

# Daring to Dream: making space to talk

Daring to Dream is a Welsh charity focused on supporting the emotional health of adults in Wales living with physical illness.

That is roughly half of all adults in Wales (1.2 million)!

Our focus is all about 'making space to talk' for those living with physical illness.



**Firstly:** we raise awareness of the need to support emotional health of adults living with illness. We encourage everyone to give those they are close to, the space (literally) for them to talk about and express their emotions relating to diagnosis, treatments, and the daily impact of living with health issues. Just give them space to talk, express their feelings and listen.

**Secondly:** we help by 'making spaces to talk' by creating interior designed, comfortable, and comforting Quiet Rooms, Relatives' Rooms, and Patient Day Rooms in hospitals. These are:

- Physical spaces that enable and support what are sometimes very tough and emotional clinical conversations.
- Spaces where family members can comfort each other and also have a place to take time to step back from supporting their loved ones.
- Spaces for the ward patients to socialise and engage in wellbeing activities, enabling improvements in emotional health, confidence, and physical fitness.

**Thirdly:** the message we promote via Lleswyl, (our flagship and free wellbeing festival) is to encourage all of us to make 'social space' for those we know who are living with illness. We want Lleswyl and its Watch Parties to encourage everyone to include and make time and space for those we know, living with illness.

By making space to talk, we enable people to talk about their emotions, express them in a shared safe space, and enable them to focus on and choose what they really want to do and what they enjoy doing.

This helps those living with illness to enjoy their life to the fullest within the challenges of ill health - to live their best life.

**Daring to Dream: [www.daringtodream.wales](http://www.daringtodream.wales) #makingspacetotalk**

