

BRIEF BACKGROUND TO CONNECTING COMMUNITY NETWORKS

As part of Birmingham and Solihull's Connecting Community Networks Programme, Common Unity hosted the 2018 World Mental Health Day Conference in Birmingham with a bit of a difference.

Common Unity use the EPIC approach in respect of mental health and wellbeing meaning that we work upstream to **Educate, Protect, Intervene** and **Champion** programmes and approaches that support mental health and wellbeing across communities.... after all, as Benjamin Franklin stated,

An ounce of prevention is worth a pound of cure.

What is Connecting Community Networks all about?

Connecting Community Networks (CCN) looks to protect and enhance citizen wellbeing and promote life quality. It oversees the delivery of a number of much needed holistic services that has real, evidenced based wellbeing benefits for some of our most vulnerable members in the community. CCN takes a different approach from many other traditional services by starting from a premise of vulnerability and risk due to life challenges and looking to demonstrate a positive resolution for the individual based on improved wellbeing.

You can see the video shown on the day about CCN by clicking [HERE](#)

AIMS OF THE BEING WELL WORKS WELL CONFERENCE 2018

- To provide networking opportunities locally, regionally and nationally in respect of the wellbeing agenda.
- To highlight upstream services being delivered currently under The Connecting Community Networks programme on behalf of Birmingham and Solihull CCG.
- To present new and innovative approaches that seek to ensure early engagement with wellbeing support opportunities.
- To actively promote the opportunity for improved wellbeing in a range of arenas

REPRESENTATION ON THE DAY

There was a total of 143 delegates that attended on the day that represented local, regional and national organisations as well as local communities and experts by experience from the Mental health sector.

Delegate representation covered the full life span and saw inclusion from both the public and private sectors, large and small service providers as well as a range of independent services from across the health and social care spectrum.

In all, 90 organisations signed up to the day with 18 of those organisations holding stalls at The Wellbeing Emporium.

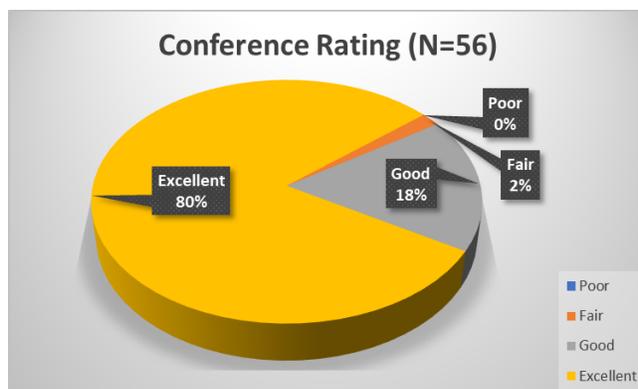


FEEDBACK FROM THE DAY

Of the total delegate representation (143), we received 56 completed evaluations (N=56) to provide us with an overview of how the day went, what went well and what went not so well.

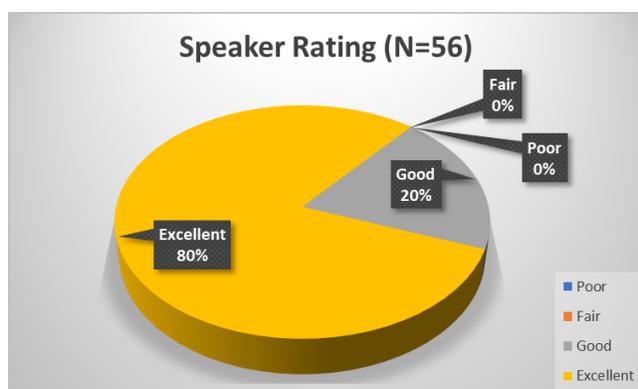
It is only through frank and honest feedback that we can look to improve on such events and receive guidance as to what our communities want to see in the future regarding the wellbeing agenda. We looked at this event to provide an experience where delegates felt the event was inclusive, relevant and provided an opportunity for learning for all.

Conference rating: Overall, how would you rate the BWWW Conference?



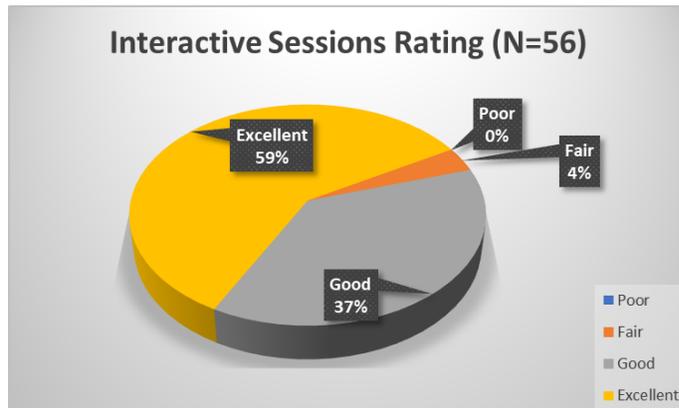
Overall the conference was seen as an excellent event with many citing that as it was FREE to attend, this allowed them to be part of something they wouldn't normally be able to be part of. One delegate felt that the event was all about workplace wellbeing not wellbeing in general. This will be taken into consideration in any future marketing.

