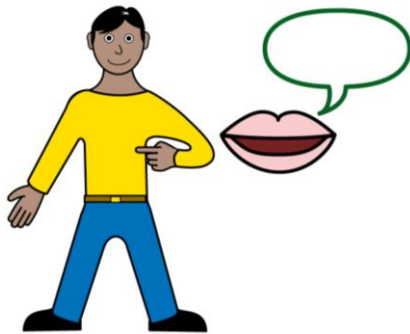


Helping everyone to be healthy and happy

your say

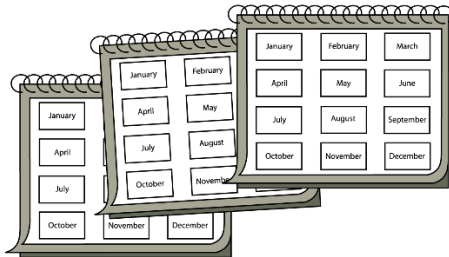


This document is to help you have your say on the **'Health and Wellbeing Strategy'**.



From the **Bedford Borough Health and Wellbeing Board**.

3 year



It says what they want to do in the next three years.



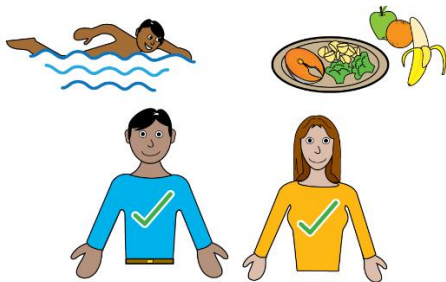
For people in Bedford Borough.

About the Health and Wellbeing Board

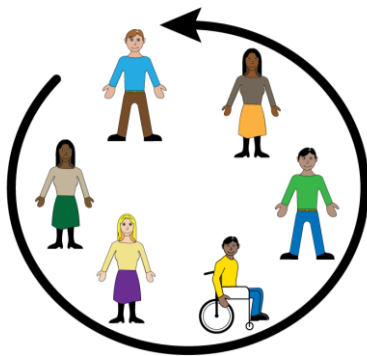
planning



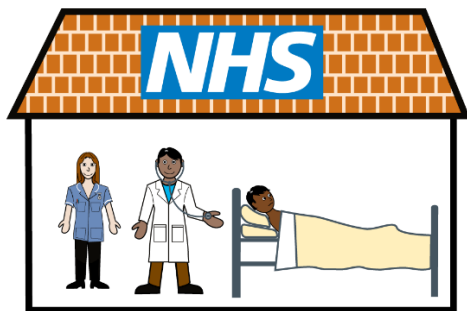
They plan how **NHS** and **Council** services can work together.



To help people be healthy and happy.



And make services more equal.



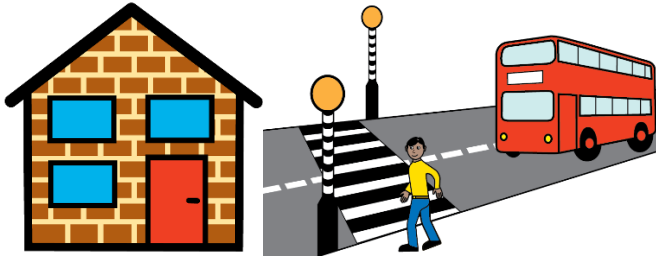
The **NHS** helps you look after your health. Like seeing your doctor or going to hospital.



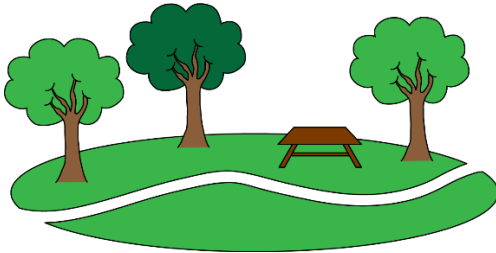
BEDFORD
BOROUGH COUNCIL

The **Council** provides important services to help you live your life. They are part of the **local government**.

