

PHYSICAL & SOCIAL

WELL-BEING AND

LIFELONG

LEARNING

VISION

**A parish in which a wide range of
physical, social and leisure activities
enhances Well-Being**

STAGE 1 RESULTS

Well-being encompasses physical, mental and emotional health and these help build resilience. A healthy and sociable lifestyle helps prevent ill-health

Only 16 offered their skills as a service but this represents over 10% of all responses. Although only a minority expressed interest in local courses and ‘tasters’, these are enough to explore further.

Key for pie charts:

Strongly disagree

Disagree

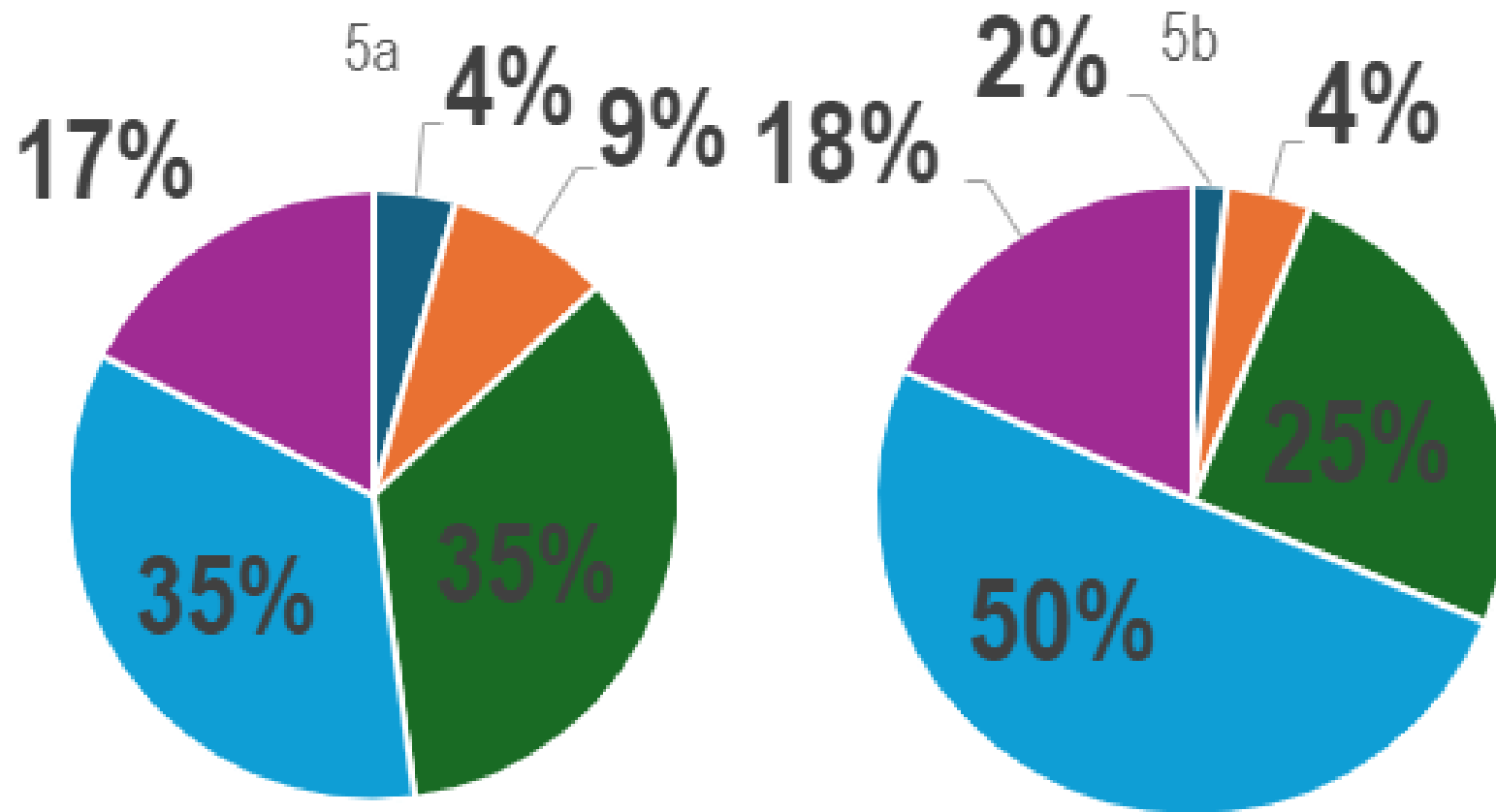
Neutral

Agree

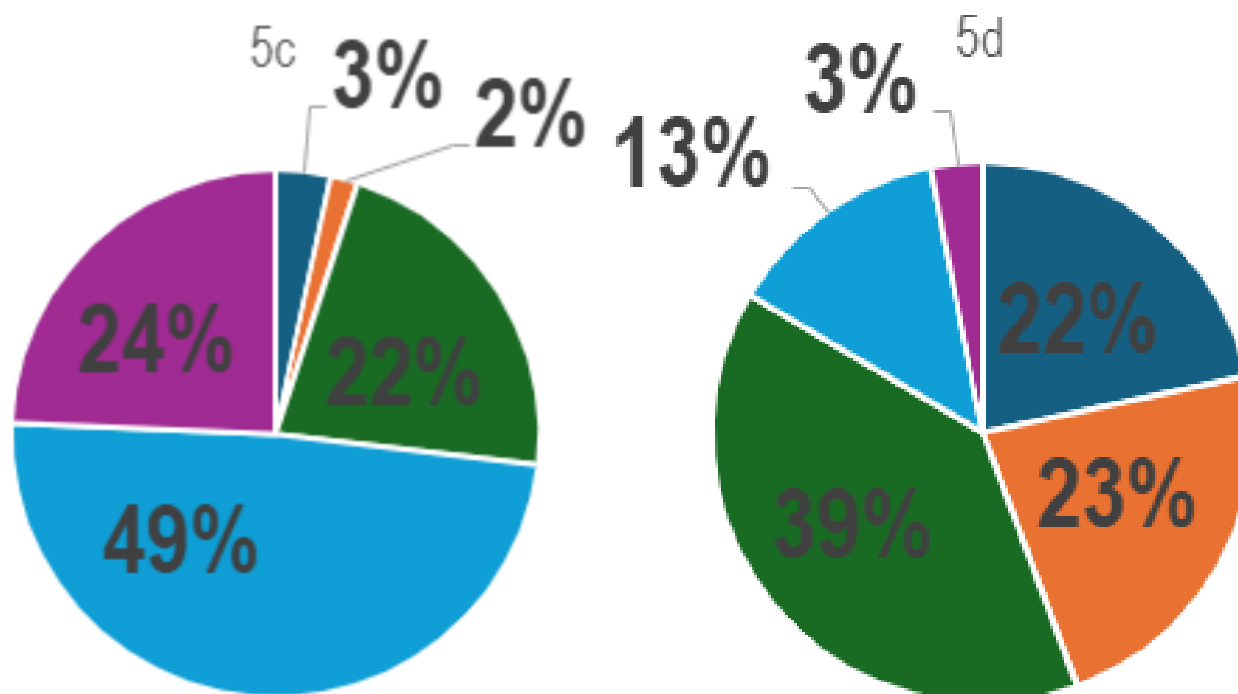
Strongly agree



We asked: (5a) Would you support the creation of a Well-Being strategy for the Parish and all Roseland?
(5b) Could life-long learning activities available locally make an important contribution to Social Well-Being? You said:

