

# Denis Barrett Cork Learning City

## Adult Education for Health and Wellbeing Seminar



Cork Learning City  
Host of 3rd UNESCO International Conference  
on Learning Cities 2017



Cork a Learning City ~ all ways & for all

Cities as drivers, Lifelong learning as energy for sustainable change. *'No-one left behind'*

Figure 9.4 Global Goals for Sustainable Development (Source: UN)



Goals 11 and 17 Sustainable Cities and Partnerships

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# UNESCO Third International Conference on Learning Cities:



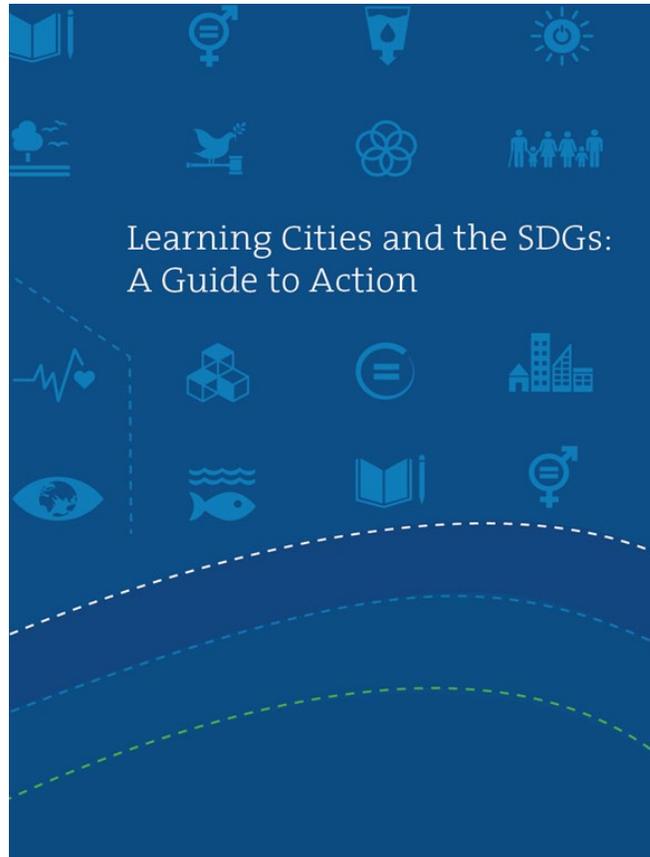
INTERNATIONAL CONFERENCE ON LEARNING CITIES

18-20 SEPTEMBER 2017 CORK CITY, IRELAND

**GLOBAL GOALS, LOCAL ACTIONS:**  
TOWARDS LIFELONG LEARNING FOR ALL IN 2030

Cork a **Learning** City ~ all ways & for all

## Outcome document:



Learning Cities and the SDGs:  
A Guide to Action



## UNESCO

### Cork Call to Action on Learning Cities

Calling on cities worldwide to deliver on the Sustainable Development Goals through developing their cities as:

