



Wellbeing Workshop Presentation

Notes:

This script is offered as a guide only, and should be customised to the particular PPN /MD. It can be divided between two people (one doing the intro and welcome) and the second going through the dimensions, or one person can do it all, as preferred.

However, our experience has shown that **it is very important that each dimension of wellbeing is clearly address and not rushed through**. This is the first time that most people have heard this, and they need to be given adequate time to absorb the material. The speech runs for about 10-15 mins.

We deliberately have not used PowerPoint, to encourage people to look around the room at the posters on the wall and to use the sheets that they have been given. However, if you have attendees who may have difficulties hearing, then you should consider using a PowerPoint presentation.

[Note the pronoun: "You" and "We", "Your" and "our" may need to change depending on who is delivering.]

Introduction

I would like to welcome you all here tonight on behalf of <XXX> PPN. My name is <Name> and I am <role eg Secretariat member for the area / Resource Worker etc>.

Before we go any further, we need to do some basic housekeeping <detail exits, coffee arrangements and anything else relevant>. <Today/ Tonight>'s meeting is planned to run until <time>. I would ask you to please stay with us for the full time, to complete the process.

We have come here tonight to start developing our vision of community wellbeing in <area – municipal district/ county/ city name that is commonly used> for this and future generations. You are all members of organisations which work hard to make life better for your area or group, and because of that you have a real insight into the assets and the positives about the area and also, have good ideas about how things could be better in the future.

When we talk about communities, we often think first about geographical communities, areas of the city or county, towns and villages. But there are other communities as well, communities who share a particular interest or culture. Examples could include people of different nationalities or beliefs, those with special needs, young people, parents etc <if possible identify communities of interest within the PPN>.

[Type here]

But coming back to tonight ... I would first like to really thank you for being here. I know you have probably left behind a quiet evening at home, or a bit of telly, or maybe a few jobs around the house or garden to come to <venue name> to try and plan a vision for the future. And lots of people would say you are slightly mad! But you are here because the future is important, or maybe you got a call from <Resource Worker name>, or because you are a volunteer and you care about the people you share your community with and you want it to be the best that it can be. You want the community to be a place that you love, that you are proud to show off, to say you are from and a place for your children and their families always to want to come back to. And you have worked and are working to make that a reality. If there are things that you need, you have probably sat around a table in someone's kitchen, or in a place like this, and planned and plotted to see how you could make it happen and how you might get some money to fund it from the local people or apply for grants. You are part of what makes your community the best that it can be. And tonight is all about using your skills and knowledge to develop a vision for community wellbeing for <area>.

So what does community wellbeing mean? Some years ago, wellbeing was defined as meaning that people's basic needs are met, that they have a sense of purpose, that they feel able to achieve important goals, to participate in society and to live the lives they value and have reason to value.

From that we can see that wellbeing goes much further than health, and community wellbeing goes much further than individual wellbeing. It means getting a balance of the social, the environment and the economic. It recognises that we are all interdependent. It is everyone's responsibility, the people who live and work in it, the people and organisations who provide services to it, and decision makers like the Council and the Government.

To be a well community, it needs to work for everyone, young and old, people of different abilities, men and women, people with different jobs and activities, those of different cultures (which could be international or from across the border in <name of neighbouring County>!)

Our PPN here in <area> has a particular role to play. We have a real opportunity to influence how decisions are made in <Local Authority name> through our PPN representatives on different Committees. As we develop the Vision for Community Wellbeing, they will pick up on the issues raised, and where possible bring them to the Council. Our reps can't promise miracles, and they can promise to do their best to use their influence to make your vision a reality.

Now I am going to hand over to <Person running the process> to bring us through the practicalities of what we are going to do tonight. <If you are handing over to someone else to facilitate>.

[Type here]

Process

Hi, I'm <name> and <role>. I am going to be guiding us through the PPN Community Wellbeing process here in <area> tonight. This process we are following, is one which has been set up nationally and was piloted in 4 PPNs and currently being carried out across the country.

There are many different ways of looking at Community Wellbeing, and we have picked six categories where you will shortly be looking at the wellbeing for your community in <area>. The categories are on the posters around the wall. We know that they overlap, and that is fine, because communities don't fit into tidy boxes. However, we do think that they will help you to capture all the aspects of wellbeing that are important to you, and also let you look forward to what you would like for future generations.

There are loads of people who can't come out to a meeting like this, who can't make it because they are caring for someone else, or they don't have transport, or they feel it's not for them, or they don't have the confidence. But their voices need to be heard too, and there will be an online consultation phase open before the full Vision is drafted.

