

# Together towards a healthier Risca area

How we can work together to improve health and wellbeing in  
**Risca**

Like other valleys communities across Wales, the Risca area has some considerable health and wellbeing challenges. These include heart and lung disease, obesity, and Type 2 diabetes, and the reported high incidence of mental health issues in the area.

These health inequalities severely impact the quality of life in our communities with people living healthy lives for far fewer years than those in more affluent areas. In addition, it places extra demands on already stretched health and social care services which exacerbates the situation. This needs to and must change.

No single organisation alone can successfully address these challenges and deliver the changes needed. Moreover, it requires working together with people, so they participate and are empowered. Within our communities, we have assets vital to achieving the change needed – people, places, and provision of services.

In our IWN work, people said:

**Community hubs, services, and businesses thrive and work together to support wellbeing and health**

**People of all ages enjoy good mental health**

**Inclusive local food initiatives and projects support good health**

**People of all ages are not feeling isolated or lonely**

**People of all ages are included and valued and enjoy healthy ageing**

**Local outdoor spaces support wellbeing and health**

**People are not digitally excluded**

This outline plan is aimed at contributing to achieving these outcomes. It is not a standalone plan and must complement other projects and initiatives. It is not intended to be prescriptive or definitive, but an outline plan that crucially requires wider community involvement and greater collective action with three main aims:

**To catalyse more and wider conversations and encourage greater involvement in enhancing wellbeing and health in our communities**

**To stimulate further action working together based on what's good and strong in the area to improve wellbeing and health, building on progress to date**

**To initiate new actions on the ground led by the community together with services to make real differences to the area's wellbeing and health**

We warmly welcome everyone living and working in the area to be part of the change