

North Belfast Projects



Take5
steps to wellbeing

your voice, your choice

Group Name	Ashton Community Trust
Project Name	Ashton Centre Pensioners Group
About the project	<p>The pensioners group has 25 participants.</p> <p>The workshops/luncheon Club will be based on the Take 5 principles.</p> <p>Workshops/sessions to include;</p> <ul style="list-style-type: none"> • Creative sessions promoting the principles of Keep Learning, Give and Connect. The participants can make something to gift to a friend or family member. They can connect socially within the group, share ideas and support each other in the task. The participants will have a sense of achievement and fulfilment whilst completing the activity. • Dance sessions promoting the principles of Be Active, Keep Learning and Connect. The participants will have fun and enjoy the dance sessions in a safe space with their peer group. • The Luncheon Club and bingo are great ways for the group to connect socially. They also provide opportunities for the group to learn about what other support is available in the community. <p>Attending the Pensioners group helps combat isolation, offering the opportunity for the ladies to come together and engage in a meaningful way that promotes a positive mind-set within the group.</p>

Group Name	Ardoyne YC
Project Name	Battle of Belfast
About the project	<p>We will run the martial arts event “Battle of Belfast” in Girdwood for upwards of 93 children from Ardoyne as well as the whole north Belfast area.</p> <p>They can learn from each other and showcase their skills of self defence and test themselves against some of the best young kids in the country, in a safe environment.</p> <p>The event in Girdwood will open up opportunities for young people to get noticed to compete for their country.</p>

Group Name	North Belfast Men's Shed
Project Name	Braveheart
About the project	<p>Our project Braveheart is about improving men's overall health and wellbeing, by following the 5 steps to wellbeing toolkit. We have split the project up into 4 sections. The first activity is about Mood Matters. Aware NI will deliver this programme to the shed, encouraging members to be aware of their feelings and how to support themselves. Engaging in new activities, learning new skills, and setting challenges fosters cognitive function, it boosts self-confidence, and combats feelings of stagnation.</p> <p>The 2nd activity is a mindfulness course over 3 weeks. We hope these new skills help to reduce stress, improve sleep for our members who suffer and improve overall health and wellbeing. Practicing mindfulness and staying present in the moment can improve mental clarity and enhance emotional regulation, leading to better mental health.</p> <p>Our 3rd Activity is a walk around Mount Stewart. We want to encourage our members to get active. Regular physical activity boosts physical health, helps manage weight, reduces stress, and releases endorphins, which can improve mood and reduce symptoms of depression. With these walks we will enjoy walking and talking together and enjoy a meal at the end. This will build on connections within the shed. Building strong, positive relationships with others enhances emotional support, reduces feelings of loneliness, and contributes to a sense of belonging, improving mental health.</p> <p>The last activity is Archery. We want to bring the men together to learn a new skill and physical activity. Learning new skills will positively impact their confidence, motivation and overall success. Together, this project will follow the 5 steps and work synergistically to improve mental, emotional and physical health, enhancing overall quality of life of our men.</p>

Group Name	St Mary's on the Hill PTA
Project Name	Building bonds
About the project	<p>This project is aimed at the pupils, caregivers and the wider community of St Mary's on the Hill Primary School.</p> <p>We plan to run workshops and invite both pupils and their caregivers to take part to help build and strengthen bonds. Some of the health benefits of our programme include improving wellbeing, mentally and physically, through staying active and connecting. Learning a new skill: yoga, dance and gymnastics. If successful we would purchase equipment such as yoga mats to allow future yoga lessons to continue within the school. Encouraging everyone to mind their thoughts and feelings with use of a compliment circle, affirmations, reflections and a sound bath.</p> <p>Strengthening relationships through organising a team mini golf tournament. A bracelet workshop for the pupils to learn a new skill which will form a sense of belonging and self worth. We hope to be able to educate and support through organising a healthy eating workshop allowing the children to be included in food preparation encouraging a healthy lifestyle and developing life skills. An autism education session would support, help with understanding challenges and issues and provide a more inclusive environment.</p> <p>The project aims to create excitement within the school community allowing pupils an opportunity to spend quality time with their loved ones through learning and having fun.</p>

