



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.

Shankill Library

Books, computers, internet, cds, classes, resources to support health - Contact 90509232

Shankill Women's Centre

Learn sewing, paper craft, crochet, bead craft, ceramic painting - Contact Trish or Aimee on 028 90240642

Spectrum Centre

Learn art, learn about local history, take up salsa. Regular exhibitions and events.

For more information ring 028 9050455

Crumlin Road Gaol

Daily guided tours as well as paranormal tours - Tel: 028 90741500

Belfast Metropolitan College

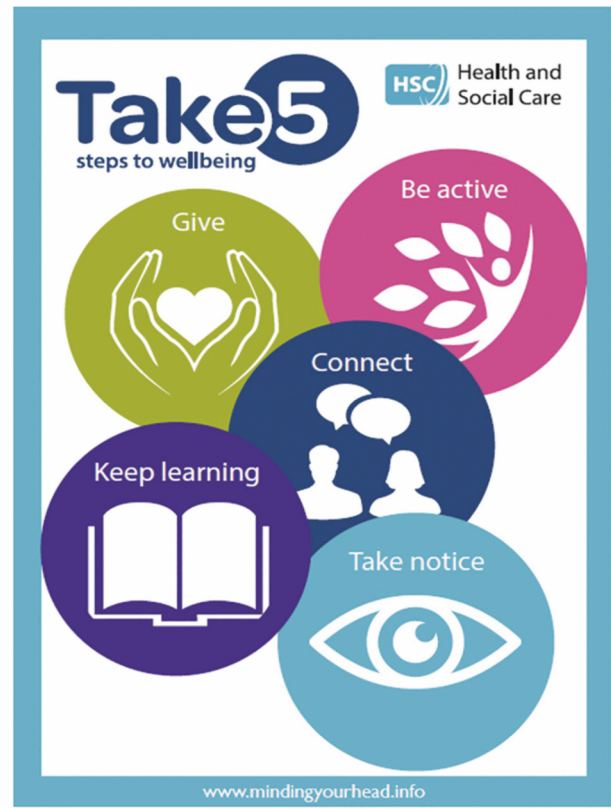
Countless classes just for fun or to gain qualifications - Contact 028 90265000 or visit www.belfastmet.ac.uk

This leaflet was produced By:



Take 5

In the
Shankill Area



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.

Shankill Leisure Centre

Archery, Zumba, Yoga, Boot Camp, Pilates, circuits, spin and much more

Contact Shankill Leisure Centre 028 95213745—Or visit www.better.org.uk

Gardening

Woodvale Community Allotments. Contact Helen Tomb of Conservation Volunteers on 028 90645169 or email h.tomb@tcv.org.uk

WISPA

Jog Belfast (Woodvale Park), Boot Camp and much more. Contact Audrey on 028 90314298

Shankill Womens Centre

Aqua aerobics, walking group, chair-based activity—Contact Trish or Aimee on 90240642

Woodvale Community Centre

Desperate Housewives circuits training 5 nights a week - Contact Kim Feeney on 90712450

The Hammer Community Centre

 keep fit 02890332890

Youth Initiatives Make contact with your local community centre, church, school or the Belfast Education Authority on 028 9056 4000 or Belfast City Council on 028 9032 0202 to find out what is going on in your area



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.

Foodbank - Donate to the local foodbank through Shankill Methodist Church - Contact Colin Duncan on 07912787572

Volunteer Now

There are loads of volunteer opportunities with Volunteer Now. You could volunteer as a befriender, driver, conservation volunteer, at an animal sanctuary, events volunteer, shop volunteer and more. Call 90232020 or visit www.volunteernow.co.uk



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 lifelast time in developing them. Building these connections will support and enrich you everyday.

Senior Citizens Forum

Make new friends, socialise, lobby on issues affecting your daily life. Meets in Shankill Library

Contact Frank Johnston on 028 90232020 to find out when the forum meets

Men Utd

A group for men aged 50+ which gets involved in a wide range of social and wellbeing activities. For more information contact Nick Menhinnick on 07775975670

Good morning project

Helps seniors stay connected through daily phone calls. If you feel isolated contact 028 90719200

Vine Centre

Free Advice Services on benefits, employment, housing and much more. Contact the Vine Centre on Ring 028 90351020

FASA

Crisis support services across Belfast Area at the Nightingale at 157 Upper Newtownards Road **24/7 Support Freephone 0800 168 7771** Young people, adult and family services available. SAFE Together Project—Bereavement Support after Suicide. To speak to someone about our services call 02890803040 for information.



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.

Shankill Womens Centre

Shankill Womens Centre walking group, contact Trish or Aimee on 90240642

Pay attention around you

Pay attention to sights and sounds in your local area, the lovely old churches, the Woodvale Park, the Belfast Hills, the birds singing.