18 Steps to Keeping people in our area healthy and well

easy read

Our ideas about things we want to do **2024 – 2029**

RICHMOND UPON THAMES
FOR A HEALTHIER BOROUGH

LONDON BOROUGH OF
RICHMOND UPON THAMES

About us

We are Richmond Health and Wellbeing Board.

We work with doctors, the council and charities to help make people in Richmond healthier.

We want to:

- help children, adults and older people in Richmond to be as healthy and well as they can be

- make sure everyone in our area has the same chances to use our health and care services

● change the way that health and care services work in our area. We want them to work together better to meet people's need

To make sure we work in the best way, we:

● listen to local people in our area. We find out what is important to them and make sure we meet everyone's needs

and

● make sure we include people when we plan health and care services. We make sure everyone's voice is heard

About our work

We thought of 18 things that can stop people being healthy and wrote some plans.

The plans say what we want to do about the 18 things.

They tell you our ideas for making people in Richmond healthier.

We want to know what you think about our ideas.

First, read about our ideas in this booklet. Then answer our questions to tell us what you think.

This is a really big booklet. You do not have to read about all 18 things, if you don't want to.

You can just read about the things you are interested in.

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Idea 1: Making children and young people's mental health better

Some young people in Richmond have problems with their **mental health**.

Mental health is about your thoughts and feelings. Problems with your mental health might mean you feel sad, worried and act differently.

Lots of children in Richmond are unable to go to school because of their mental health.

Lots of young people in Richmond **self-harm**. **Self-harm** is when people hurt themselves.

It is often a way for people to cope with their thoughts or feelings.

We want children and young people who need mental health support to get it quicker.

We want less children and young people to need support from mental health services.

We want to:

- make sure schools know how to get advice and support from mental health support teams

- tell children and young people about **Kooth**. **Kooth** is a local online mental health support service for young people

● try to stop children and young people from **self-harming**.

● have an emergency service in hospitals to support young people who have self-harmed

Question 1: How much do you agree with the ideas in Idea 1?
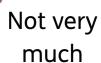
☐ A lot ☐ Not very much ☐ A little bit ☐ I don't know

Is there anything you don't agree with about Idea 1? Please tell us:

Is there anything else you want to say or tell us about Idea 1:

Idea 2: Less childhood obesity

Obesity and obese mean being very overweight.

Some children in Richmond are already obese when they start school.

More children are obese by age 11.

More children are obese in poorer areas than in richer areas.

Eating healthy foods and doing exercise can help people who are obese to lose weight.

We want less children in Richmond to be obese by age 11.

We want to:

- give parents advice and support about healthy cooking and eating

- support schools and nurseries to teach children about healthy foods and exercise from a young age

- have more activities where parents and children can learn to cook healthy foods

- have more playgrounds, parks and sports activities so young people can do more exercise

Question 2: How much do you agree with the ideas in Idea 2?
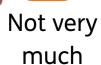
A lot   Not very much   A little bit   I don't know

Is there anything you don't agree with about Idea 2? Please tell us:

Is there anything else you want to say or tell us about Idea 2:

Idea 3: More children having their immunisations

Immunisations are injections that babies and children can have to stop them getting very poorly.

You usually go to the doctors for this.

A lot of children in Richmond are not having their immunisations.

We want to:

- understand why some parents do not take their children for their immunisations

- make it easier for all families to take their children for their immunisations

- talk to more parents about why immunisations are important

Question 3: How much do you agree with the ideas in Idea 3?

A lot ☐

Not very much ☐

A little bit ☐

I don't know ☐

Is there anything you don't agree with about Idea 3? Please tell us:

Is there anything else you want to say or tell us about Idea 3:

Idea 4: More adults having their immunisations

Immunisations are injections you can have to stop you from getting bad illnesses.

You usually go to the doctors for this.

A lot of adults in Richmond are not getting the immunisations they need.

We want to:

- understand why some people are not having their immunisations

- let more people know about having immunisations

- make it easier for all people to go for their immunisations

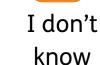**Question 4:** How much do you agree with the ideas in Idea 4?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 4? Please tell us:

Is there anything else you want to say or tell us about Idea 4:

Idea 5: More women having cervical cancer checks

Cervical cancer is a serious disease. It happens in your **cervix.**

This is inside you at the top of your vagina.

It can be treated better if doctors find out about it earlier.

Women aged 25 to 64 can have a test for cervical cancer at the doctors surgery.

We want to help more women in Richmond to have their test.

