

East Belfast Projects



Take5
steps to wellbeing

your voice, your choice

Group Name	East Belfast GAA
Project Name	Academy Summer Scheme
About the project	<p>The project brings children and young people from all communities together to learn and enjoy Gaelic games. They will learn through coaching and participating in a week long camp. They will connect with new people, make friends and enjoy the physical activity and challenges it will bring.</p> <p>Those new to Gaelic games will learn new skills, whilst those who regularly participate will have the opportunity to improve by learning and practicing.</p> <p>The camp will take place at the club's outdoor pitch and facilities, so the children will be outdoors for the duration of the activities. The pitch is located just on the outskirts of East Belfast on a greenfield site, so the children and young people can experience a rural setting that they might otherwise not be exposed to.</p> <p>Particular focus is given to movement and physical activity and all participants are rewarded with a gift at the end of the camp. Fresh fruit will be made available to all each day of the event.</p> <p>The coaches delivering the camp do so on a commercial basis, but the ethos of the Academy section of the club has always been voluntary, so there will be parents in attendance who help run the event from a support and logistical perspective.</p>

Group Name	Willowfield Bowling Club
Project Name	Bring On The Bowls
About the project	<p>This programme is aimed at bringing young and old together through bowls, should it be indoor or outdoor, weather permitting, in a very serene environment, children will learn through coaches and the knowledge of our experienced players</p> <p>Our activities are linking with the local school Harding Memorial Intergrated School, children from primary 1 to primary 7 and a unit attached for children with special needs.</p> <p>The benefits are team building, learning new skills, engaging with new players and all in a friendly relaxing environment, physical exercise and a good healthy mental experience. Going forward we would like to reach out to other schools for this experience in our local community.</p>

Group Name	Short Strand Partnership
Project Name	Come Dine With Me
About the project	<p>This project aims to deliver 20 healthy eating classes by introducing healthy meals and nutritional guidance. We will specifically target participants that are aged 18 and over and no experience of cooking is required.</p> <p>The main purpose is to help people and families cook a healthy, nutritious meal on a budget whilst encouraging the use of a wide range of ingredients including fruits and vegetables. Participants will also learn of the positive health benefits of sticking to a healthy meal plan and diet and that healthy food can also be delicious.</p> <p>The project will also provide participants to engage in a social activity with their peers as we aim to run the classes on a weekly basis.</p> <p>To end the project we plan to have a celebration event where the participants will be able to impress the public on the skills they have gained through their participation.</p>

Group Name	Short Strand Community Forum
Project Name	Dance Yourself Dizzy
About the project	<p>This project will allow a wide range of local residents to Keep Active engaging in the proposed fun activities. The project will target a large group of local residents ranging from young people to senior citizens. The overall aim is to improve cardiovascular endurance, strength, flexibility and coordination. It will also act as a catalyst for those who want to tone up as it promotes calorie burning, muscle toning and overall improved physical conditioning.</p> <p>We hope that through the engagement of these activities that it would have a long term effect in the improvement of physical health and the prevention of heart conditions in the future. The young people who engage will also benefit from the discipline and routine of the activities and will give them the opportunity to engage in physical activity thus reducing their 'screen time'. We will offer a wide range of dancing activities. Something for everyone.</p>

Group Name	EastSide Greenways
Project Name	Greenway Growers
About the project	<p>We will incorporate the 5 steps to wellbeing into a food growing project on the Connswater Community Greenway. We will aim to work with approx. 15 individuals over the course of the growing season from April to October, taking them through the stages of how to grow your own food, what to plant and when, and the discovery of the mindful benefits of growing your own and connecting with the outdoors. We will include a community cooking event that will be part of our celebration where we will cook for others in the community.</p> <p>This project will reduce social isolation, promote movement and physical health, develop learning and new skills and allow the group to give back to others as well as educating around healthy eating. This is a follow on from the very successful Greenway Growers project pilot which was run last year and funded by the More More and East Well to Feel better funding.</p> <p>Anyone above the age of 18 can get involved, but we will target individuals who may be at risk of social isolation or may not regularly engage with their local community. We will work with local community organisations such as food banks and men's sheds.</p>

Group Name	Nettlefield Men's Group
Project Name	Men Together
About the project	<p>Our project will be aimed at men living in East/South Belfast. The project will, through sport and companionship, help improve the physical and mental health of participants. Through a programme of walking football, exercise and games it will help many local men combat social isolation, addictions and poor mental and physical health.</p> <p>Many local men live alone with very little social interaction. Each session will end with a cuppa and will feature Q&A with a local health professional, PSNI officer or a local sports personality.</p> <p>This project will offer participants the benefit of low level physical walking football and most importantly a chance to break the social isolation many in our community struggle with.</p>

