



**Empowering societal actors
through responsible Research and Innovation**



Well Now – A healthy respect for every body

Lucy Aphramor



The project is financed by the European Union's Horizon 2020 Research and Innovation Programme under Grant Agreement no 665947 and runs from January 2016 to February 2018.

NHS Highland use the Well Now philosophy in their healthy weight policy



Well Now promotes health-gain and body respect for all.

It does this by fostering **compassionate self-care**, integrating the **bigger picture of health**, and using a **teaching style** that enhances deep change.

When should I use an approach linked to shame & stigma, like weight correction?

Never

Based on Politics of Health Group slide regarding healthcare for migrants

Black Lives Matter

Black men in the U.S. have 9 years less life expectancy than Black men in Cuba. Why?

\$ \$ \$ \$ \$ \$



#MeToo We may feel more comfortable educating young girls about the perils of dieting than we are about trying to achieve social change necessary to reduce physical and sexual victimization ... yet perhaps the latter will be more effective than the former in reducing the incidence of eating disorders

Social determinants of health

Material

diet
activity
damp houses
pollution

Relational

lifeworld
social capital
Status syndrome
Kreiger (racialist)
hypertens

personal is the political
is the physiological + the
psychological

"Body Politic"



- Radical new approach
- Self-care and society
- Emancipatory
- Link practice and theory - praxis and pedagogy



