



# Get Active Belfast

Supported projects 2018 - 19

# *The Active Belfast Partnership was established in 2013.*

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## **Its vision is:**

People in Belfast will be more active and healthier

## **Our mission is:**

Working together to inspire more people to be more active, more often

Get Active Belfast sets out seven shared pledges we will deliver in realising our ambition to increase physical activity levels, address inequalities and improve health and wellbeing across Belfast. Each pledge is supported by good evidence and relates to one of the seven 'best investments' for physical activity as identified by the Global Advocacy for Physical Activity.

This document provides an overview of the Get Active Belfast supported projects that have been developed across two of the pledges with a focus on addressing inequalities and improving health and wellbeing.

**Pledge 4:** Strengthen connections to and within health sector

**Pledge 6:** Deliver wide ranging and inclusive community based activity programmes.



# Get Active Belfast supported projects

## Pledge 4

Strengthen connections to and within the health sector

### Prevention – Healthwise - Level 3

#### Aim:

The aim of Healthwise is to provide eligible patients (19 years and above) with an opportunity to engage in a 12 week structured programme of physical activity or exercise under the guidance of a suitably qualified exercise professional which may act as a catalyst to long term behaviour change. All physical activity coaches delivering Healthwise have a minimum Level 3 qualification in exercise referral and are members of the Register of Exercise Professionals Registered (REPs).

#### Objectives:

- To offer a high quality Physical Activity Referral Scheme across Belfast.
- To support clients in meeting the CMO physical activity recommendations for adults and older people.
- To improve the physical and mental health of clients participating in the scheme.
- To increase the long term adherence in physical activity of clients.

As part of the scheme, clients will have the opportunity to participate in a range of activities including gym sessions, walking, swimming, group based activities and cycling. A physical activity coach will carry out a pre-exercise assessment and draw up a physical activity programme which is monitored and reviewed throughout the 12 weeks.

#### Benefits reported by people who have taken part in the programme include:

- Reduction in weight/ weight management
- Reduced blood pressure
- Reduction in stress and anxiety
- Improved Emotional Resilience
- Increased energy
- Improved strength, mobility, coordination and balance; and
- Improved health and wellbeing



Participants will be reviewed on completion of the programme, with feedback provided to the referring healthcare professional. All participants will be offered a menu of stepdown options to continue their physical activity.

Every person referred will be able to take part for 12 weeks at their chosen leisure facility or Healthy Living Centre free of charge.

#### Project Partners

Currently Healthwise is delivered in:

All Belfast City Council (managed by GLL/ Better NI) Leisure centres

The H.E.A.R.T Project at Maureen Sheehan Centre  
Lower Ormeau Residents Action Group at  
Shaftesbury Recreation Centre (in partnership with the Hanwood Centre)

A new regional model for the scheme is currently being developed in order to standardise the delivery of the programme across Northern Ireland. It is anticipated the new regional model will be rolled out in April 2019.

## SITLESS

The SITLESS study is an EU-funded Horizon 2020 project being conducted by Queen's University Belfast in collaboration with Ulster University and six other institutions based in Europe. The SITLESS study aims to assess how combining an exercise programme with additional sessions to encourage active lifestyles can influence sitting time in older adults (aged +65 years). The SITLESS study has recruited over 1300 participants across Denmark, Germany, Northern Ireland and Spain.

Participants took part in the exercise programmes in Bangor Aurora Aquatic and Leisure Complex, Better Belfast sites including; Avoniel Leisure Centre and Girdwood Community Hub, Hanwood Centre, Maureen Sheehan Centre and Shaftesbury Community and Recreation Centre. The exercise referral was delivered through the Healthwise scheme, with the support of Active Belfast. The intervention delivery is complete with the final assessments (12 and 18 month follow-ups) taking place in the Northern Ireland Clinical Research Facility due to finish in June 2019.

Active Belfast sit on the Advisory Board for the SITLESS research project. Other members include Northern Ireland Chest, Heart and Stroke.

## Condition Specific programmes

\*Delivered by physical activity coaches with a minimum Level 4 qualification in exercise referral

### **Prevention & Rehabilitation –Strength and Balance Training Programme for the prevention and management of Falls in people over 65**



#### **Aim of the programme:**

This is a 12 week programme of physical activity for people over the age of 65 who are fearful of falling or have had a fall. The programme aims to improve strength and balance which will help to



increase physical activity levels, improve confidence and overall wellbeing and lower the risk of further falls.

