3 Strengthen wellbeing at every stage of life - helping people achieve their goals and thrive

What this means:

- Our support is accessible, friendly and non-judgemental. We help people to develop confidence, skills, and connections at all stages of life. We will ensure our offer is as welcoming and engaging as possible, so that everyone here can benefit.
- Through one-to-one sessions, small groups, and open activities, we provide friendly, welcoming support for wellbeing, health, learning and employment; we bring together services and opportunities in ways that work for people's everyday lives.
- We help children, young people, and adults to build confidence, learn new skills, meet others, and take their next step. Our holistic, whole-family and preventative approach supports people to stay well, build resilience and thrive. We work with partners to tackle wider challenges like debt, housing and health.
- We want to create broader and deeper partnerships to support the community, and ensure that all residents in Southmead can benefit from truly accessible services and activities.