



**Making life better,
together**
Belfast Strategic Partnership



Take 5 steps to wellbeing



Connect



Keep learning



Be active



Take notice



Give



**Public Health
Agency**

Project supported by the PHA

Contents

Foreword	3
What is Take 5 steps to wellbeing?	7
Take 5 steps to wellbeing	10
Practical examples of Take 5 steps to wellbeing	12
Take 5 steps to wellbeing tools	16
A guide for practitioners	17
Supporting behaviour change	18
What Take 5 activities will you do?	20
My Take 5 steps to wellbeing self-assessment - part 1	26
My Take 5 steps to wellbeing self-assessment - part 2	27
Take 5 steps to wellbeing star	28
Take 5 steps to wellbeing readiness ruler	30
My Take 5 steps to wellbeing pledge	31
Take 5 reminder card	32
Take 5 steps to wellbeing in your community	34
What is already available in your community?	35
Take 5 steps to wellbeing community calendar	37
Take 5 steps to wellbeing community mapping tool	38
Take 5 steps to wellbeing community project planning tool	39
Take 5 steps to wellbeing in your organisation	40
The benefits of Take 5 steps to wellbeing for your organisation	41
Using Take 5 steps to wellbeing in your organisation	43
Promoting Take 5 steps to wellbeing	44
Take 5 steps to wellbeing organisational audit tool	46
Take 5 steps to wellbeing organisational planning tool	47
Take 5 steps to wellbeing organisation pledge	48
Take 5 steps to wellbeing Evaluation	49
Evaluation	50
Take 5 steps to wellbeing Appendices	55
Take 5 steps to wellbeing branding guidelines	56
Take 5 leaflets, posters and wallet cards	58

Foreword

Belfast Strategic Partnership (BSP) through its Mental Health and Emotional Wellbeing Thematic Group has worked diligently over the last 3 years developing and embedding the Take 5 steps to wellbeing approach into its work. Information sessions, activities and programmes have been delivered across the community, voluntary, statutory and business sectors throughout the city in order to promote the Take 5 concept and approach.

The Take 5 steps to wellbeing (Connect, Keep learning, Be active, Take notice and Give) approach contributes to improving wellbeing in its fullest sense, both physically and emotionally, where people feel good and function well.

However in Belfast wellbeing is not experienced equally by everyone. Across the city, inequalities experienced by those living in the most disadvantaged areas are clear to be seen, with a gap in male life expectancy of 9 years when compared with the most affluent areas. When we look to figures for healthy life expectancy regionally, the differential between the most and least deprived areas widens even further to 12 years for men and 14 years for women.

Tackling and addressing these very complex issues requires a collaborative approach and using our individual and collective resources to achieve better health for everyone is our primary goal.

And so we commend this Take 5 steps to wellbeing Toolkit. It outlines, demonstrates and provides resources based on evidence. It is designed to enable the community, voluntary, statutory and business sectors to increase awareness, knowledge and uptake of Take 5 steps to wellbeing. With this resource we want to broaden the range of people using Take 5 in their everyday life while at the same time contribute to increasing levels of wellbeing.

In addition to this Toolkit, resources for individuals and families are also available. All are accessible online at www.makinglifebettertogether.com or upon request on 028 9050 2073.

We would like to thank all those who contributed to preparing this resource. We believe it represents another valuable 'tool' in the box that practitioners can use as they continue their sterling work in supporting and empowering individuals, families and communities across this city and beyond.

Irene Sherry

Chairperson

Mental Health and Emotional Wellbeing Thematic Group, Belfast Strategic Partnership

Belfast Strategic Partnership

Vision

All people and communities in Belfast can confidently expect to have access to the opportunities and resources they need to live longer, healthier lives.

Mission

To reduce life inequalities and improve the health and wellbeing of people in Belfast by changing the way we work together. We do this by jointly harnessing the enthusiasm, efficiency and experience of our stakeholders to seek health and wellbeing gains in ways that we cannot do by working alone.

Purpose

- To shape the future health and wellbeing priorities for Belfast
- To foster and take advantage of strategic opportunities to achieve better health outcomes
- To work together on areas where we can achieve the most impact
- To inform and influence future policy development
- To focus on the prevention of ill-health
- To develop and deliver an over-arching health and wellbeing action plan for the city

Key Principles

To successfully reduce inequality and address the wider determinants of health we must:

- Maximise our combined impact by working better together
- Be accountable to others based on the results of our work
- Base our decisions and actions on evidence and learning from others
- Be open to innovative approaches and be prepared to work differently
- Encourage the active involvement of all stakeholders and strengthen relationships
- Build on the success of existing partnerships and programmes of work
- Engage with communities and seek to contribute to Community Planning
- Make effective use of our collective resources through better joint planning and priority setting
- Drive equity in health and wellbeing through all of our policies
- Share our learning to change the way the public sector works

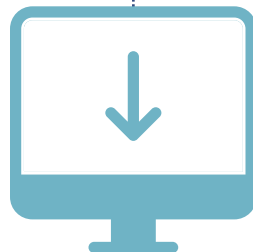
Making Belfast a Resilient City

We will work to make Belfast an Emotionally Resilient City by:

- Building and strengthening existing work which has a positive impact on emotional resilience
- Undertaking pro-active and active work around prevention, promotion and education
- Developing and enhancing emotional resilience infrastructure and activity across the city
- Working with citizens to better understand and value emotional resilience as a concept and notion
- Promoting emotional resilience programmes as a means of support for individuals
- Better connecting emotional resilience work and activities across the city, with a focus on disadvantage and inequalities



**All resources are available
to download or upon request**



www.makinglifebettertogether.com



**Call Belfast Health Development Unit on:
Tel: 028 9050 2073**

What is Take 5 steps to wellbeing?



Connect



Keep learning



Be active



Take notice



Give

Take 5 steps to wellbeing is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population. It is based on the Five Ways to Wellbeing developed by the New Economics Foundation (NEF) as the result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing (2008)¹. NEF states that if practised regularly the Five Ways to Wellbeing² will contribute to improving personal wellbeing.

These simple and effective messages are based on solid evidence and draw on a wealth of psychological and economic literature from inter-disciplinary work. **Take 5 steps to wellbeing** leads to a shared understanding that some actions are best supported by organisations or agencies and communities whilst some are best achieved by the individual.

Evidence indicates it is individuals who practise all '5 steps' who have the highest level of wellbeing regardless of circumstances. As a practitioner working in your community, you can use **Take 5 steps to wellbeing** to help identify opportunities to promote wellbeing. You can motivate and support people to 'have a go' and embrace the **Take 5 steps to wellbeing**, and you can also use this approach to support yourself.

This is a preventative approach. It can be used to support interventions, but it is not an intervention in its own right to treat the challenges associated with mental ill health.

¹ Foresight Mental Capital and Wellbeing Project (2008). Final Project report. The Government Office for Science, London.

² New Economics Foundation (NEF). (2008). Five ways to wellbeing: The evidence. London. nef.



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Social relationships are important to support wellbeing and to act as a buffer against mental ill health. People with low levels of social participation and small primary social networks are more likely to experience common mental health disorders. Having a broad social network, connecting and interacting with others can have a positive benefit on wellbeing. Also the strength of relationships is important, feeling close to someone and valued by them with the key message being that giving time and space to both *strengthen* and *broaden* social networks is important for wellbeing.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident as well as being fun to do.

In childhood, learning plays an important role in our social and cognitive development. Learning throughout our life stages contributes to self-esteem, social interaction and active lives, competence and self-efficacy.

