

What affects our health?

Materials: Two packets of Post-its in different colours (say blue and yellow), two sheets of flipchart paper for each group and large felt-tip pens.

- 1.** Give each person three yellow and three blue Post-its. On each yellow, everyone writes down one point which they feel affects their health. These points can be a word or a short sentence. They do this on their own.
- 2.** On the blue Post-its, people write down three points which they think affect the health of their community. 'Community' can mean the area they live in or a 'community of interest' which includes people that have something in common – disability, sexual preference, culture, religion, etc. stress that these should be things that they think. There are no 'right or wrong' answers and this is not a test.
- 3.** Divide the large group into two or three smaller groups and give each group a sheet of flipchart paper. (Use tables, the floors, or stick the paper on the wall – in each group, everyone needs to be able to see and have access to what they will put on the flipchart.)
- 4.** Ask each group to stick all the yellow Post-its randomly and quickly on the flipchart paper; and spend a couple of minutes reading them. Now they move the Post-its around on the page so that common ideas/similar topics are grouped together. There will be some discussion about this – people change their minds as they see the ideas emerge. Once the main groups of ideas have been decided, ask people to give each group a heading, mental health/relationships/social factors/money, etc. add more words, lines or pictures if necessary. Draw any connecting lines and so on.
- 5.** Do the same for the blues, looking at things that affect the health of the community.
- 6.** The whole group then comes together to look at the two sets. Take one page at a time, look for similarities and differences and encourage discussion about the themes each small group has identified. Encourage people to say why they have grouped things in particular ways and why they have made certain connections.

Extracted from the Health Issues in the Community Pack - CHEX