



# 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](http://www.makinglifebettertogether.com)



## 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

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

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.

