

# Improve your wellbeing

There are five very simple, practical steps we can take to improve our wellbeing. These are called the '5 Ways to Wellbeing'.

The 5 Ways to Wellbeing are:

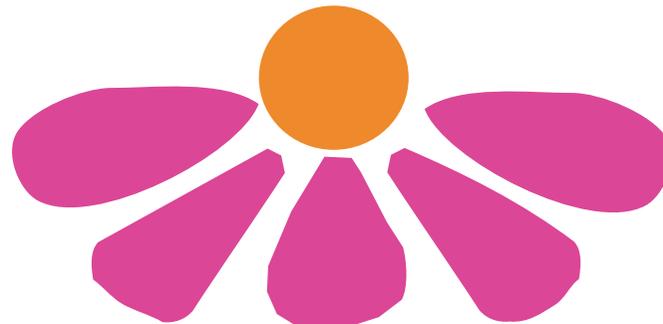
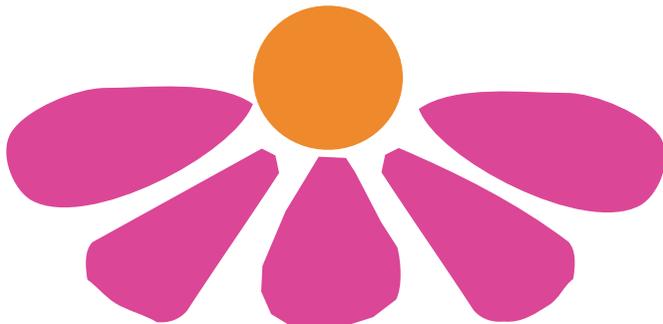
**1** **Connect**  
Connect with the people around you

**2** **Be active**  
Physical activity is good for the mind and the body

**3** **Take notice**  
Become aware of the world around you

**4** **Keep learning**  
Learn new skills and set yourself challenges

**5** **Give**  
Be a good citizen and help others



## More info ?



For more information about Wellbeing Enterprises visit our website at [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

Alternatively, you can contact Wellbeing Enterprises in the following ways:

Bridgewater House  
Old Coach Road  
Runcorn  
WA7 1QT

**t:** 01928 589 799  
**e:** [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

[www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)



# About Wellbeing Enterprises

Delivering sustainable improvements in health & wellbeing

Bridgewater House  
Old Coach Road  
Runcorn  
WA7 1QT

**t:** 01928 589 799

# Who are we?

Wellbeing Enterprises is a community organisation set up in 2006 in Halton and St Helens.

We provide a range of community based activities for everyone who would like to improve their levels of wellbeing.



# What do we do?

## • Wellbeing activities

We provide a range of creative activities for people who would like to learn new skills, meet new friends and find out more about wellbeing.



## • Training and events

We run a number of training programmes and events throughout the year that cover a range of health and wellbeing topics.



## • Practical help and support

We provide supported interventions for people who would like to improve their health and wellbeing. Some of these activities make use of cognitive behavioural approaches.



## • Community Wellbeing Practices

We are working with a number of GP Practices to ensure that they are better connected to community activities and support that can help people to stay well throughout life.



# What people say

“ I have learned lots of top tips for improving my wellbeing levels ”

“ My confidence levels have increased and I have met many new friends ”

“ I feel better able to deal with the challenges that I face ”

“ I really enjoyed the creative courses and I have learned many new skills ”

# What is wellbeing?

Wellbeing is about **feeling good** and **functioning well**.

The benefits of wellbeing are:

- 🌸 Better physical health
- 🌸 Stronger relationships
- 🌸 Better performance at school, college or work
- 🌸 Better able to deal with the challenges that life throws at us
- 🌸 More chance of employment
- 🌸 Improved quality of life