

# Take5 in the WEST

for your emotional wellbeing



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these in to your daily life - think of them as your 'five a day' for emotional wellbeing.

## Connect

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



## Be Active

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



## Take Notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



## Keep Learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that 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 achieving. Learning new things will make you more confident, as well as being fun to do.



## Give

Do something nice for a friend, or a 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 will create connections with the people around you.



# Take5 in the WEST

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## Take Notice



## Be Active



## Connect



## Keep Learning



## Give



Amazing events happening in Your Community.

## WEEK 1: 17 - 25 January

**Active Belfast/ Groundwork NI Mindfulness Walk (FREE)**  
Saturday 17th January, 12 pm  
**At Falls Park**

**Saturday Market At Conway Mill Courtyard (FREE)**  
Every Saturday, 10am -3pm

**Shopmobility Belfast (FREE) Scooter Training**  
Tuesday 20th January, 10am-1pm  
**At Glen Rd Community Ctr.**

**The H.E.A.R.T Project (£1) Pool Therapy**  
Every Tuesday, 2.30pm  
**At Falls Leisure Centre**  
Tel: 90 310 346

**The H.E.A.R.T Project Yoga**  
Every Tuesday, 5.15pm  
**At Maureen Sheehan Centre**  
Tel: 90 310 346

**Challenging Pain workshop**  
Empowering individuals to improve their quality of life.  
Wednesday 21st January, 10am  
**At Falls Road Library**

**Managing Stress (FREE)**  
Visualisation, Bach flower remedies, mediation  
Every Monday, 10am-12am  
**At Falls Women's Centre**  
Tel: 90 327672



**The H.E.A.R.T Project (£1) Tai Chi**  
Every Wednesday, 11.15am  
**At Divis Community Centre**  
Tel: 90 310 346

**Courses and activities taking place in Conway Education Centre**  
**Sugarcraft Course** (8 weeks) (£20 + £5 admin)  
Monday 19th January or Thursday 22nd, 10am - 12pm

**Irish History (8 weeks) (£20+ £5 ADMIN)**  
Tuesday 20th January, 10am-12pm

**Baking class (6 weeks) (£15 + £5 ADMIN)**  
Tuesday 20th January, 10am-12pm

**Social Networking (UU accredited course- 4 weeks) (£5)**  
Tuesday 20th January, 10am-12pm

**Irish for Beginners (12 weeks) (£25 + £5 ADMIN)**  
Wednesday 21st January, 2pm-4pm

**Indian Cookery (6 weeks) (£15 + £5 ADMIN)**  
Thursday 22nd January, 10am-12pm

**Digital Photography (8 weeks) (£20+£5 ADMIN)**  
Thursday 22nd January, 12pm-2pm  
*(Please note that booking is essential for all courses)*  
Tel: 02890 248543 for more info.

## WEEK 2: 26 JAN - 1 FEB

**Samba Drumming Workshop (Free)**  
26th January 7-9pm  
**At Falls Women's Centre**  
Tel: 90 327672

**"Morning out for Mummies", You and your baby can enjoy a Baby Massage followed by a Rhythm and Rhyme session**  
Every Monday  
Baby Café starts at 10am followed by Rhythm & Rhyme at 11am  
**At Falls Road Library**

**The H.E.A.R.T Project (FREE) Wellness Class**  
Every Monday, 9.15am  
**At Falls Leisure Centre**  
Tel: 028 9031 0346

**Tree of Life Men's Shed (FREE) Art and wood work sessions Drop in Centre**  
Open Every Day, 9am - 3pm  
**At Conway Mill**  
Tel: 07895 882647

**Louise Hay 'You can Heal your life' workshop**  
Monday 26th January, 10am-3pm  
**At Conway Education Centre (£10)**

**Take5 and celebrate Robbie Burns Day at the Robbie Burns Exhibition in the Falls Road Library**  
Monday 26th January

**The H.E.A.R.T Project (£1) - Pilates**  
Every Monday, 6pm  
**At Maureen Sheehan Centre**  
Tel: 90 310346

**Learn to Crochet**  
Every Tuesday, 2.30pm-4pm  
**At Montague Centre, Broadway**

**Art Exhibition (FREE) Suicide Awareness & Support Group**  
Tuesday 27th January, 7pm Tel: 90 239967  
**At West Belfast Partnership Board**

**Black Mountain Men's Group (FREE)**  
Every Wednesday, 1pm-3pm  
**At Glen Community Centre, Lenadoon**  
Open to men aged 60+ from west Belfast