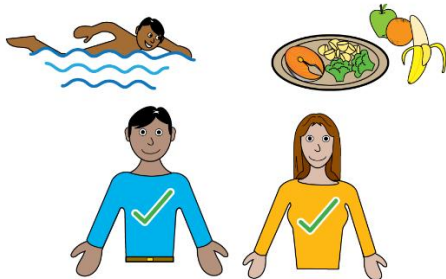
Some of the things your council does



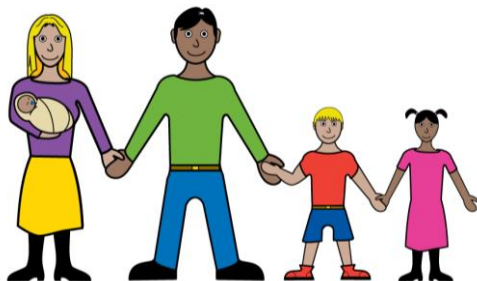
Plans new homes. And looks after roads.



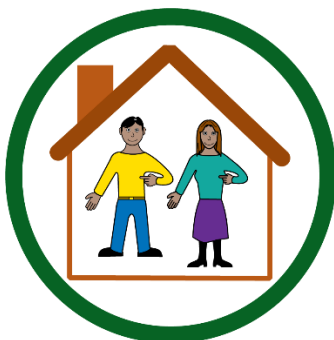
Makes sure there are parks and leisure services.



And helps you to have a healthy life.



Gives help to families. And keeps children safe.



Helps people live independently at home.

Making services more equal



It can be harder for people from poor areas to be healthy and happy.



A poor area is where many people do not have much money. And can find it hard to get a good job.



People in poor areas do not always live as long as people in richer areas.



The Health and Wellbeing Board want to make the health of people in poor areas better.



They want to do this by improving the things that make us healthy.

These are called the **building blocks of health**.

What are the building blocks of health?

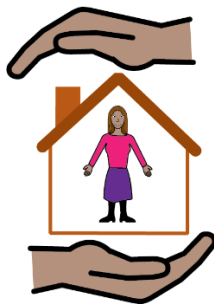
The **building blocks of health** are the things everyone needs to lead a healthy, happy life:



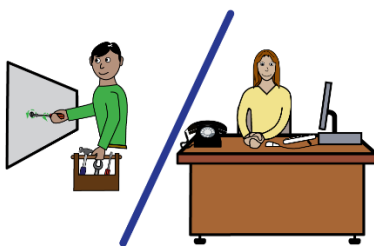
A healthy, happy childhood.



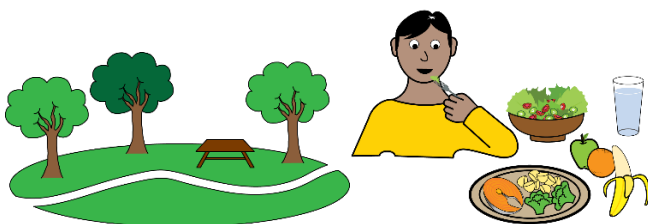
Family, friends and community.



A safe, affordable home.



Education, skills and a good job.



Good access to healthy food, physical activity, and outdoor space.

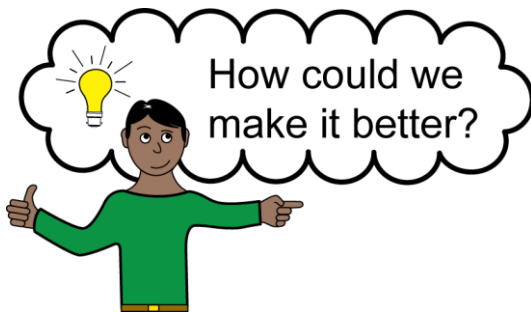
Questions for you



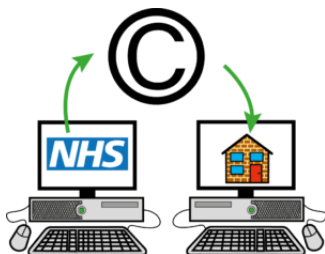
Do you agree that the building blocks are important for your health?



What else would help you to have a healthy, happier life?



How could we make the Strategy better?



Images are used with permission from the Leeds and York Partnership NHS Foundation Trust Image Bank

Link to the Image Bank:

<https://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i/image-bank/>