Goal setting in adult life, particularly when self-generated and aligned with personal values and motivation, has a positive impact on wellbeing. While not everyone may enjoy learning in some environments or see positive outcomes, it is the case that the activity of learning in itself has benefits and is important for wellbeing.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. More importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Regular physical activity is associated with greater wellbeing and lower rates of anxiety and depression regardless of age. There is evidence that physical activity protects against cognitive decline in later life. There is general consensus that even a single bout of exercise or physical activity of less than ten minutes can improve mood and make people feel better. Activities can also have the benefit of strengthening interactions with other people e.g when walking.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

Research has shown that being trained to be aware of senses, thoughts and feelings over 8-12 weeks has resulted in improved wellbeing for several years². Being aware of what is taking place in the present leads to a more positive state of mind. Heightened awareness enhances an individual's self-understanding and allows an individual to make choices in alignment with his/her own values and intrinsic motivations. Perhaps, unsurprisingly, research into actions that aim to enhance wellbeing have similarly found that goals for behaviour change need to be aligned with personal values to be successful.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Helping, giving and sharing are associated with increased self-worth and positive feelings. Giving stimulates the reward system in the brain, making a person feel good and it contributes to gains in cognitive and social functioning, particularly in earlier life, which is important to the development of mental capital and wellbeing. Research has shown that undertaking acts of kindness regularly and over time results in increased wellbeing². Feelings of happiness and life satisfaction are associated with active participation in social and community life. For older people, volunteering is associated with more positive affect and meaning in life.

It is important to note that sometimes doing one activity will incorporate all of the Take 5 steps to wellbeing, e.g. a walk in the park links with Be Active but also:

Connect - meeting people in the park

Keep learning - about the range of plants, trees and wildlife in the park

Take notice - of the sights, sounds and smells in the park including animals and birds

Give - meeting people, sharing and giving of your time and experience to others

Further Reading

The above information is based on the evidence for the 5 ways to wellbeing developed by the New Economics Foundation (NEF)².

- Five ways to wellbeing: new applications, new ways of thinking
- Five ways to wellbeing: the evidence
- Wellbeing at work: a review of the literature



You can find the full reports at
www.neweconomics.org



²New Economics Foundation (NEF). (2008). Five ways to wellbeing: The evidence. London. nef.

Take 5 steps to wellbeing

The concept of wellbeing comprises two main elements: feeling good and functioning well. Feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life.

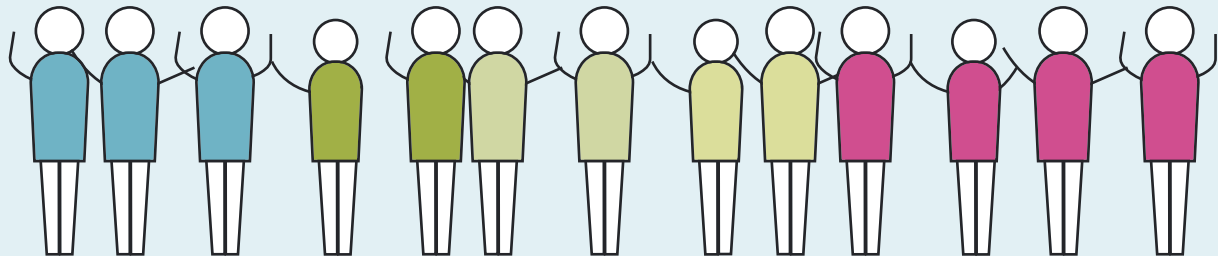
Equally important for wellbeing is our functioning in the world. Experiencing positive relationships, having some control over one's life and having a sense of purpose are all important attributes of wellbeing.

Emotional wellbeing

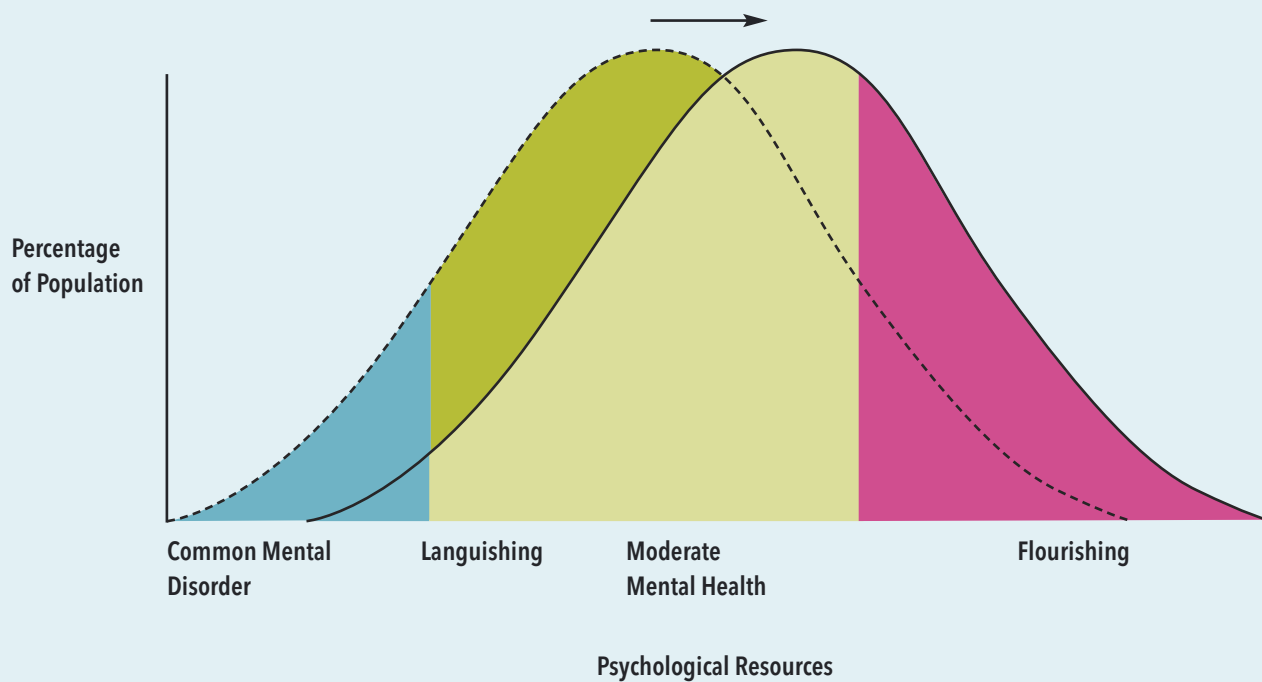


The premise of the **Take 5 steps to wellbeing** approach is that care and treatment to address mental health issues needs to be balanced with prevention and mental health promotion across the entire population and that this will result in benefits for the whole community as well as reduce the incidence of mental health disorders in the longer term.

The hypothetical distribution of mental health across a population



Moving the population to flourishing



Source: Felicia Huppert (2008)³, Cambridge Wellbeing Institute

The diagram above shows the hypothetical distribution of mental health across a population. On the left are those experiencing significant mental health difficulties. Those described as languishing are experiencing difficulties at a sub clinical level. Most of the population experience moderate mental health and the population at the right are described as flourishing.

Huppert (2008)³ suggests that a population wide model that succeeds in shifting the entire population will increase the number of people flourishing and reduce the number of those experiencing significant mental health difficulties.

³ Huppert F. (2008). Psychological well-being: evidence regarding its causes and its consequences. London: Foresight Mental Capital and Wellbeing Project 2008.

Practical examples of Take 5 steps to wellbeing

Shankill Women's Centre: Crochet Class

Community level

The Centre has incorporated **Take 5 steps to wellbeing** into a range of programmes for their beneficiaries, including a crochet class, aqua aerobics, armchair aerobics, sewing and beading. The crochet class was created in 2005 in response to feedback from women using the centre. They wanted to learn how to crochet and do something together. Many of the items they create are donated to raise money for the centre.

"The women have reported that they enjoyed learning the new skills..... and that their confidence has grown as they never thought they would be able to make the things they are now making."

Trish Boyd, Health and Wellbeing Project Manager

"I never thought I would be able to learn to crochet but the tutor is so patient with me. My family can't believe what I can make. My family were worried about me because I didn't get out much but now I have my class and I have made new friends." Group user

East Belfast Community Development Agency: World Mental Health Day Event

Community level

A half-day wellbeing event was held to mark World Mental Health Day 2016 run in partnership with local homeless hostels and support providers to attract people with experience of homelessness.

