

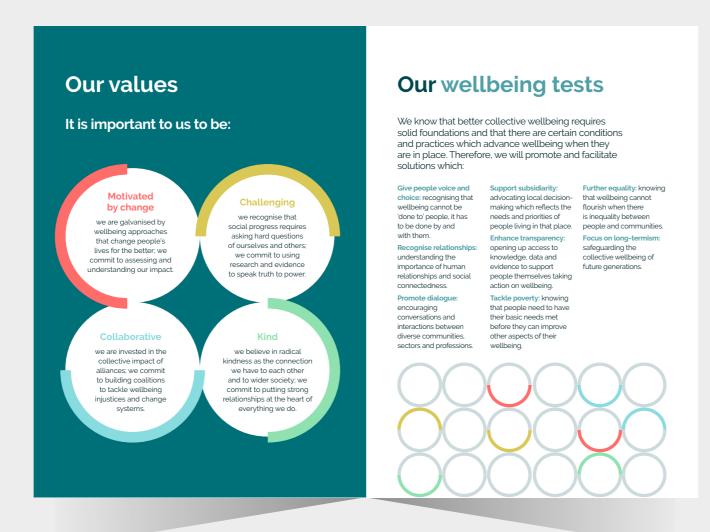
# Time to focus on wellbeing

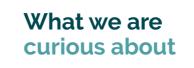
At Carnegie UK we're all about wellbeing. We have been ever since we were set up over 100 years ago. Wellbeing has meant different things to different generations. Right now, the world around us is changing in ways that mean it is time to rethink how we help people to live well together.

This is what 'wellbeing' means to us today. It is about everyone having what they need to live well now and in the future.

Looking after the wellbeing of all citizens our collective wellbeing - is a powerful way of creating a society where everyone can live well together.







We have always changed with the times, learning from the evidence and evolving our approaches as we go. We want to go on learning about collective wellbeing and the things you can do to improve it. From now on, we are going to do this learning in a more purposeful and transparent way, continuously asking ourselves:



Because we work in lots of different places and have a unique remit that extends to the whole of the UK and the Republic of Ireland, we will draw our evidence base from a broad field and share the learnings widely and openly, nationally and internationally.





# Time to focus on wellbeing

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## How we experience wellbeing

We experience each of these domains of collective wellbeing in different aspects of our lives: our own personal wellbeing - our quality of life and our general happiness; the wellbeing of the community we are part of - where we have the assets and relationships in place to live well locally; and as a society - where we all have what we need to live well together and flourish.

There is a growing body of research and evidence which demonstrates that improving collective wellbeing is an effective route to a good and sustainable quality of life for all citizens.



### Our role as a wellbeing organisation

Our purpose is better wellbeing for people in the UK and Ireland. Our experience tells us that we can have the biggest impact on people's lives when we influence decision-makers, whether these governmental organisations.

We work with partners to contribute to what is known about wellbeing, testing and studying what works in practice. We then use evidence to

of research to be contributing to. We are privileged to be able to use our endowment to do this work.

We will do this through a rolling portfolio of programmes, making sure that we pay attention to the most important issues affecting

wellbeing at any time, as informed by the best evidence.

only one part of a wider ecosystem for social change. We are most effective It is an exciting, multi-disciplinary field of research to be contributing to. We with different perspectives. We will organisations to advance the ideas, evidence, actions and practice that will make a difference to the collective



## Over the coming years, we intend to:

Tackle issues that threaten aspects of wellbeing

Put wellbeing at the heart of decision-making



#### Our wellbeing tests

We know that better collective wellbeing requires solid foundations and that there are certain conditions and practices which advance wellbeing when they are in place. Therefore, we will promote and facilitate solutions which:

Give people voice and choice: recognising that wellbeing cannot be 'done to' people, it has to be done by and with them.

understanding the importance of human relationships and social connectedness.

conversations and interactions between diverse communities, sectors and professions.

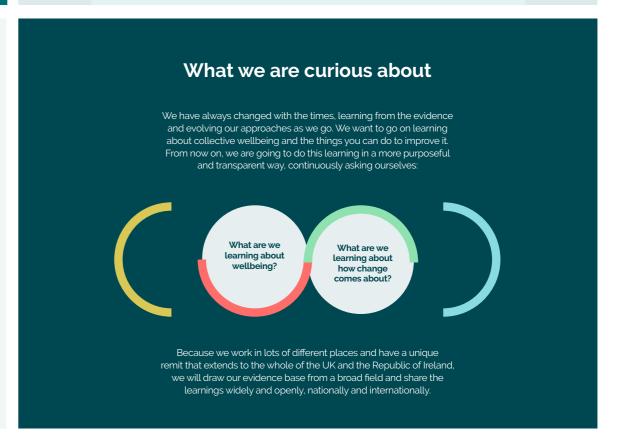
Support subsidiarity: advocating local Focus on long-termism: safeguarding decision-making which reflects the the collective wellbeing of future needs and priorities of people living in generations. that place.

