



Health Improvement Team & Community Dietetic Health & Wellbeing Team

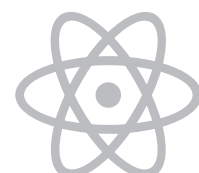
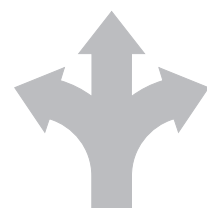
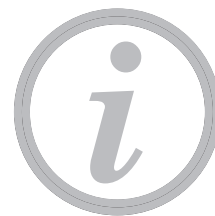
Physical Activity & Nutrition Training Guide | 2020-21



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These courses are funded through Active Belfast, part of the Belfast Strategic Partnership. The aim of Active Belfast is to tackle health inequalities as well as improve the health and wellbeing of citizens by encouraging more people to get involved in physical activity and eat more healthily to lead a healthier lifestyle



Chair Based Activity Training Part 1 delivered by LifeDock Training

Chair based activity provides a place of security particularly for those with mobility, balance and confidence problems, and can help improve strength and flexibility.

This fully accredited course (OCN Level 2) has been designed to enable potential leaders to:

- Deliver a safe and effective chair based activity session in a fun way for less active and older people
- Understand the implications of physical activity and the older participant
- Employ motivation techniques and leadership skills
- Understand and implement health and safety issues.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

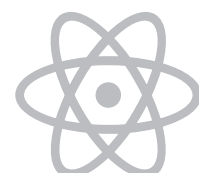
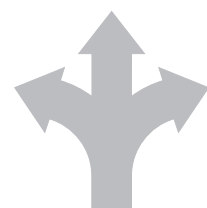
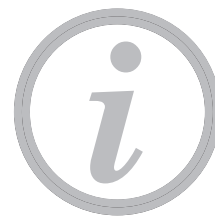
Dates and Venues

Wed 20 May 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 27 May 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 10 Jun 2020 2pm – 4.30pm Knockbracken Hall, KHCP

Attendance on all 3 dates compulsory



Chi Me Training delivered by LifeDock Training

This easy to learn and effective programme will provide all the skills needed to lead groups of older people or those with health issues in a Chi Me session.

This fully accredited course through the Open College Network (OCNNI) is a series of Tai Chi influenced exercises that will equip course participants with the skills necessary to lead group sessions and also enable them to gain benefits by applying the techniques as individuals.

The LifeDock Chi Me course, based on Tai Chi, can significantly reduce the risk of falls in older people. It can also improve muscular strength, balance, co-ordination, flexibility, and relaxation. Chi Me can be easily adapted for anyone, from the most fit to those confined to wheelchairs. People with learning difficulties, depression and those recovering from surgery will also gain benefits. This programme includes specific exercises which may aid in falls prevention.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

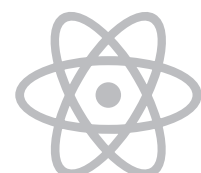
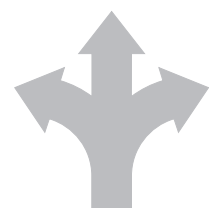
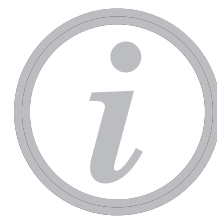
Dates and Venues

Wed 9 Sep 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 16 Sep 2020 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 30 Sep 2020 2.00pm – 4.30pm Knockbracken Hall, KHCP

Attendance on all 3 days compulsory



Boccia Training

Boccia is a Paralympic sport that can be played by anyone, with or without a disability. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. It's easy for a beginner to pick up quickly, but builds in intensity and complexity as players hone their skills.

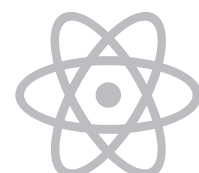
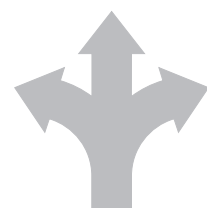
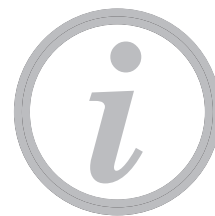
The Boccia Leaders Award provides attendees with a base level of knowledge and skills to plan and lead fun and engaging boccia sessions.

