



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
12-18 MAY 2025

# **Elevating the role of Community in creating good health and preventing illness** (Both Mental & Physical)



# **Welcome One and All**

**Elevating the role of Community in  
creating good health and preventing illness**  
(Both Mental & Physical)



**Welcome from Chair**  
**Gary Woodman,**  
**CEO Worcestershire LEP**

**Elevating the role of Community in  
creating good health and preventing illness**

(Both Mental & Physical)



# **Welcoming Address**

**Professor Lisa Stansbie,**

**Pro Vice Chancellor for Education, Culture and  
Society, University of Worcester**

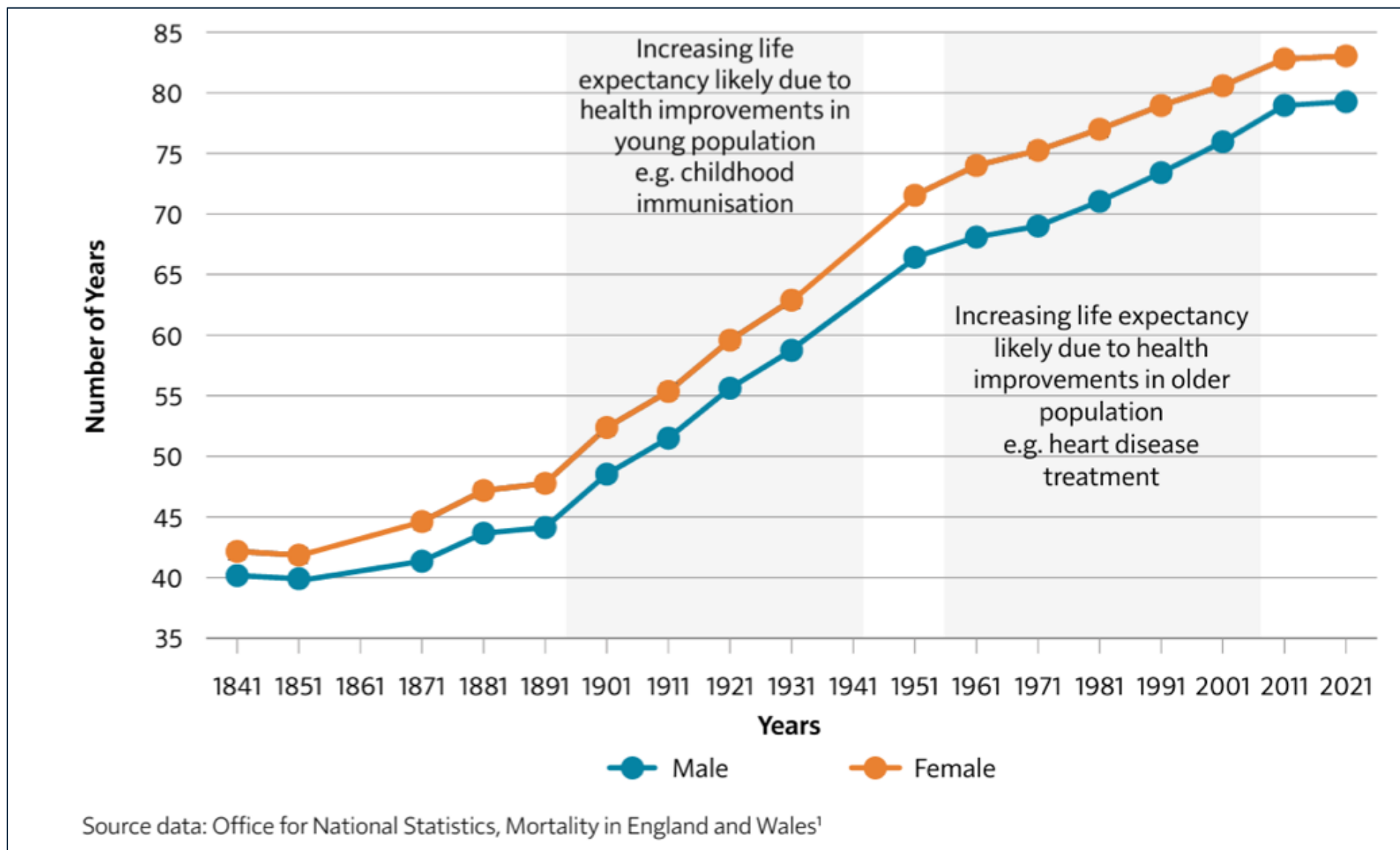
**Elevating the role of Community in  
creating good health and preventing illness**  
(Both Mental & Physical)



