

Vision

This is our vision for society, to which *Wellbeing Our Way* will contribute. It includes the wider health and social care system, which is outside the direct influence of *Wellbeing Our Way*.

All people with ongoing mental and physical health needs have as much independence, optimism and control as possible, at all stages of their life.

Goal 1

This is *Wellbeing Our Way's* goal – what do we want to achieve?

Charities and community organisations are actively involving people in managing their health and identifying and working towards their personal goals.

Goal 2

This is *Wellbeing Our Way's* goal – what do we want to achieve?

Charities and community organisations are enabling people to make decisions about the care, support and treatment they receive, in relation to what's important for their lives.

Goal 3

This is *Wellbeing Our Way's* goal – what do we want to achieve?

Charities and community organisations ensure that people with lived experience have the knowledge, skills and confidence to engage with and shape health and care



CHANGE

KNOWLEDGE, SKILLS,

CONFIDENCE AND MOTIVATION

Ways in which charities and community organisations enable people to manage their health, in ways which matter to them

Ways in which people with lived experience are able to engage with and shape support



Wellbeing Our Way's priorities

Care and support planning

Supporting self management

Person centred information and helplines

Peer support

Engaging people in shaping health and care support



Wellbeing Our Way's approach

We believe that fostering people's knowledge, skills, confidence and motivation can be a powerful force for far-reaching, and lasting, transformation of culture and practice. Our bottom-up approach brings people together to inspire and motivate each other, to share and develop new approaches, and to transform support for people with long-term health needs.

[Communities of practice](#)

[Shared learning events](#)

[WOW! Exchange](#)