

Royal Greenwich Community Champions



NHS
South East London

ROYAL borough of
GREENWICH

Community Champions Webinar
Be Well and the Five Ways to Wellbeing
Wednesday 22nd February 2023

I am taking part in the

#BeWell
Challenge

Community Champions webinar

nhsfreeyourmind.nhs.uk

#FreeYourMind

Get involved with the #BeWellChallenge

What the #BeWellChallenge is about

The **#BeWellChallenge** is a part of #FreeYourMind, a campaign to encourage people in south east London to take care of their mental health, and promote mental wellbeing to those around them. As a part of the challenge, we're encouraging people to share what activities they undertake to improve their wellbeing, with the hashtags #BeWellChallenge and #FreeYourMind.

We would like you to take part in the #BeWellChallenge, and encourage others to take part, signposting them to the #BeWellChallenge landing page:

nhsfreeyourmind.co.uk/be-well-challenge/

Key messages

- We are inviting people in south east London to take part in the **#BeWellChallenge**, to take steps to **improve and promote good mental health and wellbeing**.
- Evidence shows that small things, from **being active to connecting with friends**, can make a **positive difference to our mental health and wellbeing**.
- There's lots of ways you can take part in the **#BeWellChallenge**, from **sharing** ways you're looking after your mental health and wellbeing **on social media** to participating in activities from our [Wellbeing Map](#), there's something for everyone!





Patrick Gray @patrick_boo · Feb 6

For my mental wellbeing I started composing haiku during my daily walk as a way of being present in the moment. I'm almost at 500 now - patrickboo.wordpress.com/575-haiku

[#BeWellChallenge](#) [#FreeYourMind](#)



Tosca Fairchild ❤️ @toskidoF · 6h

Today I did something I haven't done for a long time.

I picked up my grandson from school. 🥰

It's the little things that mean the most and contribute to our wellbeing

[#BeWellChallenge](#)



Russell Cartwright @hosscartwright7 · Feb 9

Today's activity for my mental health: 7am spin class with @lesmillsUK

[#BeWellChallenge](#)

Do something small today and [#FreeYourMind](#)

tinyurl.com/4kf7vssr



NHS Free your mind [#BeWellChallenge](#)

Improve your wellbeing.

Take part in the [#BeWellChallenge](#)

nhsfreeyourmind.co.uk [#BeWellChallenge](#)

sa Tan @LisaComms · Feb 7

ercise is fantastic (an' all that!), but this face w
❤️ [#BeWellChallenge](#)



Iuliana Dinu @DinuIuliana · Feb 5

Today I enjoyed going for a walk. ☀️ It helps me to [#BeWell](#). Small things can make a big difference for my [#Wellbeing](#). What do you do to be well? Take part in the [#BeWellChallenge](#) this month. [#FreeYourMind](#)



Martin Wilkinson @martinwilko1 · Feb 2

Replying to @martinwilko1

My small actions for [#BeWellChallenge](#) over February are to ask more how family, friends and colleagues are feeling, to connect face to face with more people (rather than using digital means) and take further steps to be more active. What are yours?



Ranjeet Kaile @Ranjeet_Kaile · Feb 7



[#BeWellChallenge](#) I've just come back from swimming 🏊 to help me relax after another busy day at work. Swimming is the one time I can focus just on one thing - and that's breathing (and not sinking to the bottom).



Charlton Athletic Community Trust @CAFCTrust · Feb 7

CACT is proud to be supporting the [#BeWellChallenge](#)! Simple steps go a long way, take the [#BeWellChallenge](#) and discover activities in [#SELondon](#) to improve your health and wellbeing >> nhsfreeyourmind.co.uk/wellbeing-map [#FreeYourMind](#)

Five ways to wellbeing

1. Connect

Staying in touch with others enables you to share positive experiences and support each other

2. Move

Being active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!

3. Learn

Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

4. Take Notice

Being present and taking time for self-care is really important in the busy world we live in

5. Give

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people



Five ways to wellbeing

Speak to
someone
new

1. Connect

Staying in touch with others enables you to share positive experiences and support each other

If you need support to connect with others, [Live Well Greenwich](#) are here to help. Call 0800 470 4831.

Put five minutes aside to find out how someone really is

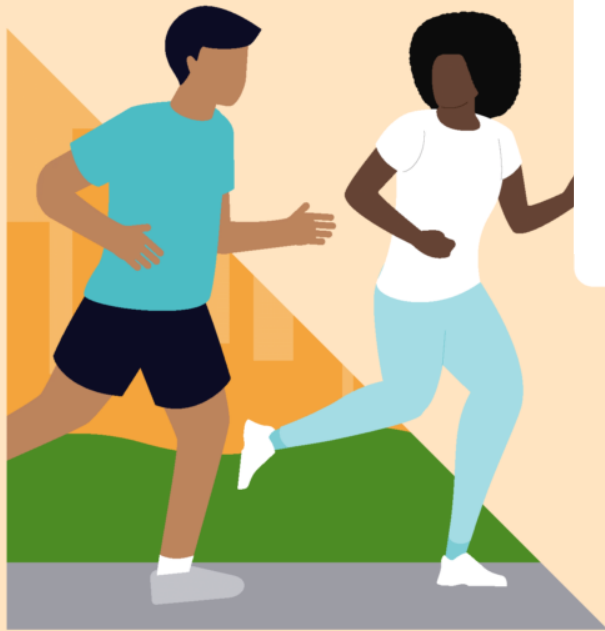
Talk to someone instead of sending an email

*** Top tip ***

Search the Greenwich Community Directory for social groups and activities



Five ways to wellbeing



Find free activities to help you move more on [Greenwich Get Active](#)

2. Move

Being active is important for your physical and mental health – it releases endorphins that help to put you in a good mood!

If you have a disability or long-term condition, find out about [getting active with a disability](#)

Start running with [NHS Couch to 5k podcast](#)

Build activity into your daily routine. Climbing the stairs, carrying shopping and cleaning all count!

*** Top tip ***
Every little thing makes a difference – try standing or walking on the spot for a few minutes whilst gaming or watching a movie

Five ways to wellbeing



3. Learn

Have new experiences, challenge yourself and gain new skills – you'll have fun, boost your confidence and improve your CV!

Try learning to cook something new.
Take part in a local free [Cookery Club](#)

Sign up for a course at a local college, like learning a new language or a practical skill.
[Visit Greenwich Learns](#)

Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint.

Work on a DIY project, such as fixing a broken bike. There are lots of [free video tutorials online](#)

* Top tip *

Everyone can learn something new every day – why not keep a note of the things you learn so you can keep track of your achievements?



Five ways to wellbeing



Visit new places in the borough. There are lots of things outdoors and indoors to do for free!

[Find out more here.](#)

4. Take Notice

Being present and taking time for self-care is really important in the busy world we live in

Take notice of how your colleagues are feeling or acting

Take part in one of the boroughs [Health Walks](#)

[Practise some mindfulness](#), including steps you can take to be more mindful in your everyday life

* Top tip *

A night in is no bad thing. Why not light some candles, get comfy on the sofa and watch a movie?

Five ways to wellbeing

Volunteer in your community. Visit [Volunteers Centre Greenwich](#) to see local opportunities.

5. Give

Helping others can give you a sense of purpose and achievement as well as being a chance to meet new people

You're already giving by being a **Community Champion!**

Run, walk, and cycle to help local community organisations and isolated older people by doing practical tasks. Find out more at [Good Gym](#).

Spend time with friends or relatives who need support or company