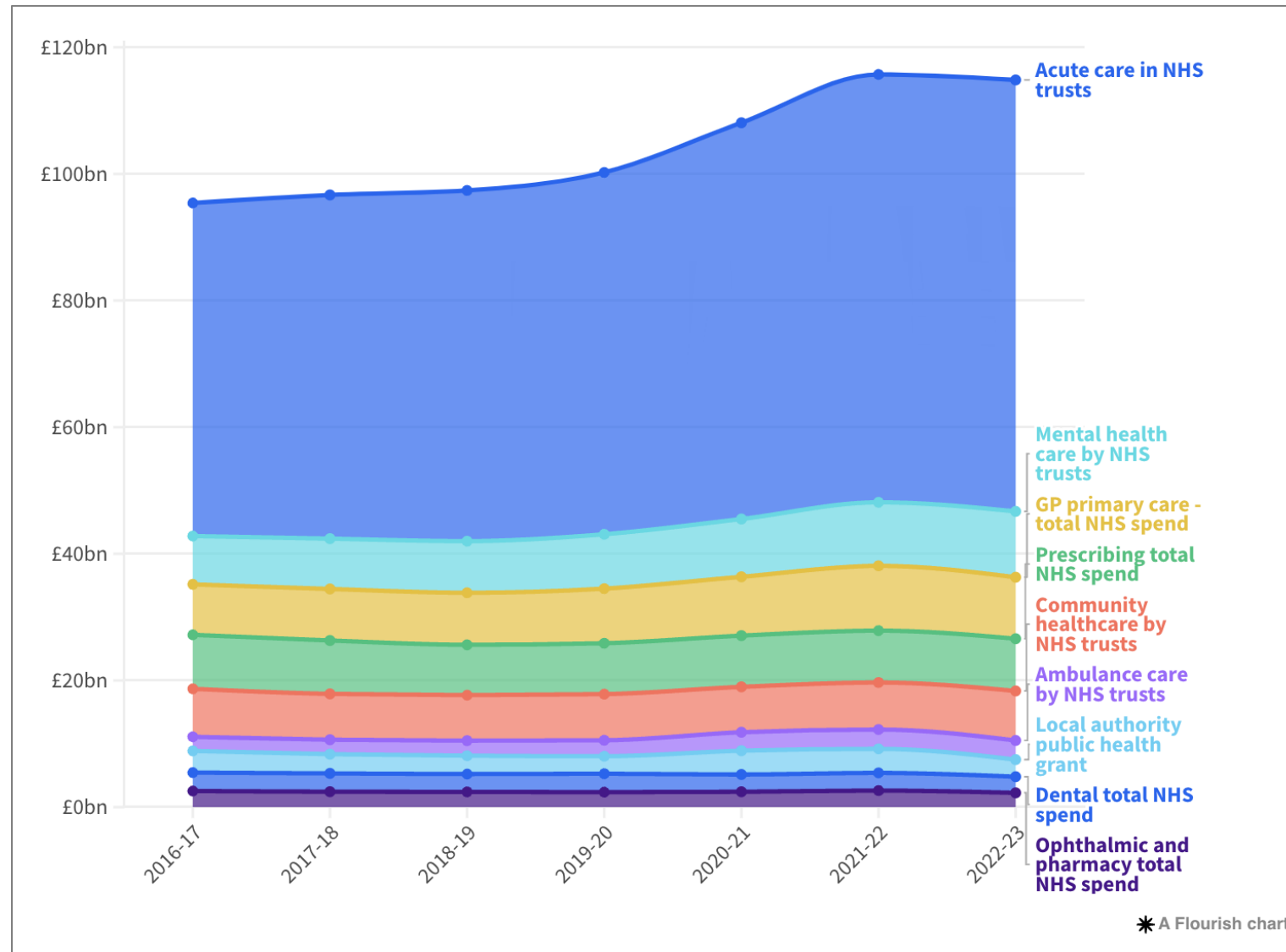
# Fireside Chat

**Dr Simon Lennane and Prof. Richard Humphries**  
guided by Frank Myers Acting CEO of Community First  
in Herefordshire and Worcestershire