We want to:

- understand why some women do not come for their cervical cancer tests

- make sure that as many women as possible are told about the test. This includes girls at school or college

- tell women why cervical cancer tests are important and how to get them

- make sure we tell people about the tests in the best way for them. For example in different languages

- offer cervical cancer tests in sexual health and other clinics

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Question 5: How much do you agree with the ideas in Idea 5?
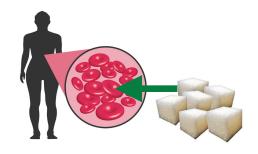
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I don't know

Is there anything you don't agree with about Idea 5? Please tell us:

Is there anything else you want to say or tell us about Idea 5:

Idea 6: Helping people with diabetes

Diabetes is an illness where your body cannot control the right amount of sugar in your blood.

People with diabetes have to think carefully about things they eat and drink.

Only half the people with diabetes in Richmond are managing their condition well.

We want to make sure our diabetes services are working well and meeting peoples needs.

We want to:

- do more checks to find out if people have diabetes. This will help them get the right treatment quicker

- support people to have a healthy **diet** and lifestyle. A **diet** is things you eat and drink.

  Having a healthy diet and lifestyle gives you less chance of getting diabetes

- support people to manage their diabetes well

- give people better information about diabetes that meets their needs

Question 6: How much do you agree with the ideas in Idea 6?

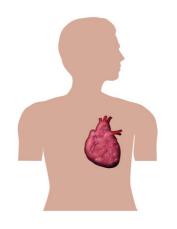A lot ☐ Not very much ☐ A little bit ☐ I don't know ☐

Is there anything you don't agree with about Idea 6? Please tell us:

Is there anything else you want to say or tell us about Idea 6:

Idea 7: Less people with heart disease

Heart disease is the name for lots of different problems people can have with their heart.

Things like when your heart cannot beat properly or pump enough blood.

Heart disease is really serious. Lots of people die from heart disease every year.

It is really important that we try to stop heart disease from happening.

We want to:

● support people to live a healthy lifestyle. Things like eating healthy food, stopping smoking and doing exercise

● make sure everyone in our area has the same chances for getting treatment and support

● do more checks to find out if people have heart disease

● help people keep well and manage their condition better. This could be at home, at their local pharmacy or in the community

● make sure more people take medicine if their heart does not beat properly

Question 7: How much do you agree with the ideas in Idea 7?
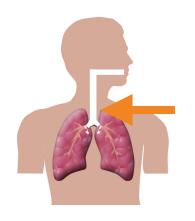
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Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 7? Please tell us:
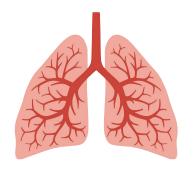
Is there anything else you want to say or tell us about Idea 7:

Idea 8: Less people with lung conditions

Lungs are the part of your body that help you to breath.

You breath in air through your mouth. The air goes down a tube into your lungs.

Then you have lots of smaller tubes in your lungs that help them to work.

Having a lung condition means you have a problem with your lungs or the tubes.

Lung conditions are things like asthma, COPD or COVID.

Lung conditions can be really serious. Lots of people need to go to hospital every year because of a lung condition.

Lots of people in our area die every year from lung problems.

Lung conditions can be caused by breathing in smoke from cigarettes, cars or factories.

We want to help people in Richmond to have healthier lungs.

We want to:

- help people to stop smoking and using **vapes**. A **vape** is an electronic cigarette. It is not as bad for you as smoking

- find out if some groups of people are more likely to smoke than others

- set up places in the community where people can come to get their lungs checked. This is a test to see how well they can breathe

- make sure people who have had COVID can get the help they need to feel well again

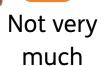**Question 8:** How much do you agree with the ideas in Idea 8?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 8? Please tell us:

Is there anything else you want to say or tell us about Idea 8:

Idea 9: Supporting people with long COVID

COVID is a virus that can spread easily from person to person.

Most people who catch COVID will feel a little bit poorly but will get better in a few weeks.

Some people can feel poorly for 12 weeks or more.

When this happens, we call it **Long COVID**.

If you have Long COVID you might:

● feel very tired

- have aches and pains in your muscles

- find it hard to breathe

- find it hard to concentrate

Long COVID can affect people in different ways.

Lots of people with long COVID are find it hard to do things they usually do. This includes going to work.

This means people might need support for a long time.

This might be support with their health or their mental health.

We want to support people with long COVID to live the lives they want.

We want to:

- support people with Long COVID to go back to work

- set up a Long COVID service. Health, mental health and care services will work closely together

  This means people with Long COVID will get the support and care they need.

