



# PositiviTea



# Why PositiviTea?

## North Norfolk Health and Wellbeing Partnership Strategy 2023 - 2026

Big issue	Action	Reasoning	Responsibility	Resources	Timescale	Outcomes/measures
People and Community	Continue to support communities to deliver activities, services and events which increase participation and active engagement	improve health and wellbeing through participation and active engagement	Community Connector Service	officer time	ongoing	demonstration of significant benefit to the health and wellbeing of North Norfolk residents and an active participatory role





Free cake and  
tea/Coffee!!!  
Positivi Tea  
Voluntary and statutory  
groups for your health  
and wellbeing. Free  
Holt Youth Activities  
Project 2pm - 4pm →





# PositiviTea: Community wellbeing sessions to be hosted across the District

Drop-in sessions available during Mental Health Awareness Week



Date published: 10th May 2023

North Norfolk District Council is pleased to be hosting a series of drop-in sessions across the

busy, with local residents popping in to chat with charities and support groups ☺

You can catch them in Fakenham, Hoveton, North Walsham, Sheringham, Wells and Holt this week - find out more here: [bit.ly/3NYLybi](https://bit.ly/3NYLybi)



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## Latest Articles

- [New accessible toilets in Fakenham officially open](#)  
16th June 2023
- [Local Plan submitted for independent examination](#)

events. 🌻

Here I am pictured with Kathryn from [Reed Wellbeing](#) at the event in Stalham.



