

Thurrock Health and Wellbeing Strategy 2022 - 2026

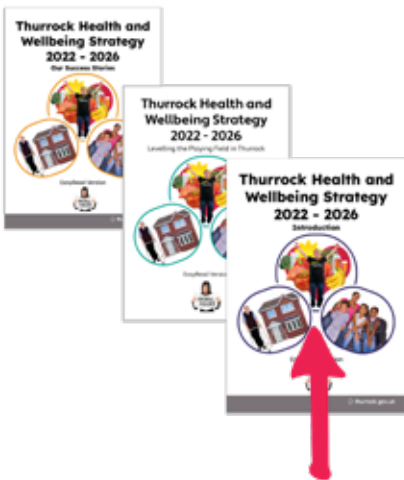
Our Success Stories



EasyRead Version



What we achieved from 2016 to 2021



This is the 3rd document in our Health and Wellbeing Strategy.

It tells you about what we have achieved already.



Our last strategy ran from 2016 - 2021.

There were 5 goals in that strategy and each goal had 4 aims.

The following pages tell you how we did against these aims.



The 1st goal was **Emotional Health**. To achieve our objectives for this goal we:

- Launched a new mental health service for new mothers, called **Together with Baby**



- Launched the Ask **Teddi app** to help families find answers to common questions and support that is personalised to their needs.



- Supported the development of Community Hubs. This has helped voluntary organisations to find funding.



- Developed a monitoring tool for **depression**. This has helped people with depression to get the support they need.

Depression is a mental illness that makes you feel very sad all the time.



- Employed more mental health professionals to support people with mental illnesses.



The 2nd goal was **Healthier for Longer.**

To achieve our objectives for this goal we:

- Launched an Obesity Strategy to tackle obesity in both children and adults.



- Carried out an assessment to find out how we can support people who want to stop smoking.

This showed us that the number of people who smoke fell by nearly 4% between 2015 and 2020.



- Launched the **Find your Active Programme.**

This is a partnership that has helped to find funding for sports clubs, and to encourage people to be more active.



- Diagnosed more people with a long-term health condition.

This means that more people are receiving the treatment and support they need.



The 3rd goal was **Opportunity for All**.

To achieve our objectives for this goal we:

- Created the Brighter Futures Children's Partnership.

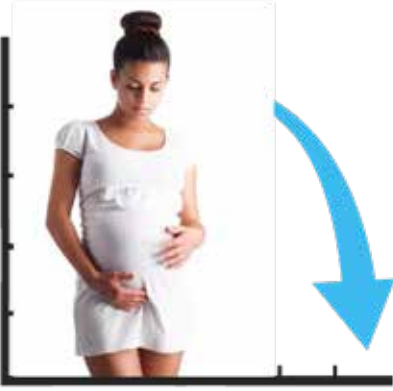
This partnership aims to improve health and care for children in Thurrock.



- Improved Early Years provision.

97% of Early Years providers have been rated as good or better.

14. Our Achievement 2016 - 2021



- Achieved our target to reduce the number of teenage girls getting pregnant



- There are fewer children who are Not in Employment, Education or Training (NEET) in Thurrock than in the rest of England.

But this number increased during lockdown.



- Reduced the number of children living in families that are very poor.



The 4th goal was **Healthier Environments.**

To achieve our objectives for this goal we:

- Increased funding for physical activity and improvement to parks. This has increased the number of adults who are physically active.



- Made rented houses safer and warmer.

This involved removing hazards, adding insulation, installing security lights and providing cooking and storage facilities.



- Created Supported Living services for adults with learning disabilities, complex needs or people with autism.



- Built 32 residential homes for older people.

These homes include a car park and storage for mobility scooters, an outdoor gym and communal areas.



- Given apprenticeships to 233 people in Thurrock.

These were in a range of sectors including social work, project management, business administration.



- Selected 4 Community Builders.

These help communities to make decisions about their local area. They also help groups to access healthy activities.



The 5th goal was **Quality Person-Centred Care**

To achieve our objectives for this goal we:

- Redesigned how health and care services are delivered.



- Created 14 Local Area Coordinators

This has helped many people to:

- achieve the outcomes that are important to them.
- reduce the amount of help they need from services.
- reconnect them with friends and family.



- Created social care teams who work in the community.

These teams offer solutions to problems which reduces the need for referrals and assessments.



- Created Wellbeing Teams.

These teams provide care and support to people in their own home.



- Are continuing to work on opening 4 Integrated Medical Centres in Tilbury, Purfleet, Corringham and Grays.

The centre in Corringham will open in 2022.



- Created a successful **micro enterprise** service to give people more choice when they need support.

A **micro enterprise** is a very small business that employs only a few people.

What will happen next?



Now that our Domains have been approved we will decide what the **baseline** is.

This will help us to know that we are making progress against our targets.

The **Baseline** is our starting point, it tells us what services look like now.



We will monitor our progress regularly and tell you how we are doing.



We will continue to ask for your opinion on our priorities to make sure that we always focus on the right things.



We have written this strategy taking into consideration over 750 comments from the people of Thurrock and the services the support the community.



We would like to thank Thurrock CVS, Healthwatch and Ngage who helped us to write this strategy.

They held face to face meetings to ask you what you thought of our aims.