

ST GEORGE'S WELLBEING

Volume 1 / Issue 1



WELCOME TO OUR FIRST NEWSLETTER

Firstly, thanks for taking the time to read our first newsletter all about Wellbeing. Every other month we will bring you up to date information about what's happening at St George's and handy hints and tips you can use to lead a healthier lifestyle. As this is our first newsletter we would love to hear from you what your thoughts are about it and any ideas for information you would like us to include. You can email us on sheena.woodard@stgeorgeslupset.org.uk

5 WAYS TO WELLBEING

Ever heard of it?

If not, 5 Ways to Wellbeing represents different actions proven to help us achieve overall better wellbeing. Each one has its own meaning which I will go into a little more detail later.

For those of you who are interested in how and where the 5 Ways to Wellbeing came from, please read on.....New Economics Foundation (NEF) is the UK's leading think tank promoting social, economic and environmental justice. The Five Ways to Wellbeing were developed by NEF from evidence gathered in the UK government's Foresight Project on Mental Capital and Wellbeing. The Project, published in 2008, drew on state-of-the-art research about mental capital and mental wellbeing through life. It asked nef to develop the Five Ways to Wellbeing to communicate its key findings.

“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.”

~ Norman Vincent Peale ~



Inspirational Quotes!!



5 Ways to Wellbeing

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Reflecting on your experiences will help you appreciate what matters to you.

Connect..... With the people around you. With family, friends, colleagues and neighbours, or at home, work, school and in your local community. Think of these as the cornerstones of your life and invest time in developing them. Do you and your workmates share a common interest? Do you know your neighbour? Keep in touch, make that call, write that letter, send that text, feel a valued sense of belonging. **Building connections** will support and enrich you everyday.

Have a think how your lifestyle fits in to the 5 Ways? Is there anything we can help with?

We have a great team of people working at St George's and we're all here for you! Why not take a look at our website (details under contact us) for the full range of services, or if you love social media we are on Facebook @stgeorgescommunitycentre or follow us on twitter @stgeorgeslupset. Don't forget you can call us too!

JUST A FEW OF OUR WELLBEING SERVICES.....

Monday's - Pilates 1.15pm-2.15pm £4 Table Tennis 7pm-8.30pm £1

Tuesday's - T.L.C 1.30pm-3.30pm £3 Boccia Bowling 1.30pm-3.30pm £3 World of Words 1pm-3pm

Wednesday's - Chair Exercise 10am-10.30am £2 Bereavement Counselling 1pm-3pm

Thursday's - Crafty Chat Group 10am-12noon Singing for Fun 1pm-3pm £2

Friday's - Lunch Club 12noon £4

Give..... Do something nice for a friend, or a stranger. Thank someone. Smile. Look out, as well as in. Volunteer your time. Start a **group**. Search on the internet for your local voluntary action service. Explore local timebanks. Look in your library or community centre for ways to get involved. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Keep Learning..... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Get creative: draw, compose music, write poetry, act, dance, paint, cook, knit. Set a challenge you will enjoy achieving. Learning new things can make you more confident as well as being fun and a chance to connect with other people in your community or at work.

Be Active..... Go for a walk or run. Step outside. Nature is good for us - being in green open spaces increases our sense of wellbeing and relaxation. Cycle to the shops. Play a game. Get muddy in the garden. If you find it hard on your own, talk to a friend, family member or work mate and help motivate each other. Go to your local community centre and see what activities are on offer.

Take Notice..... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Take time to breath, unwind: pilates, meditation, listening to music, reading a book - time on your own.

I do hope you've enjoyed reading our newsletter. See you in two months! 😊😊😊