



### **Beat the winter blues and take part in the Happiness Pulse**

A new survey will highlight how happy, connected and active people in Gwent are and will also provide an insight into the well-being of people living in Caerphilly, Monmouthshire, Torfaen, Blaenau Gwent, and Newport.

The survey is launching across Gwent on Monday 15<sup>th</sup> January 2018 – the day recognised as Blue Monday – the most depressing day of the year for many, with people's mood possibly affected by their post-Christmas finances, the bad weather and the long wait for summer.

Residents of Caerphilly county borough are being encouraged to fill in a simple online survey by 28<sup>th</sup> February. The survey will provide individuals with their own happiness score and links to hints and tips on how to improve their happiness.

The Happiness Pulse survey tells a story about a place. It is designed by Bristol based charity and social enterprise Happy City, who are world-leaders in helping to support better measurement of well-being and developing policy to support long term well-being in communities.

Their Chief Executive, Liz Zeidler, has high hopes for the Gwent-wide pilot - "The Happiness Pulse is a unique tool that helps individuals explore their own long term happiness, whilst helping communities map the well-being strengths and needs of all their citizens. By supporting 1000s of local people to take their pulse, Gwent local authorities, businesses and community organisations are demonstrating their pioneering commitment to understanding and improving the lives of people across the region".

The Well-being of Future Generations Act 2015 has led public services in Wales to think long-term, work better with people and communities and each other, look to prevent problems and take a more joined-up approach. Public Service Boards are implementing this with the publication of Well-being Plans in May 2018.

Beating the Blues events are taking place across Gwent week commencing Monday January 15<sup>th</sup>. All residents can complete the survey – even if they don't live in the Caerphilly county borough area. The Pulse can be completed on a PC, tablet or mobile phone. Hard copy versions are also available if needed – contact 01443 866391.

The survey <https://gwent.happinesspulse.org/pulse/caerphilly> is available from Monday 15th January until 28<sup>th</sup> February 2018.