Group Name	Belfast Health and Social Care Trust, Carer Support Service
Project Name	Carer Activity Programme, Drumalis Away Day and Crafting
About the project	<p>This project is targeted at people who are unpaid carers, caring for family, friends or neighbours.</p> <p>Our activity programme provides carers with a break from their caring responsibilities to focus on their own health and wellbeing. This break is brilliant for their wellbeing to recharge and build relationships with other carers who understand the impact caring has on their lives. We bring a group of 24 carers together and offer them massage therapies, relaxation, nutritious lunch and snacks and sea front walks among other activities. Information sessions focus on providing advice for things like staying active, affordable nutrition and stress relief, providing the knowledge and skills to stay well. The projects aim is to bring carers in similar situations together, providing the opportunity to remove themselves from responsibilities for a while, to learn new skills and connect with the support of the Carers Team member when needed.</p> <p>These quotes from carers who have attended events previously demonstrate the benefits of the programme;</p> <ul style="list-style-type: none"> • The events I have attended i.e. the painting class and the Drumalis relaxation day were so helpful for me to just enjoy completing focussing on things that were so beneficial to my mind, body and soul. I highly recommend these two events which I have had the opportunity to attend. Thank you. • The craft session is always very interesting with lots of stories and interesting facts, as well as learning a new skill.

Group Name	Duncairn and Belfast Castle Set Dancers
Project Name	Céilí Dancing For All Grand Tour – Beginner Set and Céilí Dancing workshops & Care Home Visits
About the project	<p>We will have Céilí Dancing performances at different nursing / care homes across Belfast and then encourage the residents, nursing staff and carers to participate. This is a fantastic way to connect with the more vulnerable members of our society and show that they are valued members of the wider community.</p> <p>We will have 2 free beginner set dancing workshop classes/céilís aimed specifically at newcomers, those people who always wanted to try ceili dancing and those people who would like to join a very sociable and growing community. Absolutely no experience is needed as full instruction will be given along with experienced dancers on hand to help.</p> <p>Everyone is welcome to come along to the workshops, we particularly welcome anyone who isn't part of a dancing group, who doesn't get the chance to socialise too often, possibly lonely, but would love to take up some easy going ceili dancing with other like minded people. Also anyone who 'wants to try something different' from a dancing perspective.</p>

Group Name	Cavehill District Girls' Brigade
Project Name	Connect and Be Active with GB
About the project	<p>Cavehill District GB is made up of 11 individual companies across north and west Belfast. The project will be available to all girls in these companies.</p> <p>In September, we will compile and supply a series of sessions based on Take 5 Steps for each company to do with their girls to explain what the Take 5 Steps to Wellbeing is all about.</p> <p>We will then take the Explorers (age 3 to 7) to Airtastic to the soft play area and the inflatables. The Juniors' (age 8 to 10) event will be a themed roller-skating session. The Seniors/Brigaders (age 11-18) will go to Airtastic for laser tag.</p> <p>The girls will meet up at the three final events giving them the opportunity to connect, be active and have a time of fun. They are rarely able to meet up and this will help them to understand the wider aspect of the organisation along with a practical understanding and experience of connecting and being active.</p> <p>We find that children are becoming more sedentary, but if they understand through clear explanation and experiences, they will take it on board and be able to make informed choices for themselves and become more physically active.</p> <p>The project will also have the added benefit of informing the leaders of the Take 5 Steps initiative and should encourage them to become more familiar with it and in turn encourage the girls to think more about it.</p>

