

Webinar: The Flourishing Lives tour



social care
institute for excellence

Showcase webinar from
the Social Care Institute for
Excellence

30 June 2023

With Ellie, Rebecca, Beth, Angeli,
Alan and Sara.





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Ellie Haworth: SCIE

Flourishing Lives

Thinking differently about living good lives



What we are going to do today

1. Talk about the big idea!
2. Sort out the difference between choice and opportunities
3. Think about what is important to lead a good life
4. Think about how we can increase the opportunities people have



Part 1.

Rebecca

Having a good life depends on having the **opportunities** to do the things we love doing.



Rebecca



Even if we choose
not to do them on a
particular day.

Rebecca

The things we really
love doing can be
simple, cheap and
easy to organise.



Ok, let's take Merry as an example.

Merry has a busy week playing bingo, bowling and watching the tv.

But Merry really loves to go for long walks.



How do you think Merry feels not having the opportunity to go for a walk?



Rebecca

Michael and his bacon butty



Rebecca

Cassandra and her 10 minutes
of Britney Spears





What's your 10 minutes of Britney?!

What is it you **really** love doing?



Let's think about how support get in the way of the opportunities to do what we love doing.



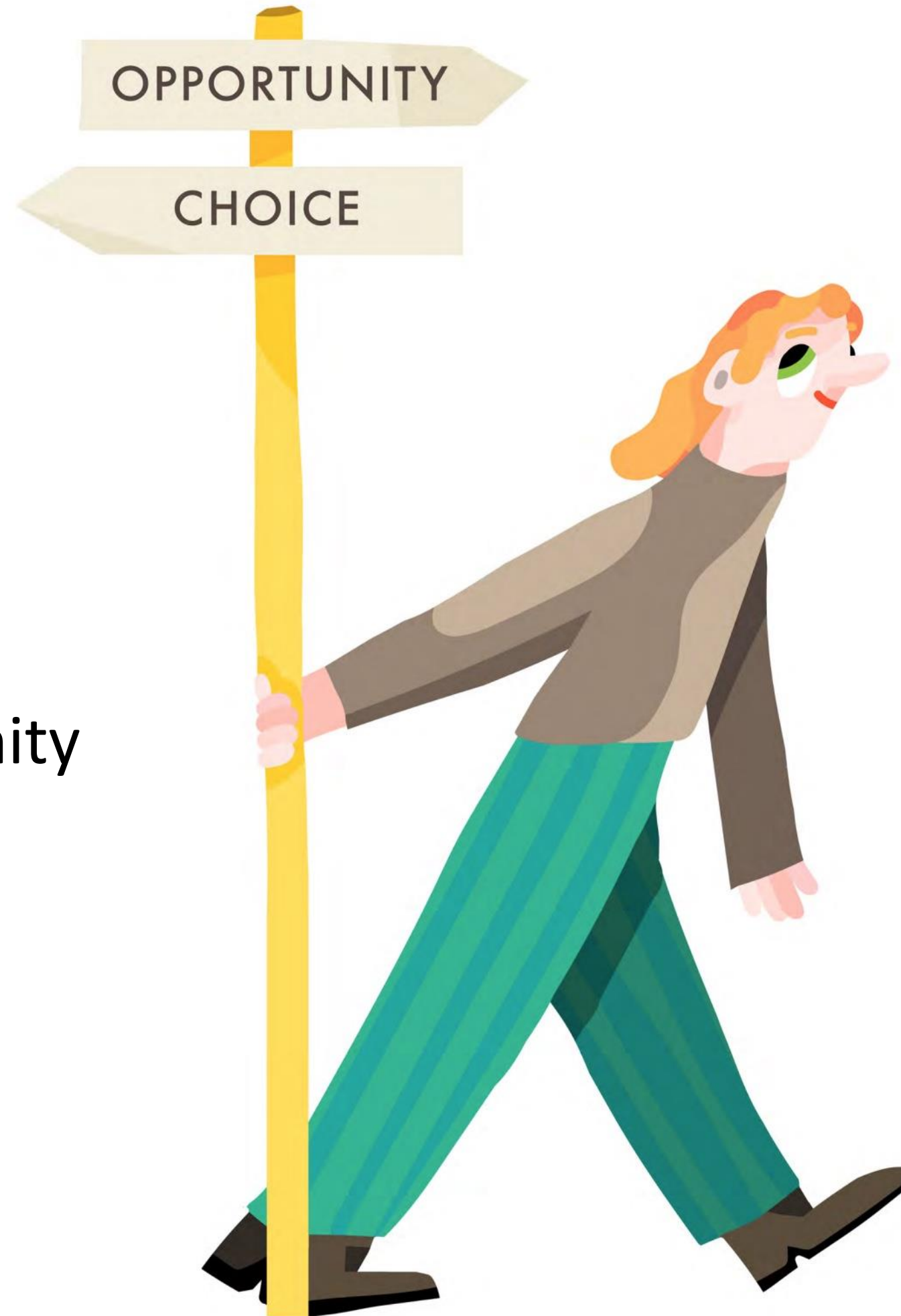
"There's a gentleman we support who loves to sit outside with the wind on his face.

