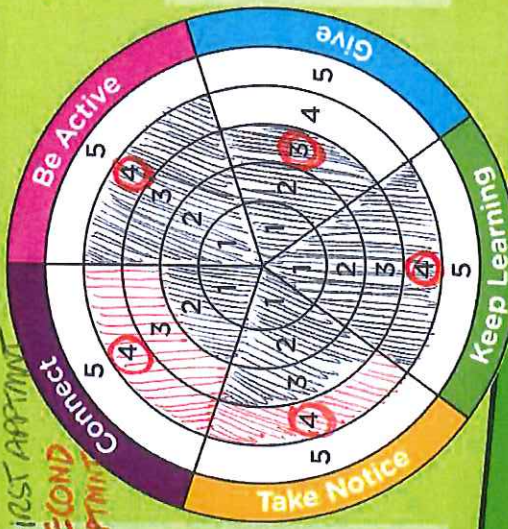


# Wellbeing Review Follow-Up

Please use this sheet to record the progress you have made since your first Wellbeing Review. You can also make a list of the things that help to keep you well.



**1.** Using the wheel on the right, mark your original wellbeing scores in one colour and your follow-up wellbeing score from today in another colour to show your progress.

## 2. What I have achieved

Since my first Wellbeing Review I have...

- ARRANGED A MANAGEABLE DEPARTMENT FOR GAS BILL
- JOINED A [REDACTED] GROUP AND RELATIONSHIP WITH
- MET NEW MUMS AT THE CHILDRENS CENTRES
- BAKED A CAKE FOR MY NEIGHBOURS

## 3. What keeps me well?

Make a list of people, places or organisations that may help you to improve your wellbeing:

Skills that I have...

- GOOD MUM
- COOKING
- CLEANING
- PEOPLE SKILLS

Places to go...

- [REDACTED] GROUP
- [REDACTED] CHILDRENS CENTRES
- NEIGHBOURS

People that I know...

- [REDACTED]
- SISTER IN LAW
- FRIEND IN [REDACTED]
- NEIGHBOURS

Organisations to help me...

- UMBRELLA (GROUP)
- HALTON COUNCIL
- CAB
- WELLBEING ENTERPRISES



# Your Wellbeing Review

Your Community Wellbeing Officer will help you to complete this review. Please keep this sheet as a record of the activities you will carry out to improve your wellbeing.

## The Five Ways to Wellbeing\*

Current rating (1-5)	My wellbeing pledge is to...	Completed? ✓/✗
2	MEET OTHER MUMS THROUGH THE CHILDRENS CENTRES FIND AN [REDACTED] SUPPORT GROUP	<input checked="" type="checkbox"/>
4	TO DANCE WITH MY CHILDREN AT A DANCING CLASS	<input checked="" type="checkbox"/>
3	TO TAKE MORE NOTICE OF WHAT'S ON OFFER IN THE LOCAL AREA	<input checked="" type="checkbox"/>
4	FIND AN ENGLISH COURSE (WITH CRECHE FACILITIES) TO DEVELOP READING AND WRITING SKILLS	<input type="checkbox"/>
3	MEET MY NEIGHBOURS AND DO SOMETHING NICE FOR THEM (MAKE A CAKE)	<input checked="" type="checkbox"/>

## Overcoming challenges

Challenges identified:

- SORT OUT DEBT WITH [REDACTED] GAs
- RELATIONSHIP WITH [REDACTED]
- NEW TO THE AREA

Next steps and key contacts that can help:

- BOOK APPOINTMENT WITH CAB (0151 257 2449)
- CONTACT WELFARE RIGHTS (0151 511 8930)
- CONTACT [REDACTED] CHILDRENS CENTRE FOR MUMS GROUP (0151 257 2450)

What skills/resources do I have to help?

- I'M A GOOD MUM
- I'M A GOOD COOK AND I CAN LOOK AFTER MY HOUSE WELL
- GOOD PEOPLE SKILLS (WORKED IN A SHOP BEFORE)

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\* The Five Ways to Wellbeing source: nef (New Economics Foundation)

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