Group Name	Bloomfield Football Club
Project Name	Mini Baller Programme
About the project	<p>The project aims to introduce 25 2-4 year old children to organised football while giving 4 young people their first opportunity to coach.</p> <p>We will run a 20 week programme to bring a group of young boys and girls into structured early skills development programme based around football.</p> <p>We will use 4 of our Junior players to help oversee the project and give them their first experience of coaching.</p> <p><u>Benefits</u></p> <p>Structured physical activity in 2-4 year olds is vital to health and wellbeing. 91% of children 2-4 years old in the UK are currently not meeting the UK guidelines for physical activity.</p> <p>Being physically active at this stage goes far beyond the development of motor skills and muscular development. At this age and stage there is evidence suggesting that it promotes brain development, cognitive skills, emotional wellbeing and socialisation. In turn evidence points to benefits to a child's academic outcomes in the long term.</p>

Group Name	Brain Injury Matters NI
Project Name	Pedal Power
About the project	<p>Pedal Power benefits individuals with an ABI who often have more complex disabilities and are far less likely to achieve recommended levels of physical activity for optimal health and well-being meaning they are at more elevated risks of cardiovascular disease, diabetes, and cancer.</p> <p>Additionally, those with ABI often face many barriers in increasing their levels of physical activity, such as mobility impairments, fear, pain, financial costs, transport difficulties, and limited local specialist services.</p> <p>Due to the lifelong nature of an ABI, self-management programmes are as integral to the management of these conditions and the prevention of secondary health conditions. Physical activity interventions are effective in improving physical, psychosocial and cognitive status.</p> <p>The project gives people with disabilities the opportunity to experience the space that matters to them, namely outdoors along the greenways in East Belfast, which would otherwise be inaccessible to many due to their mobility issues.</p> <p>The project enables them to build strong relationships and socialise both during the cycling but also in the local coffee shop after each session. They frequently engage in conversation with members of the public who are impressed to see them cycling on the adapted bikes and trikes. The project enables wheelchair users and those with significant physical impairments to reach their potential through physical exercise. This approach helps individuals with an ABI stay active, reducing the need for more intensive medical interventions such as GP visits, hospital admissions, and long-term rehabilitation.</p>

Group Name	Belmont Men's Group
Project Name	Steps to Wellness
About the project	<p>The programme is aimed at men aged 18+ who experience social isolation through bad mental health, addiction etc.</p> <p>We plan a 10 week programme that includes circuits, football, drug counselling, auricular accupuncture and at the end go on a trip.</p> <p>There are loads of benefits to our programme including better mental health, physical health conndecting with people you haven't seen in a while and all round better health and wellbeing.</p>

Group Name	East Belfast Sure Start
Project Name	Summer Fun Days
About the project	<p>We will have 4 park days over 4 weeks, with different activities for families over the 4 weeks:</p> <ul style="list-style-type: none"> • A walk around Victoria Park with a hunt game included. The children will have pictures of objects that they must point out/find. • Games day on the pitches, balls, hoops, bean bags, fun races. • Bird feeder making and nature pictures. • Play sessions in and around the play park area. <p>At the end of each session families will be given a bag of fresh fruit. On the final session families will also be given some vegetables in their packs and some recipe ideas.</p> <p>Families will meet others in a safe and friendly environment and learn about different cultures.</p>

Group Name	Fitness Freddy
Project Name	Take Five High 5
About the project	<p>Fitness Freddy Take Five High 5 Programme aims to support three East Belfast schools: Victoria P/S, Belmont School and Gilnahirk P/S.</p> <p>At a time when school budgets continue to face cuts, prioritising mental health in schools is more important than ever.</p> <p>This initiative will benefit up to 950 children, ranging from 4 - 11 years of age. The programme focuses on raising awareness about the importance of mental well-being while building confidence through engaging talks, activities, and games inspired by the Five Steps to Well-being framework.</p> <p>In addition to mental health support, the programme will deliver physical activity sessions packed with fun and laughter, fostering a sense of joy and connection within the school communities.</p> <p>By combining mental well-being awareness with physical activity, the Take Five High 5 Programme can provide each school with ten tutoring hours over several weeks.</p>

Group Name	Titanic Community Group
Project Name	Titanic Women's Group
About the project	<p>This marks the beginning of an exciting new group, the Titanic Women's Group.</p> <p>The project is aimed at women aged 18 and over who are seeking opportunities for personal growth, connection, and improved well-being. It is especially designed for women who may feel isolated, stressed, or in need of a supportive community.</p> <p>Over the course of 16 weeks, this project will offer a range of activities that foster connection, personal growth, and well-being:</p> <ul style="list-style-type: none"> • Connect: Weekly meetings and a team-building trip will create a supportive environment where participants can build strong social bonds, reduce isolation, and improve mental well-being. • Keep Learning: Craft sessions will provide opportunities to develop new skills, boost self-esteem, enhance creativity, and promote cognitive stimulation, contributing to improved mental health. • Be Active: Activities like crafting and the team-building trip will keep participants physically and mentally engaged, fostering a sense of achievement and reducing stress. • Take Notice: Auricular acupuncture sessions will encourage relaxation, mindfulness, and self-awareness, helping to manage stress, reduce anxiety, and improve focus. • Give: A community BBQ will provide an opportunity for participants to connect with others, contribute to their community, and develop a sense of purpose and belonging. <p>The legacy of this project will extend far beyond the 16 weeks, as the group continues to grow and welcome new women inspired by the success of this initiative. By building a thriving, supportive community, the Titanic Women's Group will remain a beacon of connection and empowerment for years to come.</p>

