



CWBR Youth

Community Well-Being & Resilience

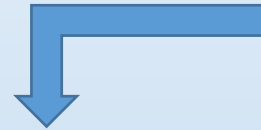
LLAGC leuenctid

Llesiant a Gwytnwch Cymunedol



CWBR Youth

Connecting young people and
Town / Community / City
Councils





GOBAITH

FFYDD

TAI FFORDDIADWY

CYMUNED





Clear themes...

- Youth activities
- Park equipment for older children
- Youth shelters
- Lighting
- Youth club hours...



Clear themes...

- Green space
- Bins
- Brightening up our communities...



Clear themes...

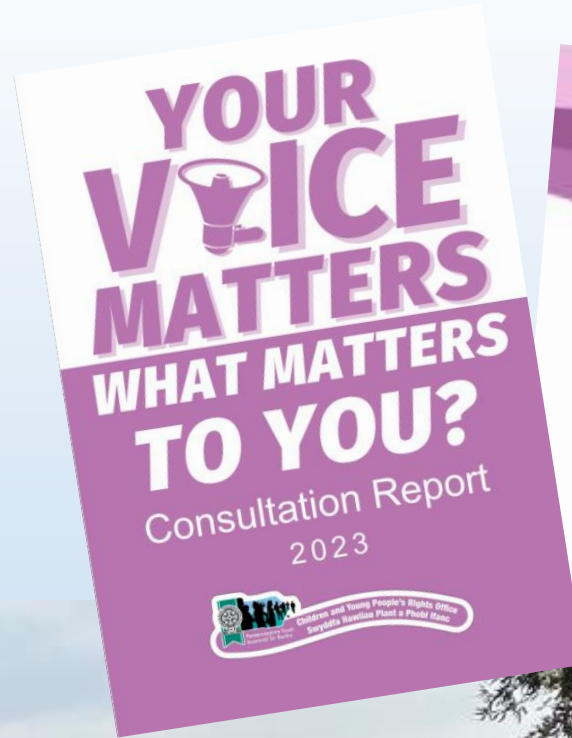
- Shops
- Transport
- Affordable housing...



Clear themes...

- Youth voice
- Youth welcome
- Respect.





2. Living

Supporting young people within PCNP areas helps the communities to remain connected, and aids future development. It is often difficult to travel within PCNP. Young people need to connect with the real

Infrastructure

- Affordable transport needs to be provided throughout the year.
- Flexible transport needs to be available, public transport times need to be realistic.
- Transport routes need to be clear and concise = user friendly.
- School bus passes should work for public transport.

