

SPARK: A festival of ideas

Healthy Futures

December 2023

The following guideline aims at providing a foundation for us to have a deeper conversation on healthy futures and make the festival impactful:

- Definition of Health, Mental Health and Well-being
- Factors and Scopes Determining Health and Wellbeing
- SPARK and framework



“

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity...

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

”

World Health Organization, 2013

“

Well-being can be understood as how people feel and how they function both on a personal and social level, and how they evaluate their lives as a whole.

”

Michaelson, Mahony & Schifferes, 2012

Factors and Scopes Determining Health and Wellbeing

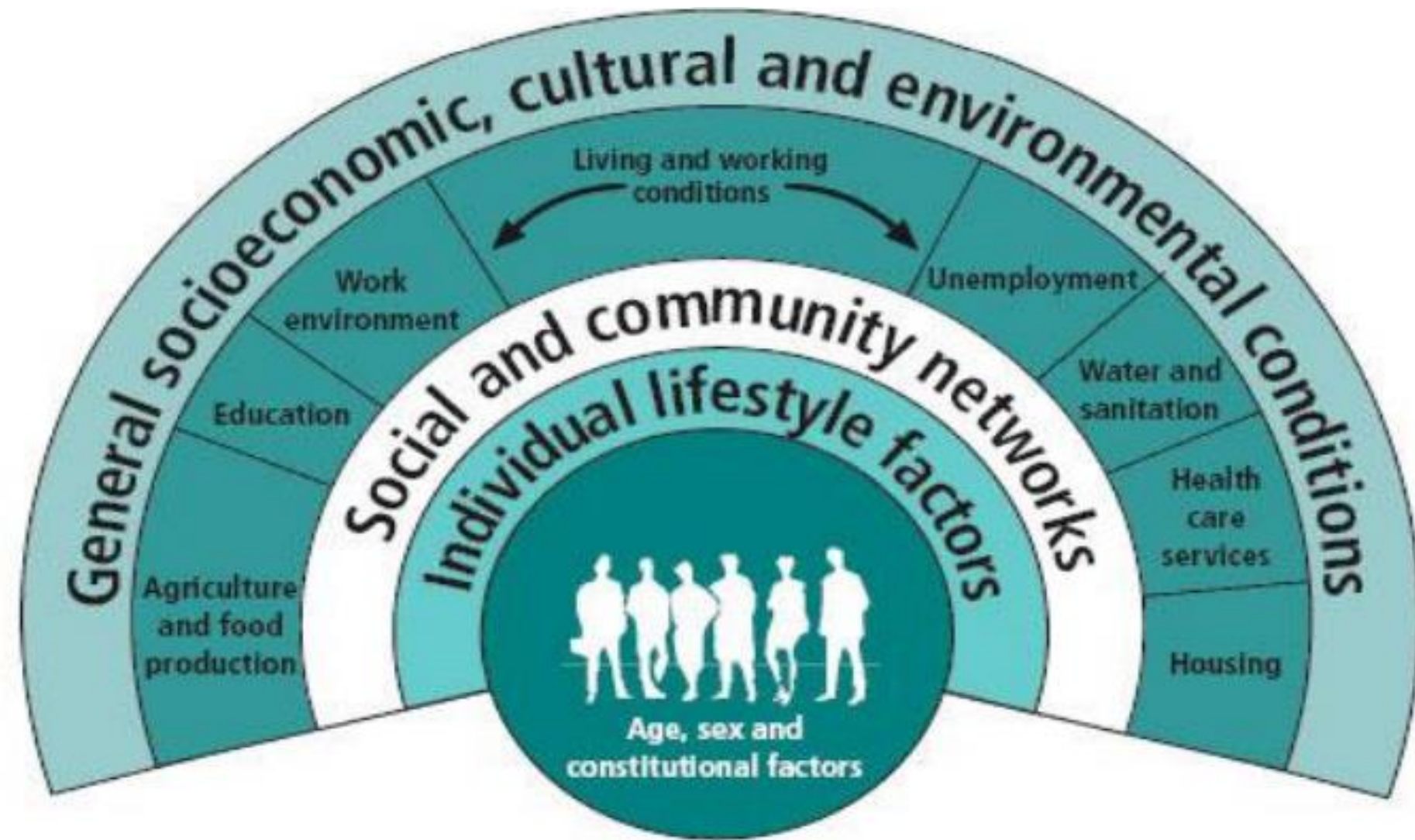


Image: Factors Determining Health and Wellbeing by Dahlgren and Whitehead, 1991

Each determinant and factor interact with each other and affect our health and well-being.

