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Belfast Strategic Partnership



Active Belfast Projects 2016/17

Summary



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

ACTIVE BELFAST PROJECTS 2016/17 – SYNOPSES

GRANTS - ACTIVE TRAVEL

Priority 1

Cedar Foundation: Go Active

Go Active aims to enhance the health and well-being of people with disabilities across Belfast, by increasing opportunities for engagement and participation in a range of local walking and cycling programmes.

The project will focus on creating a network of walking and cycling leaders by providing accredited training to staff and volunteers from partnering organisations. This will lead to the establishment of walking groups and cycling groups in each of the 10 District Electoral Areas across the city and the hosting of a series of MOT health checks and nutritional advice sessions.

Cedar will work with a range of partners in delivering the Go Active project including NOW, Action Cancer, Outdoor Recreation NI and Cycling Ireland.

Priority 2

Sustrans: Well on Wheels

Well on Wheels will aim to increase physical activity levels amongst asylum seekers and refugees together with the wider South Belfast community.

The project will raise awareness of the benefits of cycling and provide practical opportunities to get involved and learn new skills through the provision of Levels 1 & 2 cycle training and knowledge of local cycle routes. The project will also offer a scheme to increase bike ownership for participants and provide information on healthy eating and pedalling picnics.

Sustrans will work with the Lower Ormeau Residents Association, NICRAS and the Community Dietitians from Belfast Health and Social Care Trust.

The H.E.A.R.T. Project – The Wheely Inclusive Cycling Project

The Wheely Inclusive Cycling Project will aim to increase physical activity levels of older people and people with a disability, helping to reduce health inequalities in west Belfast.

The project will support the purchase of a range of accessible bicycles and upskilling of a member of staff from The H.E.A.R.T. Project to train in inclusive cycling. Following this the project will offer a series of Bike for Life sessions in



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**Active
Belfast**

user friendly environments. The project will also offer the opportunity to participate in the Cook It! programme.

The H.E.A.R.T. Project will work with East Belfast Mission, Corpus Christi College, The Cedar Foundation and Cycling Ireland in delivering The Wheely Inclusive Cycling Project.

Queen's University Belfast Foundation: Active Campus

Active Campus aims to increase the number of students, in particular female students (aged 18-21) undertaking active journeys in and around the QUB campus and wider area.

The project will offer a mix of awareness raising activities and practical events and taster sessions including jogging, lunch time walks, cycling proficiency, pedometer challenges and information sessions on active travel routes. There will also be a series of nutritional information workshops held, providing recipes and affordable healthy eating options.

QUB Foundation will work with a range of partners including Belfast City Council, Active NI, Athletics NI and Glendale Cycling Club.



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GRANTS - NEIGHBOURHOODS

Priority 1

Youth Action Northern Ireland: DANCE4LIFE

The project will engage inactive young people across the City of Belfast, no matter their background or ability by improving access to Dance programmes in the community, in the open and unusual spaces.

The programme will increase their skills and knowledge by providing a catalogue of dance programmes/workshops and nutrition sessions that will culminate in a community festival and city wide flash mobs.

During the project they will be informed how to make healthier lifestyle choices and the benefits of being active and eating healthy.

Priority 2

Leisure Leagues NI: Man vs Fat Leisure League (Belfast)

The aim of the programme is to support overweight men to become more physically active, lose weight and lead a healthier lifestyle. This will be done by engaging inactive football supporters to take part in a 6 a side football league as well as a weight loss programme where they receive nutrition information and guidance for sustained weight loss.

Healthy eating taster sessions and health checks will be carried out and through cooking sessions and celebration events their families and friends will be involved.

During the project the participants will be encouraged to sustain lifestyle changes by being familiar with and using local walks, leisure and community centres and community gardens as well as being part of a football leisure league.

Partners include Cliftonville and Crusaders Football clubs as well as a range of community organisations and leisure providers in north Belfast.

Windsor Women's Centre: Spring into Action

Spring into Action is a programme aimed at increasing participation in physical activity and raising awareness of how to live a healthier lifestyle in target groups of women and children least likely to become involved in activities without support.