The 3 hour course gives both theoretical and practical guidance surrounding player's needs, how to support players skills development and what the current competition structures are for players wishing to get involved in the sport.

No previous experience necessary.

Dates and Venues

Tue 20 Oct 2020 9.45am – 1.30pm Knockbracken Hall, KHCP



On Your Feet Exercise course delivered by LifeDock Training

This course is designed for those who are currently working with older people and those with limited mobility, mental and physical disabilities and learning disabilities. This may be in a variety of settings in which the potential student is employed or volunteering.

As the name suggests, this programme encourages the participants to be 'On their Feet' and has been described as 'Exercise in Disguise'. This fully accredited course (through the Northern Ireland Open College Network) has been designed for those who understand the value and rewards of bringing physical activity to frail, older people and those with disabilities.

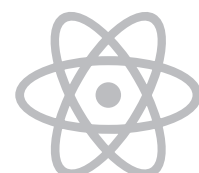
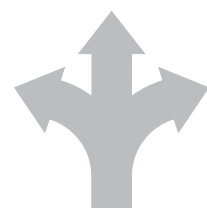
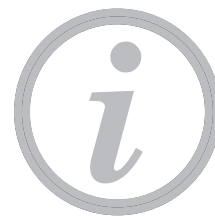
The On your Feet course is for those who find a traditional exercise class too much but are still mobile and active. The course is designed to keep people on their feet, promote independence and improve fitness levels. It also improves reflexes, bone strength (which helps in the fight against osteoporosis), co-ordination and balance, which is a vital aid in falls prevention. There is a very strong social aspect to this course as participants interact with each other, talk, laugh and have fun.

The On Your Feet course can:

- Improve general fitness (including lung function)
- Improve mobility, strength and flexibility
- Improve posture and alignment
- Promote independence
- Improve social life
- Slow down age related illnesses and conditions
- Provide great fun.

As well as all course materials, LifeDock can also provide an ongoing support system ensuring that On Your Feet leaders never feel left on their own after they have completed the training.

This course is designed for those who are currently working with older people and those with limited mobility, mental and physical disabilities and learning disabilities.



This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment.

Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges Learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

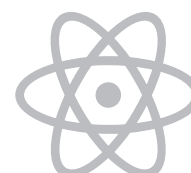
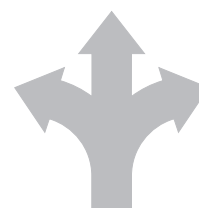
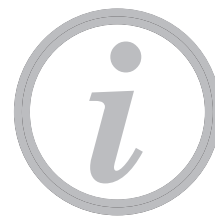
Dates and Venues

Wed 6 Jan 2021 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 13 Jan 2021 9.45am – 5.00pm Knockbracken Hall, KHCP

Wed 10 Feb 2021 2.00pm – 4.30pm Knockbracken Hall, KHCP

Attendance on all 3 dates compulsory



Chi Me Animal Frolic Training

A fun Tai Chi session creating a sense of calm and wellbeing. Sessions included simple movements that mimic the Tiger, Deer, Bear, Monkey and bird to promote relaxation, coordination, concentration and confidence, while reducing stress and anxiety.

Chi Me Animal Frolics can help to

- Reduce anxiety and stress levels
- Improve focus and concentration
- Enhance memory and enhance creativity
- Develop motor skills and coordination
- Develop self control
- Reduce inappropriate behaviour
- Promote a sense of calm and wellbeing
- Improve balance, strength, muscle tone, agility and flexibility
- Improve self esteem.

Ideal for anyone working with:

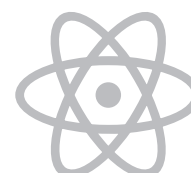
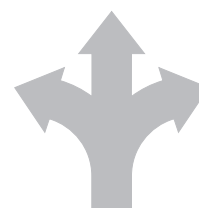
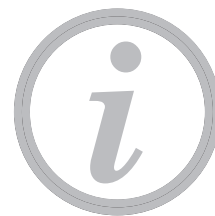
- CAHMS Services
- Children and young people aged 5-16
- Adults or children with intellectual disabilities or difficulties.