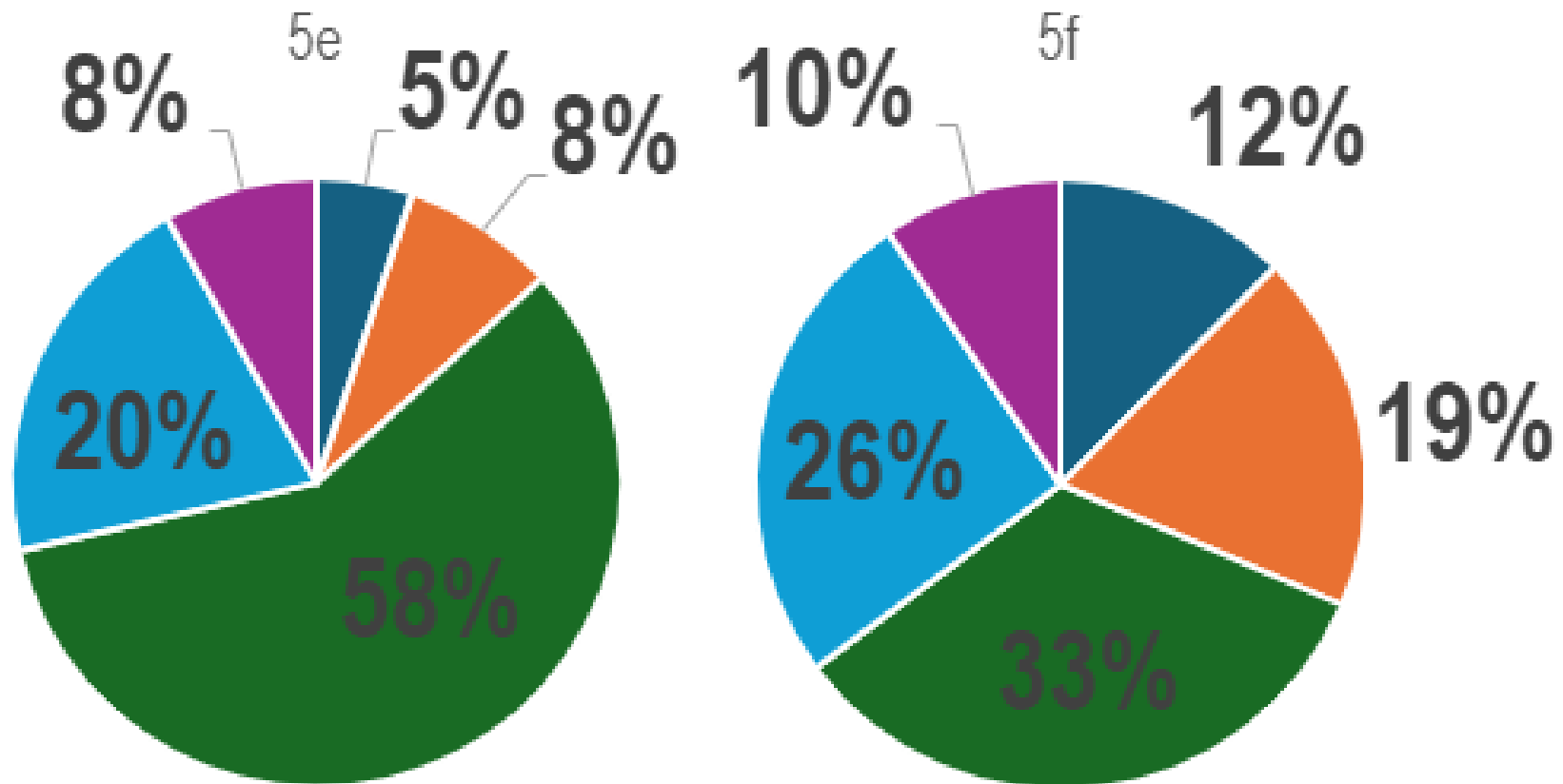


We asked: (5c) Would a local mentoring programme supporting young people and those who seek guidance be useful? (5d) Would you consider offering a skill, craft or expertise as a course (or as mentoring) within a locally structured programme?
You said:



We asked: (5e) Would you like to see courses available locally?

(5f) Would you be likely to come along to a 'taster day' covering a broad range of courses? You said:



STAGE 2 CONSULTATION

Well-Being Strategy

Stage 1 gives the mandate to develop a strategy that will be presented to the Parish Council and the community jointly.

Proposal 1 – Create ‘Clubs & Societies Directory’

To include activities across Roseland. It would be regularly updated. Although well-advertised when formed, visibility of clubs is lost over time.

Proposal 2 – New Activity Groups

Several new groups were requested. Which groups would you join? A full list is on the sheets opposite.

Proposal 3 – Establish a Mentorship Database

Would this be an asset to the Community? Would you use the service? Several people have offered their skills.

Proposal 4 – Taster Sessions

If you would like a Taster Session, which ones?

List of Potential Courses

A- Aromatherapy, Art [All kinds and mediums - drawing, sketching, portraiture, animal drawing, acrylics, oil, water colour, pen and ink, mosaics, murals], Archery, Allotments, Aura Reading.

B- Batique Art, Breathing and Breath control. Basket making. Bowls. Bat
Hunting walks, Beach yoga. Boat Maintenance

C- Creative writing, Ceramics, Cookery, Crochet, Chanting, Cooking with a
Slow Cooker, Cookery from around the World, [themed cookery with feasts],
Carpentry, Coffin Making, Working with Crystals. Coracle making

