

Wellbeing Our Way

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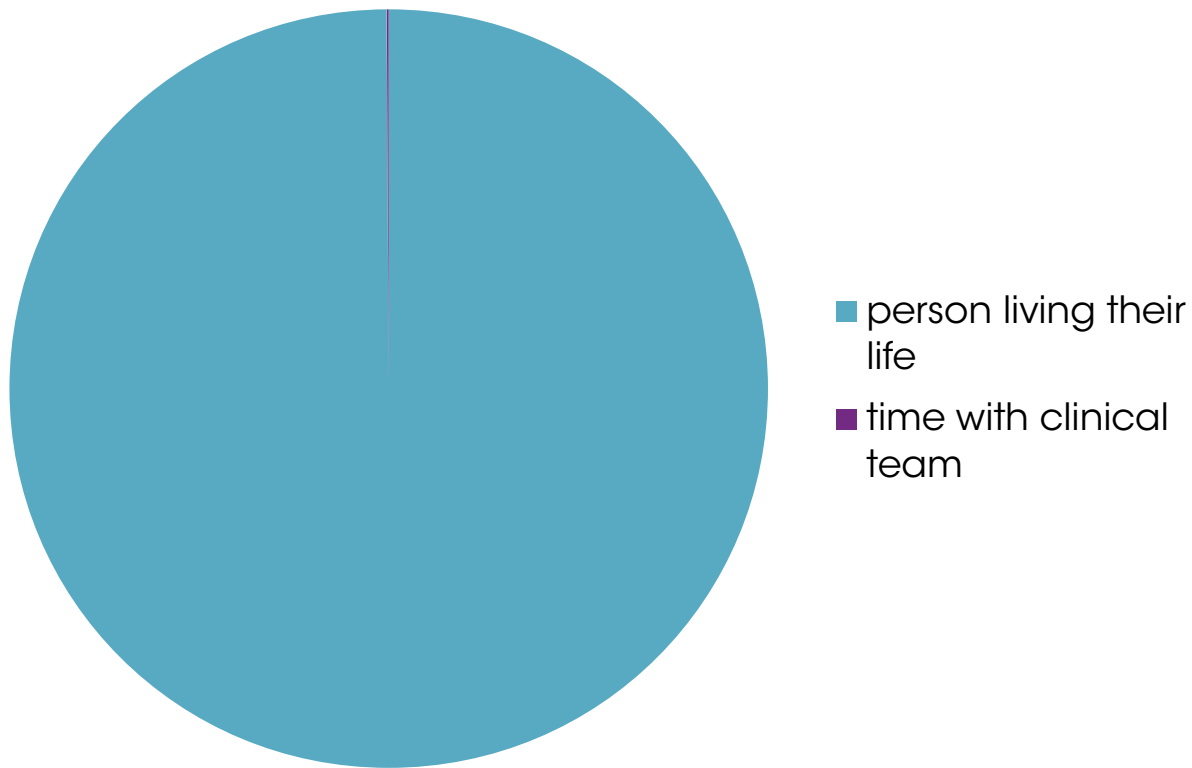
#WOWhealth

@NVTweeting



Wellbeing Our Way brings together charities, community groups and individuals to develop person-centred approaches across the voluntary, community and social enterprise sector.

Why does Wellbeing Our Way matter?



(Some of) who we're working with...