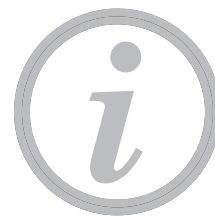
Dates and Venues

Wed 9 Sep 2020 9.45am - 5pm Knockbracken Hall, KHCP

Wed 16 Sep 2020 9.45am - 5pm Knockbracken Hall, KHCP

Wed 30 Sep 2020 2pm – 4.30pm Knockbracken Hall, KHCP





Strictly Active Dance Training

A two-day training course enabling creativity and wellbeing through dance/movement, specially designed for those working with older people or those with limited mobility.



Skills gained

Participants will experience and learn about the benefits that dance/movement can bring to residents in their workplace. Each Participant will be given a Toolkit providing a clear outline of simple ideas and suggestions that can be delivered with the accompanying music CD.



Background

Strictly Active 2015/16 was a first fully supported Dancer in Residence scheme for four care settings across Belfast. Professional dance practitioner, Anthea McWilliams has worked in community dance practice in Northern Ireland since 1988; she designed and delivered the programme spending 10 full days at each setting from July 2015-March 2016. The Tool Kit for staff was designed for use after completion of the residency to enable staff and participants, friends and family to continue dancing and moving a little more for a little longer.



THE DANDER DANCE... a small chorus/group of people moving slowly along to music with rollators/walking aids. Led by a dance professional or member of staff, the danderdance (5-10mins) is enjoyable yet physical and guides danderists simply from start to finish along a safe path/route inside or outside. Choose music with a song/tune that most people know or recognize that works best. Enthusiasm is essential.



***Participants please wear loose, comfortable clothing and flat shoes suitable for moving in. No dance experience necessary.**

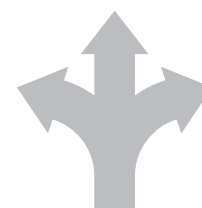


Dates and Venues

Tue 16 Jun 2020 9.30am – 4pm Lough Moss Centre, Carryduff

Tue 23 Jun 2020 9.30am – 4pm Lough Moss Centre, Carryduff

Attendance on both dates compulsory

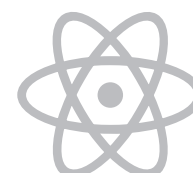


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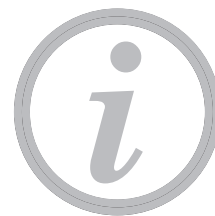
Tues 19 Jan 2021 9.30am - 4pm Lough Moss Centre, Carryduff

Tues 26 Jan 2021 9.30am - 4pm Lough Moss Centre, Carryduff

Attendance on both dates compulsory.



9 If you would like to book a place on this course, please contact healthimptraining@belfasttrust.hscni.net



Walk Leader Training delivered by Health Improvement Team, Belfast

This one day training will equip those attending with the skills necessary to promote and lead safe and enjoyable walking sessions for people of all ages and abilities.



The training involves:

- The rationale of health walks
- The importance of exercise in relation to physical and mental health
- Leading a walk
- Safety issues and necessary forms that need to be filled in
- Motivating and encouraging people to take up walking as a form of physical activity
- It is expected that those who complete the training will be influential in leading walks in their local areas. This training is available to anyone ages 18 or over and training is free.



Please note this is a basic level course which promotes low level health walks for people who are inactive.



All participants will be expected to be active as Walk Leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.

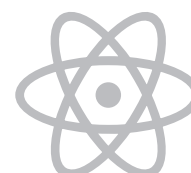
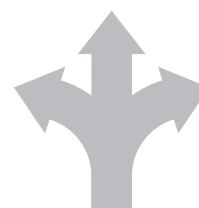


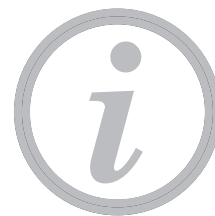
Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.



Dates and Venues

Thu 23 Apr 2020	9.45am – 4pm	Lough Moss Centre, Carryduff
Wed 18 Jun 2020	9.45am – 4pm	Londonderry Park Pavilion, Newtownards
Tue 17 Sep 2020	9.45am – 4pm	Lough Moss Centre, Carryduff





Cook it!

Delivered by Health & Wellbeing dietitians from Community Dietetic Health & Wellbeing team (CDHWTeam), with input from Belfast City Council environmental health officer (EHO)



Cook it! is a 6 session practical nutrition programme for groups of adults (16 years +) who wish to enhance their cooking skills and learn more about healthier eating, especially where costs are consideration. Cook it! is delivered locally by trained tutors.