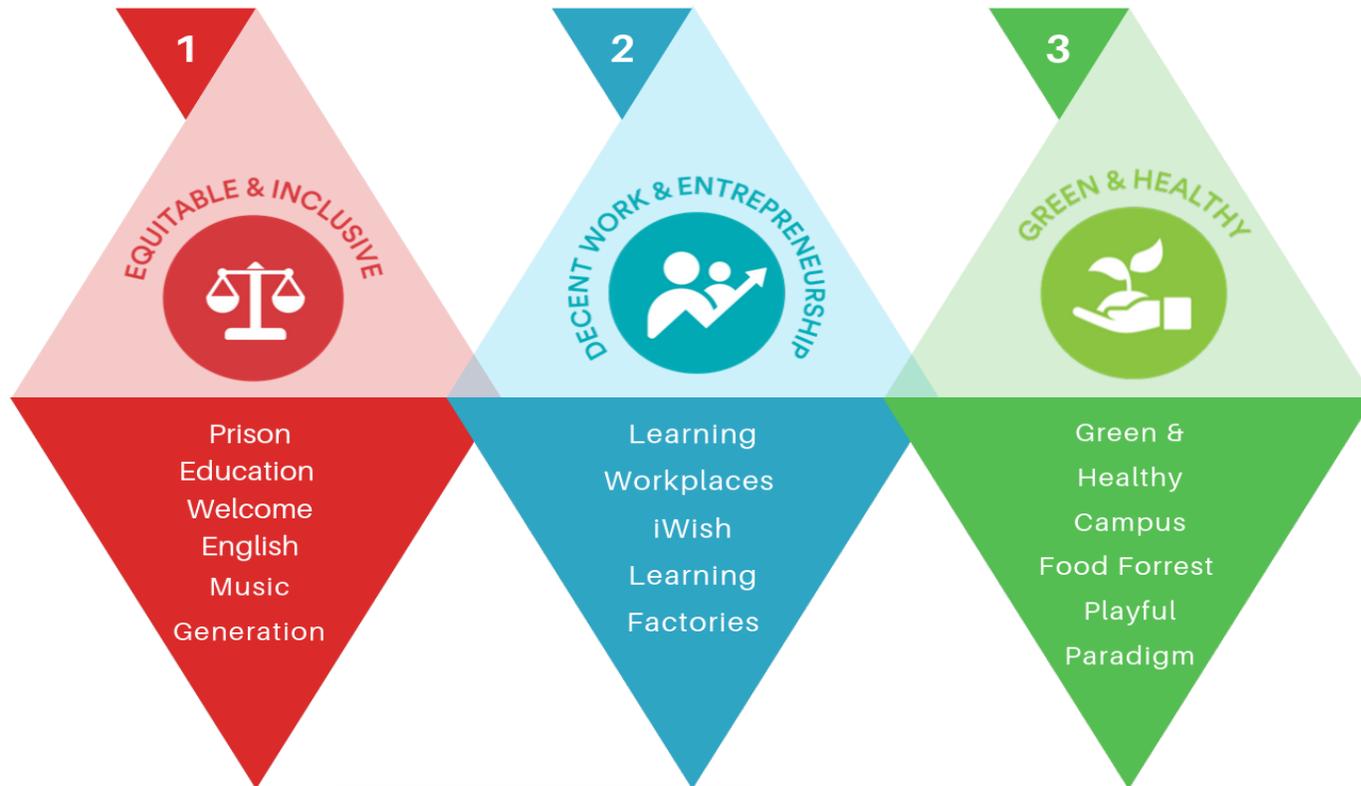
- ▶ Green & Healthy Learning Cities,
- ▶ Equitable and Inclusive Learning Cities,
- ▶ Supporting decent work and entrepreneurship.



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UNESCO

# Cork Call to Action on Learning Cities



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# Global Network of Learning Cities - “Learning for Health and Well Being” Cluster

- ▶ **Co-leader and co-learner cities: Cork, Ireland and Osan, Korea**
- ▶ In 2019 the GNLC established seven thematic clusters (Education for Sustainable Development, Inclusion and Equity, Health and Well-Being, Global Citizenship, Entrepreneurship, Educational Planning, Literacy). Together they form the core of the [strategy](#) for the period 2019-2021.
- ▶ A practice based network, developed to promote knowledge exchange between cities by capturing and exchanging examples of good practice



Review & Planning meeting  
October 2020

**GLLiC**



Planned online  
Global Conference  
hosted by Cork  
in December 2020



Winner of UNESCO  
Learning City  
Award 2015

## Cork Co-leads with Osan a UNESCO Cluster of Learning Cities on Learning for Health & Wellbeing

Municipalidad de San Jose	Costa Rica	Nea Smyrni	Greece	Anadia	Portugal
Escazú	Costa Rica	Athens	Greece	Cascais	Portugal
Viladecans	Spain	Elefsina	Greece	Alcobaça	Portugal
Mantes-la-Jolie	France	Thermi	Greece	Glasgow	Scotland
Clermont-ferrand	France	Samos	Greece	Nikopol	Ukraine
Evry-courcouronnes	France	Pécs	Hungary	Wolverhampton	UK
		Dublin	Ireland	Belfast	UK
Wyndham City	Australia	Gangnam-gu	Korea		
Giza	Egypt	Yeoncheon-gun	Korea		
Kashan	Iran	Inje-gun	Korea		
Hashtgerd Newtown	Iran	Saha-gu	Korea		
Taku City	Japan	Jincheon City	Korea		

