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Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Our plan for a healthier Mid and West Wales



**Easy
Read**

Easy Read

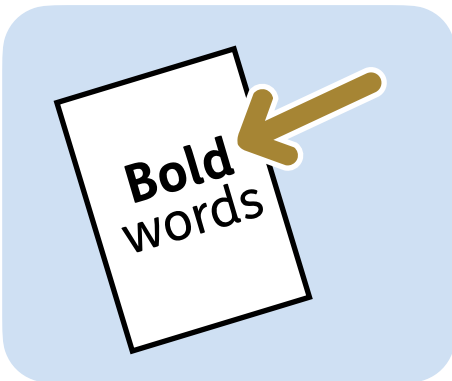


This is an Easy Read version of some information.

It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

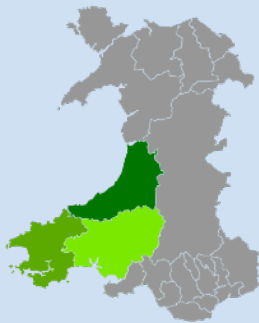
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About this booklet



This booklet is from Hywel Dda University Health Board.



We run health services for people in Carmarthenshire, Ceredigion, and Pembrokeshire, and people near those areas.



This is an Easy Read version of our refreshed long term plan up until 2040 for a healthier mid and west Wales.



The plan sets out how we will help local people live healthier lives and stay healthy for longer.

Our vision



Our **vision** is what we want things to look like in the future.



Our vision is for everyone in Mid and West Wales to live healthier lives, with the right support to stay well and live well.

Our objectives and goals



Our objectives are the main things we want to achieve.



Our goals are the things we will do to make our objectives happen.



Our plan has 4 objectives and 8 goals.



Next, we will tell you about each objective and the goals we have set to make them happen.

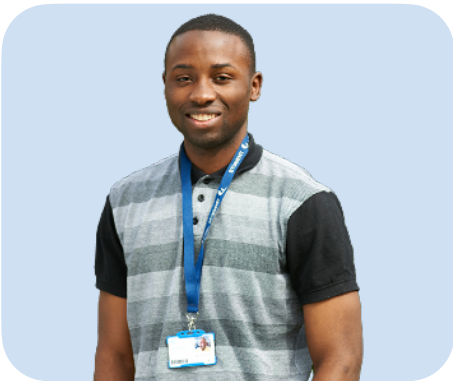
Objective 1

Thriving teams



Objective 1 is to make sure our staff feel supported and can work well together.

We have set 2 goals to make objective 1 happen:



- **Goal 1:** Support our staff to do their jobs well and provide the best possible care.



- **Goal 2:** Talk to people who use our services in a kind and caring way.

Objective 2

Healthier communities



Objective 2 is to help people live healthier lives in their local area.

We have set 2 goals to make objective 2 happen:



- **Goal 3:** Help the 20% of people who need it most by focusing early on the 4 biggest health risks. We will focus on 7 areas that will make the biggest difference to living healthier lives.



- **Goal 4:** Provide more services in your community first.

Objective 3

Great care



Objective 3 is to give people good, safe care that meets their needs.

We have set 2 goals to make objective 3 happen:



- **Goal 5:** Make it easier for people to get health advice, appointments and test results on a phone or computer if they want to.



- **Goal 6:** Make sure that everyone can get high-quality care without having to wait a long time.

Objective 4

Positive futures

Objective 4 is to:



- Talk to children and young people about future health problems they might face.



- Make sure our health and care services are ready for the future.

We have set 2 goals to make objective 4 happen:



- **Goal 7:** Work together with others to make things better for people in the future.



- **Goal 8:** Update our buildings to make them safe and easy for everyone to use.

Making sure our plan works



We will keep listening to what you need and what you think about our plan.

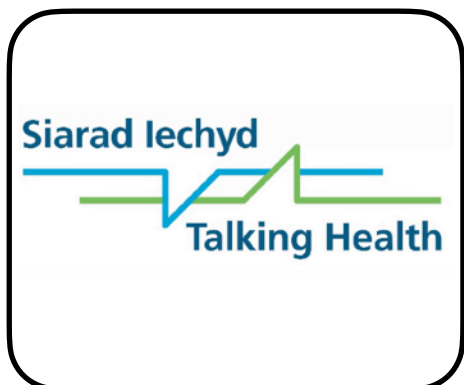


We will also keep checking our long term plan to make sure it meets people's needs.



As people's needs change, the plan will change too.

Siarad Iechyd/Talking Health



Siarad Iechyd/Talking Health is a way for local people to have a say in how local health services work.



You can sign up for Siarad Iechyd/Talking Health by visiting our website:

www.hduhb.nhs.wales/siarad-iechyd-talking-health/



You can also write to us by post:
FREEPOST HYWEL DDA HEALTH BOARD

You do not need a stamp to send a letter to this address.

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