

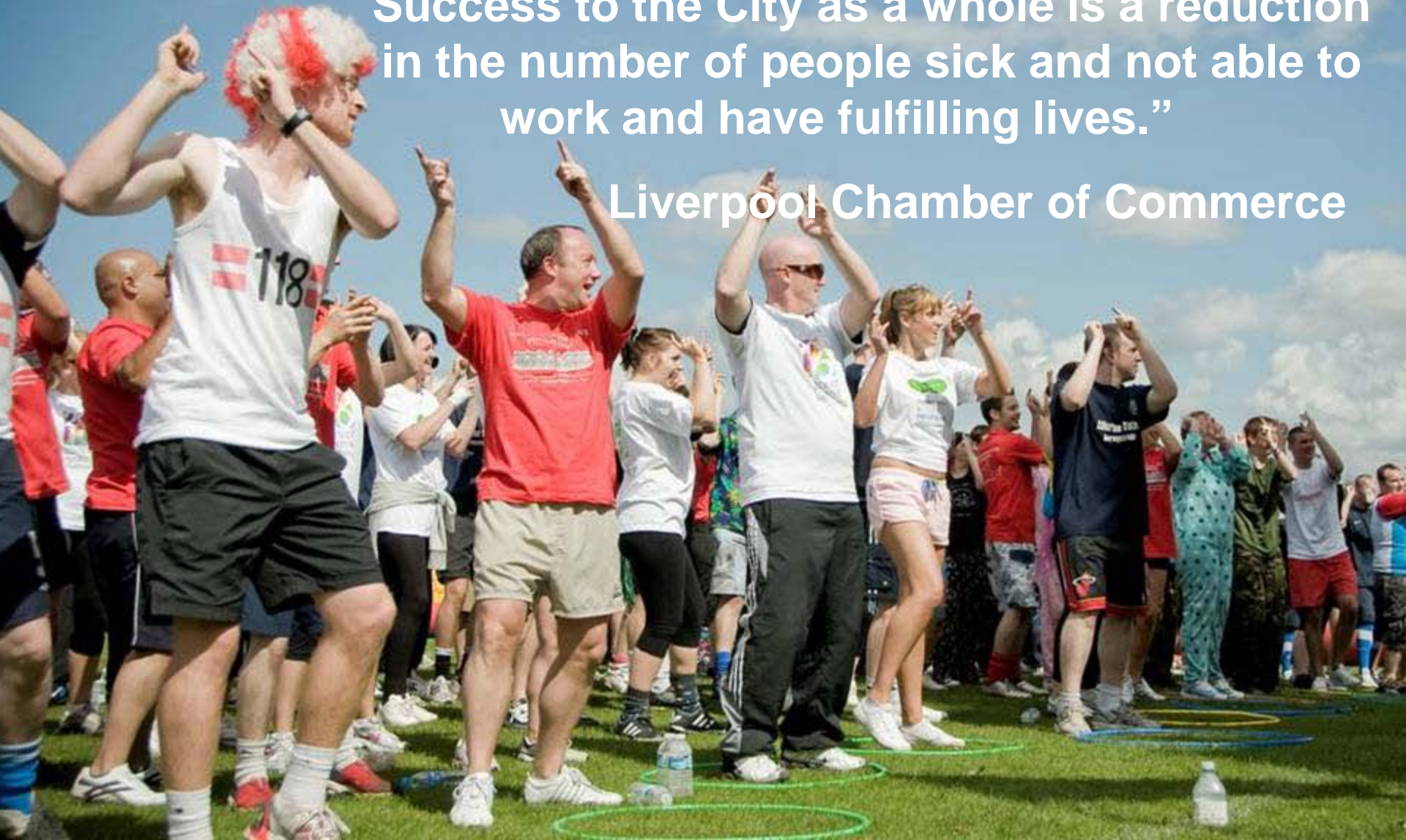
A Decade Commitment

Dr Paula Grey
Joint Director of Public Health
LPCT and LCC

**“ Healthy people are more productive people.
This is not an add-on, this is key to success.**

**Success to the City as a whole is a reduction
in the number of people sick and not able to
work and have fulfilling lives.”**

Liverpool Chamber of Commerce





“I wasn’t too sure what to make of it at first, nothing like this had happened in Croxteth before, but when I saw how many people came to watch and just how good it was. I thought it was fantastic, for all the people involved and for the image of the area. Well done, more please.”



Unequal City

57% children live
in households
where no one
works

In Princes
Park ward
67% of
children are
living in
poverty

One of highest rates of
child road traffic injury in
the UK, concentrated in
poorer areas



Decade of
Health &
Wellbeing

5 Ways to Wellbeing

Five ways
to wellbeing

Connect...

Connect with the people around you. With family, friends, colleagues and neighbors. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Dance. Dance. Exercising makes you feel good. Most importantly, discover physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways
to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Sense the weather, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways
to wellbeing

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course, take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favorite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Decade of
Health &
Wellbeing

Transport In 2020



Conclusions

- 2010 found
 - health and wellbeing vital to success of city
 - Partners welcomed new approach & collaborative working
 - 5 ways to wellbeing very effective
- Health and wellbeing added purpose to shaping transport policy – build wider support for LTP and LSTF
- By 2020 what do we want?
 - Reduced speed city wide
 - Improved air quality
 - Equal access to education, employment and services
 - Lower carbon transport network
 - ...?

Action

- Review plans and actions against five ways to wellbeing and equality
- Sign up to workplace wellbeing charter
- Join in with the decade...

www.2020healthandwellbeing.org



2020 Pledge

Throughout the Decade we will strive to put health & wellbeing at the heart of our culture, planning & action using the five ways to wellbeing, & to work in partnership to make Liverpool City Region more Equal, Well & Green by 2020