You and 7 others

1 comment • 1 repost



# SOUNDS

Menu ▾



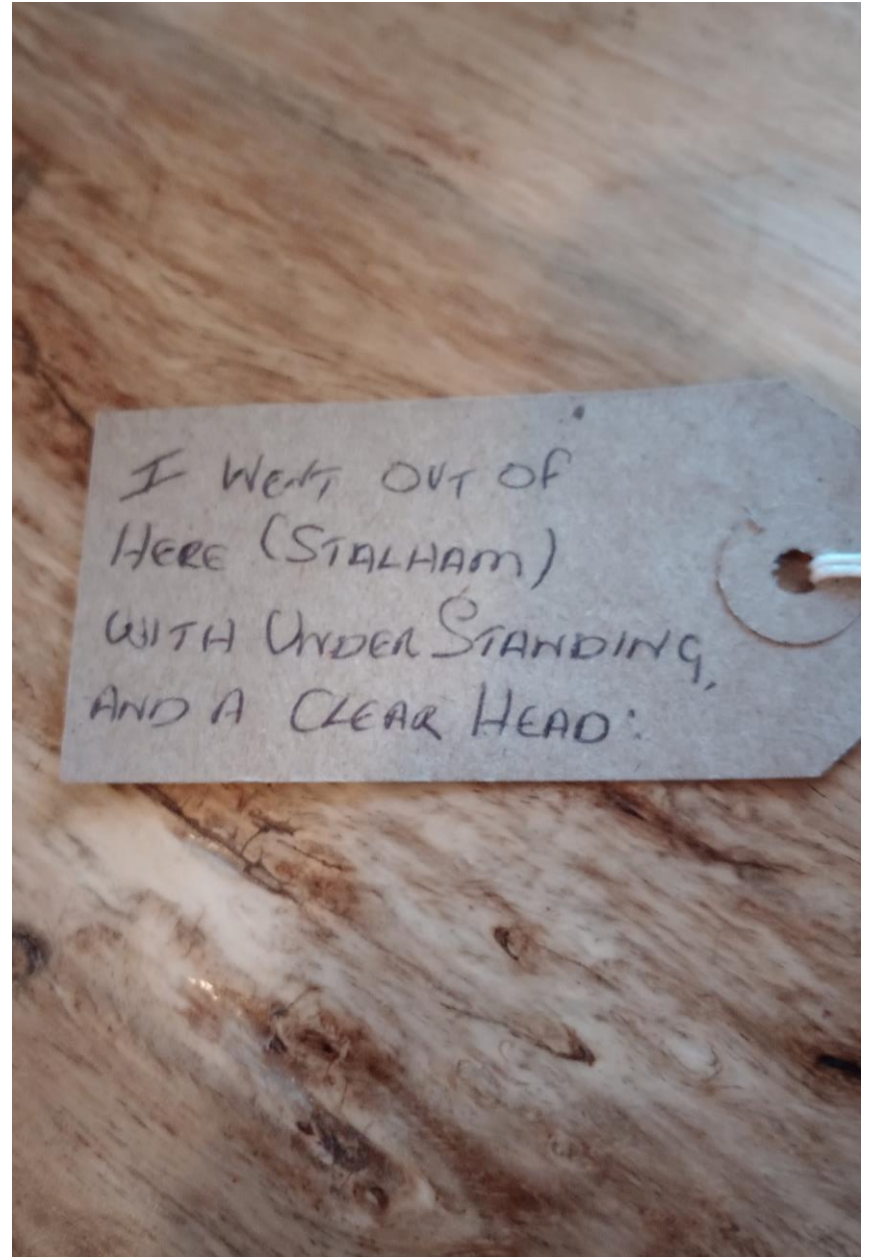
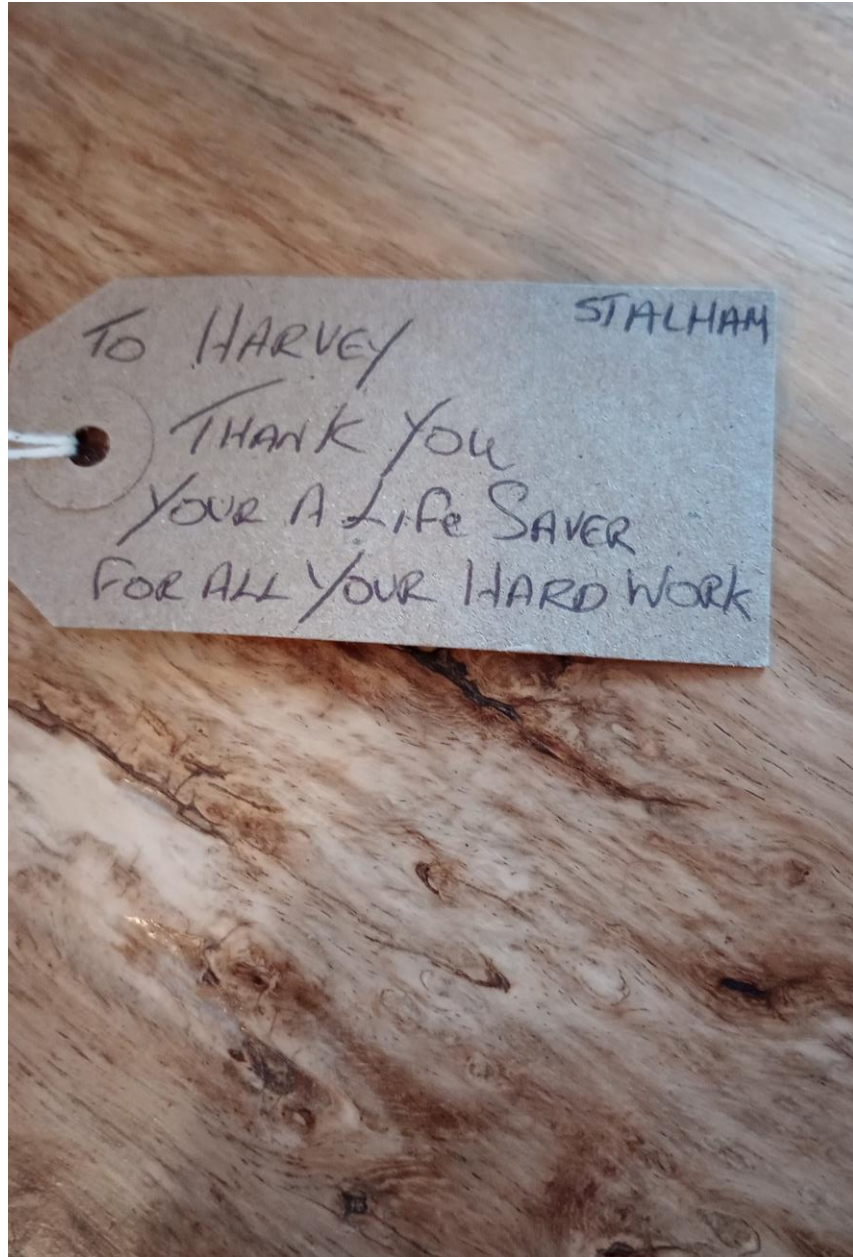
## Kayleigh Poacher

### Giving an old dog a new home

38:25

4:03:00





## Stand holder feedback

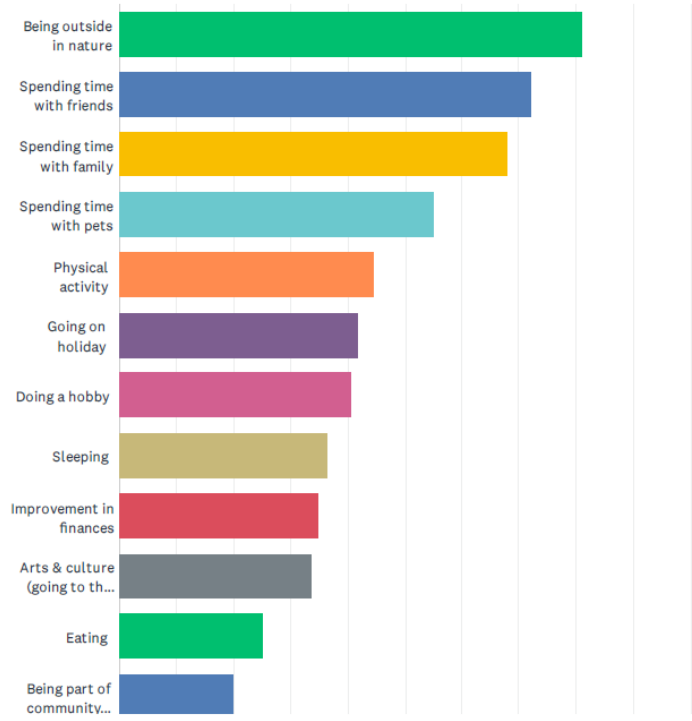
**“These events are always so useful for networking relationships/public outreach, but what was unique about the Positivitea events personally was having them filtered by each small area. Eg) it was nice to see organisations specific to Fakenham, which aids our signposting mission for those who cannot travel out of their local town etc due to transport/cost/anxiety.”**

