



## HOUSING SOLUTIONS THAT PROVIDE SO MUCH MORE THAN JUST A ROOF

“ Places that support **healthy behaviours and choices** help residents **to thrive and fulfil their potential**, both now and in the future... ”



Health is one of the six key themes that support Torus' mission of 'growing stronger communities'.

This core priority sits alongside Safe, Inclusive, Connected, Sustainable and Aspirational – and guides how we work to improve outcomes for our customers, each and every day.

**With 77% of our homes located within a Core20 area, we are committed to:**

- Providing health & wellbeing services that help people thrive and reach their potential
- Working in partnership with commissioners, agencies and other like-minded organisations to improve health outcomes for all
- Designing and creating homes and places around health principles

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Empowering children and young people to have brighter futures and be the best they can be is a core part of the work we deliver through our charity, Torus Foundation.

That's why through the Torus Foundation's FireFit Youth and Community Hub, young members and the wider community are provided with a safe and inspiring environment to help reach their full potential. A varied timetable of activities not only helps to build confidence, provide positive experiences and relationships, but also works towards making improvements to their health outcomes.

And why we collaborate with partners and commission local organisations to deliver a range of additional initiatives that support young people, their families and those living across the wider Torus communities.

## DELIVERING PROJECTS SUCH AS:

### GETTING SOCIAL

Young people age 11-18 referred to the 10 week programme, access support through a range of activities to help build confidence and resilience.

### AIR QUALITY MONITORS

Almost 200 free devices, have been provided to residents with children, to help monitor the quality of air in their homes.

### HEALTHY NEIGHBOURS PROJECT

Through a range of activities and support, volunteers are helping empower communities to work together and tackle health issues.

### HEALTHY NEIGHBOURS, HEALTHY LUNGS

To help families faced with looking after children with breathing problems, Healthy Neighbours, Healthy Lungs has been created to enhance support. Volunteer Parent Champions are on hand to share their own experiences and signpost to advice and support.

### LOOK AHEAD

Family wellbeing and resilience first aid training for those looking after children to increase resilience, followed by monthly group discussions and support sessions.



Scan here  
for more information  
on these & other projects



If you would like to help enhance the support or find out more about the opportunities being delivered across communities, **please get in touch:**

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