



|                           |  |
|---------------------------|--|
| <b>Subject:</b>           | Take 5 Steps to Wellbeing Benches in BCC Parks   |
| <b>Date:</b>              | 4 <sup>th</sup> April 2023   |
| <b>Reporting Officer:</b> | David Sales, Director Neighbourhood Services, CNS  |
| <b>Contact Officer:</b>   | Kelly Gilliland, Neighbourhood Services Manager, CNS<br>Jim Morgan, Senior Project Development Officer, BHDU |

|  |   |
|--|---|
| <b>Restricted Reports</b>                                |   |
| <b>Is this report restricted?</b>                        | Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> |
| <b>If Yes, when will the report become unrestricted?</b> |   |
| <b>After Committee Decision</b>                          | <input type="checkbox"/>  |
| <b>After Council Decision</b>                            | <input type="checkbox"/>  |
| <b>Some time in the future</b>                           | <input type="checkbox"/>  |
| <b>Never</b>   | <input type="checkbox"/>  |

|  |   |
|--|---|
| <b>Call-in</b>                               |   |
| <b>Is the decision eligible for Call-in?</b> | Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> |

|            |   |
|------------|---|
| <b>1.0</b> | <b>Purpose of Report or Summary of main Issues</b>  |
| 1.1        | To update Committee on the installation of sixteen 'Take 5 Steps to Wellbeing' benches across Belfast City Council (BCC) parks.   |
| <b>2.0</b> | <b>Recommendations</b>  |
| 2.1        | The committee is asked to: <ul style="list-style-type: none"><li>• Note the content of the report.</li></ul>  |
| <b>3.0</b> | <b>Main report</b>  |
|            | <u>Key Issues</u>   |
| 3.1        | <b>Background</b><br>The Public Health Agency have adopted the Take 5 Steps to Wellbeing messages as a key component in their work supporting positive mental health and emotional wellbeing. Take 5 Steps to Wellbeing is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population. |

| 3.2                  | <p>The 5 steps are; 'Connect, Be active, Take notice, Keep learning and Give' – please refer to the leaflet in Appendix 1 for more information or visit: <a href="https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations">https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations</a> to access downloadable PDFs. Evidence indicates individuals who practice all '5 steps' have the highest level of wellbeing regardless of circumstances.</p>  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
|----------------------|---|----------------------|----------------------|----------------|----------------------|---------------|------------------|-----------------|-----------------|-------------------|--------------------|
| 3.3                  | <p>In June 2022, Council agreed to the installation of sixteen 'Take 5 Steps to Wellbeing' benches across Belfast City Council (BCC) parks. It was agreed that locations would be identified in consultation with staff in Open Space and Streetscene (OSS) and Property Maintenance.</p>   |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| 3.4                  | <p>Property Maintenance colleagues began the work in October 22, and 16 existing benches in parks across the city have now been rebranded as 'Take 5 benches', as such they have been painted in bright colours and incorporate the 'Take 5 Steps to Wellbeing' messaging, along with a QR code linking to the PHA's Minding Your Head website. The benches are located in the following parks with coverage across all four geographic areas.</p>  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| 3.5                  | <table border="1"> <thead> <tr> <th data-bbox="274 1008 869 1064"><b>West Belfast</b></th> <th data-bbox="869 1008 1468 1064"><b>South Belfast</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="274 1064 869 1108">Dunville Park</td> <td data-bbox="869 1064 1468 1108">Blythfield Play Park</td> </tr> <tr> <td data-bbox="274 1108 869 1153">Falls Park</td> <td data-bbox="869 1108 1468 1153">Ormeau Park</td> </tr> <tr> <td data-bbox="274 1153 869 1198">Springfield Dam</td> <td data-bbox="869 1153 1468 1198">Botanic Gardens</td> </tr> <tr> <td data-bbox="274 1198 869 1254">Suffolk Play Park</td> <td data-bbox="869 1198 1468 1254">Cherryvale Pitches</td> </tr> </tbody> </table> | <b>West Belfast</b>  | <b>South Belfast</b> | Dunville Park  | Blythfield Play Park | Falls Park    | Ormeau Park      | Springfield Dam | Botanic Gardens | Suffolk Play Park | Cherryvale Pitches |
| <b>West Belfast</b>  | <b>South Belfast</b>  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Dunville Park        | Blythfield Play Park  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Falls Park           | Ormeau Park   |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Springfield Dam      | Botanic Gardens   |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Suffolk Play Park    | Cherryvale Pitches  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| 3.6                  | <table border="1"> <thead> <tr> <th data-bbox="274 1321 869 1377"><b>North Belfast</b></th> <th data-bbox="869 1321 1468 1377"><b>East Belfast</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="274 1377 869 1422">Glencairn Park</td> <td data-bbox="869 1377 1468 1422">Lagans Land East</td> </tr> <tr> <td data-bbox="274 1422 869 1467">Ligoniel Park</td> <td data-bbox="869 1422 1468 1467">Orangefield Park</td> </tr> <tr> <td data-bbox="274 1467 869 1512">Woodvale Park</td> <td data-bbox="869 1467 1468 1512">Victoria Park</td> </tr> <tr> <td data-bbox="274 1512 869 1568">Waterworks</td> <td data-bbox="869 1512 1468 1568">Belmont Park</td> </tr> </tbody> </table>             | <b>North Belfast</b> | <b>East Belfast</b>  | Glencairn Park | Lagans Land East     | Ligoniel Park | Orangefield Park | Woodvale Park   | Victoria Park   | Waterworks        | Belmont Park       |
| <b>North Belfast</b> | <b>East Belfast</b>   |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Glencairn Park       | Lagans Land East  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Ligoniel Park        | Orangefield Park  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Woodvale Park        | Victoria Park   |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| Waterworks           | Belmont Park  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| 3.7                  | <p>The work was completed on 17<sup>th</sup> March 2023, when the final bench was put into Dunville Park. The Lord Mayor, Councillor Christina Black, officially launched the Take 5 benches by cutting the ribbon at the bench in Dunville Park (image included in Appendix 1).</p>  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |
| 3.8                  | <p>Three of the benches could not be painted (as made of composite plastic and stainless steel – paint does not adhere) and so only had the Take 5 plaque put onto them. The</p>  |                      |                      |                |                      |               |                  |                 |                 |                   |                    |

|      |  |
|------|--|
| 3.9  | <p>location of these three benches are Springfield Dam, Victoria Park, and Lagan Lands End (image included in Appendix 1).</p> <p><b><u>Financial &amp; Resource Implications</u></b></p> <p>There are no financial or resource implications to the recommendations/actions outlined above. The required financial resource (£5,000) was allocated to the Belfast Health Development Unit via the Public Health Agency and the work was carried out by BHDU staff with assistance from colleagues in other teams.</p> <p><b><u>Equality or Good Relations Implications/ Rural Needs Assessment</u></b></p> |
| 3.10 | <p>There are no Equality or Good Relations Implications to the recommendations outlined above.</p>   |
| 4.0  | <p><b>Appendices – Documents Attached</b></p>  |
|      | <p><b>Appendix 1 - Images of Take 5 benches</b></p>  |