



INSTITUTE *of*
HEALTH EQUITY

Making life fairer in Greater Manchester

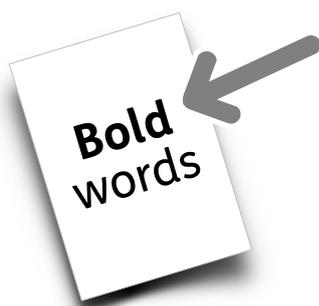


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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



The Institute of Health Equity is part of University College London (UCL). We look into ways to make sure everyone has the chance to be healthy.



We have looked into ways we can make life fairer and healthier for everyone in **Greater Manchester**.

Greater Manchester is the City of Manchester, the City of Salford plus the nearby towns of Bolton, Bury, Oldham, Rochdale, Stockport, Tameside, Trafford, and Wigan.



Schools, services and businesses had to close for a while to keep people safe from **COVID-19**.

COVID-19 is an illness that has spread around the world. It affects your lungs and breathing.



Poor people suffered more from COVID-19 than other people because schools, services and businesses were closed.



We want to get schools, services and businesses working again in a way that is fairer for everyone.



This report explains the most important things that need to be done so that Greater Manchester becomes fairer for everyone.

Build back fairer



Children and young people

Children and young people have not suffered so much from the COVID-19 illness.



But they have suffered more than others because schools and services have been closed, and they had to stay indoors.



Many children and young people have missed important time at school. Young people are now less likely to get a good job.



More children and young people have been suffering from mental illness.



We suggest:

- more help for young people with mental health problems.



- training for young people aged 18 to 25 so they can get a good job.



- more help for the very youngest children and their families.



More money for poorer communities

Poorer communities have suffered more than others with COVID-19.



We suggest:

- more money for work that stops people getting ill.



- more money for poorer communities.



- the Government to give more money to local councils.



- more money for training so people can get better jobs.



Healthy living

We want to make it easier for people to have a healthy lifestyle by having better quality services.

We suggest to:



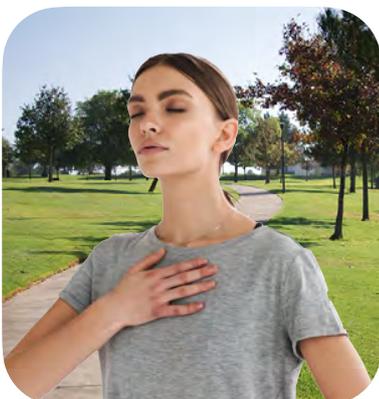
- make sure people get enough money to have a healthy lifestyle.



- make sure people can get high quality services in all parts of Greater Manchester.



- make sure everyone in Greater Manchester has good quality jobs, housing and transport.



- make sure everyone in Greater Manchester has a good **environment** and clean air.
The **environment** is where we live. It includes the air and the space around where we live and all living things.



Fairer organisations

We want to build back fairer by having organisations that work in a fair way.



We want organisations and businesses to work in a way that is good for all local communities.



When we buy services from businesses or organisations we want to check that they are working in a way that is good for all local communities.



Checking

We want to find a way to check that we are making things fairer for all people in Greater Manchester.



Local control

Some services in Greater Manchester are being run by the Government from London.



We think it would be better if these services were run by Greater Manchester Council.



These include:

- services that help people get a job.



- training for all young people over age 16.



- some housing services.



- services for very young children.

A fair chance to have good health



On average people in Greater Manchester have been more ill with COVID-19 compared to the rest of England.



People in the poorest areas are more likely to be ill with COVID-19 than in other areas.



People from some **ethnic backgrounds** are more likely to be ill from COVID-19 than others.

Your **ethnic background** is your race and the country that your family came from.



On average, Greater Manchester has more people from some ethnic backgrounds than the rest of England.



Vaccination

People from poorer areas and from some ethnic backgrounds are less likely to have a vaccination than other people.



We suggest:

- local services to be able to run local vaccination centres.



- more money and more services for the communities that need them the most.



- more help for people who can't work because of the rules about COVID-19.

Communities and places



Over the last 10 years there has been less money for council services.



This has affected poorer communities more than others. These poorer communities were less able to keep safe from COVID-19.

Poorer communities have suffered more from COVID-19 than other communities.



We want the Government to give more money to areas of England that have suffered most from COVID-19.



We want to provide provide more information about health and **wellbeing** in local communities.

Wellbeing means feeling happy and healthy in your body and mind.

Housing, public transport and the environment



Housing

Poor quality housing is bad for your health.



We suggest to:

- improve the quality of housing for all people in Greater Manchester.



- have more housing that people can afford.



- make sure new homes are built in a way that is good for the environment.



- reduce the number of people who have no home.



Public transport

Public transport includes buses, trains and trams.



Public transport helps people to get a good job and have an enjoyable life.



We suggest:

- to help more people to use public transport by making it cheaper.
- make the roads safer by making cars drive slower in areas where people live.





The environment

Poor quality air can affect your health.



More good quality **green spaces** helps people have good health.

Green spaces include parks, woods and grassy areas.



We want to make sure:

- all areas of Greater Manchester have clean air to breathe.



- everyone has access to good quality green spaces.

Children and young people



Very young children

The way you live when you are very young affects your health, and what you do, for the rest of your life.



Some services help families to give very young children the best start in life.



Because of COVID-19 many services for families and very young children were closed.



This has meant that very young children suffered at a very important time of their lives.



We suggest to:

- provide more help and support for all parents.



- give more money to services for very young children.



School

Many children and young people were not able to go to school because of COVID-19.



They have missed a lot of learning that they need.



We suggest to:

- provide extra lessons so they can catch up.