**Take5 for Afternoon Tea**  
Enjoy the history of tea with Robert Bell of S.D. Bells Tea & Coffee Specialists while you relax and enjoy a sample of his wares.  
Wednesday 28th January, 2pm -4pm  
**At Falls Road Library**

**Challenging Pain Workshop**  
Empowering individuals to improve their quality of life.  
Wednesday 28th January, 10am  
**At Falls Road Library**

**Shopmobility Belfast Free Scooter Training**  
Wednesday 28th January, 10am - 1pm  
**At Horn Drive Community Centre**

**The H.E.A.R.T Project (FREE) Walkabout Club**  
Every Thursday, 2.00pm **At Habit Suite**  
Tel: 90 310346

**Knit & Knatter (FREE)**  
Forget your worries and Take5 for a Knit and Knatter  
Every Wednesday, 10am-1pm  
**At Falls Road Library**

## WEEK 3: 2 - 8 FEB

**Take 5 for your personal development workshop**  
Monday 2nd February, 10am-12pm,  
**At Conway Education Centre (£5)**  
Tel: 02890 248543

**The H.E.A.R.T Project (£1) Adult Swim Lessons**  
Every Monday  
2nd February, 10.15am  
**At Falls Leisure Centre**  
Tel: 90 310346

**Seniors Tea Dance**  
Every Monday 2nd February, 1pm-3pm  
**At Andytown Leisure Centre**

**Take5 for "Sight and Emotional Well Being"**  
With Jane Hanley, Head of Orthoptics in Belfast HSC Trust on how loss of sight can impact our lives  
Monday 2nd February, 2pm  
**At Falls Road Library**

**Samba Drumming Workshop (Free)**  
2nd February 7-9pm  
**At Falls Women's Centre**  
Tel: 90 327672

**50 Plus Group**  
Every Tuesday, 12.30-1.30pm  
**At Divis Community Centre**

**Young at Heart Club**  
Every Tuesday, 11am-1pm  
**At Blackie River Community Ctr**

**Arts & Crafts**  
Tuesday 3rd February, 10pm-12pm  
**At Glen Community Centre**  
Tel 074 4614 5653

**CAP Free Money course**  
Money management course  
Wednesday 4th February, 10am-12pm  
**At Whiterock Library**

**Stress Management Class**  
**Take5 and visit the Falls Road Library**  
Thursday 5th February, 6.30pm

**Lecture by historian Brian Hanley, "Blueshirts, the Christian Front and the Right in Ireland"**  
Saturday 7th February, 11.15am  
**At Falls Road Library**



**Creative arts, flower arranging, outings.**  
Every Friday, 10am-12pm  
**At Falls Women's Group**  
Tel: 028 9032 7672

## WEEK 4: 9 - 14 FEB

**Tree of Life Men's Shed (FREE)**  
Open Every Day, 9am - 3pm  
**At Conway Mill**  
Tel: 07895 882647

**Buggy Boot Camp (£1)**  
Every Monday 12pm-1pm and Wednesday 1pm - 2pm  
**At Falls Park**  
Tel: 90 23 6677

**Take 5 Emotional Wellbeing Event**  
Tuesday 10th February, 10am-1 pm  
**At Glen Community Centre**  
Tel: 074 4614 5653



**Mindfulness Workshop (FREE)**  
"The Art Of Falling Awake" with Frank Liddy  
Tuesday 10th February, 7pm  
**At Falls Road Library**

**CAP Free Money course**  
Money management course  
Wednesday 11th February, 10am-12pm  
**At Whiterock Library**

**Memories & Music**  
Every Wednesday 11am-12.30 pm  
**At Montague Day Centre**  
Tel: 074 4614 5653

**Memories Café**  
Thursday 12th February at 11am-1pm  
**At Conway Mill**

**Stress Management Class**  
Take5 and visit the Falls Road Library  
Thursday 12th February, 6.30 pm

**Springfield Charitable Association Triage west Belfast**  
**Trip to St George's Market**  
Friday 13th February, 10am-2pm  
Tel: 074 4614 5653



**Suicide Awareness & Support Group**  
Launch of information leaflet Friday 13th February 2015, 1pm-3pm  
Tel: 028 9023 9967

**Counseling & Complementary Therapies** available across west Belfast.  
Tel: 90 327672 for more info.

**FREE** mobility equipment on request.  
Tel: Shopmobility on 9080 8090

