

# Oban Lorn & Isles Health & Wellbeing Network

## “Billboard” Seminar

### “Self Investment for Quality Services”

**March 2014**

This project came about after discussion at the network on how we could increase awareness to others of the benefits of involvement with our Network. The Network established a small working group to progress applications to both the Substance Misuse Forum and our own Network to deliver a joint project in March 2014. All members of the sub group were encouraged to take on specific pieces of work to spread the load.

The working group met on a regular basis over a period of 2 months to plan and ultimately provide an engaging /motivational day which would include a range of speakers to inspire attendees. The network wished to provide an opportunity for professionals and service providers to learn and network with the additional benefit to showcase small “ billboard display“ of groups who had gained from our funds.

#### **The aims of the day were to**

- Promote and raise awareness of both the Health and Wellbeing and OLI Substance Misuse Forum
- Provide an opportunity for agencies and professional services to access quality workshops/ motivational speakers which allowed individuals to “invest in their own development”
- Provide a means to establish a “ripple effect” – passing participant learning to others colleagues/ service users

The decision was taken to target the audience we wished to attend by email and face to face discussion by the sub group , this proved very successful with a registration of 58 and attendance on the day of 54. Participants were from a wide range of service providers and professionals across a range of services include police, fire, social work, health, housing and service providers from voluntary sector.

Our day in Oban Phoenix Cinema was opened with the Community Singers welcoming our guest participants as they entered the venue which set a very informal and positive beginning to our day. We were very fortunate to engage 2 keynote speakers and an excellent host facilitator Simon Malzer who kept us all to timetable of presentations and workshop delivery.

Both of the speakers came with a wealth of knowledge in their subject and completely different means of delivery with Nick Thorpe using his journey to Easter Island to inspire and Dr Jim White his learning and experience in the Glasgow Steps programme to inform.

The benefit to the audience being that both speakers provided workshops which allowed deeper understanding of the topics. All workshop details are attached as appendices'.

During the morning session we also had 3 short presentations from funded projects North Argyll Carers and Friends of Mull projects both funded by OLI HWN and very confident young man from the Youth Forum presented short introduction to a short film funded by OLI SMF.

The logistics to deliver this day was not easy, however we were delighted with the feedback from the day was overall very positive with comments such as “ good organised and fun”, “ 2 fascinating talks and thought provoking workshops”, “I feel I got some good insights and will endeavour to nourish myself” with addition of many going away to further research both the Glasgow Steps programme and others signed up to act as volunteer facilitators for Tai Chi.

All our feedback was gathered using the “community toolkit” which many had not used previously, with support for members and some additional little reminders this process allowed us to avoid the usual “end of conference” evaluation form” .

## **Did we achieve our aims ?**

### **Engagement and awareness**

Attendance was greater than expected and overall awareness of both networks has increased ,but only time will tell if we gain new members. We do however have the benefit of contact details for information dissemination. Displays were not fully utilised both with space and time constraints.

### **Investing in self development**

Feedback both written and oral have without a doubt provide self development – “will be practicing new relaxing techniques” “renewed sense of purpose”, “ excellent day, good speakers, good venue, good day all round”

### **Ripple effect**

Ripple effect is evident in responses of “better understanding of signs of stress2 “, “lots of ideas of different ways of working. The networking was very effective with our “Meet your neighbour” and opportunities over lunch and at workshops with exchanges of contact details for service provision .

Although this was a very positive day which we all enjoyed it is perhaps useful for others considering such activity that the following is vital for success.

- Funding with a “sub group” who are committed to take actions forward
- Good lead-in time – programmed actions
- Support from partners to enhance delivery on the day- filming for our event done by young people supported by youth worker;
- Good venue- flexible to needs on the day – technical support etc

- Administration time allocated – estimate that at 35 hours of general paperwork time for invites, programme prior to the day and additional 10 -12 hours post for reporting and completing payments etc
- Speaker engagement and support including support for presentations etc – at least 20 hours
- Team able to support on the day – members willing to miss out on workshops to ensure day flowed correctly
- Co ordinator to hold it all together..... will recognise them they have more grey hair!

## Workshop details

### “Meaningful risk – taking”

This workshop focuses on finding the balance between healthy risk-taking - the kind that helps you grow - and unhealthy risk-taking - which drains and depletes you.

Simon has been in the vanguard of developing new models of support which promote independence of choice for service users, enabling them to stretch themselves and find their own sense of direction, whilst Nick has a particular interest in how we give ourselves room to take some risks in life and continue to grow as human beings.

