

ECCH7001- Component 2

Paper planes and pebbles: explore the evidence for investment in creative approaches intended to enhance the health and well-being of children and/or young people in Wales.

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Look at the current time before beginning and check at what time you should close the presentation.

Introduce yourself by name and what you are intending to do.

Ensure que cards are ready.

Content

- What is health and wellbeing?
- Why is health and wellbeing important?
- Example of a creative approach.
- How this approach can enhance health and wellbeing
- How does the creative approach fit within current policy and practice?
- Opportunity to try the approach

Discuss with the audience what the presentation will include,
Use PP and que cards to help and elaborate on each point.

What is Health and Wellbeing?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (World Health Organisation, 1946, 2006 *cited in* Green and Tones, 2010, p.9)

“Well-being has been defined as a dynamic process that gives people a sense of how their lives are going, through the interaction between their circumstances, activities and psychological resources or ‘mental capital’” (New Economic Foundation, 2009)

Health and Wellbeing has many conflicting definitions..

Larkin (2013), Green and Tones (2010) suggest that health began being described through a biomedical approach with distinctions between wellness or absence of disease.

However, the World Health Organisation (1946, 2006 *cited in* Green and Tones, 2010, p.9) disagree with this and suggest that “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. This takes into account more than just physical health and has more of a holistic approach.

The New Economic Foundation (2009) follow suit with a more descriptive definition that also takes into account thoughts, feelings and circumstances.

Why is health and wellbeing important?

- Improves life expectancy
- Improves recovery from illness
- Broader and positive outcomes in the future
- Has implications on the decisions we make
- Implications for treatment decisions and cost
- May reduce the strains on health care services and workers

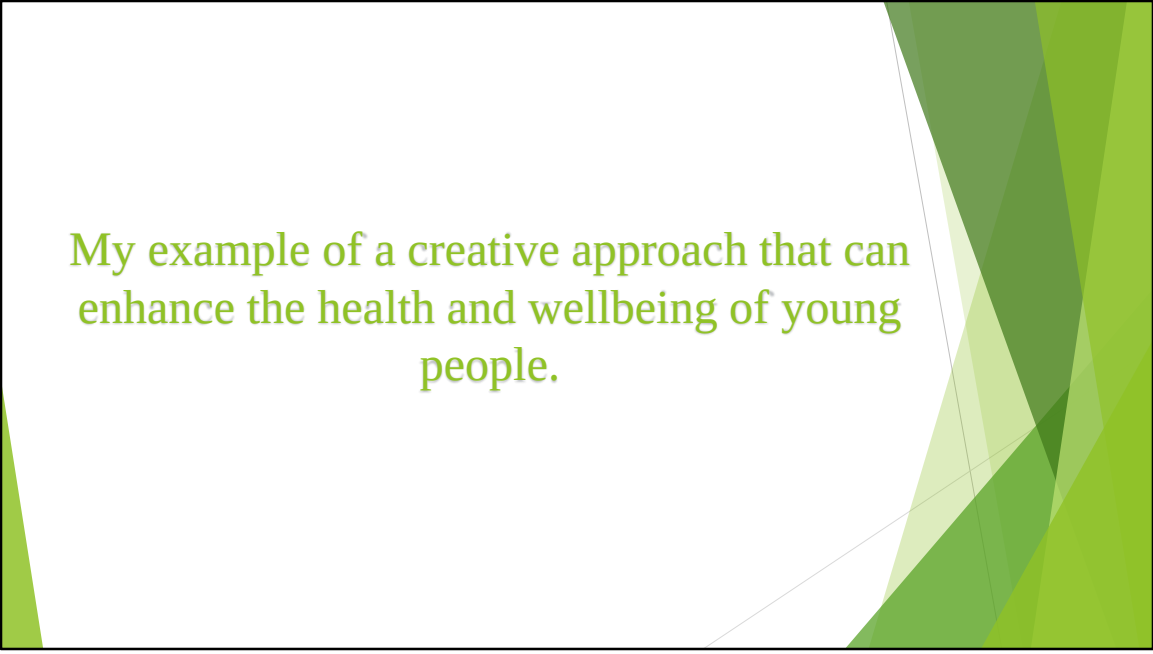
(Department of Health, no date)

Discuss and elaborate each point – use que cards rather than read of the power point
– make sure you continue to use eye contact between points.

Why is health and wellbeing important?

- Improves confidence and self-esteem
- Helps build and maintain good relationships with others
- Improves life satisfaction and self worth
- Live and work productively
- Cope better with stress
- Adapt better to changes and uncertainty

(Mind.org.uk, 2013)



My example of a creative approach that can enhance the health and wellbeing of young people.

Discuss and demonstrate your creative approach. Show the audience what you have created, and talk about why you have decided on this approach.

For example: at your role in a youth club the young people are not very active and like to sit and socialise (Ages 15-18). This method will be more of interest to them because..

This method is adaptable and can be tailored to specific needs and age groups etc..

Show the scenario/challenge cards to the audience and give examples of a few.

How does this approach enhance health and wellbeing?

- Fun
- Interactive
- Active participation
- Enhanced emotional competence
- Wider skills development
- Allows them to see things from new perspectives
- Learn how to receive support and how to support others
- Learn how to cope with different situations
- Become involved with peers
- Experiential Learning
- Develop confidence

(LSIS, 2012 and WG, 2014)

Read out the benefits of using this method using notes on que cards and elaborate of a few. Make sure you keep eye contact with the audience.

Example on que cards:

Fun – the game includes fun challenges and enjoyment

Enhanced emotional competence - ability to develop and sustain relationships, empathy and consideration for others.

Wider skills development – decision making, influencing others and problem solving

How does this approach enhance health and wellbeing?



(www.onyourmindglos.nhs.uk, 2019)

Talk about the five ways to wellbeing and what they are.
For example;

The five ways to wellbeing are evidenced-based messages aimed at improving mental health and wellbeing of the whole population (New Economic Foundation, 2010).

These messages are:

1. Connect – with others and peers
2. Be Active – doesn't have to always mean exercise. Can also mean active in helping people and making changes
3. Take Notice – being in the moment and taking notice of others feelings
4. Give – give time to others and yourself
5. Keep Learning – learning new strategies and life skills

How does my creative approach fit within current Policy and practice?

The Wellbeing of Future Generations (Wales) Act 2015:

- A Resilient Wales
- A Healthier Wales
- A more equal Wales
- A Wales of cohesive communities

Together for Mental Health Plan 2016-19:

- People in Wales to be more resilient
- People's lives improve
- Access to mental health services
- Children and young people have the best possible start in life

Follow suits with many policy and government agendas.

Elaborate each point and explain how this method fits in with government agendas.

For example: This creative approach follow suits with The Wellbeing of Future Generations (Wales) Act 2015 by meeting its goals of:

- A Resilient Wales
- A Healthier Wales
- A more equal Wales
- A Wales of cohesive communities

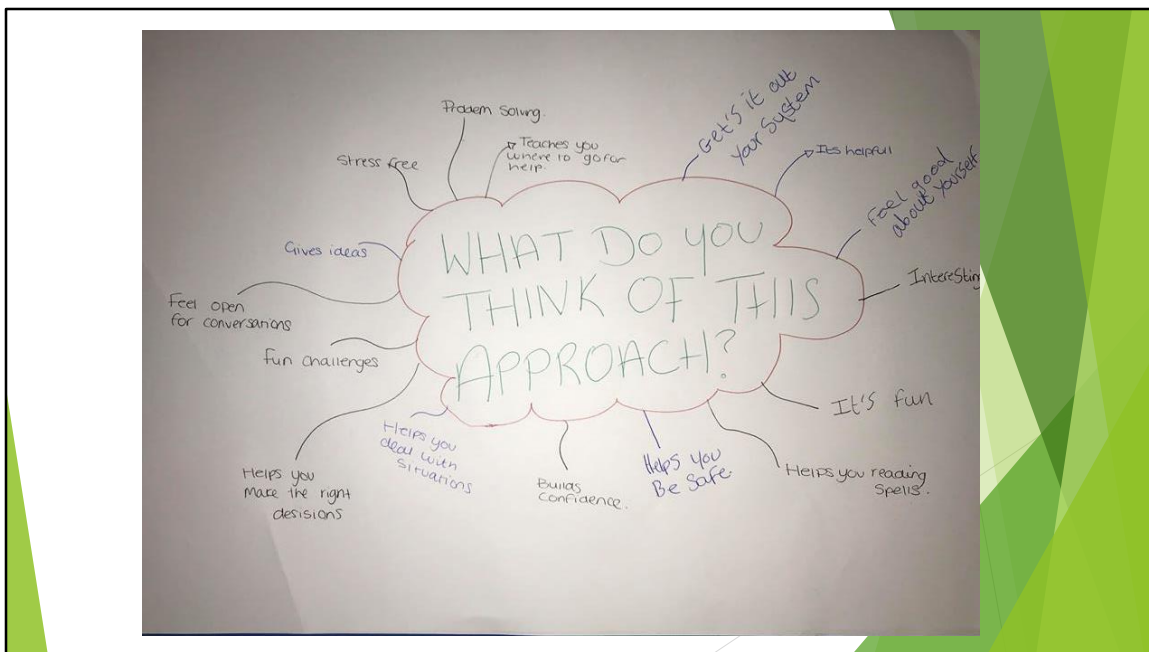
The National Youth Work Strategy for Wales 2014-2018

National Occupational Standards for Youth Work

Youth Work in Wales: Principles and Purposes

- **Educative**
- **Expressive**
- **Participative**
- **Inclusive**
- **Empowering**

(WG, 2014, LSIS, 2012 and WLGA, 2013)



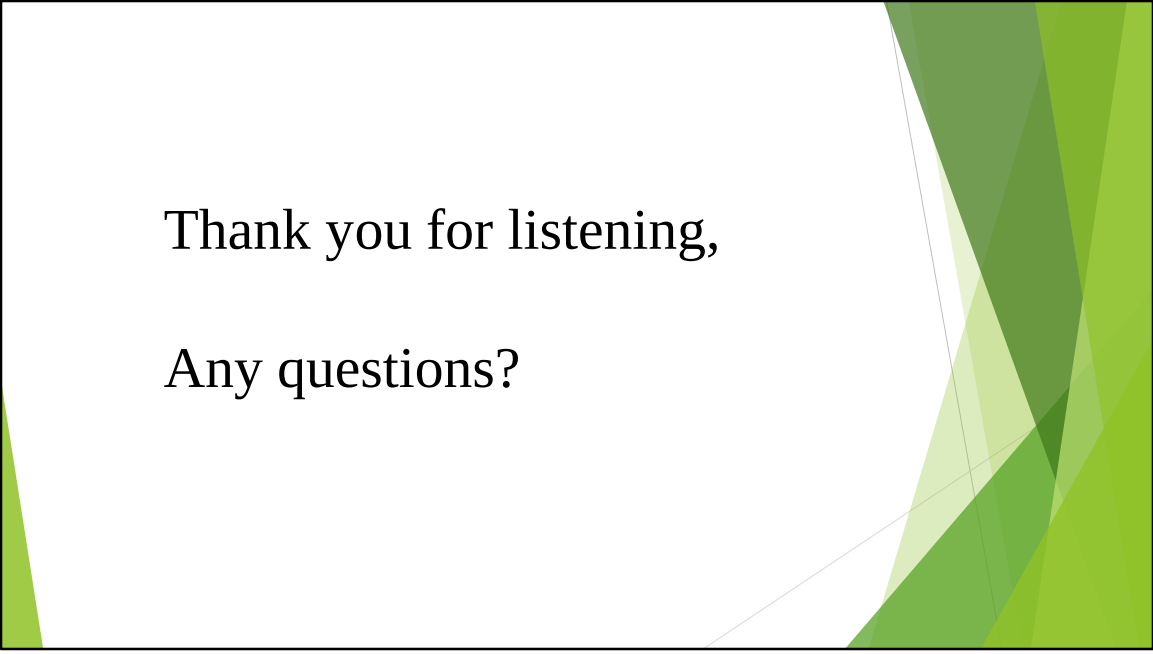
Before going forward and creating a large amount of cards, using up paper, ink and laminating paper, I decided to trial the game with young people at the club. This enabled me to see whether the approach was effective and ask the young people what they thought about it. Read out some of their comments.



Lets give it a go!

You will need to demonstrate how your game works. Ask the audience if they would like to join in and have a turn. Each player will take one card, read that card and follow what it suggests. This could be a scenario or a challenge. Try and make sure you keep an eye on the time.

If time is limited at this point- ask audience for 2-3 nominees to play the game.



Thank you for listening,
Any questions?

Thank the audience for their time. Ask if there are any questions and allow time to answer these questions.

Reference List

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