



# Keeping people in our area healthy and well



Our ideas about things we want to do

# About us



We are Wandsworth Health and Wellbeing Board.



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



We want children, adults and older people in Wandsworth to be as healthy as possible.

## About our work



We thought of 19 things that can stop people being healthy and wrote some plans.



The plans say what we want to do about the 19 things.

They tell you our ideas for making people in Wandsworth 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 19 things, if you don't want to.

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



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

6



**Idea 2:** Less childhood obesity

9



**Idea 3:** More children having their immunisations

12



**Idea 4:** Less children and young people going to hospital

14



**Idea 5:** More adults having their immunisation

17



**Idea 6:** More people having bowel cancer checks

19



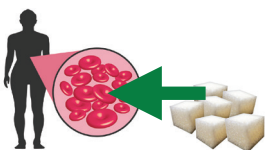
**Idea 7:** More women having cervical cancer checks

22



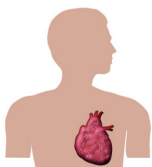
**Idea 8:** More women having breast cancer checks

25



**Idea 9:** Helping people with diabetes

28



**Idea 10:** Less people with heart disease

31



**Idea 11:** Better air in our area

**34**



**Idea 12:** Protect people from climate change

**38**



**Idea 13:** More people being active and eating healthy food

**41**



**Idea 14:** Drink less

**44**



**Idea 15:** Helping people to stop smoking

**47**



**Idea 16:** Less suicide in adults

**50**



**Idea 17:** Support people to have less falls

**54**



**Idea 18:** Dementia

**58**



**Idea 19:** Stop people being lonely

**62**

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



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

**Mental health problems** can make you feel sad, worried and act differently.



## What we want to do

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



We want to give better mental health support to young people with learning disabilities and autism.

## We are going to:



- work with schools so they know the best ways to help



- help different services to work together to help young people



- do work in the community so that less young people have mental health problems



**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 and young people in Wandsworth are obese.



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



Experts say that **breastfeeding** can help stop a child becoming obese.

This is when a baby drinks milk from its mum's breasts instead of a bottle.



## We want to:

- get more people in Wandsworth to breastfeed their babies



- make playgrounds, parks and sports activities better so more young people use them



- help families with obese children to learn about healthy foods and 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 Wandsworth are not having their immunisations.

### We want to:



- make it easier for 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: Less children and young people going to hospital



If a child has an accident they might need to go to hospital.



We want less accidents to happen so that children are not in hospital as much.

### We want to:



- help all parents and carers to understand how to keep their children safe



- give extra support to the parents who need it



- keep checking on families after their child has been in hospital



- make sure that all staff have good training about keeping children safe



- use **children's centres** for giving talks and information to families about keeping children safe.



**Children's centres** are places you can go if you have a baby or young child.

They give you help and support about keeping your child happy and healthy.



**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 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 Wandsworth are not getting the immunisations they need.

**We want to help more people have their immunisations by:**



- letting more people know about having immunisations



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



**Question 5:** How much do you agree with the ideas in Idea 5?



A lot



Not very  
much



A little bit



I don't  
know

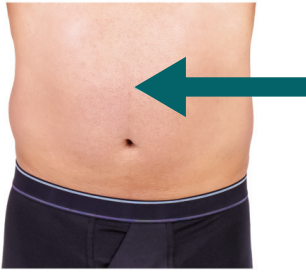


Is there anything you don't agree with about Idea 5? Please tell us:



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

## Idea 6: More people having bowel cancer checks



Bowel cancer is a serious disease. It happens in your tummy.



It can be treated better when the doctor finds out about it earlier.



People over 60 are sent a bowel cancer test to do at home.



Not everyone does their test.



We want more people in Wandsworth to do their bowel cancer tests.



## We want to:

- understand why people do not do their bowel cancer tests



- make sure that as many people as possible are given a test



- have a member of staff in charge of this in each area



- tell people in Wandsworth why it is important to do a bowel cancer test



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



**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: 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 Wandsworth 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



- have a member of staff in charge of this in each of our areas



- 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



**Question 7:** How much do you agree with the ideas in Idea 7?



A lot



Not very  
much



A little bit



I don't  
know



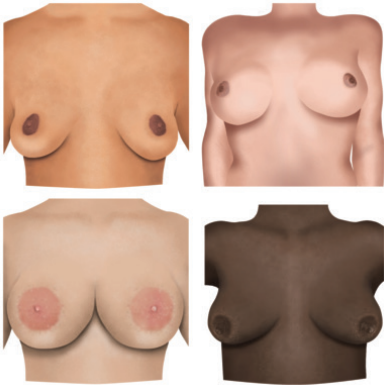
Is there anything you don't agree with about Idea 7? Please tell us:



Is there anything else you want to say or tell us about Idea 7:



## Idea 8: More women having breast cancer checks



Breast cancer is a serious disease. It happens in your breast.



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



Women aged 50 to 70 can have a test for breast cancer at the hospital.