That 10 minutes out there is worth just as much as going to see Britney Spears is to me.

How do we capture those important things to people?"



Let's sort out the
difference between
choice and opportunity

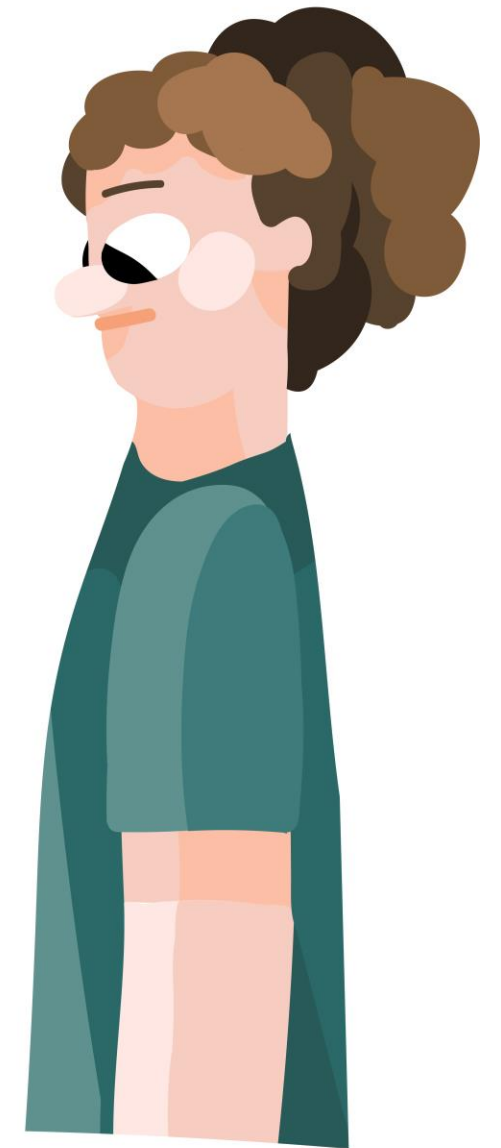


Alan

Choice is small and often between two things.

