

Discussion Kit

Instructions



A Fair Deal for Wellbeing?

Introduction

This discussion kit has been designed to get people thinking more about wellbeing. You can play it in groups of up to 10 people or as few as three.

The kit is for anyone interested in improving wellbeing. You may be a group wanting to know more about improving your own wellbeing or interested in taking action together within your community. You may be workers wanting to develop a plan or to seek views from others about what is important. It is built on everyone having a part to play in improving wellbeing.

After having used the discussion kit we hope you will have had a chance to think about wellbeing in your own community or neighbourhood, what can be done to improve it and who should do this. You may even have a chance to think about your own wellbeing. Obviously there are lots of different things that affect people's wellbeing – this kit explores just a few of them.

The discussion kit has also been designed so that more people can find out about the results of a big survey across North West England in 2009 which asked 18,500 people about their wellbeing.

More information on the survey results and wellbeing can be found at: www.nwph.net/nwpho

We hope the pack has been put together in a way that is not threatening. We have tried to make it a fun, relaxed way to talk about a very serious issue.

Getting ready

Each pack should include:

- this set of instructions
- a pack of **larger** story cards
- a pack of **smaller** influencer cards
- a planning grid

What you'll need

- 1 to 1.5 hours to complete the discussion
- A watch or clock to keep time of the activities
- A table to place the cards on
- 3 to 10 participants

A Fair
Deal for
Wellbeing?

How to play

A Fair Deal for Wellbeing?

Step 1 Stories 10 minutes

What to do

- 1 Choose one person to be the dealer (they can still take part but they also need to keep the time).
- 2 The dealer gives all the story cards out to all the players.
- 3 Each person first reads through their card(s) to themselves so they are familiar with the stories.
- 4 Each person then reads out their story card(s) to the group.

Guidance notes

The larger story cards are people's stories

The discussion kit works best if you try to make sure that everyone gets a chance to join in with the discussions.

Step 2 Influencers 30 minutes

What to do

The aim of this part of the activity is to get everyone thinking about the major things that influence people's wellbeing.

- 1 The dealer shuffles all the smaller influencer cards and places them in a pile in the middle of the table. The dealer turns the top influencer card over and reads it out to the group.
- 2 The dealer asks the question 'which of your story card people is most positively affected by this influencer?' The group should discuss this and agree which of the story card people is most positively affected. The person with this card lays it on the table with the influencer card next to it.
- 3 Repeat this until all the influencer cards have been used.

Guidance notes

The smaller cards are things that influence people's wellbeing.

These cards include some of the findings of the 2009 wellbeing survey.

You have 30 minutes to try and get through all 10 influencer cards.

Step 3 Is it fair? 10 minutes

What to do

- 1 Everyone lays their story cards on the table so all can see them. Some will have influencer cards next to them and some may not.
- 2 Look at how the influencer cards are spread out and which story cards they are with. The dealer asks the following questions:

(a) **Does everyone have the same amount of cards?**

(b) **In what way is this fair or unfair?**

Guidance notes

Another way to ask question (b) is:

Does everyone have the same opportunities and choices for living well?

Step 4 You and your community 20 minutes

What to do

Up until now we have been looking at 'made up' people's stories on the story cards, and what influences their wellbeing. It's now time for people in your group to think about their own communities or neighbourhoods or indeed themselves.

- 1 Put all the smaller influencer cards into the centre of the table and lay them all out so everyone can see them.
- 2 Decide which community you want to look at together. Remember we are all members of different communities e.g. street or neighbourhood, family and friends' network, workplace, school, social group, ethnic or religious group. In order to plan for the future, the group must agree which community you want to look at together.
- 3 The group talks about which of the influencer cards (the smaller ones) are **strengths** in that community. The group then chooses three of the biggest strengths. You should spend about 10 minutes on this.
- 4 The group talks about which of the influencer cards are things that **need improving** in that community. The group chooses the three most important of these. You should spend a further 10 minutes on this.

The group may think of other important influencers that haven't been mentioned. You can write these on blank sheets and add them in.

Step 5 What next?

15 minutes

What to do

Wellbeing can be improved by building on some of the strengths you have identified or by trying to act on some of the things that need improving. The next step helps you to work out what can be done in your community to improve people's wellbeing.

- 1 Unfold the planning grid and lay it out on the table in front of you.
- 2 The group should now suggest which of the influencers should be built on in order to improve wellbeing in your community. To do this place all the influencer cards on the table for all to see.
- 3 Choose the influencer cards you would like to see improved in your own community and write them in the column on the left. You next need to decide who will do this and what will they do. For example if one of the influencers you chose was 'being physically active' you may decide that one way to do this is through your group setting up a gardening club. If this was the case you would write 'being physically active' in the left column and then write 'set up a gardening club' in the column on the right which says 'what can we do together as a group.'

Work through each of the influencer cards you have chosen.

Congratulations. You have now produced the start of a plan on how to improve wellbeing in your community.

- 4 Finish off by encouraging everyone to think about their own wellbeing. Pull out the 5 cards labelled "connect", "be active", "take notice", "keep learning" and "give". Explain that these are known as the "Five Ways to Wellbeing" – things that people can do to improve their wellbeing. Ask people to think of the 5 personal steps they could take to improve their own wellbeing – are they these 5 or would they add something? You can keep this to yourself or choose to share it. You may want to make a personal pledge.

Also included with this kit is a 'who can help?' leaflet which gives you some ideas of who maybe able to help locally with your ideas for improving wellbeing in your community (the things that you may have put in the 'What do others need to do?' column on the planning grid.

Step 6 Evaluation

5 minutes

What to do

- 1 If you have time please fill in the evaluation postcard, either as a group or individually.



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*This kit has been developed by Our Life, NHS NW,
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