D- Drawing, D of E courses for different levels. Day trips by minis buses to
places of interest. Dancing - all different types including Ballroom

E- Embroidery, Energy Medicine,

F- Forest bathing, First Aid, Flower Arranging, Face Painting, Foraging,
Fishing, Facials and other relaxation treatments, Forest School

G- Gong bathing, gardening, graphic design, Glass engraving, Glass art, Gut
Health. Gardening. Folk Song singing

H- Hypno Therapy, Gregorian Chanting. Health Care. Homeopathy
I- IT skills, Improvised Drama. Instruction courses for different Skills. Indian
Head Massage. Intuition Work.
J- Jewellery making. Judo.
K- Kayaking, Knot tying.
L- Line Dancing, Localisation courses and examples.
Meditation, Mask making. Mosaics. Music making. Massage Murals
N- Navigation. Nail care and Nail Painting.
O- Origami,
P- Portrait painting, Pastel Art, Painting - Water Colours, Acrylics, Oil.
Permaculture. Pottery, Gardening. Puppet Making. Petanque. Pebble Collecting
and Painting. Poetry Writing and Poetry sharing, Poems, Pasties, Pints {or
Pims}, Pheasant Shooting.
Q- Quilting
R- Recycling clothes and household items. Reflexology, Reiki. Retreats.
Repairing furniture or gadgets.

S- Screen Printing, Sewing, Sound B, Knitting, Judo Sailing

T- Tapping, Theatre Craft, Table Tennis, Tennis coaching, Tree care, Tree Planting, Tarot Reading, Team Building, Tie Dying

U- Updating clothes. and tree care and Knowledge Still Life painting/ drawing.

V- Visualisation, Vegan cookery. Visiting Churches, Castles and Standing stones. Visiting Gardens. Visiting Recycling Centre. Vase Making.

W- Wild water swimming, Wind surfing, Weaving, Wine making, Wood Turning , Water Sports Instructors course. Walking coastal foot paths. Water divining, Wine Tasting.

X-

Y- Yoga

Z-