

# MOVE MORE AND EAT WELL

- TO FEEL BETTER



**Project Name:**

**Move More Eat Well North Belfast Mum's**

**Area (NSWE):**

**North**

**Short description of Project**

Reach Out Healthy Living Centre, in-partnership with Challenge Training Studio's facilitating a FREE health & well-being programme during June for North Belfast Mum's, the programme includes:

- Gym and class membership for Challenge Training Studios
- Introduction session
- Small group exercise classes
- 121 Personal Training session
- Nutritional session
- Meal planning
- Food Values
- Peer support WhatsApp Group

**How well did we do?**

Programme was amazing. All 10 mums benefited from the programme physically, mentally and emotionally.

**What difference did it make?**

The programme was mainly for our mum's, but it ended up providing a difference to the whole family, including junior gym for 10 off the mum's children.

**Best thing about the project?**

Peer support for each off the 10 mum's. Motivation to start or continue with physical exercise.

**Anything else you want to share about the project?**

'For a small pot off funding, it went a long way...'

**Quote from participants:**

"Able to endure more exercise."

"Feeling much better overall."

"Feel more confident in being able to do the activities."





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**Project Name:**

**Ligoniel Slow Cooker Programme**

**Area (NSWE):**

**North**

**Short description of Project**

The programme is a slow cooker introduction and nutritional education programme. The main aim is to teach the participants at least 5 recipes to use in their own slow cookers at home. We will also bring in dieticians and other health professionals to educate the men and women in the group.

**How well did we do?**

This programme is a great link with our Cook it Programme and it has allowed us to signpost our Cook it participants on for continued learning, increasing knowledge and skills an added bonus for all!

**What difference did it make?**

The cook it programme has had a huge impact on the participants from the 8 sessions we had 90% retention for the slow cooker programme. We have participants now making new meals, saving money by utilising wastage and manage their calorie intake.

**Best thing about the project?**

The group dynamic and how the group talk and socialise with one another, with the majority of the group knowing each other years but haven't seen them from before covid. Also great to see some pictures from homemade meals that participants have made in their own home.

**Quote from participants:**

Jim - "I joined the cooking programme to learn different recipes and meet new people. I have always been a good cook but was sick of cooking the same meals. This programme gave me simple steps how to cook new dishes for me and my family. Would highly recommend."



## SLOW COOKER PROGRAMME

WEDNESDAY MORNING



LIGONIEL COMMUNITY CENTRE

9:30AM-11:00AM

HANDS ON, PRACTICAL EXPERIENCE OF COOKING AND PREPARING FOOD

FREE PROGRAMME

TAKE HOME WHAT YOU COOK!

10 SESSIONS

LIGONIEL HEALTHY LIVING CENTRE  
148 LIGONIEL ROAD  
BT14 8DT  
02890391225





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**Project Name:**

**Young Women's Sports Skills Project**

**Area (NSWE):**

**North**

**Short description of Project**

Young women from the local area took part in a 10 week physical activity project to learn the life skills needed to make healthier choices and become more involved in regular exercise with 6 sports sessions and information sessions around the importance of exercise.

**How well did we do?**

- 10 young women took part in 4 information sessions
- 10 young women took part in 6 boxing sessions
- 3 young leaders gained experience working with a group

**What difference did it make?**

- 10 young women feel more confident taking part in sport activities.
- 10 young women have more knowledge on the importance of healthy eating and exercise for your mental health and wellbeing

**Best thing about the project?**

Creating a safe space for young women to take part in activities they usually feel excluded from. It was also great to be able to use the resources already within the community to share knowledge and expertise about women in sport.

**Anything else you want to share about the project?**

The young women involved really enjoyed the sessions and have given positive feedback.

**Quote from participants:**

"So much fun!"

"It's was good craic!"

"Boxing isn't just for boys!"





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**Project Name:**

**Manor Street Womens Group**

**Area (NSWE):**

**North**

**Short description of Project**

The project aimed to help bring the women together to learn new, healthy recipes for them to try together and with their families. The use of the Slow Cookers and the Bored of Lunch Slow Cooker recipe book has helped the women develop their cooking skills and the variety of meals they are cooking. Improving their eating habits has benefited them physically and mentally.

