

# 5-A-DAY

## for health & happiness

### Take notice

Try to see new things in your everyday environment - hearing the birds sing will boost happiness



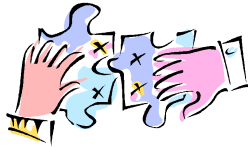
### Connect

Stay connected with friends and family to boost your wellbeing



### Keep learning

Try a new skill to feel more confident



### Be active

Do physical activity you enjoy - dance, garden or walk your way to emotional wellbeing



### Give

Offer support to others and take time for yourself to keep well



In partnership with  
**Newcastle  
Science City**  
TRANSFORMING TOMORROW



EUROPEAN UNION  
Investing in Your Future  
European Regional  
Development Fund 2007-13

ENGLISH

*tyneside women's health*

[www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk)

# **This Wellbeing Project was delivered by**

*tyneside women's health*

*in partnership with*

**Wor Hoose Community Project - 0191 287 2885**

**St Martins Centre - 0191 276 4002**

**The East End Community Alliance - 0191 221 2533**

**The Angelou Centre - 0191 226 0394**

**Riverside Community Health Project - 0191 226 0754**

**Millin Centre - 0191 272 5115**

The project was funded by the European Regional  
Development Fund through Newcastle Science City

**ENGLISH**

[www.tynesidewomenshealth.org.uk](http://www.tynesidewomenshealth.org.uk)

Tyneside Women's Health Registered Charity Number: 1126648  
Tyneside Women's Health Company Number: 06702528