



Hertfordshire and
West Essex Integrated
Care Partnership



Easy
Read

Our plan for a healthy future

The Hertfordshire and West Essex Integrated Care Strategy



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Easy Read



This is an Easy Read version of some hard information. It may not include all of the original information but will tell you about the important parts.



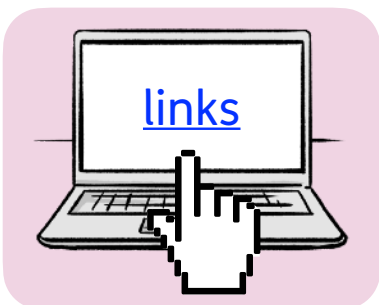
This Easy Read information uses easier words and pictures. You may still want support to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. Wherever you see a bold word, it will be explained in the next sentence.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

Introduction



Hertfordshire and
West Essex Integrated
Care Partnership

This is a plan for how people living in Hertfordshire and west Essex will be helped to live healthy lives over the next 10 years.



This is a shorter Easy Read copy of the full plan.



The plan is about how different organisations can work together to help everyone get the support they need.



The NHS, local councils, the police, charities and other organisations called the Hertfordshire and West Essex Integrated Care Partnership have agreed to this plan.

About the plan

Every person's health is different and can depend on:



- What their life was like when they were a child.



- What their home and area they live in is like.



- Whether they learnt a lot at school, college or university.



- Their chances to get a good job.



- The health conditions they were born with or get as they grow up.



Some people will have more health issues than others because of what they deal with in their life.



Supporting everyone to live as healthy a life as possible is what this plan will help us do.

To help us write this plan, we listened to what people think who:



- Live in Hertfordshire and west Essex.



- Work in health and care organisations.



We will think about if this plan is working and change if we need to.



We have thought about the needs of people in this area and made **6 priorities** for this plan.

Priorities are the most important things we need to work on.

Our 6 priorities are:



1. Give every child the best start in life.



2. Support local areas to be healthy places that people are happy to live in.

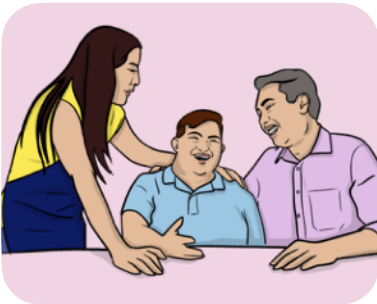


3. Support people to have healthy lives.



4. Help people to live well as they get older and support people living with **dementia**.

Dementia is a disease in the brain. It affects your memory and behaviour.



5. Make support better for people and their families who live with health conditions that last their whole life.



6. Support people's mental health and improve the care for people with learning disabilities and **autistic people**.



Autistic people have a condition called autism. It affects things like communication, being with other people, or how you think and feel about things.



We will tell you why these priorities matter and what we will do to work on them.

Priority 1 - give every child the best start in life

Why this matters



When a child does not have a good start in life, they can have worse health in the future.



There are many reasons why a child might not have a good start in life, like:



- They have a disability.



- They grow up in a family with not very much money.

What we will do

We will:



- Give families and children support as soon as they need it.



- Make sure organisations work together to help families and children.



- Give every child a chance to go to early learning, like nurseries, to help them be ready to start school.



- Give children with special educational needs and disabilities the help they need as soon as possible.

We will:



- Make sure different organisations are working together to keep children safe from **abuse** and **neglect**.

Abuse is when someone hurts you or treats you badly.

Neglect is when someone does not look after you properly.



- Change our family centres into family hubs that will support families with children up to 19 years old, or 25 years old if they have a special education need or disability.



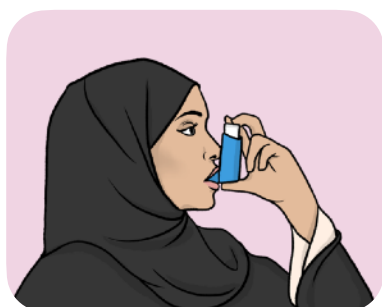
- Make it easier for children to get support with their feelings and mental health.

Priority 2 - support local areas to be healthy places that people are happy to live in

Why this matters



Living in crowded or badly built houses can harm people's health.



Children who live in cold homes are twice as likely to have breathing difficulties.



Air pollution can cause diseases in the heart and lung cancer.

Air pollution is dirty chemicals in the air that harm the space around us.



Being able to go out into green spaces can help people's health and mental health.



People who live in areas of Hertfordshire and west Essex that have less money often have more problems with their health.

What we will do:

We will:



- Work to get more homes built that people can afford to live in.