**How well did we do?**

The women have learned new skills by trying recipes they would not normally try. Getting the new equipment and recipes has helped them broaden their diets and the meals they are trying. Due to the cost of living crisis, having the slow cookers has helped reduce costs of meals as well as being able to bulk cook and freeze food for future meals.

**What difference did it make?**

The women have seen a positive impact on their diets. They are trying new recipes and working together to encourage one another to keep trying new things. It has also been a great opportunity for team work and encouraging one another to step outside their comfort zones and try a new thing.

**Best thing about the project?**

The project has brought the women's group together to learn and improve on their cooking skills. Everyone receiving the slow cooker meant the group could share recipes and ideas, as well as cook together to develop their skills and become more confident in using the equipment.

**Anything else you want to share about the project?**

The project has been a great way to bring the women together to share ideas, work as a team and encourage one another to try new things. The equipment bought has not only benefited the participants but also their families who now get to try the new variety of meals whilst saving time and money.

**Quote from participants:**

Jenny - "It's a life saver, I made Stew in it, I was able to put it on a go to my group."  
 Elanor - "I made steak pieces, carrots and onions and was able to feed my family and my sister's family to."  
 Marian - "I used the recipe book and made chicken curry, I loved using it and was able to feed my family when they came to visit."  
 Lorna - "I made lentil soup for the girls to try, we shared all the recipe so we can try it at home."  
 Lyndsey - "I made rice pudding for the group in mine and brought it and the girls enjoyed it."





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**Project Name:**

**Shake it off and be healthy**

**Area (NSWE):**

**East**

**Short description of Project**

Our health programme was to get local people up and exercising. A number of people found doing physical exercise too much to handle and were looking for something more easier to use. The Vibro plates resolved all the issues and allowed people to exercise without being overworked. They can manage their own levels and their own workout schedules.

**How well did we do?**

This was a fantastic opportunity for people to get back into doing exercise that would support their healthy living commitments. The vibro plates allowed for a range of people to participate on a health programme for the first time.

**What difference did it make?**

It made a massive difference to people to be able to participate on a physical activity programme. This allowed participants to be actively involved and to be involved as part of a wider group.

**Best thing about the project?**

Getting those people who did not feel able to be involved or to do any physical activity programmes included on our projects.

**Anything else you want to share about the project?**

The exercise equipment for the project catered for those who are overweight, have mobility issues and those who need to get back into having a healthier lifestyle.

**Quote from participants:**

Jenny said - "This was the best thing to happen to me, I was addicted to day time TV until I started the vibro plates programme, now I am walking and doing other keep fit activities."

JulieAnne - "I found this very easy and perfect for my ability to move. I am slowly losing weight and I am looking forward to keep on doing this."

LAGAN VILLAGE COMMUNITY GROUP  
KEEP HEALTHY PROGRAMME  
VIBRATION BOARDS CLUB  
EVERY MORNING FROM 9AM—10AM  
ALL FREE

*Come along*



FOR MORE INFORMATION CONTACT SONYA -02890456993  
15 Ballarat Street Belfast BT6 8FW



**Making life better,  
together**  
supported by Belfast Health Development Unit



# MOVE MORE AND EAT WELL

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<b>Project Name:</b>	<b>Living Well Keeping Fit</b>
<b>Area (NSWE):</b>	<b>South</b>
<b>Short description of Project</b>	<p>This project is aimed at helping families and individuals from the BAME, Asylum Seekers, Refugee and New comer communities with the following:</p> <ul style="list-style-type: none"> <li>• Eating healthy and the benefits of healthy foods.</li> <li>• Keeping fit and exercising through fun activities that keep them active all day.</li> </ul>
<b>How well did we do?</b>	The project did very well as women came out to learn about healthy eating and Nutrition. They also got a little pampering through complimentary therapy where some of them got hand and shoulder massage, Indian head massage and full body massage.
<b>What difference did it make?</b>	The people in attendance learnt about healthy meals and mindful eating and they were eager to take this home to share with their children and family.
<b>Best thing about the project?</b>	The nutrition and complimentary therapy was the highlight for the women who attended as they were able to feel relaxed and pampered from their general daily schedules.
<b>Anything else you want to share about the project?</b>	From feedback, it was very informative, educational and fun for the attendees.
<b>Quote from participants:</b>	<p>“When you pay attention to your eating habits, it actually affects your general wellbeing.”</p> <p>“What you eat, how you cook and eat it determines a lot.”</p>





