

**Take 5 LPG Workshop Wednesday 9 October 2019  
East Belfast Network Centre  
55 Templemore Avenue, BT5 4FP**



**Attendees:**





<b>NAME</b>	<b>ORGANISATION</b>
Rosy Mc Clean	Inner East FSH
Sinead Hanna	Health Visiting BHSCT
ELCO Westerhuis	Home Start South & East Belfast
Charlene Mitchell	Outer South East FHS
Linda Armitage	EBCDA
Gillian Mc Carroll	Ballybeen Womens centre
Barbara Wallace	East Belfast Partnership Board
Evelyn Patton	Barnardos
Jackie Sinclair	Home Start South & East Belfast
Michelle Boyde	Home Start South & East Belfast
Rachael Davison	Walkway Community Association
Adrian Green	Mount Merrion Church
Sharon Mc Cabe	Mount Merrion Church
Brenda Mc Guigan	Health Visiting BHSCT
Mandy Maguire	East Belfast Alternatives
Marieanne Templeman	EBCDA
Mary Murphy	EIST BHSCT
Martin Sloane	LPG Co-ordinator
Maggie Andrews	LPG Chair
Tracey Wilson	Co-ordinator South Belfast Surestart
Claire Humphrey	Barnardos
Jenny Arlow	HAHC


## Agenda




- 10:00 **Welcome – Quick introduction**
- 10:05 **Development of Take 5**
- 10:20 **Embedding Take 5 in LPG – setting the scene**
- 10:30 **Barnardos and Mount Merrion Church**
- 10:45 **Take 5 Campaign (EBCDA) and Sure Start**
- 11:00 **Four facilitated tables (Gillian, Martin, Claire, Linda A)**
- Complete Take 5 template with current programmes
  - How can your organisation further develop it's Take 5 use?
- 11:40 **Feedback from tables**
- 11:50 **Pledge – “What one thing can your organisation implement before end of December?”**
- 12:00 **Round up and finish**


 <p>Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Walkway</p> <p>BWC</p> <p>Alternatives</p>	<p><b>Programme/ Activity</b></p> <p>Young Mums Womens Group Happy Hookers/knit Mums &amp; Tots</p> <p>Young Persons Peer Education Group 1:1 Mentoring YP School Based FSP</p> <p>Inner East FSH Street Team DJ Group Young Advocates Group Team Building</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Wednesday/Thursday 10 – 1pm Tuesday 7- 9 pm Tuesday 1 – 3pm Tuesday 10 – 12pm</p> <p>Monday, Tuesday, Wednesday Evening</p> <p>Ongoing Friday/ Saturday Evening Thursday evening Thursday evening Quarterly</p>
 <p>Exercising makes you feel good!</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Walkway</p> <p>BWC</p>	<p><b>Programme/ Activity</b></p> <p>Young Mums Womens Group</p> <p>Walking Group Choir/ Yoga</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Wednesday/Thursday 10 – 1pm Tuesday 7- 9 pm</p> <p>Wednesday AM Friday AM</p>
 <p>Be curious, on a bus, in a taxi or having lunch with friends, be aware of the world around you</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>BWC</p> <p>Alternatives</p>	<p><b>Programme/ Activity</b></p> <p>Trips Out</p> <p>Street Team Graffiti Removal</p>	<p><b>Who is it for/ Time / Day</b></p>

 <p>Try something new, rediscover an old hobby or sign up for a course</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Walkway</p> <p>BWC</p> <p>Alternatives</p>	<p><b>Programme/ Activity</b></p> <p>Young Mums Womens Group</p> <p>Education and Training</p> <p>Start – NEETS Essential Skills OCN- Restorative Street Work</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Wednesday/Thursday 10 – 1pm Tuesday 7- 9 pm</p> <p>Various Times</p> <p>Monday - Friday Friday 9.30am</p>
 <p>Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Walkway</p> <p>BWC</p> <p>Alternatives</p>	<p><b>Programme/ Activity</b></p> <p>Opportunities for Volunteering Fund raising in Groups</p> <p>Volunteering – Management Committee, Young Peoples Peer Educators</p> <p>Street Team</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Wednesday/Thursday 10 – 1pm Tuesday 7- 9 pm Tuesday 1 – 3pm Tuesday 10 – 12pm</p>

