

Improving Health and Wellbeing in Kingston

Easy Read questionnaire



This is an Easy Read
questionnaire on
Kingston's draft
Joint Local Health
and Wellbeing
Strategy 2025-2028

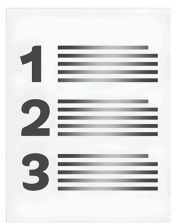




- This plan is called the **Kingston Joint Local Health and Wellbeing Strategy**. It is made by the Kingston Partnership Board and the Health and Wellbeing Board.



- The plan does not cover everything about improving health and wellbeing in Kingston. It looks at a few important areas where everyone can work together to make things better.



- The plan has three main parts: **Start Well**, **Live Well**, and **Age Well**. These parts are for people of all ages in Kingston.



- We want to know what you think about the plan. We want your ideas and opinions to make it better.



- All the feedback will be looked at carefully. This will help make the final plan better for everyone in Kingston.



- The **survey will close on 4th March 2025**.



- If you have questions you can email **jlhws@kingston.gov.uk**. You can also call 020 8547 5000 and ask for the Public Health team.

How will your answers be used?



Questions

1. What do you think about it?

☐ Good
☐ Bad
☒ Not sure

- You do not have to answer all the questions if you do not want to.



- You might want to think about your answers.



- You might want to talk to someone else before you answer the questions.



- Any personal information that you give will be kept private.



Tell us what you think

1. Do you think the idea is a good one?

☐ Yes
☒ No
☐ Not sure

- For most questions, please tick the box for your answer.
- For some questions, there is a space for you to write your answer.

About you



1. Which of the following best describes you? (Choose all that apply)

- ☐ I am a resident in Kingston
- ☐ I work in Kingston
- ☐ I visit Kingston
- ☐ I am a member of a community group
- ☐ I am a health professional
- ☐ I am a local councillor
- ☐ I am responding on behalf of a Focus Group (add further details below)

Use the spaces below.



• The Kingston Health Plan 2025-28 focuses on health for all ages:

- **Start Well** is for babies, kids and teens
- **Live Well** is for adults aged between 20-64
- **Age Well** is for older people

Start Well



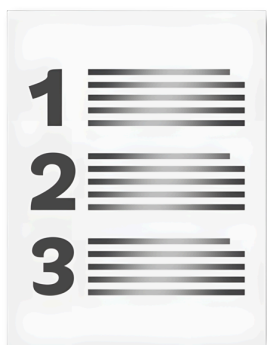
- This part talks about children and young people from birth to 19 years old. It looks at what is important for them in Kingston. The focus is on their health and well-being.



- Many children and young people in Kingston have problems with mental health.
- They might feel sad or worried. Eating well and being active helps them stay healthy, but not everyone can do this.



- Some children and young people in Kingston have asthma and other breathing problems. These health issues need to be a focus.



The three priorities selected are:


- Supporting children and young people to achieve good mental health and wellbeing.
- Supporting and encouraging children and young people and their families to engage in a healthy lifestyle.
- Creating an environment that supports good respiratory health.

2. Do you agree that the Strategy should focus on these three priorities for children and young people in Kingston?

- ☐ Yes
- ☐ No
- ☐ Don't know

If not, what changes would you suggest and why?

Use the spaces below to give feedback.



What do you think?
Do you think the idea is a good one?

☐ Yes ☐ Not sure ☒ No ☐



- This part talks about adults aged 20 to 64 in Kingston.



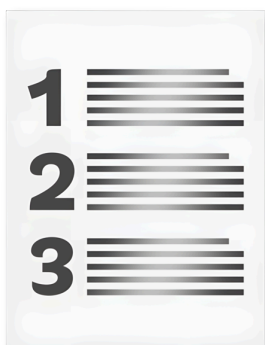
- Many have health problems like heart disease, diabetes, and back pain. These problems can be linked to what we eat and how much we move around.



- Smoking and drinking alcohol are big reasons for health problems in Kingston. Smoking can cause cancer and breathing problems. Alcohol can harm the liver and cause heart disease and strokes.



- Mental health is also important. Many adults in Kingston have depression, which affects their health.



The three priorities selected are:

- Creating an environment that supports a healthy weight and promotes physical health for working age adults.
- Taking a harm reduction (minimise the negative impacts of) approach to tobacco, alcohol and other substance misuse.
- Promoting good mental health and wellbeing for working age adults.