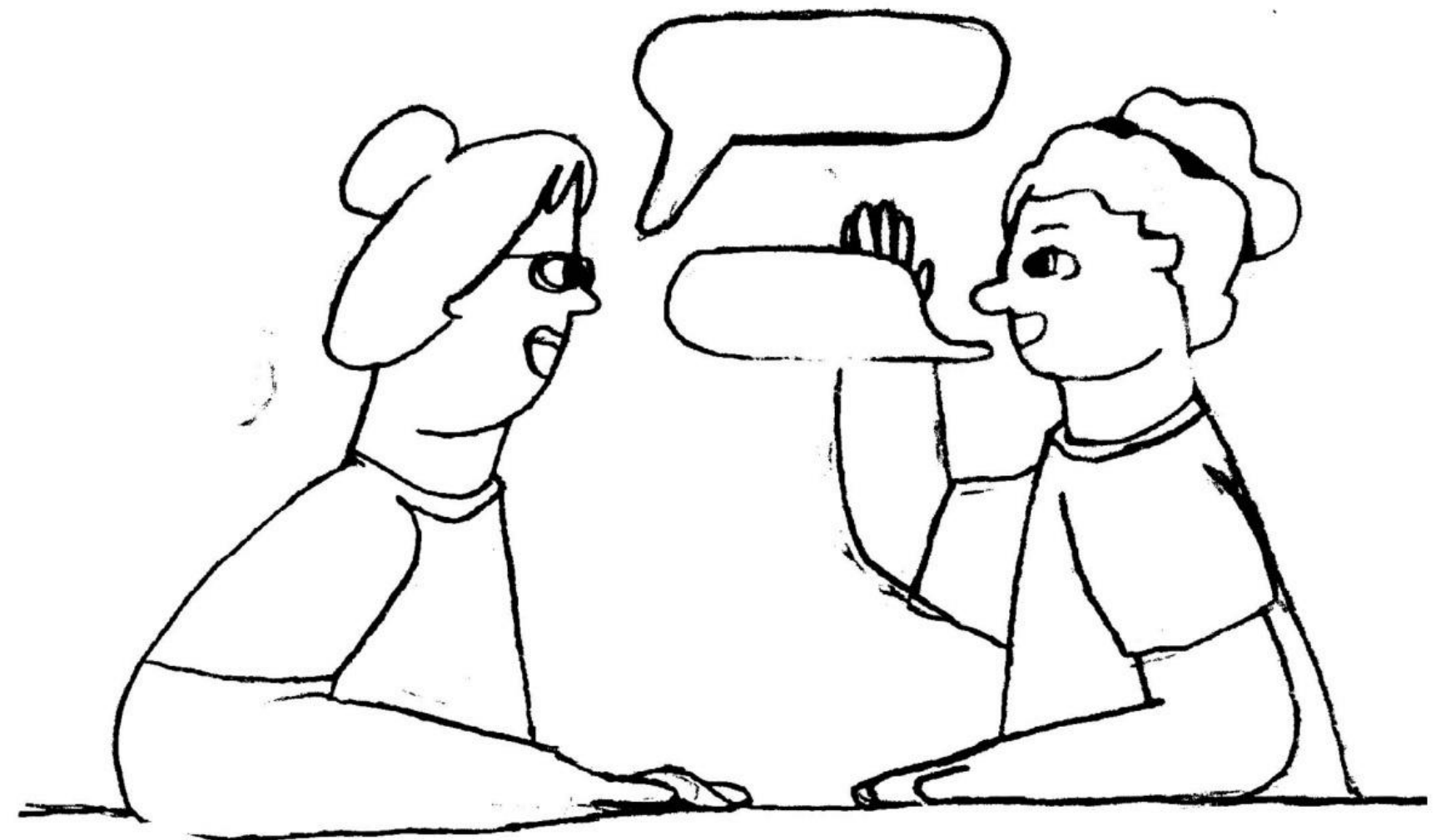
Here Funmi is being offered chicken nuggets on the one hand or chicken dippers for tea.

Opportunities can be countless.



Funmi loves cooking.
She and her support
worker talk about what to
cook.

Opportunities open up
other opportunities.



Alan

They go to the supermarket to buy ingredients and spend the afternoon cooking for her housemates.



Why are choices often reduced to two things?

Why might Funmi be offered nuggets and dippers when she loves cooking?

What are the benefits to Funmi, her housemates and support workers if she is supported to cook?

Part 3.

Rebecca

Let's think
about what
is important
to live a good
life.



Beth



Confidence

Confidence is needed to 'put yourself out there', to chat to different people, try different things.

Beth



It's important to support people to try new things.

They may find new things they love doing.

He had a part-time job where he was delivering leaflets with support.

So he was walking which he loved....

He was going door-to-door, getting out in the community, being confident.

Jane, Josh's sister



Beth



It's important to understand where
people feel confident.



Belonging

You can belong in different ways.
In a place, to a group of people, or
do activities that may make you feel
you belong.

Rebecca

I have 4 dogs
and when I'm out
with them I feel like
I'm part of their
pack.

I get like an
unspoken sense of
belonging with
them.