Speaker rating: Overall, how would you rate the BWWW Speakers?



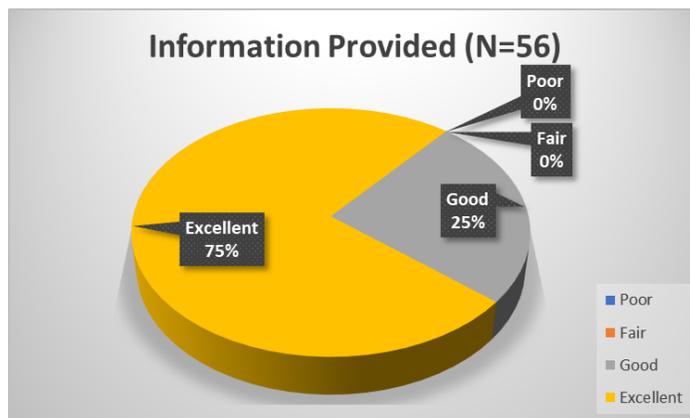
All speakers were referenced positively throughout the evaluations received but particular positive reference was given to Pete Trainor from US:Ai, Cherry Dale and her talk on embracing Wellbeing in the workplace and Adam Page who presented the value of incorporating the subject of grief into the school curriculum.

Interactive Session rating: Overall, how would you rate the interactive sessions?



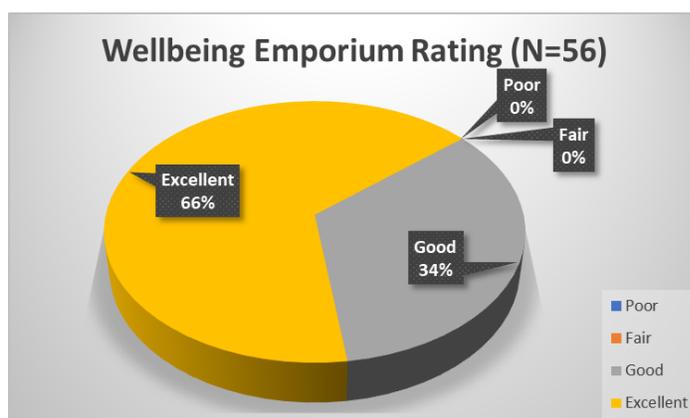
Some delegates had difficulty downloading the online quiz app due to wi-fi issues at the venue. However, outside of this the clear majority felt that the interactive sessions supported an environment for positive interaction and shared learning with many citing the quiz as a positive part of the day.

Information provided rating: Overall, how would you rate the information provided on the day?



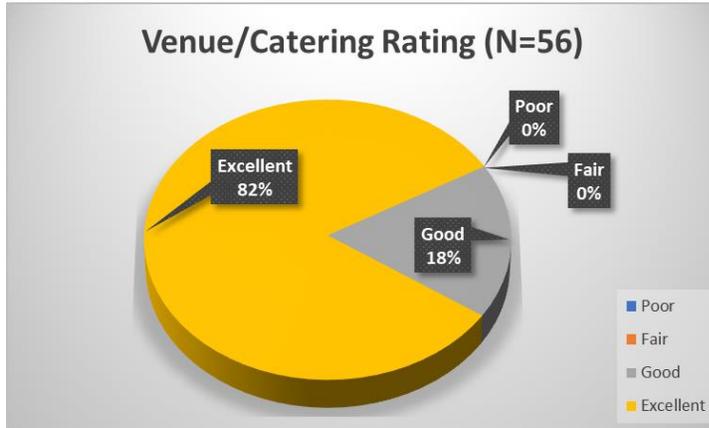
Delegates felt that the information provided within the packs, at the stalls and throughout the day by the speakers and through the quiz was well provided and maximised opportunities for information and learning. An additional table was also provided on the day for delegates bringing in additional information.

Wellbeing Emporium rating: Overall, how would you rate the Wellbeing Emporium?



Delegates were very happy with the number and variety of stalls available that covered the health and wellbeing agenda being represented by the public, private and voluntary sector as well as experiential stalls offering therapeutic sessions. A small number of the stall holders felt that they wanted more networking time. Time allocated was 4.5 hours on the day.

Venue/Catering rating: Overall, how would you rate the overall venue/catered food experience?



One of the biggest successes of the day was the food 😊 – Overall the vast majority of the delegates were impressed with the hot and cold choices including vegetarian options, halal and the cake went down an absolute storm. A few delegates felt the venue to be a little cold and there was a call for a lockable bike rack. One felt WC disabled access was limited.