### **Who can access this service?**

People over 65, living within Belfast City Council. The following health professionals can signpost you to the scheme:

- Your GP/consultant
- Nurse
- Physio/occupational therapist OR
- You can access this service yourself by contacting 028 9504 7656

Every person participating in the 12 week programme will take part free of charge.

### **Benefits of the programme include:**

- Increases strength and muscles mass.
- Increase metabolic rate. Sensible strength training result in the use of more calories all day long and reduces the likelihood of fat accumulation.
- Increase bone mineral density. Slowing down the rate of bone mineral density loss can decrease chances of osteoporosis in later life.
- Reduces resting blood pressure.
- Improves glucose metabolism. This can assist in the prevention of adult onset diabetes. Reduced muscle soreness.

### **Benefits of Regular Exercise**

Attending a Strength & Balance class for falls prevention can reduce the risk of falls by up to 54%.

It can also have a major impact on mental well-being by reducing isolation, improving independence and reducing depression (AgeUK).

### **Project Partners:**

Currently, the community strength and balance training programme is delivered in:

GLL/ Better NI  
The H.E.A.R.T Project at Maureen Sheehan Centre  
Lower Ormeau Residents Action Group at  
Shaftesbury Recreation Centre  
The Hanwood Centre



## **Diabetes Type 2 physical activity referral scheme**

### **Aim of the programme:**

To provide a high quality Physical Activity Referral Scheme which empowers individuals living with Diabetes Mellitus Type 2 to increase their physical activity levels. Specifically, participants are encouraged to make positive lifestyle choices, and to sustain acquired physical activity levels after the intervention period. The programme includes 12 weekly classes followed by the option to participate in a range of 'step down' activities.

### **Objectives:**

- To offer a high quality Physical Activity Referral Scheme for clients with Type 2 Diabetes
- To increase the long term adherence to physical activity of clients living with Type 2 Diabetes
- To support clients in meeting the CMO physical activity recommendations for adults and older people
- To improve physical and mental health of clients who have Type 2 Diabetes



- To determine the effectiveness of the intervention in increasing physical activity levels and improving health through regular monitoring and evaluation
- Identify clients who would benefit from the programme
- Raise awareness amongst GP's/ Allied Health Professionals of the programme
- Provide a logical care pathway from referrer to delivery which meets the needs of patients

Regular, moderate intensity physical activity in adults living with Type 2 Diabetes:

- Promotes weight loss (when paired with a proper diet)
  - Promotes maintenance of weight loss
  - Has favorable effects on glycemic control (shown to reduce HbA1c)
  - Has favorable effect on CVD risk (shown to reduce blood pressure)
  - Can lead to reductions or discontinuation of diabetes medications
- Nagi D, Gallen I. Association of British Clinical Diabetologists. Practical Diabetes Int. 2010;27(4): 158-163

#### **Project partners:**

GLL/ Better NI

The H.E.A.R.T Project at Maureen Sheehan Centre

Lower Ormeau Residents Action Group at

Shaftesbury Recreation Centre

## **Cardiac Rehabilitation Phase IV**

Cardiac Rehabilitation is one of the best researched examples of long term condition management. It is a clinically and cost effective intervention that results in improved outcomes for the patient with heart disease.

There are many definitions of cardiac rehabilitation. The following definition presents their combined key elements:

*"The coordinated sum of activities required to influence favourably the underlying cause of cardiovascular disease, as well as to provide the best possible physical, mental and social conditions, so that the patients may, by their own efforts, preserve or resume optimal functioning in their community and through improved health behaviour, slow or reverse progression of disease."*

*There is overwhelming evidence that comprehensive cardiac rehabilitation is associated with a reduction in both cardiac mortality (26 - 36%) and total mortality (13 - 26%). There is emerging evidence that cardiac rehabilitation is also associated with a reduction in morbidity, namely recurrent myocardial infarction and a 28 - 56% reduction in costly unplanned readmissions.*



*Cardiac Rehabilitation improves functional capacity and perceived quality of life whilst also supporting early return to work and the development of self-management skills. This makes cardiac rehabilitation one of the most clinically and cost-effective therapeutic interventions in cardiovascular disease management.*

(British Association for Cardiovascular Prevention and Rehabilitation, 2012)

### **Who can access this service?**

Patients firstly attend a Phase III programme with Cardiac Rehabilitation Nurses based across the city of Belfast, who then assess suitability for the client to be referred to a Phase IV programme. The physical activity coach delivering the phase IV programme will have successfully completed the Level 4 Cardiac Rehab Phase IV training.