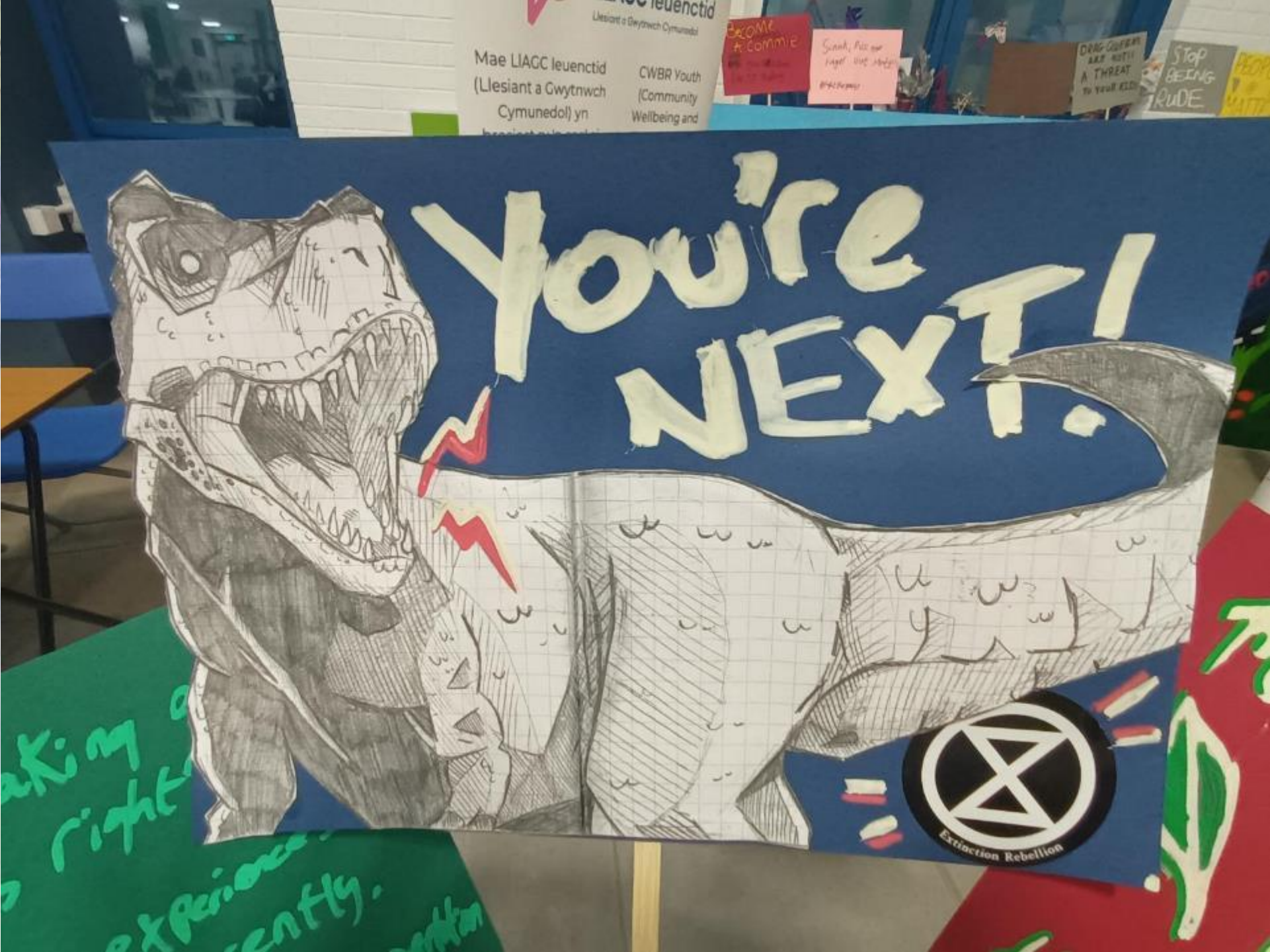
Affordability

- Introduce schemes to allow young people to purchase goods and services at an affordable rate to create an affordable existence in the area.
- Support small local businesses to be more independent and connected within the community.

Community

- Young people have a right to be part of the culture and history of the area.
- Connect with young people and provide engagement and social opportunities.
- Young people should be sharing what their sense of





Mae LIACC leuenctid
(Llesiant a Gwytnwch
Cymunedol) yn

CWBR Youth
(Community
Wellbeing and

BECOME
A COMMIE

Speak, Piss and
Fag! Out Loud!

