



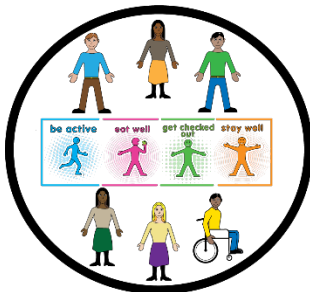
# RBWM Joint Health and Wellbeing Strategy 2026 - 2036

## Easy read



# RBWM Joint Health and Wellbeing Strategy 2026 -2036

## Easy Read Version



**What is in this Easy Read Strategy?**

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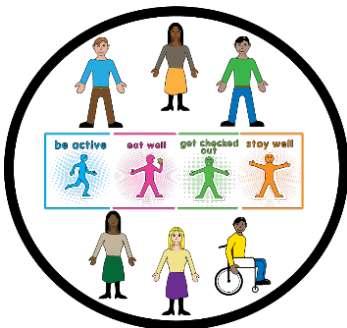
## Section 1 – About the Joint Health and Wellbeing Strategy



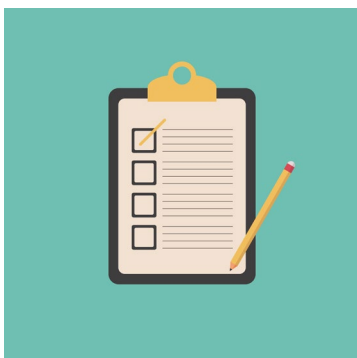
The Royal Borough of Windsor & Maidenhead Health and Wellbeing Board has created this strategy.



The Health and Wellbeing Board includes people working for the council – the Royal Borough of Windsor & Maidenhead (RBWM) – plus local health organisations and politicians.



The Joint Health and Wellbeing Strategy is a plan to improve everyone's health and wellbeing in the borough during the next ten years.



A strategy is a plan that says..

WHAT the Health and Wellbeing Board wants to do.

WHY it is important.

HOW we are going to do it.

HOW we will know we are doing it right.



It shows what we would like to see happen, and the main areas we will focus on.



We will work with local health organisations, community groups and residents to do this.



By working together, we can make a bigger difference.

## **Section 2 – What does this strategy want to do?**



We want to make sure everyone is able to live happy and healthy lives.



We want to support people of all ages – from babies and children to old age.



We want to help people to stay well and not get ill.

### Section 3 – Why do we need this strategy?



This strategy will help us to make things fairer so that everyone can live a healthier life.



Helping people to live healthier lives takes time. Having a strategy for 10 years means we can make a bigger difference.



This strategy will help us create the right support for people at the right time.

## Section 4 – What improves our health?



Education – access to learning.



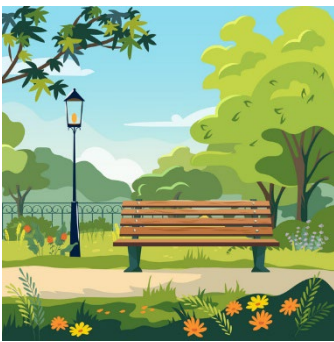
Employment – having a job.



Housing – where you live.



Income – how much money you have.



Environment – the area around you and things like air quality.



Lifestyle choices – what you eat, how much exercise you do, if you smoke or drink alcohol.

## **Section 5 – What we will focus on**

*Best Start in Life – this is about children and young people*



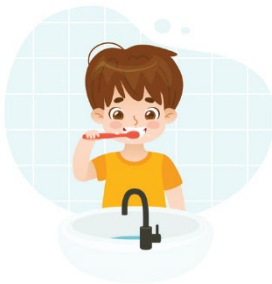
Help more children be ready to start primary school.



Improve children's health and wellbeing. Mental health is how we feel in our mind.



Help children to maintain a healthy weight.

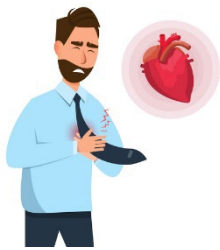


Improve the health of their mouths and teeth.



We want to help teenagers to be healthy.

*Living Well – this is about adults*



We want to help people avoid heart disease.



Improve the health of their mouths and teeth.



Help people to have tests to find illness early.

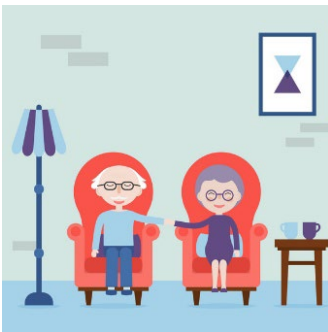


Help people to have vaccinations to avoid illnesses such as Flu.

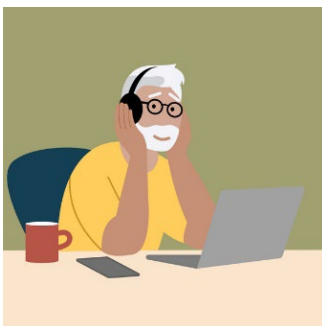


Help people to exercise more, eat better, stop smoking and drink less alcohol.

### *Healthy Ageing – this is about older adults*



Helping them live in their own homes for longer.



Make it easier for them to go online and use computers.



Support them if they feel lonely.

*Healthy Places – this is about where we live and the places around us*



Help everyone to walk and cycle more.



Make homes dry, clean and safe.



Have parks and green spaces that everyone can use.



We want everyone to have a healthy place to work.

## Section 6 – How we will do this



Working with local organisations, communities, families and residents.



Everyone has a part to play.



Each year we will make and [publish an action plan](#) to show how we will deliver the strategy.



Focus on the people, areas and communities that need the most help.

## Section 7 – How we will check if things are going well

Our Health and Wellbeing Board will take the lead.



The Health and Wellbeing Board can take the lead because it brings together people in the borough who are responsible for improving health and wellbeing.

It will...



Make sure there are people to get things done.



Help different organisations to work together.



Check the progress of the plan and make sure it is doing what it is supposed to.



Offer support where needed.