 <p>Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community</p>	<p><b>We can offer..... Organisation</b></p> <p>EBCDA</p>	<p><b>Programme/ Activity</b></p> <p>Pain Management</p>	<p><b>Who is it for/ Time / Day</b></p> <p>People living with pain</p>
 <p>Exercising makes you feel good!</p>	<p><b>We can offer..... Organisation</b></p> <p>Connswater Community Greenway Community Gardens</p>	<p><b>Programme/ Activity</b></p> <p>Outdoors Gardening, Trails</p>	<p><b>Who is it for/ Time / Day</b></p> <p>All (social inclusion contacts) Collate information on who can use/ how they use?</p>
 <p>Be curious, on a bus, in a taxi or having lunch with friends, be aware of the world around you</p>	<p><b>We can offer..... Organisation</b></p> <p>Connswater Community Greenway</p>	<p><b>Programme/ Activity</b></p>	<p><b>Who is it for/ Time / Day</b></p>
 <p>Try something new, rediscover an old hobby or sign up for a course</p>	<p><b>We can offer..... Organisation</b></p> <p>EBCDA</p>	<p><b>Programme/ Activity</b></p> <p>Activities and Wellbeing</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Over 16</p>

 <p>Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group</p>	<p><b>We can offer.....</b>  <b>Organisation</b></p> <p>Larder</p> <p>Red Box</p>	<p><b>Programme/ Activity</b></p> <p>Food/ Home products donated</p> <p>Period Poverty</p>	<p><b>Who is it for/ Time / Day</b></p>
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 <p>Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community</p>	<p><b>We can offer.....</b>  <b>Organisation</b></p> <p>Inner East FSH</p> <p>Health Visiting Service</p>	<p><b>Programme/ Activity</b></p> <p>Signposting</p> <p>Universal Service  Breastfeeding Support  Wellbeing Clinics  Signposting  Referrals for Hub</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Parents/ Families</p> <p>Universal Service</p>
 <p>Exercising makes you feel good!</p>	<p><b>We can offer.....</b>  <b>Organisation</b></p> <p>Health Visiting Service</p>	<p><b>Programme/ Activity</b></p> <p>Signpost to Social Services  Health Promotion  advice at each contact, physical and emotional</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Parents/ Families</p>
 <p>Be curious, on a bus, in a taxi or having lunch with friends, be aware of the world around you</p>	<p><b>We can offer.....</b>  <b>Organisation</b></p> <p>Health Visiting Service</p>	<p><b>Programme/ Activity</b></p> <p>Mental Health assessment</p>	<p><b>Who is it for/ Time / Day</b></p> <p>All parents</p>

 <p>Try something new, rediscover an old hobby or sign up for a course</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Health Visiting Service</p>	<p><b>Programme/ Activity</b></p> <p>Parenting Support Service</p>	<p><b>Who is it for/ Time / Day</b></p> <p>All parents</p>
 <p>Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group</p>	<p><b>We can offer.....</b> <b>Organisation</b></p> <p>Health Visiting Service</p>	<p><b>Programme/ Activity</b></p> <p>Look after each other Signpost parents and families</p>	<p><b>Who is it for/ Time / Day</b></p> <p>Staff and parents/ family</p>

### Group Work Feedback

- We need to implement Take 5 personally in our approach, before we get others to do Take 5
- Educating Groups and Staff on local knowledge of who can support us to deliver in this area e.g EBCDA
- Connect – Co-ordination of abilities from a number of organisations e.g. EBCDA, CCG, Community Centres, Churches etc. Raise awareness of what's on in your neighbourhood
- Connect, Keep learning, Schools. How East Belfast LPG can connect better to schools to reach parents? Get the local information into schools via Take 5 perhaps? (We need teachers to know Take 5 approach).
- Schools – provide a template at a workshop for teachers, so then know about scaffolding work, physical activity etc. How? E.g. Eastside Learning accessing schools and EBCDA providing workshop
- Get Active and Take Notice – create idea sheets/ prompts for parents if outdoors e.g. on CCG, around City Centre

