



South Eastern Health
and Social Care Trust



Public Health
Agency

Coffee & Connect



Information Pack

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What is Take 5 steps to wellbeing?

'Take 5 steps to wellbeing' is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population. They are based on the 'Five Ways to Wellbeing' developed by the New Economics Foundation (NEF) as a result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing. NEF stated that if practised regularly, personal wellbeing will improve.



Connect

Connect with the people around you, with family, friends or neighbours. At home, work school or your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Be active

Exercising makes you feel good so discover a physical activity you enjoy like going for a walk, cycle or dance. Choose an activity that suits your mobility and fitness



Take notice

Savour the moment, whether you are eating lunch, walking on the beach, sitting in the garden be aware of the world around you and what you're feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep Learning

Don't be afraid to try something new- rediscover an old hobby or interest or simply set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do



Give

Do something nice for a friend or stranger. Smile, thank someone, volunteer your time or consider joining a community group. Seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

www.mindingyourhead.info/take-5steps-wellbeing



Coffee & Connect

The difference a cup of coffee can make!

When it comes to our wellbeing, other people matter.

Evidence shows that good relationships - with family, friends and our wider communities - are important for our mental and physical wellbeing.

Mental wellbeing means feeling good - about ourselves and the world around us - and functioning well.

Building stronger, wider social connections can help us feel happier and more secure, and give us a greater sense of purpose. Social connection strengthens our immune system, helps us recover from disease faster and may even lengthen our life. People who feel connected to others have lower rates of anxiety and depression.

How relationships help our wellbeing

Human beings are social animals. Relationships build a sense of belonging and self-worth. Strong relationships with family and friends allow us to share our feelings and know that we are understood. They provide an opportunity to share positive experiences, and can give us emotional support.

They give us a chance to support others - something else that is known to promote mental wellbeing.

There's also evidence that wellbeing can be passed on through relationships. Being around people with strong mental wellbeing can improve your own mental wellbeing.

Build relationships for wellbeing

Building relationships for wellbeing means:

- Strengthening your relationships with people who are close to you, such as family and friends
- Broadening your relationships in your community and the wider world.





Planning a 'coffee and connect' event is easy!

1. Set a date and time

Choose a date and time which is convenient for you and your guests. World Mental Health Day is the 10 October, but you can hold your event any day you choose! It also doesn't have to be a coffee morning, you could even make it an afternoon/evening.

2. Invite others to enjoy a coffee morning

Decide who you want to invite and get the word out. You can make it as big or small as you want. You can invite just friends and family, or make it much bigger and invite people from your local community. The more people you invite, the more people you will help connect.

To help you promote your coffee morning we have included a sample poster that can be easily adapted for your own needs, you can find this on page 8. Don't forget about the power of Facebook and Twitter!

3. Deciding on a venue

A coffee morning can be held at home, at your workplace, school or at a local venue, such as a church hall or community centre. Pick a venue that can accommodate the number of people you are inviting to share your coffee morning with.

4. Make a list of tasks

By making a list of tasks and deadlines you can help to avoid any last minute panics! If you are planning a big event you may want to ask your colleagues, friends or family to help you. Who will make the coffee? Do you need to bake cakes or buy buns? Who will serve the coffee (or tea)? Who is clearing up?

5. Fund Raising

Will you be raising funds? Are you going to be asking people to give a donation on the door? Will you be asking them to pay for refreshments or will you organise other activities to raise funds to cover your costs like a raffle, tombola, guess the number of sweets in a jar or a quiz which people pay to enter (with a small prize at the end)?

7. On the day

Have 'Take 5' leaflets and 'Connecting ideas' information readily available. Ensure you have read the enclosed leaflet about food hygiene - just to be safe! Make everyone feel welcome. Introduce yourself and briefly explain the background of the event - it's to celebrate World Mental Health Day, and outline how 'connecting' is good for wellbeing. If people don't know each other, help them introduce themselves to others; perhaps you could use a fun icebreaker! Then pour the coffee!



Connecting ideas

There are lots of ways to build stronger and closer relationships:

- Have regular 'Coffee & Connect' sessions
- Join a club. There are sports clubs, drama clubs & art clubs.
- 'Knit & Natter' groups & reading groups are held at your local library
www.librariesni.org.uk/Libraries/Pages/Events.aspx
- U3A runs social and educational groups for the over 50's - <https://u3ani.info/>
- Find out what's on at your local community centre and local churches - many churches host social groups open to all
- If possible, take time each day to be with your family. This could include a fixed "family time" each day
- Arrange a day out with friends you haven't seen for a while
- Switch off the TV and play a game with the children, or just talk!
- Make the effort to phone people sometimes - it's all too easy get into the habit of only ever texting, messaging or emailing people
- Speak to someone new today
- Have lunch with a colleague
- Visit a friend or family member who needs support or company
- Volunteer at a local school, hospital or community group
- Make the most of technology - video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly if you live far apart
- Look into the growing network of local 'meetup' groups - www.meetup.com
- Check your local council website for what's coming up in your community!
- Check your local recovery college for free training courses - a great way to learn and meet new people in a relaxed and safe setting
- If you are a Facebook user try subscribing to local event pages or local groups for free updates and information on what's happening in your area for example local cafes host craft groups, game and movie nights
- Another option to explore is the Facebook group "Helpfulpeeps" a local forum for community support where you can ask for assistance and you can help others if you wish
- Explore volunteering opportunities in your community.