To become a Cook it! tutor, applicants must attend two days of training provided by registered dietitians with input from EHO on Kitchen safety & food safety. Tutors then go on to deliver the programme to their own group as 6 sessions, with ongoing support and resources from CDHWTeam.



This training is free and is available to those working with groups in community, statutory and voluntary sectors.

Applicants must:

- Have support from their manager to attend training and deliver the programme
- Be able to deliver the programme within 6 months of training
- Attend 2 full days of training
- Agree to Cook it! Quality standards.



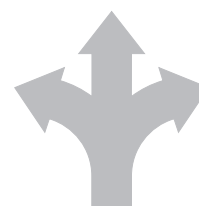
Dates and Venues

Day 1 - Wed 3 Jun 2020	NICVA, Belfast
Day 2 - Wed 10 / Fri 12 Jun 2020	Whiterock Day Centre, Belfast

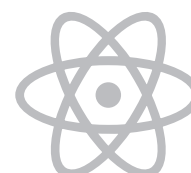


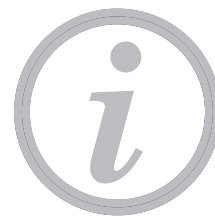
Or alternatively

Day 1 - Wed 11 Nov 2020	Mencap Centre, Belfast
Day 2 - Wed 18 / Fri 20 Nov 2020	Whiterock Day Centre, Belfast



Cook it! Tutors will receive the programme manual and resources to support delivery.





I Can Cook it!

Delivered by Health & Wellbeing dietitians from Community Dietetic Health & Wellbeing team (CDHWTeam), with input from Belfast City Council environmental health officer (EHO)



I Can Cook it! is an 8 session programme for groups of adults (16 years +) with mild to moderate learning disabilities, who want to enhance their cooking skills and are interested in healthier eating, especially where costs are consideration. I Can Cook it! is delivered locally by trained tutors.



To become an I Can Cook it! tutor, applicants must attend two days of training provided by registered dietitians with input from EHO on Kitchen safety & food safety. Tutors then go on to deliver the programme to their own group as 8 sessions, with ongoing support and resources from CDHWTeam.



This training is free and is available to those working with adults with mild-moderate learning disability in community, statutory and voluntary sectors.

Applicants must:

- Have support from their manager to attend training and deliver the programme
- Be able to deliver the programme within 6 months of training
- Attend 2 full days of training
- Agree to I Can Cook it! Quality standards.



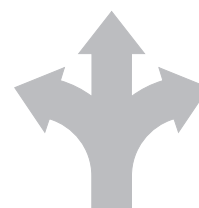
Dates and Venues

Day 1 - Wed 30 Sep 2020	Girdwood Community Hub, Belfast
Day 2 - Wed 7 Oct 2020	Whiterock Day Centre, Belfast

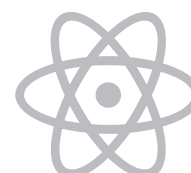


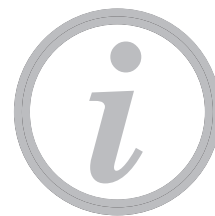
Or alternatively

Day 1 - Tue 2 Mar 2021	Mencap Centre, Belfast
Day 2 - Fri 5 Mar 2021	Whiterock Day Centre, Belfast



I Can Cook it! Tutors will receive the programme manual and resources to support delivery.





Goodfood toolkit

Delivered by Health & Wellbeing dietitians from Community Dietetic Health & Wellbeing team (CDHWTeam)



Produced to help community development and other community based workers give accurate and practical nutrition messages on how to follow a healthy balanced diet, to adult groups they are working with. It uses a practical, participatory approach and a wide range of nutrition activities.



Training to become a Goodfood Toolkit tutor is facilitated by registered dietitians over one day. Goodfood Toolkit can be delivered as “one-off” sessions, a full programme, or can be tailored to focus on specific topic areas to suit group needs.



This training is free and is available to those working with adults in community, statutory and voluntary sectors.

Topics

- The importance of physical activity
- The eatwell guide and healthy eating
- Foods and drinks high in fat/ sugar
- Salt
- Food labels
- How low income effects food and eating habits.



