

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group

Why not try.....

Helping out at Avoniel Community Garden next to Avoniel Leisure Centre; open Wednesdays from 1—4pm and Saturdays 12—3pm . Everyone is welcome to come along and lend a hand; no experience necessary! For more info contact michele@eastsidepartnership.com or 028 9046 7925.



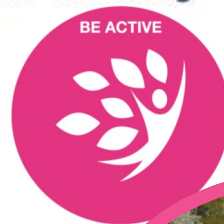
Try something new, rediscover an old hobby or sign up for a course



Be observant, look for something beautiful or remark on something unusual

Why not try.....

East Side Arts Crafty Mornings every Thursday from 10am to 11.30am on the ground floor at Hollywood Arches Centre. These free workshops run every Thursday from 3rd November to 15 December.



Exercising makes you feel good!

Why not try.....

Building up your number of steps every day by wearing a pedometer. Join EBCDA & Charter NI's Diamond Project walking group which meets every Friday at 11am at Oasis on Castlereagh Street and get a free pedometer! To set up your own walking group contact Nar Munna at EBCDA on 028 9045 1512.



Why not try.....

Adult colouring—it's extremely therapeutic and can help generate a feeling of wellness, quietness, mindfulness with similar benefits to meditation. Look for adult colouring books in your local pound store.