

Healthier **Together**

Improving health and care in Bristol,  
North Somerset and South Gloucestershire



**NHS**

Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board

# What you told us keeps you happy, healthy and well



HAVE YOUR SAY



Easy read booklet

# Who we are and what this booklet is about



**Bristol, North Somerset  
and South Gloucestershire**  
Integrated Care Board

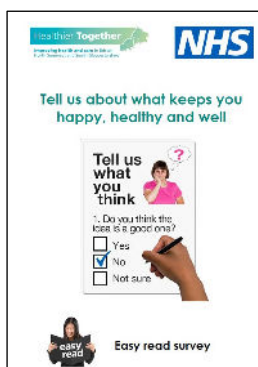
We are **NHS Bristol, North Somerset and South Gloucestershire ICB**.  
**ICB** stands for **Integrated Care Board**.  
**Integrated Care Board** means we work together to plan how the NHS gives people care.



We want to make good changes to help you be healthier, happier and to make sure you get the care you need.



We asked you to answer some questions for us about what keeps you happy, healthy and well. This is called a survey.



This booklet tells you about what you told us in our survey.

# Who told us what they think



Over 3,000 people told us what they think in our survey and we filmed more than 30 videos where we asked people questions.



We went to places like **job fairs**, family playdays, health centres, **memory cafes** and **community** and deaf events to talk to as many people as possible.



**Job fairs** are where organisations talk about their work to people who might want to work for them.



**Memory cafes** are cafes where people with memory problems come to talk to each other.



**Community** means where you live and the people you know.

# What everyone told us



When we asked people what keeps them happy, healthy and well, almost everyone told us about

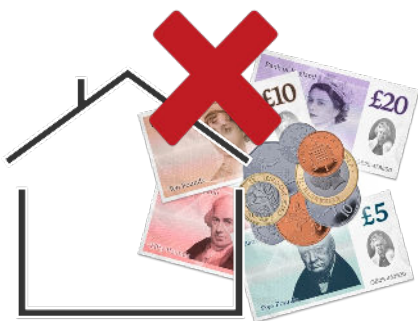
- their relationships with family and friends.
- communities they belong to.
- how they live their life.
- how easily they can get help from health and care services.



Most people told us they want to be able to go outside more and for where they live and work to be safer.



People told us more needs to be done about **inequality** and to teach people how to be healthy.



**Inequality** means not everyone is treated in a fair way or has what they need in life.





People told us it costs them a lot of money to buy what they need like food and heating.



People talked about **volunteering**, **climate change** and public transport like buses and trains.



**Volunteering** is when you choose not to be paid to help or work for someone.



**Climate change** is when the earth's weather changes and gets too hot because people burn too many fuels like oil and gas.



The next few pages tell you more about what people told us when we asked them certain questions.

# What keeps people happy, healthy and well?



Most people told us they are happy, healthy and well because they exercise and eat food that is good for them.



More than half of people told us their relationships with family and friends keep them happy, healthy and well.



Some people told us they are happy, healthy and well because they can get good care when they need it.



Some people told us that to keep a job they care about means they are happy, healthy and well.

# Why is it hard to stay happy, healthy and well?



Lots of people told us it's hard for them to stay, healthy and well because they don't exercise and eat food that is good for them.



People told us they can't get care when they need it so it's hard for them to stay happy, healthy and well.



Some people told us they need a better way to manage how much time they spend at work and at home to stay happy, healthy and well.



People told us they can't stay happy, healthy and well because they don't have enough money for to pay for things they need like food and heating.

# What do people need to stay happy, healthy and well?



Almost half of people told us they need to exercise and move around more to stay happy, healthy and well.



People told us they need to be able to get good care when they need it to stay happy, healthy and well.



Some people told us they need enough money to pay for things they need like food and heating to stay happy, healthy and well.



# What do people think is most important?



Out of all the things people told us keep them happy, healthy and well, we wanted to know what people think is most important.



People think it is most important to be able to get care when you need it.



People also think it's important to be able to exercise and to eat food that is good for you.



Lots of people think it is important to make services like education and healthcare better.

# What else we asked



We asked people some other questions so we could find out what the best changes to make are.



We asked

- how we can make sure people stay healthy as they get older.



- what we should do to make sure people are happy.



- what people's communities do to make sure everyone can use health and care services when they need to.



Go to this website to know more about the good changes we plan to make because of what you told us.

[bnssghealthiertogether.org.uk/haveyoursay/have-your-say-videos/](https://bnssghealthiertogether.org.uk/haveyoursay/have-your-say-videos/)



# HAVE YOUR SAY

## Have Your Say: what you've told us

We asked people who live in our area what helps make them happy, healthy and well. Their answers will help to shape the future of health and care for everyone who lives in Bristol South Gwent and South Gloucestershire.

**Where** is where people live, work, and access to services like homes, transport, shops, and other things. It's about the quality of places, the different types of buildings and experiences.

We asked 57 community groups and organisations 30 survey questions. An online survey attracted 3,077 responses, including 1,449 from over 700 residents.

To hear from as many different people as possible, we asked community health groups, old people, people supporting disabled people and their carers, people who work in health, social care, education, and other services, and other community groups.

Here are the highlights of what we heard:

### What helps you happy, healthy and well?

Many people said they enjoyed healthy and active lifestyles (10%), relationships and social networks (10%), and access to health care (11%), and mental health services (10%).

What gets in the way of you being happy, healthy and well?

A lack of healthy lifestyle (11%) and a lack of access to health care (10%), and poor health, and other things (11%) and experiences (11%).

What do you need more of to stay happy, healthy and well?

Access to health care (11%), and access to health care (10%), and access to health care (10%).

What would you recommend for people living here?

Access to health care (11%), and access to health care (10%), and access to health care (10%).

What do you need more of to stay happy, healthy and well?

Access to health care (11%), and access to health care (10%), and access to health care (10%).

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Thank you to A2i for the words  
**www.a2i.co.uk** (reference 36051)

The full version of this document is called

**Have Your Say: what you've told us**