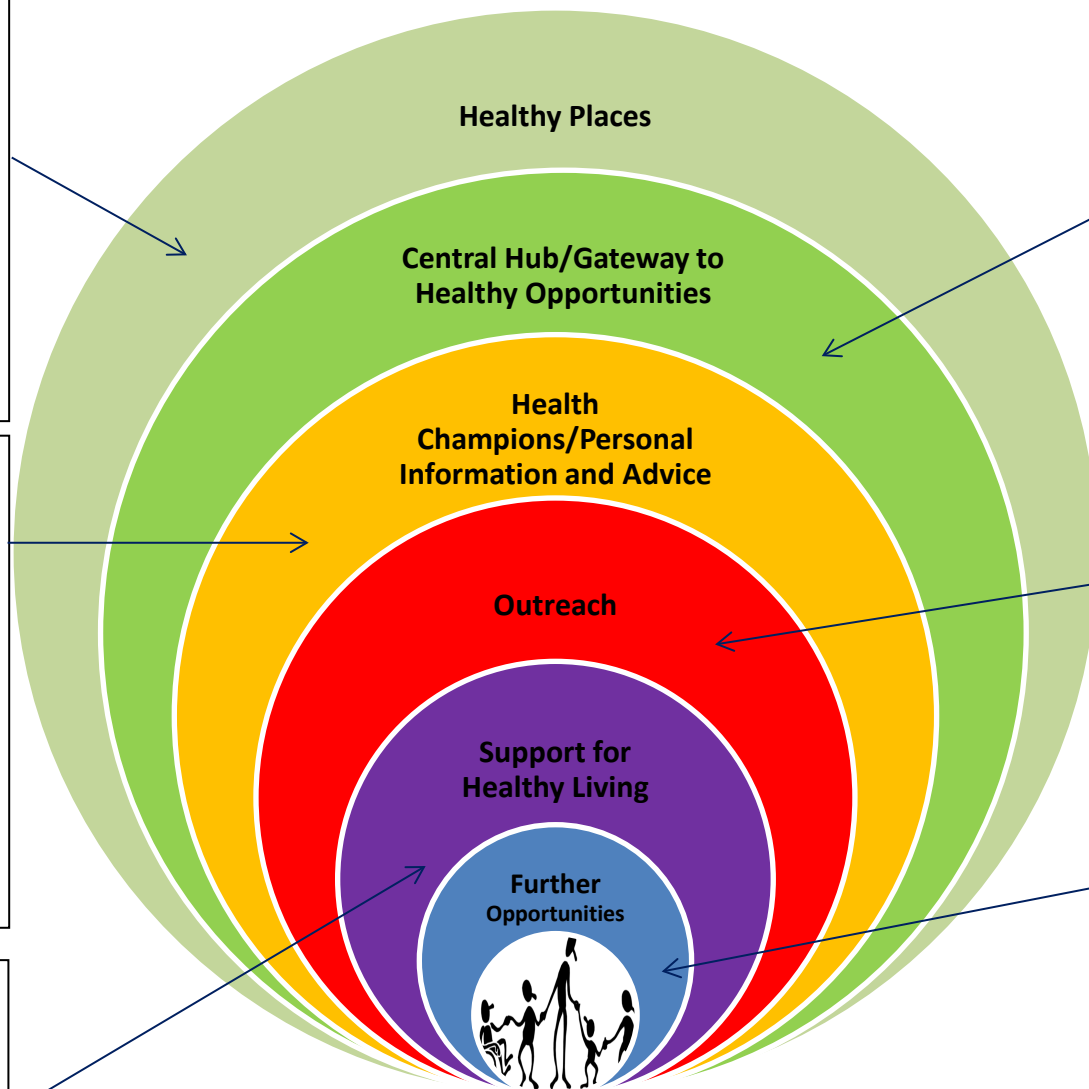


# Live Life Well Delivery model



- Better parks and walking paths
- Encouraging people to walk to work and school
- Improving children’s play areas so they can play outside
- Giving teenagers to go to keep active
- Having activities to help people to improve their health in different places, like schools, shopping centres, and community venues

- Giving information and advice in different places and on an individual basis
- Having Health Champions , who are volunteers in the community who give brief advice and signposting people to support
- Having more Health Champions in areas where health is worst

Having a team of staff supporting individuals and families who would like to make changes to the way they live their lives and help them to improve their own health.

- Providing a gateway to what is on offer across the City to help people to be healthy
- Making sure that people get the right information and advice
- Helping people to monitor their own health and wellbeing.
- Quality assurance
- Engagement and ongoing evaluation

Having a team of staff who will work in a targeted way on healthier living with groups of people in the city that have greater need

- Provide a range of opportunities for people who need them – many of which will be free. Examples are:
- Stop Smoking Services
  - Guided walks
  - NHS Health Checks
  - Sexual Health Services
  - Drug and Alcohol Services
  - Improving Mental Wellness through a range of local groups

