



# ***Serious about Wellbeing?***



## **Training day on using wellbeing as a design principle for health and social care services**

Over the past ten years there has been a wealth of new understanding gained about what promotes personal and community wellbeing. With the development of *Health and Wellbeing Boards* in every local authority area to 'take on the function of joining up the commissioning of local NHS services, social care and health improvement', it makes sense to have a good understanding of what is meant by the term.

But what exactly do we mean by wellbeing, and what would a life and a service look like if wellbeing was taken up as a design principle? We have been examining this issue by listening to citizens and experts, looking at services, trialling our training in local communities and considering how organisations might really work to promote wellbeing. Many agencies now 'talk the talk', but do they actually harness the evidence, apply the principles, deliver the outcomes and see better lives and whole-system savings as a result?

This training day provides an introduction to what it might mean to be 'serious about wellbeing'. You might also consider:

- A 'training the trainers' programme so that you learn how to deliver a wellbeing programme in your own community
- A wellbeing audit of your current wellbeing training programme or service arrangements to uncover whether you are harnessing the most up-to-date understanding in this fast-moving field.
- Consultancy support that will assist local stakeholders to build a wellbeing strategy for the whole community.

To discuss these options, please contact Peter Bates at NDTi on 07710 439 677 or [peter.bates@ndti.org.uk](mailto:peter.bates@ndti.org.uk)