Enhance transparency: opening up access to knowledge, data and evidence to support people themselves taking action on wellbeing.

Tackle poverty: knowing that people need to have their basic needs met before they can improve other aspects of their wellbeing.

wellbeing cannot flourish when there is inequality between people and communities.





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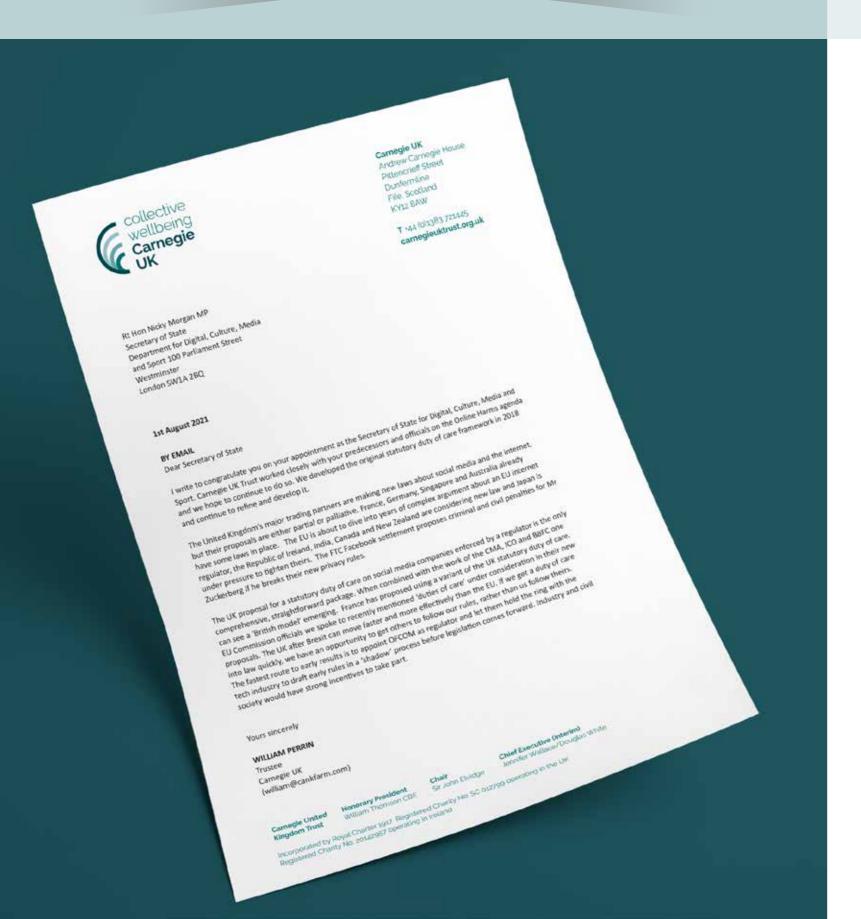


**Key facts** 

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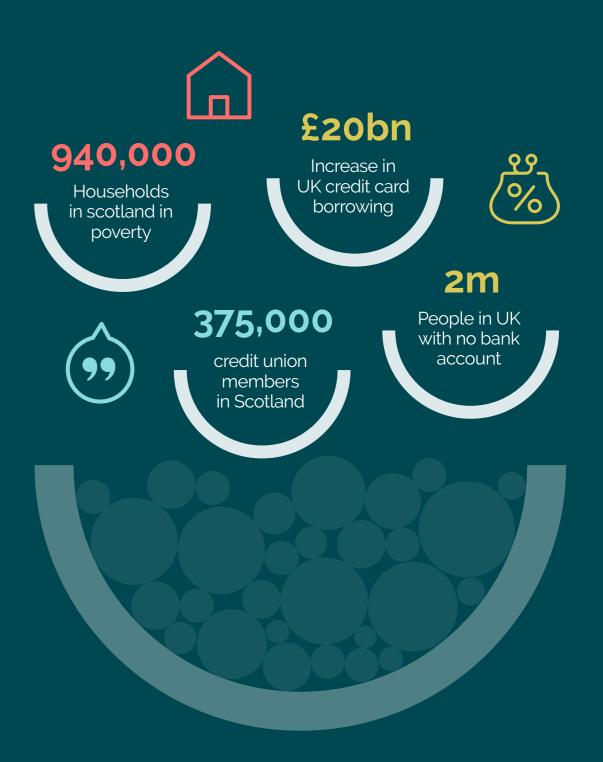












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