#### Biography

**Simon Malzer** spent 25 years in the social care sector, working on systems change in services, in learning disability, mental health and addictions.. He has worked extensively on cultural change issues as a manager within larger and smaller organisations and, during more recent years, as an organisational consultant in the public and voluntary sectors.

**Nick Thorpe** is an award winning writer and broadcaster. Among his books are *Adrift in Caledonia* and *Urban Worrier*.. After 20 years working for national newspapers and the BBC, he is in increasing demand as a speaker and workshop leader in schools, communities and beyond.

### Stress Control in 9 words

Led by Dr Jim White ,Director, Stress Control

This workshop will look at teaching you to:

- Face your fears
- Be more active
- Boost your wellbeing

Taken from cognitive-behavioural therapy, mindfulness and positive psychology, we will look at straight-forward ways to help each of us to better cope with the day-to-day stresses that life throws at us. Whether you are in the depths of despair or just looking to improve your life, this workshop should have ideas and skills you can take away and work on immediately.

Dr Jim White is an internationally-recognised expert in CBT and stress management and is the creator of Stress Control. He is a Fellow of the British Psychological Society and worked as a Consultant Clinical Psychologist with the NHS for over 30 years. He has presented at many national and international conferences and events and acted as a National Advisor to the Scottish Government. He is involved with the European Union on how to develop mental health services across Europe using interventions, including Stress Control.

### **Benefits to health – contact with nature**

Led by Kevin Lafferty, Access, Health & Recreation Advisor, Forestry Commission Scotland

Green environments are good for us, they facilitate physically active recreation, and help treat a range of health problems. A correlation has also been found between people's happiness and the presence of accessible, green, safe, pleasant places in which to walk and relax (Equally Well 2008). . Kevin comes with a wealth of ideas and has special interest in working with people to access the outdoors for health benefit.

### **Biography**

Kevin Lafferty is the national policy advisor for Access, Health & Recreation in Forestry Commission Scotland. His remit covers access legislation including rights and responsibilities, outdoor recreation and managing Forestry Commission's health programme. Kevin started working for Forestry Commission in May 2006 and produced FCS woods for health strategy, developing pathfinder projects with the NHS and allied health professionals to promote health & wellbeing through the use of the outdoors. This included setting up the award winning Branching Out programme.

### **T'ai Chi**

Led by Yennie Van Oostende – Senior Health Promotion Specialist

Sharon MacPherson – Arthritis Care Scotland

At this workshop you will hear all about and experience a basic form of Tai chi, consisting of six easy to follow movements as designed by Dr. Paul Lam. This form was developed to enable people who have impaired mobility to take up this gentle exercise and it is therefore suitable for everyone. With regular practice, many have reported improved flexibility, balance and muscle strength, reduced pain and stiffness, uplifting of the spirit and an overall increased sense of wellbeing.

### **Workshop evaluations**

Using the community toolkit to gauge responses, each person given 4 tokens at each workshop they attended and then asked to place in pocket which they felt best met their view ranging from agree strongly – to disagree. The questions as follows were consistent for all workshops.

- The workshop met my expectations
- I found the workshop interesting and easy to follow
- I learned something that I can use in my work
- I learnt something that will benefit me in a personal capacity

	Agree strongly	Agree	Neither agree or disagree	Disagree
<b>The workshop met my expectations</b>				
Meaningful risk AM	14	5		
Meaningful risk PM	5	3		
Forestry AM only	3	2	1	
Stress Control AM	17	2		
Stress Control PM	8	3		
Tai Chi PM only	8			
<b>I found the workshop interesting and easy to follow</b>				
Meaningful risk AM	19			
Meaningful risk PM	17	2		
Forestry AM only	3	3		
Stress Control AM	18	1		
Stress Control PM	8	5		
Tai Chi PM only	8			
<b>I learned something that I can use in my work</b>				
Meaningful risk AM	17	2		
Meaningful risk PM	4	4		
Forestry AM only	5	2	1	
Stress Control AM	9	4		
Stress Control PM	18	1		
Tai Chi PM only	8			
<b>I learnt something that will benefit me in a personal capacity</b>				
Meaningful risk AM	18	1		
Meaningful risk PM	5	3		
Forestry AM only	8	5		
Stress Control AM	5	5		
Stress Control PM	17	2		
Tai Chi PM only	8			