

# Wellbeing Plan for Hounslow

## Short version in Easy Read



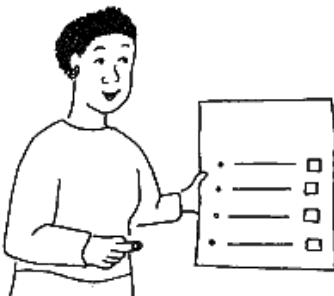
### Welcome

Welcome to Hounslow's **Wellbeing Plan**.

This is the short version in **Easy Read**.



Health and social care services in Hounslow want to **help everyone get and keep good mental health and wellbeing**. To help us all do this we have written this Plan.



### What is in this Plan?

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## What is mental health?

**Good mental health** helps us **understand** the world around us. It helps us **feel better** about ourselves and other people. Good mental health helps us **get on with our daily lives**.



## Things that may affect our mental health include

- **money** matters
- where we **live**
- our **family and friends**
- what has **happened** to us in our lives
- if we have a **job**
- how we are **treated** by others
- **how we feel** about ourselves.



If we have a **mental illness** we have **feelings** or we **behave** in ways that we or other people **do not like**. This has been called “**mental distress**”. It is not good but it **can be treated**.



## What is mental wellbeing?

We say that we have mental wellbeing when we feel we can **cope** with our lives.



When we feel **happy** with our friends and neighbours.

When we have things to do that we **enjoy** and that make us feel **valued**.

## What is our Wellbeing Plan?



Our Wellbeing Plan sets out to **help people look after their own mental health and wellbeing**.

Our Plan describes **ways to do this**, based on what we know works.

It describes work that **people in Hounslow** are already doing.

The **Action Plan** that goes with it describes actions that Partners to the Plan will do.

## Who will benefit from this Plan?



The Plan is for **everyone**. Everyone deserves good mental health and wellbeing.

The Plan talks about Hounslow people. We know that some groups of people are more likely than others to have poor mental health and wellbeing. The Plan pays **special attention** to these groups of people. These groups of people include:

- people who already have **mental health problems**
- people with **learning disabilities**
- young families, including **new mothers**
- **older people**
- people living in **poorer areas**
- people who are **not White**
- people who look after relatives and friends (**carers**)





## Actions that the Partners to the Plan will take

**Partners to the Plan** come from **health** and **social care** services, both **government** and **voluntary** sector.



But there is another, very important partner. That partner is you.

Partners have promised to **take action** to improve mental health and wellbeing for everyone.

**You can take action too.**

Actions in the Plan are based in **5 main areas.**

We will tell you about these 5 areas now.



### **Action1. Let's get moving**

**Active healthy lifestyles** help people to **get and keep wellbeing.** Actions will help more people take part in physical activity.

**What could you do to join in?**

## Actions that the Partners to the Plan will take

On this page we are going to tell you **more about the Action areas.**

### Action 2. Families first



Looking after **families** and **communities** (groups of neighbours) helps people **feel safe at home**. It improves wellbeing. Actions will try to improve wellbeing for groups including older people.

What could you do to help people join together in your neighbourhood?

### Action 3. Let's be fair



It is hard for people to have mental wellbeing if they are treated unfairly because of their colour or their sexuality or because they have a learning disability or a mental illness. Actions will help people to get **fairer treatment**.

What could you do to speak up for fairness?



## Actions that the Partners to the Plan will take

On this page we are going to tell you **more about the Action areas.**



### Action 4. Good work, good workplace

Having a **job** makes people feel **valued**. Having a job gives people **money**. Actions will help people who have been kept out of the job market to find and keep jobs. Future actions will look at what makes somewhere a good place to work.

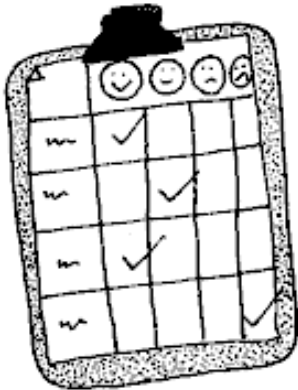
Could you help to include more people in work, both paid and voluntary?

### Action 5. Keep learning

**Learning new things** is wonderful for people's **wellbeing**. And learning about mental health can help us look after ourselves and other people. Actions include getting **good information about mental health** to more people.



What can you learn today?



What do you think about this Plan?

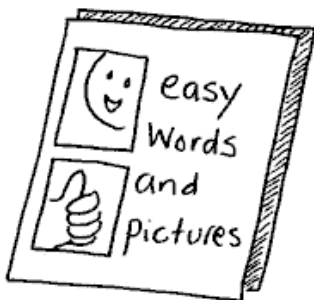
Did you find it **easy to understand**?

What did you think about the **Actions**?

What else do you think we **need to do** to improve wellbeing for everyone?

**Email** your views to

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This is the short version of the ***Mental Health and Wellbeing Plan for Hounslow 2010-2011.***

The Mental Health Local Implementation Team for Hounslow published the Plan on 8 October 2010.

You can find the full Plan at

**[www.hounslow.gov.uk/mental\\_health](http://www.hounslow.gov.uk/mental_health)**

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Thanks to CHANGE for the use of the Picture Bank.