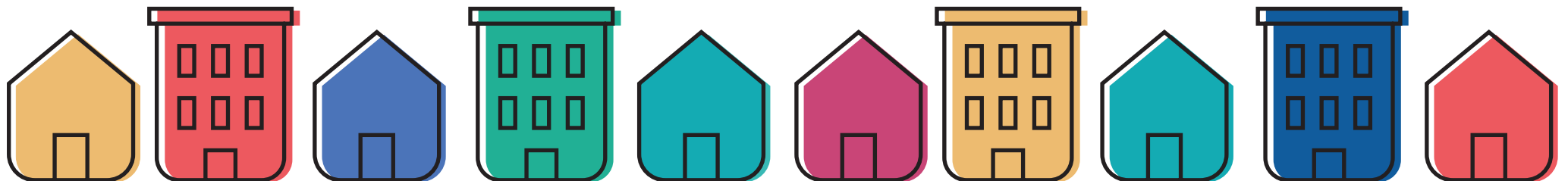




Getting started with the Purpose Maps

Strength based approaches to connecting you to your community



Purpose Maps

The 10 Purpose Maps for the 10 Boroughs of Greater Manchester have been designed to help people once they are housed in an area to connect and integrate into their new community.

This section covers:

- **Getting Started**
- **Maslow's Hierarchy of Needs**
- **Testing out the Purpose Maps for Yourself**
- **Coffee Chats**
- **Guided Conversations**
- **Group Conversations**



Getting Started

The maps have been designed to be used initially with Hosing First workers as a way to start conversations and explore what is out there. Here are some ways you can start to use these with a participant:

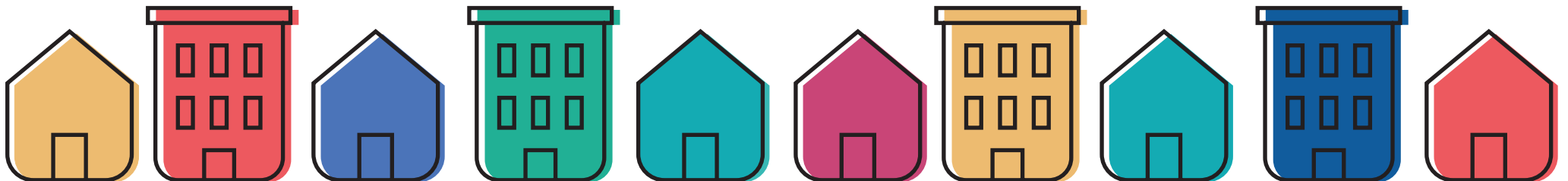
Maslow's Hierarchy of Needs

What Is Maslow's Hierarchy of Needs?

Maslow's hierarchy of needs is a theory of motivation which states that five categories of human needs dictate an individual's behaviour.

Those needs are:

- Physiological needs including food and water, sufficient rest, clothing and shelter, overall health, and reproduction.
- Safety needs including protection from violence and theft, emotional stability and wellbeing, health and financial security.
- Love and belonging needs including friendship, family bonds, physical and emotional intimacy and belonging to social groups
- Esteem needs including self-respect (belief that you are valuable and deserve dignity) and self-esteem (confidence in your potential for personal growth)
- Self-actualisation needs include education, skills development, developing talents, skills and hobbies, being recognised for our achievements.



How does this link to the work to integrate people into their communities?

We believe this is a great model to help to understand where someone currently is and what help they need at a given time to help them to progress up the triangle of needs over time. Here are some questions that you can use to explore where people are in relation to the first three levels of need.

Physical Need Questions

- Do you feel you have access to the food you need each week?
- How are you sleeping?
- Do you have all the clothes you need?
- Have you got everything you need for your new home?
- Are there any health concerns you need any help with?

Safety Need Questions

- Do you feel safe at home?
- Do you feel safe in your community?
- How are you feeling?
- How is your health at the moment?
- Do you need any help with budgeting and money?

Love and Belonging Needs Questions

- Do you have friends you can reach out to if you need something?
- How are things with your family?
- Are there people you want to reconnect with?
- Have you joined any groups locally?

These are only sample questions and it's important to pick the questions that work for your participant and if none of these are the right questions think of some new ones. Only you know how well you know the individual and what you can and can't ask depending on their circumstances.



Testing out the Purpose Maps for Yourself

Before you get started with the Purpose Maps with your Housing First Participants, we want you to go out into the community that your clients live in and find out more about some of the offers listed in the Purpose Map.

