

Think for a minute or two about what wellbeing means to you.

This is what a few of Newcastle's people said:

" Good health until I die, vibrant and diverse social networks, equitable distribution of resources to achieve a thriving neighbourhood. A secure public environment"

" Looking well, feeling well, looking forward and never looking back. Not feeling neglected or invisible, not being patronised or marginalized"

" My own and my partner's health, a warm, comfortable house, a friendly, safe neighbourhood, a city full of activities, a country that cares about people"

" Wellbeing means to me peace of mind and healthy body that goes for all people living in Newcastle. Fairness in equality of diversity for all"

We can all take actions to improve wellbeing and health – whether individually as citizens, as part of community groups or voluntary organisations, as businesses or as public sector organisations.

Organisations in Newcastle, including Newcastle City Council, our local NHS, the universities, the voluntary and community sector and Healthwatch Newcastle have worked together to develop a Wellbeing for Life Strategy for the city. These organisations have all committed to take action, using the resources and skills that they do have to make changes together.

The Strategy includes a framework for action that we hope will create the opportunity for you – other organisations, businesses and most importantly people who live, work or learn in the city – to think about how you can make a difference to the wellbeing and health of Newcastle's people and communities.

This summary gives you an insight into our shared direction. You can find out more by downloading the strategy at www.wellbeingforlife.org.uk/our-strategy