



Community Link Workers - My Wellbeing Matters

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CLW Conference 24th May 2023

Development of *My Wellbeing Matters*

Mental Health Improvement - Practical Approach



North Ayrshire Wellbeing and Recovery College



Evaluation



Development of *My Wellbeing Matters*



Test of change

Workshop Aims

Improving knowledge and understanding of mental wellbeing

Building resilience in individuals and communities

Improving confidence and self-esteem

Increase self-awareness of wellbeing symptoms

Reduce social isolation by bringing people together

Peer support and peer learning

Accessing appropriate services

Workshop Content



Knowledge and understanding of Mental Wellbeing



Anxiety



Low Mood



Self Esteem



Motivation



Goal Setting

Feedback



“It was informative and gave me self-confidence”

“It was easy to understand”

“It was very uplifting, I’m sure it will be a great help to me”

“The hands out are fantastic”

“I’m going away with lots of ideas to move forward and improve my wellbeing and mental health and in turn help others”

“Would be better split in 2/3 sessions”

“Will be good if broken up to allow for more interaction”

“Was delivered very well and certainly opened my mind to things I could do to help”

“The girls were very knowledgeable and brought me more hope and belief in myself”

Next steps



Develop a series of workshops



Work with partner organisations

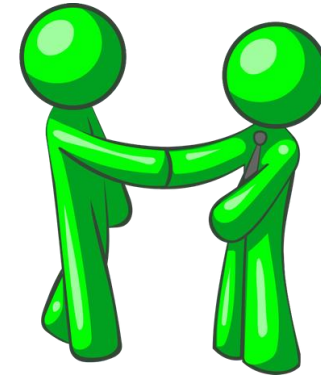


Identify referral pathways



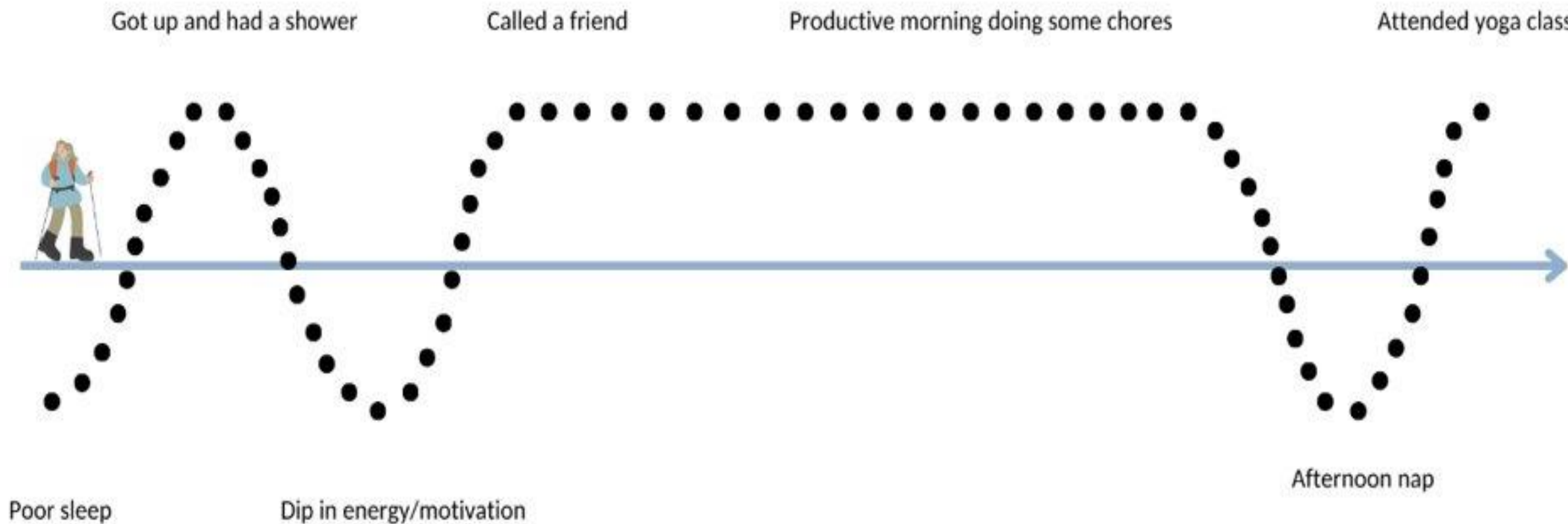
Continuously monitor and review outcomes

Ice Breaker



One word to describe your thoughts on the concept of the My Wellbeing Matters Workshop.

Activity - A Day in Your Life








Personal Wellbeing Action Plan






[NHS Ayrshire & Arran - Mental Health and Wellbeing \(nhsaaa.net\)](https://nhs.uk/mental-health-and-wellbeing)



Personal Action Plan

10 Ways to Improve your Mental Health and Wellbeing

Positive Steps for Mental Health	What I currently do?	What I would like to do in the future	What I find difficult about this and steps I will take to over come any difficulty
 Keep physically active			
 Take a break			
 Care for others			
 Keep in touch with others			
 Eat well and drink sensibly			

Positive Steps for Mental Health	What I currently do?	What I would like to do in the future	What I find difficult about this and steps I will take to over come any difficulty
 Take time to do things you are good at and enjoy			
 Don't be afraid to ask for help			
 Accept and value who you are			
 Talk about your feelings			
 Ensure you sleep well			

Gratitude

Practicing gratitude regularly can:



Improve emotional regulation



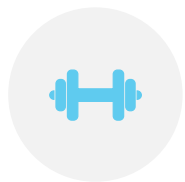
Increase feelings of happiness



Reduce stress



Make you feel more positive



Improve self-esteem



Any
Questions?