# Global Learning Network



# Irish Learning Network



# Well-being and WHO

- ▶ The World Health Organisation defines wellbeing in its broadest sense as “an optimal state of health,” concerning an individual’s physical, mental, emotional and spiritual state of being. It is important that you aim to look after all of your health so that you have a balanced approach to your overall wellbeing
- ▶ WHO in its Mental Health Action Plan 2013-2029 *covers mental health, which is conceptualised as a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can cope productively and fruitfully, and is able to make a contribution to his or her community.* (WHO, 2013:6)
- ▶ WHO further summed up its approach as *involving the provision of comprehensive, integrated mental health and social care services in community-based settings* (WHO 2013: 5).

# WELLBEING IS A BALANCING PROCESS BETWEEN SKILLS/RESOURCES AND CHALLENGES

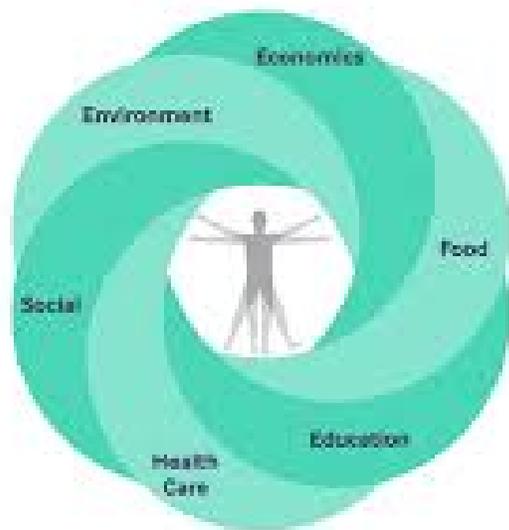


BASED ON DEFINITION BY BACHEL DODGE, 'THE CHALLENGE OF  
DEFINING WELLBEING' PUBLISHED INTERNATIONAL JOURNAL OF  
WELLBEING (2012)

**It is important that you aim to look after all of your health so that you have a balanced approach to your overall wellbeing.**

Denise Cahill, Cork Healthy Cities

## Social Determinants of Health



NCH Catalyst ([catalyst.nchm.org](http://catalyst.nchm.org)) | Massachusetts Medical Society



# Learning, Wellbeing and Happiness

- **Some observations from the New Economics Foundation - Happy Planet Index**
- Q. What makes life worth living?
- Maps nations consumption of scarce resources against people's experiences and ressons of happiness and wellbeing
- 'The lives we want shouldn't cost the earth'
- Seeks to generate a sense of a Vision of a world we all want and the Transitions to get there
  
- **Learnings from a Study for the UK Government Office for Science - Foresight programme**

# Five ways to wellbeing

Foresight involved over 400 experts, and included over 100 commissioned reviews of the state of the science of well-being.