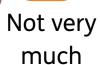**Question 9:** How much do you agree with the ideas in Idea 9?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 9? Please tell us:

Is there anything else you want to say or tell us about Idea 9:

Idea 10: Protect people from climate change

The weather around the world is changing. We call this **climate change**.

Climate change is caused by too much pollution.

Because of climate change we have:

- more floods

- heatwaves

- plants dying. This means we have less fruit and vegetables to eat

Climate change can affect peoples health.

For example, heatwaves can make some people really ill or die. This might be older people or babies.

We want to:

- have less pollution in our area

- support people to deal with changes in the weather

- have a plan for how we will deal with things like floods and heatwaves. The plan will say how we will look after peoples health

- work together with the NHS or local groups. We will tell people how climate change can affect their health

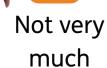**Question 10:** How much do you agree with the ideas in Idea 10?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 10? Please tell us:

Is there anything else you want to say or tell us about Idea 10:

Idea 11: Better air in our area

The air in our area is not very clean. There is a lot of **pollution**. **Pollution** mostly comes from things like:

- using gas to heat our homes

- driving cars

- making electricity

Pollution can be bad for peoples health.

It can cause people to have problems with their lungs. Things like asthma or lung cancer.

Lots of people in our area die every year from lung problems.

We want to:

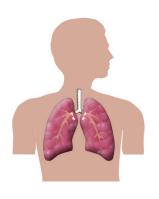- do more to try to stop air pollution

- have less people die because of air pollution

- work together with other organisations like the NHS or local groups. We will tell people why it is important to have clean air

- have staff who are trained in air pollution and health

● give extra support to people who have more chance of getting lung problems. This might be:

— children

— women who are pregnant

— older people

— people with a health condition

Question 11: How much do you agree with the ideas in Idea 11?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 11? Please tell us:

Is there anything else you want to say or tell us about Idea 11:

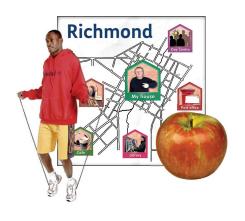## Idea 12: More people being active and eating healthy foods

To stay fit and healthy, it is really important to:

● eat the right foods and drink plenty of water

and

● move about more. Moving about can also be called **being active**

Lots of people in Richmond are already being active and eating healthy.

But there are lots of people who are not active enough.

Lots of people are not eating enough fruit and vegetables.

We want to:

- find out what things make it hard for people to be active

- support more people to be active

- tell people why it is important to be active and do exercise

- support people who cannot leave their homes to do exercise. This might be exercises online

- tell people why it is important to eat healthy food

Question 12: How much do you agree with the ideas in Idea 12?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 12? Please tell us:

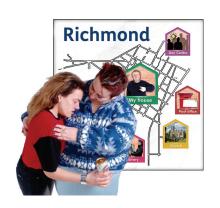Is there anything else you want to say or tell us about Idea 12:

Idea 13: Drink less alcohol

Drinks like wine and beer have alcohol in them.

Drinking too much alcohol is really bad for you. It can cause lots of health problems.

Lots of people in our area are ill or die because they drink too much alcohol.

We want to:

● look at how many shops and places sell alcohol in our area. Places like pubs or clubs.

We will think carefully before we let any new places open

● have better services in hospitals for people who drink too much alcohol. We will:

– check how much alcohol they are drinking and if it is affecting their health

and

– give the person advice about things they can do to drink less alcohol

● make care better in hospitals for children and young people who drink too much alcohol

● work together with schools and colleges to tell young people about drugs and alcohol

- tell people about the drink checker app. People can use the app on their phones or tablets.

  The app can help people to drink less alcohol every week

- give people information about alcohol in the best way for them. For example in different languages

- tell people about other things they can drink that do not have alcohol in them

- work together with local businesses to hold more events that do not sell alcohol

Question 13: How much do you agree with the ideas in Idea 13?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 13? Please tell us:

Is there anything else you want to say or tell us about Idea 13:

Idea 14: Helping people to stop smoking

Smoking is really bad for you. It can cause lung problems and heart disease.

Lots of people die from smoking.

We want to:

- have less people in Richmond dying or having lung problems because of smoking

- support more people to give up smoking.

- This might be things like:

— chewing gum or tablets that help you stop smoking

— people to talk to who know what it is like to stop smoking

— online support

● give extra support to people who have more chance of getting lung problems from smoking.

This might be:

— children and young people

— women who are pregnant

— people who have mental health problems

● work together with other organisations to help people give up smoking. This might be the NHS, the council and local groups

● make sure people know where to get information and advice about giving up smoking.