The purpose is to equip participants during the activities with the knowledge of how to build healthy habits for both physical and mental health resilience into their daily lives. Indoor physical activity classes will be delivered as well as a range of 'green activities' e.g. growing and harvesting produce from the community garden



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then cooking it. It will foster better community relations by encouraging sharing of knowledge of cultural traditions in multi-cultural cookery classes but also aims to address and be sensitive to cultural barriers to women participating in physical activity.

Nutrition messages focused on specific target groups will be delivered alongside physical activity e.g. older women and young children.

The project will work with Sure Start Inner City South Belfast, The Fit 4 Life Centre, Blossoms Nursery, McMullans Pharmacy and Nutritionist

St Kevin's Primary School: St Kevin's Healthy Lifestyle

The aim of the programme is to be an active school by encouraging children to be more active in their play during break/lunchtime, growing their own vegetables and herbs within the school grounds with grandparents in afterschool activities.

The Food Values programme (budgeting for better nutrition) will be provided for parents focussing on making healthier food choices more accessible on a limited budget.

The project will work with the Trust for Conservation Volunteers who will supply practical growing and gardening advice. The Community Nutrition and Dietetic Service will provide training in Food Values to two staff who will then deliver the programme to parents.

South Belfast Sure Start: Shine On

The Shine On project aims to introduce physical activity to families from deprived areas through fun, relaxed water based physical activities.

It will engage mothers in the Antenatal stages of pregnancy and parents with young babies and enhance the already existing services offered by Sure Start through expanding its water based activities to include specific programmes for young children with special needs.

It will continue the theme of supporting families of children with additional needs through offering nutritional information and programmes specifically designed for children with ASD, ADD and ADHD.

The project will work with East Belfast Sure Start, Solas, Olympia/Avoniel Leisure Centre, Short Strand Community Forum, Windsor Women's Centre, Markets Community Centre, Ballynafeigh Community Association, LORAG, Taughmonagh Presbyterian Church and Home Start.

Brain Injuries Matters (NI): BOBB

The BOBB 'Battling Obesity, Booze & Bad Fast Food' Programme will target teenagers and adults living with brain injury across Belfast. Bringing together



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experts in exercise, nutrition, healthy 21st century food, as well as horticulture, it will deliver a series of fun, practical and interactive workshops to encourage people to live healthier and more active lives.

The nutrition element will have two themes; growing food in urban small spaces and understanding and Preparing 'Fast' Healthy food and drink.

The project will work in partnership with Reconnect, Rebound Physio Sports Injury Clinic and Yoga Teacher Denis Jackson.

Mercy College: Health & Well Being

The aim of the project is to increase girls' involvement in physical activity and increase their awareness of a healthy diet whilst easing their transition to post primary education and encouraging a lifelong commitment to health.

Year 13 students will act as Health ambassadors supporting the delivery of multiple sporting activities with 5 primary schools over a 10 week period culminating in a parents and pupils 'It's a knockout' tournament.

All schools will have a nutrition workshop and healthy eating cookery demonstrations and representatives from each school will take part in a final 'Cook off' challenge.

As well as partnering with 5 primary schools, Mercy college teachers and young people will work with Little Leagues sports coaching to develop workshops and provide training.

St Vincent de Paul Primary School: We Want to Play

The aim of this project is to encourage and develop outdoor play in the school grounds by installing play equipment and developing additional green space. The improved physical environment will encourage children to utilise the space for play both in school hours and for after school activities. The new equipment and space will be used by Girl Guides as well as pupils from Ligoniel Primary school as part of a Shared Education programme.

Cook it! Sessions will be run for parents within the school to promote healthy eating for all the family. Children will be encouraged to get involved in children's cookery sessions within the school.

The project will work in partnership with the Girl Guides, Ligoniel Primary School and Belfast Healthy Cities.

East Belfast Community Development Agency: East: Gets Active-eats well – gains new habits

East Belfast Community Development Agency aims to increase physical activity opportunities and participation of inactive people in 5 neighbourhoods of east



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Belfast. They will do this by delivering an 'explore the outdoors' programme using outdoor gyms, gardening and walking in partnership with 5 community organisations. Local groups will be encouraged to organise their own menu of 30 minute activity sessions.

