

## Open Space Information for Staff

### Aims

***The overall aim is to help individuals reflect on meaningful change in their lives and provide support to help them mobilise this to enhance personal wellbeing.***

- To provide a place for people to reflect on what keeps them well and what contributes to their ill health.
- For staff to help individuals identify obstacles or helpful factors to their wellbeing and support the individual or peer group to take action in mobilising change to enhance wellbeing.
- The agenda will be completely open and determined by the needs of those attending

Examples of working could include:

- *A number of people identify their quality of life would be improved if they could go into town more confidently – it could be that in a group they feel able to do this or it could be that as a group they feel they need the support of a support worker initially to do this*
- *A number of individuals identify that they feel unsafe in their neighbourhood due to crime, poor lighting, etc. As a group they might be encouraged to take action (e.g. writing letters to the council, etc) or they could be connected to relevant bodies via the staff at the Open Space, e.g. staff inviting speakers from the local council to Open Space, etc.*
- *A group of men identify they are often bored and having something more to do would enhance their health. Staff could help them to think about what kinds of things they would like to be involved in, connect them to local resource information and promote them working together to take something forward (e.g. ranging from a trip to the pool club or involved with Tools On a Mission, etc), either independently or supported.*
- *A group of individuals may identify particular problems with sleep/flashbacks/depression etc and wish for further information. Staff could facilitate a session on this or ask for guest speakers (e.g. Wellbeing Service, NSFT staff).*

### Who's it for?

Any one interested in understanding their wellbeing.

## Format

- 'Open Space' will run Wednesdays 1pm – 3pm at Ipswich Library in the Open Space area on the ground floor.
- It is open to anyone.
- It is a collaborative project jointly-staffed and steered by NSFT, Library and Julian Support
- The proposed running order lunch/tea/coffee – informal short talk and discussion using 'Understanding Ourselves and Others' materials – tea/coffee – some kind of activity (OT-led or invited groups/speakers, etc) – tea/coffee). Participation is non-compulsory. People can come and just listen if they prefer.
- People can come and go as they please and the format will be informal.

'Understanding Ourselves and Others' short discussion: Format will be very informal. Participants will be encouraged to draw upon their experiences and exchange their ideas when discussing a topic around the human condition. Topics may be based around the following themes:

- What helps us feel safe and secure?
- Why are so many people lonely?
- What gives our lives meaning?
- What helps us to feel we 'belong'?
- What gives us a sense of purpose?
- What gives us identity?

The hope is that discussion topics around the human condition will develop a platform in which people can reflect on meaningful change in their lives and we can support them to mobilise this via spin-off interventions, groups, linking in with community resources etc.

If you have any questions about Open Space, please feel free to contact the following people within your organisation:

- NSFT: Joanna Ringrose (Clinical Psychologist)
- Suffolk Libraries: David Grimmer (Mental Health and Wellbeing information coordinator) 01473 263819
- Julian Support: Shamim Al Mamun (Service Manager - West Ipswich PRT)