

## Enablers

Enablers are **conditions we continually contribute** to as we know these are critical for wellbeing throughout a person's life. These are particularly useful for enabling people to be responsible for their own wellbeing in a way which is sustainable.

# WELLBEING STRATEGY

## Activities

Activities are **interventions delivered to influence or inspire a change** and these are particularly important for people who may have poor wellbeing or who are at risk of their wellbeing deteriorating.



### Stable homes

A secure tenure of a well-maintained home.

### Prosperous

Reduced poverty and increased wealth.



### Continually learning

Support to acquire the skills and knowledge needed for life and work.



### Healthy

Improved physical and mental health.



### Digitally able

Equal access and use of technology.

### Connected

Increased community cohesion.



### Person centred

Empowered and respected to influence decisions.

