



Manchester People First

Health and Well-being Event



**Held on 24 april 2008
at the Mechanics Institute**

Contents

1. Introduction
2. What makes a good day
3. What makes a bad day
4. Who has control over my money
5. Who has control over my life
6. Who helps me
7. What would make things better
8. Comments from the day
9. Other observations
10. Thanks to...

Introduction

On Thursday 24 April 2008, Manchester People First held a Health and Well-Being Workshop with adults with learning disabilities. The event was held at the Mechanic's Institute in Manchester City Centre, and was open to people from across the city.

This was an interactive, enjoyable day to look at understanding what affects and impacts on people's health and well-being, to share and value people's experiences, and to explore what would improve health and well-being. Over 60 people came to the event.

Background

Manchester People First was commissioned by the Health Inequalities Pool to do this work. The HI Pool was interested in information about some of the broader aspects of well-being e.g. control over life and money, friends and relationships, and people in our lives who help us feel good and keep well.

Manchester People First asked the South Manchester Healthy Living Network and Zest to get involved.

A partnership group was set up to plan the event.

We made sure that everything we were going to do on the day would be interesting, fun and would be about people feeling valued and getting involved.

We wanted to give people the chance to be involved in some very creative activities. It was important that the methods we used on the day reflected these ideas.

The questions we wanted people to answer throughout the day were:

- What do you like doing?
- What makes you happy?
- What makes a bad day?
- What makes a good day?
- Who helps you to do things?
- Do you decide how you spend your money?
- What would make life better for you?

Zest is a Healthy Living Project, which works with local residents and other partners in North Manchester.

Zest works to give opportunities to people in the area so they can make choices, which they feel improves their health and well-being.

South Manchester Healthy Living Network works to bring local people, community groups and the health service together to develop health improvement projects and activities.

What we did

The day was a mix of plenary sessions with introductions and feedback; workshops; networking time; and stalls.

In the morning we started with a general introduction and then people moved into workshops.

Over lunch people had chance to have a chat and to network and to look at some of the stalls.

After lunch we all came back together in the big meeting, then went into the afternoon workshops.

The day finished with everyone coming back together for a summing up session and telling us how they thought the day had gone.

Workshops included art, drama, magic and massage.

Each workshop used one of these methods to work on the key questions. As people signed up to their workshop, they were given an item that represented that workshop.

Morning workshops

- Hair balm (drama)
- Neutralising pads (cartoon)
- Body lotion (massage)
- Aftershave balm (environment)

Afternoon workshops

- Face scrub (drama)
- Foot softener (massage)
- Hair conditioner (cartoon)
- Hair gel (environment)

At the end of the workshop they could keep the item they'd been given. This proved to be a popular "key" to let people know which workshop they were in.

During networking time, there were a few stalls people could have a look at. The health stall; "Lumps, Bumps and Squeezy Bits!" covered testicular and breast cancer; and had models that people could feel for lumps.

Blood pressure testing was also available.

There was also a healthy eating stall with models of food, the balance of good health and accessible information.

To keep with the healthy theme, there was also a “market stall” full of bowls of prepared fruit and fruit goodie bags for people to take, free of charge. Community Safety also had a stall. Personal alarms were very popular!

As well as the workshops there were other ways for people to record their views about their health and well-being. These included video recording sessions; plus work with an artist to produce portraits and comments.

Finally we had the “nosey parkers”; a small group of facilitators who chatted with people and recorded their views, and who also observed the workshops.

Nosey Parkers could be easily identified by their entertaining hats!

The day finished with an interactive evaluation exercise. People were asked to write their feelings about the day on provided (clean) underwear and then to hang out their comments on a washing line. A very visible and enjoyable way to evaluate; which caused great hilarity while at the same time enabling people to comment on the day!

We asked people some questions about their likes and dislikes.

The questions were

- What you like doing?
- What makes you happy?
- What makes a bad day?
- What makes a good day?
- Who helps you do things?
- Do you decide how to spend your money?
- What would make life better for you?

We got lots of answers.



- What do you like doing?
- What makes you happy?
- What makes a good day?

We put all the answers together here because people said that what they like doing also makes them happy and that means they have a good day.

25% said they liked seeing friends and family,

21% said they enjoyed going out, this might be to the pictures or for a meal for example.

19% said they enjoyed sport both watching and taking part, mainly football.

10% liked doing other stuff such as arts and craft.

8% of people liked doing housework and cleaning.

6% liked being independent.

4% of people liked going on holiday and

4% liked going to work.

3% of people thought the weather made a difference.

If it was sunny they felt better and did more things.

What makes a bad day?

