



**Making life better,  
together**  
Belfast Strategic Partnership



# Active Belfast

## Strength and Balance Training Programme

### Expression of Interest



*'Working together to inspire more people to be more active more often'.*

## Delivery Sites For Strength and Balance Training Programme

### *Expression of Interest*

#### **Background:**

Active Belfast's aim is to encourage Belfast people to be more active and healthier. It is a partnership that includes a wide range of partners and stakeholders from statutory, community and voluntary sectors.

Physical activity referral is an Active Belfast initiative and offers clients a range of physical activity opportunities to encourage adults to build physical activity into their everyday life for improved health and wellbeing. Along with the Healthwise Level III programme, Active Belfast have developed a number of referral programmes for chronic conditions including Cardiac Rehabilitation, Cancer Rehabilitation, Diabetes Type II and the now a Strength and Balance training programme for clients at risk of a fall/ previously had a fall. The community Strength and Balance training programme is a partnership initiative between the Public Health Agency, Belfast Health and Social Care Trust and Active Belfast.

Falls and fall-related injuries are a common and serious problem for older people. People aged 65 and older have the highest risk of falling, with 30% of people older than 65 and 50% of people older than 80 falling at least once a year (The National Institute for Health and Care Excellence, NICE 2013). NICE recommends a muscle-strengthening and balance programme for older people reporting a fall or at risk of falling (NICE, 2013).

The Public Health Agency (PHA) are funding two Strength and Balance training coaches, housed within Belfast Health and Social Care Trust, to deliver strength and balance training programmes across Belfast. Venues will be selected through this Expression of Interest form.

**Venue hire will be considered.** All venues must provide tea/ coffee and biscuits for all participants on completion of strength and balance sessions.

Active Belfast would like to invite interested parties to complete this Expression of Interest form.

**Facility requirements:**

**PLEASE REFER TO APPENDIX 1**

**Stage 1 – Health and Safety**

Does your facility meet Health and Safety requirements as outlined in Appendix 1?

Yes

No

**\*All facilities must meet all Health and Safety requirements in order to be shortlisted**

**Stage 2 – Demography (Score: (40))**

One site will be chosen per locality - North, South, East and West of the city to ensure an even spread of delivery. Sites will be chosen based on demography statistics within the area.

Based on map (Appendix 3) please provide list of areas your facility can cater for:

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Please provide details as to how you currently engage individuals within the areas you have identified above:

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**Stage 3 – Follow on/ step down programmes (Score: 40)**

Opportunities to access existing physical activity initiatives must be available at the site following completion of the 12 weeks. This must include a diverse menu of physical activity opportunities

Please provide details on continuation/ step down programmes your facility can provide:

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**Stage 4 - Accessibility (Score: 20)**

Please provide details on how your facility will provide open access at a range of times/ dates as agreed with the Physical Activity Specialist coach (Strength and Balance) for the duration of the 12 week programme:

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If the areas you have highlighted above are not within close proximity, please provide details as to how you will provide transport to site at no extra charge for participants:

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### Contact Details

|                |  |
|----------------|--|
| Name           |  |
| Job Title      |  |
| Organisation   |  |
| Contact number |  |
| Contact email  |  |

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Closing Date: Friday 28<sup>th</sup> July 2016**

**Please return by email: [activebelfast@bhdu.org](mailto:activebelfast@bhdu.org)**

**Or post to:**

**Active Belfast Team  
Belfast Health Development Unit  
Room 219, Second Floor  
Belfast City Hall  
Belfast BT1 5GS**