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**Project Name:**

**It's all about me - create, cook and educate**

**Area (NSWE):**

**West**

**Short description of Project**

After the impact of covid, our its ALL ABOUT ME!- create cook and educate project -to encourage families, as well as newcomer families to build upon and develop skills, to build a healthy and resilient community through positive collaboration of groups and families living in the Whiterock /Upperspringfield area as well as BAME families across West Belfast, helping all those who participated to move more and to feel better doing just that!

**How well did we do?**

AMAZING! this project was so popular, it helped families come together to create cook and educate, sharing culinary knowledge- who knew there were so many Mary Berry's? The whole family benefitted from this as parents and young people together had fun creating a diverse range of world wide dishes, in the most healthy and inexpensive way possible, as well as heightening awareness of substitutes in meals, healthier options, other ways of cooking eg slow cooker, as well as helped create that feelgood factor that we love in Whiterock Childrens Centre!

**What difference did it make?**

It made such a difference, brought people together, encouraged families to spend time together, helped integration, encouraged those who may have been socially isolated, gave families the chance to spend quality time together, to share skills, to eat together at a time when the cost of living may prevent such activities. Gave children the opportunity to spend time with other children in our amazing childcare setting, meeting new people, developing new skills and having Fun!

**Best thing about the project?**

The bringing of people together, encouraging those to eat well, to feel better at a time when life can already be very stressful for so many. This project gave families the opportunity to focus on the individual self as well as learning new techniques that could enhance their own quality of life and that of the family unit. In the aftermath it also encouraged parents to participate in further activities and projects in Whiterock Childrens Centre and helped many build lasting connections and friendships, as well as a whole new repertoire of recipes!

**Anything else you want to share about the project?**

We would encourage organisations to participate in such a project, the concept of IT'S ALL ABOUT ME! for us is something we hope to build upon.

**Quote from participants:**

"Eating together was my favourite part!"  
 "Learning new ways to cook has helped me create meals that everyone will eat, I never thought that possible."  
 "My children will try things now that they never would have eaten!"





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**Project Name:**

**It's all about me - dance exercise and relax**

**Area (NSWE):**

**West**

**Short description of Project**

After the impact of covid, our it's ALL ABOUT ME! - exercise dance and relax project to encourage families, as well as newcomer families to build upon and develop skills, to build a healthy and resilient community through positive collaboration of groups and families living in the Whiterock /Upperspringfield area as well as BAME families across West Belfast, helping all those who participated to move more and to feel better doing just that!

**How well did we do?**

AMAZING! this project was so popular, it helped women come together to dance exercise and relax, despite some questionable taste in music lol! The whole family benefitted from this as parents and young people together had fun, danced and helped create that feel good factor that we love in Whiterock Childrens Centre!

**What difference did it make?**

It made such a difference, brought people together, encouraged families to spend time together, helped integration, encouraged those who may have been socially isolated, gave families the chance to spend quality time together at a time when the cost of living may prevent such activities. Gave children the opportunity to spend time with other children in our amazing childcare setting, meeting new people, developing new skills and having Fun!

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**Anything else you want to share about the project?**

We would encourage organisations to participate in such a project, the concept of IT'S ALL ABOUT ME! For us is something we hope to build upon.

**Quote from participants:**

"We loved taking part in this, having a laugh together and it helped me get out of the house."

"It really helped us as a family spend time together in a welcoming space."





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**Project Name:**

**Happy Women's Group - Summer Green Project**

**Area (NSWE):**

**South**

**Short description of Project**

Tackling health and wellbeing inequalities through learning and eating healthy and living a healthy lifestyle. Initiating healthy life and eating habits to the BAME (Refugees and Asylum seekers) ladies. Running 4 week programme of mindful walks around the city, instilling healthy eating habits and practising Take 5 steps to wellbeing by learning, giving, connecting, being active and taking notice.

