

# 5 WAYS TO WELLBEING MK

## MK Health & Wellbeing Social Movement Toolkit

Last year, a workshop was held in Milton Keynes to explore how professionals and the public can work together to support the health & wellbeing of our local communities. The recurring themes on the day were that there are already great things happening in Milton Keynes. If we connect & share a bit more, it would help with promoting what's going on in our communities and help with spreading good ideas. Many of the themes of the workshop are reflected in the **Five Ways to Wellbeing**.



It's easy for most of us to undertake one of the 5 Ways every day. Many of us will already do at least one thing every day that can be badged like this – either as an individual or a group. Organisations and services can also use the 5 Ways to promote what they do to support health & wellbeing. We just need to spread the message!

## #OneADayMK

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## How can I get involved?

Taking part is easy. **Consider how your organisation or service supports people with their health & wellbeing.** Maybe you run a sports club or host a coffee morning? Do you provide courses for learning or skills development? Or you could be involved in volunteering or play an active role in your community.

Use **#OneADayMK** to promote what you do. It's an easy way for people in MK to search social media for activities to get involved in. Tag or mention local Twitter & Facebook groups to increase your reach. **@NHSMKCCG @mkcouncil @MKHospital**

If you have something that you would like to share, you can also email us on [miltonkeynes.ccg@nhs.net](mailto:miltonkeynes.ccg@nhs.net)

Further reading on the 5 Ways is available [on this link](#).

## What's coming up?

There are times of the year that will help with spreading the word. Here are links to two calendars that can help with planning for any future events you want to support.

[NHS Calendar](#)

<https://www.awarenessdays.com/>

**The Park's Trust** "What's On 2020" guide is full of all sorts of events and activities that can support wellbeing. Find out more [here](#).



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These are **current campaigns** and events that link with the 5 Ways to Wellbeing



MK Council is delighted that **Milton Keynes is European City of Sport for 2020**, and the big challenge for the year is '20 in 20'. They're asking everyone – individuals young and old, families, schools, businesses, clubs and organisations – to make a **#MK20in20** pledge to be more active, launching on **20 January**.

Follow and share your #MK20in20: [www.facebook.com/activeMK](https://www.facebook.com/activeMK) or visit [www.milton-keynes.gov.uk/ecos](http://www.milton-keynes.gov.uk/ecos)

**Examples** include: Individual pledges could be to do 20 minutes of activity per week, swim 20 lengths or take part in 20 parkruns. Organisational pledges could be to offer 20 free 'try it' activity sessions, skip 20 times round the playground, find 20 new club members or increase active volunteers by 20% - your ideas can be endless.



**Time to Talk Day** is organised by Time to Change. This is a campaign to change the way people think and act about mental health problems. **Mental health problems affect one in four of us**, yet too many people are made to feel isolated, ashamed and worthless because of this.

Time to Talk Day is taking place on **Thursday 6 February**. We encourage everyone to be more open about mental health – to talk, to listen, to change lives.

Find out more here <https://www.time-to-change.org.uk/get-involved/time-talk-day>

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## Resources:

**The Mental Health Hour** is a radio show hosted by MKFM and Arthur Ellis Mental Health. Podcasts of previous shows can be found on the MKFM [website](#). Support guides on the topics of the show can be found on the AEMH [website](#).



**Kooth** is a website that children and young people can use to get advice, support and guidance for any problem, no matter how big or small. They can connect to this **anonymous and free service** which is available every day via their laptop, tablet or smartphone at [www.kooth.com](http://www.kooth.com)

**Sleepio** is an online sleep improvement programme, proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day. You can [learn more about who Sleepio is suitable for here](#). **Great news - free access now expires on 1<sup>st</sup> July 2020!**



A programme of courses aimed at supporting people with mild to moderate depression, anxiety and/or sleep difficulties. Further details can be found [here](#).

**Every Mind Matters** is a national resource that aims to make it easier for everyone to look after their wellbeing. Take the [quiz](#) to get started with a free plan, expert advice and practical tips.

**NHS reviewed apps** – you can browse the website [here](#), please note some apps attract a charge.

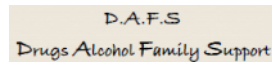
[Heads Up](#) aims to prompt men to recognise if they are feeling low and take action.

[See the Signs, Save a Life](#) focuses on recognising the possible signs of suicide risk.

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## Supporters of the movement

Social movements are designed to help spread ideas and accelerate change. The best way to do this is to inspire people and communities by sharing examples and stories of what you are doing. If you have something you would like to share with MK then use **#OneADayMK** on social media or get in touch on [miltonkeynes.ccg@nhs.net](mailto:miltonkeynes.ccg@nhs.net)



## #OneADayMK