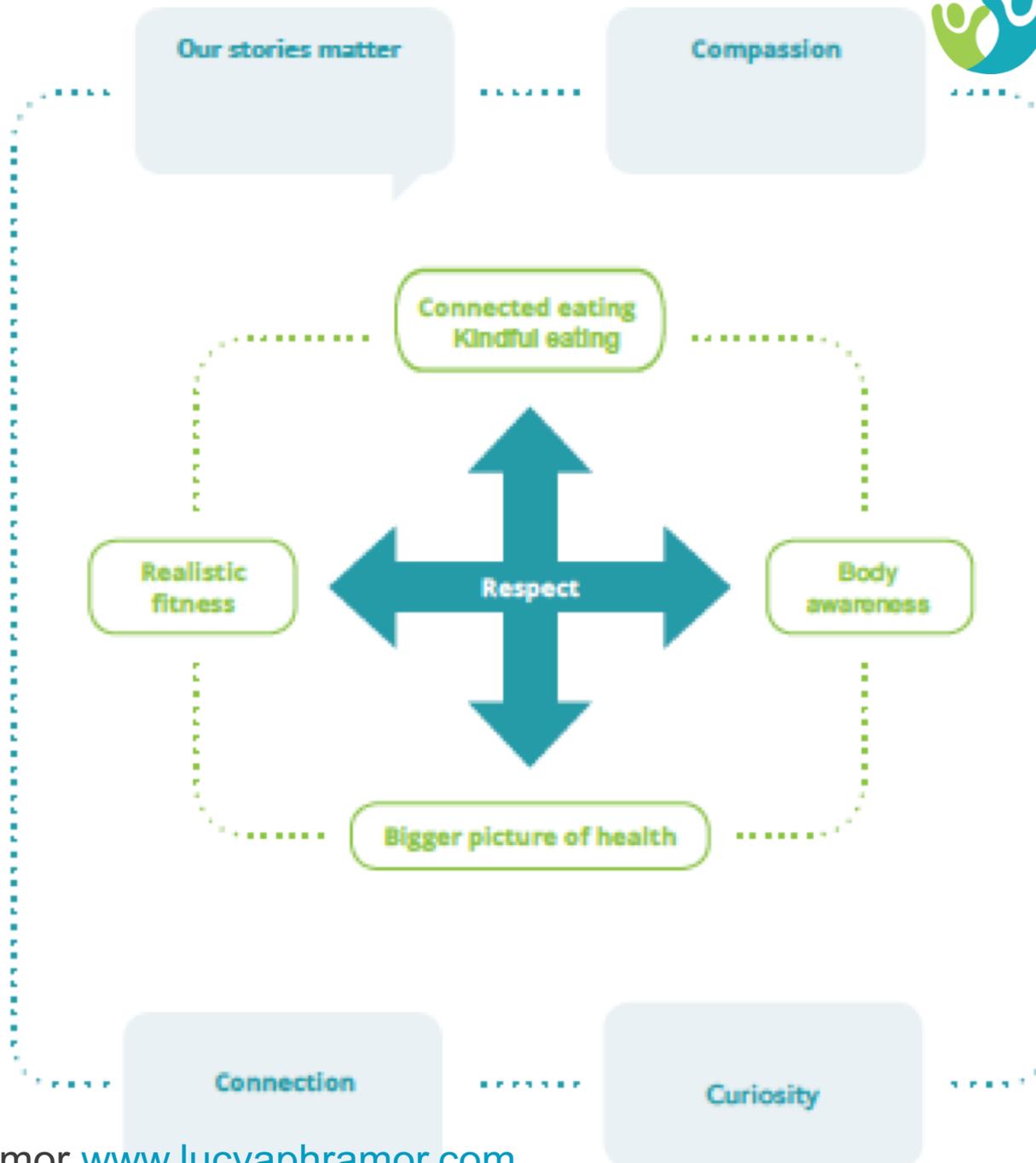
Ampowerment

Ampowerment refers to a meaningful sense of one's power-from-within. Lifestyle change falls under the rubric of empowerment, which relates to self-care. Becoming aware of how stigma and structural factors shape lives (consciousness raising) can help people make sense of their experiences and increase feelings of empowerment.

Empowerment

Empowerment is a process that involves systemic social change, with action preceded by collective consciousness raising. It does not stop at self-esteem. It is not about compliance or coercion or tokenistic engagement .

Empowerment fosters empowerment through links with a critical awareness of power-over, and increased capacity to engage in and influence power-with relationships.





**Care
Opinion**

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Share your experiences of UK health and care services, *good or bad*.
We pass your stories to the right people to make a difference.

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eg Leeds General Infirmary, heart surgery, dementia, S3 8EN

"Wonderful service"

About: Nairn Town and County Hospital / General Medicine

Posted by *Wooded616* (as the patient), 12 months ago

Being obese, with multiple health conditions- ie Type 2 diabetes, obstructive sleep apnoea, hypertension, hypothyroidism, asthma, chronic back and neuropathic pain, diverticulosis- I was in a very bad place back in July 2016. Having tried multiple "diets" over the last few years, which always failed- together with joining every slimming club over and over again- my life was in a downward spiral and I felt like a hamster on a wheel always striving but always failing.

STORY HAS A RESPONSE



This story has had 3 responses



Story summary

What's good?

service

staff

Feelings:

What could be improved?

[Well Now NHS Highland](#)

Well Now in NHS Highland



"Found the weight management sessions enlightening"

About: Nairn Town and County Hospital / General Medicine

 Posted by *Brown303* (as the patient), 14 months ago

It was good to talk without being judged about my weight. Other issues came to light and found that enlightening. Changed habits while attending these sessions. Will be asked back in 6 months to see if still coping.

"Revelationary care"

Looking at life with 'WellNow' vision, really changed my way of thinking about work stress/ dieting and the constant cycle of self blame and focus on weight. For all busy people juggling a lot in their lives- this is a really great way to reboot your system.

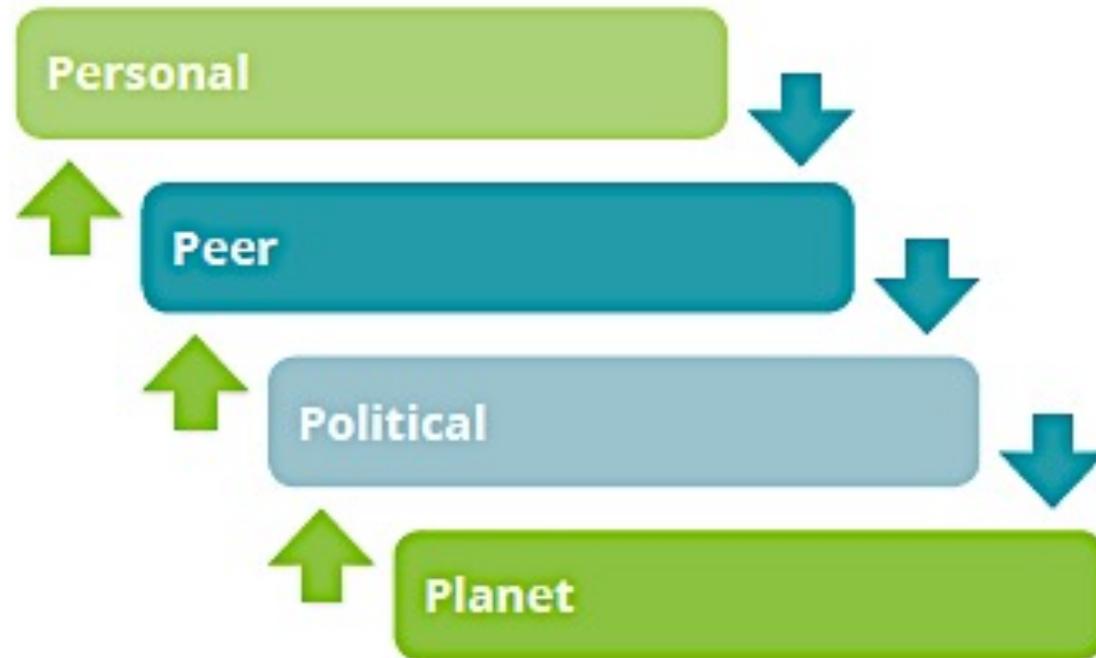
Well Now Course

And actually, you know actually what everybody needs is support and acceptance, and not people judging them.

