

# Wellbeing - a new driver for public policy?

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Network of Wellbeing

## Introduction

- Network of Wellbeing
  - a network
  - a shared vision
  - practical action
- What am I going to talk about?
  - Wellbeing
    - What it is
    - Why it matters
    - Building Wellbeing Together



## What is Wellbeing?

- Happiness
- Past, present, future
- Hedonism, *Eudaimonia*, etc.
- A meaningful life
  
- Physical, social, spiritual, emotional
  
- Thriving/Flourishing
- An outcome not an output



## Wellbeing matters

- Happy people are healthier and live longer;
- Happy people are more productive;
- Happy people are more sociable, more optimistic and more generous.
- People are interested



## Some people aren't so happy

- The rich are happier than the poor
- Unemployment and overwork are bad
- People with mental illness suffer poor wellbeing
- People in ethnic minorities suffer poor wellbeing
- Some places are bad for wellbeing
- People aren't getting happier





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## Ways to Wellbeing

- Be active
  - Connect
  - Learn
  - Give
  - Take note
- 
- Building Wellbeing Together



## Planning for Wellbeing

- Meeting spaces
- Activity spaces
- Access to nature
- Public realm



## Planning for Wellbeing?

- Cars over people
- Divided communities
- Temples of consumption

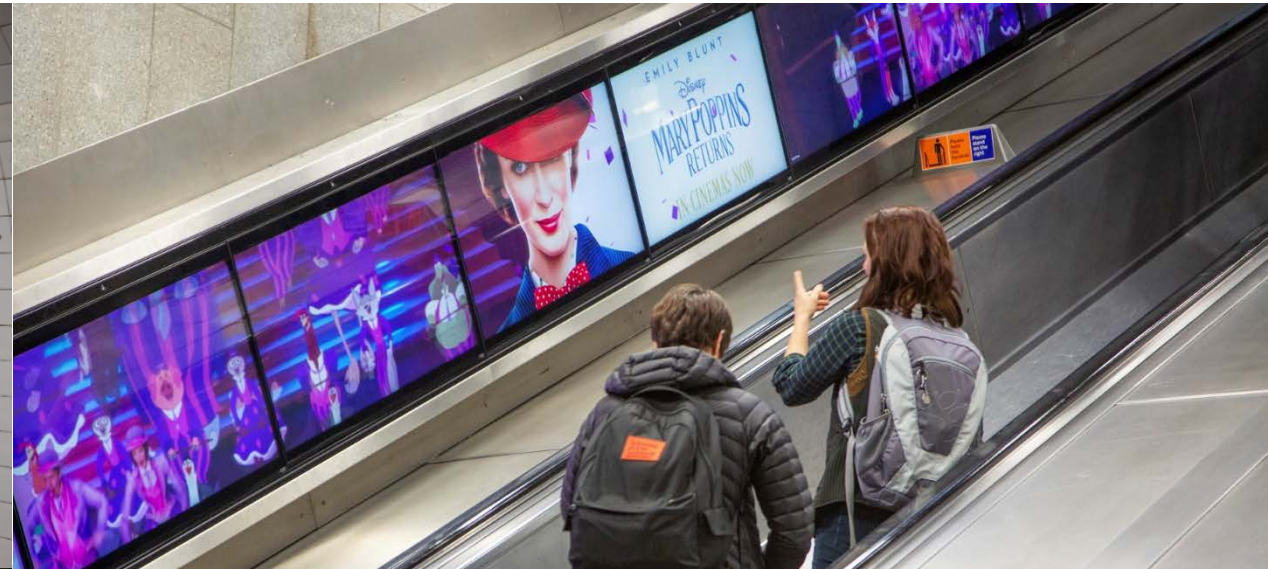




## Planning for Wellbeing?

- Temples of Leisure
- Temples of wellbeing
- Private realm







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Are planners putting too  
much importance on  
economic growth?



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# Thank you!

[www.networkofwellbeing.org](http://www.networkofwellbeing.org)

[www.sharedshed.org.uk](http://www.sharedshed.org.uk)