Group Name	AWARE NI
Project Name	Express Yourself
About the project	<p>In Northern Ireland, 1 in 8 children meet the diagnostic criteria for mood and anxiety disorders (HSC). AWARE NI, the depression charity, launched the Express Yourself campaign in 2019 to address this issue. Aimed at Primary 6 and 7 pupils, the campaign promotes mental health awareness through poetry and creativity. Over 300 schools have participated since it began.</p> <p>Express Yourself encourages open conversations about mental health in classrooms and homes. It equips children with tools based on the Take 5 model and CBT techniques, helping them build confidence to express their feelings before entering adolescence.</p> <p>Launched during Children’s Mental Health Week, the campaign runs until June. Schools can register to receive a digital poetry pack, including mental health resources, activity ideas, and poetry-writing guides. Pupils are encouraged to explore self-expression through different poetry styles.</p> <p>The initiative aligns with AWARE NI’s belief in early intervention to prevent mental health crises. By teaching children how to care for their mental wellbeing and recognise the signs of mental illness, the campaign aims to reduce the need for crisis intervention later in life.</p> <p>Ambassador Isla McManus (@islalovestosing) will perform for the winning school, which will also receive a free six-week Paws b mental health course. Winning poems are published in the Express Yourself book, illustrated and distributed to schools and libraries across Northern Ireland—empowering children with their first published work and showing that creativity and self-expression can support mental health.</p>

Group Name	McDonald Centre
Project Name	Extra Time – Men's Mental Health
About the project	<p>We want to help remove the stigma and boost awareness around mental health in older men. We plan on using the platform of sport to bring men from across north Belfast together. The men will team up weekly to play walking football, keeping active for one hour sessions. These sessions could also utilise our in-house community gym as a means of being active.</p> <p>We will then give them extra time – time to connect on a greater level through conversation over tea, coffee and hospitality, building friendships that will last longer than the session.</p> <p>Monthly, we will take this conversation and move it towards discussion, by bringing in facilitators who will work with the group of men to tackle the masculine stereotypes seen across society. We will allow them the space to learn about the dangers of not looking after their mental health, as well as empower them with coping strategies to help them process the legacy of generational trauma, possibly caused by the Troubles. Through their learning and taking notice of the world around them, we hope to open the eyes of the men to see their own potential and their opportunity to pass these values on to the next generation.</p> <p>We also see multiple benefits of the men spending both informal and more formal times together - they will improve their physical health, sleeping patterns, mood and attitudes, whilst also reducing stress and anxiety.</p>

Group Name	Sport Changes Life
Project Name	Good Relations – Summer Intervention Sports Week
About the project	<p>Each day participants will take part in a different form of sporting activity. The sports will have an Olympic theme and will help participants achieve their daily exercise needs. A major part of the project will be that the participants take part in a number of different educational workshops to further enhance their knowledge around aspects regarding their everyday lives. This will include the following; Bullying/Healthy Living/Goal Setting/Online Safety/Team Building. These skills will equip the participants with life skills moving forward which can help them become a more positive role model in their communities. The project will be aimed at all children aged between 6 – 15 years and inclusive of everyone.</p>

Group Name	Ligoniel Healthy Living Centre
Project Name	Let's Get Active Ligoniel
About the project	<p>The programme is aimed at disadvantaged men and women over the age of 30 in the Ligoniel and wider north Belfast area. Ligoniel in particular doesn't have a gym and we have 6000 residents and we will use these classes to improve their overall health and wellbeing.</p> <p>The 4 activities we plan to run are Pilates, Yoga, Body Blast and Boxercise. These will be all done locally in the Saint Vincent De Paul Parochial Hall. We ran similar programmes recently but haven't got the funding to keep them running.</p> <p>The main benefits of the programme is getting people physically active which has so many benefits e.g. improved physical and mental health, improved home life, improved productivity, improved heart health etc. We also want to use the classes to connect up new members of the Ligoniel community.</p> <p>With hundreds of houses going up every year, there are always new residents looking to get involved in programmes and these classes are a perfect opportunity. These classes will also tackle sedentary behaviour and get residents out socialising and connecting with other residents.</p>

