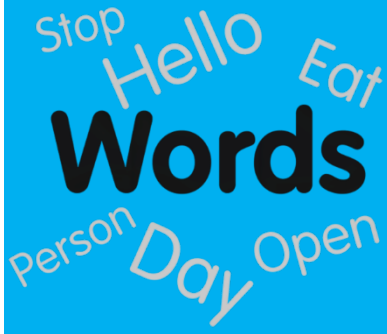


West Sussex Joint Local Health and Wellbeing Strategy 2025 to 2030



West Sussex Health and Wellbeing Board want to help people to live healthier lives and improve their wellbeing.



Glossary

A glossary is a list of words which helps you to understand what words mean.

Accommodation: A place to sleep or live.

Affect: Something that can make an impact or a difference.

Assessments: A way of finding out what people need to be healthy and well.

Consultations: A time when people ask for your ideas or opinions before making a decision.

Nationally: Something that happens across the whole country.

Nutrition: Is eating and drinking a balanced and healthy diet to give your body what it needs to be well.

Organisations: A group of people who work together to do something or help others.

Priority: Something that is important

Strategy: A plan to achieve something

Temporary: Something that doesn't last forever, and only happens for a short time.

Transitioning: Moving from one thing to the next

Readiness: To be ready for something



What is the West Sussex Health and Wellbeing Board?



The West Sussex Health and Wellbeing Board is made up of lots of different organisations who work together.



They want to help everyone who lives in West Sussex to have better health.



They have made a plan to do this. It is called the Joint Local Health and Wellbeing Strategy.



How we decided what should be in the plan



Some of the plan was created based on the West Sussex Joint Strategic Needs Assessment (JSNA).



The JSNA is the result of many different surveys, consultations, and collected information.

It also uses information from assessments, and lots of detailed work with different communities around West Sussex.



The government also collect information nationally, which is also used.



We asked lots of people what they thought about the plan, and they gave us some ideas to make it better.



All of this then gives the Health and Wellbeing Board a really good idea of what help people may need to stay healthy, and where in West Sussex it may be needed most.



There are five priority areas. These are important things we can make better by working together.



There is lots of other health and wellbeing work going on, which has helped to decide what the five priority areas are.



So, the Joint Local Health and Wellbeing Strategy was created.



Here is a list of the five priority areas that are in the plan:

- Food and nutrition
- School readiness
- Transitioning to adulthood – children and young people's mental health and wellbeing
- Tobacco control
- Health and wellbeing in temporary accommodation

5

The five priority areas of our plan:

Priority area: Food and nutrition



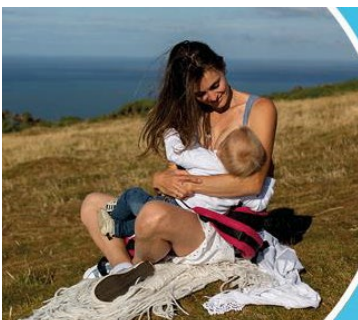
Healthy food and a balanced diet are important for our health and wellbeing. Everyone should be able to eat healthy and understand why.



It should be easy to choose healthy foods, and they should be easy to get. This could be from a shop, at work, or at activities we attend regularly.



Schools and local organisations will offer healthy food and encourage better eating habits for students and staff.



People should be able to breastfeed without worry.

Priority area: School readiness



All children should be ready for what they can learn and achieve in school.



This will help them to make the most of their time at school, no matter their history.



We will work more with families and caregivers to help all children get ready for school.

Priority area: Transitioning to adulthood – children and young people's mental health and wellbeing



Children and young people will have good mental health support, to reach their goals as an adult with less worries.



People will better understand mental health and how things like being on the internet can affect it.



People will know what help they can get to keep their minds healthy, and they will know its ok to ask for help.

Priority area: Tobacco control



Smoking causes illness. We want to offer ways to help people stop. This will also make the air better for others, so they don't have to breathe it in.



Places where there is no smoking should be everywhere, so others don't have to breathe in other people's smoke.



People will be protected from illegal tobacco and people who give tobacco to people who are not old enough.

Priority area: Health and wellbeing in temporary accommodation



Some people don't have anywhere to live, so we offer temporary places to help. Because of this they might find it harder to see a doctor or get other support, we want to support them to get this help like everyone else.



We also want to help as they progress, with training, money-skills, or advice about getting a job.

As well as the five priority areas, we will:



Help more people to live as long and as well, as others.



Help people to be part of a friendly community, and are less lonely and are able to join in.



Work together with other organisations to make this plan happen.

**This document has been checked and approved
by people with learning disabilities within
Burnside's Digital Community Group.**



**DCG helps to create, and check the quality of
easy read documents and insures information
is accessible for everyone.**