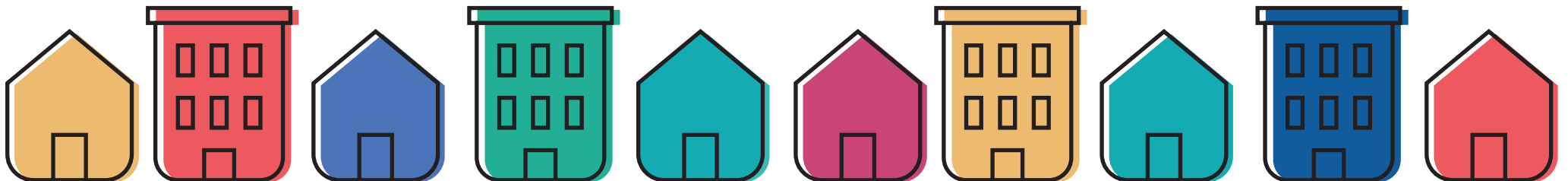
Here's what we want you to do.....

Choose an activity or offer in the Purpose Map that takes place in your local community and go and visit them. Whilst you are there here are some things you might want to ask and notice:

- What does it feel like when you are in the space?
- Is the place busy or quiet?
- Are people friendly and welcoming?
- How can people access the activity?
- Does the activity have disabled access?
- Are people expected to be clean and sober before attending the activity or space?
- Are there any restrictions on who can attend?
- How would people get to the activity?

Tell us about new activities you discover

We know that when you are out and about you will come across new activities and we want to know about these so we can add them to the map. If you find a new community group or offer then please email hello@collaborateoutloud.org and we will add it to the map. Also, if a group stops, we would like to know this too. If there is also any feedback about how welcome people are made to feel when attending the different groups, this is also very helpful so we can continue to build up a map of supportive and welcoming activities across Greater Manchester.



Three ways you can use the Purpose Maps

Coffee Chat

This is a great way to get started and introduce the map to someone. At this stage you might not even look through the map in detail together. Simply, introducing the idea can be enough at this stage. Some ways you can start the conversation:

- What do you enjoy doing?
- Are there any new skills that you want to learn?
- How could you keep yourself occupied?
- What are you interested in finding out about in your community?
- Is there anything you want to find out about?

Once you have some information about what the individual wants to explore, you can arrange a time for them to either work with you through a 'Guided Exploration' or by attending a group conversation that explores the purpose map.

Notes

Guided Exploration

This is a more structured conversations with someone where you can work through specific section of the map to help them to take one simple action that will help them to explore their community. It could be as simple as finding out the timing of a group or how to get somewhere by public transport independently

Start with Practical Support

Thinking back to the section on Maslow's Hierarchy of Needs its important to make sure that the person's physical and safety needs are met first before they can realistically move on to the five ways of wellbeing section of the Map, which focuses more on activities that link to levels three, four and five of the triangle.

Use some of the questions from the Maslow's Hierarchy of Need section to explore any practical support they need in place to support the physical and safety needs.

Depending on how this conversation progresses you will get a sense if someone is ready to explore the five ways to wellbeing now or at a later date.

If there are lots of actions you and they need to take to support them practically then it makes sense to do these first and then when you next check-in see if they are ready to move to the five ways to wellbeing questions. When they are the instructions on how to facilitated the guided exploration of this section are below.

Notes

Now move on to the Five Ways to Wellbeing

There is more detailed information on the five ways to wellbeing in the next section, this section is intended to talk you through how you would explore each of them and give you some practical questions that you can ask to then pick out things on the map that they could attend or access to support what they want to do.

You can either choose to explore one of the five ways to wellbeing or you can work through all five if this is what the participant wants to do.

The five Ways to Wellbeing Guided Exploration Questions

Connect.....

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Guided Exploration Questions

- What connections do you have in your community?
- Are there any particular groups you want to connect with?
- Are there any peer support groups you would like to access?

Keep Learning.....

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Guided Exploration Questions

- What skills do you want or need to learn?
- What new hobbies would you like to take up?
- What do you enjoy learning and are there any local groups that you could join to learn more?
- What skills would be helpful for your future?

Take Notice.....

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Guided Exploration Questions

- How could you take more notice of the community you are part of?
- What places are there in your community that you could go to for a walk and to take in the surroundings?
- What groups are there that you could attend to be more mindful and focus on your wellbeing

Give.....

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you

Guided Exploration Questions

- What type of volunteering opportunities are you interested in finding out more about?
- What skills do you have that you could contribute to your community?
- How could you give your time to help others in your local community?

Be active.....

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Guided Exploration Questions

- How could you move more each day?
- Are there any sports or physical activities you are interested in?
- Are there any local groups that you are interested in joining that would get you out of the house?

These are just sample questions and feel free to use the ones that work for you, remembering to use open questions that allow the other person to answer freely.

Notes

Group Conversations

This can be a great way to use the maps. Bringing together a group of people who have been housed locally who are ready to start to integrate.

This can make the conversation more informal and give people peer support. It can also lead to people finding common interests and things that they can attend together.

The final way that this Purpose Maps can be used is to work with a group of people that live in the same area. The benefits of this approach are:

- People can find common interests
- People can attend activities together (this might make it easier for people to attend)
- People can make new connections
- People more comfortable having the conversations with friends.