**How well did we do?**

We did exceptionally well, the ladies loved it and it kept them busy and occupied their minds and was a great healthy distraction that they needed away from their situation and challenges. The ladies have learnt that even in the hotel - confined space where they don't cook they can still make themselves healthy foods that don't need cooked. They learned about the eatwell guide and the Take 5 steps to wellbeing. The ladies developed relationships with each other and also learned of many things they can do whilst in the city.

**What difference did it make?**

The ladies live in confined space that hasn't helped their mental health, so going out and learning how to cope mentally, learning how to eat healthily in order to cope with their physical sickness has helped them to know that they are what they eat and that they can control their foods even if they can't cook.

**Best thing about the project?**

The project has been able to bring the ladies together and build relationships between themselves, improve their mental health, it has been able to initiate the journey of mindfulness and applying the Take 5 steps to wellbeing.

**Quote from participants:**

"Loved it!"  
"Kept me busy and occupied my mind."  
"Healthy distraction from the situation I am in."





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**Project Name:**

**St Michael's Outdoor Classroom**

**Area (NSWE):**

**East**

**Short description of Project**

Our project was to promote outdoor learning in St Michael's and ensure that the outdoor area was well resourced. Our aim was to give pupils more opportunities to experience Outdoor learning, supporting mental health and wellbeing, deepening nature connection and promotes more inclusive and engaging learning.

**How well did we do?**

The funding enabled the outdoor classroom and surrounding area to be well resourced. The pupils benefited by learning in a practical way, investigating science topics, planting a variety of seeds and flowers, being active outside in the fresh air and taking notice of their environment. Furthermore, the staff felt that when pupils returned to class after sessions outdoors, they were very focussed and productive in their classroom.

**What difference did it make?**

Outdoor learning has had an impact on pupil confidence, social skills, communication, motivation, physical skills, knowledge and understanding. Our pupils have now the ability to work cooperatively in group work. Our outdoor classroom has removed the learning barriers and gave pupils a positive attitude to learning.

**Best thing about the project?**

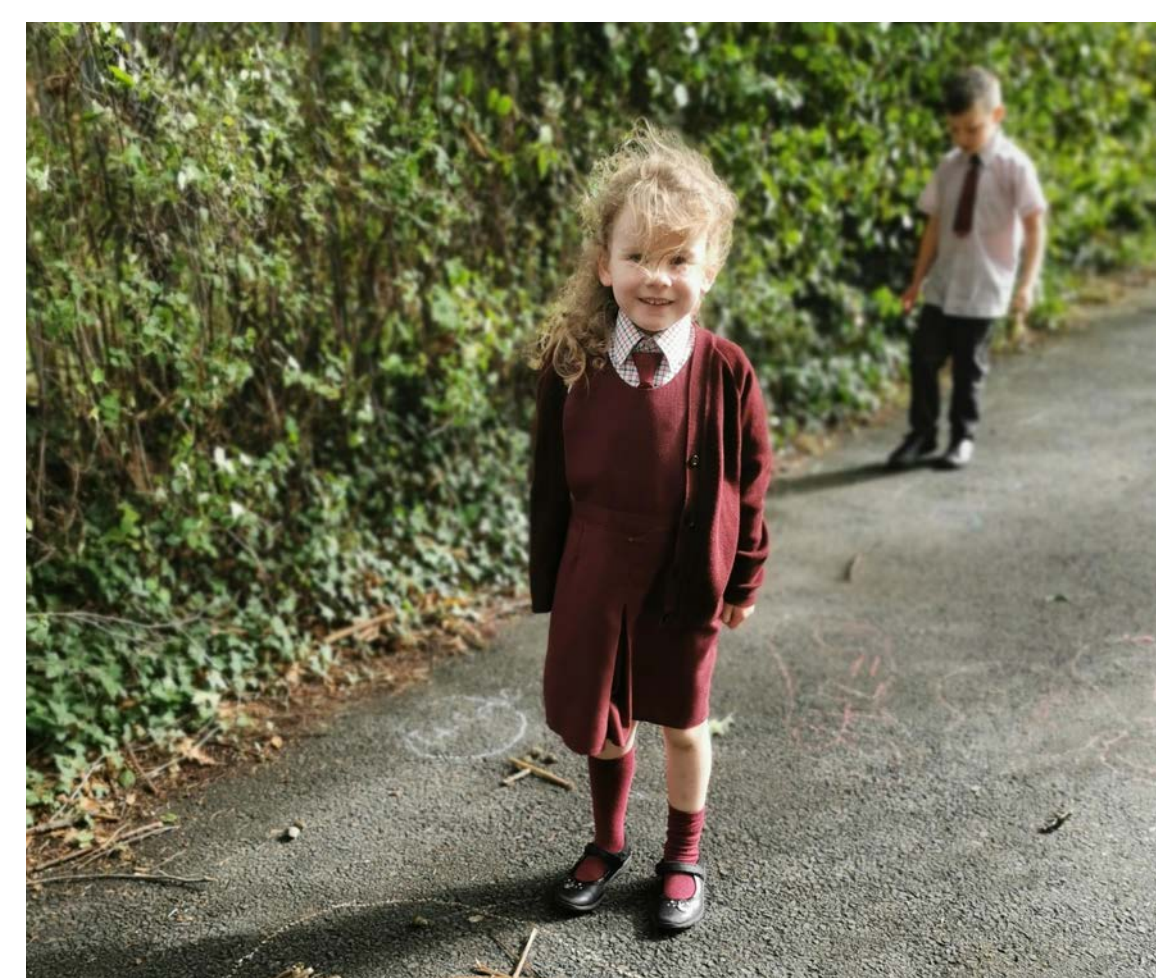
The best thing about our project was that the pupils thrived learning outside and the practical approach actually helped certain concepts come alive and become easier to understand. It was a way to deepen children's learning experience by getting them to experience lessons in a new and exciting way.