# The success story of our longer lives

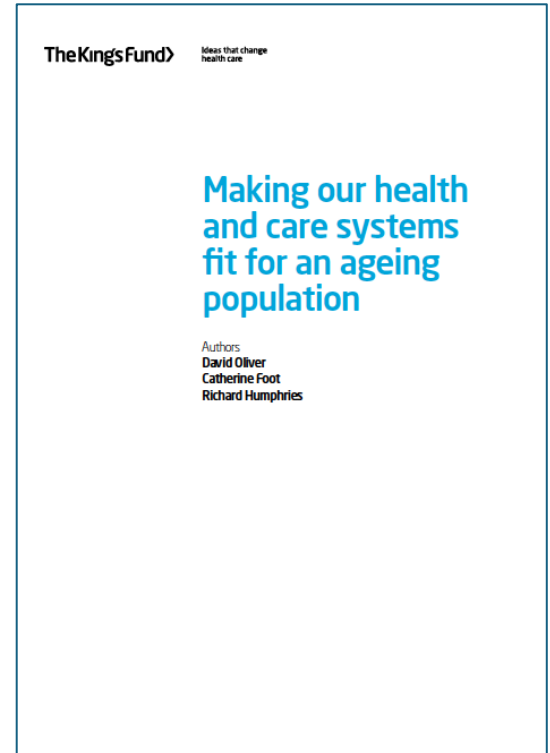


# Where does all the money go?



Source: Nuffield Trust, May 2024 <https://www.nuffieldtrust.org.uk/resource/where-does-the-nhs-money-go>

# What does good care for older people look like?



[https://www.kingsfund.org.uk/sites/files/kf/field/field\\_publication\\_file/making-health-care-systems-fit-ageing-population-oliver-foot-humphries-mar14.pdf](https://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/making-health-care-systems-fit-ageing-population-oliver-foot-humphries-mar14.pdf)



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# Break Time

Please take photos and upload them  
to your social media platform of choice,  
describing "**what community means to you**"  
and include the hashtag **#ThisIsMyCommunity**



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# Table discussion

**Elevating the role of community in creating good health  
and preventing illness (both mental and physical)**

**What part do you play in making that happen?**

**Any questions for the panel?**

**Elevating the role of Community in  
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# **Will Thomas**

**Creator of “My Perfectly Wonky Life”, Vision for Learning,  
Award winning author and Associate Lecturer,  
Masters in Coaching and Mentoring, at University of Worcester.**

# The Perfectly Wonky Life and The Well Being and Recovery College

**With Will Thomas**

**Registered Hypnotherapist, LIFE and EXECUTIVE Coach, Counsellor, Author,  
Associate Lecturer, Long-suffering Dog-parent**



**WillThomas**  
COACHING & THERAPY

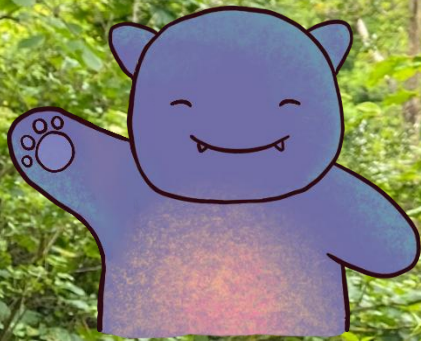
**ITOL**  
INSTITUTE OF TRAINING &  
OCCUPATIONAL LEARNING

<https://willthomascoaching.com>  
<https://perfectlywonkylife.com>



# “Cat people having a dog experience”

15 years ago...





# the Perfectly Wonky Life and the college this session...

- Why be interested...self, others, teams, growing skills
- The WELL being and recovery college is awesome!
- What is a wonky life and a perfectly wonky life? – How two of the courseS came about
- The perfectly wonky life and EFT Tapping
- Some takeaways AND SIGNPOSTS



# The H&W Well-being and recovery college is awesome!

- launched in April 2021 – initial FUNDING VIA NHS (captain TOM FUND)
- 1700 people registered with us
- currently have 133 learning opportunities on offer
- work with 40+ partners spanning both counties, including NHS, local authorities, a few specialist private sector providers and VCSE
- 92% of people completing ‘before-and-after’ WEMWBS Maintain or IMPROVE Their Mental Health and Well-BEING
- Callers to the hub regularly say they feel really listened to by the team

# College scope

- OFFERS range from mental Health first AID COURSES to craft and social groups to specialist self-support and more
- Meet online, self study and supported study and in-person in the community
- Spans the two counties
- Supports those needing help with well being and mental health
- Supports the supporters – MHFA, Facilitations skills, Wellbeing programmes, preventing compassion fatigue and burnout
- Was initially funded but now running on reserves...we do need support to continue – ideas welcome!



