



STATEMENT OF PRINCIPLE ON WELL BEING

**“People with stronger networks are healthier and happier”
(Fair Society, Healthier Lives - The Marmot Review)**

ACT believes:

- Participation and reciprocity in community life provide a sense of belonging, social connection and cohesion.
- Access to good health services and appropriate information enables people to look after themselves and take care of each other.
- Our natural and built environment are valuable resources to encourage informal and formal social interactions and physical activity within rural communities.
- Communities know what works best for them; enabling them to influence local planning, develop shared goals and aspirations helps them to empower themselves and become more sustainable and resilient.
- Embracing local social enterprise solutions, including community buildings and facilities, brings economic benefit to people and their community.

ACT supports communities to act on affordable, accessible initiatives that meet locally identifiable needs through:

- Agreeing what is needed, a community can focus on finding the best solutions to address their local resident's wellbeing needs and aspirations.
- Doing a community plan to inform service design that encourages active living and gathering opportunities will help to build social connections and nurture 'bridging' social capital.
- Identifying those groups who are at risk of social isolation and/or loneliness enabling communities to remove barriers to participation and ensure that everyone is welcome.

ACT will champion locally led initiatives and will work with strategic partners to achieve scalable solutions.

- We will help communities use their local knowledge to find the best solutions to enhance positive wellbeing.
- We will ensure that communities can access the professional support they need as they develop their ideas.
- We will hold partners to account and continue to advocate on behalf of communities so that their wellbeing needs are met.

Supporting communities since 1948

Registered in England as Voluntary Action Cumbria; Charity No: 1080875; Company No: 3957858
Registered Office: Office Q, Skirsgill Business Park, Penrith CA11 0FA (