



**Wellbeing Sustainability;** caring for the planet is critical, but so is caring for ourselves and our communities. Our end goal has to be a healthy planet with healthy people.

Most established approaches to wellbeing identify five key steps; Connect, Keep Learning, Be Active, Take Notice and Give. While all of these can be considered separately they work best in unison. There is a wealth of ideas and information out there but [Belfast 5 steps to Wellbeing Guide](#) is a good mix of the overall principles and some practical examples that we can all put into practice.

Killearn already has some good examples; our community e-bikes and the work of the Paths Group sees more people enjoying the countryside and exercise, yoga and Pilates classes all feature in the village hall, as do mentally stimulating activities such as the Bridge Club and social groups just gathering for a coffee and a chat. There are people who undertake regular caring or volunteering activities including our Guide and Scout leaders. Lockdown brought out the best in the village and its people and enhanced our sense of community. How can we build on this?

All of the things we do to promote food, ecological, resource or energy sustainability will also directly contribute to one or more of the wellbeing steps. Being mindful of how our activities can contribute to wellbeing will give us better more resilient projects and initiatives.

While there is a lot going on in the village if you don't know who to ask or where to look it can be hard to find out what it is. Even people who have been here for years may still be unaware of all that's going on. This isn't wilful ignorance. Many people are busy and caught up in other things. Many others just don't know where to look. There is a digital divide in the village and if you aren't on "Killearn for All" Facebook you can miss lots that is happening. Could you help create a guide to the village that could be accessible on the internet and with hard copies in the Village Hall and the Health Centre?

#KillearnWellbeing is all about ensuring our activities are inclusive and well promoted. We also need to think about people who might need support, both within and outwith our village. Can you think of neighbours who might be facing isolation or other challenges and what we might do to help them? In some cases we won't even need to initiate activities just connect to and raise awareness of what is already happening. Could you do something to assist in the excellent work being done to support organisations like Refuweegee, Help the Homeless Glasgow and the Maryhill Integration Network?

**We can all do a bit more to help each other achieve wellbeing. Could you work on a specific project or support awareness and connectivity across a range of activities? Please email [sustainable@kcfc.co.uk](mailto:sustainable@kcfc.co.uk) and let us know.**