# What college USERS say...

"One of the best occupational courses I have attended. Very inclusive teaching and safeguarding for all attending. Looking forward to being able to help my community with the new knowledge and skills"

"I have to say these sessions are amazing,...They have had such a positive effect on myself"

"This course was absolutely wonderful...it was very therapeutic to talk with other carers and craft with natural materials...and also learn from everyone....it was a very calming experience...I suffer with severe anxiety"

"It was a lovely balance of awareness of mental health and resilience, alongside craft and increasing awareness of natural materials around us".

"I got the opportunity to get out of my house, which I often find difficult...."

"I went home and cried it was like a huge release had happened and I just couldn't wait to come back!"

"I was having such a bad time I didn't think I could come but I really looked forward to it"

"The only time I feel calm is when I am here"

"You have been just so accommodating to all my health needs thank you!"

"I got the opportunity to get out of my house, which I often find difficult...."

"It has really helped me understand thoughts and express them."

"How did you feel after a session? "Lighter, heard, connected to myself more."

Wonky Life...

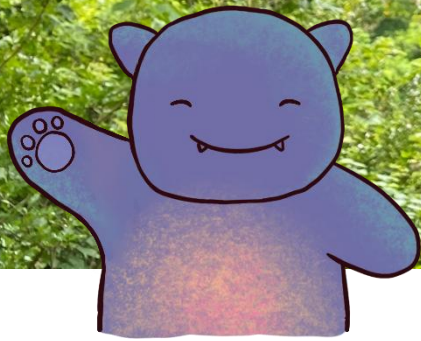


Herefordshire and Worcestershire

**Wellbeing and  
Recovery College**

“Cat people having a dog experience”

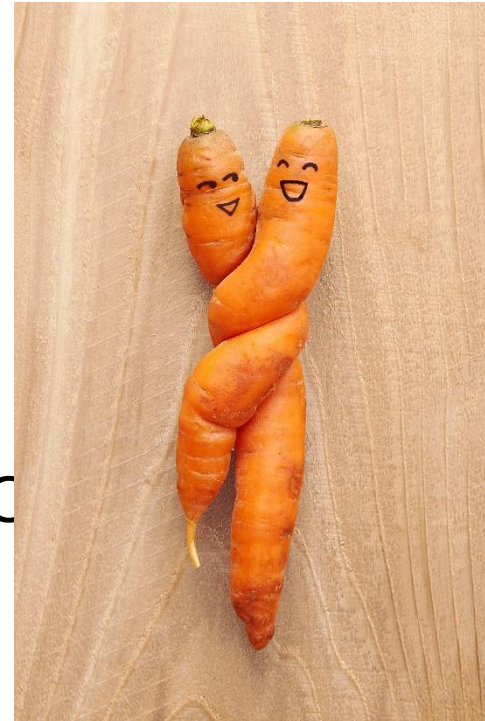
15 years ago...



