

# Thurrock Health and Wellbeing Strategy 2022 - 2026

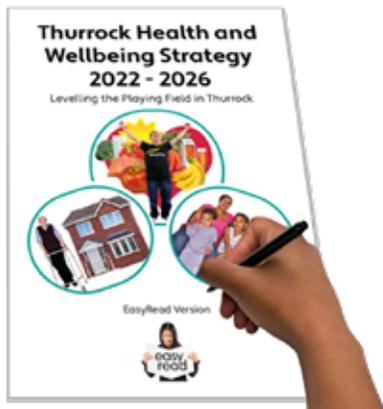
## Introduction



EasyRead Version



# Executive Summary



This document has been written by the Health and Wellbeing Board.

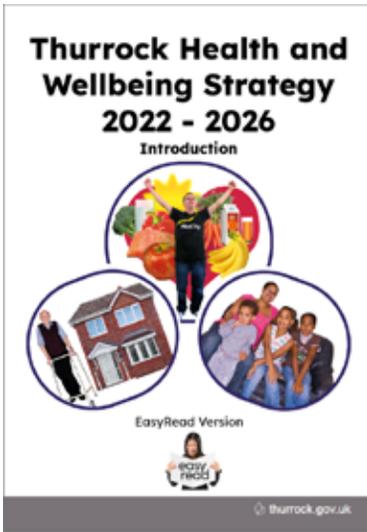
“We” in this document means the Health and Wellbeing Board.

“You” in this document means people who live in Thurrock.

The law says that we must write a Health and Wellbeing Strategy for the people in our community.

Our strategy provides a lot of information, so we have made it into 3 documents.

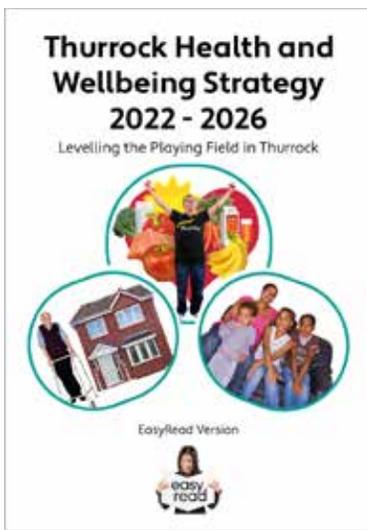
We think this will make it easier for you to read.



This document is the **Introduction**.

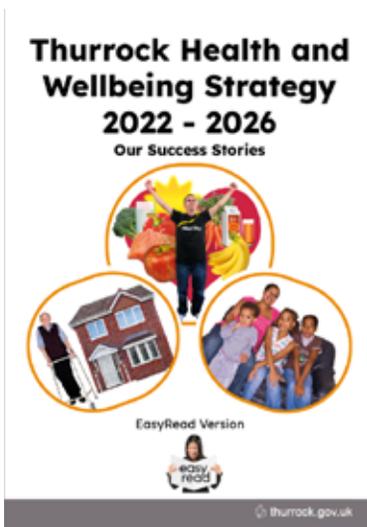
It tells you about the health and wellbeing of people and communities in Thurrock.

It also tells you what we need to do to improve in our communities.



The 2nd document is called **Levelling the Playing Field**.

It tells you about our plans to improve health and our communities.



The 3rd document is called **Our Success Stories**.

It tells you about what we have achieved already.



**Levelling the Playing Field** means that we will make sure that everyone has access to the same opportunities and support.



We know that people in poorer communities have more health problems than people in richer communities.

This is because of things like:



- not having a healthy lifestyle, for example, smoking or drinking too much.



- the quality of medical care they receive.



- fewer job opportunities.



- poor quality housing.



- less access to leisure activities.



We asked you what is most important to you and what you think our priorities should be.



You told us that there are 6 main areas that affect health and wellbeing.

We think that by focusing on these 6 areas we will level the playing field.

These are:



1. Staying healthier for longer.



2. Building strong and inclusive communities.



3. Person-led care.



4. Opportunity for all.



5. Housing and environment.



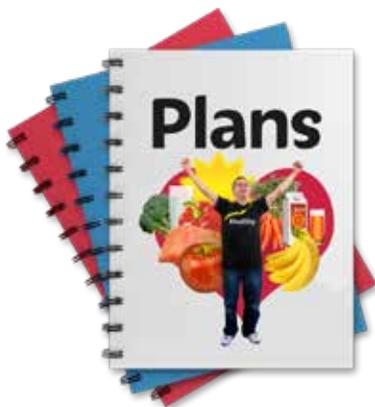
6. Community safety.



By levelling the playing field in these areas we think people will live healthier for longer.



We think it will also narrow the gap in life expectancy between areas where people die youngest and where people live longest.



We will make sure that we include health and wellbeing in planning for all of these areas.

## Our Health and Wellbeing Board



Our Health and Wellbeing Board is made up of people from 10 different organisations.

These are:



1. Thurrock Council.

You voted for these people to be Councillors.



They manage Public Health, Social Care services and Housing.



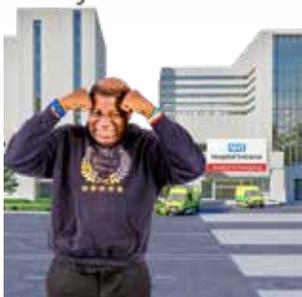
2. NHS England.

These people are in charge of buying healthcare services, including doctors, pharmacies, dentists and opticians.



3. Mid and South Essex Integrated Care System.

These people are in charge of buying healthcare services from hospitals, community services and mental health trusts.





#### 4. Thurrock Council for Voluntary Services

These people provide care coordination, support and advocacy.



#### 5. Healthwatch Thurrock

These people make sure that your views are taken into account when healthcare services are planned.



#### 6. Basildon and Thurrock University Hospitals.

These people help to run the main hospital for Thurrock.



#### 7. North East London Foundation Trust (NELFT)

These people are in charge of community services like health visitors, school nurses and community nursing.



8. Essex Partnership University Trust (EPUT)

These people are in charge of mental health services.



9. Thurrock Community Safety Partnership

These people help to reduce crime and make our communities safer.



10. Thurrock Safeguarding Boards

These people are responsible for keeping vulnerable adults and children safe from harm.



## About Thurrock



Thurrock is a borough in the Thames Gateway. It is close to east London.



It has busy towns like Grays, Tilbury and Purfleet in the south.



It also has rural villages and open countryside in the north.



175,000 people live in Thurrock and we think that this will increase by 9.2% by 2030.



The population of Thurrock is quite young.

The average age is 37 years old, but we think that this will increase in the next few years.



The population is varied and 130 languages are used by children as their main language.



Some areas in Thurrock are among the poorest in the country.

These are mainly around the Tilbury area.



But some areas are among the richest in the country.

These are around the South Chafford area.

## Health and Wellbeing in Thurrock



In Thurrock the average age that people die is younger than average. The average age for men is 78.3 years.

The average age for women is 82.6 years.



Illnesses caused by smoking are the main reason why people die too young.

In Thurrock the number of people who smoke is higher than average.



69% of people in Thurrock are overweight or obese. This is higher than average.



In Thurrock there are more people who have illnesses like, heart disease, high blood pressure and diabetes than average.



Other things that can affect health and wellbeing are:

- Employment.

In Thurrock slightly more people have a job than in the rest of England.



- Housing.

In Thurrock there are fewer homeless people than in the rest of England.



- Crime.

In Thurrock violent crime is higher than average.



Read about our plans to improve health and our community in our **Levelling the Playing Field** document.