

**[On-screen text]:** Working with communities is central to improving people's health in Leeds.

**[On-screen text]:** For many years, we've worked alongside communities to reduce health inequalities across our city.

**[On-screen text]:** This film highlights just a few examples of that work.

My community is the people around me.

My faith group.

My neighbours.

The friends I've met since coming to Leeds.

Community is what connects us.

It's identity, belonging and the places we share.

Most of us belong to many communities and they change over time.

Sometimes community can be one big story, but more often it's made up of lots of little ones.

**[On-screen text]:** Communities at the Centre: Creating better health together in Leeds

**[On-screen text]:** 845,200 people live in Leeds

Leeds is one big city made up of many communities.

**[On-screen text]:** Around  $\frac{1}{4}$  of people are from ethnically diverse communities

More than 200 languages, different cultures, different needs.

**[On-screen text]:** 1 in 5 people live in some of the most deprived areas of the country

But not everyone gets the same chances.

**[On-screen text]:** Up to 12.9 years different in life expectancy between Leeds neighbourhoods

In some neighbourhoods, people spend more of their lives in poor health.

Where you live, your background.

It all affects your well-being.

When people are connected, supported and included, health improves.

But some people still tell us they feel lonely or isolate and that affects health too.

Every community has strengths.

**[On-screen text]:** 3,375 voluntary, community and faith organisations

**[On-screen text]:** 31,500 volunteers

In Leeds there are over 3,300 community organisations doing incredible work every day and 31,500 volunteers give their time to support others.

When you're listened to, your voice matters.

No one is better placed to meet challenges and work together for things to be better than the community themselves.

**[On-screen text]:** Better Together Commissioned by Leeds Public Health. 20,000 contacts with people each year, through 2,000+ local activities.

**[On-screen text]:** Professor Jane South Professor of Healthy Communities

The evidence is clear that these approaches are valuable in areas where there are inequalities.

It's about directly engaging people in health and well-being and what can be done to work in partnership with communities.

**[On-screen text]:** The family of community-centred approaches

The family of community-centred approaches was developed to provide a framework based on the best available evidence of what we got.

**[On-screen text]:** Our four strands | Strengthening communities | Volunteer and peer roles, | Collaboration and partnerships | Access to community resources

We've got our four strands, Strengthening communities, Volunteer and peer roles, Collaborations and partnerships, Access to community resources, and that's how the family was developed, as something that would all work together.

**[On-screen text]:** Strengthening communities

People who use our activities have gone from having very few friends in a really small social circle, to feeling like they genuinely belong.

Massive improvements in confidence and connection.

When they first come here they are very closed off and insecure. But gradually you start to see who they truly are. They blossom, they grow.

When I came to this group, they said, you can do it. Don't worry, you'll be fine. They help us to sort out our problem or getting rid of those anxieties.

**[On-screen text]:** Volunteer and peer roles

**[On-screen text]:** More than 300 Community Champions in Leeds

Volunteering brings this sense of fulfilment for me.

**[On-screen text]:** Speaking over 40 community languages

Making me happy because I'm a part of something. You reach out to an individual and then from there you're strengthening a family and also now strengthening the community and helping everybody to become healthy.

**[On-screen text]:** Collaborations and partnerships

A place like this matters because it was founded by gypsies and travellers and I think community means everyone being heard and being listened to.

When neighbours help neighbours, we bring organisations and communities together. Everyone gets a seat at the table.

**[On-screen text]:** Access to community resources

Trust is one of the biggest strengths that the community have and something that they almost expect.

Sometimes people just need the right doorway.

If we didn't exist, then the kind of interventions that we provide and the cultural competency that we provide, the local knowledge that we have it literally would not be there.

Across Leeds, these approaches look different in every place, but they all start with the same thing, people.

What keeps me healthy is solid, long-lasting friendships.

Being able to share both in my community but also with family and friends.

Having a good routine and supporting them the best way I can and receiving that back from them.

Communities are the building blocks of health.

When people are connected, supported and included, health improves and inequalities reduce.

This is our Leeds.

Lots of communities, different lives, looking out for each other.

**[On-screen text]:** Building a healthier Leeds means putting communities at the heart of public health.

**[On-screen text]:** Communities at the Centre: Creating better health together in Leeds

**[On-screen text]:** Read the 2026 Director of Public Health Annual Report

**[On-screen text]:** [leeds.gov.uk/publichealthannualreport26](https://leeds.gov.uk/publichealthannualreport26)

**[On-screen text]:** Made with communities across Leeds.