36% of people said that they were bullied or told off by carers/staff members.

23% said bad weather and rain made a bad day.

From conversations with people this seemed to be because things got postponed or cancelled when it rained.

16% felt that bad services made for a bad day.

This could be from staff not turning up to having bank staff on who didn't know what they were doing.

12% said having nothing to do was a bad day.

People said they liked to be active but this did not always happen often due to things they had no control over such as staff or the weather.

6% said that a bad day at work or college made a bad day for them. This again could be through bullying or being told off.

7% of people said not seeing family and being ill made a bad day.



Who has control over my money?

49% of people said that others had control of their money. This was staff and or carers.

46% of people said they had control over their money. Although people said they had control, they did not feel that it was complete control where they could come and go as they please and spend their money on what they liked without asking.

5% of people said that their family had control over their money.



Who has control over life?

63% of people said they had a bit of control over their lives. Mostly they relied on others to support them to do things such as shopping and going out.

25% said they had no control over their lives.

12% of people said that they had control over their own lives. These were people who had minimum support and lived independently in the local community.

Who helps me?

38% of people said that staff helped them do things.

26% said family helped them do things

14% said carers helped.

11% said friends helped.

9% of people said they did things for themselves.

2% of people said the church helped them.

What would make things better?

35% of people said that seeing friends and family would make things better for them.

31% said they would like to be independent.

Do their own things and support themselves.

16% would like more money, to do more things.

9% wanted to have a real relationship, not just friendships.

6% of people said they wanted better services from whoever provided them this could be social services or independent providers.

3% of people said they wanted to go on more holidays.

Comments from the washing line



Activities

- Very imaginative programme
- Enjoyed workshops
- Enjoyed taking drama workshop
- Really enjoyed drama this morning
- Massage was great
- Enjoyed massage, Louise was great
- Great video
- Enjoyed massage
- Enjoyed cartoons
- Good drama workshop
- Made video, great
- The day was a success for those from Venture Arts

Making friends and meeting people



- Brilliant day! Met some great people!
- What a great day meeting lovely people. Fantastic.
- A great day, good fun, well organised, met lots of people, good ideas for other events.
- Met some friends
- Enjoyed the whole day
- Made some friends
- I liked today making friends and meeting people
- I thought it was interesting, I enjoyed doing the video and meeting friends

General comments

- Alright, loved it
- Blooming fantastic, thank you
- A day of well-being for everyone
- Good X 3
- Great day X2
- I enjoyed the day
- I've had a brilliant day. Happy
- Social. Thank you. Have a good life
- I had been good
- All good
- I have liked the day
- Fun
- Funny day
- Good laugh
- Brilliant day, really enjoyed it
- Today has been fantastic
- Much more fun than any conference I usually go to
- Thank you
- All ace
- More please
- More like this in the future from MPF and Jane
- Good day, fantastic! Would love to do it again some time
- When we coming back in the future



Negative comments

- Room too hot
- Start on time
- Bit confusing

Other observations

After a group drama session on staff control, some of the staff involved in the group discussion told some of the group members they had to go and were not being allowed to have a drink. With reluctance they put their coats on. When challenged by an organiser of the day the staff member said they had to get back to Wythenshawe.

This was at 1.50pm and Wythenshawe is about 20 minutes drive. The same group also arrived at 11.15am. 1¼ hours after the day started.

Unexpected outcome

An artist working for CN4M said they would like to use the work generated to help promote our work.

There have been more partnership working opportunities with individuals and organisations

A professor from Manchester University was so impressed he wrote to us and said he will be talking to people from the Primary Care Trust about our work.

Recommendations

- People still need to have real control over their lives.
- Staff need training in how to support people and who is in control.
- People need real opportunities to have relationships.

- Social Services need to respond to people's needs in a more Person Centred way.
- Individualised budgets would give people more opportunities to do things they wanted.

Thank you to...

- Manchester Alliance for Community Care
- Health Inequalities Network
- Healthy Living Network
- Zest
- Venture Arts
- Faith Network
- Community Dieticians (PCT)
- Health Inequalities Team (PCT)
- Active Life for All (PCT)
- Community Safety
- CN4M

For more information contact

Manchester People First 0161 839 6000 www.manpf.org

Healthy Living Network 0161 217 3444 (Jane McAllister)

Zest 0161 655 7882 (Shirley McCardel)

Manchester People First

3 Broughton Street

Cheetham Street

Manchester

M8 8RF

Phone/Fax: 0161 839-6000

Email: mcrpeoplefirst@googlemail.com

Web: www.manpf.org

Company limited by guarantee, registered in England and
Wales, number 63339300.

Registered charity number: 1124426.