

Fact Sheet

# Wellbeing Collaborative

August 2016

## What is the Wellbeing Collaborative?

The Wellbeing Collaborative is a group of government and non-government agencies that work together to:

- promote awareness across government and the community that wellbeing is 'everybody's business'
- provide leadership across government and the community for the promotion of wellbeing.

Wellbeing Collaborative members come from a range of organisations including:

- Aboriginal Affairs NSW
- ACON
- Centre for Rural and Remote Mental Health
- Department of Education
- NSW Family and Community Services
- NSW Premier and Cabinet
- Hunter Institute of Mental Health
- iCare
- Local Government NSW
- Mental Health Commission of NSW
- NSW Justice Health and Forensic Mental Health Network
- NSW Ambulance
- NSW Ministry of Health

- NSW Treasury
- Public Service Commission NSW
- Transcultural Mental Health Centre
- WayAhead.

Wellbeing Collaborative members identify opportunities to collaborate and provide support to projects of mutual interest that promote wellbeing, they share knowledge, experience and tools in wellbeing to promote best practice and they also help raise awareness in the effectiveness of Mental Wellbeing Impact Assessment methodology (MWIA).

## GET INVOLVED

Join the Wellbeing Collaborative Network group on LinkedIn to get updates on wellbeing events and other announcements or visit the website.

[www.wbcnsw.net](http://www.wbcnsw.net)



Virtually all areas of policy making, commissioning, and provision of goods and services are capable of producing mental wellbeing. Derived from Health Impact Assessment methodology, Mental Wellbeing Impact Assessment (MWIA) is a systematic evidence-based methodology that enables organisations to determine the impact that their projects, policies and proposals may have on the wellbeing of communities and capitalise on opportunities to promote mental wellbeing, minimise risks and measure success.

Maudsley International has worked with the Mental Health Commission of NSW to promote the use of MWIA and highlight the effectiveness and potential for policy makers and services to impact positively on the population of NSW.

Tony Coggins and Anthea Cooke, co-authors of the Mental Wellbeing Assessment toolkit, have trained people in Australia as facilitators of the MWIA process. Teams of representatives from a range of organisations completed a MWIA on three demonstration sites: ACON, Greenway Housing Estate and NSW Education and Communities. These assessments identified impacts and also recommendations for action that could improve positive impacts on mental wellbeing for service users.

*This fact sheet has been produced by the Wellbeing Collaborative. Find out more about wellbeing and how it can be applied to your work.*



## Wheel of Wellbeing

Research is showing how certain actions, activities and practices can improve mood, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven years to our lives. The Wheel of Wellbeing (WoW) is an innovative health promotion initiative that aims to improve people's understanding of mental health and well-being. It is a simple framework designed to translate wellbeing theory into positive practice to help build more flourishing communities.

The WoW website, [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org), includes a practical collection of free tips, tools, activities and ideas, all designed to inspire people to develop new ways to improve wellbeing, for themselves, their families and communities.

