

Measuring happiness: how to put well-being at the heart of the community
A wellnet event - the Well London learning network

Agenda

- 9.30-10am Registration and refreshments
- 10am **Welcome, outline of event and housekeeping** – Samantha Heath, London Sustainability Exchange
- 10.05am **Happily measuring happiness and well-being** – Nicola Steuer, new economics foundation
- 10.20am Questions and answers
- 10.35am **Introduction to Well London and Well London mental health and well-being projects** - Sherry Clark, SLAM
- 10.45 Questions and answers
- 11.00 Refreshments and interactive exercise

Exercise

Step 1: Delegates are asked to get into groups of 3 and discuss how their projects meet aspects of well-being as set out in the new Well-being postcard* (*connect / be active / take notice / keep learning / give*).

You should then write your project title on the post-it note.

Step 2: Then please go to the appropriate poster and choose one of the selected national indicators** that could apply to your project.

Write your specified NI number and how it might apply to your project post-it note.

A member of staff will be available to help you identify which national indicators might apply.

* To be found on delegate chairs on arrival

** The following are the national indicators that will be used for this exercise.

- 11.45 Workshops – delegates to go to allocated workshops identified by coloured writing on your badge.

Format of workshops – workshops will run for one hour

- Presentation by workshop leader
- Questions and answers

Workshop-wide debate around the following questions:

1. What are the opportunities and barriers to using this kind of approach/es?
2. What further support would be useful to help people use these approaches more?
3. How can we work together better?

A note-taker will record the outcomes of the session for distribution at a later date.

Workshop 1:

The How of Happiness - *Everything you wanted to know about wellbeing tools* - Dr Ilona Boniwell, University of East London

- Guide to current tools available and how to use them
- Advantages and disadvantages of tools
- Tools include:
 - *Satisfaction with life scale* (Diener et al)
 - *The Subjective Happiness Scale* (Lyubomirsky)

Room 11 (across courtyard) – red badge

Workshop 2:

Practical guide to Mental Well-being Impact Assessments - Nerys Edmonds, SLAM

- How to identify potential positive and negative impacts of a project or proposal on mental well-being
- How to create an action plan for a project to enhance positive impact
- Developing specific indicators (measures) of mental well-being for projects

Room 3+4 (ground floor) – green badge

Workshop 3:

Incorporating well-being into your projects - Professor Angela Clow,
University of Westminster

- Making sense of well-being in community interventions
- How can well-being promotion benefit disadvantaged communities?
- How can this influence behaviour change?

Room 6 (1st floor) – blue badge

Workshop 4:

Can local authorities find a way to make us all happy? – Dr Marcia Brophy,
Young Foundation

- To explore how local government intervention in key areas can increase happiness and wellbeing
- To establish the value to local government of prioritising happiness and wellbeing in service delivery and strategic planning
- To establish robust and cost effective ways of measuring happiness at local level

Room 8 (main room) – black badge

12.45 **Return to main room for summing up and next steps** – Samantha Heath

1pm Lunch and chatting

All presentations, outcomes from workshops and other resources will be available on the well london website at a later date: www.london.gov.uk/welllondon/

Please remember to fill in your evaluation forms before you go!