Southend Health and Wellbeing Strategy refresh 2015-16 on a page

**Fig.1**

**Broad Impact Goals – adding value**

- Increased Physical Activity (prevention)
- Increased Aspiration and Opportunity (addressing inequality)
- Increased Personal Responsibility and Participation (sustainability)

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**1. A positive start in life**
- Reduce need for children to be in care
- Narrow the education achievement gap
- Improve education provision for 16-19s
- Better support for more young carers
- Promote children’s mental wellbeing
- Reduce under-18 conception rates
- Support families with significant social challenges

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**2. Promoting healthy lifestyles**
- Reduce the use of tobacco
- Encourage use of green spaces and seafront
- Promote healthy weight
- Prevention and support for substance & alcohol misuse

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**3. Improving mental wellbeing**
- A holistic approach to mental and physical wellbeing
- Provide the right support and care at an early stage
- Reduce stigma of mental illness
- Work to prevent suicide and self-harm
- Support parents postnatal

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**4. A safer population**
- Safeguard children and vulnerable adults against neglect and abuse
- Support the Domestic Abuse Strategy Group in their work
- Work to prevent unintentional injuries among under 15s

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**5. Living independently**
- Promote personalised budgets
- Enable supported community living
- People feel informed and empowered in their own care
- Reablement where possible
- People feel supported to live independently for longer

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**6. Active and healthy ageing**
- Join up health & social care services
- Reduce isolation of older people
- Physical & mental wellbeing
- Support those with long term conditions
- Empower people to be more in control of their care

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**7. Protecting health**
- Increase access to health screening
- Increase offer of immunisations
- Infection control to remain a priority for all care providers
- Severe weather plans in place
- Improve food hygiene in the Borough

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**8. Housing**
- Work together to;
  - Tackle homelessness
  - Deliver health, care & housing in a more joined up way
- Adequate affordable housing
- Adequate specialist housing
- Understand condition and distribution of private sector housing stock, to better focus resources

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**9. Maximising opportunities**
- Have a joined up view of Southend’s health and care needs
- Work together to commission services more effectively
- Tackle health inequality (including improved access to services)
- Promote opportunities to thrive; Education, Employment