

Improve your mental health by following these five ways to wellbeing...

Connect Make new friends at [lunch clubs](#), [clubs and centres](#) and find [social activities](#) on the [West Berkshire Directory](#). Find out about volunteering opportunities at [Volunteer Centre West Berkshire](#) or connect with a trained [volunteer befriender](#).



Be active Why not try a [walking](#) or [running](#) group? Or [attend a leisure centre](#)? Join [Sport in Mind](#) for yoga, badminton or football. For more ideas please see our [physical activity webpage](#). Move more with [Better Health](#). Remember if you go with a friend or colleague, you can 'connect' as well!

Keep learning Try a new craft workshop at [West Berkshire Museum](#) or [Shaw House](#). Learn more about [West Berkshire Heritage](#) and attend a local talk, or join a heritage walk. Sign up for a course at [Newbury College](#) and you might learn something new!



Give to others Find out about volunteer opportunities at the [Volunteer Centre](#) or a charity you care about. Find out about learning, employment and volunteering opportunities on the [West Berkshire Directory](#). Buy or donate unwanted furniture at the [Newbury community furniture project](#). Sponsor a friend who is raising money for charity.

Take notice Discover fantastic wildlife at the [Nature Discovery Centre, Thatcham](#). Look at the snowdrops at [Welford Park](#). Take time out for yourself, learn mindfulness or learn how to deal with stress with [Every Mind Matters](#).



These are just a few of our ideas!
Share your own by emailing us at
publichealthandwellbeing@westberks.gov.uk
or using the hashtag [#5wayswestberks](#) @WestBerksPH

The five ways to wellbeing are evidenced-based actions to promote mental health and wellbeing, developed by the New Economics Foundation (NEF) as part of the Government's Foresight Project on mental capacity and wellbeing.

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WestBerkshire
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