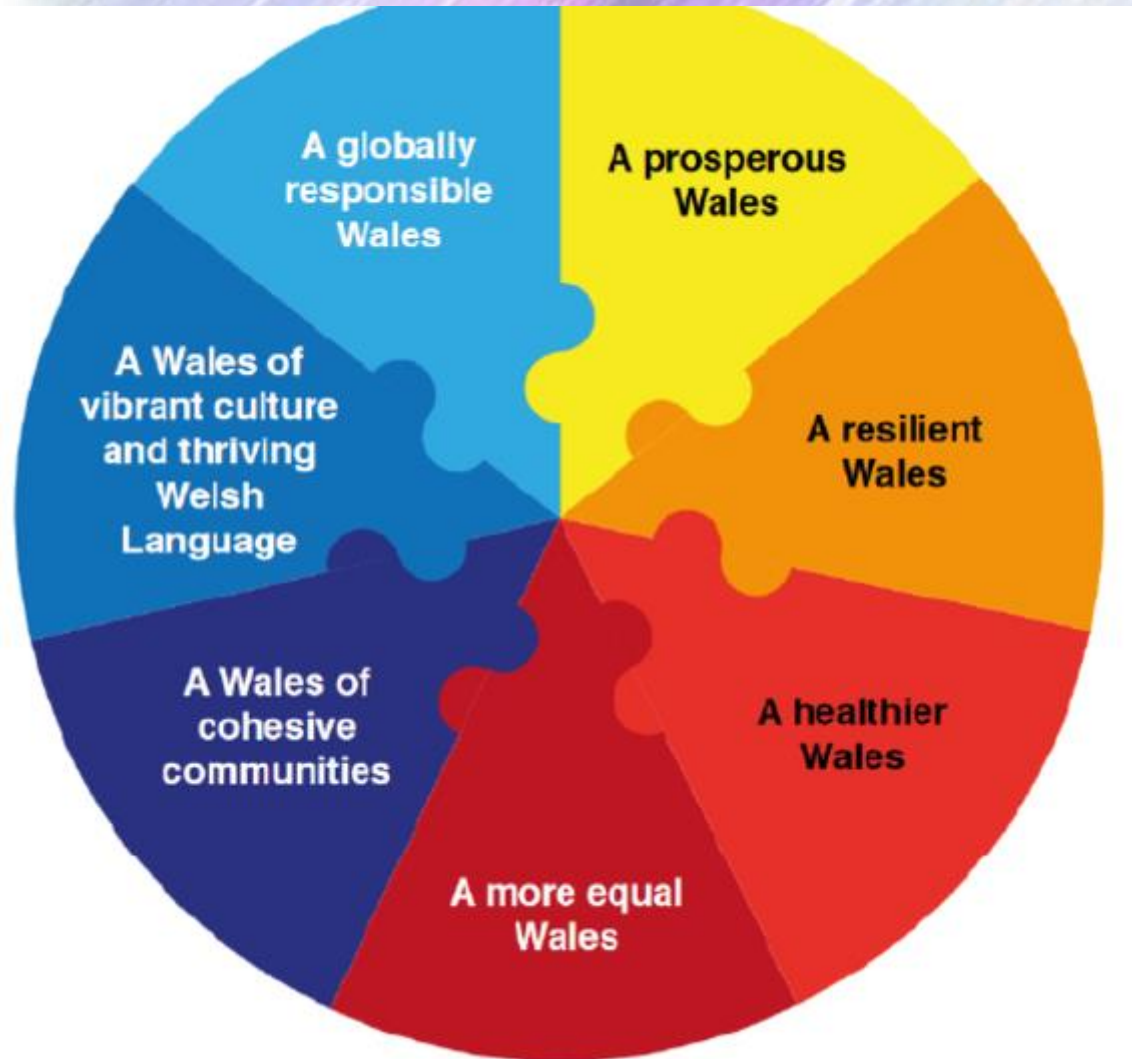
DON'T GURRY
AND PUT!
A THREAT
TO YOUR EYE

STOP
BEING
RUDE

making a
right
experience
cently.



Welsh Law – Wellbeing of Future Generations Act 2015



1. What are the biggest long-term trends and challenges for future generations?

OPTION C Futures triangle 45 minutes

Materials

Pens and papers, triangle card (see Appendix x)

Suggested format

Split into smaller groups and choose a topic the group is interested in. This can be related to the themes discussed in Scavenger hunt, or hopes and concerns for future, and may include for example climate and nature emergency, technology, education, health, food or others.

The topics can be different for different groups.

In these groups, look at the Triangle card and discuss and note down responses to the following prompts, in relation to the topic of choice.

Prompts

WEIGHT OF THE PAST

What kinds of limitations and obstacles does past impose on us? What prevents us from moving forward? These may include different commitments, persistent beliefs and unsustainable worldviews, values or ways of thinking.

PUSH OF THE PRESENT

Where is the world now heading and how can we make a difference? What processes of change are underway? What is currently pushing us to change ourselves or to change things around us? These include trends and other changes in society and people's lives.

PULL OF THE FUTURE

What are our images of the future? What is the best thing that could happen? Here, you can consider different dreams, plans, visions.

What is the Well-being of Future Generations (Wales) Act?

The Well-being of Future Generations (Wales) Act is about improving the social, economic, environmental and cultural well-being of Wales.

The Act gives a legally-binding common purpose - the seven well-being goals - for national government, local government, local health boards and other specified public bodies. It details the ways in which specified public bodies must work, and work together to improve the well-being of Wales.



LONG TERM - The importance of believing that we must take the time to improve the ability to meet long term needs, especially where things don't seem to be working but have potential long term effects.

PREVENTION - How identifying problems to prevent problems occurring or getting worse than anticipated to ensure the quality of well-being objectives, or another body's objectives.

INTERDEPENDENCE - How understanding that we are all interconnected, so considering how the many well-being objectives may impact upon each of the well-being goals, or how other objectives, as on the objectives of other public bodies.

