

## Learn

Mastering a new skill- such as taking up a new course, cooking or gardening- has been shown to improve self esteem, help with connecting with others, and reduce depression and anxiety.

### Waltham Forest Adult Learning Service (WFALS)

Offers a variety of online and face-to-face courses ranging from creative courses such as fashion, gardening and painting to business, maths, English, and administration courses. Some courses are in beautiful outdoor spaces. We also offer a variety of apprenticeships for all ages where you can get qualified while you earn.

Visit [www.lbwfadultlearning.co.uk](http://www.lbwfadultlearning.co.uk)

T: 020 8496 2974

E: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk)

### Bags of Taste

Would you like to improve your cooking skills, and learn how to cook tasty dishes that are both healthy and less expensive? Bags of Taste are currently offering people on *low income* a FREE mentored virtual course to help you cook (for less than £1 a portion) from the comfort of your own kitchen!

Visit [www.bagsoftaste.org](http://www.bagsoftaste.org)

T: 07510 174 015

E: [wforest@bagsoftaste.org](mailto:wforest@bagsoftaste.org)

### Learning opportunities for young people

**Earn, Learn and Live Apprenticeship-** A range of exciting apprenticeship programmes with highly respected private and public sector employers are on offer for motivated young people who want to

get on in life and further their career. Apprenticeships typically take between 12 and 18 months and can offer NVQ level 2(GCSE) and Level 3 (A level equivalent) qualifications.

T: 07740 046 122

E: [apprenticeships.als@walthamforest.gov.uk](mailto:apprenticeships.als@walthamforest.gov.uk)

**National Citizen Service-** Designed specifically for 16 and 17 year olds, on NCS, participants live away from home and take on exciting challenges. The programme helps young people to develop skills that will prepare them up for life after school.

Participants then get a chance to use these new-found skills, by tackling a passion project of their choosing.

To sign up visit [www.wearencs.com](http://www.wearencs.com)



# 5 Ways to Wellbeing

Visit [walthamforest.gov.uk/5ways](http://walthamforest.gov.uk/5ways) to find out more



## Give

Giving can be very rewarding and help you to feel useful and appreciated which can improve your own happiness and mental wellbeing. Research has shown that individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Giving could be as simple as smiling at a colleague, or volunteering for something you are passionate about.

### Volunteering in Waltham Forest

Volunteering Matters provides information about volunteering in and near Waltham Forest. You can also contact the Council's Volunteering Advisor to talk about volunteering

Visit [www.volunteeringmatters.org.uk](http://www.volunteeringmatters.org.uk)

T: 020 38939792

E: [Shireena.Hancock@walthamforest.gov.uk](mailto:Shireena.Hancock@walthamforest.gov.uk) | [wflegends@groundworks.org](mailto:wflegends@groundworks.org)

### English Conversation Club Volunteer Training

Volunteer to run informal English Conversation Clubs for non-English speaking adults in Waltham Forest.

As part of your volunteering, you could also work towards the Level 3 Award in Supporting Learning accreditation.

E: [conversationclub.als@walthamforest.gov.uk](mailto:conversationclub.als@walthamforest.gov.uk) | T: 020 8496 1130

### Good Gym

Good Gym is a group of runners who combine exercise with helping people and charities in Waltham Forest. It's a great way for residents to keep fit whilst doing good for their community.

Visit [www.goodgym.org/areas/waltham-forest](http://www.goodgym.org/areas/waltham-forest)



### Ask Us.

Consider becoming an Ask Us Ambassador to help educate young people about the dangers of gang related crime and youth violence.

Visit [www.ask-us.org.uk](http://www.ask-us.org.uk)

T: 075 6256 1427 E: [info@ask-us.org](mailto:info@ask-us.org)

### Become a Time to Change Champion

Our champions are people who have experience of mental health problems. They are trained, supported and funded to use their experience to influence the way people think and act about mental health. Visit [www.walthamforest.gov.uk/timetochange](http://www.walthamforest.gov.uk/timetochange)

E: [chris.osullivan@crestwf.org.uk](mailto:chris.osullivan@crestwf.org.uk) or [public.health@walthamforest.gov.uk](mailto:public.health@walthamforest.gov.uk)



For more information about activities to support your Five Ways to Wellbeing visit [walthamforest.gov.uk/5ways](http://walthamforest.gov.uk/5ways)  
E: [public.health@walthamforest.gov.uk](mailto:public.health@walthamforest.gov.uk)



Scan me

@wfcouncil | [walthamforestcouncil](https://www.facebook.com/walthamforestcouncil)

#5WaysinWaltham



## Mental health services

Are you stressed, anxious or low in mood? ....

### Talking Therapies

Talking Therapies offer free and confidential psychological therapy service for people who are over 18.

Visit [www.wftalkingtherapies.co.uk](http://www.wftalkingtherapies.co.uk)

T: 0300 300 1554 option 4

E: [wf.talkingtherapies@nhs.net](mailto:wf.talkingtherapies@nhs.net)



### Samaritans

Samaritans phone lines are open 24 hours a day, 365 days a year for those who need someone to talk to about their problems.

You can call their free line or visit the local branch on 663 Lea Bridge Road, E10 6AL  
T: 116 123 | E: [jo@samaritans.org](mailto:jo@samaritans.org)

### Flourish

Flourish offers emotional support to mothers after they have given birth. Speak to your Health Visitor to find out more.

T: 020 8527 1737

E: [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)

### Kooth

Kooth offer online counselling and information for young people, aged 11-19, the service is open 7 days per week, 365 days a year. Visit [www.kooth.com](http://www.kooth.com)

### Good-thinking.uk

Good-thinking.uk offer tools and resources to help yourself and others tackle stress, anxiety, and sleep deprivation.



## Case studies

### Mitchell's story



"I was born and raised in New York and I moved to London in 2010 where I worked in the British Museum and later taught English to foreign students. In 2017 I retired and now engage myself in volunteering and charitable work full time. I love to connect with people in my capacity as a conservation leader, Feel Good walks leader, relaxation teacher, working in a food bank, in a museum, at a library, volunteering at Whipps Cross hospital and as a motivational speaker.

I am most passionate about sharing my experience about life, health, well being, self empowerment and love. Even after two total knee replacements, I still jog for miles and enjoy connecting with nature during my long hikes in Epping Forest. Being so active, volunteering and connecting with nature and people are some of my secrets to having a life filled with meaning, purpose and peace".



## Introduction

Good mental wellbeing is about feeling happy, functioning well and maintaining healthy relationships.

Everyone has 'mental health', and just like our physical health, there are actions we can take in our everyday lives to look after it and prevent mental health problems. In the wake of the recent covid-19 pandemic, taking care of our wellbeing is even more important than ever to help build resilience and keep well during these challenging times. Research has identified five best ways for people to maintain good mental wellbeing, known as the 5 Ways to Wellbeing.



This leaflet includes free resources and activities in Waltham Forest that can help with your wellbeing. Please note that service offers will change with changing lockdown requirements. However most services are now available virtually.

Visit [walthamforest.gov.uk/5ways](http://walthamforest.gov.uk/5ways)



Scan this code to be directed to the website for more information and resources in Waltham Forest

## Connect

As well as helping you feel good, social connections with people around you are an essential part of building resilience and developing good mental health. Some ways to improve connectivity with people include asking a friend or colleague how they are, spend time calling or visiting loved ones or attending community events and festivals in person or virtually. Here are some opportunities in Waltham Forest to connect.

### Events and cultural activities

Waltham Forest became the first ever Mayor's London Borough of Culture in 2019. From music festivals and garden parties, to events for children, families and adults, there are events, music, art, and culture for everyone to be part of. There are virtual, offline and outdoor events taking place through Virtual Culture programme. From

film screening to dancing, new art works to documentaries, our virtual culture programme will be evolving as lockdown rules change.

Visit [wfculture.co.uk/whatson](http://wfculture.co.uk/whatson) to see whats on all year round

### Tour de Waltham Forest

Tour de Waltham Forest is our annual cycle event over the summer. The event sees led cycle rides of varying lengths around the borough complemented by activities in the park and is great for new or experienced cyclists.

For more information, and event dates please visit: [enjoywalthamforest.co.uk](http://enjoywalthamforest.co.uk)



## Be Active

Physical activity is known to be one of the best ways to improve mental wellbeing and is associated with lower rates of depression and anxiety.

It is important to choose physical activities that you will enjoy and that suit your level of mobility and fitness. More information can be found in the Feel Good guide to health and wellbeing available from [feel.good@walthamforest.gov.uk](http://feel.good@walthamforest.gov.uk). With over 100 sports clubs there is something for everyone.

### Better Leisure Centres

Better Leisure Centres offer a range of facilities and activities including swimming pools, fitness gyms, sports halls, exercise sessions to suit all ages and abilities.

[www.better.org.uk/centre-locator#results](http://www.better.org.uk/centre-locator#results)



### Feel Good Walks

Feel Good Walks are suitable for anyone to join and provide a great way for you to get out and about, meet new people and explore green spaces in Waltham Forest.

[www.walkingforhealth.org.uk/walkfinder/waltham-forest](http://www.walkingforhealth.org.uk/walkfinder/waltham-forest)

T: 020 8496 3695



### Cycle Training

Enjoy Waltham Forest in partnership with Cycle Confident offers FREE cycle lessons for anyone who lives, works or studies in the borough. Training can be delivered to individuals, families or groups.

T: 020 3031 6730

E: [contact@cycleconfident.com](mailto:contact@cycleconfident.com)

### All Ability Cycle Club

All Ability Cycle Club is a FREE cycling club open to all, regardless of age, experience or disability. All equipment will be provided, including relaxed tricycles, recumbents, wheelchair bikes, hand-cycles, side-by-side bikes and many more. It takes place every month in Lloyd Park

Visit [www.bikeworks.org.uk](http://www.bikeworks.org.uk)

T: 020 8980 7998

E: [all.ability@bikeworks.org.uk](mailto:all.ability@bikeworks.org.uk)



### Free bike repair and hire

Anyone who lives or works in the borough has access to FREE bike check-ups with Dr Bike, our team of expert mechanics. We also have a range of adult, two-wheeler and cargo bikes available to hire free of charge. Cargo bikes are a great alternative to the car and can be used for any journey from school runs to shopping trips or for local goods deliveries too.

To find out more, visit [enjoywalthamforest.co.uk](http://enjoywalthamforest.co.uk)

E: [cyclehire@walthamforest.gov.uk](mailto:cyclehire@walthamforest.gov.uk)

T: 020 8496 2518



### YMCA Health and Wellbeing Centre

YMCA Health and Wellbeing Centre offer a well-equipped modern gym, a wide range of group exercise classes and Sports Hall facilities available to hire.

### YMCA Walthamstow Youth Services

YMCA Walthamstow Youth Services has a broad range of fun and informative activities for young people including sports, basketball, hair and beauty, trips, events and sexual health drop-in service.

T: 020 8509 4600

E: [Youthteam@ymcaeastlondon.org.uk](mailto:Youthteam@ymcaeastlondon.org.uk)

### Age UK Waltham Forest

AgeUK Waltham Forest are offering an exciting suite of exercise classes and learning opportunities for people aged 50 and over, and their carers. Some of their classes include Tai-Chi, Bollywood dancing and balancing exercise which are great ways to feel good while keeping fit, improving balance and preventing trips and falls.

T: 0208 558 5512

E: [e.tozer@ageukwalthamforest.org.uk](mailto:e.tozer@ageukwalthamforest.org.uk)

### Coping Through Football (CTF)

CTF supports the recovery of adults and young people experiencing mental health issues by engaging them in group football activities. The project looks to tackle the stigma, social isolation and discrimination faced by the project users, and improve the physical health and well-being of its participants by supporting healthier lifestyle choices.

Visit [www.copingthroughfootball.org](http://www.copingthroughfootball.org)

T: 07538 101450

E: [sonia.smith@nelft.nhs.uk](mailto:sonia.smith@nelft.nhs.uk)



### Sport for Confidence

People who face barriers to participation in sports, including those with learning disabilities, mental health issues, dementia, autism, physical impairment or disability, homelessness, and many other complex health needs can have access to health professionals and specialist coaches at the Waltham Forest Feel Good Centre.

Visit [www.sportforconfidence.com/waltham-forest-feel-good-wellbeing-centre-timetable/](http://www.sportforconfidence.com/waltham-forest-feel-good-wellbeing-centre-timetable/)

T: 07543 742407

E: [info@sportforconfidence.com](mailto:info@sportforconfidence.com)



### Running

Taking up running can seem scary, especially if you feel unfit.

Couch to 5k - is for everyone and will help you gradually work up towards running 5K in just 9 weeks. Search 'One You Couch to 5K' on itunes or google play to download.

### Walthamstow Parkrun

is a FREE 5km event for runners of all standards (including those that wish to walk). It takes place every Saturday at 9:00am in Peter May Sports Ground.

Visit [parkrun.org.uk/Walthamstow/](http://parkrun.org.uk/Walthamstow/)



## Take Notice

Taking notice relates to mindfulness and appreciation of your surrounding environment. It also means taking time out of our busy lives to reflect on your experiences and what matters to you.

Here are a few of the many sites Waltham Forest has to offer:

- Walthamstow Wetlands
- William Morris Gallery
- Epping Forest
- Community gardens and allotments

### Green Gyms

Are fun, free, weekly outdoor sessions where you will be guided in practical gardening and conservation activities

Visit [www.tcv.org.uk/london/green-gym-london/waltham-forest-green-gym/](http://www.tcv.org.uk/london/green-gym-london/waltham-forest-green-gym/)

T: 078 7067 8571 E: [v.peet@tvc.org.uk](mailto:v.peet@tvc.org.uk)