Icebreakers

Desert Island

Announce you've been exiled to a deserted island for a year. In addition to these essentials, you may take one piece of music, one book (which is not the bible) and one luxury item. What would you take a why?

Who am I?

This game is played by sticking a piece of paper on the back of each participant. No one may look at what is written on his or her back. On each sheet of paper is written the name of a famous person. This can be a real life person, a character from a film or soap opera etc. Participants remove around the room asking questions in order to find out their own identify. Other people can only reply yes or no to questions.

Would you rather.....????

As each person a different question or give a sheet to each table and let the fun begin!

1	Take a one week trip to the foreign country of your choice	or	Take a four week trip around Ireland
2	Be banned from all computer use for a year	or	Not be allowed to eat any desserts or sweets for a year
3	Play on a football team that always wins but always plays in the rain	or	Play on a football team that always plays in sunny weather but always loses
4	Be able to control the weather	or	Be able to talk to animals
5	Live in Narnia	or	Attend school at Hogwarts
6	Be given £1,000 right now	or	Be given £50 a month for the rest of your life
7	Be a famous actor	or	Discover the cure for a disease
8	Be incredibly wealthy but never fall in love	or	Have a happy marriage but be poor
9	Have many acquaintances but no close friends	or	Have just one close friend
10	Have bright blue teeth	or	Bright blue hair
11	Be able to fly	or	Be able to turn invisible
12	Get a chance to shower every day but with cold water	or	Get to shower only once a week but with hot water
13	Have one eye in the middle of your head	or	Have two noses
14	Not be allowed to eat your 5 favourite foods for a year	or	Eat only your 5 favourite foods for a year
15	Sneeze all day everyday	or	Have hiccups all day everyday
16	Have to sing every conversation	or	Mime every conversation
17	Work 12 hour days and retire at 50	or	Work 6 hour days and retire at 75
18	Live without chocolate	or	Live without bread
19	Be hairy all over	or	Completely bald
20	Be stranded on a desert island alone	or	Stranded with someone you don't like



Food Safety Advice for Volunteer Caterers

Food Hygiene

Food Hygiene is more than just cleanliness and involves all activities and actions intended to protect food from the risk of contamination in order to:

- Prevent food poisoning
- Prevent the presence of foreign matter in food (physical contamination).

Food Hygiene & Safety

Voluntary and community based organisations are increasingly providing food as part of many of their activities. Although food poisoning does not appear to be a common occurrence in these situations, volunteer caterers must be diligent about their food handling methods, in order to avoid the tragedy of a food poisoning incident and the possibility of litigation against themselves and the organisation they represent.

In addition to receiving training, you can help prevent food related illness by following some simple rules.

Purchasing Food and Ingredients

- Always purchase from a responsible source
- Check dates and condition of packaging
- Always use before expiry date.

The Keeping Food Out of the Danger Zone

The longer a high risk food is in the danger zone, the greater opportunity bacteria have to multiply. To control this :

- Refrigerate raw, highly perishable and high risk foods as soon as possible after purchase
- Keep refrigerated food in storage (0°C-5°C) until just before it is needed for preparation or service
- Cook food thoroughly (75°C)
- Serve hot food at 63°C or hotter
- Cool food as rapidly as possible
- Reheat food adequately
- Store raw and cooked foods separately.

Washing Hands Effectively

You should wash and dry your hands regularly when handling food, particularly:

- Before starting work in the kitchen
- Before handling ready to eat food
- After touching raw food, especially raw meat or poultry
- After going to the toilet
- After handling waste
- After blowing your nose or touching your hair.

To wash hands thoroughly, use warm water and a liquid soap. Work up a good lather and make sure you wash your wrists, hands, fingers, thumbs, fingernails and in between the fingers. Rinse the soap off your hands and dry them thoroughly using disposable towels or a hot-air dryer.

Outside Caterers

If you are using outside caterers, you should try to establish their reliability and it is suggested that you request from them:

- A letter from their local authority confirming that they are registered as a food business and have a current Food Hygiene Rating
- A copy of the report following their most recent food hygiene inspection
- Confirmation that they operate a food safety management system
- Details of staff training
- Confirmation of their requirements (eg fridges, cookers, power, waste disposal and access to premises)
- Confirmation of time and duration of food service
- Confirmation of menu and any special dietary requirements.

World Mental Health Day

Coffee & Connect



Help celebrate World Mental Health Day
by getting together with your colleagues to organise a
'Coffee and Connect'

Date:

Time:

Venue:

“Connect” is one of the take-5-steps-to-wellbeing

Connecting with others encourages support networks and
improves our mental health and wellbeing

For further information look online at:

<http://www.mindingyourhead.info/take-5-steps-wellbeing>

