

# What is Take 5 Steps to Wellbeing?

## connect | keep learning | be active | take notice | give

Five simple steps you can take to help maintain and improve your wellbeing in everyday life. You can use your local green spaces to achieve these:

### CONNECT

**Spend time with your family and friends.** Green spaces can help you *connect* with the people around you and promote a sense of belonging and community. Ask someone to join you for a walk in a park or along the greenways, or join events such as organised walks or runs in your local area.

### KEEP LEARNING

**Gain new skills and hobbies.** Green spaces can be places to *keep learning* and try something new, rediscover an old hobby or sign up for a course. This could involve growing plants and food, roller-skating, doing yoga, or using the outdoor gyms and sports areas. People who spend more time outdoors tend to feel closer to nature.

### BE ACTIVE

**Improve your physical health.** Walking in a park can have a bigger impact on supporting your heart and blood pressure than walking on a busy street. Green spaces can also encourage you to *be active*. Try to walk whenever you can, particularly for short journeys of one mile or less, or 15-20 minutes, such as to the park, school, work, doctors/GP, pharmacy, shops, or post office.

### TAKE NOTICE

**Improve your mental health.** Green spaces can reduce stress, improve brain function, improve sleep, and reduce depression. When you are walking, wheeling, or sitting in a local park or along the greenways, *take notice* of the trees and wildlife around you. Think about what you see and how it makes you feel.

### GIVE

**Look after your local area and the environment.** Green spaces can encourage nature and biodiversity, which supports health and wellbeing by helping to clean air, reduce flood risk and store carbon. You can *give* your time and energy by being part of community groups that look after and maintain green spaces and the environment. Being involved in designing and caring for green spaces can also allow others to better understand how to improve these spaces in the future.



# Green Health Map

## What are green spaces?

Green spaces can include parks, children's play areas, woodlands, riverside footpaths such as greenways, and blue spaces which represent water elements.

### Connswater Community Greenway

A 9km linear park with flat surfaces and regular rest points allowing people to walk or wheel through East Belfast. Discover exciting destinations, nature and green spaces along the way.



### C.S. Lewis Square

Exciting public space and a great point to start and finish your walk with toilets, parking and cafes nearby.



### The Hollow

A site of interest where the three rivers converge and history can be explored with links to Van Morrison and Conn O'Neill.



### Orangefield Park & Marsh-wiggle Way

Home to wildlife, eco trails, sports facilities and playparks.



USE THIS MAP TO EXPLORE THE CONNSWATER COMMUNITY GREENWAY, AND IMPROVE YOUR HEALTH



### Walking Routes

- Connswater & Comber Greenway**
  - 45 mins / 5000 steps (4km)
- Orangefield Park**
  - 60 mins / 6250 steps (5km)
- Ballymacarret Walkway**
  - 10 mins / 1250 steps (1km)
- Flora Street Walkway**
  - 20 mins / 2500 steps (2km)

### Map Key

- Green spaces
- Blue spaces
- Shopping area
- Greenways
- Playparks
- Sports pitches/facilities
- Doctor's/pharmacy
- Refreshments
- Post box/office
- Toilets
- Carpark
- Bus Stop
- Steps
- Buildings
- School
- Access point



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