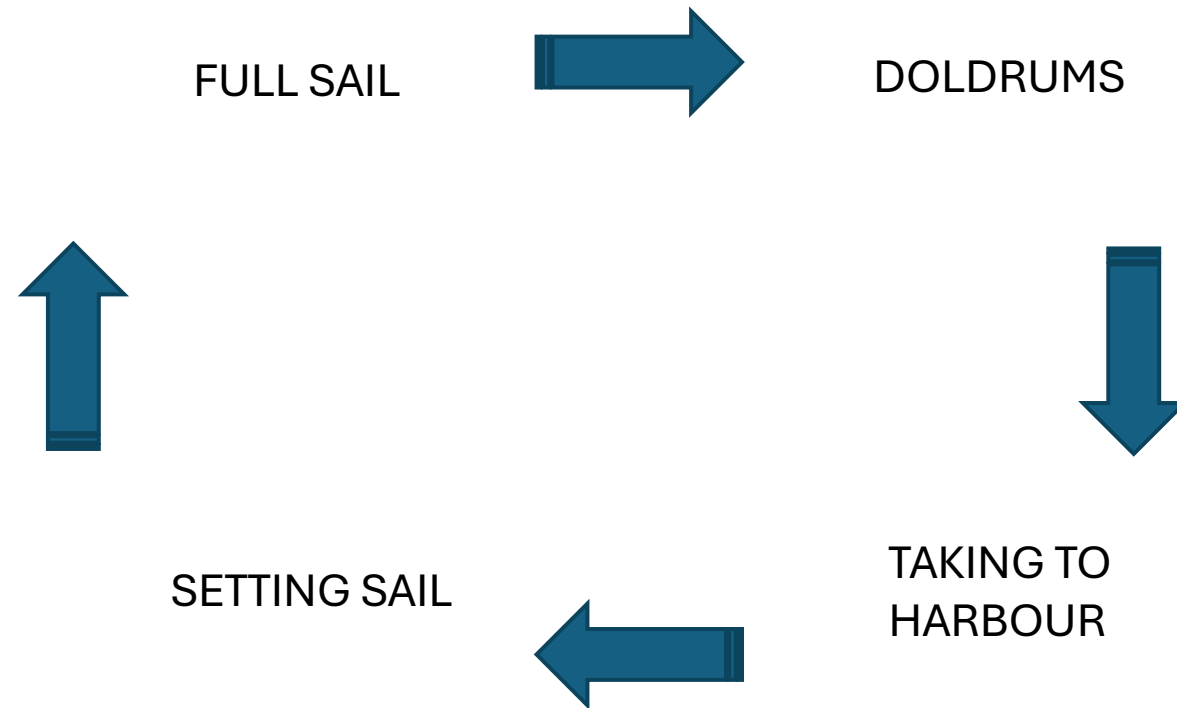


# WONKY & Perfectly Wonky Life

- Weird Wonky Veg Moment
- The Linear Life – the myth
- The wonky life
- The perfectly wonky life IS BC
  - PWL Course
  - EFT Course
  - Book

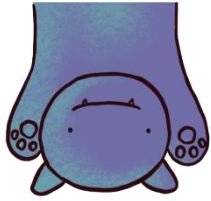


# Linear life vs Cyclical life



<https://perfectlywonkylife.com>

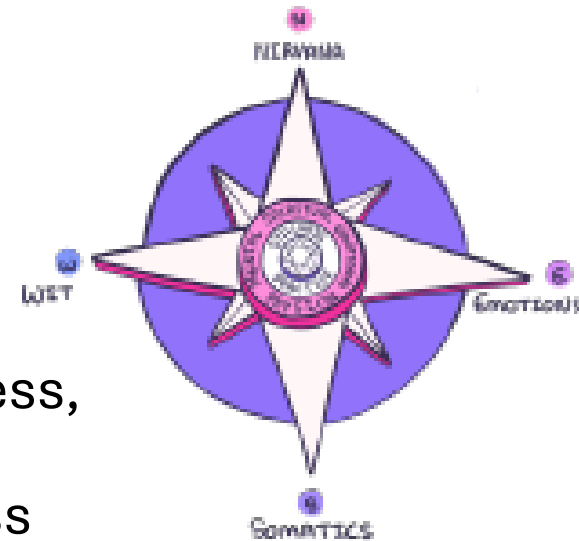




# The Perfectly Wonky Life Online Course

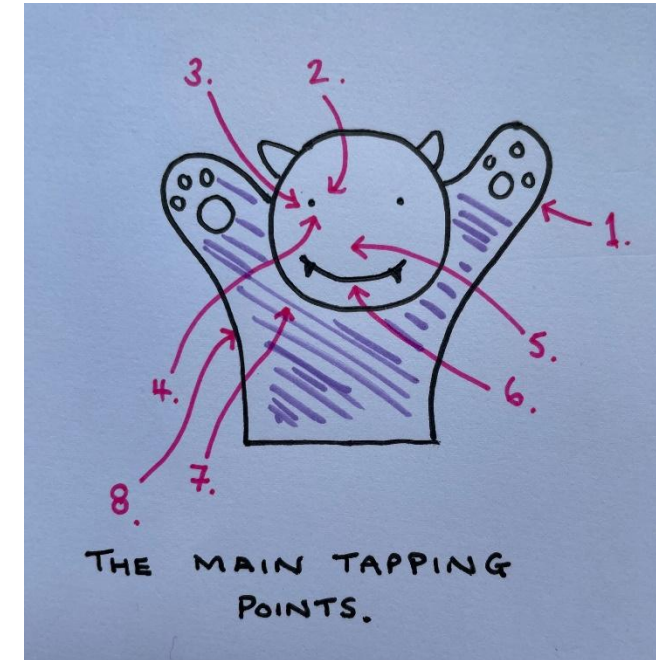
Up to 12 hours of self study – audios, VIDEOS, downloads, tools, ideas and ways of thinking that can help you move into thriving

