

Take 5 steps to wellbeing in your community



Connect



Keep learning



Be active



Take notice



Give

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



www.makinglifebettertogether.com



Call: 028 9050 2073

Overview

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. **Take 5 steps to wellbeing is an approach based on evidence¹ that can develop the wellbeing of individuals and communities.**

There are five simple steps to help maintain and improve wellbeing. The messages are straightforward and if adopted in a person's life can make them feel better and function well.

Wellbeing is important for everyone. Developing habits for wellbeing is best done when you are feeling ok rather than waiting until things are difficult. Taking these five actions regularly will help improve your wellbeing.



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This booklet is aimed at community based organisations to help them consider how Take 5 can be integrated and promoted locally and we have included some ideas and tools that may be helpful to you.

How you can use Take 5 steps to wellbeing to support your community

- Consider what is already available in your area that supports any of the Take 5 messages shown above
- Make people in your community aware of Take 5 and how it can benefit them
- Include information on wellbeing and Take 5 in community publications and press releases
- Consider how activities and programmes you have developed or are developing relate to Take 5
- Use the Take 5 logos and messages wherever you can in things you do to promote activities and services

¹New Economics Foundation (NEF). (2008). Five Ways to Wellbeing: The evidence. London. nef.

Consider what is already available

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. These may be activities or services provided by organisations, public facilities or naturally occurring things in their environment that you may take 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



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



Give: Opportunities to volunteer; supporting an event or project

Promote 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 11.

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 13).

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 that there is less available for some of the steps and you would like to develop something to address that. The Take 5 Project Planning Tool on page 12 can help you plan activities using a Take 5 format.

Deliver Take 5 steps to wellbeing activities or programmes



There are lots examples of Take 5 based activities that others have used that may be of use to you. There are also resources available that you can incorporate, like posters, awareness session plans, powerpoint presentations, Take 5 artwork.

You will find these at the end of this guide
Introducing Take 5 steps to wellbeing - a guide for practitioners.
They are also available to download at:



www.makinglifebettertogether.com

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 steps to wellbeing** 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 happen to respond to a specific issue in an area, like a community clean-up because of a litter problem, but this would also support **Be active, Give** and **Take notice**.

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



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Measuring wellbeing

You may consider using some form of measurement that is specifically related to wellbeing. Wellbeing can be understood as how people feel and how they function both on a personal and a social level, and how they evaluate their lives as a whole.

There are quite a number of examples of specific tools for this. The New Economics Foundation (NEF) recommend three short sets of questions should you wish to use them.

You will find these in our
Introducing Take 5 steps to wellbeing - a guide for practitioners
which is also available to download



www.makinglifebettertogether.com

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 a sample evaluation form on page 14.

Some examples of Take 5 steps to wellbeing in action

Shankill Women's Centre: Crochet Class

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 that were using the centre. They wanted to learn how to do crochet and to 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

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**: Take notice - massage and relaxation workshops; Give to others - students offering free nail treatments collected donations for a homeless charity; Keep learning - healthy cooking workshops and recipes to take home; Be active - yoga and salsa dance; and Connect - information stands provided the opportunity to meet local service providers and at the end of the event there was a lunch for all participants and providers.

"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

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 you consider that a person can potentially lengthen their lifespan by 7.5 years if they 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

This was an initiative to localise Belfast Strategic Partnership’s Take 5 campaign in West Belfast and promote these 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.” Sue 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

Take 5 steps to wellbeing Community Mapping Tool

What it is	Who it is for	Where it is	How to use it	Any gaps
 <p>Connect</p>				
 <p>Keep learning</p>				
 <p>Be active</p>				
 <p>Take notice</p>				
 <p>Give</p>				

Take 5 steps to wellbeing 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	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		

Sample 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; other versions can be found at: www.makinglifebettertogether.com



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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

Arts and Crafts
exhibition
ABC community
arts centre
9am-9pm daily

IT classes
Full menu of free
courses available
0800 56789

Sample 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						After					
Connect	1	2	3	4	5	Connect	1	2	3	4	5
Keep learning	1	2	3	4	5	Keep learning	1	2	3	4	5
Be active	1	2	3	4	5	Be active	1	2	3	4	5
Take notice	1	2	3	4	5	Take notice	1	2	3	4	5
Give	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.



**Making life better,
together**

Belfast Strategic Partnership

For further information please contact:

Belfast Health Development Unit

Email: bsp@bhdu.org

Tel: 028 9050 2073

www.makinglifebettertogether.com