 **Foresight**

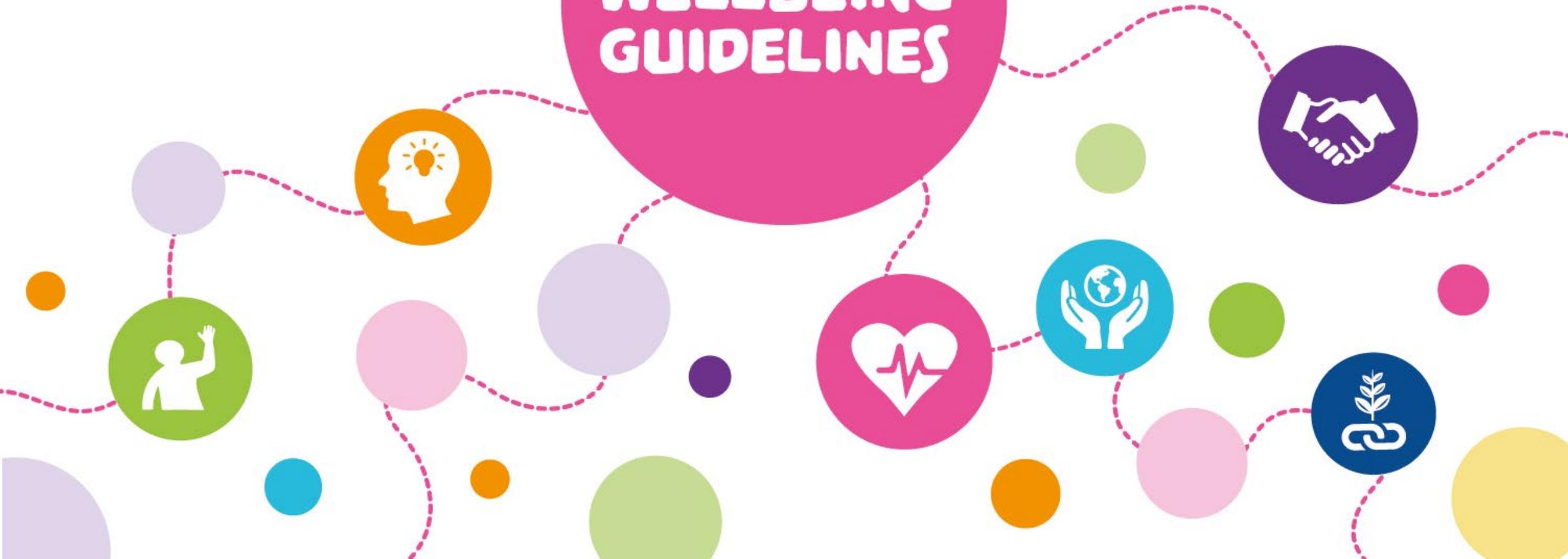
Government  
Office for Science

a big program called the Foresight program --

# Five ways to Wellbeing

- Five positive actions:
  - **Connect** - Be socially connected
  - **Be Active** - Physical Exercise
  - **Take notice** - mindfulness, awareness
  - **Keep learning** - ‘curious, older people have better health outcomes’
  - **Give** - ‘people who give to others people feel happier’

# JUNIOR CYCLE WELLBEING GUIDELINES





# INDICATORS OF WELLBEING



## ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



## RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk



## CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



## RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



## RESPECTED

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?  
Do I show care and respect for others?



## AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

A young man with short brown hair and black-rimmed glasses is shown in profile, resting his chin on his hand. He is wearing a dark suit jacket, a blue shirt, and a dark tie. The background is blurred, showing other people. A large pink circle is overlaid on the left side of the image, containing white text.

**STUDENT WELLBEING IS PRESENT WHEN STUDENTS REALISE THEIR ABILITIES, TAKE CARE OF THEIR PHYSICAL WELLBEING, CAN COPE WITH THE NORMAL STRESSES OF LIFE, AND HAVE A SENSE OF PURPOSE AND BELONGING TO A WIDER COMMUNITY.**

# Cork City Projects as Case Studies to explore these indicators

- Learning Neighbourhood Food Forest
- Playful Paradigm
- Lantern Project



# Learning Neighbourhood Food Forest

GREEN & HEALTHY



# Playful Paradigm





The *Lantern Project* has been established as a meeting, learning and creative space in Cork inner city. It promotes wellbeing by running community education, development, solidarity and resilience-building initiatives, and prides itself on being ‘...a place of welcome where people, no matter what their background, race, age or gender, can feel at home and voice their hopes in working for a better world...’.



# Community Services -- Community-Wellbeing

- Mental Health and Wellbeing
- Stay Fit and Healthy
- Stay connected and creative
- Helping young people and families
- Age friendly
- Supporting Recovery
- **Learning for Wellbeing**
- Help and Crisis Support

## Learning for Wellbeing





# SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

To deliver on the SDG's in **Cork** will require new thinking....  
"Citizens must be empowered to anticipate and tackle constantly changing social, environmental and economic challenges" **UN 2016.**



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## Cork's SDG Leadership Series



A series of sessions bringing together leaders from cross sectoral partners to explore and apply each Global Goal in Cork over the next decade

**Goal 4 Quality Education and Lifelong Learning for All.**



**We are Cork.**

