

Thurrock Health and Wellbeing Strategy 2022 - 2026

Levelling the Playing Field in Thurrock



EasyRead Version



Levelling the Playing Field



This is the 2nd of 3 documents that makes up our Health and Wellbeing Strategy.

It tells you how we plan to improve health and our communities.



The government has written a document called **Levelling Up**.

This document looks at **inequalities** in local communities.

Inequality means unfair - it is where some people have better opportunities than others.



This 'Levelling Up' document looks at **Healthy Life Expectancy**.

Healthy Life Expectancy is how long you live in good health.



In Thurrock, people who live in richer communities live a healthy life for 8 more years than people in poorer communities.

Women in our poorest communities have poor health for an average of 22 years.

Our vision to Level the Playing Field follows government aims to reduce the gap in Healthy Life Expectancy between people in richer and poorer communities.



It also aims to reduce inequality for:

- people of different ethnic backgrounds.
- people who have physical disabilities or learning disabilities.
- people living with long-term mental health conditions.



Our Strategies



Our 3 main priorities are:

- People



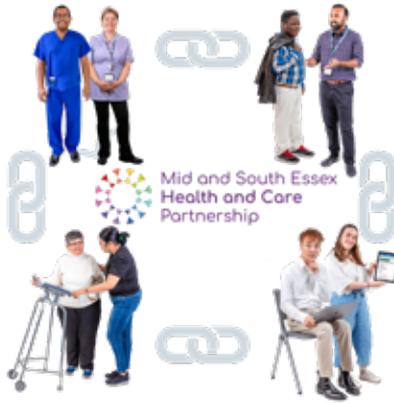
- Place



- Prosperity



This strategy tells you how we plan to level the playing field across these priority areas.



The NHS Mid and South Essex Health and Care Partnership is working in partnership towards goals that link into our priorities.

These goals are:



- to create opportunities in education, employment and housing.



- to support health and wellbeing by promoting healthy lifestyles and focusing on stopping unhealthy behaviours.



- to improve our services by working with you and bringing care closer to home.

What Levelling the Playing Field means for our priorities - People, Place and Prosperity



We will know that we have achieved our goal when people are healthier for longer and when everyone has equal opportunities and access to:



- a good education



- good healthcare



- a job



- safe and warm housing



- public transport

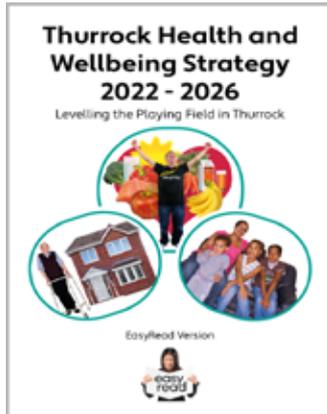


- green spaces



- leisure activities

How our strategies fit together



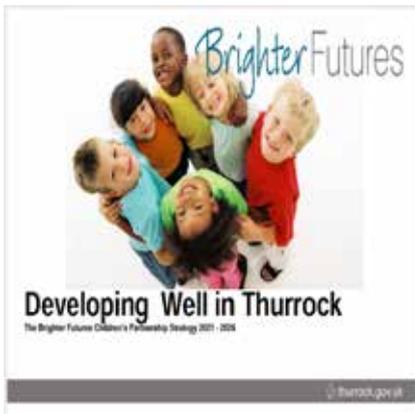
Our Health and Wellbeing Strategy is our main plan to improve the health and wellbeing of people in Thurrock.

But our other strategies link into this to help achieve its goals.

These include:

- Brighter Futures Strategy.

This focuses on improving services for children and young people.



- The Case for Further Change.

This focuses on supporting health services and voluntary organisations to work together.



- Other strategies that focus on particular things that affect health and wellbeing, like:

- Violence and Vulnerability
- Housing
- Addictions
- Obesity



Where the playing field is not level in Thurrock



In Thurrock there are many areas where the playing field is not level.

These all affect our main **People**, **Place** and **Prosperity** priorities and include:



- smoking and obesity.

These are the main causes of poor health outcomes.



- undiagnosed health conditions.

2 in 3 people with long-term health conditions, like high blood pressure or mental ill health are not diagnosed and do not receive support.



- isolation and loneliness.

These have increased since lockdown and particularly affect people who:

- live on their own
- are out of work
- have a mental illness.



- not being able to see a doctor.

We know it is more difficult in some areas to get an appointment.

We know that care in some areas is not as good as in others.



- the increasing rate of crime in many communities.

The number of violent crimes reported in Thurrock is higher than average.



- the cost of housing.

More than half of families cannot afford to buy a house in Thurrock.



- education achievement.

Education is generally good but children in certain groups do not do so well. These include:



- Children Not in Education, Employment or Training (NEET)



- Children with Special Educational Needs and / or Disabilities (SEND)



- Children from ethnic minority groups.

