

## Preparation

### Before workshop, please identify:

- 1: Key existing activities, organisations and resources, and how to get involved both locally and nationally
- 2: Who is willing to coordinate the ideas and activities generated by the workshop

### During workshop, prioritise themes into areas for action

After workshop, write up and circulate workshop report (with support from Network of Wellbeing as needed)

## Top tips

### All activities will benefit from the following:

- 1: Agree how you will communicate between meetings (email, social media, phones, etc.)
- 2: Share contacts
- 3: Share out roles so everyone can participate

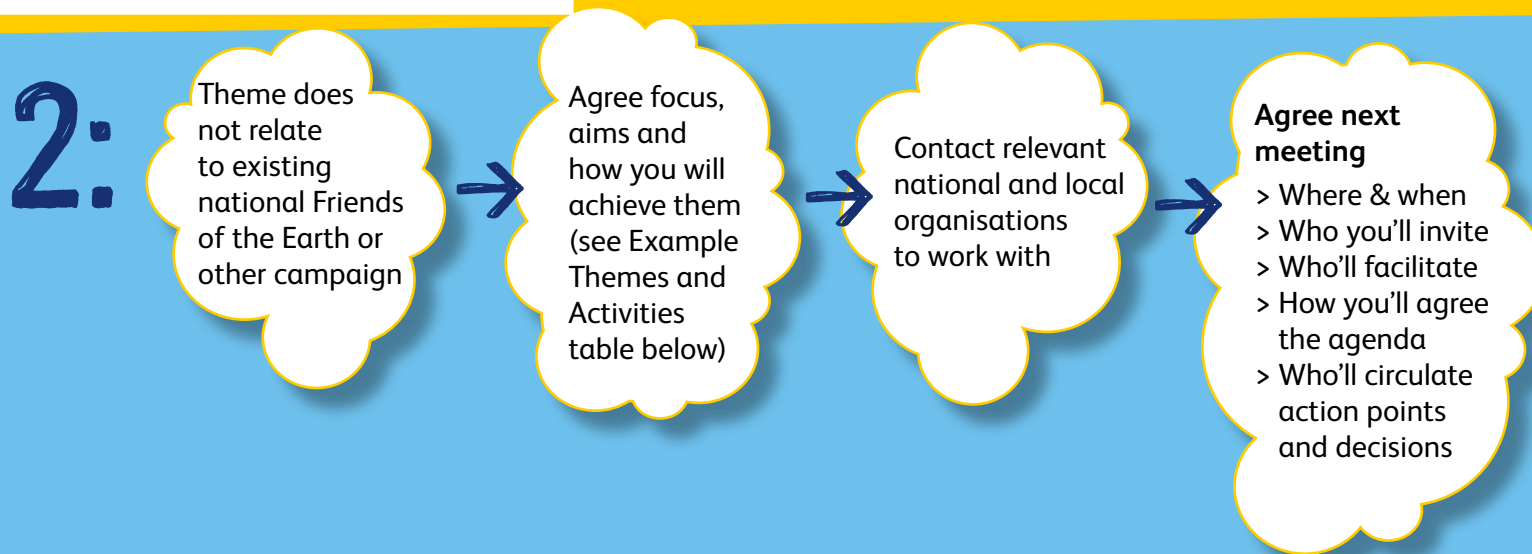
### Roles may include:

- 1: Linking with other organisations
- 2: Organising meetings (venue, agenda, publicity, notes)
- 3: Internal / external communications e.g. media, posters
- 4: Facilitating / chairing meetings



# Achieving successful wellbeing workshop outcomes

## Steps to follow once workshop has prioritised themes into areas for action



# Example themes and activities

This table provides some examples of wellbeing priority themes which emerged from previous workshops, along with examples of the types of activities each theme may lead to and resources to support this. This is not an exhaustive list, but shows the type of themes and activities that can emerge.

This document is part of the Wellbeing Workshops Action Guide developed by Friends of the Earth and the Network of Wellbeing. For more information and resources visit <http://bit.ly/1QLZhwU>

Examples of themes	National campaigning groups and websites	Possible activities, initiatives and resources
Transport and safer streets	<a href="#">Living Streets</a> <a href="#">Sustrans</a> <a href="#">Better Transport</a> <a href="#">CTC</a>	<ul style="list-style-type: none"> <li>• Endless possibilities! Each national organisation has a range of ongoing and successful campaigns to draw inspiration from:</li> <li>• <a href="#">Living Streets case studies</a> and <a href="#">success stories</a></li> <li>• <a href="#">Sustrans safe to school</a></li> <li>• <a href="#">Campaign for Better Transport</a></li> <li>• <a href="#">CTC local groups</a></li> </ul>
Physical health	<a href="#">Parkrun</a>	<ul style="list-style-type: none"> <li>• Organise a free mass park run</li> <li>• See also Growing Health below</li> <li>• Here's a <a href="#">report</a> on the benefits of activity for physical and mental health</li> </ul>
Mental health	<a href="#">Walking for Wellbeing</a> <a href="#">Wheel of Well-being</a> <a href="#">Mind</a>	<ul style="list-style-type: none"> <li>• Wellbeing <a href="#">walks</a> aimed at mental health <a href="#">support</a></li> <li>• lots of resources on mental health available from <a href="#">Mind</a></li> </ul>
Community / social cohesion / loneliness	<a href="#">Network of Wellbeing</a> <a href="#">Pop Up Projects</a> <a href="#">The Big Lunch</a>	<ul style="list-style-type: none"> <li>• These could be regular and / or one off annual events</li> <li>• Monthly Potluck supper – free <a href="#">‘How to’ guide</a></li> <li>• Community <a href="#">pop up theatre</a>, festival and other events</li> <li>• Run a <a href="#">Big Lunch</a> street party</li> </ul>
Green space / nature	<a href="#">The Wildlife Trusts</a> <a href="#">Tree Council</a> <a href="#">The Conservation Volunteers</a> <a href="#">Woodland Trust</a>	<ul style="list-style-type: none"> <li>• Tree planting groups – there are lots of grants, free trees and support for tree planting</li> <li>• See also Growing Health below and Walking for Wellbeing above</li> </ul>
Food	<a href="#">Growing Health</a> <a href="#">Growing Communities</a> <a href="#">Capital Growth</a> <a href="#">Incredible Edible</a> <a href="#">The Urban Orchard Project</a> <a href="#">Community Orchards</a> <a href="#">Common Ground</a> <a href="#">NSALG</a> <a href="#">Allotment Garden</a> <a href="#">The Trussell Trust</a> <a href="#">The Real Junk Food Project</a>	<ul style="list-style-type: none"> <li>• Community food growing, e.g:               <ul style="list-style-type: none"> <li>• Growing Health</li> <li>• Incredible Edibles</li> <li>• Community orchards</li> <li>• Allotments</li> </ul> </li> <li>• <a href="#">Food banks</a></li> <li>• <a href="#">Waste food</a></li> </ul>
Housing	<a href="#">Transition Homes</a> <a href="#">DraughtBusters</a>	<ul style="list-style-type: none"> <li>• Affordable new homes</li> <li>• Retrofit community programmes</li> <li>• <a href="#">Report 1</a></li> <li>• <a href="#">Report 2</a></li> </ul>
General – enthusiasm for the wellbeing workshop / new economy	<a href="#">Network of Wellbeing</a>	<ul style="list-style-type: none"> <li>• Run follow up workshops</li> <li>• Contact Network of Wellbeing to see if there are national events you can attend and / or local projects you can support</li> <li>• Use the workshop outcomes in any local council consultation or strategy</li> <li>• Media</li> </ul>