



Health and Wellbeing Strategy 2026-2031

Supporting people to live well, stay well and be safe

Promote



Supporting people to live well

Encourage healthy, active lifestyles.

Support people as they age.

Promote good nutrition and mental wellbeing.

Work closely with health and social care partners.

Prevent



Recognising and responding early

Spot changes in health and wellbeing quickly.

Equip staff with the skills to act early.

Use tools and data to track and respond.

Reduce avoidable hospital admissions.

Protect



Ensuring rights, safety and access

Keep people at the centre of decisions.

Support access to healthcare and screening.

Challenge poor care and discrimination.

Reduce health inequalities.

Why this matters

- People with learning disabilities can die up to 20 years earlier.
- Nearly half of deaths are preventable.
- Many people experience poorer access to healthcare.

What this means for our teams

- A whole-person approach to care.
- More training and support..
- Better tools and systems.
- A stronger focus on wellbeing in everything we do.

How we'll deliver this

- Clear annual plans and priorities.
- Ongoing monitoring and improvement.
- Led by our Health and Wellbeing Group.

Want to know what's coming next?

Scan the QR code to explore the full strategy and what it means in more detail.

