

Update of Joint Health and Wellbeing Strategy 2019-2023

'I' statements formulated from resident consultation

Best Start in Life

- I have information about how to help my child's health and development
- I am supported to help my child develop language and communication skills
- My child has safe spaces and activities to develop and grow
- I can meet other parents in the community
- My child has the opportunities to play and stay active
- I am supported throughout pregnancy and beyond by informed health visiting services
- I know how to make healthy choices for me and my child, such as with food
- When I take my child to the doctors, the surgeries are child-friendly and welcome us
- I am able to get an appointment about my child's health quickly
- My mental health needs are supported during and after pregnancy

Early Diagnosis and Intervention

- I don't feel judged by all staff regardless of my circumstances
- I am listened to by medical professionals and given the time to talk through my issues
- I feel my mental health conditions are treated with the same respect as my physical health conditions without stigma
- I am able to book an appointment at a time that I can make
- When I move between services and am referred to specialist, doctors are informed about my medical history
- When I move between services and am referred to a specialist, the referral process is quick and my expectations in relation to referral times are managed
- When I am diagnosed, I am supported with the information about my condition I need to make decisions and choices
- When I am diagnosed, my family and I know where to find community support services, including emotional support
- When I am diagnosed with a mental health condition, I understand my diagnosis and appropriate treatment

Building resilience

- I feel safe in my home, in my family and my community and I know where to go for help
- I have opportunities to connect to individuals and communities
- I can access mental health support services when I need them
- I am empowered to participate in my community
- My family and I are able to participate in a range of sports clubs
- I know where to access cheap exercise and leisure in the community
- I am supported to make healthy choices
- I have access to a range of parks and open spaces
- I can access a range of cultural activities within my community
- I am supported to increase my employability, and manage my finances