The phase IV programme free for all participants for 12 weeks. Ongoing assessment by the physical activity will assess readiness of the participant to move on to mainstream leisure activities. Criteria for identifying this will be

- Achievement of target Borg Scale for required period of time
- Understanding and compliance of principles of safe exercise
- Confidence to undertake independent activity.

On completion of the scheme clients must then be advised of appropriate step down programmes within their local leisure centres/ communities.

## **Cancer Rehabilitation Level 4**

Being physically active has been shown to have many benefits for people living with and beyond cancer. Safe and comfortable activity can benefit patients both mentally and physically (Macmillan Cancer Support, 2013).

Being active during and after treatment can:

- Reduce treatment side effects
- Improve your quality of life
- Reduce tiredness (fatigue)
- Give you more strength and make you fitter

- Reduce depression and anxiety
- Help look after your bones
- Help look after your heart
- Help you keep to a healthy weight

(Macmillan Cancer Support, 2013)

A multi-agency group was established in Belfast in 2012 to pilot a physical activity programme for people living with and beyond cancer. The initial pilot comprised of a 12 week physical activity programme for people living with cancer. Six participants attended the first pilot programme, and 12 the second programme. On the back of excellent evaluation results from the initial pilot, cancer rehabilitation was established across the city of Belfast.

In partnership with Macmillan Cancer Support, Active Belfast commission the delivery of a free 12 week cancer rehabilitation programme as part of the 'Move More' Cancer Pathway in GLL Leisure Centres across Belfast and at the Maureen Sheehan Centre in West Belfast.

The aim of Move More (Belfast) is to ensure that everyone living with cancer in Belfast is aware of the benefits of physical activity and is enabled to choose to become and to stay active at a level that's right for them. Each person who is referred to Move More is supported by the Move More Coordinator through 1 to 1 brief intervention, motivation and encouragement by becoming involved in a range of activities, including circuit –based classes, 1 to 1 gym support, drop in gym sessions, walking groups and sport-specific activity sessions.

### **Project partners:**

The H.E.A.R.T Project at Maureen Sheehan Centre  
GLL/ Better NI  
Macmillan Cancer Support  
Belfast Health and Social Care Trust (Cancer Centre)

# Pledge 6

## Deliver wide ranging and inclusive community based activity programmes

### Priority 1

#### Boys & Girls Clubs - Do Something - Active

Girls Health Champions is a project to equip teenage girls as peer health educators and health leaders in their youth clubs and local communities. Gender inequality is entrenched in our society and results in poor health outcomes for young girls. To address this issue, Girls Health Champions is an innovative, peer-to-peer education model where girls in deprived areas of Belfast are trained & equipped to directly educate their peers about important health topics including exercise, nutrition, mental resilience and physical health.

- 1) Short term impact – Increasing skills & knowledge base in local communities.
- 2) Medium term impact – Cultivating grass-roots level female leadership & coaching capacity.
- 3) Long term impact – Improving health behaviours and practices & developing female coaches.

##### Project Partners

Glen Parent Youth Centre, Connswater Community and Leisure Services

##### Additional Partners

4, Nubia youth Centre, John Paul 2 Youth Club, St. Gerard's school inclusion support, Suffolk Youth and Community Centre.

#### Guide Dogs NI - Our Healthy Futures

This unique project will provide a complimentary programme of intervention for adults and young people living in Belfast with sight loss, giving them the support, knowledge and skills required to lead a healthier lifestyle, while improving their wellbeing.

The bespoke and person-centred programme will be delivered as three strands:

1. Participants will be supported to become more mobile and gain the confidence to get out and about independently.

#### 8 Get Active Belfast

2. Participants will be offered sporting activity taster days and sport sessions to increase physical activity.
3. Participants will be given information and practical skills needed to prepare nutritional meals.

##### Project partners

BHSCT Community Dietetic Health & Wellbeing Team, BHSCT Health Improvement Team and Disability Sport NI

##### Additional Partners

4. Outdoor Recreation, Belfast City Council, BCSDN and Belfast Activity Centre.

#### Ulster Rugby - Get Active with Ulster Rugby

This 4-stranded, citywide programme will offer various recreational rugby variations, partnering Ulster Rugby with community groups and domestic rugby clubs to engage those with little or no involvement in or access to physical activity:

- 1) X7s: 7-a-side, cross-field rugby events for lapsed players
- 2) UR Game: Introductory, 'give it a try' style sessions incorporating basic rugby elements
- 3) Walking Rugby: Non-contact, low-impact rugby variations for those aged 50+
- 4) Pitch Up and Play: Rugby games and general fitness activity for males aged 35+ and females aged 16+

Nutritional workshops will be entwined across activity to promote healthy eating and positive, long-term dietary habits.