COLLABORATION - How working in collaboration with other partners to meet different parts of the body acting together to meet the body's needs to meet its well-being objectives, or another body's body to meet its objectives.

INTEGRATION - The importance of involving other persons with an interest in achieving the well-being goals and of ensuring those persons reflect the diversity of the group which the body serves.

It will make the public bodies listed in the Act think more about the long-term, work better with people and communities and each other, look to prevent problems and take a more joined-up approach.

This will help us to create a Wales that we all want to live in, now and in the future.

HELP DEREK!

Who's Derek??



Derek Walker
Commissioner for
Future Generations



PULL OF THE FUTURES

WHAT ARE:

- our **VISIONS** of the future(s)?
- our **HOPES** and **FEARS** about the future?

PUSH of the PRESENT

- What **FORCES** now will be important in shaping the future?
- Which of today's emerging **structures** and **systems** will be influential?

THE FUTURES TRIANGLE

THE WEIGHT of THE PAST

- What **INSPIRATION** can we find in the past?
- What previous ideas, or ways things were done might hold us back?

WHAT does Derek and his Team want to know?

- ★ WHAT are the biggest **LONG-TERM TRENDS** and **CHALLENGES** for Future Generations?
- ★ WHAT do YOU, your **COMMUNITIES** and **FUTURE GENERATIONS** need Public Bodies and others to do to help meet challenges?
- ★ WHAT is **DEREK** and his **TEAM's ROLE** in supporting Public Bodies and others to do this?

HELP
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....a nice chap!

PULL OF
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A Prosperous Wales



A Resilient Wales



A Healthier Wales



A More Equal Wales



A Globally Responsible Wales



A Wales of Cohesive Communities



A Wales of Vibrant Culture and Thriving Welsh Language



LONG-TERM - The importance of balancing short term needs with the need to safeguard the ability to meet long term needs, especially where things done to meet short term needs may have detrimental long term effect.



PREVENTION - how deploying resources to prevent problems occurring or getting worse may contribute to meeting the body's well-being objectives, or another body's objectives.



INTEGRATION - the need to take an integrated approach, by considering how the body's well-being objectives may impact upon each of the well-being goals, on their other objectives, or on the objectives of other public bodies.



COLLABORATION - how acting in collaboration with any other person (or how different parts of the body acting together) could assist the body to meet its well-being objectives, or assist another body to meet its objectives.



INVOLVEMENT - the importance of involving other persons with an interest in achieving the well-being goals and of ensuring those persons reflect the diversity of the area which the body serves.

It will make the public bodies listed in the Act think more about the long-term, work better with people and communities and each other, look to prevent problems and take a more joined-up approach.

This will help us to create a Wales that we all want to live in, now and in the future.



in the future.

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PRESENT

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THE WEIGHT
of THE PAST

WEIGHT
OF THE
PAST

- What **INSPIRATION** can we find in the past?
- What **previous ideas, or ways things were done** might hold us back?

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- ★ WHAT do YOU, your COM **FUTURE GENERATIONS**

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- PREVENTION** - How developing resources to prevent problems occurring or getting worse may contribute to meeting the body's well-being objectives, as well as other objectives.
- INTEGRATION** - The need to take an integrated approach, by considering how the body's well-being objectives may impact upon each of the well-being goals, on other objectives, or on the objectives of other public bodies.
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Derek Walker
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PULL OF THE FUTURE