**Anything else you want to share about the project?**

A major focus in our school is the promotion of mental health and well being. The staff felt that the outdoor classroom has provided our children with the opportunity to learn in nature. This has led to increased focus and attention, enjoyment and has allowed us to expand our teaching opportunities. Children learn best when they are relaxed and engaged. Our outdoor classroom allows us to offer a range of lessons that cater for all learners and has really helped improved the focus of those children who suffer from anxiety and behavioural issues.

**Quote from participants:**

"Our outdoor classroom helps us with our mental health. Learning outdoors gives us the chance to learn in a different environment." Eva Year 7  
 "Our outdoor classroom helps us get outside more. We love looking after our environment and are planting seeds and harvesting them." Mia year 7  
 "Our outdoor classroom has helped us over the last few months, helping us interact with nature. Whilst we learn a lot in class it is good to have time to learn outdoors. It helps us to be aware and look after our mental health." Joe Year 7





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<b>Project Name:</b>	<b>Clonard House - Steady Steps</b>
<b>Area (NSWE):</b>	<b>West</b>
<b>Short description of Project</b>	This project focused on our older peoples population in the area. Post covid there has been an increase in the number of people who are socially isolated in our local area. There is a decrease in any physical activity in this age range which has had a major impact on mental wellbeing. This 12 week program incorporated sessions such as Pilates, seated chair based exercise and dance classes.
<b>How well did we do?</b>	The project was extremely successful with the residents of Clonard House. It was a regenerative project that helped the residents socialise become active and engage in activities again after covid.
<b>What difference did it make?</b>	The project made a huge impact to the residents, it allowed them to socialise again after being so isolated from everyone during the pandemic. It helped ease them back into fitness and becoming more active and engaging with a new way to be fit.
<b>Best thing about the project?</b>	The best thing about the project was re-connectivity, re-connecting the residents together watching them engage, communicate, and have fun together while at the same time becoming fit and introducing a new way of fitness and activity back into their lives.
<b>Anything else you want to share about the project?</b>	The project really encouraged and aided the reformation of friendships and decreased the social isolation that had set in during covid.
<b>Quote from participants:</b>	<p>“Fantastic!”</p> <p>“Had a great time.”</p> <p>“Made me feel young again.”</p>

**Reduce Social Isolation**  
**Steady Steps**  
**Chair Aerobics**  
**Dance**  
**Engage**  
**Socialise**  
**Mental Well-being**  
**Pilates**  
**Reconnect**  
**Move More**  
**Fitness**  
**Communicate**



# MOVE MORE AND EAT WELL

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**Project Name:**

**When you know better you do better**

**Area (NSWE):**

**West**

**Short description of Project**

We did an 8 week programme. For the Eat Well element we did 4 week classes on Nutrition and for the Move More element we did 4 weeks walking around local parks. In the parks we had trained walking leaders and we also had a photographer with us who works on Mental Health and he taught us photography techniques. We finished off the programme with an exhibition of photographs we'd taken at the various locations and we provided food based on what we learned in the nutrition course.