Participants received the Take 5 flyer and had the opportunity to take part in free activities under **Take 5 steps to wellbeing**:

Connect - information stands provided the opportunity to meet local service providers

Keep learning - healthy cooking workshops and recipes to take home

Be active - yoga and salsa dance

Take notice - massage and relaxation workshops

Give - students offering free nail treatments collected donations for a homeless charity

"I would like to see more events like this. I have thoroughly enjoyed it. I am now going to go to the salsa class and the relaxation class next week. It's broadened my horizons." Event attendee

Bridge of Hope: Take 5 Resilience Training

Community level

Bridge of Hope, as a department of Ashton Community Trust, delivers holistic health and wellbeing services to support and encourage wellbeing, with over 18,000 individuals having accessed services. It developed and delivered this course in recent years to mirror the key themes involved in the Take 5 campaign.

“Take 5 is a simple yet really useful framework for your health and life. The benefits of Take 5 are significant if people incorporate this straightforward philosophy into their lives.”

Irene Sherry, ACT Head of Victims & Mental Health Services

The course involves learning how to use Take 5 at an individual level. It also encourages the development of maintenance strategies and how to effectively build a ‘5 steps to wellbeing toolkit’ for your life and circumstances. The training introduces local and practical ways people can use the 5 steps, sharing tips and ideas, promoting local services and opportunities that can help integrate Take 5 into their lives.

“Brilliant workshop, thoroughly enjoyable. I have gained a greater awareness and developed skills to allow me to deal with life”

Course Participant

West Belfast Partnership Board: Take 5 in the West

Community level

This was an initiative to localise Belfast Strategic Partnership’s Take 5 campaign in West Belfast and promote Take 5 to the community. All of the agencies who took part undertook to assertively publicise the work of other partners to those they were in contact with.

A key learning point was the ability to undertake a rapid building of collaboration across the sector at low/no cost. While the initial focus was on existing activity, a review of the final programme showed 30% new or bespoke activity had been generated.

“The Take 5 in the West publication was extremely useful as it made it possible for me to navigate our clients towards community interventions in a non-stigmatizing way focusing on resilience rather than dependency.” Suzi Wilson, Mental Health Hub Co-ordinator.

“A legacy has been the strategic focus in one of the core areas of Take 5, namely lifelong learning. I have established a core group of 12 agencies who are actively involved in using the same approach to highlight the current good work happening in the west of the city.”

Dermot Glackin, WBPB Health and Wellbeing Coordinator

Belfast Drug and Alcohol Co-ordination Team: Self-care workshop for drug and alcohol workers

Voluntary sector

An event organised by the BDACT Connections Service, for workers addressing drug and alcohol concerns across statutory and voluntary services, to support their self-care.

The event was based on **Take 5 steps to wellbeing**. It began with an introduction to what Take 5 is and got the participants to think about what they did within each message and how that supported their wellbeing. There was a presentation on self-care and workshops with relaxation techniques including drumming and laughter therapy.

“The work these practitioners do is stressful and it can take its toll on their health and emotional wellbeing. We wanted to get the message across that they can’t be at their best in supporting clients if they don’t support their own wellbeing. Take 5 steps to wellbeing was a great way to frame that message.” Diane McMullan, DACT Connections Service.

Belfast Health & Social Care Trust: Top Tips Programme

Statutory sector

Top Tips for looking after yourself is a 3-hour training programme developed to enable individuals to become more aware of their emotional health and learn more about how to promote and protect it. The programme was recently revised to map the content to the **Take 5 steps to wellbeing** messages. It offers awareness, insights and skills development to recognise barriers that might inhibit or prevent the person from engaging as fully as possible with Take 5 steps. Workers across the community, voluntary and statutory sectors deliver the programme in local communities.

Participants discuss issues around resilience and emotional wellbeing and explore healthy coping strategies to combat stress, anxiety and low mood. They have reported a greater awareness of how to look after their emotional health, manage stress levels more effectively and recognise unhealthy ways of coping with the ups and downs of life that needed to change.

“I really enjoyed this programme and was surprised to see how much new stuff I learned. I really feel I am in a better position to manage my stress in the future and really appreciated the exercise that has taught me how to deal with unhelpful thoughts!” Programme participant.

Tackling Awareness of Mental Health Issues (TAMHI): Football 4 Health St Patricks FC

Community level

Football 4 Health is a programme that TAMHI developed with the club and their young people to bring **Take 5 steps to wellbeing** to life, to acknowledge the work being delivered at grassroots level and to explore and celebrate Take 5.

It was delivered the over summer months and its themes were:

- developing friends and positive relationships with peers (Connect)
- creating customised resources for young people and parents about looking after their wellbeing (Keep learning)
- football/activity (Be active)
- creating a positive fun environment (Take notice) and
- championing young volunteers (Give)

“Young Leaders delivered the programme with experienced coaches and gained a wealth of experience and knowledge as well as creating positive peer to peer relationships which helped promote positive community leadership.” Joe Donnelly, TAMHI.

Take 5 has now been embedded into the day to day running of the club and health and wellbeing has become a key pillar of its future development.

“Our club has moved from participation only, which was historically our focus, to a more holistic approach to developing health and wellbeing and resilience and Take 5 has been the driver.”
Patrick Downey St Patricks FC Academy Director.

Health Living Centres Alliance: World Mental Health Day

Community level

During World Mental Health Day 2016, seventeen Healthy Living Centres delivered the **Take 5 steps to wellbeing** messages through specific events or by adapting their weekly programmes to introduce the themes. HLC staff attended a workshop where the implementation plan was discussed. The Alliance produced Statement Cards for people to state: “My mental health is better when...”, Pledge Cards for people to make a personal pledge as to how they could adopt a Take 5 message, large sheets to record how best they identify with any of the five aspects of Take 5 and a one page feedback sheet.

“Our one page feedback sheet proved very useful in terms of providing people with a quick, no-nonsense method of recording their views on the events and how much they had learnt and benefited.” Tony Doherty, Regional Coordinator, Healthy Living Centres Alliance

Feedback data from the 17 centres showed 700 people attended. They provided very positive feedback on their understanding of Take 5 showing that it was now better and making pledges as to how they will incorporate Take 5 into their lives. The activity has embedded Take 5 into the mental health remit of the Health Living Centres and buoyed the role of the Mental Health Working Group.

“It made me feel less isolated, both physically and mentally. I had an opportunity to connect with others who were there for the same reasons and hear their stories which made me realise my situation is not unique.” Event Participant.

Take 5 steps to wellbeing tools

The rest of this booklet is divided into the following sections:

- Take 5 steps to wellbeing - a guide for practitioners
- Take 5 steps to wellbeing in your community
- Take 5 steps to wellbeing in your organisation
- Evaluation
- Appendices

Each of the three sections - practitioners, communities and organisations - include a range of tools with an explanatory note on each one. These tools are to help you to promote Take 5 and to incorporate it into your work as well as to get people to start thinking about wellbeing.

Some of the tools can be used to complement discussions around ideas and to facilitate conversations with individuals or groups about how they might include Take 5 in their daily lives. They can also be used to set specific goals either for individuals, groups or organisations.

The Take 5 steps to wellbeing tools can be found in the Practitioners, Communities and Organisations sections on the following pages:

Pages 26 to 33 - tools for practitioners

- Take 5 reminder card
- My Take 5 steps to wellbeing self-assessment - part 1
- My Take 5 steps to wellbeing self-assessment - part 2
- Take 5 steps to wellbeing star
- Take 5 steps to wellbeing readiness ruler
- My Take 5 steps to wellbeing pledge

Pages 37 to 39 - tools for communities

- Take 5 steps to wellbeing community calendar
- Take 5 steps to wellbeing community mapping tool
- Take 5 steps to wellbeing community project planning tool

Pages 46 to 48 - tools for organisations

- Take 5 steps to wellbeing organisational audit tool
- Take 5 steps to wellbeing organisational planning tool
- Take 5 steps to wellbeing organisational pledge

A plain copy of each of the Take 5 tools is available separately. These do not have the explanatory notes included on them and are, therefore, suitable for printing and sharing.

