



# Haringey's Health and Wellbeing Strategy 2012-2015

## Summary



North Central London



Haringey Council

# Vision

## A Healthier Haringey

We will reduce health inequalities through working with communities and residents to improve opportunities for adults and children to enjoy a healthy, safe and fulfilling life.

### What's the strategy about?

This strategy is our overarching plan to deliver our vision. It focuses predominantly on the health and social care-related factors that influence health and wellbeing. The important wider determinants of health and wellbeing, such as education, employment and housing, are addressed through other key strategies.

This strategy emphasises the importance of partnership working and joint commissioning of services to achieve a more focused use of resources and better value for money. It is based on the principles of prevention and early intervention, thinking about the whole family and ensuring choice, control and empowerment for our residents.

### How was it developed?

This strategy builds on work that has been undertaken in Haringey over the last five years. Informed by our Joint Strategic Needs Assessment (JSNA) ([www.haringey.gov.uk/jsna](http://www.haringey.gov.uk/jsna)) we focus on three major outcomes, to be delivered by a number of priorities and actions (examples of which are given in the following pages). We consulted organisations and groups who work in the area of health and wellbeing, as well as residents, to identify the outcomes and priorities for the strategy. An equalities impact assessment was completed, as well as a full review of compliance with the Haringey Compact.

### What will happen next?

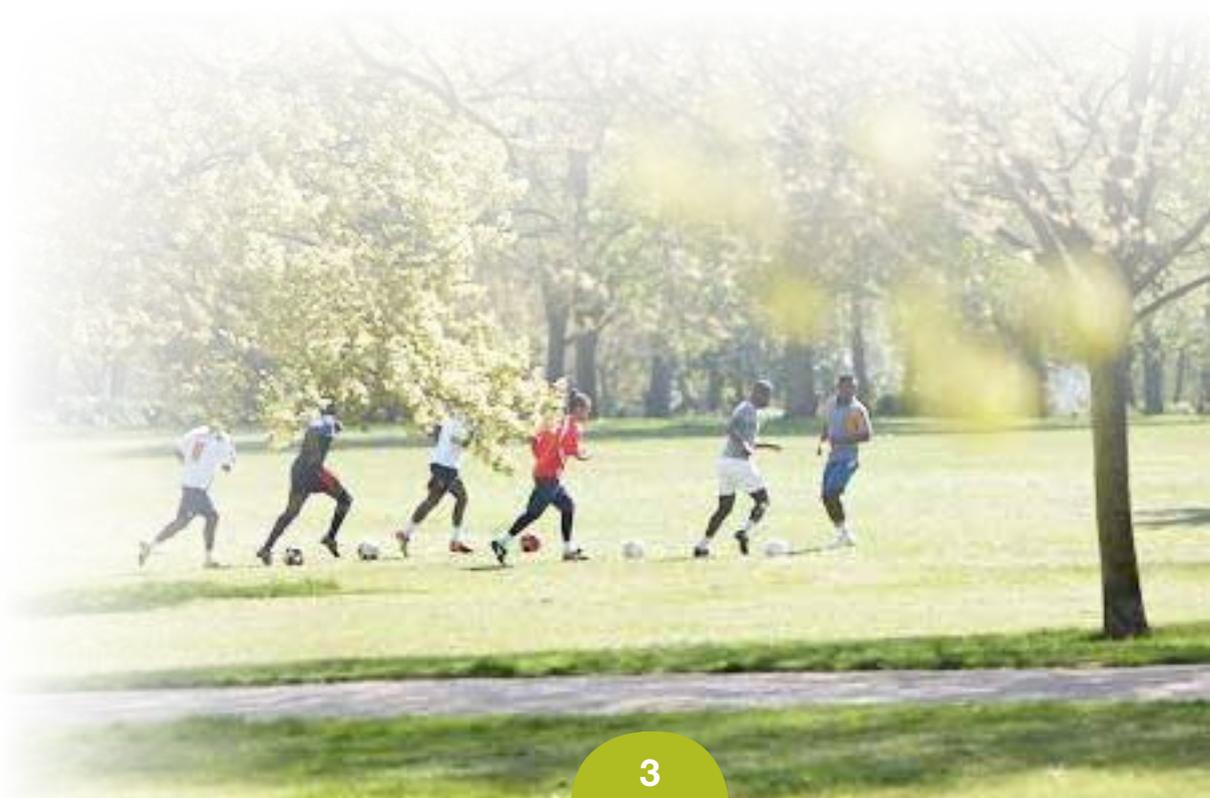
The shadow Health and Wellbeing Board is responsible for making sure that the actions are carried out. The strategy will be monitored and reviewed on a six monthly basis and revised annually.

### How can I get involved?

Have you thought about giving up smoking? Becoming more active? Eating healthier? Drinking sensibly? If you would like to talk to someone about changing your lifestyle to improve your health and wellbeing, please contact our Health Trainers on: 020 8344 3169.

The full strategy, easy words and pictures version, and the equalities impact assessment are available online at: [www.haringey.gov.uk/hwbstrategy](http://www.haringey.gov.uk/hwbstrategy).

