

# Health and Wellbeing Outcomes

## OUR HEALTH AND WELLBEING APPROACH

Wellbeing is everyone's issue but each person is an individual, with different needs, goals and aspirations.

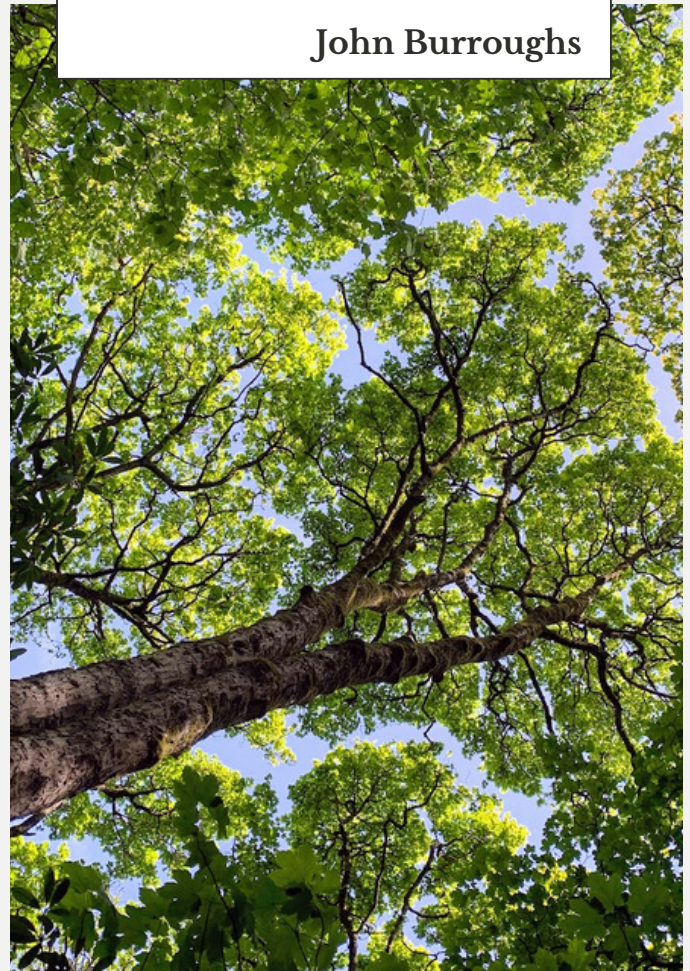
We use the Five Ways to Wellbeing in our approach to supporting health and wellbeing activities:

- To connect
- To get active
- To keep learning
- To give
- To take notice



*'I go to nature to be soothed and healed, and to have my senses put to order'*

John Burroughs



To ensure we can be consistent in our approach and practices to support people's achievement of good health and wellbeing, we have developed three main outcomes we hope everyone will be able to achieve on our programmes.



# Feel Better



## FEEL BETTER

Improve how you feel about yourself including self-esteem, confidence, emotional wellbeing and resilience

People have improved feelings of self-worth

People have increased confidence in the own capabilities

People have improved resilience, grit and determination

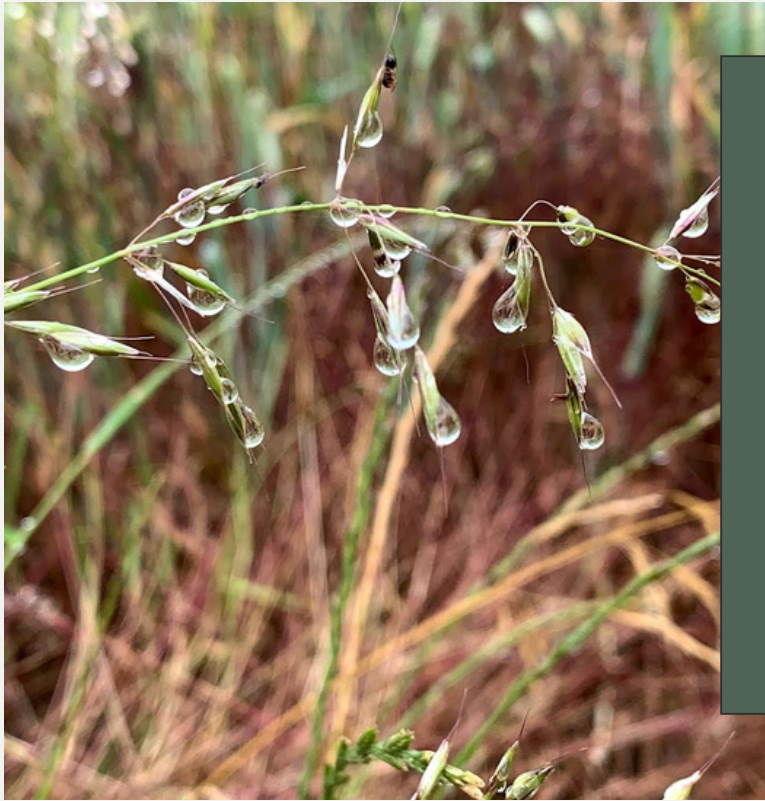
People have improved emotional wellbeing



FOR MORE VISIT: <https://www.nrtraining.co.uk/health-and-wellbeing>



# Feel Connected



## FEEL CONNECTED

Connect to the community,  
to the environment around  
you, feel included and get  
involved

People have reduced levels of  
isolation and loneliness

People have improved access to  
community and natural resources

People improve their social  
networks and involvement



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# Feel Empowered



## FEEL EMPOWERED

Know what to do and  
where to seek support to  
look after your own health  
and wellbeing

People are able to look after and  
improve their own health and  
wellbeing

People know how to contact  
support services if needed

People have increased autonomy  
and control

People are more confident and  
able to make decisions

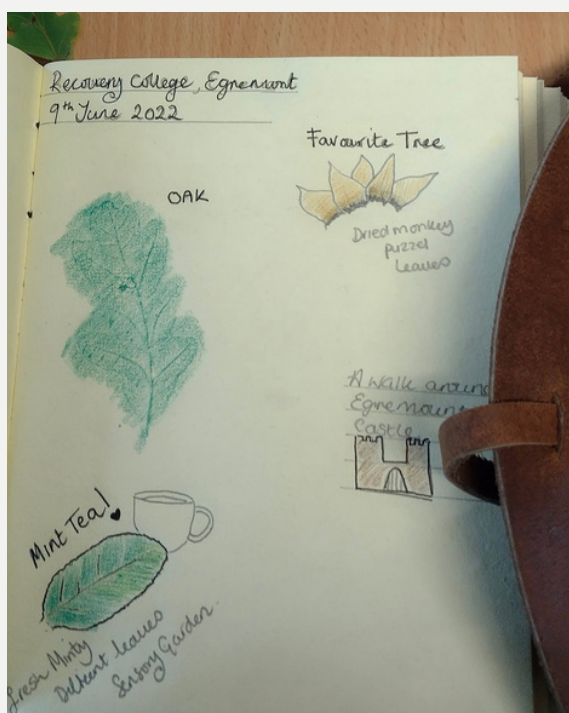


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# Health and Wellbeing Outcomes

Our outcomes have been developed using the Personal and Social Wellbeing outcome maps produced by NPC in partnership with the SORI Network, Investing for Good and Big Society Capital, Feb 2013.



‘Personal and social well-being describes a person’s state of mind, relationship with the world around them, and the fulfilment they get from life. It can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole’, NPC 2013