



# Barnet Joint Health and Wellbeing Strategy 2021-25: *Creating a borough of health together!*

The Barnet Joint Health and Wellbeing Strategy sets out our vision for improving the health and wellbeing of the people who live, study and work in Barnet. For the next four years the Health and Wellbeing Board will focus on three key areas to drive improvements in health and wellbeing within the borough.

## Our guiding principles

### 1. Making health everyone's business

We will ensure health is everyone's business, not just for agencies primarily concerned with health and wellbeing, but also for those that work to improve wider determinants of health.

### 2. Collaborative partnership

We will work in collaborative partnership across organisations and learn from different viewpoints across the whole system. We will focus on the areas where collaborative work makes the most difference and the HWBB can add the most value. Key areas specified in the Strategy are therefore in addition to our 'business as usual'.

### 3. Evidence-based decisions

We will use a robust evidence base to inform our decisions, ensuring that our investment creates maximum value for money and our resources are distributed fairly.

### 4. Considering everyone's needs across the life course

We will consider the needs of all parts of the population in all that we do. This includes children and young people, women and girls and people with complex needs such as mental health issues, learning disabilities and autism and our ageing population. We recognise the importance of a healthy start to life for the health outcome of the rest of one's life and so the health and wellbeing of children and young people features throughout all three key priorities.

### 5. Co-design approach

We will involve residents in a co-design approach to resolve our challenges. We will make sure Barnet residents' needs are met and that the resulting services are practical and sustainable. This includes embedding co-production and meaningful public engagement in our development of policies and services.

## Our Vision for health in Barnet

A healthy borough results in a healthy and happy population. It is where the environment around us supports and promotes our health and wellbeing. In a healthy borough, there is broad access to a good education, good quality housing and secure employment. A healthy borough supports access to open green spaces and active travel. High quality health and social care is available for anyone when they need it. A healthy borough reaches out to, supports and protects the most vulnerable, generating opportunities to thrive. With healthier and happier residents, communities are strengthened to support each other, and the local culture and economy flourishes.

## Our key areas and commitments

### Creating a healthier place and resilient communities

#### Integrate healthier places in all policies

We will ensure that all of our policies and strategies across the system include specific actions on improving health and health equity through creating good housing, employment opportunities, active travel links and other economic and commercial conditions in Barnet

#### Create a healthier environment

We will create healthier choices locally with a focus on improving access to clean air, water, healthy food and physical exercise

#### Strengthen community capacity and secure investment to deliver healthier places

We will facilitate networking and capacity building between local communities and promote safety and cohesion while preventing violence and crime. We will make domestic abuse and violence against women and girls everyone's business.

### Starting, living and ageing well

#### Improve children's life chances

We will improve children's life chances by supporting their health and wellbeing from very early age and through to their transition into adulthood

#### Promote mental health and wellbeing

We will promote good mental and emotional health across all ages and different communities and work together to prevent severe mental illness, substance misuse and suicide

#### Get everyone moving

We will improve choices for physical activities locally for all ages and abilities, and ensure residents know how to access it

#### Support a healthier workforce

We will invest time and resources to ensure our workforce is supported to be healthy, happy and productive at work.

#### Prevent long term conditions

We will work with communities to understand what support can be offered to reduce risks of developing long term conditions and recognise early signs and symptoms.

### Ensuring delivery of coordinated and holistic care, when we need it

#### Support digital transformation of services

We will work together to provide digital care and support for all who can benefit from it, as well as using the power of linked electronic health and care records to improve population health

#### Enable carers health and wellbeing

We will support care staff and informal carers to look after their health and wellbeing

#### Deliver population health integrated care

We will work together to ensure the Barnet Integrated Care Partnership is centred around resident's need, aims to reduce health inequalities, promotes good physical and mental health and enables seamless access to health and care services across the life course, delivered in collaboration with local communities at neighbourhood level.