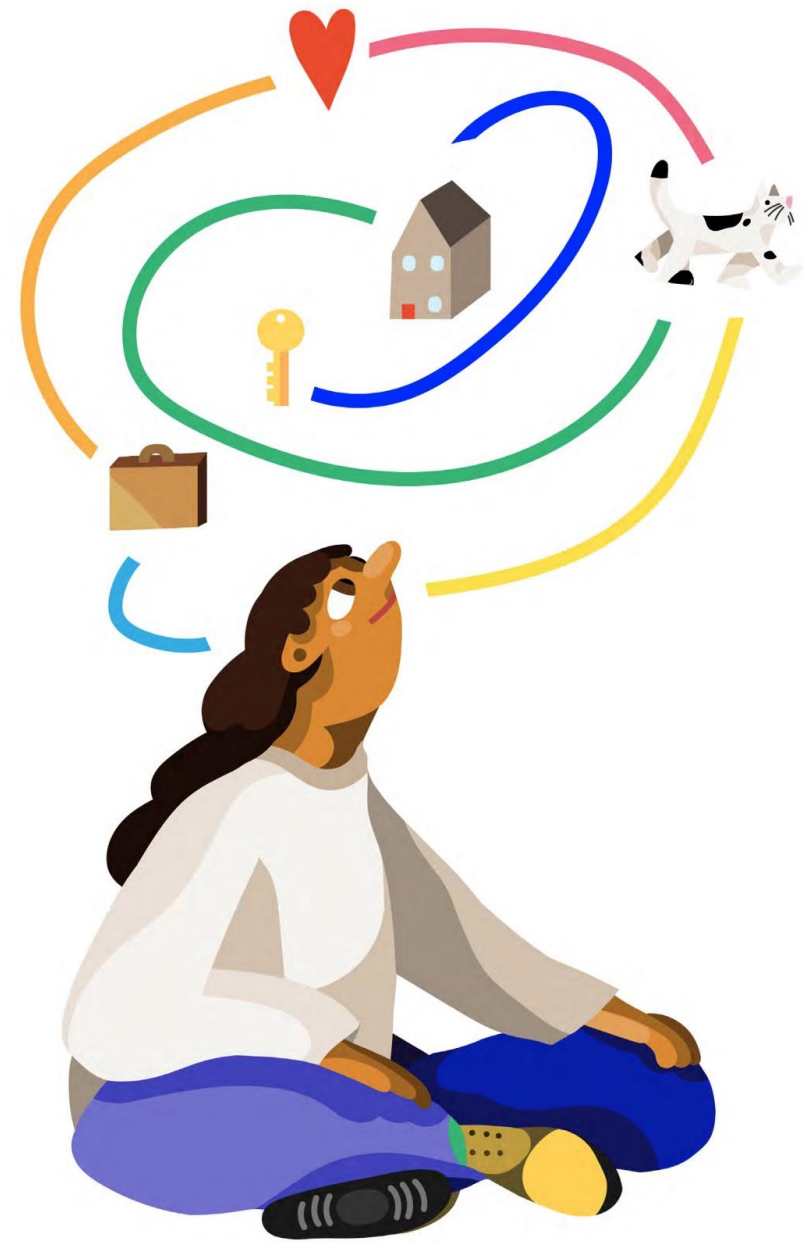
**Michaela, support
worker**



Rebecca



It's important to know where people
feel they belong.



Thinking ahead

Thinking ahead, and sharing that thinking, can lead to fuller lives and opportunities.

Alan

So, David [support worker] actually helps me with the stuff maybe to do in the future and things...

So maybe when I reach my 30's I might be doing something different, but I'm not sure what will happen then.

Fergus



Alan

THIS week

THIS MONTH

THIS year

When did you last think ahead?

To round up what we've said...

It is important to know what it is that people really love to do.

And make sure they have **opportunities** to do those things. This is the core to wellbeing.

It is also important people have opportunities to try new things that they may love doing.

Confidence, belonging and thinking ahead are key to a good life.