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PLANED

PUSH of the PRESENT

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PUSH OF THE PRESENT

THE FUTURES TRIANGLE

TOPIC YOU'RE INTERESTED IN

THE WEIGHT OF THE PAST

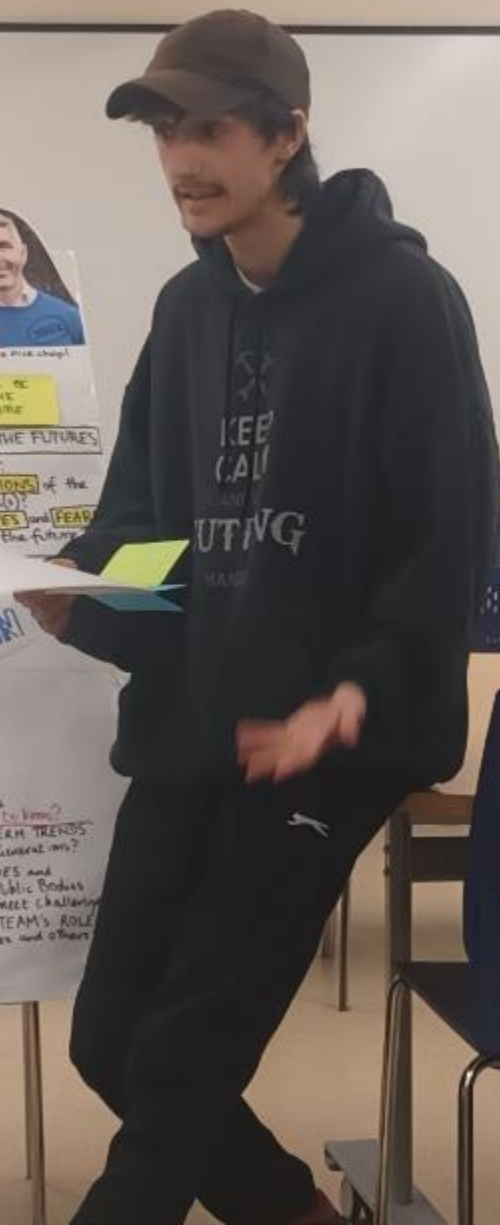
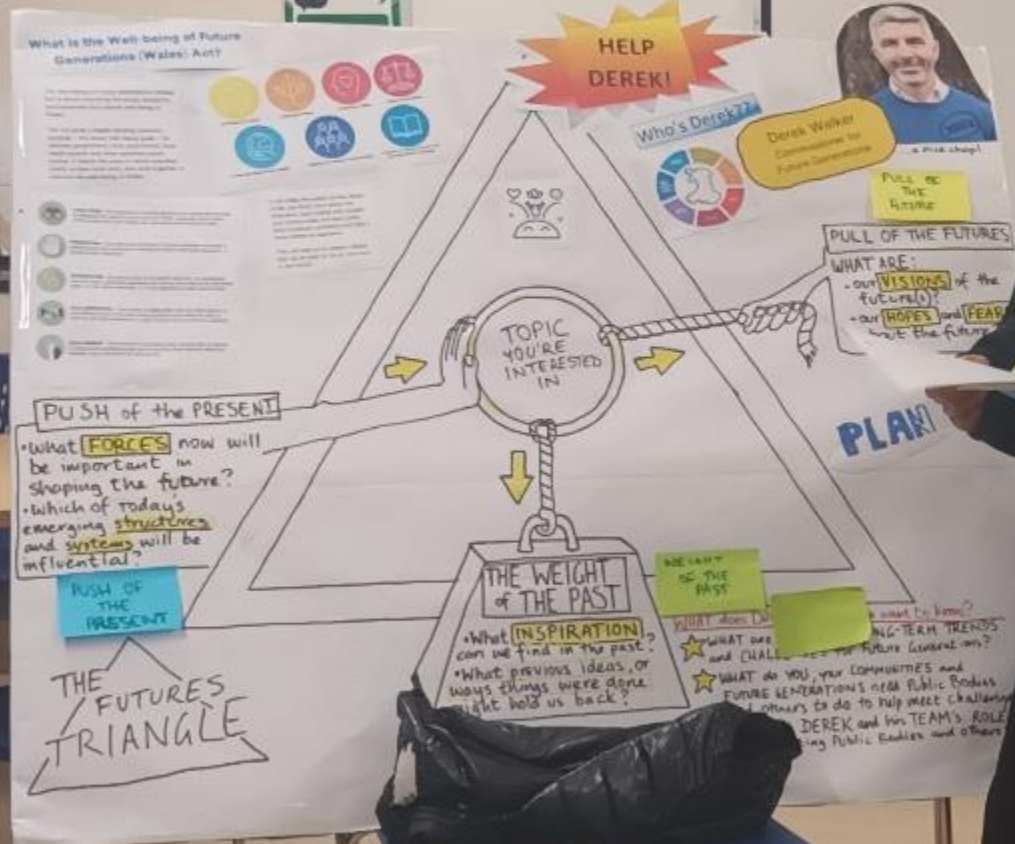
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- ★ WHAT do YOU, your **COMMUNITIES** and **FUTURE GENERATIONS** need Public Bodies and others to do to help meet challenges?
- ★ WHAT is **DEREK** and his **TEAM's ROLE** in supporting Public Bodies and others to do this?