Wellbeing Our Way's priorities



Engaging people in shaping health and care support



Peer support



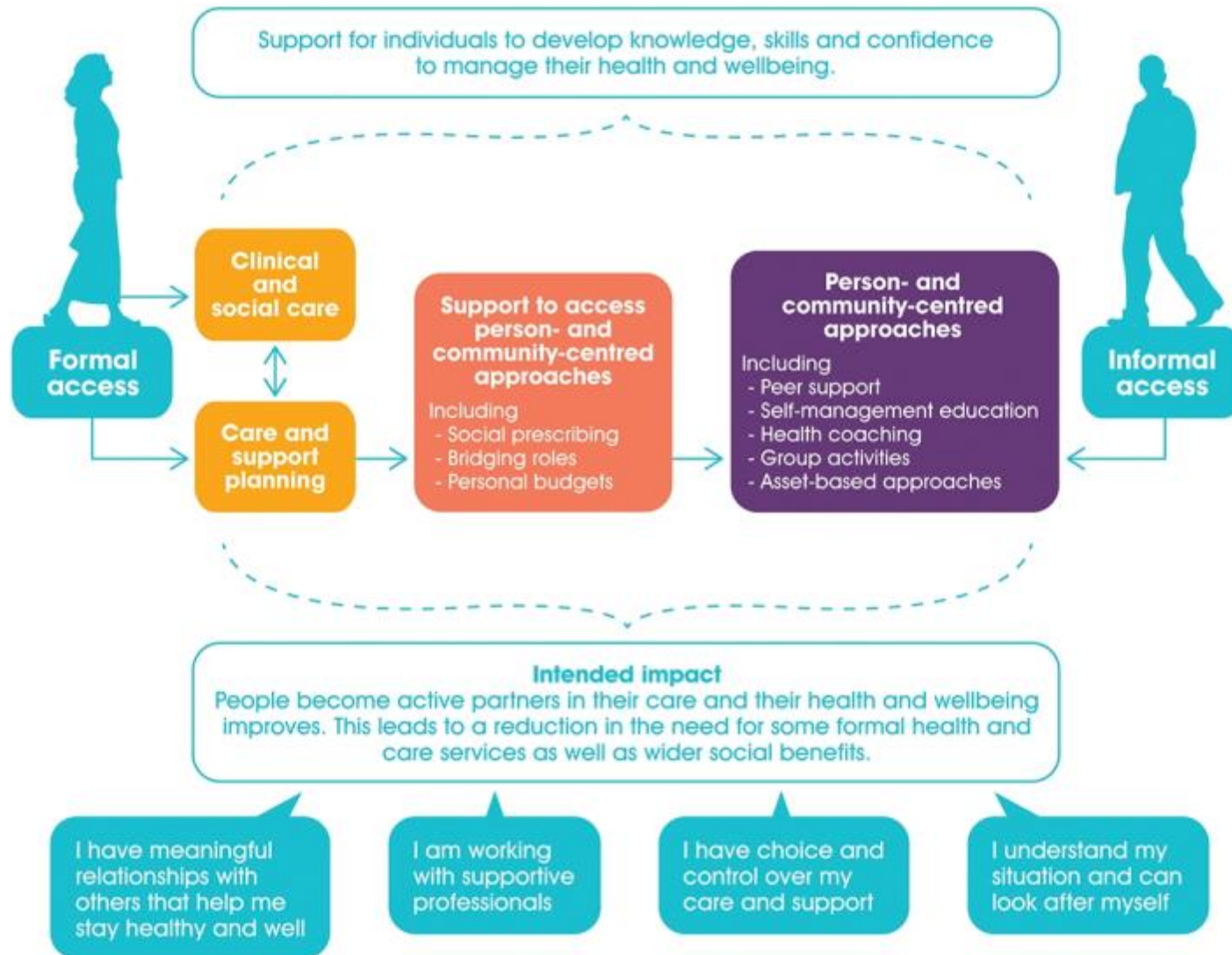
Care and support planning



Supporting self-management



Person-centred information and helplines



Credit: Realising the Value (2016) 'Ten key actions to put people and communities at the heart of health and wellbeing'

What is a 'community of practice'?

A community of practice is...
a group of people who share a passion for something they do and who interact regularly to learn how to do it better.

Domain

Defining the area of shared enquiry and of the key issues

Community

Relationships between members and sense of belonging

Practice

Knowledge, methods, stories, experience, tools, resources

short term value

Access to expertise, confidence, problem solving

long term value

personal development, strategic capabilities

Credit: Etienne Wenger, 'Cultivating Communities of practice'

Facilitation Tools

Marketing
Personas

Open space

Asset
mapping
(Heads, Hands, Hearts)

Appreciative
Enquiry
(SOAR)

Having a go...

Simple way of finding out group strengths: head (knowledge), hands (practical skills), hearts (values) led by [@what_claire_did](#) #WOWhealth



Some reflections...

Experience of health conditions

46%

live with long term health conditions.

22%

consider themselves to have a disability.

34%

have, or have previously had, caring responsibilities.

Ethnicity

14%



are from Black, Asian and ethnic minority groups, compared to 9% in the voluntary sector workforce¹.

LGBT+ identity

19%



identify as LGBT+, compared to 1.5 - 6%^{3,4} in the general population (there is no data for the voluntary sector workforce).

Shared purpose for large scale change

Range of **hosting and facilitation** techniques

Diversity:

- Identifying and inviting 'less heard' groups to be involved
- Fair, transparent reward and recognition
- Regional events
- Challenging artificial professional/lived experience split

The difference we're making...

Since being involved in Wellbeing Our Way, we have driven forward an approach to supporting self management and achieved funding in order to do so.

79%

of participants report that Wellbeing Our Way has enabled them to increase their knowledge, skills, confidence and motivation.

75%

report that Wellbeing Our Way has helped, at least in part, their organisation develop a specific approach through their involvement in a community of practice (i.e. care and support planning, peer support etc).

64%

of individuals report that Wellbeing Our Way has enabled, or partly enabled, them to create change in their organisation.



We approached Wellbeing Our Way with some ideas for developing new peer support based services. With this backing we gained the confidence and reassurance that we were going along the right lines. As a result this model has now been adopted within the organisation and is currently being rolled out.

We are reviewing the way we monitor the impact of our helpline and making sure our information is person-centred and accessible in light of learning from others.

Sign up

Sign up for WOW Now, our e-newsletter - email holly.dawson@nationalvoices.org.uk.

Share

Go to www.bit.ly/WOWexchange to share your great work, and to see what others are doing.

Join

Join one of our communities of practice - email natalie.koussa@nationalvoices.org.uk.

Attend

Come to an event - you can find them on www.bit.ly/WOWevnts.

Get in touch:

natalie.koussa@nationalvoices.org.uk

#WOWhealth

www.bit.ly/WOWhealth

Any questions?

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