

Cheshire West & Chester Council

# Our plan for health and wellbeing

2026 - 2031



## Easy Read Summary



healthwatch

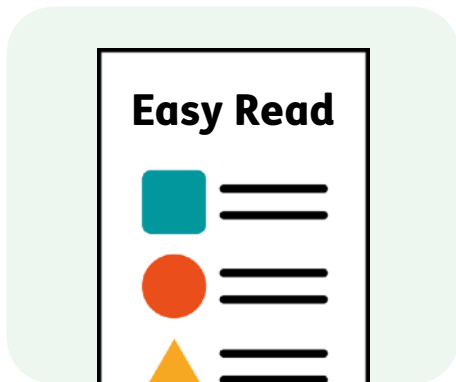


Cheshire West  
Voluntary Action  
Championing the community sector



Cheshire West  
and Chester

# Easy Read

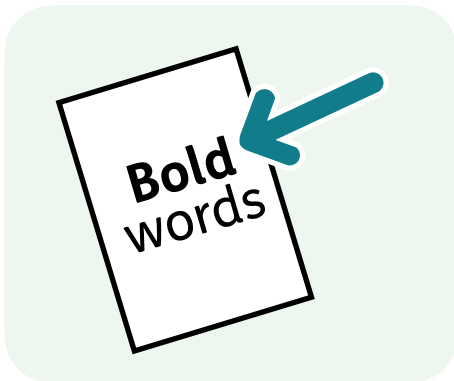


This is an Easy Read version of some information.

It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

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# About this booklet



We are the Health and Wellbeing Board.

We are a group that includes the Council, the NHS, Healthwatch and other organisations and people in the local area.



We want everyone in Cheshire West and Chester to have good health and **wellbeing**.

**Wellbeing** means feeling happy and healthy in your body and mind.



This booklet will tell you about the plan we have written to help people feel happy and healthy.

# What we plan to do



These are the most important things we want to work on:



## 1. Give every child the best start in life

We want to:



- Help more mothers to breastfeed if they want to.



- Help more children have healthy teeth and mouths.

We also want to:



- Make sure children are ready to start school.



- Help children, young people and parents to have good mental health.



- Make sure more people are having **vaccines**.

**Vaccines** are injections that stop you from getting certain illnesses.

We also want to:



- Work on the **Families First** project. This project is improving **social care** for children and families.

**Social care** is the extra support that some people need to live their lives, and to keep them safe.



## 2. Help all children, young people and adults take control of their lives

We want to:



- Make sure that all students do well at school.



- Give young people more information and support to get a job.



- Give more support for young people to have good health and wellbeing, and good lives.

We also want to:



- Give people more chances to be a **volunteer**.

A **volunteer** is someone who offers to do some work without being paid.



- Support **neurodivergent** people.

**Neurodivergent** means your brain works differently to other people. You might have ADHD or Autism.



- Give people more chances to learn new skills.

We also want to:



- Do more to support people with a learning disability.



- Get better at supporting people with mental health issues.



- Stop **domestic abuse**. This is when you are hurt or treated badly by someone you live with or are close to.



- Do more to support people who care for a friend or member of their family.



### 3. Give everyone a fair chance to get a good job

We want to:



- Support people to be healthy at work.



- Help people to find jobs.



- Support people with health conditions to find work.

We also want to:



- Support people living with learning disabilities and neurodivergent people to volunteer or find jobs.



- Support local companies to help local people to find jobs and buy locally.



- Make it easier for people to use the internet.



## 4. Make sure everyone can live a healthy life

We want to:



- Make Cheshire West and Chester a healthy place to live and work.



- Make sure the area is safe and helps people come together.



- Help people who do not have enough money to buy the things they need to live.



We also want to work on our plan to help people who do not have anywhere to live.



## 5. Make places that are healthy to live in

We want to:



- Give better care by having local health and care services nearer to where people live.



- Support people to make their homes better.



- Make sure everyone can get to local health services.

We also want to:



- Support local groups to keep people healthy and come together.



- Make sure that there are plenty of safe green spaces like parks.



- Make sure libraries and community spaces support people to meet and spend time together.



- Keep working on our plan to build homes, including homes that more people can afford.



## 6. Help people to stay healthy

We want to:



- Support people to understand how to stop getting serious health conditions like heart disease, or to look after themselves if they do.



- Stop people from getting serious mental health issues.



- Help more people living with a learning disability to have a yearly health check.



We also want to help people stay healthy enough to stay in work.



## 7. Stop people from being treated unfairly

We want to:



- Write a plan to help different groups of people to get along.



- Make sure that nobody is unfairly left out of our services.



- Make sure that people of all races who work for the NHS or social care services are treated fairly.



## 8. Help to keep the environment healthy



The **environment** is where we live. It includes the land, the sea, the air and everything that lives in and on it.

We want to:



- Keep working on our plans to stop harming the environment.



- Help people to work in a flexible way and actively travel to work.

We also want to:



- Help people to get around, or go to work, by walking, cycling or wheeling.



- Make homes warmer and better for the environment and healthier for the people who live in them.

# Making our plan happen



The different organisations in the Health and Wellbeing Board will work together to make the plan happen.

We have made different groups to make the plan happen, including groups to help us:



- Get and keep staff.



- Join social care and health records for people to improve their health and wellbeing.

We have also made groups to help us:



- Use our land and buildings better.



- Tell people in Cheshire West and Chester about what we are doing.



- Get information to help us decide how to help people's health and wellbeing.

# Find out more



You can look at our website here:

[www.cheshirewestandchester.gov.uk/](http://www.cheshirewestandchester.gov.uk/)

[HealthWellbeingStrategy2026-31](#)

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