FLOURISHING THROUGH EQUITABLE PRIMARY CARE

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Workshop Aims

1

Introduce

- Introduce academic frameworks defining both human flourishing and health equity

2

Explore

- Explore the link between flourishing and equitable general practice

3

Use

- Use creative enquiry as a pedagogical approach to reflect on professional challenges and solutions for health equity

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Introduction

In groups of 3, please, introduce yourselves and share a moment or a story (either from work, study or life) where you saw people flourish together; when voices felt welcomed across roles or differences.



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Gardens and Flourishing Spaces

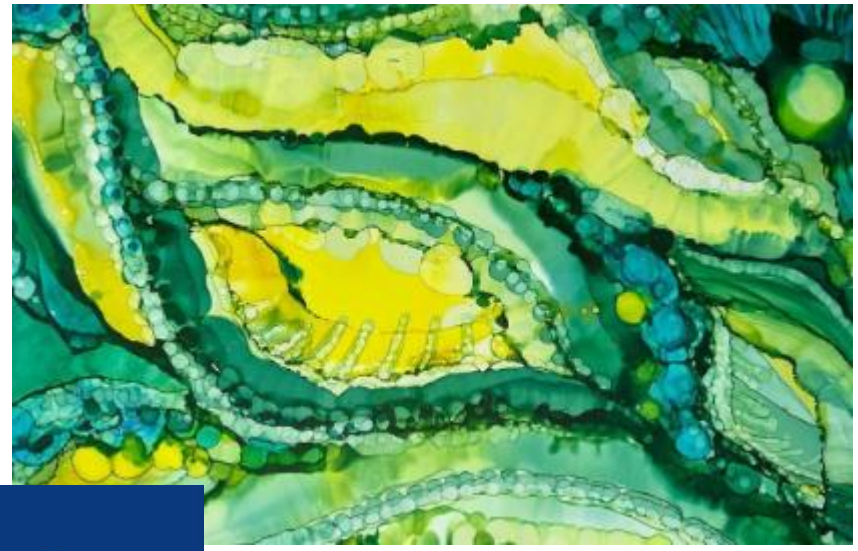
Faversham Abbey Physic Community Garden

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Flourishing Space

- What are your flourishing spaces at work? We can't pour from empty.
- How might you create more flourishing spaces professionally?



A flourishing space is
where people can grow,
where different voices are welcomed,
and where transformation, justice,
creativity, and care can take root.

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Flourishing

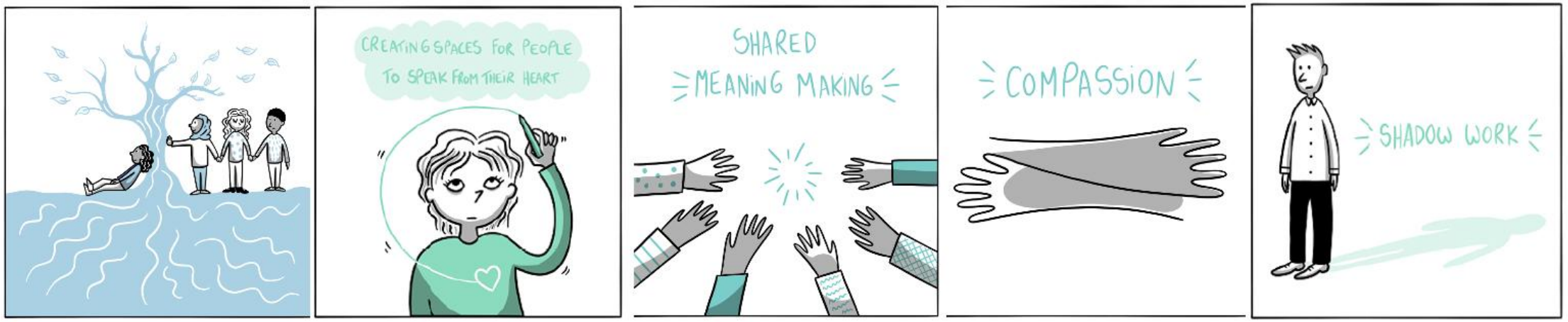
- Demand for Resilience
- Individualistic Flourishing (e.g. Vanderweele, 2017, Mansuri & Zelenski, 2025)
- Flourishing Spaces



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Flourishing Model



Ecological | Relational | Meaning making | Compassion | Keeping it real, shadow work

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Flourishing highlights the purpose of equity

- Flourishing is never an individual project. It is developed by relationships, systems, and environments.
- Communities flourish when they feel seen, valued, and supported.
- Health equity initiatives that value trust, cultural humility, and belonging directly contribute to flourishing.
- Flourishing becomes a measure of whether systems are truly inclusive.



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Making sense of Health Equity Framework

- Systems of power
- Individual factors
- Relationships and Networks
- Physiological factors









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ETR's Health Equity Framework.

