

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.



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.

Bog Meadows
A green oasis with species-rich meadows, reedbeds, ponds, hedgerows, and grazing animals. A huge asset for local people and wildlife, and a great opportunity to enjoy nature in the city.



Falls Park
Home to many fine mature trees, beautiful flowers, horticultural displays and grassland areas. With outdoor gyms and classrooms, a refurbished play park, and Féile an Phobail, the largest community festival in Europe.

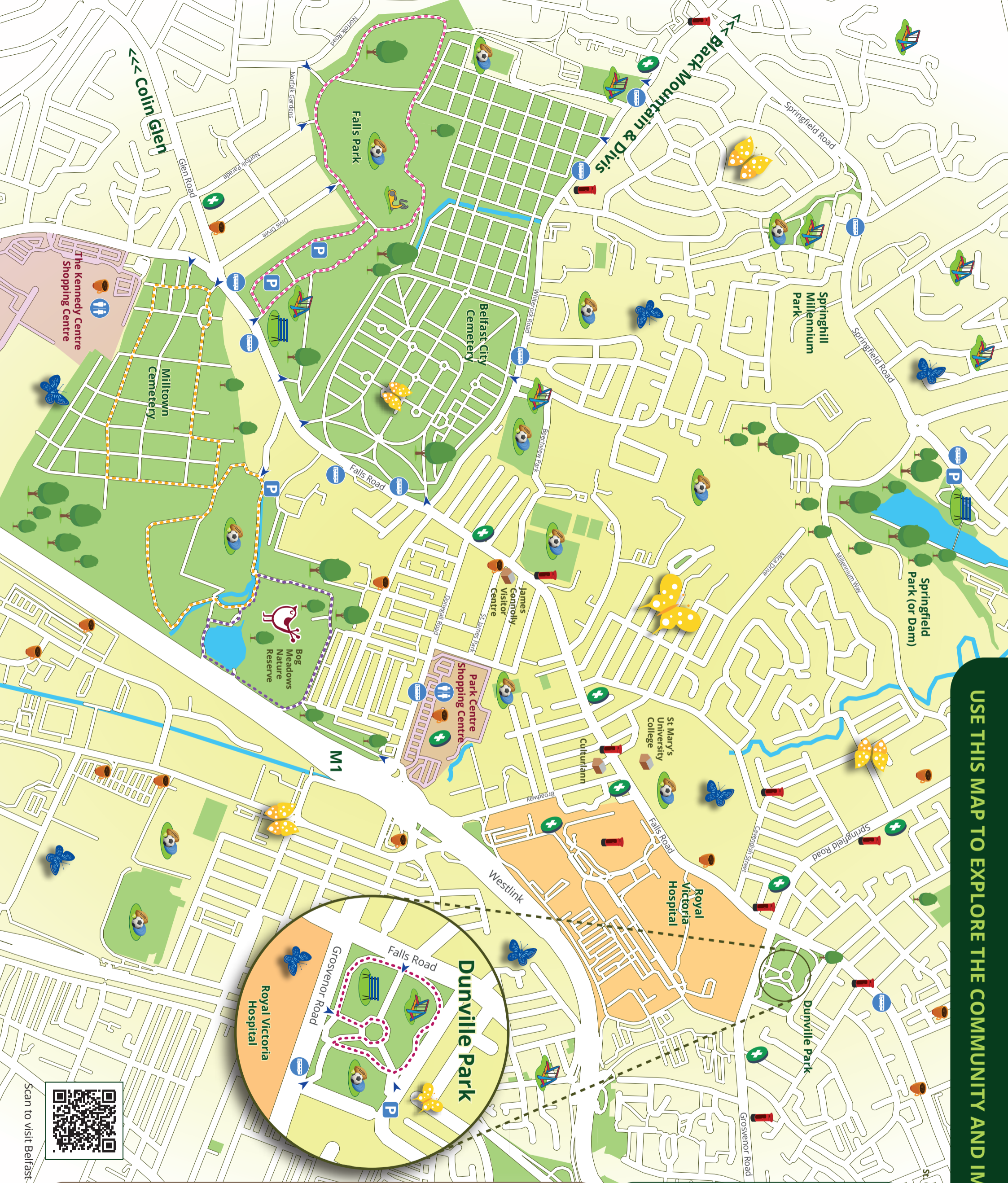


Springfield Park (or Dam)
A redeveloped, quiet and scenic place to walk, wheel, and jog with friends or sit and take notice of nature.



Dunville Park
A series of paths, landscape areas, and a historic fountain filled with over 6,500 flowers. You can enjoy a sports pitch for soccer and GAA, a changing pavilion, and senior and junior playgrounds.





Walking Routes

Falls Park	20 mins / 2500 steps (2km)		
Milltown Cemetery & Bog Meadows	25 mins / 3125 steps (2.5km)		
Bog Meadows	10 mins / 1250 steps (1km)		
Dunville Park	5 mins / 500 steps (0.4km)		

Map Key

	Green spaces
	Blue spaces
	Shopping area
	Hospital
	Nature reserve
	Take 5 Bench
	Playparks
	Sports pitches/facilities
	Doctor's/pharmacy
	Refreshments
	Post box/office
	Toilets
	Carpark
	Bus Stop
	Buildings
	Access point



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