- give extra help to families of children with special educational needs.



Mental Health

Many children and young people suffered from worse mental health during the time of COVID-19.



We suggest to:

- give more mental health support to children and young people.



- provide better ways to help children and young people with mental health problems.



- give more help to children who have mental health problems.



- provide more youth services for young people, especially in poorer areas.



Training and work

Young people who missed some of their schooling because of COVID-19 struggled with school work and are finding it difficult to get a good job.

We suggest to:



- provide more training for young people.



- make sure all young people aged 18 to 25 have a job or are getting some training.



- try to increase the wages for young people who are training as they are working.



- give more help to young people so they are ready to get a job.

Wages, poverty and debt



People who are in **poverty** tend to have worse physical health and mental health.

Poverty is when you are very poor. You don't have enough money to live on.



Having a lot of **debt** can cause mental health problems.

Debt is where you owe money to someone.



Many people in Greater Manchester have had low wages for a long time.



Many people need **benefits** to live.

Benefits is money that you get from the Government to live on.



Many people have lost their jobs because of COVID-19.



More people have borrowed money to pay for daily life.



More people are going to **food banks**.

A **food bank** is a place where you can get free food and groceries if you can't afford to buy enough to eat.

Wages

We suggest:



- everyone who is working to get enough money for their family to live.



- a **minimum wage** for greater Manchester which is enough for people to live healthily.

A **minimum wage** is the lowest amount you can be paid to work.

Reduce poverty

We suggest:



- more money for organisations that help the poorest people.



- to ask the Government to increase the amount they give to people in benefits.



- to let more children have free school meals.



- the Government to make it easier for people to get benefits when they need them.

Reduce debt

We suggest to:



- give more advice in schools and workplaces about how to look after your money.



- help community groups to give advice about what to do if you are in debt.



- help **Credit Unions** to lend money to people more cheaply.

Credit Unions are run by local people. They can lend money to people much more cheaply than banks or other organisations.



- help people who can't afford to pay their **council tax**.

Council tax is the tax you pay to the local council.

Jobs



Having a good job will help you to be healthy.



Having no job can lead to poor health and mental health problems.



Many people have jobs that pay only low wages.



Many people have jobs that are not regular. You just get paid when there is some work to do.



Many people had no work when COVID-19 started, and many people lost their jobs.



We suggest:

- to improve the quality of jobs in Greater Manchester.



- companies to pay people proper wages for their work.



- companies to give people regular work which will last into the future.



- to think about people only having to work 4 days a week.



We want workers to be able to learn new skills so they can get a better job.



We suggest:

- companies to choose new workers who live locally before workers that live further away.



- to give more money to schools and colleges in areas where people are having difficulty getting a job.



- companies to give more training to all of their workers.

Public Health



Public health means:

- helping people stay healthy.



- giving people information about how to stay healthy.



- helping people live their lives in a healthy way.



Less money

For many years public health services have been receiving less money from the Government.



Unhealthy lives

More people in Greater Manchester lead unhealthy lives than the average for England.



Smoking

Smoking can damage your lungs and lead to many different serious illnesses.



There are fewer people smoking in Greater Manchester.



But there are still parts of Greater Manchester where a lot of people are smoking.

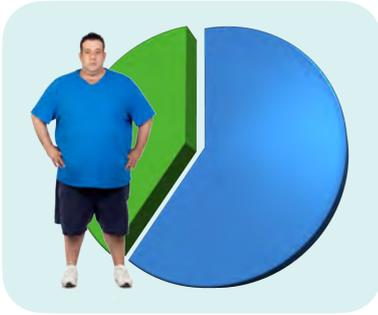


The number of people who are smoking has reduced during the time of COVID-19.



Overweight

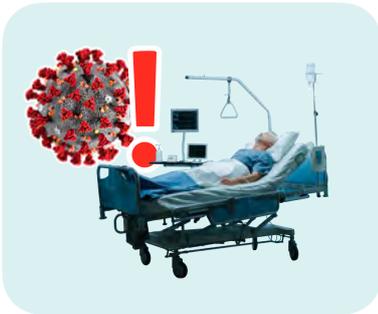
Being overweight can cause many different health problems.



More than half of adults are overweight or very overweight.



Over a quarter of children are overweight in Greater Manchester.



People are more likely to die from COVID-19 if they are overweight.



Alcohol

Drinking too much alcohol can cause many health problems. It can lead to accidents. It can also lead to death.



Many thousands of people are rushed into hospital in Greater Manchester every year because they have drunk too much alcohol.



During the time of COVID-19, some people cut down the amount they were drinking.



But some people started to drink a lot more.



Mental Health

More people in Greater Manchester are asking for help with their mental health.



Health services have been trying to prevent children and young people from starting to have mental health problems.



During COVID-19, many people's mental health got worse.

Many people were suffering from depression - this is when you have a very low mood.



Other people were suffering from anxiety - this is when you are worried all the time.



We suggest:

- more money for public health.



- to help people understand about how to live in a more healthy way.



- all health services in Greater Manchester to work together better.



- help for people with their mental health at work.



- more help so that people don't start having mental health problems.



- more green spaces and better quality environments for everyone.

Time to work

We suggest:



- proper funding for public health for a long time. It will take time for things to really improve.



- to have services that are run locally, by staff who understand local people.



- to do things that will stop people getting worse health.

For more information



You can look at our website here:
[www.instituteofhealthequity.org/
resources-reports/build-back-fairer-in-
greater-manchester-health-equity-
and-dignified-lives](http://www.instituteofhealthequity.org/resources-reports/build-back-fairer-in-greater-manchester-health-equity-and-dignified-lives)



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