**How well did we do?**

The programme was fabulous, it met all the steps of Take 5 to wellness. We connected not just with each other in the groups but with organisations that ran the places we walked in, St James Farm, Half Moon Lake etc. We got to be active, the photography really helped us take notice, of people, places and things. We kept learning the photography but the history behind the places we visited including Minnowburn Country Park and we gave away copies of our photographs and food we had made.

**What difference did it make?**

The diversity of the people who took part, women of a wide range of ages and physical abilities who don't always come together. The content of the two courses provided great information and learning. The classes on nutrition were interesting and informative, and the photography was fantastic as it brought a whole different dimension to the experience of the group. It was great we got to practice what we learned and sharing the food with others at the exhibition was lovely. The friendships that have developed are the icing on the cake. We gained so much confidence by participating.

**Best thing about the project?**

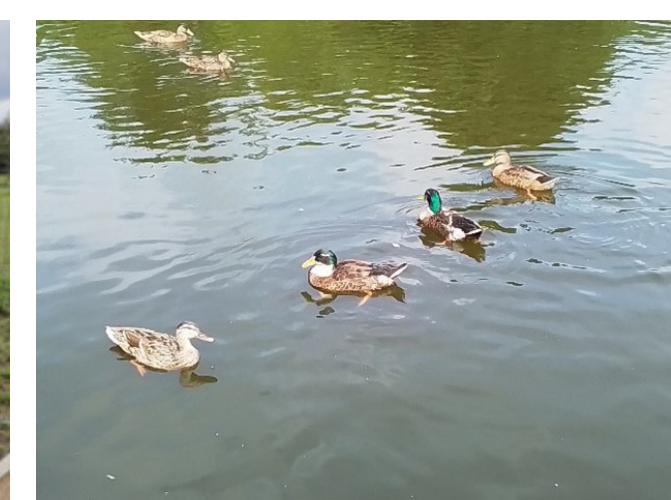
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**Anything else you want to share about the project?**

This programme was life changing for all the participants, especially for single people, widows and single parents. We met new friends, got encouraged to eat better and people now take part in exercise they didn't do before with confidence. They're more active than they've been for a while.

**Quote from participants:**

"Friendly, Informative and lots of practical advice." - Anne  
 "Doing things with friends is more fun than being alone, gathering information is also helpful." - Ellen  
 "Life changing information, enjoyable days with new friends." - Jacqui





# MOVE MORE AND EAT WELL

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**Project Name:**

**Get Moving on the Greenway**

**Area (NSWE):**

**East**

**Short description of Project**

This programme was made up of a series of activities to get people moving on the Greenway, from family fun days to group led cycles throughout the summer. It offered free, accessible activities that people of all ages could enjoy and which encouraged participants to try something new and get a bit more active. All was done in a fun and welcoming way with free fresh fruit given out to attendees.

**How well did we do?**

We delivered a series of activities as a part of the project

1. Baby Boogie aimed at babies and parents as a chance to move through dance. This was booked out quickly and was very well received.
2. Fitness Freddie offered free outdoor fitness to families and people of all ages. The weather was not as pleasant for these but people still turned up and got the chance to move through dance and have fun.
3. We were also able to include some “try out” activities such as orienteering and archery as a part of our fun days. For the big kids!

**What difference did it make?**

We feel that offering free, fun and accessible physical activity programmes for people in their local park is a great way to break down some of the barriers preventing people from getting more active. These activities are welcoming, not massively challenging, fun and social as well as being on peoples doorsteps in a familiar setting.

**Best thing about the project?**

We were able to offer people of different age groups the opportunity to try some simple and fun physical activity in a way that was accessible to them.

**Anything else you want to share about the project?**

Found most of the activities offered were well attended and often overbooked, showing just how needed this sort of activity is.

**Quote from participants:**

“Loved having something we can do with our little ones in the park to get us moving.”  
 “Absolutely wonderful!”  
 “Lovely to meet other parents.”

