



# My Wellbeing

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Health and Care Welfare Reform Event  
West Park  
March 19<sup>th</sup> 2015



# StobsWELLbeing definition

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*Mental wellbeing is how we feel, think and behave. It is affected by lots of things, such as where we live, whether we feel useful and valued, and the kinds of relationships we have with others. Mental wellbeing is important for everyone.*

**Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks**

<b>STATEMENTS</b>	<b>None of the time</b>	<b>Rarely</b>	<b>Some of the time</b>	<b>Often</b>	<b>All of the time</b>
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing well with problems	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

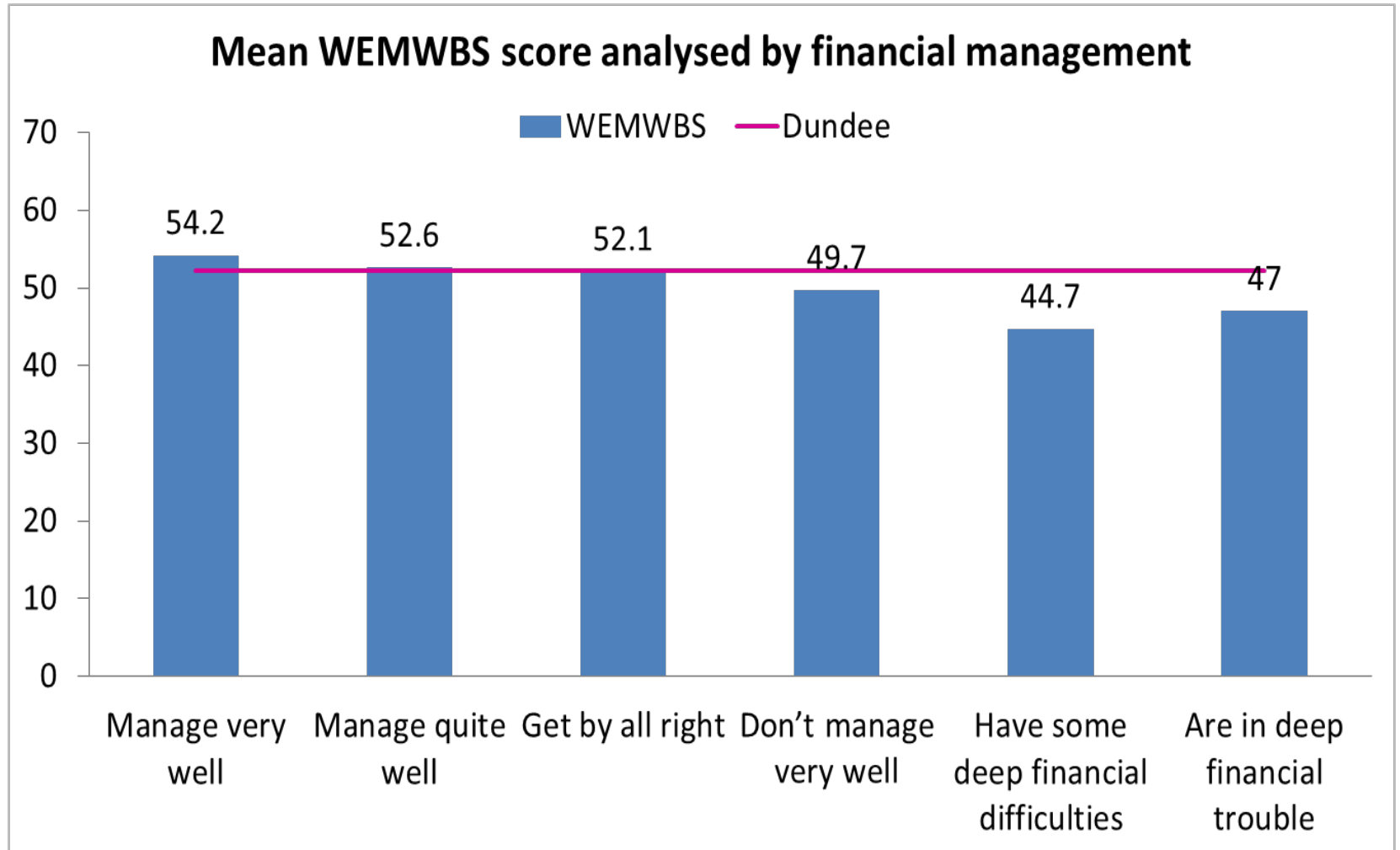


# Wellbeing in Dundee: Results from Citizen Surveys

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- Mean score in Dundee tends to be slightly higher than the national benchmark
- Mean score for those living in CRAs is lower than those in non-CRAs
- Population groups experiencing lower than average mental wellbeing are:
  - Older people
  - People without social support networks
  - People with poor self reported general health
  - Those struggling financially

# Financial management



## Karen: In poverty (25% of population)

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Karen has a part time job in a local supermarket where her husband also works as a delivery driver. Their shift pattern means that they manage to look after their three children between them but sometimes hardly see one another. They claim a range of benefits and often struggle to make ends meet. Their washing machine broke down recently and they have no savings to pay for a new one. Their oldest child is asking for money for a school trip and Karen is considering taking a pay day loan to finance it.



# My Wellbeing

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- Health and Lifestyle
- Coping well
- Supportive social circles
- Being included and treated fairly
- Money, work and learning
- Safe and pleasant surroundings

<http://www.dundee.gov.uk/mywellbeing>