You can also download the tools from:



www.makinglifebettertogether.com



Take 5 steps to wellbeing

A guide for practitioners



Connect



Keep learning



Be active



Take notice



Give

Supporting behaviour change

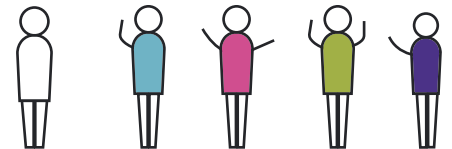
Many people make lifestyle changes without any type of formal support. They will hear the messages in things like [Take 5 steps to wellbeing](#) and make good use of them. For lots of different reasons, others will not. For these people knowledge alone may not be enough to achieve behaviour change, especially when it comes to lifestyle changes.

We can be unsure about change; we can have reasons for making changes but equally reasons against making a change. It is important to note that uncertainty is normal and our confidence about making any personal changes is linked to that.

People who are uncertain about change have a tendency to present arguments from the opposing side. Therefore, with the best intentions, the practitioner states the reasons for initiating change and the natural tendency of the person is to state the reasons for not initiating change. They can literally talk themselves out of change.

Your approach as a practitioner

To be effective in promoting Take 5 through conversations you have with people, it will help to look at what you do and how you do it.



What works?

- Open-ended questions: questions that cannot be answered with a 'yes' or 'no'
- Affirmation: 'you told me you tried to change before - that shows great determination'
- Normalisation: helps people feel validated and that they are not alone
 - 'many people tell me they feel like you'
- Reflective listening: using words to let the person know you have heard what they said
 - 'so you are saying.' 'it sounds like...'
- Empathy: let the person know you understand or are trying to understand how it feels for them

What does not work?

- Trying to fix things
- Giving advice
- Giving suggestions: from you, not them
- Giving opinions : from you, not theirs
- Adding 'but' in conversations

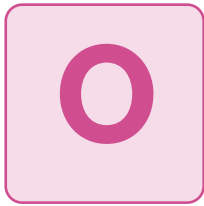
What keeps change going?

- Motivation: people see the benefits, it fits with their values and goals
- Self-regulation: they pay attention to what they are feeling, thinking and doing
- Building new habits: they build on their successes and get back on track if they slip
- Resources: they are aware of their struggle and ways of looking after themselves; rest, sleep, diet, physical activity and relaxation/fun
- Support: there are people and activities that support them in what they want to achieve

A model for effective conversations

To guide more effective conversations we are using the acronym OPEN OCEAN*. "OPEN" (what to do) "OCEAN" (how to do it). It is a guiding, supporting, encouraging style of communication (exploring alongside), rather than a directing style (telling, prescribing).

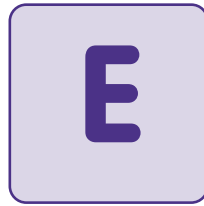
Once the person states that they are ready, using planning tools such as those provided later in this guide will help them make the positive change in their life.



Opportunities:
look for these
to start that
conversation



Permission:
to ask or give
information



Explore:
what are they
already doing,
where does it fit,
also called active
or reflective
listening



Nudge:
have that
conversation



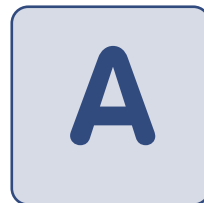
Open questions:
the who, where,
how, when and
what type of
questions that
open up
conversation



Consent:
you ask
permission to ask
about things,
give advice or
give information



Empathic listening:
actively listening,
making sure the
person feels
understood and
cared about



Affirmations:
build on
strengths



Nuggets:
of information,
advice, signposting
to services always
given with consent
and as options
followed by checking
out what they think

Offer, Provide, Explore is a model of giving information. **Offer** (they want it, are able for it, what they already know), **Provide** (neutrally), **Explore** reactions, questions, next steps.

*OPEN OCEAN is a framework developed by Ed Sipler, SEHSCT Health Development / Addictions Specialist and Dr. Rodger Graham Consultant Clinical Psychologist

What Take 5 activities will you do?

You can use the following section to encourage people to start to link the Take 5 steps to wellbeing messages with things they do every day.



Connect



Keep learning



Be active



Take notice



Give

Choose activities you will enjoy and that can fit into your everyday life.

One activity can count towards more than one step eg. going for a walk with a friend could count towards **connecting**, **being active** and **taking notice** (notice the sky, or the birds singing).



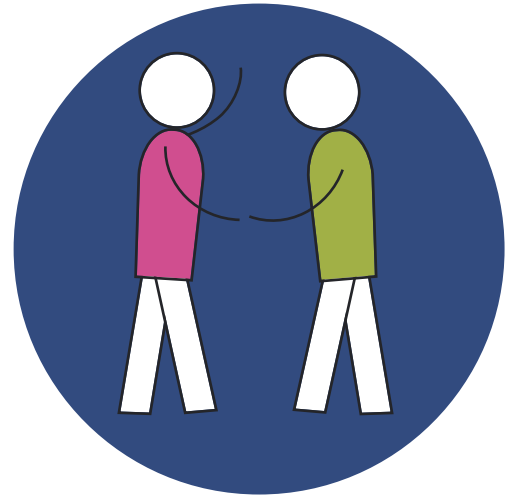
Setting SMART goals can help you start doing new Take 5 activities.

SMART goals are:

- **Specific:** eg. 'walk' rather than 'get fit'
- **Measurable:** eg. for 30 minutes, 3 times a week
- **Achievable:** Start small and set goals within your reach
- **Relevant:** Choose changes that make sense for you
- **Timely:** Set a start date eg. after lunch every Monday, Wednesday and Friday, starting this week.

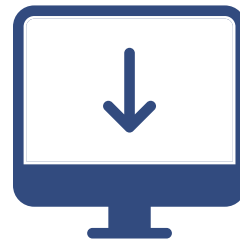
Connect

Connect with the people around you: family, friends, colleagues and neighbours. Spend time developing these relationships. They will support and enrich you every day. We connect when we feel able to be ourselves, share our thoughts or feelings, or share a new experience together.



Feeling close to and valued by other people is a basic human need. Across all ages, relationships and participation in a social life are critical for our wellbeing.

- Connect with other people:
 - phone, message, email or text
 - eat a meal together
 - join a support group (online or in person)
- Connect with nature, pets or animals
- Connect with your spiritual needs.



Get connecting

Men's Sheds: Groups for men to learn new skills (like woodwork) and have a chat: **www.menssheds.ie**

Good Morning: Free community-based telephone support service for older or vulnerable people **www.goodmorningni.org**
Email: info@goodmorningnetwork.co.uk

Support groups and organisations: **www.familysupportni.gov.uk**
(aimed at families but many organisations will be helpful to others)

Relationship counselling and support: Relate (for all relationships):
www.relateni.org | Tel: 028 9032 3454

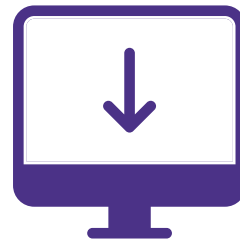
Keep learning



Try something new. Rediscover an old hobby or sign up for a course. Fix a bike, learn to play an instrument or how to cook your favourite food. Learning new things is fun and will make you more confident.

Learning, remaining curious and setting goals is important for all ages. For children, it leads to positive cognitive and social development. For adults, learning includes elements of goal-setting, which is strongly associated with higher levels of wellbeing.

- Ask someone to teach you how to do something or find out about a topic which interests you
- Sign up for a local course or class
- Search the internet for information, tips or online courses
- Visit your local library
- Visit a museum/ exhibition
- Ask someone a question about themselves.



Get learning

Local courses: Many are provided free of charge. Search online for local courses or visit your local community centre.

Local library details: www.librariesni.org.uk | 0345 450 4580

Search 'How to ... ' on sites such as www.google.com | www.youtube.com

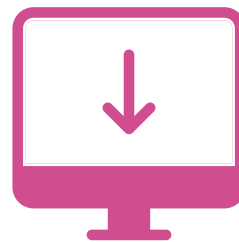
Be active

Go for a walk, run, swim or cycle. Play a game, dance or do some gardening. Exercising makes you feel good. Choose an activity that you enjoy, one that suits your mobility and fitness.