We welcome comments on this strategy; please contact us by email at: [healthandwellbeing@haringey.gov.uk](mailto:healthandwellbeing@haringey.gov.uk).



# Outcome 1

## Every child has the best start in life

We want all children to realise their full potential, helping them to prepare from an early age to be self-sufficient and have a network of support that will enable them to live independent and healthy lives.

We will review and build on our services from conception to age 3 to improve outcomes at age 5 by using the growing national and international evidence of effective programmes of prevention and early intervention.

We want targeted programmes of support to have lasting impact, especially towards the most vulnerable, in order to prepare for the responsibilities of adulthood and build up resilience for the future.

### Priorities

1. Reduce infant mortality
2. Reduce teenage pregnancy
3. Reduce childhood obesity
4. Ensure readiness for school at 5 years

### Examples of actions

- Offer maternity appointments and provide breastfeeding support in most of our children's centres
- Promote immunisation through schools and children's centres
- Promote sex and relationship education through the Healthy Schools programme
- Offer young people-friendly sexual health services (4YP) in a range of settings
- Reduce the number of new fast food outlets



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## Outcome 2

### A reduced gap in life expectancy

We want to reduce the 9-year gap in life expectancy for men between the east and west of the borough.

We will work in partnership to prevent people becoming ill in the first place by addressing key lifestyle factors more common in the deprived areas of the borough; and addressing the wider determinants of health such as high levels of deprivation, low educational attainment, low levels of employment and poor housing.

We will encourage early diagnosis and management (including lifestyle change) of major killer diseases such as cardiovascular disease and cancer; a focus on men over 40 will have the greatest impact on reducing the life expectancy gap.

### Priorities

5. Reduce smoking
6. Increase physical activity
7. Reduce alcohol misuse
8. Reduce early death from cardiovascular disease and cancer
9. Support people with long term conditions to live a healthier life

### Examples of actions

- Promote smoke free Haringey, especially in children's areas in parks
- Increase access to our stop smoking service
- Work with local leisure services to ensure they attract clients who are physically inactive
- Encourage parents to walk their children to school
- Raise awareness of early signs and symptoms of stroke, cancer and diabetes
- Help people with long term conditions regain their independence after being in hospital, or to avoid the need for a stay in hospital



# Outcome 3

## Improved mental health and wellbeing

We want all residents to enjoy the best possible mental health and wellbeing and have a good quality of life – a greater ability to manage their own lives, stronger social relationships, a greater sense of purpose, the skills they need for living and working, improved chances in education, better employment rates and a suitable and stable place to live.

### Priorities

10. Promote the emotional wellbeing of children and young people
11. Support independent living
12. Address common mental health problems among adults
13. Support people with severe and enduring mental health needs
14. Increase the number of problematic drug users in treatment

### Examples of actions

- Work with schools, young people and families to provide accessible, non-stigmatising mental health services in local communities
- Enable people with learning disabilities to live independently or with support
- Ensure choice of hospice care and care at home for people who are dying
- Support mental health service users to give up smoking
- Run a mental health campaign in the community to reduce stigma and promote early diagnosis
- Redesign existing drug and alcohol services to better meet the needs of residents



Shqip

Kjo fletushkë ju tregon se çfarë do të bëjmë që të ndihmojmë njerëzit në Haringey që të jenë më të shëndetshëm dhe më të lumtur. Nëse e doni këtë të përkthyer në gjuhën tuaj, ju lutem shënjoni ✓ kutinë dhe na e dërgoni tek adresa e mëposhtme me postim falas.

Polski

Niniejsza publikacja opisuje działania gminy mające na celu poprawę stanu zdrowia oraz wzrost poczucia zadowolenia mieszkańców Haringey. Aby otrzymać tekst publikacji w języku polskim należy zaznaczyć odpowiednie okienko i odesłać formularz bezpłatnie na podany poniżej adres.

Français

Ce livret explique nos démarches pour aider les résidents de Haringey à vivre une vie plus saine et plus heureuse. Si vous souhaitez le faire traduire dans votre langue, veuillez cocher la case et renvoyer la fiche à l'adresse en port payé ci-dessous.

Soomaali

Bugyarahani wuxuu kuu sheegayaa waxa aannu samayn doonno si aannu dadka reer Haringey uga caawinno inay noqdaan qaar caafimaaad qaba oo faraxsan. Haddii aad rabto in laguugu tarjumo luqaddaada fadlan calaamadi sanduuqa oo ku soo celi cinwaanka boostiisu lacag la'aanta yahya ee hoose.

Kurdî Kurmancî

Ev belavok ji we re dibêje ku ji bo alîkarîya bijûntir û şatir kirina mirovên li Haringey, em ê çî bikin. Heke hun dixwazin ku ev ji bo zimanê we were wergerandin, ji kerema xwe qutîkê nîşan bikin û ji navnîşana posta bêpere ya jêrîn re bişînin.

Türkçe

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Published by Haringey Council's Communications Unit 613.4 • 06/12