

The North West Leicestershire Community Health and Wellbeing Plan 2023 – 2026

Developed and owned collaboratively by stakeholders across
North West Leicestershire (Easy read edition)

Purpose

Our Community Health and Wellbeing Plan for North West Leicestershire brings together a wide range of partners with the common purpose of improving the health and wellbeing of the local population. Forming partnerships between health and care organisations in the local area is key to planning and delivering joined up services to improve the lives of people who live and work in the area.

By working together in collaboration, we have agreed a set of priorities that all partners across North West Leicestershire recognise and support. We remain committed to making a real change by focusing on these key priorities and tackling health inequalities which are present within our population. This plan recognises and acknowledges the importance of creating engaged and cohesive communities by building trust and gaining a deeper understanding of their needs if we are to make a difference.

Tackling the wider determinants of health to address the root causes of health and wellbeing is at the heart of everything we do.

Vision

Links to The Leicestershire Joint Health and Wellbeing Strategy 2022-2032 has an overall vision of “Giving everyone in Leicestershire the opportunity to thrive and live happy, healthy lives”.

[View the Joint Health and Wellbeing Strategy \(lsr-online.org\)](https://www.lsr-online.org)





Life Stages

In alignment with the Leicestershire Health and Wellbeing strategy a life course approach has been adopted for the plan:

Life Stage 1: The best start for life

The best start for life recognises that a stable and supportive childhood sets the foundation for future physical and mental health. “Positive early experiences provide a foundation for sturdy brain architecture and a broad range of skills and learning capacities.”



Life Stage 2: Staying healthy, safe and well

Maintaining good health and social wellbeing throughout our life will allow North West Leicestershire the opportunity to have active communities that live well. Hence, we must acknowledge and consider the wider determinants of health and the aging population, so ensuring older people live with good health and social wellbeing for as long as possible which will benefit the whole population.



Life Stage 3: Living and supported well

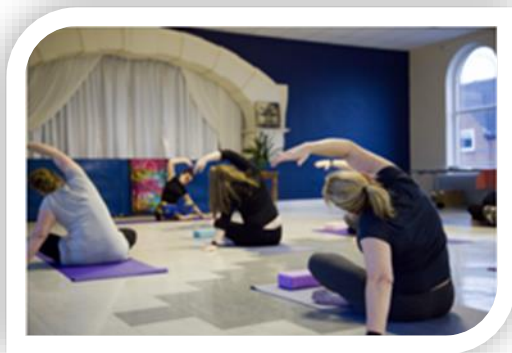
North West Leicestershire is a healthy place to live. However, not everyone enjoys the same prospects for health and wellbeing. Health inequalities are underpinned by social determinants of health, which are determined by the broad social and economic circumstances into which people are born, live, work and grow old.



Life Stage 4: Dying Well

This is a difficult subject for many people to openly acknowledge and discuss, however, a personalised approach for the individual, their friends and family will enable choices about care and treatment at the end of life.

When focusing on these four life stages, the plan will take into account a whole range of factors that can impact on our health & wellbeing.



Our Local Priorities

Using local data and evidence, the following nine priorities have been identified:

1. Mental health
2. Cancer
3. Being overweight or obese
4. Hip Fractures
5. Dementia
6. Learning disabilities
7. Breast feeding
8. Carers
9. Diabetes



For each priority, a delivery group will be established. The delivery groups will have representation from health, the district council, patient representatives and the voluntary sector who will all have collective ownership of the priority.

The priorities will be phased over the 3-year period of this plan, at the end of each 12-month action plan cycle, a review of the data will take place to identify whether there are any areas of significant change in the district.

For more information visit www.Xxxxxxxx to read the full North West Leicestershire Health & Well Being Plan

Stakeholders

Integration and collaboration are key aspects of this plan. The following Stakeholders have been involved in the development of this document:

Active Together

Clinical Directors

North West Leicestershire District Council

Leicestershire Adult Social Care (ASC)

Leicestershire Fire & Rescue Service

Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB)

Leicestershire Partnership Trust (LPT)

Leicestershire Police

Leicestershire Public Health

NHS Dentistry

Primary Care Networks (PCN's)

University Hospitals of Leicester

Voluntary, Community and Social Enterprise (VCSE) colleagues