##### Project partners

Hydebank Wood and Young Offenders Centre and Prison, WISPA (Women in sport and physical activity)

##### Additional partners

5 + partners - Malone RFC, Grosvenor RFC, CIYMS, Belfast Harlequins, Queens University RFC and organisations working with active aging populations (e.g. Engage with Age and North Belfast Seniors).



## Irish FA Foundation - Belfast Get Active in the Game

Irish FA Foundation working in partnership will deliver a new project promoting physical activity via inclusive sports opportunities.

The project will reduce barriers to participation by supporting community citywide across Belfast to get active around the theme 'More People, More Active, More Often'.

Fun activity complemented by healthy eating education about good nutrition, cooking skills and food budgeting. The project will improve lifestyles of 800+ young people, females, those with disability. This citywide project will capture interest of the participants via Windsor Park visits.

The physical sessions will carry core messages of healthy eating and good nutrition, prompting participants to look at how and what they eat.

This citywide project will deliver inclusive community based activity programmes, particularly reaching out to those who have become inactive or lack the confidence to get involved in recreational sports in their local area such as Olympia Leisure Centre and Girdwood incorporating the 'better together' theme.

We will support local sports clubs and community groups 'Making Life Better, Together' to develop and implement wide ranging programme of adapted sports, which will provide physical activity opportunities for all. The project will promote inclusive sport, reduce barriers to participation including social and financial barriers while addressing negative perceptions of sports participation.

### **Project partners**

Northern Ireland Boys Football Association, South Belfast Youth Football League

### **Additional Partners**

2, GVRT and Belfast Games Development Centre.

## Priority 2

## Forthspring Inter Community Group - Fortspring Get Active

Forthspring 'Get Active' is a cross community partnership project that will build on our current successful projects (MUMO, Youth Matters & Springers) by offering a health, fitness and nutrition element to our programme, by providing access to; weekly fitness sessions for parents, healthy eating / cooking courses (for children and young people), access to 3 'Give it a Go' taster events and 2 x 8 week after school clubs for children and young people in sport and dance.

All activities will be based in an existing local cross-community facility, where we have a sports hall, childcare centre, a teaching kitchen and a community garden.

### **Project partners**

Springfield Primary School, St. Clare's primary school

### **Additional Partners**

5, BHSC dietitians, BCSDN, WISPA, the local Medicare Pharmacist and Belfast City Council

## Brain Injury Matters NI - Grow, Eat and Move (GEM)

The Grow, Eat & Move ( GEM ) Project will encourage/ support young people and adults with Acquired brain injury ( ABI) to adopt healthier lifestyles with the help of partners in three specialist disciplines.

**GROW:** Participants will participate in a bespoke community growing programme that guides the participants in how to sow, grow and eat their own food, aiming to develop gardening skills to produce seasonal vegetables, as well as encouraging movement and activity outside.

**EAT:** Using fresh produce from the garden, participants will learn to cook simple, nutritious meals with local food in season and understand the benefits of eating non processed foods.

**MOVE:** Individuals will explore taster sessions in new previously untried sports, as well as some tried and tested physical activity.

### **Project partners**

Groundwork NI, Better Gym, Church Lane

### **Additional partners**

5, Denis Jackson Yoga, Nicola Irvine Pilates, St Gabrielle's Weights, Rebound Physio, Mc Bride Dance.

## **Taughmonagh Community Forum - Launch of Taughmonagh's Healthy Business Centre**

This project will help launch the new Healthy Business Centre in Taughmonagh. Programmes and taster sessions around healthy eating and physical activity will target people living in the Taughmonagh area.

We will deliver healthy eating and physical activity training courses, in order to increase skills and capacity of staff/ volunteers from our own and partner organisations.

We envisage this will encourage partner work in the future and give us the kick-start we need to promote our new centre as a place where the whole family can get involved in health related activities.

Our long term aim is that people in the Taughmonagh area will become more active and healthy and we believe this project can help us take the first step towards achieving this goal.

### **Project partners**

Taughmonagh Primary School, Taughmonagh SureStart

### **Additional partners**

Taughmonagh community Forum, Ballynafeigh Community Development Association, Malton fold.