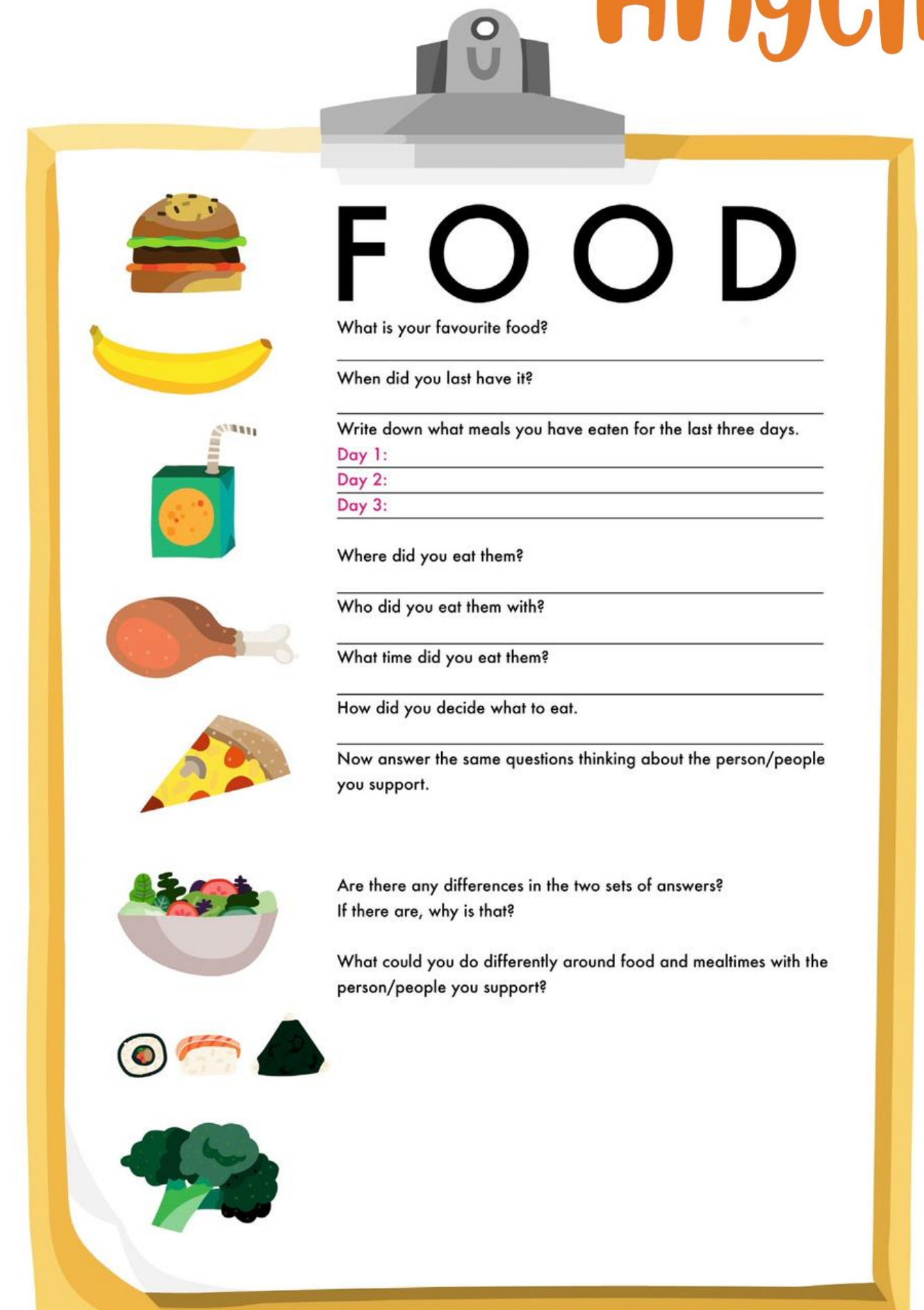


... and what we are planning!

To make a website with films, lesson plans and quizzes to help you check you are going along the right lines.

This can be used by social care and health staff and students, schools, the Care Quality Commission, support providers, self-advocacy groups, family carers and anyone else.

Angeli



FOOD

What is your favourite food?

When did you last have it?

Write down what meals you have eaten for the last three days.

Day 1:

Day 2:

Day 3:

Where did you eat them?

Who did you eat them with?

What time did you eat them?

How did you decide what to eat.

Now answer the same questions thinking about the person/people you support.

Are there any differences in the two sets of answers?
If there are, why is that?

