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**FUTURE**

CLIENT

Inspiring Communities  
Together

JOB TITLE

Wellbeing Postcards

JOB NUMBER

7293FD

VERSION

2



# My Way to Wellbeing



COVER WITH BELLYBAND



# My Way to Wellbeing



How do you...

**CONNECT**  
with others?

**GET ACTIVE**  
and keep moving?

**TAKE NOTICE**  
of the world and  
people around you?

**KEEP LEARNING**  
with hobbies and interests?

**GIVE**  
your time and help to others?



Salford City Council

**NHS**  
Salford  
Clinical Commissioning Group

Salford CVS  
Making a difference in Salford

INSPIRING  
COMMUNITIES  
TOGETHER



Connect

# How do you... **CONNECT** with others?



**Connect:**  
**Who is important  
to me and how  
do I stay in touch?**

- 1 How do I keep in touch with people now?
- 2 Where do I currently go to meet people?
- 3 What local groups or activities do I attend currently?



**Connect**  
**What I am currently doing....**

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**Connect**  
**What I would like to do in the future....**

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Be Active

How do you...  
**GET ACTIVE**  
and keep  
moving?



**Be Active:**  
**What physical activities are important to me?**

- 1 How do I currently keep physically active?
- 2 Where do I currently go to keep physically active?
- 3 What physical activity do I currently do?



Be Active  
What I am currently doing....

Handwriting area with five horizontal lines for notes.

Be Active  
What I would like to do in the future....

Handwriting area with five horizontal lines for notes.



How do you...  
**TAKE NOTICE**  
of the world and  
people around you?



Take Notice

**Take Notice:**  
**What matters**  
**to me now?**

- 1 How do I currently take time for myself?
- 2 Where is an important space for me to go?
- 3 What do I currently do to look after my own wellbeing?



Take Notice  
What I am currently doing....

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Take Notice  
What I would like to do in the future....

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Keep Learning

How do you...  
**KEEP LEARNING**  
with hobbies  
and interests?



**Keep Learning:**  
**What am I currently  
learning or doing?**

- 1 How do I currently keep my mind active?
- 2 Where do I currently go to keep learning?
- 3 What am I currently doing to learn new things?

Keep Learning  
What I am currently doing....



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Keep Learning  
What I would like to do in the future....

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Give

How do you...  
**GIVE**  
your time and  
help to others?



Give:  
What do I do to give  
my time for an act  
of kindness **in**  
**community life?** 

- 1 How do I currently help others?
- 2 Where do I currently go to help others?
- 3 What do I currently do to help others?



Give  
What I am currently doing...

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Give  
What I would like to do in the future...

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