<b>PositiviTea feedback (out of 36 people)</b>				
<b>Questions</b>	<b>Answers</b>			
Would you like to attend future PositiviTea events?	23 yes	3 maybe	11 No comment	
Did you get any new referrals to your organisation at PositiviTea?	3 yes	14 not yet	19 No comment	
Did you make any new contacts (professionals and/or community groups) at PositiviTea?	19 yes	4 no	8 possibly	5 No comment
Did you learn anything new about groups/organisations at PositiviTea?	22 yes	5 other	9 No	
Some PositiviTea stand holders have expressed an interest in sharing their contact details with others. If you would like your email address to be shared, please type it here together with your name and the name of your group/organisation so that I can facilitate this.	27 yes	9 no		



### Q1 Which of the following have the most positive effect on your mental health? (please tick as many that apply)

Answered: 294 Skipped: 0



What affects your wellbeing?

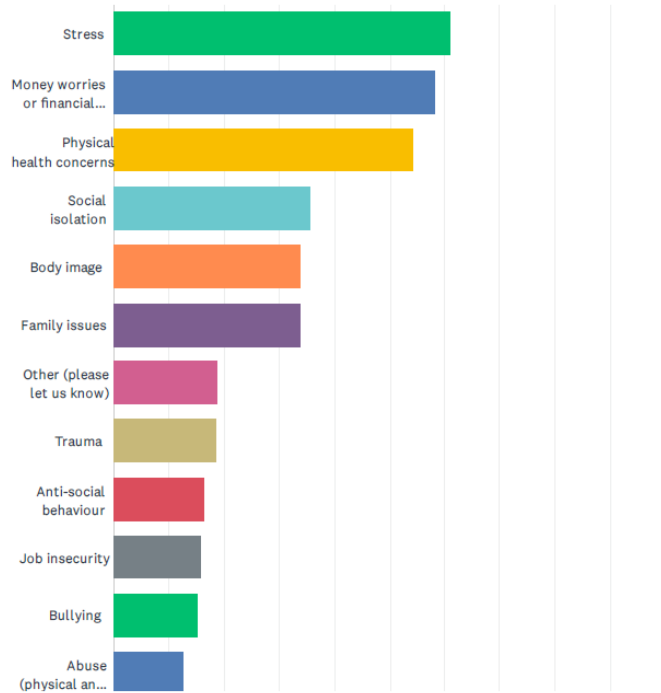
ANSWER CHOICES	RESPONSES	
Being outside in nature	80.95%	238
Spending time with friends	72.11%	212
Spending time with family	68.03%	200
Spending time with pets	55.10%	162
Physical activity	44.56%	131
Going on holiday	41.84%	123
Doing a hobby	40.48%	119
Sleeping	36.39%	107
Improvement in finances	34.69%	102
Arts & culture (going to the cinema, theatre, art gallery, etc)	33.67%	99
Eating	25.17%	74
Being part of community groups	20.07%	59
Meditation	15.65%	46
Retail therapy	15.31%	45
Prescribed medication	14.97%	44
Other (please let us know)	14.97%	44
Volunteering	13.27%	39
Therapy	11.56%	34
Not affected	1.02%	3
Total Respondents: 294		





## Q2 Which of the following have the most negative effect on your mental health? (Please tick as many that apply)

Answered: 292 Skipped: 2



What affects your wellbeing?

ANSWER CHOICES	RESPONSES	
Stress	60.96%	178
Money worries or financial hardship	58.22%	170
Physical health concerns	54.45%	159
Social isolation	35.62%	104
Body image	33.90%	99
Family issues	33.90%	99
Other (please let us know)	18.84%	55
Trauma	18.49%	54
Anti-social behaviour	16.44%	48
Job insecurity	15.75%	46
Bullying	15.07%	44
Abuse (physical and emotional)	12.67%	37
Cold/damp home	11.99%	35
Discrimination	8.22%	24
Coastal erosion	7.88%	23
Lack of food	6.85%	20
Drug and/or alcohol addiction	3.42%	10
Total Respondents: 292		

## What worked well / could have been better:

- Informal, welcoming atmosphere
- Networking
- Free tea & cake
- Running alongside an existing set up (coffee morning / market days)
- Town centre locations
  
- ❖ More time to promote (all NNHWP partners & community groups)
- ❖ Nice weather at all times
- ❖ Evening/Saturday event so working people can join
- ❖ Run over 2 weeks
  
- ❖ Take out survey on tablet/paper to community groups/at PositiviTea

