

Family Faculty Meeting

17th June 2021

Scriberia Images Meeting

Attendees: Bel McDonald, Chris Morris, Fleur Boyle, Alice Garood

Family Faculty: Anna, Sharon, Julia, Kate, Mary, Julie

General comments:

The Family Faculty really liked the ideas. They commented that the images are good and re-inforce the message well.

Please can we avoid too many pandemic-based virtual interactions as this limits longevity.

What is the purpose of the images? Social media and the HPC programme. Can cut up image into individual letters. Also add our own text when sharing on social media.

Be aware that seeing the images before people attend the course will give the answers already and may limit discussion and lose the sense of 'unwrapping the present'. Although CLANGERS and Five ways of Wellbeing are already out there. HPC is about transforming behaviour.

Each image needs the HPC and PenCRU logo on it.

An interactive image would be great- click on the letter and the graphics come up one at a time. Costing issues.

Text is hard to read but could just be because it's draft

Images are not meant to be solutions but discussion starters.

Should we remove the text?

Include a disabled adult- maybe the crochet image or yoga

Put in multicultural dress- e.g. a hijab or a turban

More family images to include able-bodied children too. (see suggestions below)

Connect:

- Social media image is unclear what is happening. We want the focus to be connecting with a friend rather than the 'social media bag of likes': switch with the screen 'listening to others' image. So 'Social Media' has the image of the screen.
- 'Small talks' change to 'small talk'. Reduce size of the image
- 'Talking to postman' change to 'Talking to delivery person'
- Change 'Diary' to 'Making the time to meet' and image to show calendar pages.
- 'Listening to others'- 2 people sitting with a cup of coffee rather than a screen.

- School gate image can be triggering for some parent carers, but could be good as it raises discussion point. Make the image smaller as it currently dominates. One of the women to have a hijab please.
- *See *Take Notice* for extra image to add. Text to be 'Call a friend'

Keep Learning:

- 'Exercise our brain-mental health better'. Remove 'mental health better'.
- Change 'Crochet' to 'New skills' (keep the image)
- Could you change one of the adults in 'Developing Patience' to a wheelchair user?

Be Active

- Needs a small 'Be' in front of the 'Active'
- 'Walk instead of drive' change to 'Walk' and change image to a couple walking arm in arm.
- 'Less screen time'. Needs curtains to make it more obvious it's a window
- 'Time for self-reflection' Have a live yoga class rather than a screen. Change text to 'Makes you feel good'
- Change 'Team Sport' to 'Sport' with image of person swimming or badminton
- Loving the wheelchair image but could you add in an able-bodied child. Change text to 'Getting out with the children'

Take Notice

- Remove 'Using all our senses' text and remove 'Pay attention' image and text. Replace with 5 images for 'look', 'taste', 'touch', 'smell', 'listen'. Use the flower image woman for 'Smell' but remove bar on boobs! Move the 'pay attention' image to Connect*
Remove person giving food and just have 2 people eating a meal. Change text to 'Taste'
- 'Finding joy' Use image of rainbow breaking through rainclouds.
- Swap man sitting down reading to a woman and remove the book. We love the dog!
- 'Be grateful' change image to a man holding the door open for a man wearing a turban/ethnic clothing.

Give

- Giving Self Treats- change image to woman at hairdressers
- Add in 'Time with partner' - Change image to a couple eating a meal together
- Remove 'Giving Support and Attention to others'
- Add in 'Time Out' with image of person sketching or reading a book.

Eat Well

- Move letters of 'at well' to coming out of the bottom of the 'E'
- Change 'Use online shopping' to 'Planning meals'
- Change 'Celebrate birthdays' to 'Celebrate with others' and include a family image.
- 'Home made food sense of achievement': remove 'sense of achievement'
- 'No devices during meals' change to 'Eat together' and remove the phone image.

- Change 'Treats in Balance' to 'Enjoy a treat'. Image of parent and child both having an ice cream with the child not in a wheelchair. Perhaps the child could have a cane (blind).

Relax

- 'See Friends' change image to actual people together.
- Move 'Do nails' to bottom of page and put 'See Friends' at top.
- Exercise image is odd- is she changing a lightbulb? Remove stool and lightbulb
- Add in 'Watching TV'
- 'Deep breathing'. Modify image so person has head forward and hair isn't flowing. Wheels look a bit odd: we weren't sure they were wheels?

Sleep

- Remove 'Feeling energised after having a sleep' and Replace with 'Sleep routine' with appropriate image, possibly a clock/cleaning teeth/bath/shower.
- Change 'power naps' to 'Catch up naps'
- Change 'Limit caffeine' to 'Reduce caffeine' and include sense of timings- add in a clock/moon
- Add in 'Reduce screen time' and include a sense of night time- a moon maybe?