- Introducing THE Perfectly wonky life
- Your strengths and resources
- Rewriting your story
- Life balance compass and tools for thriving
- New habits, new tools for thriving - Mindfulness, EFT, NLP
- more tools, next steps and sustaining progress



# Managing Difficult Thoughts and feelings using EFT Tapping Course

- EFT Around since the 1980's – GARY CRAIG
- Last 10 years STEEP increase in quality research
- 150 + quality research papers including RCT's and Meta Analyses
- GROWING BODY OF EVIDENCE FOR Effectiveness for:  
PTSD, Depression, Pain relief, well being Improvement and stress reduction AND BURN-OUT PREVENTION, SELF SUPPORT
- 2 hour course free with the college - teaches the basics for self use
- Not just subjective...reduction in cortisol, FMRI scanning, Gene expression



**Sources:** Craig G., Church D., Stapleton P., Feinstein D., Leskowitz E., Brattberg G., Look C. For more information on research check out EFTi Research database, EFT universe Research summaries.

# MINDFULNESS AND EFT TAPPING

## A BRIEF OVERVIEW

### ‘FEEL YOUR FEET’ PROCESS

- **P**ause
- **I**ntention
- **B**ags
- **A**ttention on feet
- **C**uriosity
- **R**eturn

FREE GUIDED ‘FEEL YOUR FEET’ AND  
OTHER RELAXATIONS/MEDITATIONS  
SEARCH: WILLTHOMASCOACHING  
SOUNDCLOUD

### EFT TAPPING

- NOTICE THE THOUGHT OR  
FEELING
- TAP THE SIDE OF THE HAND
- SCORE IT OUT OF TEN
- NAME IT
- TAP AROUND THE POINTS
- SAY A FOCUSING PHRASE
- REPEAT UNTIL THE SCORE  
REDUCES TO 0 OR 1

LEARN MORE TOOLS AND EFT  
TAPPING FROM THESE COURSES:  
SEARCH WELL BEING AND  
RECOVERY COLLEGE,  
HEREFORDSHIRE AND  
WORCESTERSHIRE



# Serenity Questions

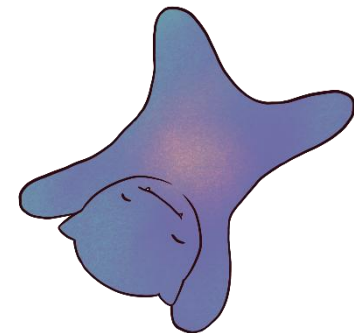
- What can I **c**ontrol?  
(within Myself)
- What can I **i**nfluence?  
(systems, situations, plans,  
people)
- What might you need to come to  
**a**cept?  
(learn to move from toleration  
to Peace)



# Takeaways from this session

- The H&W Well being and recovery college is there for you and those whom you support within these 2 counties - but it also needs help to keep running!
- Everyone is different in terms of their needs – three things to remember when supporting someone in need...
- You can turn a wonky life into a perfectly wonky life!

What are your takeaways? What are your questions?  
Who might benefit from the college?



# SIGNPOSTING – FREE RESOURCES

- The well being and recovery college – search ‘Perfectly Wonky Life’ AND MANAGING DIFFICULT THOUGHTS AND FEELINGS WITH EFT TAPPING OR HAVE A GENERAL LOOK AROUND!
  - <https://www.hwwellbeingandrecoverycollege.org.uk/>
- GUIDED MEDITATIONS AND RELAXATIONS – FIND YOUR FEET, SLEEP RELAXATION, PUBLIC SPEAKING , ANXIETY REDUCTION, GUIDED STORIES AND HYPNOTIC CHANGE RECORDINGS
  - <https://soundcloud.com/willthomascoaching>

PLEASE CONSIDER USING THE COLLEGE BUT ALSO SUPPORTING IT...



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# Fireside Chat - Part 2

## Questions for the panel

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# Closing Remarks



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**Thank you**

A Special Thanks to 'Frank's Luxury Biscuits' - [www.franksluxurybiscuits.co.uk](http://www.franksluxurybiscuits.co.uk)