PRESENT

Lots of good communities
Counselling in schools
more open about mental
health issues

Government neglect
Older Generation

FUTURE

more awareness
affordable therapy
Be more open about
mental health
more issues
more normalised

MENTAL HEALTH



PAST

Frowned upon
"attention seeking"
mental asylums
NO support

NHS waiting times

- NO waiting times so Patients are treated instantly.
- Robots to diagnose Patient's
- AI apps to direct them to the right services
- Extraordinary cost to have the changes implemented.
- Increased fuel costs
- Increased traffic
- Risk of robots breaking / malfunctioning

- Hard to change the system
- COVID taking money away
- Struggling to recruit
- Out of date technology systems
- People not taking responsibility for their recovery.

20 mph Speed Limit abolished!
Doctors and nurses on strike!
COVID
Economic crises

Public Transport

A lot more would be good
to more often

Fears: Funding taken away

- lots of people signing petitions to save Aylesbury bus
- 20 speed limit slowing down timetables
- economic crises pulling funding away
- Fuel shortages not good

- not necessary in past as everyone stayed local
- railways built in past not made with travel anywhere in mind

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Always staying sustainable
and not taking the easy route.

2. need public bodies to be brave and
innovative and make long term plans
that may not benefit them
directly

He should raise awareness aggressively
and lobby as much as possible

1. Younger generations using too much
technology. The carers companies to make
many more electric devices which causes
pollution.
2. Need to make public people create charity
events to raise money and awareness.
3. Create a communication between young
generations and older generations about
problem problems.

- Monetary issues.
- technology
- provide appropriate
funding
- appropriate care.

1) increase pay
2) increase prices.

3) ~~increase prices~~
IDK

Questions:

- 1.) climate change advisers.
- 2.) listen to scientists and their constituents.
- 3.) they make sure that they comply with ordinance.

GIVE THEM A GOOD HIDE

1. Better Transport to use like
like less CO₂ emitting vehicles with
electric vehicles (war arising fuel price
owning a vehicle can be
expensive to buy and maintain
3.

* Not enough resources,
climate change.
* Be more listening to
the people, try use public
comments instead of
ignoring them.

1. Picking up what we left
behind to do something good
for the earth.

- Social change
- Raise awareness
- More punishment for people who
commit hate crimes
- Make transphobes scared

- social change
- normalisation
- less stigma
- more education to decrease ignorance
- open mindedness

Equality, Freedom + Equity, Mental Inclusion, ①
Education and Health, Access to Internet,
Individual rights, etc.

To think about the long-term and put
against the established systems to
allow for real change. Be bold and keep
it short and clear. ②

③ To push them to work together,
collaborate, and unite to get
enough influence to make big changes.

1. Most likely old-people will still stay
in voting.
2. Teacher focused on teaching students
around voting.
3. Attempting to get more people
to register in for the election.

TRANSSEXUAL ISSUES

For transsexuals - Steroids are
important - but they are not
the only way to change the body. There are
many other ways to change the body.

Many transsexuals are very happy to live
as they are.

Hope for the future:

- easier access to healthcare
- Access to hormone therapy and
HRT sooner so that they have
more effect
- less waiting times for everything
- more available knowledge
about the whole medical process
- less stigma surrounding it

- Less judgement towards the trans
community
- talking/mental health therapy & support
for dysphoria & trans people in general
- more general control over how much
transsexuals are currently in & to assist
action when people experience hate
crimes

Public perception is very
important and needs to be
changed. It's not just about
the physical appearance, so people are
less likely to experience hate
crimes.

Legal system & the media often are
important to change the
public perception.

Not very much is on the side
of cultural
change. There is a
lot of work to be
done to make
the public perception
better.

Future Visions

- Hope for more on family policies
- More on the family side
- More for people to share more information
on health issues
- Fewer at risk of being taken away from
their families
- More on the family side
- More on the family side
- More on the family side

Car manufacturing pollution :)

Public the threat

- Spending more money on road works
- More on the family side
- More on the family side
- More on the family side
- More on the family side
- More on the family side
- More on the family side

Health of the future

- Spending more money on road works
- More on the family side
- More on the family side
- More on the family side
- More on the family side
- More on the family side
- More on the family side

Future
more awareness
affordable therapy
Be more open about
mental health
more issues
more normalised

Mental HEALTH



PRESENT
Lots of good communities
counselling in schools
more open about mental
health issues
Government neglect
Older Generation

PAST
Frowned upon
"attention seeking"
mental asylums
no support

1. Global warming threat health, increased
support
2. Listen to the younger people,
be willing to change
yourself
3. More people must aware of this
organisation put a smile on
people face that continuously and

- less problematic situations
- Go back in time and keep
more of an eye for people
who break the law.
- More voluntary help from
advertisement.