What could you do differently around food and mealtimes with the person/people you support?

Angeli

REMEMBER!

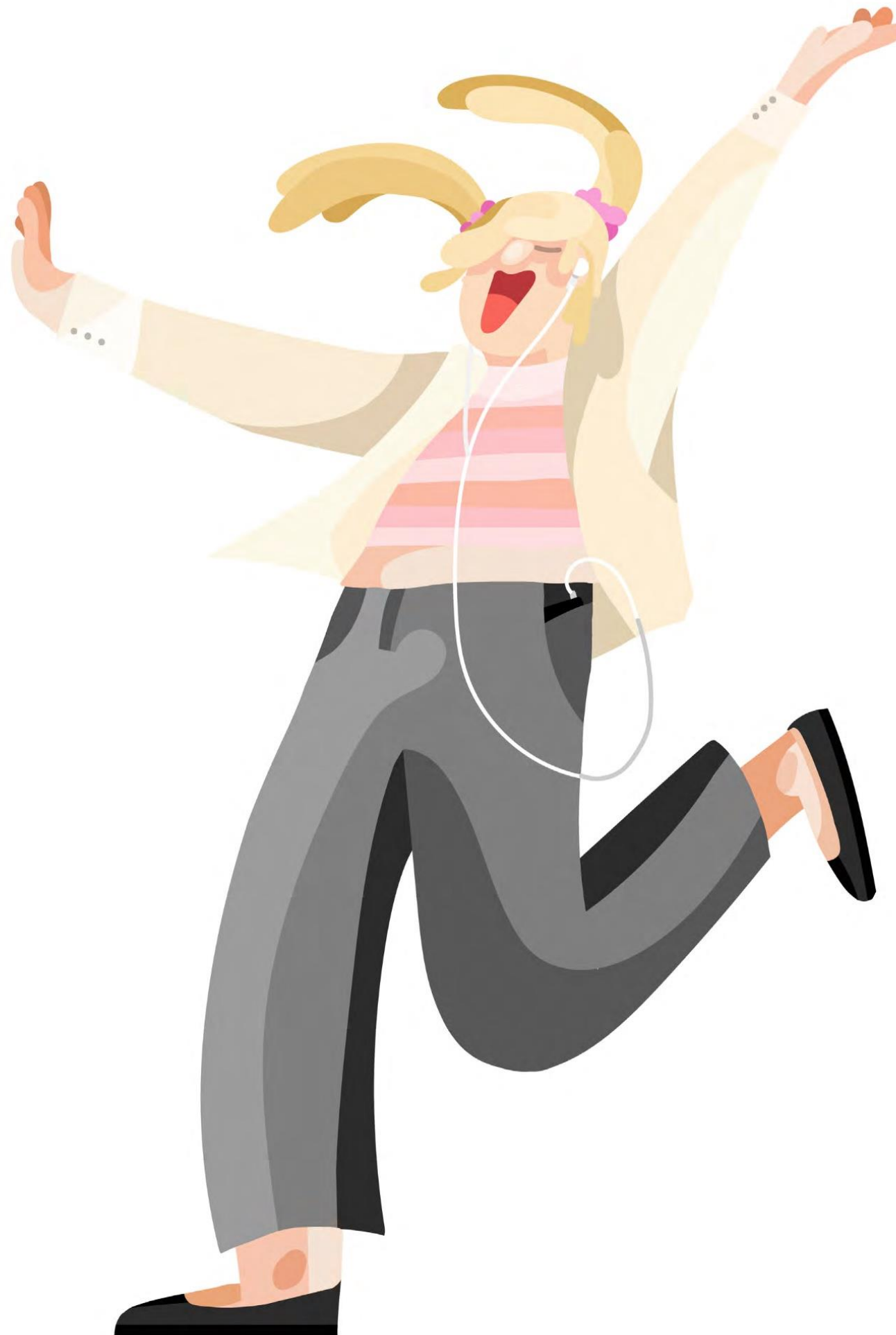
The ideas we have talked about here are important for all of us to live good lives!



Angeli

So!

What do you think about
what you've heard today?



Thank you!



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Evaluation from today's session

Please complete

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Thank you



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