

Welcome to the Health and Wellbeing Strategy consultation 2017

Thank you for choosing to take part in this important consultation.

Your opinions really do count and will help inform the content of our 10 year strategy for Milton Keynes.

The strategy is centred around lifelong health and wellbeing, both physical and mental, for all our residents. By working to the priorities set out in the strategy we aim to provide safe, active, vibrant and caring communities throughout the city.

We are passionate about:

- Wellbeing first - Shifting resources to focus on prevention and early intervention
- Closing the gap - Reducing inequalities in life chances
- One MK - Ensuring an integrated health and wellbeing system across Milton Keynes

The strategy is set out in three sections:

1. Starting well - What happens from pregnancy up to the age of 2 has an impact and influence on the rest of a child's life and we want to get this important stage right when you need help. As a child develops into adulthood we need to strengthen our children's social and emotional skills and encourage a healthy lifestyle, as building resilience is key to promoting health and wellbeing.
2. Living well - We want to do all that we can to make our city a great place to live and work - research shows that all these things can affect your physical and mental health.
3. Ageing well - The population aged 85 and over in MK is predicted to increase by 86% from 4,300 in 2017 to 8,000 in 2030. With this in mind, we need to do all that we can to adapt and meet the needs of this increasing section of our city. We must use all the resources and technologies available to take care of both the physical and mental aspects of their health.

Thank you once again and if you have any further questions then please do not hesitate to contact us using the details found on the main page for the consultation on the Milton Keynes Council website.

Section 1 - About you

Having some information about the people taking part in the consultation helps to ensure we consult widely and fairly.

1. Do you have an email address that you would be willing to share with us?

If yes, please enter it here.

2. Please could you tell us your postcode?

3. Are you filling this in personally or on behalf of an organisation?

If you have answered organisation, please let us know which one

4. Would you be happy for us to contact you if we would like to discuss your suggestions further?

Starting well – giving every child the best chance in life

5. Please look through the priorities listed below and rank them in terms of how important you think each one is to you

	Very important	Important	Fairly important	A little bit important	Not important
Promote wellbeing and keep women safe during pregnancy so that children have the best start in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make children and young people's mental health and wellbeing a golden thread through everything we do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make physical activity and eating well part of everyday life for children and young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stop problems from escalating through better, more joined up earlier help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improve the life chances of children and young people with disabilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stop all forms of abuse and the negative impact it has on children and young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tackle the impact of low quality housing on children and young people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep children and young people in the driving seat of change recognising their rights as experts through experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Is there anything missing/anything you would add?

Yes

No

If you answered yes, please can you give us more details

7. Thinking about the starting well priorities, as a MK resident, what would you like to see change once the strategy is being implemented?

Living well – working with communities to live longer and healthier lives

8. Please look through the priorities listed below and rank them in terms of how important you think each one is to you

	Very important	Important	Fairly important	A little bit important	Not important
Improve mental wellbeing and resilience through raised awareness of the benefits of and services available to support people at times of mental distress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduce the risk of heart disease, cancer and stroke by increasing healthy eating and exercise, and reducing smoking and alcohol consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improve detection and management (including self-management) of long term conditions such as hypertension, diabetes and HIV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthen the role of healthy living community pharmacist's and improve access to advice and support in the community (social prescribing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with autism are supported through early diagnosis, have access to high quality information and the opportunity to have access to employment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make MK a good place to be a carer by supporting carers and giving them and those they care for a voice in care choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Very important Important Fairly important A little bit important Not important

Reduce the number of rough sleepers and stem the rise in households in temporary accommodation

Stop all forms of adult abuse and exploitation

9. Is there anything missing/anything you would add?

Yes

No

If you answered yes, please can you give us more details

10. Thinking about the living well priorities, as a MK resident, what would you like to see change once the strategy is being implemented?

Ageing well – improving outcomes for older people

11. Please look through the priorities listed below and rank them in terms of how important you think each one is to you

	Very important	Important	Fairly important	A little bit important	Not important
Increase earlier diagnosis of dementia by raising awareness and provide a range of good quality services for people living with dementia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promote choice and control for older people thereby helping them to live at home for as long as they wish and are able to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support older people to stay healthy, maintain independence and receive the care they need in the most appropriate settings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Develop high quality out of hospital services to reduce the need for hospital admission and get people home safely and quickly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More people at the end of their lives are supported to be able to die in a place of their choice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Is there anything missing/anything you would add?

Yes

No

If you answered yes, please can you give us more details

13. Thinking about the living well priorities, as a MK resident, what would you like to see change once the strategy is being implemented?

Before you go

14. Having completed the survey is there anything you would like to add?

Thank you for completing the survey, your opinions really do count towards the future of your city's health and wellbeing.