Information on a balanced diet will be provided to all who take part in physical activity. More focussed nutrition programmes will be delivered e.g. weight management as well as a cooking sessions and a budgeting programme to help address food poverty over the summer months.

As well as the 5 East Belfast neighbourhood partners others will include Connswater Community Greenway, Action Cancer, TCV, BHSCT and East Belfast area youth project

Include Youth: Activize

Activize aims to increase the health, physical fitness and overall wellbeing of unemployed young people through involving them in the design, implementation and delivery of fun sports activities aimed at improving their engagement and enjoyment of physical activity. Many of the participants are either in or leaving care. Sixty two people will be targeted by the project.

The programme will enable the same group of young people to improve their diet through learning about food they eat, it's effect on their body and health, how to budget and shop for food as well as cooking and enjoying it. This will help increase their confidence in making healthier choices.

Partners include Greater Shankill Alternatives, East Belfast Alternatives, East Belfast Partnership and Connswater Greenway.



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HEALTHWISE- PHYSICAL ACTIVITY REFERRAL PROGRAMME - Level III

Belfast City Council

The Healthwise- Physical Activity Referral Programme aims to get inactive people who suffer from a range of health conditions more active. Belfast City Council/GLL in partnership with Active Belfast deliver physical activity opportunities across Belfast, playing an important role in improving people's health and well-being. Belfast City Council also delivers phase IV cardiac rehabilitation programmes to individuals who have had a cardiac event.

Lisburn and Castlereagh City Council

Lisburn and Castlereagh City Council in partnership with Active Belfast deliver a range of physical activity opportunities for people taking part in the Healthwise programme within the Lough Moss Centre.

The Heart Project at Maureen Sheehan Centre

The Heart project in partnership with Active Belfast is delivering a range of physical activity opportunities as part of the Healthwise Scheme for people across West and North Belfast. The project also delivers a range of rehabilitation programmes for clients to help better manage long term conditions including Cardiac and Cancer.

Lower Ormeau Residents Action Group at Shaftesbury Recreation Centre

Lower Ormeau Residents Action Group in partnership with Active Belfast delivers physical activity opportunities to people across South and East Belfast through the Healthwise Level III programme. Delivery sites include Shaftesbury Recreation Centre, Greater Village Regeneration Trust (GVRT) and Hanwood Centre Belfast.



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PHYSICAL ACTIVITY REFERRAL PROGRAMME - Condition Specific Level IV

Cancer

Physical Activity helps in preventing and managing many health conditions and diseases including cancer. In partnership with Belfast Health and Social Care Trust (BHSCT), Macmillan Cancer Support, Active Belfast and various community partners, work is underway in the development of a 'Move More' Physical Activity referral pathway. This is a community based approach, offering group and one to one sessions for people living with cancer across Belfast.

Diabetes

Increasing physical activity will help prevent and manage many conditions, including Diabetes. (NICE, 2013). In partnership with Belfast Health and Social Care Trust (BHSCT), Active Belfast are developing a pilot programme for clients living with Diabetes Type II across the Belfast region, alongside the DESMOND Diabetes Education programme.

Falls

Falls and fall- related injuries are a common and serious problem for older people. A Falls Community Strength and Balance programme, focusing on prevention, treatment and management of falls is to be integrated within a Falls Care Pathway in partnership with BHSCT and various community organisations. This follows the two pilot programmes delivered in Maureen Sheehan Centre and LORAG.



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INNOVATIVE PROJECTS

JogBelfast Programme

The aim of the JogBelfast programme is to encourage people who are inactive and have not run before to get active by taking up walking, jogging or running. The programme is delivered in local communities across Belfast and open to people of all ages and abilities. Active Belfast and partners have to date had **over 2,000** people registered for the programme.

Action Cancer - Why wait? programme and evaluation

The aim of this initiative is to evaluate a community based healthy lifestyle programme for women who wish to lose weight. The programme called 'Why weight?' targets overweight women (40-59 years old) some of whom have been identified as at risk of developing breast cancer. Health data is being collected throughout and markers for breast cancer also measured.

Partners include: QUB centre for Public Health, BRCA Breast Family history clinic, BHSCT, Belfast Community Sports Development Network, Belfast Partnership boards and Healthy Living centres.