Group Name	Mindful Movement
Project Name	Mindful Movement
About the project	<p>This project will be held in the beautiful setting of Belfast Castle and is aimed at developing Mindful Movement for both men and women. The concept is about encouraging gentle exercise and movement employing Pilates techniques to develop individual fitness, using these techniques to build resilience for the future as we age.</p> <p>We are an ageing society and functional fitness is extremely important to our overall health and wellbeing, so building resilience into our everyday lives is essential.</p> <p>Mindful Movement is about promoting health and wellbeing through preventative measures such as improving core strength and balance, using relaxation methods to improve stressors and mental health, and encouraging the social benefits of group exercise and engagement.</p> <p>Making these types of classes accessible to both men and women provides a sense of community spirit and support – giving back, connecting with people, connecting with yourself in terms of mental health, self-satisfaction and fitness.</p> <p>The project is targeted for all but predominantly an over 45-50 age group and particularly encouraging participation from men as well as women.</p> <p>This will be a 6 week Pilates programme on a Saturday morning at 8am.</p>

Group Name	Community Football Company
Project Name	Play, Unite and Thrive Programme (Multi-national World Cup and Family multicultural fun day)
About the project	<p>Community Football Company is a coaching and consultancy non-profit social enterprise who are passionate about supporting local clubs in and around Belfast and across the island of Ireland. Our project is targeted at all communities, regardless of background, race or religion, and those particularly from minority and hard to reach communities.</p> <p>We plan to run a multi national world cup and family multicultural fun day.</p> <p>Benefits of the programme are to improve physical and mental wellbeing, strengthen community connections and relationships and to empower our participants with lifelong skills. Participants will experience enhanced fitness, reduced stress and greater self confidence through regular physical activity and social engagement.</p> <p>Participants will create meaningful community relationships which will allow those involved to foster a sense of belonging and unity, while promoting cultural understanding and reducing social isolation.</p> <p>Participants will also gain teamwork, leadership and communication skills with young people and volunteers feeling empowered to contribute positively to their community.</p>

Group Name	Shamrock Football Club
Project Name	Silly Belly's
About the project	<p>Silly Belly's is a project designed by former members of Shamrock Football Club who have retired from the game and who have also drifted away from the sports in general. This project, thus the name Silly Belly's, is to try and entice both older members, and other local people over 40 years of age, to take part in a programme that intends to be not too serious, but more emphasis on Fun Activities.</p> <p>This will include not only soccer but other activities, such as, healthy eating demonstrations, muscle toning, talks on mental health issues and ball skills competition. It is hoped that this will encourage the participants to get out of the house and not feel isolated in their own homes.</p> <p>It is hoped that taking part may spur them on to volunteer with the day to day running of the Shamrock Football Club. The benefit to the participants and the Club will be immense;</p> <ul style="list-style-type: none"> • Introduction to a healthier lifestyle for over 40s • Social Interaction with people they have not seen in years • Opportunities to volunteer and give something back to the Shamrock Football Club

Group Name	Lower Oldpark Community Association
Project Name	Spin, Snack and Smile
About the project	<p>The project is designed for children aged 5 to 12 years, providing a holistic and engaging platform for their growth and wellbeing. Participants will have the opportunity to:</p> <ul style="list-style-type: none"> • Engage in dance sessions that promote physical activity, creativity and co-ordination. • Have access to healthy snacks and drinks, teaching them importance of making healthy food choices. • Learn about the benefits of maintaining a balanced diet through interactive lessons and activities. • Have discussions with healthy eating facilitators to understand how diet and exercise contributes to overall health and mental health wellbeing. • This in turn will foster personal growth, build confidence, teamwork skills and a sense of community while staying active and motivated. <p>By integrating dance, nutritional education, team building exercises and expert led discussions, this project fosters a comprehensive approach to children's health, encouraging them to look after themselves both physically and mentally.</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 north Belfast schools: Springfield P/S, Glenwood P/S and Mercy College. 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 to 17 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 Wellbeing framework. 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 wellbeing awareness with physical activity, the Take Five High 5 Programme can provide each school with ten tutoring hours over several weeks.</p>