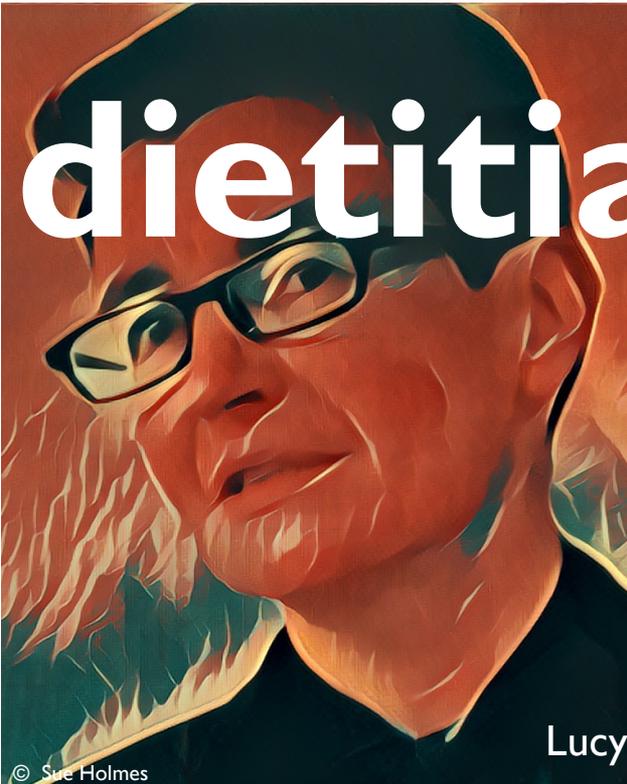
I do loads of things now I never would have done them before; I thought they were for other people. Now I think, no, I'm good enough too.

Teaching for Transformation

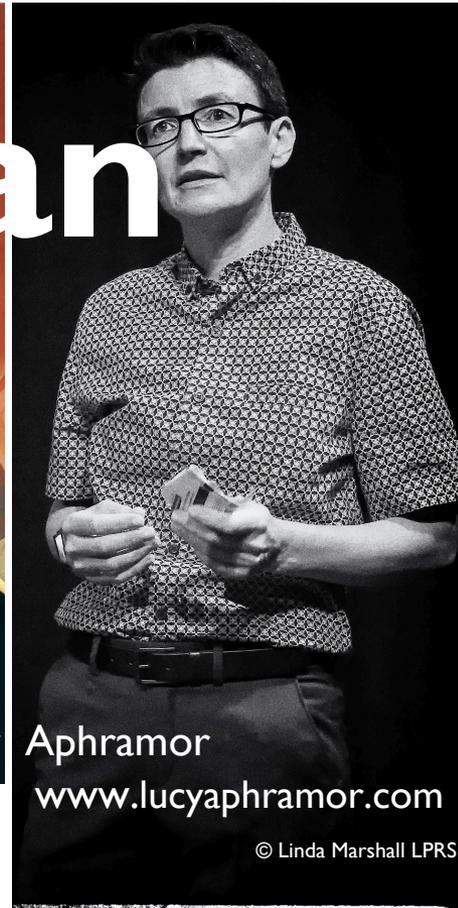
The 4 Ps of Well Now Way



the naked



Lucy



Aphramor

www.lucyaphramor.com

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. . .right in this room a million women hours have dragged by in our thoughts of being more by being leaner cleaner slimmer trimmer thinner thinner thinner . .

Excerpt from raise the Roof, Aphramor 2017

Eden Court, MacLean Room

Monday 19th March 2018

7.30pm - 8.30pm

Tickets by donation on the door

"I urge you to see it"

******* Edinburgh Reporter**

"The literary lovechild of Jeanette Winterson and Allen Ginsberg"

Broadway Baby



PoetLucy



Well Now

- Were there any surprises?
- What will you remember most?
- Any questions?

Acknowledgements

With appreciation to NHS Highland practitioners and residents for their invaluable support showing how Well Now works in real-life, and with thanks for their continuing feedback and enthusiasm.