Health Physical and Mental: Being healthy is more than not being sick, it's about being safe and secure, it's about being able to have good clean food, to be able to get out and about. Now that the evenings are lengthening, look at all the people out jogging and walking and cycling and doing their thing on the roads and the tracks around sports fields and the parks and trails. We know that all of this also helps our mental health, as does having people you can talk to and a place you belong, and space to relax and be calm. But our health can't always be perfect, and sometimes we do need to be able to get professional help. We can't have a hospital at every crossroads, so what makes sense to build a healthy community? What would it look like?

Environment: If you live in a poor environment, everything else suffers. Environment is not just nature and wildlife and waterways (though they are very important too), it's also our buildings and streets and towns <or cities>, our housing. It's about how we manage our natural resources, so that we leave enough for the generations to come. We hear a lot about climate change, and how it is the cause of a lot of the extreme weather we have had. The fact is that we are going to have to change the way we live, moving to renewable energy, making less waste and using less resources. How do we plan for this in a way that sustains the communities?

Values, Culture and Meaning: This is one which seem less obvious – but it's about what makes us who we are? What identifies us as a community? Our heritage and our history, our past and our present. What brings us together? What do we do when we gather; sport, music, drama, arts and crafts, spirituality, cards, dance, food, etc. The cup of tea and the

[Type here]

chat, the sociable pint, the theatre and drama, the music and song, the neighbourliness that happens when there is a crisis. What is it about our communities that emigrants will get tearful about in the pubs of New York or Sydney? How will this look in the years to come? How would we want it to look?

Work, Economy and Resources. Money makes the world go around – and people need enough income to live. We know that work is changing, and lots of the jobs that were there 20 years ago are gone, and lots of the jobs that people do now were not even imagined then.

What are the main sources of work in this area, are they secure, what new opportunities are out there?

Technology gives us some real opportunities for rural areas. There is a small town (about this size) in Scotland, where they have set up a working hub and there are about 60 people employed – working for a university in Boston! That's real jobs and quality jobs, bringing income into an area – and where distance is no object. <this example is only for rural areas, insert another as appropriate>

We also need to look at people who are not in paid work for whatever reason, maybe they are retired, or unemployed, or caring or have a disability. Are there programmes to help them to maintain their skills and learn new ones? To get involved in the community, along with their families?

For the economy to thrive we need good services and infrastructure; Transport, Broadband, Education for all ages, Shops, support for new businesses and old? What local resources and skills do we have and how can they be managed sustainably?

Social and Community Development. Everyone talks about the economy, but we don't live in an economy, we live in a community. A good community is probably one where people feel safe and secure, that has facilities – (example from this place if relevant e.g. day care centre, or community hall), to bring people together and things to do. What about people with disabilities, or new people or people from different cultures? Men and women? How do we develop a place where people can live without fear, and have places to go, and things to do? A place to be proud of and to belong to. It's also where we look at equality, how do we include everyone, irrespective of gender or sexual orientation, or culture, or ethnic group or age etc. etc .

Communities that work well also have good services and infrastructure – transport, broadband, social services etc. But the most important thing is people!

Participation, Democracy and Good Governance: This is tricky – the easy start is participation, volunteering, getting involved, “doing your bit” and encouraging others to do the same. And around you, do you have a voice or a say in the decisions that affect you

[Type here]

locally, as well as voting every 5 years? Are the views of all the different communities of <area> heard and considered, and not just the ones that shout loudest or are in a so called “golden circle”. You can’t please all of the people all of the time, but can we trust the way decisions are taken? The decisions on how money is spent? and how fair is it? Good Governance would mean that we can – all the way from the Dail to the Council to our own group that runs a lotto, or a Churchgate collection or a table quiz. But does this accountability mean that we are drowning in paperwork and people are put off getting involved in committees? What do we need to restore trust in our charities and voluntary organisations, and keep them vibrant?

So those are our six Wellbeing areas, and soon you will have an opportunity to give your views on each one. You might have been listening to me and saying – sure education should go under the economy not social, and a wheelchair accessible path should go under health not community And that’s why we say that all these headings overlap, and there is no right answer or right box for things to fit under. But the important thing is that you build this vision for your community and you get the important items down, and have your views heard.

To conclude: You have to love your area or your community – if you look to the future, you have to think about what you will hand on to the next generation, what you would like to be different for them. You have to keep to the forefront of your mind, what would you like the community to look like, how will it change to keep people here and make the people who live here want to stay here and raise their families here, participate and carry on the culture and the values in the decades to come.

Now to the practical part of what we are going to be doing. <NOTE, if a lot of people from the same groups have congregated on the same tables, you should encourage them to split up>

For the next half an hour or so, we would like you to work at your tables with your facilitator looking at the assets you have in this area under the six headings and putting them on the map. During that time, you will have a chance to grab a quick cup of tea and bring it back to the table.

After that we will ask you to move around between the wall stands for each of the six headings, to share your vision of how this area would be if wellbeing was achieved.