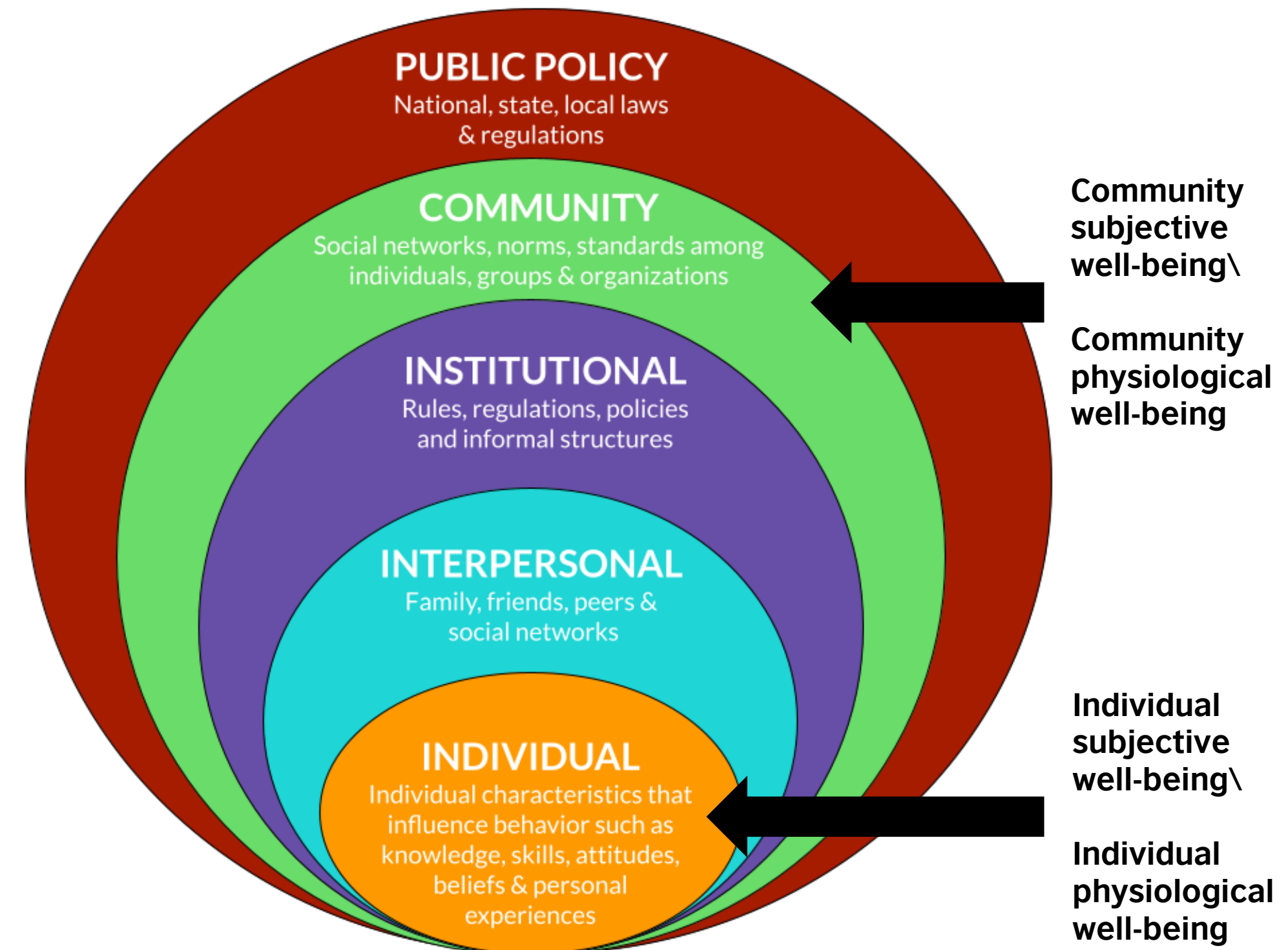


Image: Social-ecological Model and Health & Well-being by Aronica et al, (n.d.), Murphy, E. (2005) and Skolnik, R (2021)

Incorporating Health and Wellbeing into the programmes

Objectives:

- Defining “Health and well-being”
- Promotion of “Health and well-being”
- Prevention of “Negative feelings” or "Mental health issue"
- Protection of “Mental Health”
- Maintaining “Health and Well-being”
- Improvement of “Health and Well-being”
- Cure/ Treatment
- .. more

Audiences:

- | | |
|------------|------------------------|
| • Children | • Alumni |
| • Families | • Elderly |
| • Students | • People with dementia |
| • Adults | • People with cancer |
| • Teachers | ... more |



Framework

“**Five Ways to Well-being**” introduced by the New Economics Foundation and the case studies of programmes that have been using this concept as a tool to enhance well-being. (Aked and Thompson, 2011)

- **Connect** - form associations and bonds with people and the communities, leading to mutual support;
- **Be active** - move around or even participating in favourite exercise, leading to fitness improvement;
- **Take notice** - observe the environment in daily life, pay attention to emotions, leading to reflection and appreciation;
- **Keep learning** - explore new possibilities, leading to confidence building;
- **Give** - offer kindness to others, leading to build reciprocity and trust with people and the communities.

Reference:

<https://www.youtube.com/watch?v=bsc2QkCC3uI>

www.britishcouncil.org



Examples: Applying Five Ways to Well-being to SPARK

Keep Learning- inspirational sharing

- SPARK Talks/ panel discussion/ masterclass/ debates

Be Active- moving around or mind active

- Creative workshops/ interactive performances/dance

Take Notice- pay attention to things that surround you

- Exhibition/ theatre/ film

Connect:

- SPARK Talks/ networking events/ community outreach

Give:

- Work with an NGO/ support a meaningful cause/ engage minority communities



Suggested approach

To have a deeper conversation on healthy future and make the festival impactful:

- ✓ apply “Five ways to Well-being”
- ✓ ways to reach health and psychological well-being
 - achieve life purposes in order to reach one's full potential. (Ryff, 1989)
- ✗ focus on subjective well-being
 - feeling and self-fulfillment (Kehnneman, 1999)



Example proposal content

Topic
(eg elements in The Factors of
Determining Health and Wellbeing in
p.4)

+

Objectives (eg p.5)

+

Target Audiences (eg p.5)

+

Framework
5 ways to Well-being (eg p.6)

= Proposal



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Thank you!