

CASE STUDY/GOOD NEWS STORY

Monitoring Period:

BACP Q2 2015/16

CASE STUDY : 5 Ways to Wellbeing – Group Monitoring

Background: Two awareness building presentations were given in August, separately for men and women, on 5 Ways to Wellbeing and the WEMWEBS monitoring scale. The presentations prepared by Rochdale & District Mind were translated in Bengali by BACP with a view to effectively communicate and reach a wider section of the local ethnic Bangladeshi community. The participants were given an understanding as to how by consciously applying the simple five ways of 'connect', 'be active', 'keep learning', 'take notice' and 'give' in our everyday life we could improve our wellbeing, and as evidence suggests (analysed by National Economic Foundation) lengthen our lives. They were told how they could use the WEMWEBS scale to regularly monitor their own wellbeing. Each participant was handed a copy of the presentation to take away and encouraged to share the information with family, friends, colleagues and neighbours with a view to generating wider awareness.

Following this, over 30 local people were registered for monitoring of their wellbeing on a regular basis.

Health & Wellbeing: Based on our observation and interaction, we feel that the majority of those who registered for regular monitoring of their wellbeing have thus far led a sedentary life with an apparent fatalistic outlook. The need for them is to keep engaged physically and mentally in order to improve and maintain their wellbeing. The group was encouraged to access the community centres and take the opportunity of engaging in different activities together with others.

Intervention: At every opportunity the participants who included the elderly, vulnerable adults and able bodied male and women, were reminded of how they could apply the five ways to wellbeing in their daily lives. The activities at the centre brought people together giving them further opportunities to connect with each other and devote time in developing and building those connections. Our activities are focused around developing physical and mental agility (Be active), creating new/better awareness & learning ('Keep learning'), building camaraderie and fellowship ('Give') – all with the potential to leave a feel good impact upon the person regularly undertaking these and thus influence his/her wellbeing long term. In this quarter, the participants in addition to their normal drop-in day care sessions wherein they engaged in leisurely activities, gentle exercise, ball game attended a six- week long Healthy Lifestyle Taster course involving healthy cooking sessions and health talks. On all week days the centre offered free socialisation and relaxation opportunities where the participants could just drop-in to mingle, relax with a brew and biscuit, watch TV

and pass some care-free time, in addition, to getting any issue addressed with the help of the centre staff that needed sorting.

Conclusion: We have noticed the service users gradually warming up to the fact that consciously applying the simple five ways to wellbeing is personally beneficial. They have also encouraged others along the same line. Two measurements on the WEMWEBS scale have been taken so far. They are thus learning how to use the monitoring scale. We have also noticed positive variation in scores. No case has yet been detected where the score has dropped. This is a positive sign, particularly in the case of the elderly, who otherwise risk suffering isolation and all the associated risks. The encouragement to 5 ways to wellbeing and the monitoring will be repeated for another couple of months by which time it is envisaged that this will become routine in their daily lives paving the way for long lasting positive impact.

GOOD NEWS: BACP Youth Club (8-15) - Summer Outdoors

The BACP Youth Club, in its third year, undertook a number of recreational journeys away from the centre during the summer holidays to ward off boredom and inactivity.

Twenty children and young people took a trip to Lancaster Park and Animal Farm in end July to have a first hand experience of observing animals from horses and sheep to rabbits, chipmunks and many more from a close distance and touch and feed the animals.

Then there was a team activity at Laser Tag, Rochdale and a snow experience at Chill Factore, Manchester in the beginning of August. In the second half of August, the children and young people participated in a residential at Burrs Activity Centre in Bury.

These were not only recreational opportunities but helped the participants in building their organisational and team building skills through informal learning.