

Draft Topic guide for groups:

Introduction:

Each group will begin in the traditional manner with the moderator explaining and the people to introduce themselves to each other. Allowing them to write whatever they want about their wellbeing but the initial question will be what did they think about the recruitment questionnaire? What did they find easy / difficult? The topics described below would each be covered over the 7 day period but as the conversation flows and not necessarily in the order given. Also, a topic might be returned to more than once depending upon the interactions.

Personal wellbeing – how does your outlook, your level of confidence and self-esteem, your personality each affect your wellbeing. What other aspects of personal wellbeing are important? What personal qualities you have support your wellbeing and are there challenges?

Relationships – Do you live as part of a family, in a shared house or do you live alone. Do you have a steady relationship with another person, and a network of friendship groups and friends or a limited number of close friendships? How do these relationships impact your wellbeing, what relationships support your wellbeing and do any raise difficulties for your wellbeing?

Health status – What is your general level of physical and mental health and how does this affect your wellbeing. Do any health issues limit any aspect of your life and if so how does this feel? What support around health would have the biggest effect on your wellbeing?

Activity – How do you spend your time generally. Are you working and if so has this been from home during the pandemic or have you been going out to work? During lockdowns how have you kept active and how has this impacted your wellbeing? Can we learn anything from this about the influence of activity on wellbeing

Home and Environment - Do you own your home, rent or have a mortgage? Do you have a garden, What access do you have to various facilities? Do you live in an urban, semi urban or rural area and how does this impact on your wellbeing? Are you concerned about the climate crisis and how does this affect how you feel?

Finance and economy – Do you have the funding you require to live the life you wish, do you feel you receive a fair recompense for the work that you do? Does the economy impact on how you feel, do you view the future positively or negatively? What are your pension arrangements?

Education and skills – What is your level of education and does this influence any aspects of your wellbeing? Do you feel you have the skills you need to manage your work and homelife? Do you enjoy developing your knowledge and skills?