

What is Take 5 Steps to Wellbeing?

connect | keep learning | be active | take notice | give

Five simple steps you can take to help maintain and improve your wellbeing in everyday life. You can use your local green spaces to achieve these:

Look after your local area and the environment. Green spaces can encourage nature and biodiversity, which supports health and wellbeing by helping to clean air, reduce flood risk and store carbon. You can *give* your time and energy by being part of community groups that look after and maintain green spaces and the environment. Being involved in designing and caring for green spaces can also allow others to better understand how to improve these spaces in the future.



Improve your mental health. Green spaces can reduce stress, improve brain function, improve sleep, and reduce depression. When you are walking, wheeling, or sitting in a local park or along the greenways, *take notice* of the trees and wildlife around you. Think about what you see and how it makes you feel.



Gain new skills and hobbies. Green spaces can be places to *keep learning* and try something new, rediscover an old hobby or sign up for a course. This could involve growing plants and food, roller-skating, doing yoga, or using the outdoor gyms and sports areas. People who spend more time outdoors tend to feel closer to nature.



Spend time with your family and friends. Green spaces can help you *connect* with the people around you and promote a sense of belonging and community. Ask someone to join you for a walk in a park or along the greenways, or join events such as organised walks or runs in your local area.



Improve your physical health. Walking in a park can have a bigger impact on supporting your heart and blood pressure than walking on a busy street. Green spaces can also encourage you to *be active*. Try to walk whenever you can, particularly for short journeys of one mile or less, or 15-20 minutes, such as to the park, school, work, doctors/GP, pharmacy, shops, or post office.

What are green spaces?

Green spaces can include parks, children's play areas, woodlands, riverside footpaths such as greenways, and blue spaces which represent water elements.



City Quays Park
Featuring lush green spaces, amphitheatre seating, outdoor workspaces, and extensive tree planting, the gardens promote wellbeing, social interaction, and agile working.

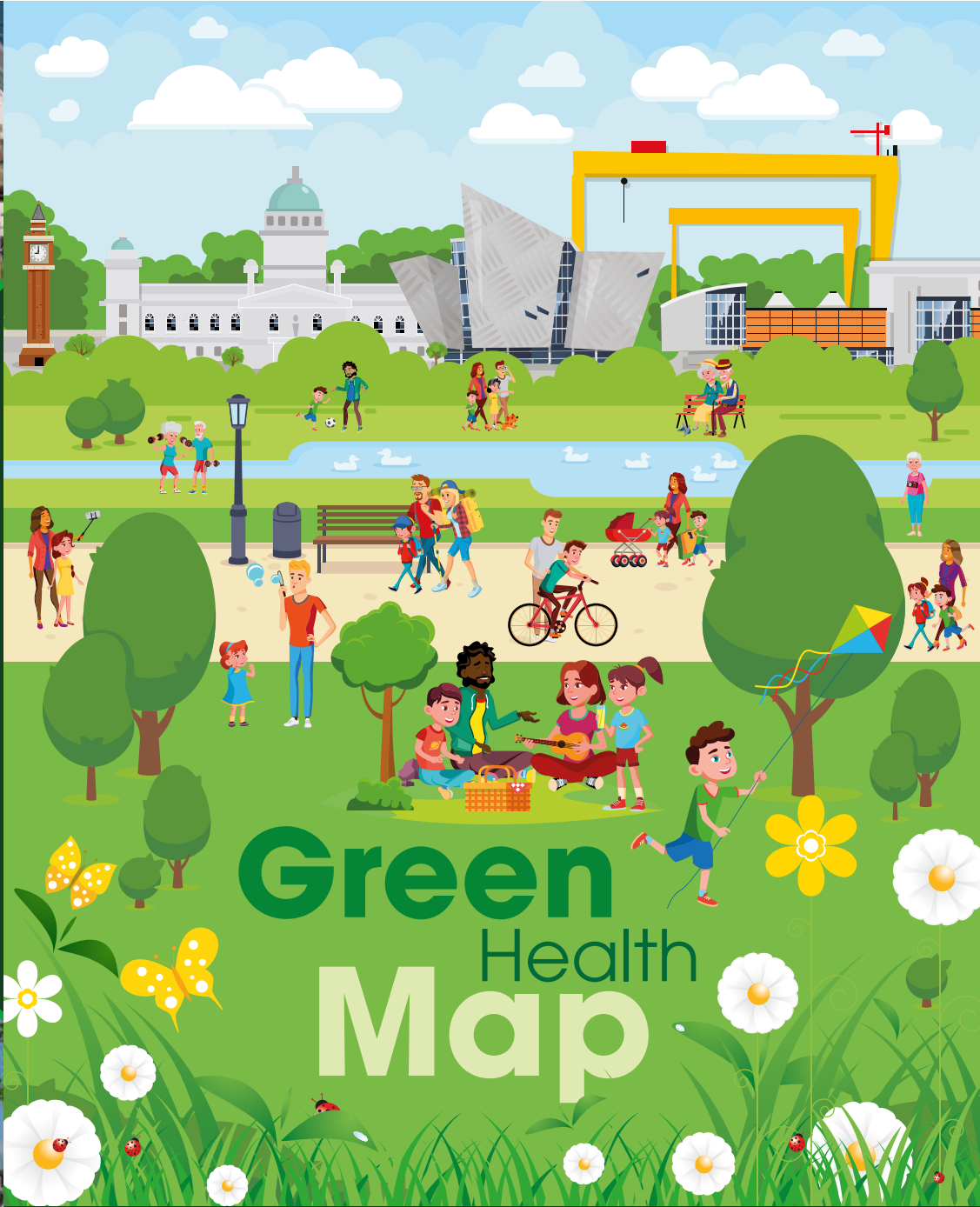
Buildings of Belfast

Take in our longest route to discover some of the most recognisable buildings in Belfast city centre, including Belfast City Hall and the Ulster Hall. Explore the city's industrial heritage in the recently developed Gasworks park, then enjoy a leisurely waterfront stroll.



Lagan Weir

Completed in 1994, the Lagan Weir provides access for both cyclists and pedestrians to cross the River Lagan. As well as addressing the issue of tidal fluctuations, the project included the "Lagan Lookout" on the Donegall Quay side of the river. Head over to the Lagan Weir to find some of Belfast's most iconic sculptures including Beacon of Hope and The Salmon of Knowledge. If you have a bit of extra time for your walk, why not head over to the Titanic Slipway to experience and explore the city's rich maritime heritage. Add to your walk by checking out the Maritime Mile Interactive Map.



Walking Routes

Walk - City Quays Loop

32 mins / 2100 steps (2.6 km)

Walk - City Centre Loop

52 mins / 5250 steps (4.2 km)

Walk - Liganside Loop

60 mins / 5600 steps (4.5 km)

Walk - Titanic Loop

90 mins / 8400 steps (6.75 km)



Scan this QR code for Belfast Healthy Cities "Greening the City"

Map Key

- Green Spaces
- Blue Spaces
- Shopping
- Sports Pitches/Facilities
- Toilets
- Car Park
- Place of Interest
- Bus Stop/Station
- Train Station
- Statue/Sculpture
- Ship/Barge
- Street Artwork
- Library

BELFAST CITY ENTRIES

- 1 Commercial Court
- 2 Sugarhouse Entry
- 3 Pottinger's Entry
- 4 Joy's Entry
- 5 Crown Entry
- 6 Winecellar Entry
- 7 Castle Arcade