- Alternative/ Complimentary Therapies specifically in East – present Take 5 at team meetings, promote Take 5 resources within Health Visiting, make a resource file for Health Visitors.
- Untapped resources, who's job is it to find out and collate the information
- Ongoing reminders about Take 5 – ideas about how groups could influence and inform each other. An online Blog for East Belfast?
- Training some Trainers in Take 5 approach so it can be delivered locally
- How do we value, realistically how we PR everyone's activities? Build those relationships so the activity is heard about and maybe encourage participation.
- Today has encouraged engagement with LPG
- Challenges – Information goes out of date quickly

## Organisations Making the Pledge

**Take 5 steps to wellbeing  
organisation pledge  
We Will.....**

### **CHILD BEREAVEMENT SERVICE**

Hope to link into Families who have been bereaved and require support or advice regarding grief.

Take 5 sits well with emotional wellbeing.

**Take 5 steps to wellbeing  
organisation pledge  
We Will.....**

**EASTSIDE LEARNING**

Eastside Learning will work with EBCDA to convince local Schools, to encourage/ support them to frame their School Community Activities around the Take 5 steps

**Take 5 steps to wellbeing  
organisation pledge  
We Will.....**

Take this to our Families and Volunteers and put out leaflets in Our Community Charity Shops.

More Family Days Out – Parks/ Treasure Hunts

More Volunteer Events

Have a Xmas Party for Families

## Evaluation and Feedback Form

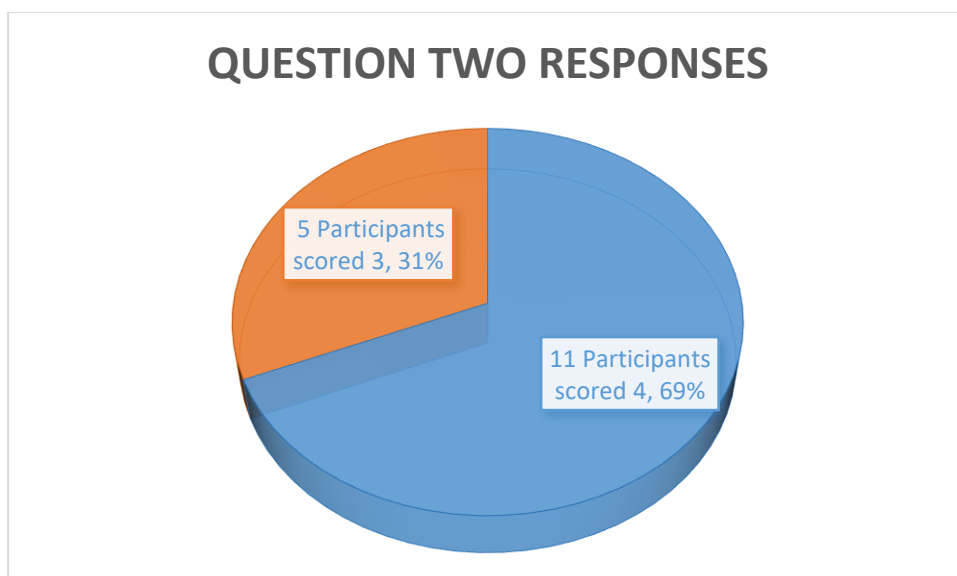
Please rank each question between zero and four.

0 = very poor and 4 = very good.

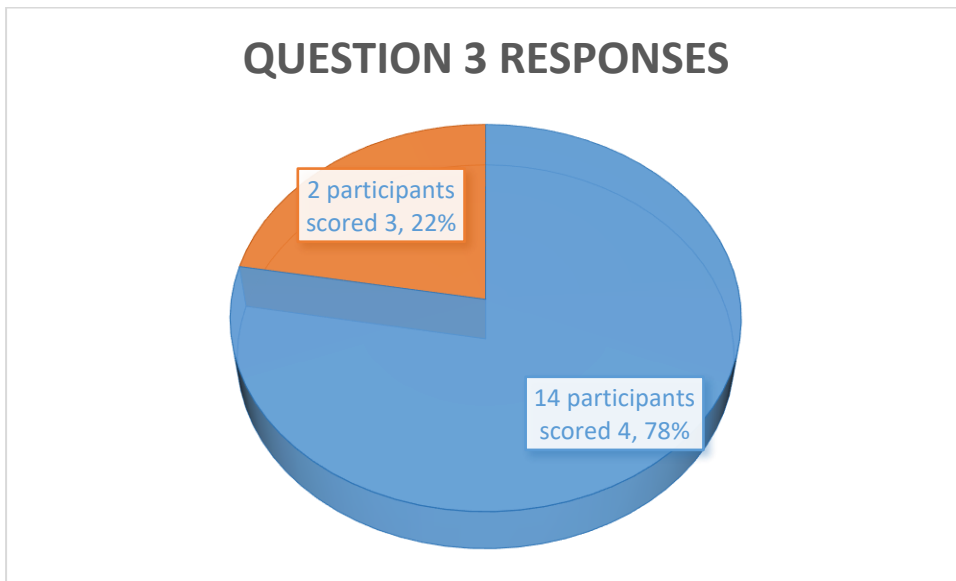
### 1. How would you rate this Networking and Information event?



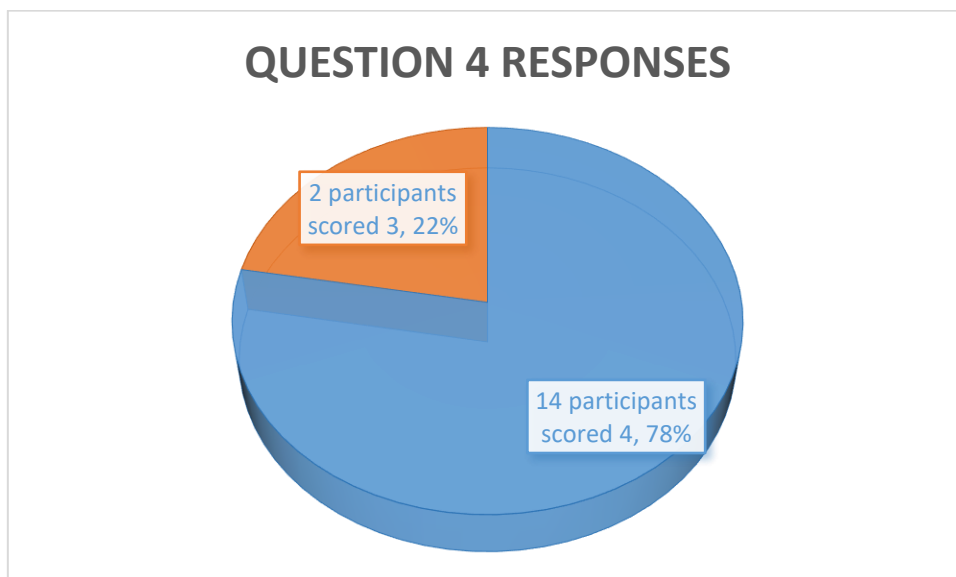
### 2. How useful did you find this event?



**3. How suitable did you find this location?**



**4. How relevant did you find the information shared?**



**Listed below are some words the participants used to describe this event.**

Interesting    Interactive    Helpful    Professional

Participative    Refreshing    Stimulating    Valuable

Motivating    Insightful    Well-presented

Good handouts/materials    Fun

**Additional Comments included:**

- More resources please trainers
- Practical outcomes from table discussion very useful presentations
- Well organised
- Great & informative,
- Like to see more working together,
- Access to take 5 training to help Families to implement it into their lives