3. Do you agree that the Strategy should focus on these three priorities for working age adults (20-64) in Kingston?

- ☐ Yes
- ☐ No
- ☐ Don't know

If not, what changes would you suggest and why?

Use the spaces below to give feedback.



What do you think?
Do you think the idea is a good one?

☐ Yes ☐ Not sure ☒ No

Age Well



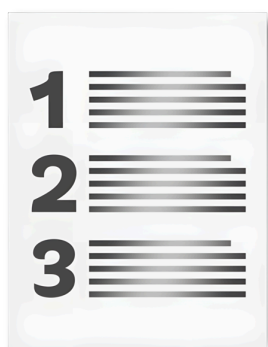
- In Kingston, there are more older people now. Many older people have health problems because of being overweight, not moving enough, and not eating well. Being alone can also make older people feel unwell.



- Older carers in Kingston often feel lonely. This can make them feel worse. Brain health is important too. Alzheimer's and dementia are big health problems for older people. Strokes are also a common cause of death.



- Bone health is important for older people. Falling over often sends them to hospital. These are the main health issues for older people in Kingston.



The three priorities selected are:

- Supporting people to keep active and promote physical health in older age.
- Creating a connected community that supports good mental health and wellbeing.
- Supporting people to stay in their homes for longer.

4. Do you agree that the Strategy should focus on these three priorities for older adults (aged 65 and over) in Kingston?

- ☐ Yes
- ☐ No
- ☐ Don't know

If not, what changes would you suggest and why?

Use the spaces below to give feedback.



5. Do you have any other comments or suggestions on the new draft Kingston Joint Local Health and Wellbeing Strategy 2025-28?

Use the spaces below to give feedback.



Sending us the feedback

Please email your completed document to jlhws@kingston.gov.uk

If you've filled it out by hand, you can scan or photograph it and send it to the same email address.

About you



- It is good to know some things about you so that we can make sure we hear from lots of people.
- You do not have to fill in these questions if you do not want to.



1. Are you?

- ☐ Male
- ☐ Female
- ☐ Prefer not to say
- ☐ Other



2. Is the gender you are living as now the same gender that you were born?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say
- ☐ Other



3. How old are you?

- ☐ 16 to 24
- ☐ 25 to 34
- ☐ 35 to 44
- ☐ 45 to 54
- ☐ 55 to 64
- ☐ 65 to 74
- ☐ 75 to 84
- ☐ 85 or older
- ☐ Prefer not to say



4. Do any of the following apply to you?

Please tick all that apply.

- ☐ I have a learning disability
- ☐ I have Autism
- ☐ I have ADHD
- ☐ I have dyslexia
- ☐ I have dyspraxia
- ☐ I am aged 65 or over
- ☐ I have dementia
- ☐ I have mental health issues
- ☐ I have a physical disability
- ☐ I have sight and hearing difficulties
- ☐ I have none of these
- ☐ I do not want to say



5. What is your background?

- ☐ White - English, Welsh, Scottish, Northern Irish, British
- ☐ White - Irish
- ☐ White - Gypsy or Irish Traveller
- ☐ White - Any other White Background
- ☐ White & Black Caribbean
- ☐ White & Black African
- ☐ White & Asian
- ☐ Any other mixed background
- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- ☐ Chinese
- ☐ Tamil
- ☐ Korean
- ☐ Any other Asian background
- ☐ Caribbean
- ☐ African
- ☐ Any other Black background
- ☐ Arab
- ☐ Any other background
- ☐ I would prefer not to say what my background is



6. Are you...

- ☐ Straight - you are attracted to the opposite sex
- ☐ Gay - you are a man and attracted to other men
- ☐ Lesbian - you are a woman and attracted to other women
- ☐ Bisexual - you are attracted to men and women
- ☐ Pansexual - you are attracted to all genders, not just men and women
- ☐ Prefer not to say
- ☐ Other



7. What is your religion?

- ☐ No religion
- ☐ Christian
- ☐ Buddhist
- ☐ Hindu
- ☐ Jewish
- ☐ Sikh
- ☐ Muslim
- ☐ Prefer not to say
- ☐ Other



8. Where do you live?

- ☐ In your own home
- ☐ Residential or nursing care
- ☐ Supported living
- ☐ Sheltered housing
- ☐ Living with family
- ☐ Other
- ☐ Do not want to say