

# The Joint Health and Wellbeing Strategy 2022–2032 For Leicestershire

**Our Vision: Giving everyone in Leicestershire the opportunity to thrive and live happy, healthy lives.**

We want to ensure the communities of Leicestershire have the opportunity to have the best health and wellbeing they can across their life course. This includes putting equal emphasis on mental and physical health and ensuring we have healthy places, cultures and environments to support this.

We want to ensure everyone understands how to access the right support and resources; empowering individuals, families and communities to better support each other, to be independent, to aim high and thrive.

We know that not everyone achieves the same level of health and wellbeing across Leicestershire. We will work to bridge this gap and ensure everyone has an equal opportunity to support their health and wellbeing and those around them.

A life course approach has been used to identify the strategic, multi-organisational priorities for the next 10 years and provide clear accountability to the Leicestershire Health and Wellbeing Board:



## Best start for life

We want to give our children the best start for a happy, healthy, long life.



## Staying healthy, safe and well

Prevention is always better than cure, and good health and wellbeing is an asset to individuals, communities and the wider population. It improves health and care outcomes and saves money across the whole system.



## Living and supported well

As people age, become unwell or develop one or more Long Term Conditions (LTCs), it is important that they are supported to live as independently as possible, for as long as possible while maximising their quality of life.



## Dying well

End of life is an inevitable part of the life course, that needs to be a dignified, personalised approach for the individual, their friends and family.

## Our Principles:

### Providing person centred care and support

We want to ensure that this strategy and delivery plan is built around the needs of individuals across Leicestershire; strengthening our engagement with local people and listening to their views and experiences.

### Embedding prevention in all that we do

We know that if we can prevent individuals developing risk factors and disease in the first place this will improve their longer-term health and wellbeing outcomes and reduce costs across the system.

### Enabling independence and self-care

To support those that have chronic conditions to manage them effectively, stop or delay disease progression and prevent development of further multiple illnesses or conditions.

### Health and equity in all policies approach

This will ensure that inequalities and health and wellbeing are considered by partners in all aspects of their work. We want to make certain that everyone within Leicestershire is treated fairly when it comes to accessing the right support services for them.

### Prioritising mental and physical health equally

We know that to have good health and wellbeing both your physical and mental health needs must be supported and met.

### Supporting Covid-19 pandemic recovery

We will continue to support those whose health and wellbeing has been impacted by Covid-19.

### Trauma informed approach

We need to ensure that services are delivered in a way that takes into consideration the impact of trauma on individuals.

## Our Commitments:

### Partnership and collaboration

We will work to build a partnership alliance across Leicestershire that focusses on improving the health and wellbeing outcomes and acknowledges the value and strength of the voluntary and community sector.

### A strong, skilled and supported workforce

We need to support our health and care workforce to grow and flourish; acknowledging the strength they have shown through the pandemic and the need to ensure Leicestershire is seen as a great place to work and develop.

### Digital improvement

The pandemic has shown the breadth of innovation, access and efficiency that can be delivered through harnessing digital technology. We want to further embed a digital offer across our services, whilst avoiding digital exclusion.

### Effective communication and engagement

We will aim to ensure all Leicestershire stakeholders (residents, partners and staff) are able to see how they fit and can contribute to the wider vision of the strategy. We will do this through regular engagement and consultation.

### Anchor institutions

Collectively, the Health & Wellbeing Board partners hold a significant amount of assets across Leicestershire; these can be cultures, people or estates. We will utilise these resources to benefit the health and wellbeing of our communities across Leicestershire.

### Population health management

This refers to the overall health and wellbeing outcomes within a group of people rather than considering the health of one person at a time. We do this by using data and collecting the views and experiences of patients.

### Data gathering, sharing and insight

Data gathering and sharing is an important way in which we build a picture of both an individual and their needs, but also the needs of our population.

Membership of the Leicestershire HWB include: