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Supporting Mental Health and Well being

East Devon District Council

Community Connect

Creating friendly environments that are environmentally friendly

- ... where people feel like *ibelong*
- **Make well-being everyday**
- **Social well being** - community development, planning, from individual to communities
- Create **collaborative advantage**
- Create **points of contact** – touch points - quick and immediate release to suggest and signpost – a stepping-stone to support and potential
- **Reduce people attending GP** and mental health issues - feeling more secure to seek support, prevent people going into care



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Imagine If Principles

“Make my day” - making wellbeing fun, social and everyday

We all do ‘wellbeing’ - it’s everybody's business

Making connections – internal and external

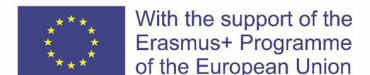
Accessible, local support

Environment and context are central

Small steps & simple things

Positive psychology - solutions

Shared understanding



Activities

- **'I Belong'** (18-hour programme plus coaching)
- **'Make My Day'** (1-hour sessions)
- **'Wellbeing Conversations'** (6-hour course) (parts 1 – 4)
- **Dementia Friendly** (18-hour programme plus activity)
- **'Time To Talk' We Belong** (6 hours over 4 sessions)
- **Supervision and support** (normally 1-hour sessions)
- **Restorative practice** (6-10 hours)
- **Social and Emotional Learning** and Executive Functioning (15 hours)



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Assets for Success

Safe

 Problem Solving

 Communication

 Resilience

 Confidence

Social

 Friendliness

 Collaboration

 Consideration

 Flexibility

Successful

 Independence

 Leadership

 Curiosity

 Innovation

247 products

We



belong

Responding to...
people with anxieties and worries

How are you feeling emotionally?

Anxiety is a natural reaction to something which is stressful or threatening in any way. The body will respond with a sudden release of adrenaline into the bloodstream, causing breathing and heart rate to become faster. This happens to anyone faced with a situation that is frightening and over which they feel they have not control.

Anxiety can be overwhelming – a person might feel tense and worried, even scared and they may experience physical symptoms such as nausea, chest pain or headaches.

Many factors can trigger anxiety – a stressful atmosphere, lots of people around, family problems, traumatic incident or inconsistent management – to which people react in different ways. Some are less able to cope with problems and may experience feelings that they find difficult to handle.

Developing Practice - Promoting Emotional Well Being
www.imagineif.net

imagine if

you could live your hopes & dreams

Resilience
...is an asset you can build

"Resilience helps you to do well because it allows you to carry on, bounce back and learn from mistakes and experiences you found difficult whether at school, college, with family or friends or at work."

Jojo - Development Coach

Creating...

WELLBEING CONVERSATIONS

East Devon



Good conversations can make our day. We know good conversations - when you feel engaged, inspired, connected and understood. Imagine if all interactions could be that way.

Meaningful and empathic everyday conversations can support wellbeing. They are something that we can all do.

Conversation is the thread that maintains and creates relationships. On the surface, conversation is a simple sharing of thoughts and ideas. Underneath, it carries rich opportunities to strengthen bonds, learn new things and share information.

Some of it is simple - being present, being interested and listening to someone's story can be so powerful. You don't need to learn to show you are interested if in fact you are... interested! We all have something to learn from each other - we all have something to offer.



Connecting Communities | Empowering Wellbeing | Strengthening Resilience

www.imagineif.net



Developing Wellbeing

BUILDING TRUSTING RELATIONSHIPS

East Devon



Trust is at the heart of supportive relationships and developing wellbeing. People usually accept advice and new ideas when they trust the source.

Remember that many people have had experiences of their trust being dented. It can be hard to trust if you have been let down in the past.

Trust means you can rely on someone, can confide in and feel safe with them.

Trust is about giving and receiving.

Learning to trust other people can also help someone trust in their own ideas and actions.



Connecting communities to support everyday wellbeing

www.imagineif.net



People who have experienced caring conversations said

"I feel as though a small weight has been lifted off my shoulders and someone actually understands me"

"Slowly I have regained confidence and am beginning to get involved in social activities"

How can I best respond?

- Listen - the most important thing we can do
- Be present... be there... be focused
- Enter every conversation assuming you have something to learn
- Encourage people to tell their story - ask open ended questions
- Create "we" (the space between you and I) – find common ground and shared interests
- Create meaning – enable people to see their purpose (role) and what they have to offer
- Explore a situation from different angles to gain a new perspective
- Reflect on achievements
- Reassure - people may not be ready to talk straight away

Just consider

Having the confidence to start a conversation, knowing that people want to talk and it's just a conversation – it's not 'fixing' someone.

Allowing people to stay in control and supporting their dignity.

Creating safe, psychological spaces (appropriate, private, quiet).

Background

- Psychology
- University lecturing and research
- Youth and Community Work
- Community Development
- Teaching
- Organisational change with schools, business, local authorities and voluntary sector



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