Research shows a strong correlation between physical activity and increased wellbeing, as well as lower rates of depression and anxiety. It is now viewed as essential for people of all ages and has been shown to slow age related cognitive decline.

- You can do exercises in a chair or lying down if needed
- Fit activity into your daily routine:
 - Get off the bus a stop early and walk
 - Swap the lift for the stairs
 - Meet a friend for a walk instead of a coffee.



Get active

Find out what is on at your local leisure centre. There may be discounts available for a range of people including those with disabilities, in receipt of benefits, students and senior citizens.

Your local park, community garden and outdoor gym are also good ways to get active.

Exercise guides: Visit www.nhs.uk/fitness for 'sitting exercises', 'fitness advice for wheelchair users', 'physical activity guidelines for children', 'NHS fitness studio' (free home exercise videos) and much more.

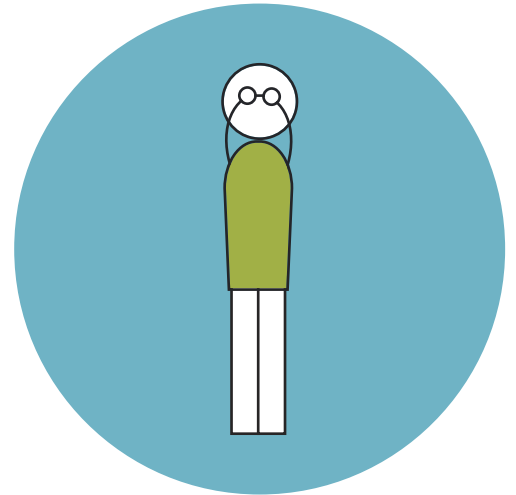
Green gyms: Visit www.tcv.org.uk for details of the Green Gym sessions: fun, free, outdoor sessions creating green spaces for communities.

Take notice

Stop, pause, take a moment to look around you. What can you see, feel, smell, hear or taste? Look for the new, unusual or extraordinary in your everyday life. Think about how that makes you feel.

Developing skills that increase awareness of what is immediately happening - both physically and mentally, within and around us - can improve our wellbeing.

- Take photos of the seasons changing
- Practise slow breathing
- Try a task you need to focus on eg. crochet or mindful colouring in
- Notice your thoughts and feelings
- Savour the taste of your food
- Before bed ask yourself: What did I do well today? What was good today?
- Beautiful Things Challenge: How many beautiful things can you notice today? (a beautiful sky, a kind stranger, a child's laugh)? Have a competition with family or friends.



Get noticing

Explore mindfulness: www.freemindfulness.org or download a free app such as '**Headspace**'

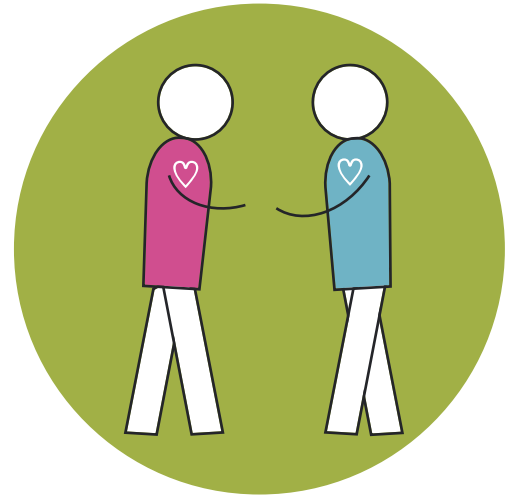
Find a pilates or yoga class.

Observe nature in a park or on walking routes.

Photography courses: **Search online for local courses.**

Give

Do something nice for someone else. Thank someone, smile, volunteer your time or join a community group. Think of other people. Giving is rewarding and connects you with people around you.



Giving is more than just the sharing of material things with others. It is about cultivating a spirit of generosity and promoting active participation in social and community life.

- Give a smile, a compliment, encouragement
- Give a hand eg. encourage others to Take 5
 - arrange activities for children or older people, help someone get contact details/ information from the internet, do activities with them
- Give your time, a silent wish or prayer
- Give thanks ie. be grateful for the good in your life
- Give yourself the gift of connecting, learning, being active or noticing: fill in a square on the back of your Take 5 reminder card (see page 32).



Get giving





Volunteer opportunities: Details of volunteering opportunities at www.volunteernow.co.uk | Tel: 028 9023 2020

Foodbanks: Donate food or your time www.trusselltrust.org

Donate Blood: **Northern Ireland Blood Transfusion Service**
www.nibts.org | Tel: 028 9053 4666 | 0500 534666

My Take 5 steps to wellbeing self-assessment - part 1

The Take 5 messages are things that are easily achievable for anyone to incorporate in their everyday lives and you are probably doing some of these things already. Think about each of the Take 5 messages and what you have done recently.

	What are the things you are already doing?	What benefits do you get from these things?
 Connect		
 Keep learning		
 Be active		
 Take notice		
 Give		








It is important to start where a person is at and to recognise the strengths and assets they already have. Reflecting on what benefits they get from these, will help them validate linkages between the activity and how they feel or function. Completing this exercise has benefits in itself as it helps the person to see how the Take 5 steps to wellbeing messages are already supporting them. It can also be helpful to demonstrate how the messages can be easily incorporated in their daily life. The exercise can be used to identify the things that they wish to continue to do or do more of.

My Take 5 steps to wellbeing self-assessment - part 2



Think about what things you would want to continue doing or do more of. Are there other things that you would like to do that would be of benefit to you? It is important to set goals that are achievable so think about what could make it hard for you to do them and also what would help or support you to achieve them. Review your progress after a few days or weeks to see how well you are doing in meeting your goals.

	Goals What else would you want to do and when?	Obstacles What would make it difficult for you to do this?	Supports What would help you to do this?	Review How well are you doing?
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

Take 5 steps to wellbeing star

Start this exercise by completing the sections on the next page and mark your score on the wellbeing star below starting at the centre.

i The Star exercise is similar to the self-assessment, it allows the person to acknowledge things in their life that support the Take 5 messages and can be used as a prompt for considering further actions. This tool will show which of the Take 5 messages are more present in their daily lives and can be used to support reflection on this. It is important that practitioners relate that the more of the Take 5 steps that are incorporated into daily life, the better outcomes for the individual.

Your name:

Date completed:



Connect



Give



Keep learning

Start here



Take notice



Be active

The more of the Take 5 steps that you can do, the better!

Take 5 steps to wellbeing star

In the last week / month how many of the activities listed below have you done?

Count how many in each category and mark your result on your star.

Count the circles out from the centre and mark your score for each.



Connect

- At home
- Close family
- Extended family
- Friends
- Colleagues
- At work / school / church / group
- Neighbours
- In your community
- Say hello to someone
- A professional (Dr., chemist etc.)
- Another



Keep learning

- Watch a documentary
- Read a book
- Try something new
- Rediscover an old interest
- Sign up for / do a course
- Take on a different responsibility
- Fix something
- Learn to play / sing a tune
- Cook a different recipe
- Set yourself a challenge
- Another



Be active

- Walk
- Run
- Housework
- DIY
- Cycle
- Played a game
- Garden
- Dance
- Exercise
- Went to the shops
- Another



Take notice

- Be curious
- Savour the moment
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Taste your food
- Have a conversation
- Watch and listen to the news
- Be aware of the world around you
- Reflect on your experiences
- Another



Give

- Do something nice for a friend
- Do a random act of kindness
- Thank someone
- Smile
- Volunteer your time
- Be active in a community group
- Donate unwanted items
- Visit a neighbour
- Feed the birds
- A compliment
- Another

Take 5 steps to wellbeing readiness ruler



This resource can be used to support the Take 5 messages and conversations about taking specific actions. It allows the person to assess where they are at in relation to their motivation for change and their capability and confidence in achieving it. High scores can validate planned change for the person or prompt discussion about what will help them maintain change. Low scores can be a prompt to reflect on whether these are the right actions for them, the barriers to achieving the change and what would help them improve that.