7. Where the playing field is not level in Thurrock



- unemployment.

Some groups of people find it more difficult to get a job. These include:



- young adults aged 18 - 24

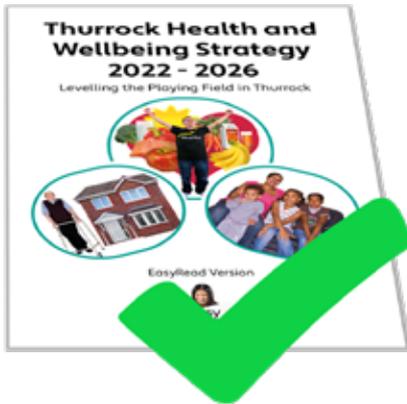


- people with physical or learning disabilities



- people with long-term conditions like mental illness

How do we level the playing field?



For our strategy to work we need to focus on the following outcomes.

- Income and employment.



- Education.



- Housing that is safe and warm.



8. How do we Level the Playing Field?



- A safe community.



- A healthy environment.



- Good transport.



- Accessible leisure.

- Reducing crime.



Local authorities and the NHS need to work together make living in Thurrock fair for everyone.

Stakeholder engagement



Between October and December 2021 we ran a consultation to ask you what you thought of our plans.



1,300 people answered our questions.

Most people agreed that our 6 Domains are the areas that affect their health and wellbeing most.



Based on what you told us, we have made some changes to the goals for each domain.



As part of this consultation you told us about the things that worry you the most.

We have already covered most of these worries in our **People, Place** and **Prosperity** priorities.

Community priorities



Below are some of the things you are most worried about, and what we will do to make things better.



You said:

“It is difficult to get face to face support, including making an appointment to see your doctor.”



We will:

Make more face to face support available from appropriate professionals.



You said:

“Some people cannot access services because they cannot use the internet.”



We will:

Make sure that you can access services in different ways, not just online.



You said:

“Some people have difficulty accessing services because it is too far to travel, or because public transport costs too much.”



We will:

Make sure support is available in local communities.



You said:

“We do not know what is available in our community.”



We will:

Provide accessible information about what support is available.



We will:

Help to build strong and inclusive communities.



You said:

“We are worried about the impact of building new houses and new businesses has on the environment.”



We will:

Make sure public transport and local public services are included in plans for building new houses and businesses.



We will:

Make sure that you can access green spaces across Thurrock.



We will:

Make sure that you can exercise and meet people in safe places.



We will:

Help to improve air quality across Thurrock.



You said:

“Your mental health has been affected by social isolation and loneliness which have got worse because of Covid-19.”



We will:

Improve support for people with mental illness, because we know that there is link between loneliness and mental ill health.



You said:

“Not having a job for a long time can cause mental health difficulties.”



We will:

Help people to find work.

Our principles for action to Level the Playing Field

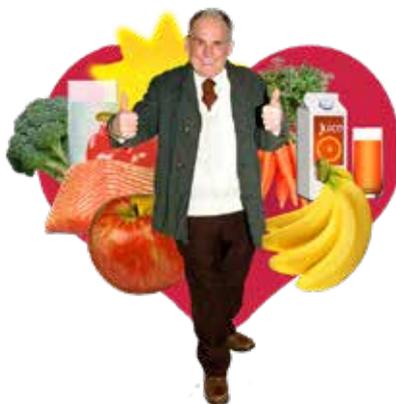


Members of the Health and Wellbeing Board have agreed that our actions to Level the Playing Field will be based on the following principles.



Reducing inequality in health and wellbeing

We want everyone to have access to the same opportunities.



Prevention is better than cure

Support will be available before you need help so that you stay healthy for as long as possible.



Empowering people and communities

We will help you to solve your own problems and make healthy choices.



Person-led and strengths-based approach

We will plan support for you around your needs.



Making good health and wellbeing everyone's responsibility

We will work to make health and care services fairer, and promote good health for all.



Retain the positives from Covid-19 and address the challenges

During Covid-19 communities worked together to make things better.

We will build on these partnerships to continue working on shared priorities.

6 Domains of Health and Wellbeing



Our strategy focuses on 6 domains. We think these are the main things that affect good health.

These domains link into our priorities of **People, Place** and **Prosperity**, they are:



1. Staying healthier for longer

2. Building strong and inclusive communities

3. Person-led health and care

4. Opportunity for all

5. Housing and environment

6. Community safety

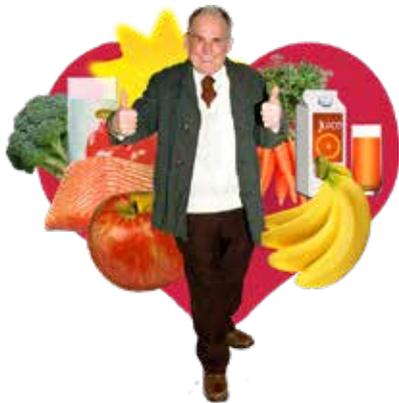


Based on what you have told us, we have written 3 or 4 goals for each domain.

