

These suggestions are taken from the Foresight project Mental Capital and Wellbeing published in October 2008. The project commissioned the centre for well-being at the new economics foundation to develop a set of evidence-based actions to improve personal wellbeing.

Please visit: [www.2020healthandwellbeing.org.uk](http://www.2020healthandwellbeing.org.uk)

## Give

Donate some old 'bits and bobs' to a local charity shop

Would you like to volunteer some of your time?

Telephone Wirral Council for Voluntary Services:  
0151 647 5432

## Keep Learning

To find your nearest learning centre, log on to:

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

Or telephone 'Wirral Lifelong Learning Service':  
0151 630 3486

## Take Notice

To find your nearest park, log on to:

[www.wirral.gov.uk](http://www.wirral.gov.uk) and click on 'parks, beaches and countryside'

Or telephone:  
0151 666 4711

## Be Active

To find your nearest leisure centre, log on to:

[www.wirral.gov.uk](http://www.wirral.gov.uk) and click, on leisure centres

Or telephone:  
0151 606 2000

## Connect

To find your nearest library, log on to:

[www.wirral-libraries.net](http://www.wirral-libraries.net)

Or telephone:  
0151 606 2000

By incorporating these 5 ways into your life you could add 7½ years to your life expectancy

## Connect

Catch up with friends and family

Speak to your neighbour

Chat with parents at the school gate

Try and build a good network of friends and family



## Be Active

Take the stairs instead of the lift or escalator

Join in with activities for the 2012 Olympics

Walk to the shop instead of using the car

Walk the dog more often and cycle to work



## Take Notice

Find out what's on your doorstep

Visit a park

Go to the museum

Walk along the beach

Take the ferry



## Keep Learning

Sign up for a course

Try something new

Learn how to cook your favourite food

Set yourself a challenge

Take up a new sport or hobby



## Give

Save up a pennies jar in work or at home

Give to a charity or volunteer in your spare time

Thank someone with a smile – it doesn't cost anything

Join a community group