## **Footprints Women's Centre - Take the First Step Challenge**

Take the First Step Challenge Programme will bring families in the Colin Neighbourhood together to increase their physical activity and to gain an understanding of the importance of activity, hydration and nutrition to improve and maintain good health.

The programme will foster and strengthen positive family relationships and improve feelings of well being.

Physical Activity Challenges will be designed to

### **10 Get Active Belfast**

enable participants to have fun while becoming more active, learn new skills and build their confidence and motivation to continue these activities when the programme is completed.

Healthy Eating Challenges will be designed to encourage participants to take small steps to make healthy choices and changes to their diet, which can be maintained in their everyday life.

### **Project partners**

Belfast Circus School  
Colin Glen Trust

### **Additional Partners**

Evolve Gym, Belfast Community Sports Development Network.

## **West Belfast Partnership Board - Healthy, Happy and Active at Work**

The aim of the programme is to engage staff, volunteers and user-groups from 8 office-based workplaces in the Falls Gaeltacht Quarter in the HHAW Programme to tackle sedentary practice at work through combining work with increasingly more physical activity and eating healthily.

The programme will be informed by the Chief Medical Officers guidelines on Physical Activity for 18-64 year olds. Its objectives are to engage participants in workplaces to committing to 30 minutes of activity per day, including walking, cycling, dance, weight training and tai chi- combined with healthy cooking and eating.

We will build capacity by training participants and community walk leaders and heart healthy cooks.

### **Project Partners**

Falls Women's Centre  
St. Mary's University College

### **Additional partners**

Faillte Feirste Thiar, Falls Community Council, Ortus, Blackie River Community Centre, Culturlann

## **Belfast Community Sports Development Network - BCSDN Munch Clubs**

BCSDN Munch Clubs project will deliver a 4 programme initiative working with partners in areas of social need.

BCSDN Munch Clubs main focus would be developing families over a 2 month period. Helping parents up-skill in cooking and nutritional knowledge whilst working within a family's budget. Parallel to this parents/children would be provided with opportunities to take part in physical activity sessions. At the end of each session families would sit down together to enjoy a healthy meal. Over the duration of 2 months the programmes would offer 6x2 hour sessions. This programme is developed from a successful & independently evaluated project.

#### **Project partners**

Lagan Village  
Markets Community Centre

#### **Additional Partners**

3, Friendship House, Belfast Central Mission, Footprints

## **Mount Merrion Parish Church - Cregagh in a Spin**

Working in conjunction with local groups, fitness instructors, and providers of life skills we will establish a one-stop hub where adults can learn and experience growing their own food on an allotment, healthy cooking on a budget and other life skills, including nutritional advice. We will also provide spin classes as an accessible form of exercise which we hope would lead to adults cycling more.

#### **Project Partners**

Bodymotion NI and CAP Life Skills

#### **Additional Partners**

6, Greenway Womens Centre, Cregagh Primary School, Sustrans & PSNI, Cregagh Community Association, Cregagh Interagency Partnership, BHSC Community Dietetic Health & Wellbeing Team

## **Table Tennis Ulster - Get Up and Grow**

Get Up and Grow aims to offer a physical activity and healthy eating program for families to enjoy together.

The project will encourage families to Get Up and Participate in whole family based Physical Activities together through a multi activity and multi intensity approach using Table Tennis, Judo and Exercise Classes delivered at the same time for all age groups.

Furthermore, the project, will Grow healthy eating habits within families through a series of workshops that include shopping and meal preparation skills for the entire family.

And finally, we will Grow employability skills for up to 8 participants/volunteers to work with communities to promote and support active healthy lifestyles in the community to provide long term legacy and sustainability.

#### **Project partners**

Judo Academy  
Lear Training

#### **Additional Partners**

3, Cafe Destination Greater Falls extended schools cluster, Collaiste Feirste and St. Dominic's school.

## **Sustrans Ltd - Side by Side**

The Side by Side project is an exciting programme of cycling and healthy eating for participants in East Belfast experiencing both physical and neurological/mental challenges. We will purchase a new 'side by side' bike allowing people to be physically active by cycling safely and confidently, accompanied by a pilot partner positioned beside them.

We will deliver a programme of healthy eating, 'food as fuel' to inform and promote how healthy foods can support physical activity. The programme will include 'side by side' pilot training, building capacity within partner groups to use the bike beyond project completion.

#### **Project partners**

Dean Crooks Fold & Tamar Court Residential Home

#### **Additional Partners**

2, Eastside Partnership and Disability Sport NI.





For further information on this document or any of the work of Active Belfast, please contact:

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*Belfast Strategic Partnership*