Group Name	Knocknagoney Over 60s Club
Project Name	Tough as old boots
About the project	<p>Our Over 60s Club is a well established group which meets every Friday in Knocknagoney Community Centre. There is a relaxed, friendly atmosphere with lots of banter while experiencing many varied activities.</p> <p>Our project would be introducing leatherwork as a new craft, holding a series of leatherworking workshops. This would be a new skill for our members to experience and so would fall under Keep Learning. A tutor would deliver the workshops and provide all the tools and materials with the aim of making a belt and progressing to making bags.</p> <p>Our goal is to provide an activity that is new to the participants whilst having the physical benefits of improving/retaining hand-eye coordination, dexterity, mobility and developing new skills in cutting and stitching leather. They will also have the added benefit of developing their creativity in experimenting with textures, colours and patterns to create unique items.</p> <p>Leatherworking requires focus and attention to detail which can also help with becoming more aware, Taking Notice of details and becoming absorbed in the activity.</p> <p>We will encourage everyone to chat about their memories in relation to leather and their joint experiences during the sessions and afterwards, when we will provide healthy refreshments, giving them a time to Connect, engage and make new friends.</p>

Group Name	East Belfast Wise Men's Shed
Project Name	Weekend away and trips
About the project	<ul style="list-style-type: none"> • A weekend at the Share Village in Lisnaskea. • Trips to Dublin Zoo and Hinch distillery. • Trips to Ulster Folk and Transport museum, Titanic quarter and Butterfly park. • Trips to theatre live shows. <p>Those to benefit would be the 25 members, a lot of whom are OAPs and single and have recently started socialising again.</p>

Group Name	WISPA (Women in Sport and Physical Activity)
Project Name	Wellness Warriors and WISPA Wanderers
About the project	<p>This project is aimed at all women aged 18+ from the East Belfast area and those who are at risk of developing poor health due to low or decreasing physical activity levels and social isolation. We will encourage local women to participate and improve their fitness levels, reduce social isolation and as a result improve their mental wellbeing.</p> <p>‘WISPA Wanderers’ is a walking programme for local women using local Greenways, parks and green spaces in their communities. This programme will run for 6 weeks in East Belfast during the summer months. At the end of each sessions we will provide refreshments for the group to allow them the opportunity to socialise, get to know each other and build relationships with each other.</p> <p>We also want to deliver the ‘Wellness Warriors’ Boot Camp in East Belfast to attract women and girls during the Summer months get more active! We will use physical activity as the vehicle to allow women to connect with others around them and in their local community, building connections and new relationships. WISPA believe that by being active in a fun and engaging exercise class is more sustainable for the individual and they will be more likely continue this habit if they have enjoyed it. Being active is vital for our physical and mental wellbeing allowing us to live happier healthier lifestyles.</p> <p>WISPA focus on improving the quality of life for women by providing them with opportunities to improve their overall health and wellbeing. We aim to bring women together by providing an opportunity to improve their daily routine, connect with others, learn a new hobby, exercise, explore their surroundings and participate in local community initiatives.</p>

Group Name	Walkway Women's Group
Project Name	Your Health is Your Wealth
About the project	<p>Our project is targeted at women of all ages involved in our programmes, and events will be open to all women in the area.</p> <p>Walkway Women's Group have designed a programme that will aim to connect women in order to build meaningful relationships and support networks.</p> <p>The group sessions will also involve mindfulness and meditation sessions, we will look at reducing stress levels and how to increase our focus. Other sessions will look at women's health/personal development, concentrating on nutrition and self care.</p> <p>The women will be encouraged to try something new such as a craft, a recipe, a skill. We will be organising arts and craft sessions, afternoon tea for women during Mental Health Week with information stands and speakers.</p> <p>Looking at the Take 5 steps to wellbeing, the group will organise activities to encourage women to incorporate physical activity into daily life. We will introduce group activities such as zumba, yoga line dance sessions. The group will also look at exercises they can do at home, and discuss the mental health benefits of outdoor activities. Our Silent Disco has been a wonderful success in the past, it attracts many participants. In better weather, we will organise a healthy breakfast, a community clean up and a Beach Walk and Swim.</p> <p>This programme will take place from April - October ensuring that we have a least one main event every 6 weeks.</p> <p>We will wrap up the programme with a group session to reflect on the process and celebrate the achievements of our Women.</p>