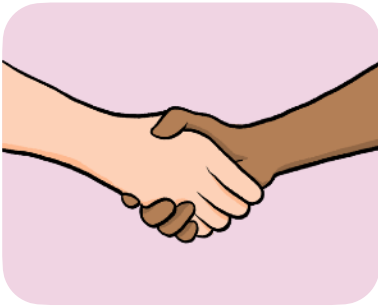
- Make sure that all homes that people rent are good enough to live in.



- Support people to get jobs and stay in their jobs, especially people with disabilities or health conditions.



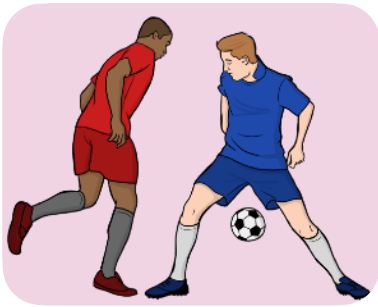
- Make more green spaces and make it easier for people to walk and cycle to where they need to go.



- Work with people in their local areas to find ways that they can:



- Join groups in their local area to help stop people feeling lonely.



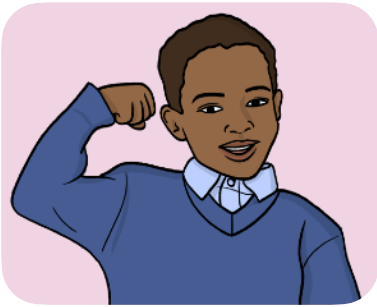
- Get involved in activities in their local area.



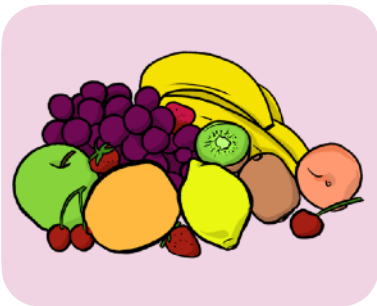
- Give more health and care support to areas that we know have the biggest health issues.

Priority 3 - support people to have healthy lives

Why this matters



To stay healthy and stop diseases, people need to:



- Eat well.



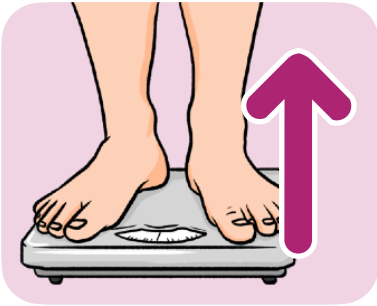
- Be a healthy weight.



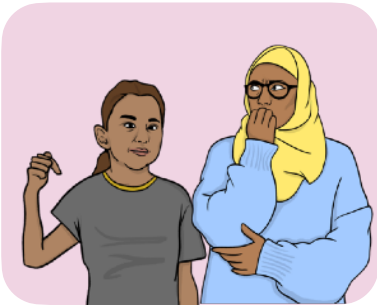
- Move around and exercise.



If people do not do these things they are much more likely to get illnesses like heart disease and cancer.



6 out of every 10 adults in our area weigh more than they should.



The number of children who weigh too much is worrying too.



Smoking and drinking alcohol are 2 of the main reasons that people have serious health issues.

What we will do

We will:



- Give people more chances to exercise.



- Look at how to make leisure centres and exercise classes cheaper.



- Offer new and better services to help people stop smoking.



- Improve care for people who have mental health issues and drug or alcohol problems.



- Support people who do not have much money to eat healthy food at cheaper prices.



- Give advice to children and young people about being a healthy weight.



- Make sure that people can get information about how to stop:

- Drinking alcohol.



- Smoking.



- Gambling.



- Taking drugs.

Priority 4 - help people to live well as they get older and support people living with dementia

Why this matters



There are more older people in Hertfordshire and west Essex than there used to be.



They are more likely to need to go to hospital due to illnesses or conditions that could have been stopped by using health services in their local area.



Older people's lives can be affected by:

- Having long lasting illnesses.



- Falls.



Older people's lives can be affected by being lonely.



About 1 in every 3 people over 85 have **dementia**.

Dementia is a disease in the brain. It affects your memory and behaviour.



The NHS spends more money on looking after people with dementia than it does on caring for people with cancer or heart disease.



Looking after a loved one with dementia can be very difficult and it can be hard to find the right support.

What we will do

We will:



- Tell people aged between 40 and 74 that they can get health checks to lower the risk of getting serious illnesses.



- Support people to exercise and move around.



- Help people to not be lonely by telling them about activities and support in their local area.



- Train health and care staff to understand dementia.



- Build more housing where people can get extra care so they can live in their own place for longer.