Put things back
the way they were
but more proof seeing
in place of who breaks
the place.

Government Issues

Spending more money
on gear changes
in the car

False info given
to the public

1. Younger generations using the same
technology. The younger generations do make
more and make decisions which cause
problems
2. Need to make public people make their
own decisions and aware of
the risks
3. Create a communication between young
generations and older generations to
solve problems

- Monetary issues
- technology
- provide appropriate
funding
- appropriate care
- investigate problems
personally.

FUTURE FOCUS OF FUTURE GENERATIONS COMMISSIONER ...or DEREK to you

① WHAT ARE THE KEY **LONG-TERM TRENDS** + **CHALLENGES** FOR FUTURE GEN?

CLIMATE CHANGE'''

FUNDING / ECONOMY'''

SUSTAINABILITY
- NOT TAKING EASY / CHEAP ROUTE

POLLUTION

LIMITED RESOURCES

WARS

TRANSPORT'''

THE PROBLEMS LEFT TO THEM BY US

TECHNOLOGY
- OVER-USE of screens
- CO₂ / Pollution from manufacture
- GROWTH
- A.I.

MENTAL HEALTH

YOUNG PEOPLE NOT REPRESENTED / INVOLVED

HOUSING

HEALTH

HUMAN RIGHTS

EDUCATION

COUNCILS
HEALTH BOARDS
POLICE + FIRE
COLLEGES
NATIONAL PARKS

② WHAT DO "PUBLIC BODIES" NEED TO DO TO HELP YOU /

COUNCILS
HEALTH BOARDS
POLICE + FIRE
COLLEGES
NATIONAL PARKS

② WHAT DO "PUBLIC BODIES" NEED TO DO TO HELP YOU / COMMUNITIES / FUTURE GENERATIONS MEET THE CHALLENGES?

LISTEN

- TO SCIENTISTS
- TO PEOPLE - YOUNG &

TREAT STAFF RIGHT - PAY "

- HELP BUY
HELPFUL THINGS OF ELECTRIC CARS

CHANGE!

- LONG-TERM VIEW "
- PUSH AGAINST THE
ESTABLISHED SYSTEMS
- BE BRAVE!
- INNOVATE
- LEARN - SOCIAL CHANGE

RAISE AWARENESS BETTER

- SUSTAINABILITY
- SOCIAL

RAISE £££'S MORE CREATIVELY "

- TAX THE RICH
- PRIVATE INVESTORS

USE £££'S MORE EFFECTIVELY

- OUTCOMES
MORE MAINSTREAM

CARE!

FUND WHATS NEEDED

DON'T BE A ****!

GET TEACHERS TO

- ENGAGE YOUNG PEOPLE
IN (DEMOCRACY) VOTING
FROM EARLY AGE
- DECREASE GENDER IGNORANCE

TACKLE HATE CRIME

CRIME

- DECREASE GENDER IGNORANCE

③ WHAT DOES DEREK AND HIS TEAM NEED TO DO TO SUPPORT THIS?

DO MORE TO ENSURE ^{HH} PUBLIC BODIES DO WHAT THEY ARE MEANT TO / SAYING THEY'RE DOING

- LISTENING TO PEOPLE
- GETTING ~~£££~~ IN RIGHT PLACE
- INVESTIGATE PROBLEMS PERSONALLY
- MORE + PUBLICISE (→ SHAME THEM!)
- RAISE AWARENESS MORE AGGRESSIVELY
- LOBBY AS MUCH AS POSSIBLE

SUPPORT MORE INTERGENERATIONAL WORK / OTHER GROUPS TO WORK TOGETHER (COHESION)

GET MORE DIVERSITY IN DECISION MAKING ^{HH}

- YOUNG PEOPLE
- GENERAL PUBLIC
- COMMUNITY INPUT

DO MORE TO BRING ORGS / PEOPLE (STAKEHOLDERS) TOGETHER - UNITE TO HAVE MORE INFLUENCE TO GENERATE CHANGE NEEDED!