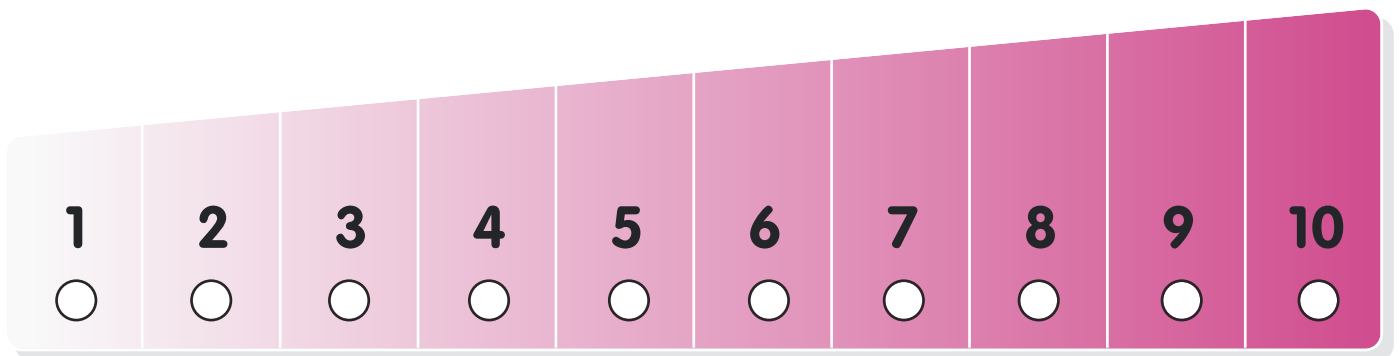
If you are considering making a change in your life in some way then you are more likely to be able to achieve this if it is something you really want to do and you feel confident in being able to do it. Mark how you feel about this right now on the scales below. Think about why you have rated it this way and whether there are things that would help increase your score.

How important is it for me to do this?

Not at all important

Somewhat important

Extremely important

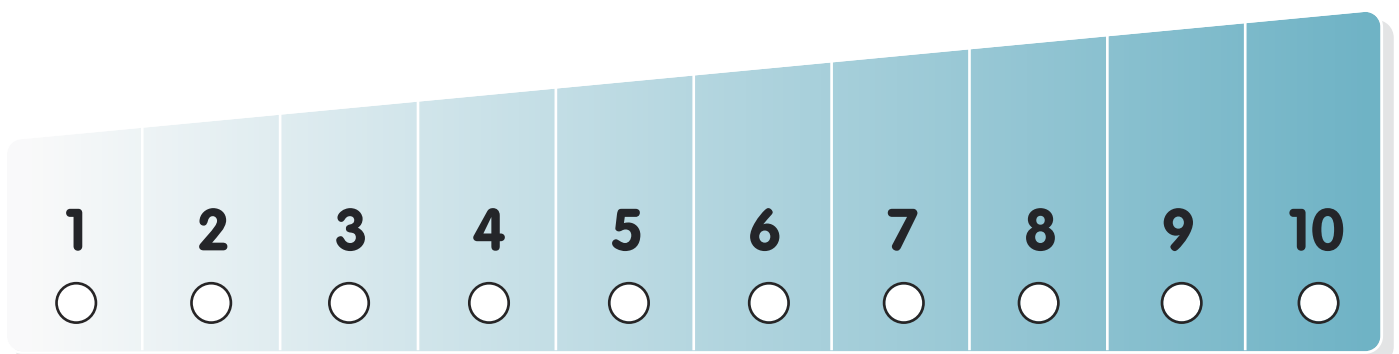


How important is it for me to do this?

Cannot do at all

Maybe can do

Definitely can do



My Take 5 steps to wellbeing pledge



How will you Take 5? Put as much or as little in the pledge as you like.

I will...








The pledge is an affirmation of what a person intends to do to use the Take 5 messages in their lives. It could be used by individuals as a visible reminder to them of their goal or commitment. It is also useful in group exercises, or could be put on display in a centre or workplace to share ideas about things that people can do.

Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								



Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								



Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								



Take 5 reminder card

Week commencing:

Put in the date at "week commencing". Each day fill in one section of the circles every time you do something relating to one of the Take 5 messages. Do this every day for the whole week. Then count up the shaded sections and put your total in the circle at the end. Use the card to remind you of what you have done and to think about what more you would like to do.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
 Connect								
 Keep learning								
 Be active								
 Take notice								
 Give								





Take 5 steps to wellbeing in your community



Connect



Keep learning



Be active



Take notice



Give

What is already available in your community?

Sometimes people think they have to go elsewhere to find ways to do something active or to socialise, when most times the community you live in is rich with all manner of opportunities. Lots of resources are available in your community, much of it is free. There may be activities or services provided by organisations, public facilities or natural environments that are often taken for granted.



Connect: Community events and festivals; a craft class; drop-in; parent and toddlers



Keep learning: Libraries; sewing club; homework club; skills programmes; cookery classes



Be active: Local parks; a walking group; a playpark; sports clubs; yoga classes; Parkrun



Take notice: Local places of interest; wildlife; art; mindfulness classes



Give: Opportunities to volunteer; supporting an event or project; spending time with a neighbour

Take 5 steps to wellbeing in your community

Promoting Take 5 in your community is not necessarily about doing new things; there are likely to be plenty of things there already that support Take 5 and it's a matter of showing your community how they link to the Take 5 approach.

Map Take 5 steps to wellbeing to your community

Map what is available in your local community against the Take 5 steps, including what you provide. This will build a picture of your community and help show what things are already available that you could promote to community members. See the Community Mapping Tool on [page 38](#).

Alternatively use a map to show activities and resources in your area or you could produce a monthly calendar that profiles what is available against each of the Take 5 steps (see the example Take 5 Community Calendar on [page 37](#)).

Use Take 5 steps to wellbeing to plan your work

You may identify things you think are particularly relevant to Take 5 and would like to do more of or you may feel that there is not as much going on in some of the Take 5 areas and you would like to address that. The Take 5 Community Project Planning Tool on [page 39](#) can help you plan activities using a Take 5 format.

The following pages include a range of Take 5 tools with an explanatory note on each one. A plain copy of each of the tools is available separately. These do not have the explanatory notes included on them and are, therefore, suitable for printing and sharing. You can also download the tools from:



www.makinglifebettertogether.com

Take 5 steps to wellbeing community calendar

Complete this template to share the opportunities available in your community, colour coded to the Take 5 elements. This is an example; a plain version is available separately or can be downloaded at: www.makinglifebettertogether.com



Connect



Keep learning



Be active



Take notice



Give

Walking Group Every Saturday 10am at ABC Park						
		Volunteers Needed for Family Day Contact Julie on 0800 12345				
			Youth Club ABC Youth Centre 7-10pm every Friday and Saturday			
					IT classes Full menu of free courses available 0800 56789	
				Arts and Crafts exhibition ABC community arts centre 9am-9pm daily		

Linked directly to the community mapping tool and project planning tool on pages 38 & 39, this tool will allow organisations within the local community to plan and deliver Take 5 steps to wellbeing activities collectively.








Take 5 steps to wellbeing community mapping tool

	What it is	Who it is for	Where it is	Areas for development
<p>Connect</p>				
<p>Keep learning</p>				
<p>Be active</p>				
<p>Take notice</p>				
<p>Give</p>				

This tool is to help community groups to map existing or planned activities against the Take 5 steps to wellbeing while identifying beneficiaries and any areas for development.



Take 5 steps to wellbeing community project planning tool

Project Name:				
Take 5 elements supported: Connect  Keep learning  Be active  Take notice  Give 				
Take 5 Outcomes What the project will achieve, e.g. Connect, Keep learning	Outputs The activities that will happen	Inputs What resources you need to make it happen	Milestones When things happen and who will do it	Evaluation How you will know how well you are doing

This tool can be used to assist planning activities either one off or held over a period of time. It will allow you to identify specific elements of Take 5 steps to wellbeing and demonstrate how they link into and support the stated actions.





