

A Fair Deal for Wellbeing?

FREE Discussion Kit training

What is a discussion kit?

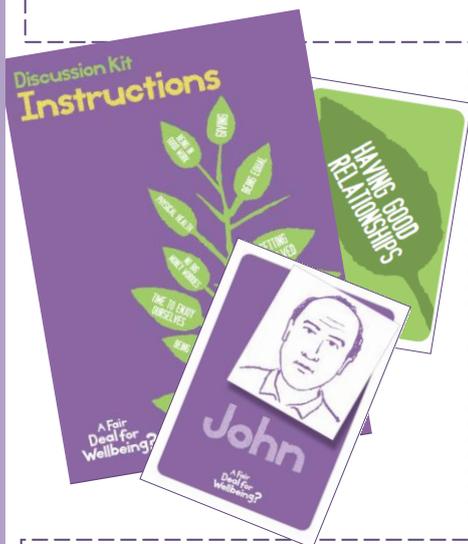
A discussion kit is made up of a series of cards and questions that can be used by a group of 3-10 people. The 'A Fair Deal for Wellbeing' discussion kit has been designed to get people thinking more about their wellbeing or that of their community and to consider what action could be taken to improve it in their area. It allows them to have a relaxed, informal conversation about wellbeing. The content of the kit is based on research into the factors influencing wellbeing, including the five ways to wellbeing. The feedback received so far has been extremely positive.

What is the training?

The training is designed to prepare participants for using the kit. Attendees will have the chance to try out the kit, discuss its use and think through how it can be used in their own locality.

Who is the training for?

The training is for anyone with an interest in encouraging people to think about what wellbeing is and to start to plan actions to improve wellbeing within a community.



When and where is the training?

Date	Time	Place
02/07/12	10am-1.00pm	Knowsley: CVS Main Hall, Nutgrove Villa, 1 Griffiths Road, Huyton, L36 6NA
11/07/12	1.30-4.30pm	Wirral: Bebington Civic Medical Centre Boardroom, Civic Way, Bebington, CH63 7RX
12/07/12	1.30-4.30pm	Halton: Karalius Suite, Halton Stadium, Lower House Lane, Widnes, Halton, WA8 7DZ
19/07/12	1.30-4.30pm	Liverpool: Ropewalks, Argyle Street, Liverpool, L1 5DL

How do I book?

To book a place on the training please contact Sue Millichap at Our Life: email: sue.millichap@ourlife.org.uk phone: 0161 2337511. **The closing date for booking onto the training is a week before the date of the training.**

More info...

For more information about Our Life, please visit www.ourlife.org.uk
 For more information about ChaMPs, please visit www.champspublichealth.com
 For more information about the kit, please visit <http://bit.ly/nIldsk>

A Fair Deal for Wellbeing?

ChaMPs
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