

Request for Make Time materials

To order free materials that promote the mental wellbeing campaign Make Time, please complete this form **and return it to** resources@warrington.gov.uk

The Make Time materials listed below are specific to Warrington, so are available only for distribution within Warrington. If you require Make Time materials for distribution in another part of Cheshire or Merseyside, then please contact the Public Health lead in that area.

Name	
Name of organisation	
Postal address	
Email address	
Phone number	

Please indicate clearly, in the table below, which of the Make Time materials you would like and the quantities you require. We'll try to give you what you ask for, but if demand is high we may give you fewer copies than you request.

On www.make-time.org you can read more about the Make Time campaign and see the images which appear on the postcards, bookmarks and five image sheet, described below.

Make Time materials	How many do you need? <i>Please use figures rather than putting "lots" or "as many as possible".</i>
Postcards	
When was the last time you laughed until you cried? (Postcard)	
When was the last time you got up and out? (Postcard)	
When was the last time you noticed things around you? (Postcard)	
When was the last time you tried something new? (Postcard)	
When was the last time you made someone smile? (Postcard)	
Bookmarks	
When was the last time you laughed until you cried? (Bookmark)	
When was the last time you got up and out? (Bookmark)	
When was the last time you noticed things around you?(Bookmark)	
When was the last time you tried something new? (Bookmark)	
When was the last time you made someone smile? (Bookmark)	

Make Time sheets	How many do you need? <i>Please use figures rather than putting "lots" or "as many as possible".</i>
Make Time prompt sheets: A4 sheets, with the Make Time questions and space to write comments underneath. These can be used to guide discussions about mental wellbeing; or given to people to use as a self-management tool.	
Make Time 5 images: A4 sheets which explain each of the Make Time questions and include all five Make Time images.	

Please tell us below where you will use the materials, and to whom you will distribute them, this will help us to get an even distribution across different areas and communities.

Thank you for completing the form.
Please email it to resources@warrington.gov.uk

The Make Time campaign

Make Time, Cheshire and Merseyside's mental wellbeing campaign, aims to introduce us to easy, everyday things we can do to boost our mood and feel good about ourselves. To help us think about how we could improve our wellbeing the Make Time campaign asks us to consider and respond to the five questions below:

- When was the last time you laughed until you cried?
- When was the last time you got up and out?
- When was the last time you noticed things around you?
- When was the last time you tried something new?
- When was the last time you made someone smile?

Make Time is based on the Five Ways to Wellbeing, simple actions that can help us to feel good about ourselves. Research has shown that people who regularly include the Five Ways to Wellbeing in their daily lives are more likely to feel positive. The Five Ways to Wellbeing, which underpin Make Time, are:

- **Connect:** spend time with the people who are important to you.
- **Be active:** at a level that suits your mobility and fitness.
- **Take notice:** be more aware of the world around you. Be curious.
- **Keep learning:** try something new or different, start a new hobby.
- **Give:** do something thoughtful for someone else, or volunteer your time.

The Make Time campaign prompts us all to think about what we currently do that makes us feel good and how we might fit more of the Five Ways to Wellbeing into our daily lives and so maintain or improve our mental wellbeing. People are encouraged to join the Make Time discussion on social media by posting their responses to the questions above and tagging their posts with **#maketimewarrington**.