Take 5 steps to wellbeing in your organisation



Connect



Keep learning



Be active



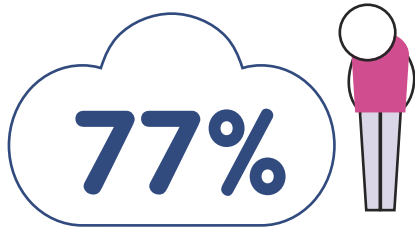
Take notice



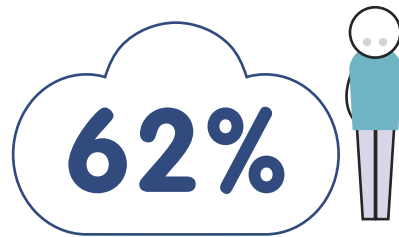
Give

The benefits of Take 5 steps to wellbeing for your organisation

77% of employees have experienced symptoms of poor mental health at some point in their lives. 62% of employees attributed their symptoms of poor mental health to work or said that work was a contributing factor.⁴



of employees have experienced symptoms of poor mental health at some point in their lives



of employees attributed their symptoms of poor mental health to work or said that work was a contributing factor

Your responsibilities as an employer

All employers have legal responsibility to ensure the health, safety and welfare at work of their employees. This includes minimising the risk of stress-related illness or injury to employees.

If someone has a mental health problem that has a substantial and long-term adverse effect on their ability to perform normal day-to-day activities, they are considered disabled and will be protected from discrimination under the Disability Discrimination Act (1995).

When you are aware of health or disability information, employers have a legal duty to consider making reasonable adjustments. You also have a general duty of care and responsibility for employee health, and adjustments should be made to help all employees cope and recover, whether or not they have a formal diagnosis. **For more information, see The Equality Commission Code of Practice on Disability – Employment and Occupation (www.equalityni.org).**

Staff responsibilities

Staff members also have a responsibility to ensure that they are taking steps to improve and support their own mental wellbeing. It is very important to note that there are no specific legal responsibilities on staff members to engage regarding health. However, they must adhere to organisational policy and procedures.

Further Reading

Mental Health Toolkit for Employers www.bitc.org.uk

Emotional Resilience Toolkit www.bitc.org.uk

Minding Your Head PHA www.mindingyourhead.info



⁴ Business In The Community (2016). Mental Health at Work Report: National Employee Mental Wellbeing Survey Findings 2016. Business In The Community: London. Available at: http://wellbeing.bitc.org.uk/system/files/research/bitc_mental_health_at_work.pdf

Supporting wellbeing is good business

Organisations perform better when their staff are healthy, motivated and focused. Stress and mental ill health are two of the biggest factors contributing to long-term sickness absence across all industry sectors. It is estimated that the total cost of mental illness in Northern Ireland is well over £3.5 billion per year⁵.

Lower productivity: Workers may come to work even though they are unwell (presenteeism) because they are concerned that if they disclose a mental health problem, they will face prejudice. The cost to the economy from presenteeism is twice that of absenteeism.

Lost work days: Stress and other mental health problems are the second biggest cause of work absence.

Higher recruitment costs: Valued employees are lost when employers do not invest in mental health.

Increased conflict at work: Stress and mental health problems can lead to costly and time-consuming work conflict.

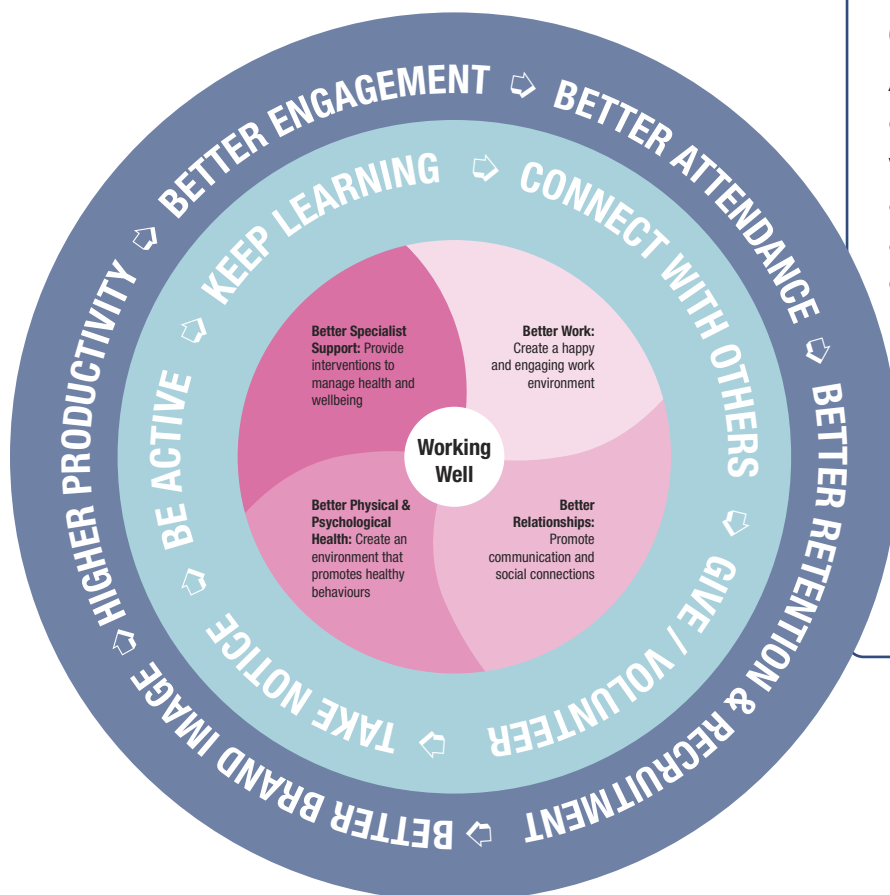
The Workwell Model (Business In The Community)⁶

As this diagram illustrates, Take 5 can be used to support the wellbeing of your people. There are things that employers can do as well as those that employees can do themselves.

(Purple) Business outcomes

(Blue) Employee actions

(Pink inner circle)
Employer actions



⁵ Refine NI LTD: <http://www.refineni.com/mental-health-stats/4578563576>

⁶ BITC Workwell Model. Available at: <http://www.managingemployee wellbeing.com/bitc/>

Using Take 5 steps to wellbeing in your organisation



Connect

Provide opportunities for people to come together socially or to spend more time together during breaks; bring people together through meetings or events and give them opportunities to do things together; encourage face to face communication rather than email; make changes to the work layout which encourages interaction.



Keep learning

Provide opportunities through training and personal development; share experience and skills across teams; provide magazines or books in common areas.



Be active

Provide opportunities for activities, like a lunchtime walking group or incentives like a cycle to work scheme; organise team building events; support team sport competitions; organise the work environment so people move about more.



Take notice

Put pictures or plants in work areas; encourage people to get away from the work environment during breaks; support active listening and engagement with your people through things like surveys, meetings, supervision and reflective practice.



Give

Involve people in supporting good causes and giving time or skills to community based projects; encourage volunteering opportunities; have policies that are flexible and support people's needs.

Promoting Take 5 steps to wellbeing

Take 5 steps to wellbeing is designed to provide a platform to talk to people about their wellbeing in a simple and informal way. Many people are already doing things that relate to Take 5 but don't see them in that way and so do not make the connection as to how these contribute to their wellbeing.

Equally organisations could be providing services or activities that relate to Take 5 which might be enhanced by incorporating the Take 5 brand or the messages into them.

There are many ways you can promote Take 5 to help embed the approach in people's lives.