Achieving these goals will help to Level the Playing Field in Thurrock.

What do we want to do?

We want to improve how we prevent and treat physical and mental health conditions, to make sure people have good health for as long as possible.



We want to reduce the number of people who smoke or who are **obese** in Thurrock.



Obese is when a person is very overweight and has a lot of body fat.



We want to help people have good mental health and reduce poor mental health.



We want to reduce substance misuse in Thurrock.

Substance misuse is when people:

- drink too much alcohol
- take illegal drugs
- take medicines in a way that they are not meant to be used.



Improve how we diagnose and manage Long Term Conditions (LTCs) to improve physical and mental health.



We want to make Thurrock a fair, inclusive, and accessible place to live.

We want you to have opportunities and feel your voice is heard.

We will encourage communities to lead on decisions about their areas.



We will improve how we talk to you to make sure that your voice is heard.



We will make sure that people have the right training and skills so they can be involved with co-production and co-design of services.



We will make more opportunities for communities and people to come together.

For example, community events in libraries and using existing community hubs and groups.



We want companies to come to Thurrock and invest in the area.

We will renew the area and you will have a say and benefit from the improvements.



We want people to get a good education, get training, and skills so they can get good jobs and be successful in life.



We want all children in Thurrock to be the best they can.

We will make sure there is nothing to stop them being the best they can be.



We will build a new technical university.

This will provide training and qualifications for people so they will have the right skills for new jobs at Thames Freeport.



We will support local businesses to create new jobs.



We will help people to start their own businesses.



We want everyone in Thurrock to have access to a good quality, affordable home.

Homes will be places you can feel safe, healthy, part of your community, and proud of where you live.



We want fewer people to be at risk of being homeless.



When new homes are built we want at least 35% of them to be **affordable**.

Affordable means that the price is low enough for most people to pay for it.



We will make sure key workers, first time buyers and local people have the opportunity to get these homes first.



We will make sure that current housing is looked after better.

For example, using Green Technology like solar power, or fixing problems like damp.



We will make sure that new houses have green spaces, are connected to public transport and are healthy places for people to live.

We will use the design of places to help make them safe and to reduce crime.



We want everyone who lives, works, or visits Thurrock to feel and be safe.

We will make sure anyone who has been a victim of crime has help and support if they need it.



We will make sure all children can live safely in their community.



We will all work together to reduce crime and anti-social behaviour.

This includes local councils, the community, police and health.



We will make sure there is better support for victims of violence.



We will protect people from becoming victims of crime.

Especially those who are vulnerable, young people and older people.

Impact of Covid-19 on health and wellbeing



We are still gathering information about the long-term effects of Covid-19.

But what we know so far is that Covid-19 has caused difficulties for people across all of our Domains.



We know that more people were ill and died during the pandemic.

We know that people from some backgrounds were more at risk than others.



We know that it was more difficult to see a doctor during the pandemic.

This means that people did not get the treatment they needed and more people died from their condition.



We know that Covid-19 has made some people and communities even more vulnerable than they were before.

Children and families with young children have found it particularly difficult.



This strategy aims to tackle some of the problems caused by Covid-19. This includes:

- Obesity

The number of children who are obese when they start school has risen.



- Loneliness and isolation

40% of people said that they were lonely during lockdown.

The people affected most were people who:

- live on their own
- are out of work
- have a mental illness



- Access to health services

Only 40% of doctor's surgeries are offering same day face to face appointments with a doctor.



- Educational Achievement

Because schools were closed during lockdown some children, especially those from disadvantaged backgrounds, have fallen behind in their education.



- Unemployment

Because of covid businesses are making less money. This means some people will lose their job, so they will have less money.



- Violence against women and girls

During lockdown violence against women increased.

Women who were already being abused before lockdown said that the violence got worse and it was harder to escape.



The effects of Covid-19 were not all bad.

Some things did improve because of Covid-19.

This includes things like:

- Social connections

Communities became more supportive and inclusive.



- Housing

During lockdown safe and warm housing was even more important. Because of this, the government brought in new rules to help make houses safer.



- Access to outdoor spaces

More people took up activities like walking and running which meant more people were using parks and other green spaces.



- Smoking

During lockdown 2 in 5 people who smoked tried to give up smoking.



- Air quality

There was less traffic on the roads which meant that the air became cleaner.



- Crime

During lockdown there was a reduction in almost all types of crime.





Read **Our Success Stories** next. It is the final document in our strategy.

It tells you about what we have already achieved.