GET MORE PEOPLE AWARE OF HIS TEAM / AIMS / ACTIVITY

PUT SMILE ON PEOPLE'S FACES (→ MOTIVATE ENGAGEMENT)





Futures triangle

Linking the past and present to the future

What is it?

The futures triangle is used to identify possible and plausible futures shaped by three pushing and pulling dimensions (represented as corners of a triangle) - the push of the present; the pull of the future; and the weight of the past.

The method can help us explore the relationships and potential tensions between the three corners. Any change in one of the corners will have a ripple effect on the triangle, leading to a shift in the direction of the future.

The method can be used in individual or collaborative work to map the current landscape and allow desirable but plausible futures to take shape.

How can it be applied to health inequalities?

This method allows us to see how the past has brought us to the current situation of health inequality, how the present is keeping or shifting that, and what future we would like to create – all at the same time. Exploring the links and potential tensions helps us create a feasible path forward.



Case study:

[Engaging young people in thinking about the future in Wales](#)
[Exploring what the future may mean for the role and work of Welsh Government](#)

Need to know



Approach: On our own or as a workshop. It can be tailored for group working in-person and online.



Who to involve: Internal staff or external stakeholders who are familiar with the issues. It can also be used as an involvement tool.



Time required: This can be done quickly, in around an hour, or given more time, perhaps a 2-to-3-hour workshop.



Outputs: An annotated triangle capturing our understanding of the past, present, and future. We can build on this to develop scenarios.



Recommended toolkit: This [blog](#) from Futures Platform

5 ways of working



Long-term: Enables us to consider both short- and longer-term needs.



Prevention: Can help us learn from the past and present so we can avoid previous mistakes and prevent an undesirable future.



Integration: Integrates different perspectives – the original architects of a system, those operating now, and those with a future vision.



Collaboration/involvement: Can bring stakeholders together or be used in a participatory way to involve citizens and communities.



The challenge

To engage diverse young people from Pembrokeshire College in contributing to the Future Generations Commissioner's 'Our Future Focus' exercise, which sought to set the priorities for the new Commissioner's term. This required a group activity that could be delivered within 40-minute tutorial periods, or even briefer opportunities to engage a passing individual learner. The activity needed to grab attention and motivate participation; to give background information on the Well-being of Future Generations Act as existing awareness was low; and support sufficient understanding of the issues to be able to provide thoughtful feedback on the priorities.

The approach

We adapted the 'futures triangle' exercise to make it suitable for young people – keeping the approach informal, delivered with a sense of fun, and with minimal requirement to read a lot of text. We invited learners to 'Help Derek', creating a sense of intrigue – who is Derek? What does he want to know? We created a large eye-catching resource that contained all the relevant information, broke the exercise down into sections, colour-coded to aid understanding. We split learners into small groups (with fun team names) to encourage all to get involved, asked them to think of an issue important to them around which the questions were structured, and set an expectation all groups would need to provide feedback.

The impact

Over three 40-minute sessions and 30 minutes catching passers-by on campus, we engaged with 45 young people. This generated a wide range of pertinent issues and highly relevant suggestions on priorities. We were then able to analyse and prioritise their responses thematically in order to feed it into the Our Future Focus process.

The link to health inequality

There are two links to health inequalities. First the subject matter – the role of the Future Generations Commissioner is to support the public sector in Wales to achieve 7 well-being goals: a Prosperous, Resilient, Healthier, Globally Responsible and More Equal Wales, with Cohesive Communities, Thriving Culture and Welsh language. There is significant overlap between these well-being goals and what we know underpins health, well-being and equality in Wales. Second, it is well understood that to make progress on health inequalities, it is necessary to 'work with' rather than 'do to' communities. This example demonstrates how futures approaches can be a valuable tool for engaging and involving people, particularly young people.



Top tip

Ensure the chosen approach meets the needs of the target group in terms of accessibility and facilitation, and motivates them to participate. It proved effective to give participants choice on their subjects of interest and encourage them to start with positive thoughts on a desirable future rather than problems and barriers faced which could have demotivated participation.



For more information

More information about our work to encourage young people to engage with and have representation on town, city and community councils across Pembrokeshire can be found on our [CWBR Youth](#) project page.