5

Incorporate the Take 5 approach and branding in your activities or programmes

4

Link with national campaigns such as World Mental Health Day

3

Include Take 5 information on your website and promote through social media

6

Provide literature and resources to staff and customers/clients

The following pages include a range of Take 5 tools with an explanatory note on each one. A plain copy of each of the Take 5 tools is available separately. These do not have the explanatory notes included on them and are, therefore, suitable for printing and sharing. You can also download the tools from:



www.makinglifebettertogether.com

7

Plan events during the year or use existing events to support Take 5






8

Inform staff about Take 5 and promote wellbeing through your policies and processes

9

Develop partnerships with others to seek new opportunities to improve or enhance your organisation's role in promoting and supporting positive wellbeing

Take 5 steps to wellbeing organisational audit tool

	What you do	Who benefits	What other Take 5 messages does this link with?	Areas for development
 Connect				
 Keep learning				
 Be active				
 Take notice				
 Give				

This tool can be used to assist organisations audit their existing activities and how they are directly linked into Take 5 steps to wellbeing. It will help identify exactly what an organisation does, who benefits and where improvements can be made to maximise the use and implementation of Take 5 steps to wellbeing within an organisation



Take 5 steps to wellbeing organisational planning tool

Project Name:				
Take 5 elements supported:  Connect  Keep learning  Be active  Take notice  Give				
Take 5 Outcomes What the project will achieve, e.g. Connect, Keep learning	Outputs The activities that will happen	Inputs What resources you need to make it happen	Milestones When things happen and who will do it	Evaluation How you will know how well you are doing

This tool can be used to help you to plan activities either one off or held over a period of time. It will allow you to identify specific elements of Take 5 steps to wellbeing and demonstrate how they link into and support the stated actions.



Take 5 steps to wellbeing organisation pledge



Use this pledge to show how you intend to use Take 5 steps to wellbeing in your organisation.

We will...



This pledge is an affirmation of what an organisation intends to do to use the Take 5 messages and can be used as a visible reminder of their goal or commitment. It is also useful in group exercises, or could be put on display in a centre or workplace to inform staff, customers and clients about how the organisation is supporting Take 5 steps to wellbeing.



Take 5 steps to wellbeing Evaluation



Connect



Keep learning



Be active



Take notice



Give

Evaluation

When planning any activity it is beneficial to know whether it has achieved what you intended.

There will be activities that are designed primarily about Take 5 like an awareness event. However there will be many activities that were not designed with Take 5 in mind, but where it is a secondary outcome. For example, a project may be planned in order to respond to a specific issue in an area, like a community clean-up because of a litter problem; however, this would also support **Connect, Be active, Take notice and Give.**

You probably already have methods to evaluate work that you do, and we are suggesting you think about how you can include Take 5 within that process.

If you think about this at the planning stage you could develop specific Take 5 related outcomes and include ways to assess these in your evaluation process. You may include general questions about the Take 5 messages like the example below.

Tell us how today's activity contributed to any of the Take 5 steps to wellbeing



Connect



Keep learning



Be active



Take notice



Give

Other tips for evaluation

Including some demographic information, e.g. gender, age, ethnicity or postcode, will allow you to consider whether there are particular factors about the participants that are relevant to the data results.

Consider using methods that will give you both **quantitative** and **qualitative** information. Quantitative tools like yes/no questions or scales allow you to measure numbers and frequency. Qualitative methods such as open questions in questionnaires, focus groups, consultation events or interviews, focus on meaning and experience.

If you can gather information at more than one stage e.g. before and after a programme or at intervals such as an annual survey, you will be able to identify impact. You will find sample evaluation forms on [pages 52 and 54](#).

Take 5 activity evaluation form



Name:

Date:

Thank you for participating in this activity and we hope you found it useful. We would welcome your feedback and we would ask that you take a few minutes to complete this form and leave it with us. Thank you.

1. How would you rate your understanding of the Take 5 messages BEFORE and AFTER the activity?

1 is a low level and 5 is a high level of understanding *(please circle)*

Before

Connect 1 2 3 4 5

Keep learning 1 2 3 4 5

Be active 1 2 3 4 5

Take notice 1 2 3 4 5

Give 1 2 3 4 5

After

Connect 1 2 3 4 5

Keep learning 1 2 3 4 5

Be active 1 2 3 4 5

Take notice 1 2 3 4 5

Give 1 2 3 4 5



2. During the activity did you connect with others? *(please circle)*

Please Comment:

Yes

No



3. Did you learn anything new? *(please circle)*

Please Comment:

Yes

No



4. During the activity were you more physically active? *(please circle)*

Please Comment:

Yes

No



5. Has the activity raised your awareness of your needs and others around you? *(please circle)*

Please Comment:

Yes

No



6. As a result of this activity are you more likely to give your time to others? *(please circle)*

Please Comment:

Yes

No

7. As a result of the activity how likely are you to use the Take 5 messages in your everyday life?

1 is a low level and 5 is a high level of likelihood *(please circle)*

1 2 3 4 5

Please Comment:

8. Please tell us what was most useful to you

9. Please tell us what was least useful to you

10. Please tell us any suggestions you have that would improve the experience

11. Have you any other comments?

Thank you for taking the time to complete this evaluation.





Take 5 shortened evaluation form

Name of Event:





Date:

Please take some time to complete this questionnaire to help us improve our services





How did you enjoy today's activity/event?

1st Class  Good  Alright  Poor 





During the activity/event did you connect well with others?

1st Class  Good  Alright  Poor 





During the activity/event did you meet new people?

1st Class  Good  Alright  Poor 

Has the activity/event raised awareness of your own needs or others around you?

Very well  Quite well  Fairly well  Not well at all 

During the activity/event did you take part in any physical activity, if yes was it?

1st Class  Good  Alright  Poor 

6) Would you normally take part in physical activity?

Yes No

7) Did you learn anything new today?

Did the event give you a better understanding of the Take 5 steps to wellbeing messages?

Very well Quite well Fairly well Not well at all

Which of the Take 5 steps did you least understand, if any?

Connect Give Be active Take notice Keep learning Understood them all

As a result of today's event will you use the Take 5 messages in your everyday life?

Yes No Not sure

Is there anything you would like to say about today's activity/event or how it made you feel?



Take 5 steps to wellbeing

Appendices



Connect



Keep learning



Be active



Take notice



Give

Take 5 steps to wellbeing branding guidelines

The branding guidelines will allow you to use the **Take 5 steps to wellbeing** logo and imagery in your own publications in a consistent format.

When you are promoting Take 5 in your communications or publications, it is important that you adhere to the guidelines to reinforce the brand with the audience and for consistency.

- 1 As a minimum requirement, use the **Take 5 steps to wellbeing** logo
- 2 Always display the Take 5 messages in the following order: Connect; Keep learning; Be active; Take notice; Give
- 3 When having materials professionally produced, ensure the correct pantone colours are used for the logo and messages
- 4 Where possible use colours in your publication to match the messages
- 5 Make sure the proportions of the logos are not altered

Take 5 logo



Take 5 brand colours

CMYK



C 100, M 80
Y 24, K 8



C 84, M 100
Y 5, K 1



C 0, M 84
Y 8, K 0



C 69, M 8
Y 20, K 0



C 43, M 16
Y 100, K 2

RGB



R 29
G 72
B 130



R 81
G 37
B 138



R 237
G 63
B 146



R 65
G 181
B 199



R 158
G 180
B 59

Take 5 icons

Individual Take 5 messages should be used in this order of appearance. They can be used with and without titles.



Connect



Keep learning



Be active



Take notice



Give



Take 5 email signature banner



You can download the Take 5 logos, icons and email signature banner at:



www.makinglifebettertogether.com

Take 5 leaflets, posters and wallet cards

The Take 5 messages are available in English on A5 leaflets, A3 posters and small wallet cards. The A5 leaflets are also available in Irish, Tetum, Arabic, Chinese, Lithuanian, Polish, Portuguese, Romanian, Slovakian, Somali and Hungarian. There is also a version aimed at young people.



All of the Take 5 steps to wellbeing resources are available to download at:



www.makinglifebettertogether.com



**Making life better,
together**

Belfast Strategic Partnership

For further information please contact:

Belfast Health Development Unit

Email: bsp@bhdu.org

Tel: 028 9050 2073



@bspmlbt

www.makinglifebettertogether.com

04/2018