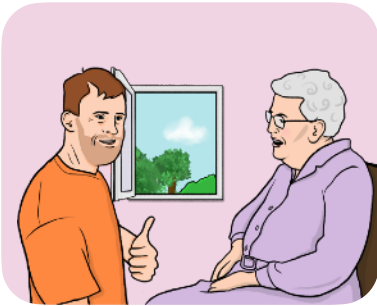
We will:



- Make sure that older people can use buildings and local services, like buses and council services.



- Improve support for people who care for their family members or friends.



- Make it easier for older people to leave hospital and get the care they need at home or in a care home.

Priority 5 - make support better for people and their families who live with health conditions that last their whole life

Why this matters



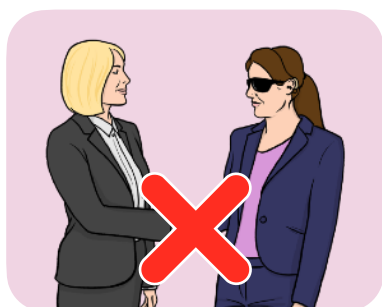
We believe that around 1 in every 4 people in Hertfordshire and west Essex have a health condition that lasts a long time.



Living with a health condition that lasts a long time or your whole life can affect your mental health.



Poorer people are more likely to have long lasting health conditions that could have been stopped.



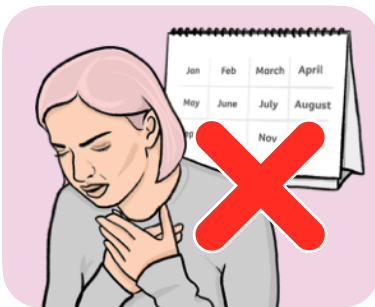
Services to support these people do not always work together and do not always think about people's needs.

What we will do

We will:



- Support people to have more say over the care that they get.



- Help people to not get a long lasting health condition by making it easier to:



- Find illnesses.



- Deal with illnesses before they get too serious.



- Help people with long lasting health conditions to improve their health.

We will:



- Give more people NHS health checks, including:



- People with mental health issues.



- People with learning disabilities.



- Make sure that women's health is looked after for those who are going through **the menopause**.

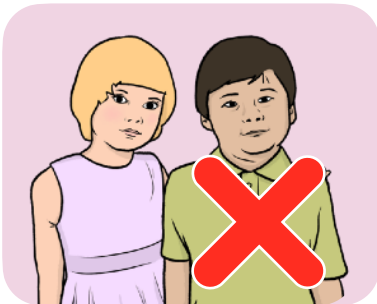
The menopause is when women's bodies change usually between the age of 45 and 55.

Priority 6 - support people's mental health and improve care for people with learning disabilities or autism

Why this matters



Adults with poor mental health are more likely to have problems in other parts of their life, like being unhealthy and not having much money.



Children with poor mental health might not have good friendships or might do badly at school.



People with poor mental health are likely to die younger than people with good mental health.



People with health issues often have poor mental health.



People with learning disabilities are more likely to have problems that lead to poor mental health, like not having a job or enough money.



People with learning disabilities usually die much younger than people without learning disabilities.

What we will do

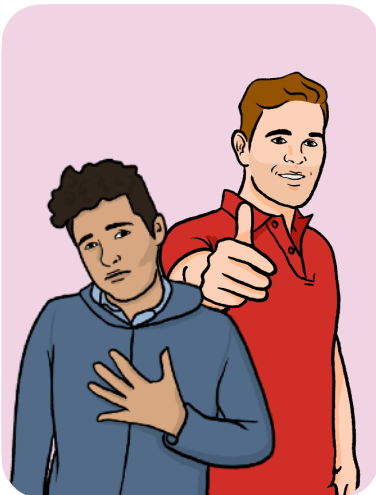
We will:



- Make sure that everyone can get treatment for poor mental health when they need it.



- Work to help people with learning disabilities or mental illness to live longer.



- Set up services to support children and young people who are **neurodiverse**, like autistic children.

Neurodiverse means your brain works in a different way to most people. You may be autistic or have a mental health condition.



- Set up services for autistic people that support them to do everything they want to do in life.

We will:



- Work with employers to make jobs that people with learning disabilities or mental illnesses can do.



- Help people with learning disabilities, mental illnesses, autistic people and disabled people to get the housing, education and other support that they need.



- Lower the number of people who kill themselves by making sure health and care services support people before they feel so bad.

For more information



You can look at our website here:
[www.hertsandwestessexics.org.uk/
integrated-care-partnership-icp](http://www.hertsandwestessexics.org.uk/integrated-care-partnership-icp)

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