We would suggest that the group conversations are themed around one of the five ways to wellbeing rather than trying to cover all five. This means that the session can be shorter and easier for people to engage with.

Outline flow of a group conversation (90 minutes)

These conversations work best with a minimum of 3 people and a maximum of six. It's important to have access to the maps and people that can support everyone to access them. This might be other participants or other Housing First Workers.

Welcome and check-in (10mins)

- What we will do today e.g., which five ways to wellbeing
- How are people today

Introduction to the way to wellbeing we are covering today (15mins)

- The information in the section of the five ways to wellbeing is helpful to do this
- Take any questions
- Ask people how they current connect, take notice etc.

Pairs work – exploring the map (30mins)

Ask people to work in groups of 2 or 3 to look at the map and the activities available.

- Have they been to any of these before?
- Do any stand out to them?
- Are there any activities they would find it hard to get to?
- Is there anything they would like to do that's missing

Share and connect (20mins)

- Hear from people what they are interested in and why
- Link people with common interests
- Create some space for conversations and general discussion

Making it happen (20mins)

- Which activity have you chosen to go to?
- Is anyone else coming with you?
- How will you get there?
- What support do you need from your Housing First worker?

Check-out (5mins)

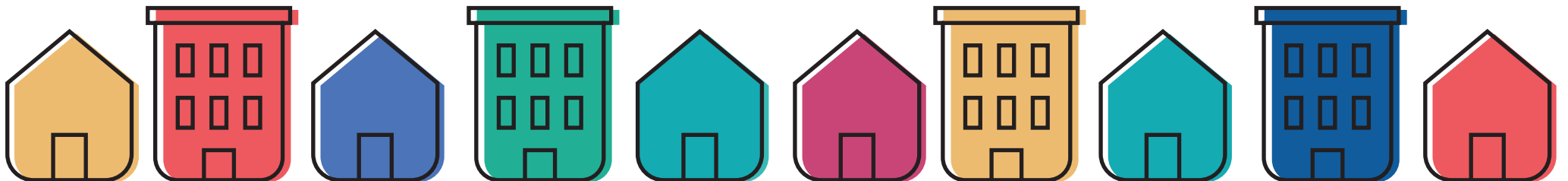
How are people feeling after being part of today's conversation

Space to plan your session

Five ways to wellbeing

The Purpose Maps for each area has a dedicated section with activities to help people to practice the five ways of wellbeing in their local community. In this section we explore in more detail each of the five ways to wellbeing and practical ways people can practice them each day. In this section we cover:

- **Connect**
- **Keep Learning**
- **Take Notice**
- **Give**
- **Be active**



Connect.....

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Practical ways you can connect:

- Find time each day to be with your friends or family
- Meet with people who are a positive influence in your life, you have not seen for a while
- Reach out to a friend or family member that would welcome your support
- Volunteer in your community to meet new people
- Use WhatsApp, FaceTime and things like these to keep in touch with people you can't see regularly

What practical steps can you take to connect into your community?

Keep Learning.....

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Practical ways to keep learning:

- Cook yourself something new
- Volunteer in your community to learn new skills
- Repair something in your house like a bike, chair (there are loads of great videos on how to fix anything online)
- Take up a new hobby that challenges you
- Explore local short courses you could take

What practical steps can you take to keep learning in your community?

Take Notice.....

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Practical ways to take notice:

- Go for a walk and notice what is around you
- Spend some time listening to music and switching off from your surroundings
- Switch off your phone, TV etc. and listen to what you can hear
- When eating spend time chewing and enjoying each mouthful
- Take some deep breaths and notice how it feels

What practical steps can you take to take notice in your community?

Give.....

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Practical ways to give:

- Say thank you to someone
- Ask someone you care about how they are
- Give your time to friends and family
- Help someone you know with a project
- Volunteer in your community

What practical steps can you take to give in your community?

Be active.....

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Practical ways to be active:

- Find free activities locally to help you get fit
- Go for walk in your local park
- Use the Couch to 5k App to get running for free
- Find local walking and cycling route
- Find online videos to help you get fit at home
- Go for a walk with a friend
- Find out about your local pool and discount passes they offer

What practical steps can you take to be more active in your community?

Practical support

In this section we cover the practical support section of the Purpose Map and how to use this section.
We cover:

- **Crisis support**
- **Mental and physical health**
- **Housing, money and food**



Crisis Support

This section is designed to give help files and support groups for people that find themselves in crisis support whether this be in terms of mental health, substance misuse, domestic violence etc.

Mental and Physical Health

This section has a list of services and offers to support people locally with their physical and mental health

Housing, Money and Food

This addresses the basic needs people have around food, money and housing. There are groups here that help with everything from furniture to food banks and debt advice charities and groups.

Notes



If you want further information about this work or talk to us about our work then please get in touch



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