

Permission to Dream

Encouraging people with poor mental health to dream



For many people who have mental health problems it can be difficult to think about the future and to have a dream about what their future will look like.

We wanted to change this by encouraging people with mental health problems, their families and friends, and workers to explore and encourage people's dreams and the things that help make them real.

These conversations build upon previous discussions we have had as part of work exploring how Self Directed Support can work well for people in different circumstances. Thinking about dreams and a positive future is a way of encouraging people to flourish and is the starting point for people to develop their capacity to make choices and lead good, active and meaningful lives.

During the Spring 55 people in Kintore and Inverurie Aberdeenshire, Clydebank, Dumbarton and Wishaw took part and shared their dreams.

These are some of their dreams,

"It's all about our health not our wealth"

1. To be listened to

"I would like to be listened to"

"I would like someone besides my dog to listen to me and try to understand"

2. To have more confidence

"I want to be happy and content and to have the confidence to go out"

"Having confidence would make such a difference to my life"

6. To have friends and supporters who accept and understand me

“I want to visit a friend regularly for a cup of tea or a lunch”

“To have a bit of company in the evenings”

7. To have more say about things in my life

“To make sure the person I care about is looked after well if something happens to me”

“I want to get out of bed when I want – not when someone decides I can”

“I would like to be independent and to be a better cook”

8. To be able to work and have a job

“I want to get back to work and give my family the life they deserve”

“I would like to be able to work”

“I have always wanted to be a zoo keeper”

9. To go on holiday, visit new places and do new things

“I would like to travel Route 66 on a Harley Davidson”

“My dream is to drive again and get more independence”

“I would like to go to Barcelona, New York - travel abroad and see new things”

10. More understanding about mental health and well being

“I would like mental health to be a priority for everyone and not just when it goes wrong”

“I dream of a less judgemental and a more understanding society - it keeps me in the house”

Keeping the conversation going

Outside the Box will keep the conversation going by sharing the dreams

- on the Outside the Box website <http://otbds.org/>
- on the Getting There website www.gettingtheresds.com/permission-to-dream
- and via social media using Twitter @OtBcommunities

We would love to hear from you about your dreams and ideas for a positive future and will continue to share them.

Please share these dreams with friends, family colleagues, supporters and interested organisations.

Thank you

Thank you to everyone who took part, giving their time and sharing their dreams. And a very special thank you to Dawn and Marie at Grampian Opportunities, Lisa and Carrie Anne from Neighbourhood Networks and Elaine at Stepping Stones.



Let's create a movement for change - we can all dream