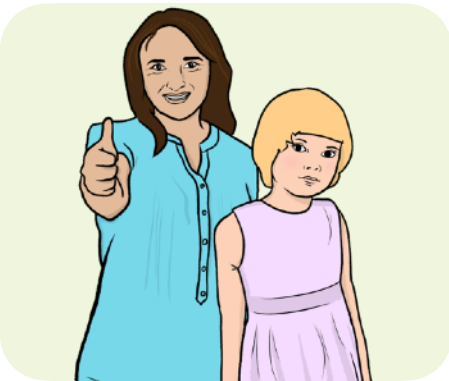
For Priority 1 - Help everyone have good mental health



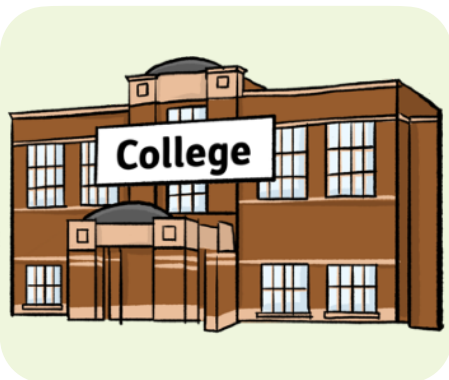
We know that a lot of people in Warwickshire will have problems with their mental health at some point in their lives.



We will work to get mental health support in lots of different places around Warwickshire, especially places where children and young people go.



This means we will be able to support children and young people with their mental health more quickly.



We will work with schools and colleges to help keep children and young people safe.



This will help us find and support children who might hurt themselves or die by **suicide**.

Suicide is when you kill yourself on purpose because you are finding life too difficult.



We will follow the government's plan to support everyone's mental health.



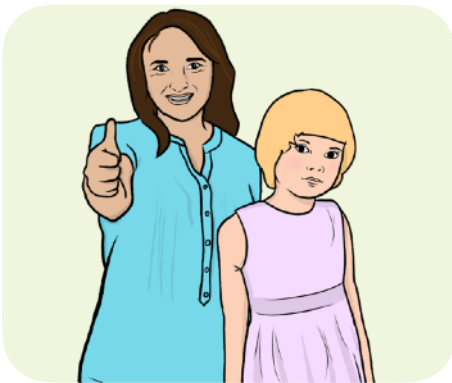
We will work together to help more children with problems with their mental health to go to school more often.



We will work with other teams to support mental health for people with **SEND**.

SEND stands for Special Educational Needs and Disabilities. Children and young people with SEND are aged 0 to 25 and need some extra support to learn and grow.

This will:



- Make sure that children and young people get support for their mental health more quickly.



- Help organisations, schools and services understand more about neurodiversity and mental health.

For Priority 2 - Support people who do not have a lot of money



We know that people who live in some parts of Warwickshire have more health problems and die earlier than people in other parts.



We will think about health and wellbeing when we do all our work.



This will help people have better health and wellbeing in all of Warwickshire.



We will work with people in Warwickshire to support their health and wellbeing in the ways that they need.



This will help more people be well enough to work.



We will write a plan to support children who live in families with not a lot of money.



This will help children have better wellbeing and good lives in the future.



We will work together to help homeless people.



We will work to support health and wellbeing by planning buildings and spaces in Warwickshire.



We will encourage people to get out into nature to help their mental health.



We will make sure that people with learning disabilities or autism have good homes.

For Priority 3 - Support people to move more and eat well



We know that eating well and doing exercise or moving more can help people be healthy.



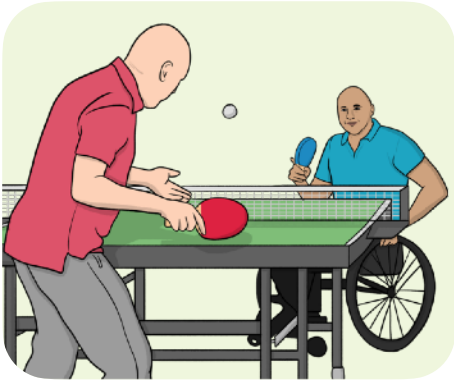
We also know that a lot of children in Warwickshire do not move enough and weigh too much.



We will work with other health organisations and families to help more children be a healthy weight.



We will work to help people be a healthy weight at all ages, and share what we learn.



We will help people improve their health by doing sport and exercise.

What we will do next

We will:



- Decide what we will check to make sure the plan is working.



- Find new ways to show how we are doing with the plan.



- Tell our leaders how the plan is going.

Find out more



You can look at our website here:
www.warwickshire.gov.uk/health-wellbeing-board-1



What do you think about this Easy Read booklet?

Please fill in this survey to tell us what you think:
www.easy-read-online.co.uk/easy-read-feedback-survey

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