



Gwent Five Ways to Wellbeing Network: A Guide for Professionals

This guide provides information about Gwent Five ways to Wellbeing Network and some practical suggestions of how to use the Five Ways to Wellbeing within your area of work.

What is Gwent Five Ways to Wellbeing Network?

We want to encourage individuals, communities and organisations to adopt the Five Ways to Well-being identified by the New Economics Foundation. This means more individuals looking after their own wellbeing by taking up the five ways in their daily lives – connect, be active, give, take notice, keep learning.

Gwent Five Ways to Wellbeing Network is a virtual network that aims to support organisations to create opportunities for people in Gwent to promote and maintain their wellbeing, using the Five Ways to Wellbeing.

The Gwent Five Ways to Wellbeing Network aims to provide:

- Access to materials including posters, leaflets, flashcards and postcards. Materials can be downloaded from: www.publichealthwales.org/gwentfiveways and hard copies can be ordered by contacting the Public Health Team (see contact details section). You can use these to help you to increase public awareness and understanding of promoting and protecting mental well-being
- Access to information and examples of how to use the Five Ways to Wellbeing
- Access to information about activities being held in your area that promote mental wellbeing

You can find out more about how to join the Network in the 'Contacts' section at the end of the document.

How can you help?

The Five Ways messages are designed to provide a simple and non-threatening way of talking to people about looking after their own wellbeing.

The Five Ways to Wellbeing can be incorporated into current work programmes in numerous ways.

Working with individuals and groups

You could adapt your programme to ensure elements of the Five Ways to Wellbeing are incorporated into it.

For example, a young mums' group could tailor their programme to include the Five Ways in the following ways:

- Connect – ensuring the groups are social and include social elements, like coffee mornings
- Be active – include physical activity sessions such as baby dance sessions
- Take notice – for example, include relaxation sessions
- Keep learning – options for different activities, such as cooking skills
- Give – encouraging peer support and advice to other young mums in the group

The Five Ways is also a useful self-help approach to encourage and motivate individuals to look after their own health.

Using the postcards and ideas cards

Ideas cards: the ideas cards are designed to be used as an aid to discussion with individuals and groups about how they might incorporate the Five Ways to Wellbeing into their everyday lives. People can be encouraged to think of their own ideas and share them with others. The ideas cards could also be placed in a public area as part of a display.

Postcards: the postcards can complement discussions around the ideas cards and be used as a reminder and aid for individuals to think about how they look after their own wellbeing. People can be encouraged to set themselves specific goals using the questions on the back of the postcard:

- What am I going to do?
- When am I going to do?
- Where am I going to do it?

Goals can be re-visited and achievements celebrated on subsequent sessions if used as part of a programme.

Raise awareness with the general public

- Run community activities based around the Five Ways to Wellbeing. For example, a walking group for 'Be Active' or a coffee morning for 'Connect'. You can use the ideas cards to get ideas
- Leaflets and posters: Use these materials to get people talking about the Five Ways to Well-being. For example, through community events or information displays in public spaces
- There are already lots of activities going on in the community that support the Five Ways. The Five Ways to Wellbeing logo and a poster template are available to download from the website and can be used when promoting existing activities
- Five Ways activities and messages could be used to raise awareness and link with national campaigns such as World Mental Health Day
- The Five Ways messages could be included in newsletters, websites or e-bulletins and highlight existing activities that people can access

Map the activities in your area that support wellbeing

Use the Five Ways to Wellbeing as a tool to map the number of activities provided in your area under each heading. Existing activities could be further promoted, adapted for different target groups or developed in new locations. New activities could be developed to address any gaps.

Workplaces

The Five Ways can be used to raise awareness of wellbeing in the workplace and contribute towards a whole organisation approach to promoting staff wellbeing.

- Develop information and training for staff to think about their own wellbeing and explore the possible applications of the *Five Ways to Wellbeing* in their work
- E-mail the Five Ways materials to staff or put on a notice board, staff newsletter or intranet site, alongside details of support services such as staff counselling

Examples of the 'Five Ways' being used in other areas

NHS Tameside and Glossop themed their activities for World Mental Health Day 2010 on the *Five Ways to Wellbeing*.

The North West Year of Health and Wellbeing Partnership is raising awareness through its 'Life Through The Lens' photo challenge, using the Five Ways themes
www.yearofhealthandwellbeing.org.uk

The RNID in Northern Ireland has used *Five Ways to Wellbeing* with deaf and hard of hearing clients to encourage them to take responsibility for looking after their own wellbeing

'St Helens' Ways to Wellbeing' promotes awareness of community assets in St Helens. It is organised into five parts, each representing one of the Five Ways to Wellbeing. Each section contains articles about things to see and do locally, focussing exclusively on activities that require little or no money
www.wellbeingproject.co.uk/documents/StHelensWaystoWellbeing_medres020112.pdf

Paxton Green timebank in South London held guided group activities based on the *Five Ways to Wellbeing* (e.g. "take notice" days out exploring new parts of London; "keep learning" skill-sharing events)

Further information for project and programme managers

If you would like to look in more depth at the impact your organisation, partnership or service can have on wellbeing, the following may be of use:

Mental Wellbeing Impact Assessment (MWIA) Toolkit

The MWIA toolkit for well-being provides an evidence based framework for improving well-being through commissioning processes, project and service design and delivery, community engagement and impact assessment. It enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being, and to identify ways to measure those impacts.

Website: www.apho.org.uk/default.aspx?RID=70494

Exploring Sustainable Wellbeing Toolkit

The toolkit helps an organisation or body to develop and assess the impact of a project or programme on wellbeing. It will help participants look at the broader impact of their work and identify new opportunities that might not have been considered before. The maximum benefit to an organisation in using the toolkit is during the planning phase of a project, but it can also be used part way through a project in order to understand past activities and develop new ones.

Website: www.wellbeingwales.org

Contact details

You can find out more about Gwent Five Ways to Wellbeing initiative, joining the network or ordering resources by

- E-mailing: publichealth.anuerinbevan@wales.nhs.uk
- Phoning the Public Health Team on: 01633 261448 or
- Visiting the website: www.publichealthwales.org/gwentfiveways.

We plan to add more information and examples of the Five Ways being used in Gwent to the website as the project progresses. You can keep up to date with this by joining the network to receive e-mail updates.

Useful links and further information

All Wales Mental Health Promotion Network

The All Wales Mental Health Promotion Network provides strong leadership and a focus for mental health promotion in Wales. It increases public and professional understanding of public mental health, develops evidence and learning exchanges, and acts as a conduit for the dissemination of promising practices in public mental health promotion.

Website: www.publicmentalhealth.org

New Economics Foundation – Centre for Wellbeing

Website includes the latest research relating to the wellbeing of the nation, including the research behind the Five Ways to Wellbeing.

Website: www.neweconomics.org/programmes/well-being