Health and education outcomes are influenced by complex interactions between people and their environment.

etr.org

Relationships and Networks

Connections with family, friends, partners, community, school and workplaces that:

+ Promote health equity through support systems that encourage health-promoting choices

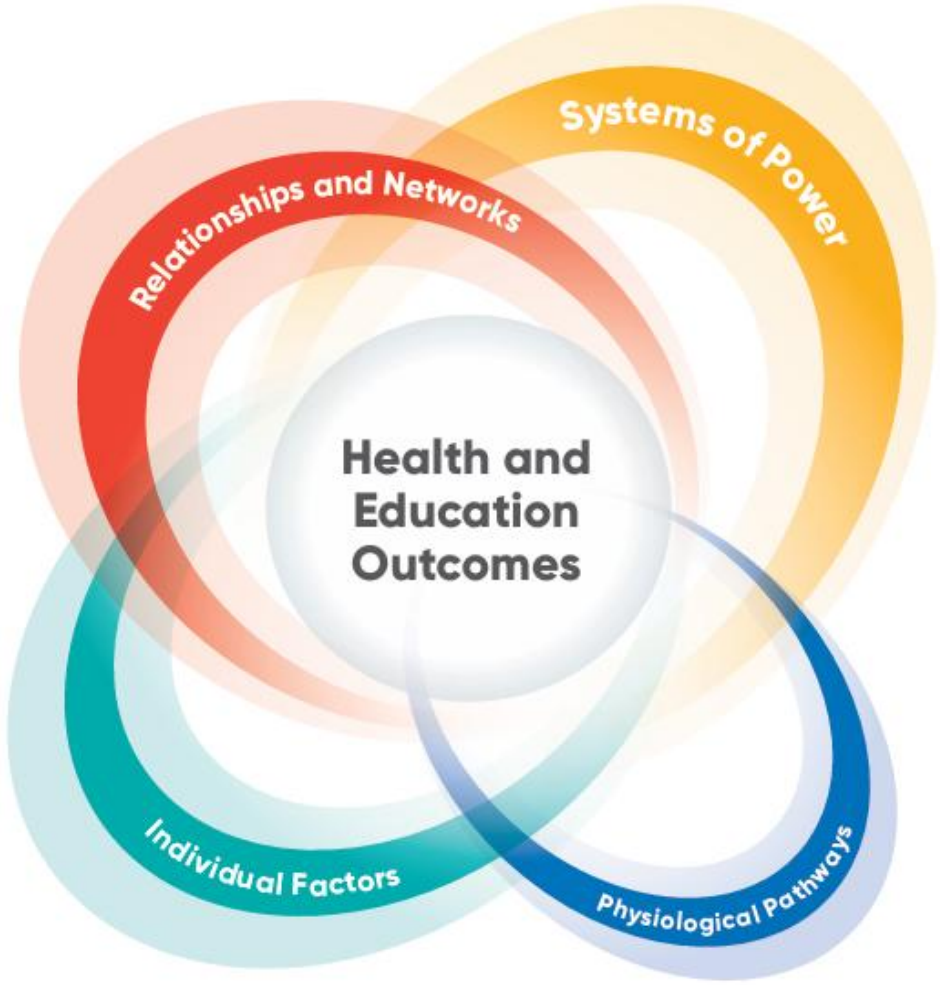
- Intensify health inequities through social networks that enable health-harming behaviors

Individual Factors

A person's response to social, economic and environmental conditions that:

+ Promotes health equity through attitudes, skills and behaviors that enable their personal and community's health

- Intensify health inequities through attitudes, skills or behaviors that cause harm to their personal or community's health



Systems of Power

Policies, processes, practices that:

+ Promote health equity through fair access to resources and opportunities that enable healthy lives

- Intensify health inequities by allowing unfair social, economic or environmental advantages for some groups over others

Physiological Pathways

Factors that:

+ Promote health equity when a person's physical, cognitive and psychological abilities are maximized

- Intensify health inequities when a person's environment or experiences has impaired their physical, cognitive or psychological functions

Why is this important?

- Meaning making
- Dignity restoration
- Safety and belonging
- Space for every story

Food for thought- What is my part?

Relationships	Individual factors	Systems of power	Physiological factors
Trust	Identity	Systemic barriers	Stress
Belonging	Strength	Enablers	Exclusion
Shared responsibility	Vulnerability	Influence	Overwork

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Workshop Activity – Growing your garden

- Ground rules and setting the scene



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Meaning-making

Relationships: Bridges	Sharing tools Relationship among gardeners
Individual factors: Trees, Seeds	Unique needs Shade, richer soil
Systems of power: Fences	Rules Land ownership
Physiological factors	Soil depletion Water scarcity



Workshop Activity – Growing your garden



Think of your own primary care community garden



Pictures that speak to your heart

Go round the room to reflect on the pictures of what you need to grow your garden and select one that speaks to your heart



Reflections using the guide questions handed to you

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- What stood out?
- What will you take away?

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References

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