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



## We want to:

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



- make sure that as many women as possible are told about the test



- have a member of staff in charge of this in each of our areas



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



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



**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

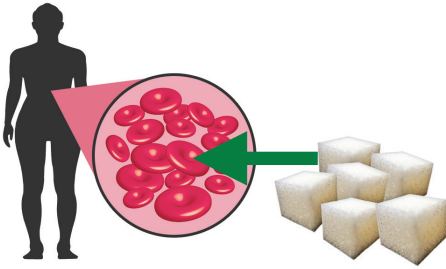


Is there anything you don't agree with about Idea 8? Please tell us:



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

## Idea 9: 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.



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

### We want to:

- give people better information about diabetes that meets their needs





- make sure more people can use our diabetes services



- 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



- make sure people with diabetes across all our areas have the same chances for advice and support



**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

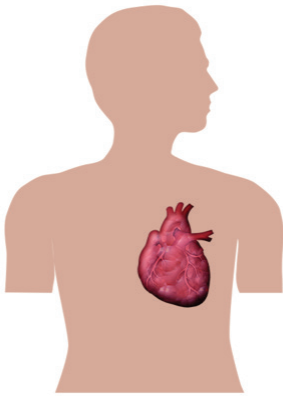


Is there anything you don't agree with about Idea 9? Please tell us:



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

## Idea 10: 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 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



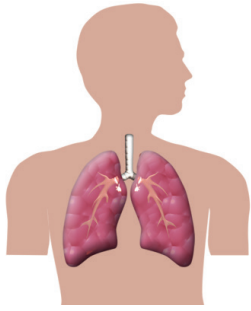
- have less people die because of air pollution



- 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: 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



**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: More people being active and eating healthy foods

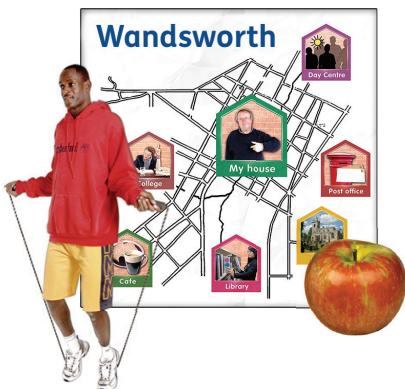


To stay fit and healthy, it is really important to:

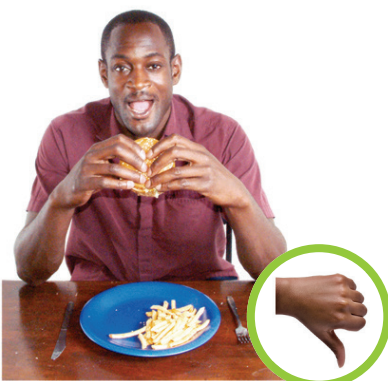
- eat the right foods and drink plenty of water

and

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



Lots of people in Wandsworth 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 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:

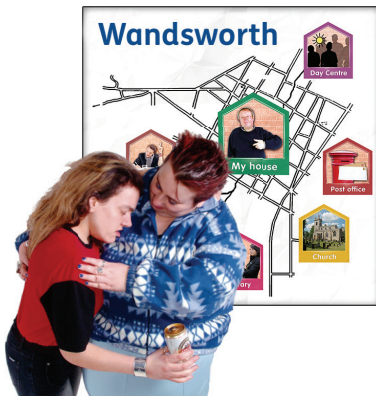
## Idea 14: Drink less alcohol



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



- Taking drugs is really bad for you. We will look at how many people in our area die every year because of taking drugs.



- support people who have been in prison because of taking drugs. We will support them to give up drugs in prison and after they go back home



- look at how many young people go to hospital because of drinking too much alcohol



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



**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: 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 Wandsworth 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





- 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 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: 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



**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: 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.



Lots of people who have had a fall move from their home into a care home.



The person might worry about falling again. They might stop doing things by themselves. This affects their family or carers.



We want to try to stop people having falls and needing to go to hospital

## We want to:



- try to find out who might have a chance of falling earlier



- support people to exercise more and take the right medicines



- make sure more people can use our fall services



- support people to be less worried about falling



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



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



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



- make sure more people have **digital alarms**. A **digital alarm** is a device that people can wear.

If the person has a fall, they can press the alarm. The alarm will tell someone to come and help them





**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: 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.



There are more people with dementia in Wandsworth than other areas in London.

## We want to:



- give people lots of information about dementia and how to spot the signs



- find out what things might cause dementia. We will try to stop more people getting dementia



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



- make sure people know where they can get help and support with dementia



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



- it is hard work caring for someone with dementia. We will make sure carers look after themselves and can take a break



- understand why young people get dementia



- support work being done in care homes on dementia



- give training to staff working with people with dementia



**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:

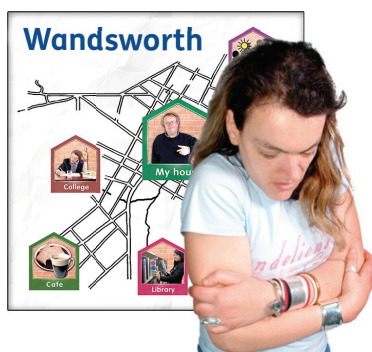


Is there anything else you want to say or tell us about Idea 18:

## Idea 19: Stop people being lonely



1 out of every 12 people in London are lonely.



In Wandsworth, lots of people who get care and support from us said they were lonely.



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



**Question 19:** How much do you agree with the ideas in Idea 19?



A lot



Not very  
much



A little bit



I don't  
know



Is there anything you don't agree with about Idea 19? Please tell us:



Is there anything else you want to say or tell us about Idea 19: