



# The 5 Ways to Wellbeing MAPPING TOOL

# Introduction to the CommUnity Connect Louth & Meath '5 Ways to Wellbeing' Mapping Tool

The 5 Ways to Wellbeing Mapping Tool is designed to help community groups recognise, map, and enhance the activities they already provide under the 5 Ways to Wellbeing framework.



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

By mapping out your current activities, your group can identify strengths, spot gaps, and explore new opportunities to introduce initiatives that support the wellbeing of your members.

This tool also allows your group to contribute to the Louth/Meath '5 Ways to Wellbeing' CommUnity Connect Map, creating a shared resource that highlights the many ways to support wellbeing across both counties.

On page 4, you will find a template called "Would you like your community group/activity added to the Louth/Meath '5 Ways to Wellbeing' CommUnity Connect Map?" Simply download, complete, and send your form to [HealthyLouth@louthcoco.ie](mailto:HealthyLouth@louthcoco.ie) or [HealthyMeath@meathcoco.ie](mailto:HealthyMeath@meathcoco.ie) to have your group's activities included!

To illustrate how to use this tool, we've included a completed example for a Men's Shed, showing how activities can be mapped across the five wellbeing themes.

Now, it's your turn! Use the templates to create a wellbeing calendar that reflects your group's activities and opportunities.

## What is already available in your community?

Sometimes people think they have to go elsewhere to find something to do, but in reality there are so many opportunities to be active & socialise in your community, many of which are free!

There may be activities or services provided by organisations, public facilities or natural environments that are often taken for granted.



### **CONNECT**

Community and festivals; a craft class; drop-in; parent & toddlers



### **GET ACTIVE**

Local parks; a walking group; a playpark; sports clubs; yoga classes; Parkrun



### **TAKE NOTICE**

Local places of interest; wildlife; art; mindfulness classes



### **KEEP LEARNING**

Libraries; Sewing Club; Homework Club; Skills Programmes; Cookery Classes



### **GIVE**

Opportunities to volunteer; supporting an event or project; spending time with a neighbour

# Why not create your own '5 Ways to Wellbeing' Calendar for your group?

This tool helps community groups map their current activities against the 5 Ways to Wellbeing framework. By reviewing what is already available, groups can identify gaps and explore opportunities to introduce new activities that enhance wellbeing.

Example: This is an example for a Men's Shed; a blank version is available separately.

## 5 Ways to Wellbeing CALENDAR



CONNECT



GET  
ACTIVE



TAKE  
NOTICE



KEEP  
LEARNING



GIVE

Complete this template to share the opportunities available in your community, colour coded to the 5 Ways to Wellbeing.

Volunteering on Community Projects April 15 <sup>th</sup>	Nature Photography Session April 28 <sup>th</sup>	Coffee & Chat Morning Tuesday & Thursday	Walking Group in the Park April 18 <sup>th</sup>	Woodworking Skills Workshop Every Wednesday
Birdwatching Tour May 4 <sup>th</sup>	Walking Group in the Park April 22 <sup>nd</sup>	IT Skills Workshop - Safety Online April 20 <sup>th</sup>	Peer support discussions April 22 <sup>nd</sup>	fixing items for the Community Every Thursday
History Talk with Guest Speaker April 20 <sup>th</sup>	New Members Mentoring Introduction April 2 <sup>nd</sup>	Social Evening April 16 <sup>th</sup>	Light movement exercise April 18 <sup>th</sup>	Art Appreciation Walk Murals of Dundalk May 3 <sup>rd</sup>
Mindfulness Sessions May 1 <sup>st</sup>	Hiking Trip to Slieve Donard May 8 <sup>th</sup>	Cooking & nutrition workshop May 5 <sup>th</sup>	Community Repair Cafe Every Saturday	Shared Storytelling April 16 <sup>th</sup>

This is linked directly to the community mapping tool and project planning tool, this tool will allow organisations within the local community to **plan and deliver 5 Ways to Wellbeing**

# Would you like your community group/activity added to our Louth/Meath '5 Ways to Wellbeing' CommUnity Connect Map?

Tell us about it – we would love to hear from you!

Louth Community Men's Sheds

## 5 Steps to Wellbeing

### COMMUNITY MAPPING TOOL

	WHAT IS IT?	WHO IS IT FOR?	WHERE IS IT?	HOW DO I JOIN?
 <b>CONNECT</b>	A Supportive space for men to connect, share skills and participate in activities that support wellbeing	Men of all ages who are interested in meeting others, working on projects, and improving their wellbeing	Located at (Insert Men's Shed Location). Activities also take place in local parks, community centres and public places	Open to all men. No membership fees, just drop in or contact (Insert contact Details)
 <b>GET ACTIVE</b>				
 <b>TAKE NOTICE</b>				
 <b>KEEP LEARNING</b>				
 <b>GIVE</b>				

Download, complete, send your completed form to [HealthyLouth@louthcoco.ie](mailto:HealthyLouth@louthcoco.ie) or [HealthyMeath@meathcoco.ie](mailto:HealthyMeath@meathcoco.ie)

# Are you planning a Positive Mental Health Initiative/ Project within your Community?

This tool helps community groups map existing or planned activities against the 5 Steps to Wellbeing while identifying beneficiaries and areas for development.

Completed example for a Men's Shed:

This tool is to help community groups to map existing or planned activities against the 5 Steps to Wellbeing while identifying beneficiaries and any areas for development

### 5 Steps to Wellbeing

## COMMUNITY PROJECT PLANNING TOOL

### Louth Community Men's Sheds

PROJECT NAME: MONTHLY WALKING GROUP

5 AREAS SUPPORTED:

CONNECT

GET ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE

5 OUTCOMES	OUTPUTS	INPUTS	MILESTONES	EVALUATIONS
<i>What the project will achieve eg Connect, Keep Learning</i>	<i>The activities that will happen</i>	<i>What resources you need to make it happen</i>	<i>When things happen and who will do it</i>	<i>How you will know how well you are doing</i>
Active / Take Notice / Connect	The first Sunday of Every month a group will meet to go on a local hike followed by a coffee at the end of the hike.	<ul style="list-style-type: none"><li>Walking Guide</li><li>First Aid Kit</li><li>Transport to Trail</li><li>Water bottles</li></ul>	<ul style="list-style-type: none"><li>Pat and Jim providing lifts. Rota</li><li>Frank (walking guide) will provide first aid kit.</li><li>Meet at the carpark at 9am</li><li>Due back at Cafe by 12.30am for coffee</li></ul>	<ul style="list-style-type: none"><li>Pre and post survey</li><li>Photos</li><li>Participant testimonials</li><li>Observe sign up for next trip.</li></ul>

# 5 Steps to Wellbeing COMMUNITY PROJECT PLANNING TOOL

## Louth Community Men's Sheds

**PROJECT NAME: WEEKLY COFFEE MORNING**

**5 AREAS SUPPORTED:**



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

### 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

Connect

### OUTPUTS

*The activities that will happen*

Weekly drop in Cafe where drinks are served and space is provided for chatting and catching up. Local papers will also be provided.

### INPUTS

*What resources you need to make it happen*

- Tea/Coffee
- Milk & sugar
- Tablecloths
- Serviettes
- Biscuits
- Cups
- Venue with amenities or access to kitchen, tables, chairs etc.
- Local Papers including Democrat, Argus, Louth leader

### MILESTONES

*When things happen and who will do it*

- Set Up
- Clean Up
- Weekly Host (rota to be provided)
- Maintain Comment Book

### EVALUATIONS

*How you will know how well you are doing*

- Leave a Comment Book
- Keep Track of Attendees who come regularly
- Observe numbers

## 5 Steps to Wellbeing

# COMMUNITY PROJECT PLANNING TOOL

## Louth Community Men's Sheds

**PROJECT NAME: WEEKLY MINDFULNESS SESSIONS**

**5 AREAS SUPPORTED:**



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

### 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

Take Notice/Keep  
Learning

### OUTPUTS

*The activities that will happen*

Weekly Mindfulness  
session focussing on  
breathing/relaxation  
techniques & meditation

### INPUTS

*What resources you need to make  
it happen*

- Instructor
- Mats
- Speakers for relaxing music
- Comfortable and Warm Venue

### MILESTONES

*When things happen and who will  
do it*

- Instructor in place
- Guess Speakers agreed
- Full list of participants signed up
- Pat to take photos and follow up surveys

### EVALUATIONS

*How you will know how well you  
are doing*

- Pre and post survey
- Photos
- Participant testimonials
- Signup numbers for future workshops



# 5 Steps to Wellbeing COMMUNITY PROJECT PLANNING TOOL

Louth Community Men's Sheds

PROJECT NAME: DIY RAISED BED WORKSHOP

5 AREAS SUPPORTED:



CONNECT



GET  
ACTIVE



TAKE  
NOTICE



KEEP  
LEARNING



GIVE

## 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

Keep Learning/ Give/  
Connect

## OUTPUTS

*The activities that will happen*

Woodworking project in  
conjunction with local  
playground to make  
raised beds for children

## INPUTS

*What resources you need to make  
it happen*

- Carpentry tools
- Wood (maybe use  
pallets)
- Nails
- Drill
- Paint
- Polythene
- Tubing
- Paintbrushes
- Staple gun
- Tape measure
- Access to Van or  
Trailer to deliver

## MILESTONES

*When things happen and who will  
do it*

- Gather or collect  
supplies by Mon 7th  
April
- Meet at playground to  
take measurements
- Back to HQ to prep
- Tues 8th Assemble
- Wed 9th April - Paint
- Thurs 10th - Deliver
- Pat to take photos  
and follow up surveys

## EVALUATIONS

*How you will know how well you  
are doing*

- Group discussion  
afterward to see what  
everyone thought  
and if more inputs  
are needed. What  
should be our next  
Woodworking project
- Photos

## 5 Steps to Wellbeing

# COMMUNITY PROJECT PLANNING TOOL

## Louth Community Men's Sheds

**PROJECT NAME: LOCAL COMMUNITY PROJECT - RIVER CLEANUP**

### 5 AREAS SUPPORTED:



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

### 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

### OUTPUTS

*The activities that will happen*

### INPUTS

*What resources you need to make  
it happen*

### MILESTONES

*When things happen and who will  
do it*

### EVALUATIONS

*How you will know how well you  
are doing*

Give/Connect

Community Volunteer for  
Rampart River Cleanup.  
Assist with other groups  
to clear out as much  
rubbish, overgrown plants  
etc.. in 1 day as possible.

- Safety Gear (mask, gloves)
- Make sure to bring your own wellies/ Waders
- Waste Bags

- Meet at River 29th
- John to hand out safety gear and bags
- Pat to take photos and follow up surveys

- Pre and post survey
- Photos
- Participant testimonials

## 5 Steps to Wellbeing

# COMMUNITY PROJECT PLANNING TOOL

## Louth Community Men's Sheds

**PROJECT NAME: MENS SHEDS GARDENING GROUP**

### 5 AREAS SUPPORTED:



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

### 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

Active/ Keep  
Learning/ Connect

### OUTPUTS

*The activities that will happen*

Meet up to learn or develop gardening skills. Group will include workshops on seedsaving, potting, planning gardens, companion planting, dealing with pests, pruning, seasonal produce,

### INPUTS

*What resources you need to make  
it happen*

- Community Garden or Allotments
- Gardening tools inc spades, shovels, trowel, seed trays, seeds, soil, access to water, access to compost or refuge

### MILESTONES

*When things happen and who will  
do it*

- Plan garden layout
- Weekly gardening sessions
- Planting day
- Maintenance rota
- Harvest celebration

### EVALUATIONS

*How you will know how well you  
are doing*

- Participant feedback
- Photos
- Garden progress log

# 5 Steps to Wellbeing COMMUNITY PROJECT PLANNING TOOL

## Louth Community Men's Sheds

**PROJECT NAME: IT TRAINING**

**5 AREAS SUPPORTED:**



**CONNECT**



**GET  
ACTIVE**



**TAKE  
NOTICE**



**KEEP  
LEARNING**



**GIVE**

### 5 OUTCOMES

*What the project will achieve eg  
Connect, Keep Learning*

Keep Learning

### OUTPUTS

*The activities that will happen*

Update skills on computer and learn about how to supply forms online, online backing, connecting with friends on Facebook, how to stay secure online, sending emails etc..

### INPUTS

*What resources you need to make it happen*

- Facilitator
- venue with Computers
- Access to laptops

### MILESTONES

*When things happen and who will do it*

- Create training schedule
- Register participants
- Deliver sessions weekly
- Troubleshooting support available

### EVALUATIONS

*How you will know how well you are doing*

- Pre & post knowledge check
- Participant feedback
- Certificates of completion

Download blank Calendar Sheets Here



### 5 Ways to Wellbeing CALENDAR

CONNECT
 GET ACTIVE
 TAKE NOTICE
 KEEP LEARNING
 GIVE

Complete this template to share the opportunities available in your community, colour coded to the 5 Ways to Wellbeing.


This is linked directly to the community mapping tool and project planning tool, this tool will allow organisations within the local community to **plan and deliver 5 Ways to Wellbeing**

Download blank Project Planning Tool Here



### 5 Steps to Wellbeing COMMUNITY PROJECT PLANNING TOOL

PROJECT NAME:

5 AREAS SUPPORTED: CONNECT GET ACTIVE TAKE NOTICE KEEP LEARNING GIVE

5 OUTCOMES What the project will achieve eg Community group learning	OUTPUTS The activities that will happen	INPUTS What resources you need to make it happen	MILESTONES When projects happen and what will be done	EVALUATIONS How you will measure how well you are doing

5 Steps to Wellbeing is a model that provides a framework for organisations to plan and deliver projects that improve the health and wellbeing of the community. It is a tool that can be used by anyone who wants to make a difference to their community.

Download blank Project Mapping Tool Here



### 5 Steps to Wellbeing COMMUNITY MAPPING TOOL

	WHAT IS IT?	WHO IS IT FOR?	WHERE IS IT?	HOW DO I KNOW?
CONNECT				
GET ACTIVE				
TAKE NOTICE				
KEEP LEARNING				
GIVE				

5 Steps to Wellbeing is a model that provides a framework for organisations to plan and deliver projects that improve the health and wellbeing of the community. It is a tool that can be used by anyone who wants to make a difference to their community.



Scan here for printables and downloads



Healthy  
**Meath**



Healthy  
**Louth**

