

# Vision - Exercise

**Resources** – flipchart paper and pens

Working in groups, capture your thoughts on paper after completing these exercises.

To break these exercises up, it is suggested that you watch sections of the Whole Life DVD.

Suggested sections would be:

2.08 – 3.00	'Fun run', "Mental health and mental illness exists on a continuum"
3.00 – 4.10	Julian Bareham (Service user Norfolk)
4.47-5.20	Pat Holman's story (CEO Norfolk)
9.00-9.20	Tony Rivett (Carer Eastern region)
17.54-1832	Robin Murray-Neill (Direct payments)
15.00-16.12	Lisa Solheim (Service user Cornwall)

## **Task one 10 minutes**

Thinking about what you would want for yourself or a close family member, list the things that currently occur within your service, which would be unacceptable.

## **Task two 10 minutes**

Thinking about what you would want for yourself or a close family member, list the things that you would expect from your Mental health services. (Think about this in terms of either community or inpatient services).

## **Task three 10 minutes**

Create a vision statement of how your ideal service could look in the future.

## **Task four 10 minutes**

Brainstorm a list of values on flipchart paper that would underpin your service.

## **Task five 10 minutes**

Identify the current and likely challenges to making this a reality.

## **Task six 10 minutes**

Identify ways you can overcome these challenges.

## **Task seven 15 minutes**

Each group identify two to three actions you can take towards making this vision a reality.

## **Task eight 15 minutes**

Each group to sign a pledge committing to achieve these actions, identifying who will take responsibility for putting these into action.