We will make sure everyone in our area has the same chances to get help and support

Question 14: How much do you agree with the ideas in Idea 14?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 14? Please tell us:

Is there anything else you want to say or tell us about Idea 14:

Idea 15: Less suicide in adults

Suicide is when someone ends their own life.

When we say **ends their own life** we mean when a person sadly kills themselves on purpose.

Some people have more chance of dying by suicide than other people. This might be:

● young men

● people who have mental health problems

● people who are in trouble with the law or owe a lot of money

- people who are LGBTQI+

- people who **self-harm**. **Self-harm** is when people hurt themselves. This is often a way for people to cope with their thoughts or feelings.

We want to try to stop people from self harming or killing themselves.

We want to:

- have better **crisis** services. **Crisis** is when you need help straightaway because of your mental health

- make sure people from different groups and backgrounds can use mental health services

- tell people where they can get help with mental health

- understand why people die by suicide and what support they need

- give extra support to people who have more chance of dying by suicide

Question 15: How much do you agree with the ideas in Idea 15?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 15? Please tell us:

Is there anything else you want to say or tell us about Idea 15:

Idea 16: Support people to have less falls

Older people are more likely to have a fall and hurt themselves.
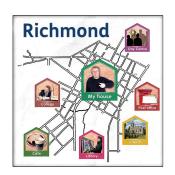
People who fall might break a bone and need to go to hospital.

Often, people who break a bone have a condition called **osteoporosis**. We say it like this: **ost-ee-oh-per-oh-sis**.

Osteoporosis can cause your bones to become weak. You are more likely to break your bones if you fall or have an accident.

More people in Richmond have falls than in other parts of the country.

We want to:

- work together with care homes to support people who have falls

- make sure care homes use our **Urgent Community Response** service. This service takes people to hospital when they have had a fall

- make sure care homes have devices that check on people in the night.

  The device sets off an alarm if someone has a fall. This means staff can help the person straightaway

- give extra support to care homes who:

- have more people who have falls

or

- cannot easily get people to hospital if they have a fall

- look at how many people go to hospital after a fall. Find out how many of these people need to stay in hospital

- find out if we can treat people in the community instead of at hospital

● make sure more people can use our fall services

● find out what problems people are having with their bones. We will work with our fall services to try to stop people falling again in future

Question 16: How much do you agree with the ideas in Idea 16?

A lot ☐

Not very much ☐

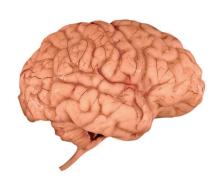A little bit ☐

? I don't know ☐

Is there anything you don't agree with about Idea 16? Please tell us:

Is there anything else you want to say or tell us about Idea 16:

Idea 17: Dementia

We say Dementia like this:
dee-men-sha

Dementia is the name for different illnesses that cause parts of the brain to stop working properly.

People with dementia might forget things or find it hard to remember. They might get confused easily and feel upset.
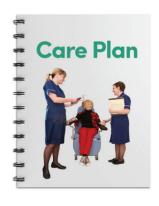
The number of people living with dementia in Richmond is going up.

We want to make our dementia services better.

We want to:

- make sure people with dementia have a **care plan**. A **care plan** says what needs you have and how you will be supported

- find out earlier if people living in care homes have dementia

- use more digital devices to help people with dementia. Things like tablets and devices that people can look at and touch

- make sure families and carers of people with dementia get the help and support they need

● make sure there are activities and breaks just for young people with dementia and different breaks for older people with dementia

● make sure doctors find out earlier if people have dementia. This will help them get the right treatment quicker

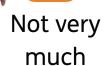**Question 17:** How much do you agree with the ideas in Idea 17?

A lot

Not very much

A little bit

I don't know

Is there anything you don't agree with about Idea 17? Please tell us:

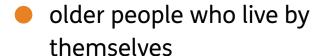Is there anything else you want to say or tell us about Idea 17:

Idea 18: Stop people being lonely

1 out of every 6 people in Richmond are lonely.

Some people have more chance of feeling lonely. This might be:

- older people who live by themselves

- people with mental health conditions

- people with health conditions that will last for a long time

We want to try to stop people from feeling lonely.

We want to:

- find out why people are feeling lonely

- make it easier to travel and get around in our area. This will help people to meet each other

- make it easier for people to use **digital technology. Digital technology** is doing things on the internet like video chats

- give extra support to people have more chance of feeling lonely

- work together with local groups and charities to support people who feel lonely

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Question 18: How much do you agree with the ideas in Idea 18?

A lot ☐

Not very much ☐

A little bit ☐

I don't know ☐

Is there anything you don't agree with about Idea 18? Please tell us:

Is there anything else you want to say or tell us about Idea 18: