

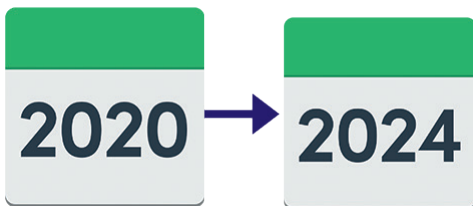
# Staying healthy and happy



This document is to help you have your say on the '**Health and Wellbeing Strategy**'.



From **Cambridgeshire and Peterborough Health and Wellbeing Board**.



It says what they want to do in the next four years.

Peterborough



Cambridgeshire

For people in **Cambridgeshire** and **Peterborough**.

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# About the Health and Wellbeing Board



They plan how **NHS** and **Council** services can work together.



To help people be healthy and happy.



And make services more equal.



**The NHS** helps you look after your health. Like seeing your doctor or going to hospital.



The Council

**Councils** provide important services to help you live your life. They are part of the **local government**.

# Some of the things your council does



Plans new homes. And looks after roads.



Makes sure there are parks and leisure services.



And helps you to have a healthy lifestyle.



Gives help to families. And keeps children safe.



Helps people live independently at home.

# Making services more equal



It can be harder for people from poor areas to be healthy and happy.



A poor area is where many people do not have much money. And can find it hard to get a good job.

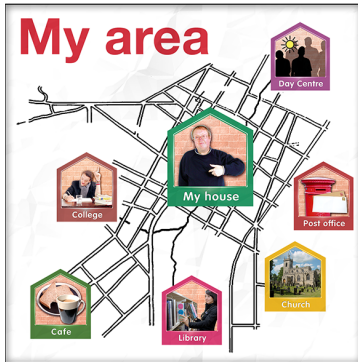


People in poor areas do not always live as long as people in richer areas.



The Board wants to make the health of people in poor areas better.

# Places that help you to stay happy and healthy



Your home and the area you live in can affect your health.



A bad house can make your health worse. Like if your house is cold or damp.



Having more skills and a job can help you stay healthy and happy.



Having friends and meeting people can help you stay healthy and happy.



## What the Board wants to happen:



New homes are planned to help people stay healthy and happy.



And be more active.



People who have health or care problems have a home to live in.



It is easier to improve your skills. This will help you get a better job. And make healthy choices.

For 'places that help you stay happy and healthy'.

Do you agree with what the Board wants to do?



Tick the box you agree with.

Scale of 1 (very bad) to 5 (very good)

1



2



3



4



5



## Help children have a good start in life



It can be harder for babies and children in poor areas to be healthy.



It can be hard for young people to get help with their mental health.

## What the Board wants to happen:



Better care for new parents and babies.



Help for new parents to stop smoking. This is bad for them and for their babies.



Better information and help for parents and families.



Help young people look after their mental health.



# For 'help children to have a good start in life'.

Do you agree with what the Board wants to do?



Tick the box you agree with.

Scale of 1 (**very bad**) to 5 (**very good**)

1



2



3



4



5



# Help to stay healthy as long as you can



You can make your health better by the choices you make. Like:

- Eating a healthy diet.



- Not drinking too much alcohol or taking drugs.



- Getting enough exercise.



- Not smoking.

## The Board wants to make it easier for people to:



Make healthy choices to stay well.



Look after themselves if they have a health problem. Such as diabetes or a bad heart.



Look after their mental health. And not be lonely.



Stay independent at home for longer.  
Especially as they get older.

# For 'Help to stay healthy as long as you can'.

Do you agree with what the Board wants to do?



Tick the box you agree with.

Scale of 1 (very bad) to 5 (very good)



1



2



3



4



5

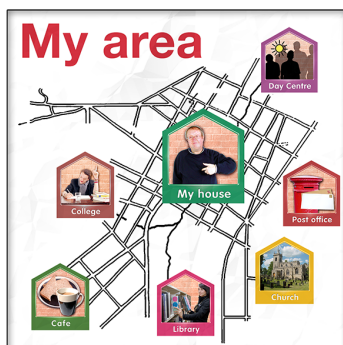


**Health and social care services are good**



**What the Board wants to happen:**

People like doctors and social workers to work together more.



So it is easier to get help close to where you live. And look after your own health.



People from poor areas get extra help to stay healthy and happy



Health and social care services save some money.

**For 'Health and social care services are good'.**

**Do you agree with what the Board wants to do?**



Tick the box you agree with.

Scale of 1 (**very bad**) to 5 (**very good**)

1

2

3

4

5



**What do you think about our overall plan?**



Tick the box you agree with.

Scale of 1 (**very bad**) to 5 (**very good**)

1

2

3

4

5





**Is there anything else that the Health and Wellbeing Board should be doing?**



You can write your answer in this box.

You can ask someone to help you do it if you want.

# How to have your say



## Website

- <https://consultcambs.uk.engagementhq.com/health-and-wellbeing-strategy-consultation>



**Send this to us in the Freepost envelope that came with this form.**

Or post to

Cambridgeshire County Council  
Shire Hall  
Castle Hill  
Cambridge  
CB3 0AP

You will need a stamp if you use your own envelope.



**Send this back by 30 April 2020**



Written by **Healthwatch Cambridgeshire** and **Healthwatch Peterborough**. We are part of the **Health and Wellbeing Board**.



Healthwatch speaks up for people who use health and social care services.



We use Photosymbols to help make the information easier to read.



Thank you to the **Access Champions** for helping to check it is easy to read.