Group Name	Full Circle Martial Arts
Project Name	The Belfast Open
About the project	<p>The Belfast Open will be Belfast's only kickboxing competition which is specifically for boys and girls from 5yrs of age to 17yrs. There are so many competitions across the country that only accommodate advanced fighters, while The Belfast Open will have a novice section where we will have kids split into appropriate age and height sections, to ensure that all the kids can safely compete against other young martial artists from all over north Belfast and beyond.</p> <p>We will also provide 3 different styles of fighting which will include Points fighting, Light Contact and a Kick Light section, so everyone can participate in all the various styles of fighting.</p> <p>This will be a brilliant day out for the kids and this will, without doubt, help them gain confidence and help build self esteem, while at the same time taking them out off their comfort zone in a safe environment, where they can show their loved ones their new skill sets and help overcome any fears they might have at the same time.</p>

Group Name	Include Youth
Project Name	Thrive
About the project	<p>Thrive is a health and wellbeing programme for care experienced young people within the Belfast area who aren't in education, employment or training. Young people will also be from a wide range of backgrounds, including race and religion.</p> <p>From consulting with young people, they told us that they need support with their mental health wellbeing, resilience and capacity building.</p> <p>Young people designed the Thrive project to support other young people who may be struggling with ill mental health. The programme will consist of workshops designed around self-care strategies and coping mechanisms. Young people will also plan and facilitate wellbeing community days such as puppy petting and creating space for communities to come together and socialise. The whole programme will be facilitated through a wide range of youth work methodologies.</p> <p>Young people involved in the design and delivery of the programme will also spend time building relationships and facing fears through trips and teambuilding activities.</p> <p>At the end of the programme, young people will have enhanced their leadership skills, communication skills, self-awareness and interpersonal skills.</p> <p>Young people will build strong relationships with peers and will identify coping mechanisms that work for them as well as gain access to resources to support their overall health and wellbeing. For the majority of the young people this will be the first time that they have taken part in trips and interacted with young people who are different and there will be a focus on accepting difference.</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 north 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 north Belfast during the summer months. At the end of each session 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 north Belfast to attract women and girls during the Summer months to 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 focuses 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	Wonder Bubble
Project Name	Wonder Bubble Experiences
About the project	<p>Wonder Bubble is a proposed programme aimed at supporting community groups in north Belfast that work with homeless individuals, families, people with disabilities and older adults. The project will deliver free workshops from April to October 2025, using bubbles and sound to create meaningful, therapeutic and fun experiences that promote emotional wellbeing.</p> <p>The programme will include collaborative wellbeing experiences with hands-on bubble-making activities, mindfulness practices and sensory soundscapes. These activities will align with the Take 5 Steps to Wellbeing framework—helping participants connect with others, stay active, learn new skills, be present, and foster kindness through group creativity. The events will culminate in a celebratory event in October bringing together participants’ shared experiences.</p> <p>The benefits of the programme are significant: it will reduce stress, foster social connections, and empower participants of all ages and abilities to embrace joy and improve their mental health. By creating a fun, inclusive, and accessible environment, the project will address the growing need for emotional support in local communities as participants learn how to use positive emotion in the midst of stress, a skill they can share with their friends and family.</p> <p>Bubbles are universal symbols of wonder, and sound experiences can offer relaxation and calm. Together, these elements will create a unique and impactful programme that uses play, creativity, and connection to enhance wellbeing. With funding, Wonder Bubble can bring these positive experiences to life and make a lasting difference in the lives of vulnerable people across north Belfast.</p>