Applicants must:

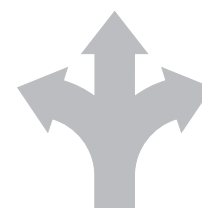
- Have support from their manager to attend training and deliver from the toolkit
- Attend 1 full day of training
- Agree to Goodfood Toolkit Quality standards.



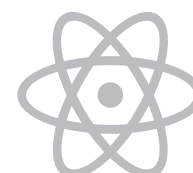
Dates and Venues

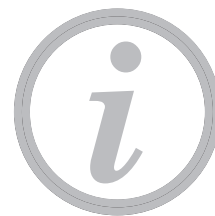
Wed 5 Aug 2020 NICVA, Belfast

Tue 19 Jan 2021 Innovation Factory, Belfast



Goodfood toolkit tutors will receive a copy of the toolkit and ongoing support from health & wellbeing dietitians.





Food Values

Delivered by Health & Wellbeing dietitians from Community Dietetic Health & Wellbeing team (CDHWTeam)



Food Values is a four session programme for adults (16 years +), which aims to make participants more aware of their food shopping and spending habits while encouraging participants to make the best value nutrition choices. The programme includes education using interactive sessions, practical activities as well as hand-on cooking and tasting.



Food Values complements the Cook it! programme, so is an ideal follow on programme to Cook it!. Food Values can also be delivered as a stand-alone programme.

Training to become a Food Values tutor is provided by registered dietitians. Tutors then go on to deliver the programme to their own group as 4 sessions, with ongoing support and resources from CDHWTeam.



For those who are already trained in Cook it!, Food Values training is 1 full day.

For those who are not trained in Cook it!, Food Values training is 1 ½ days.



This training is free and is available to those working with groups in community, statutory and voluntary sectors.

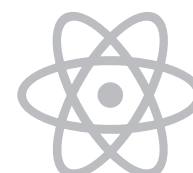
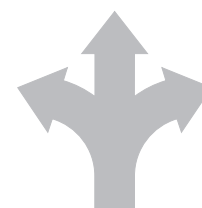
Topics covered

- Food hygiene and kitchen safety
- The Eatwell guide and healthy eating
- Menu planning and comparing food prices
- Food labelling and making the best of a store cupboard
- Supermarket tactics and savvy shopping tips



Applicants must:

- Have support from their manager to attend training and deliver the programme
- Be able to deliver the programme within 6 months of training
- Attend full training
- Agree to Food Values Quality standards.



Food Values (cont.)

Delivered by Health & Wellbeing dietitians from Community Dietetic Health & Wellbeing team (CDHWTeam)

Dates and Venues

Day 1 - Tue 23 Jun 2020 Knockbreda Wellbeing & Treatment Centre, Belfast

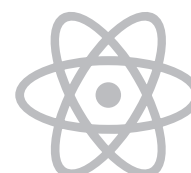
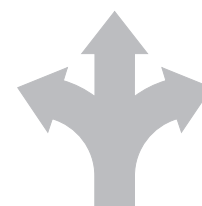
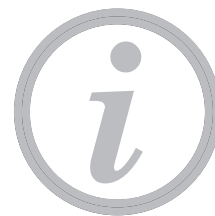
Day 2 - Fri 26 Jun 2020 Whiterock Day Centre, Belfast

Or alternatively

Day 1 - Wed 27 Jan 2021 Beechhall Wellbeing & Treatment Centre, Belfast

Day 2 - Wed 3 Feb 2021 Whiterock Day Centre, Belfast

Food Values tutors will receive a copy of the manual and ongoing support from health & wellbeing dietitians.



booking information

Physical activity training

If you would like to book a place on any of the physical activity courses please contact

healthimptraining@belfasttrust.hscni.net

Nutrition programme training

If you would like to apply for a place on any of the nutrition programmes you will find the correct email address on the relevant programme page in this brochure.

Alternatively, for further information about any nutrition programme mentioned, you can contact

Community dietetic health & wellbeing team

T: 028 9504 3068

E: cdhwteam@belfasttrust.hscni.net

Some courses are subject to a criteria for attendance, and an eligibility form/application form and further information will be sent to those who express an interest in attending.

Courses funded by the Public Health Agency