



## Mon 5th October

### WEBSITE LAUNCH

Healthy Living Centre Alliance launches their new regional website.  
[www.hlcalliance.org](http://www.hlcalliance.org)

### Mindfulness Monday – Mindfulness Taster Session

2pm-3pm – Over 16yrs only  
For more info contact: H.E.A.R.T. Project – Tel: 028 9031 0346

### Walk on the Wild Side

10am-11.30am  
For more info contact: Ligoneil HLC – Tel: 028 9039 1225

### Take 5 – EXERCISE with Windsor Women's Centre

12noon – 1pm  
For more info contact: WISPA HLC - 028 90314298

### East Belfast Wise Men's Shed – Walk Titanic

10am-11am  
For more info contact: Alan – Tel: 028 9045 1512

### North Belfast Bake Off

9.00-11.30am  
For more info contact:  
Julie Jamieson – New Lodge Duncairn CHP – Tel: 028 9074 5588

### Mood Matters Programme – Aware Defeat Depression

9.30am – 12.30pm  
For more info contact:  
Natasha Brennan or Camilla Reynolds – 028 90312377  
Shaftesbury Community & Recreation Centre

### Mindful Mondays Walking Group

10.00am – 12.00pm  
For more info contact: Camilla Reynolds – 028 90312377  
Shaftesbury Community & Recreation Centre

### “Let's Smile” Workshops

3.00pm – 5.00pm  
For more info contact: Camilla Reynolds – 028 90312377  
Shaftesbury Community & Recreation Centre

### Suicide & Self Harm Workshop

6.30pm – 7.30pm  
For more info contact: Eamonn Devlin – LORAG 028 90 312 377

## Tues 6th October

### Taste 5

10.00am-1.00pm  
For more info contact:  
East Belfast Community Development Agency – Tel: 028 9045 1512

### Tasty Tuesday: Healthy Food – Healthy Mind

12.00 – 1.30pm  
For more info contact  
H.E.A.R.T. Project – Tel: 028 9031 0346

### Bike Ride

10am-11am  
To register call Damien, Ligoneil HLC  
Tel: 02890 391225

### Take 5 – EXERCISE with Shankill Women's Centre

10am-11am  
For more info contact:  
WISPA HLC - 028 90314298

### Easy Ride - Group Cycle

10 am -12 Noon  
For more info contact:  
Gerard: Lorag – 028 90312377

### Pilates & Take 5

10am-11am  
For more info contact:  
Fionnuala Dunleavy  
New Lodge Duncairn CHP – 028 9074 5588



## Wed 7th October

### Look After Yourself

10.30am -1.00pm  
For more info contact:  
Ardoyne Shankill Health Partnership  
Tel: 028 9075 6638

### Wind Down Wednesday – Tai Chi Class

11.15am-12.30pm  
For more info contact:  
H.E.A.R.T. Project – Tel: 028 9031 0346

### Take 5 Interactive Day (Belfast City Hall)

The Interactive Day will explore the five steps to wellbeing with Guest Speaker, Lindy Irving.  
The event aims to:

- Demonstrate practical ways to support the steps to wellbeing,
- Learn and share information with health practitioners, and
- Provide civic leadership and participation.

9.00am-3.30pm  
For more information contact:  
Zahara - 028 9050 2073  
[burnisonz@belfastcity.gov.uk](mailto:burnisonz@belfastcity.gov.uk)

### Body Image Female Workshops

6.30pm – 7.30pm  
For more info contact  
Eamon Devlin or Camilla Reynolds  
LORAG – 028 90 312 377

### “Let's Go Purple” – for Mental Health Awareness

3.00pm – 5.00pm  
For more info contact:  
Natasha Brennan or Camilla Reynolds  
LORAG 028 90 312 377

## Thurs 8th October

### Trotting Thursday

2pm-3pm  
For more info contact:  
H.E.A.R.T. Project – Tel: 028 9031 0346

### Capacitar - 1 Day Training Workshop

9am-5pm  
Limited places - to register call Aidan  
H.E.A.R.T. Project – Tel: 028 9031 0346

### Horticultural Pick Me Up

10am-12noon  
Limited places - to register call Damien  
Ligoneil HLC – Tel: 02890 391225

### Take 5 – EXERCISE with Falls Women's Centre

11.30am-12.30pm  
For more info contact: WISPA HLC - 028 90314298

### Take 5 – EXERCISE with Footprints Women's Centre

3pm-4pm  
For more info contact: WISPA HLC - 028 90314298

### Nature Walk

10 am -12 Noon  
For more info contact: Gerard: Lorag – 028 90312377

### Coffee Morning

10.00am-12 noon  
For more info contact: New Life - 028 9039 1630

### Relaxation Session & Swim Trip to Falls Leisure Centre

10am– 12.00 noon  
For more info contact:  
Camilla Reynolds – LORAG 028 90 312 377

### Stress Free Teenager Night

6.30pm –7.30pm  
For more info contact:  
Eamonn Devlin or Camilla Reynolds  
LORAG T(028) 90 312 377

## Fri 9th October

### Bikeway East Cycle

10am-1pm  
For more info contact:  
Alan – Tel: 028 9045 1512

### Fun Time Friday

11am-12.30pm  
For more info contact  
H.E.A.R.T. Project – Tel: 028 9031 0346

### Midnight Youth Club

6pm-12pm  
For more info contact  
Maria: Ligoneil HLC  
Tel: 02890 391225

### Take 5 Self-Care Workshop

10.30am – 12 noon  
For more info contact:  
WISPA HLC - Tel: 028 90314298

### Ards Mental Health & Wellbeing Event: Wellness Workshop

9am-12noon  
For more info contact Kirsty  
[peninsulahealthyliving@outlook.com](mailto:peninsulahealthyliving@outlook.com)

### Take Care of You

3.00pm – 5.00pm  
For more info contact:  
Natasha Brennan  
LORAG 028 90 312377



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these into your daily life – think of them as your 'five a day' for emotional wellbeing.

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

## 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.

## 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.

## 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.

## 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.