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.

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community

## Why not try.....

Meeting new people at the Globe Café, held at the Lamp Post Café, 19 Upper Newtownards Road on Tuesday nights 7.30pm-10pm Whether you are new to Belfast, or just want to meet new people; all welcome to pop in and say hello. Fore more information see www.globecafe.co.uk.









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

course





Take5
steps to wellbeing





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 Holywood Arches Centre.

These free workshops run every Thursday from 3rd

December.

Exercising makes you feel good!

Why not try.....

and can help generate a feeling of wellness,
quietness, mindfulness with similar
benefits to meditation. Look
for adult colouring books in
your local pound

Adult colouring—it's extremely therapeutic

store.

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.