

Easy read:

Voluntary Health Scotland

Strategic Plan 2025 - 2030

Collaborating for Health Creation

Voluntary Health Scotland



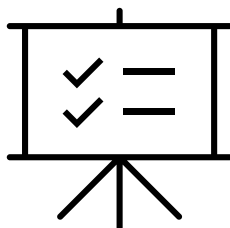
We are a group of people working to make health better for everyone in Scotland.

We want to help reduce unfair differences in health, so that everyone has a fair chance to live a good life.

We believe that being healthy is not just about not being ill – it's about feeling well in your body, mind and life.

We work with other organisations and people who share this belief.

Our Purpose

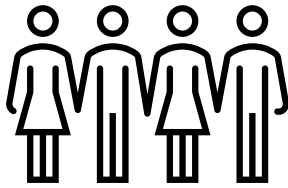


We want to help make Scotland a healthier and fairer place for everyone.

We believe that charities and community groups (called the Third Sector) are very important for people's health and wellbeing.

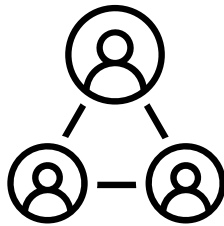
We work to support these groups so they can grow and do well – helping Scotland become a better place to live.

Our Values



We want everyone to have a fair chance to be healthy, feel respected, and live well.

We work to make sure people and communities can get the support they need – no matter who they are or where they live.



We believe that real change in health happens when people work together.

By sharing ideas, tools, and responsibility, we can find better ways to help people live healthier lives.



The people and organisations we work with are very important to us.

Their energy, ideas, and dedication help us move forward and make a difference together.



We are not afraid to speak up and take action.

We show up, speak out, and keep going – even when things feel hard or bigger than us.

We believe in making change happen.

Health Inequalities in Scotland



Some people in Scotland live much shorter and less healthy lives than others. This is called health inequality.

Scotland has the lowest life expectancy in Western Europe.

People in Scotland also spend fewer years in good health compared to other countries nearby.

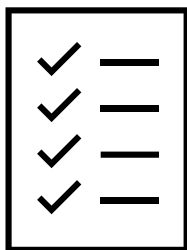
This is a big problem, and we are working to help change it.

Our Manifesto for Health Creation

In October 2025, we published a document called our manifesto.

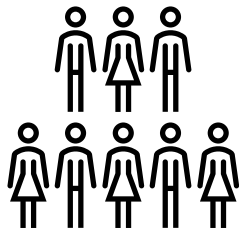
We created it by listening to our members and learning from what they told us.

This manifesto will help guide our work and decisions — not just now, but also after the Scottish Parliament election in 2026.



- ✓ Build a health system that focuses on preventing illness, not just treating it
- ✓ Make health fair for everyone, and protect people's right to be healthy
- ✓ Make sure charities and community groups are treated as equal partners in health
- ✓ Use better ways to measure health and collect useful information

Our Strategic Objectives

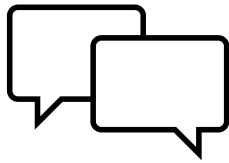


1

We want to welcome more members from different backgrounds and places in Scotland.

This will help us speak up better for the organisations that support people who face unfair health challenges.

By growing and including more voices, we can make a bigger difference.



2

We help our members and their communities share their stories and experiences.

By making their voices heard, we can help bring about real change in health and wellbeing.

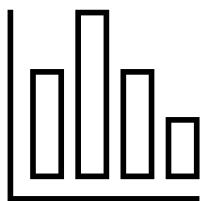


3

We want to help lead the change towards a health system that focuses on preventing illness.

We speak up for the idea of health creation — helping people live well in their communities.

We believe this is the best way to build a healthier Scotland.

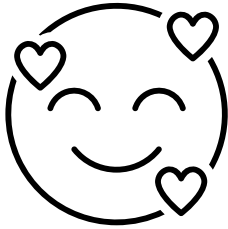


4

We will use digital tools, technology, media, and data to help us connect better with others.

This will make our work more effective as we grow and support more people.

Thanks



We could not have created this plan without the help of our members and supporters.

Thank you to everyone who shared their views with us – at events, workshops, in conversations, or by filling in our survey.

Your voices helped shape this plan.

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