

# Camden health and wellbeing strategy 2022 to 2030

Our plan for living a happy and healthy life in Camden





Our plan aims to improve health and wellbeing for all residents in Camden

We will improve your health by knowing what helps you to live a healthy life

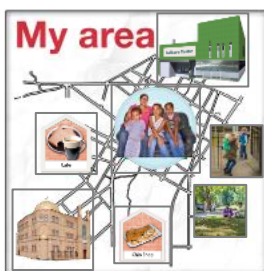


These are things like

- the support and help you get from friends and carers



- your lifestyle - what you eat and how much exercise you do



- the place and community you live in



- your experience of health and care services

## Things we will do

### We will



- help people to live healthy and happy lives by supporting them close to where they live



- make sure everyone has the same chances to be healthy



- make sure you have control of your care and know about the choices available



- make sure services work together when supporting you, so you don't have to repeat your story



- work closely with voluntary and community groups and local businesses

## By 2030 we want



- all children and young people to have the same chance to succeed



- people to feel part of their community



- people to live in healthy homes



- people to have the things they need to live healthy lives



- people to live more independent lives for longer

## In the next 2 to 3 years we will improve health and wellbeing by



- making sure all children are healthy and ready for school



- supporting people to get jobs



- helping people feel part of their community with activities and by making friends