

West Belfast Projects



Take5
steps to wellbeing
your voice, your choice

Group Name	Clonard Neighbourhood Development Partnership
Project Name	Balance and Bloom
About the project	<p>The project Balance and Bloom is targeted at women; we have not set an age range on this project, as we believe that it is a project that targets all women from all different ages. The activities that we plan to run within the programme range from everyone's favourites, pilates, dance lessons to keep fit physically, we have art classes, vegetable planting and meditation for mental wellbeing, and we will finish our programme with a participant dinner and dance.</p> <p>The programme has been designed to incorporate a number of benefits, such as improving mental wellbeing as well as physical, and also incorporating a social aspect to the programme to decrease social isolation in the area; we want to bring a community of women together from all ages to get involved in community activities and learn new skills.</p>

Group Name	Clonard FC
Project Name	Clonard Community Changers
About the project	<p>We are running a programme in the Clonard area that will consist of a community awareness project, alongside activity based sports sessions for 12-16 year olds.</p> <p>The community awareness section will comprise of informal group learning sessions to promote community cohesion and encourage participation in a community clean up and graffit removal project.</p> <p>The sports based sessions will consist of fun based activities with the aim of promoting long term participation in organised sport to facilitate healthy, active lifestyles. Both aspects of the programme will be led by qualified tutors and coaches.</p>

Group Name	50 to 50 Walk and Talk Group
Project Name	Community Walk Group
About the project	<p>The 50 to 50 Walk and Talk Group are a local walking group based in west Belfast, which grew from a MND Challenge in the lead up to West Belfast man Gerard Mulhern's 50th birthday. The group continues to go from strength to strength nearly 5 years on and is open to all group walks 7 days a week.</p> <p>We are a non-funded group that has championed over 25 different local charities in 4 years to date. As a group we have raised close to £100,000, but as a group we maintain AWARENESS is key to most local charities. From West Wellbeing, to Cancer Focus NI to Sepsis Trust to Paul's House to the local Foodbank at Foodstock, that is just some of the great work the group has covered in the last year.</p> <p>The 50 to 50 motto is ' It's Good to Walk, Better to Talk' and we have walkers from right across Belfast and beyond who jump on walks when they can.</p> <p>It also has impacted on many lives within the group, with some walkers forming new friendships, while it has helped most of the group immensely with their mental health and wellbeing.</p>

Group Name	Naomh Gall Men's Shed
Project Name	Cycle to Live and Learn
About the project	<p>There are multiple benefits of this project, they range from the participants getting in the open air and using our natural greenspaces to take part in an exercise programme that does not overly stress or strain the cardio system or their joints. By using the e-bikes it enables the riders to explore further and longer and various terrains without feeling the tiredness that non e-bike riding would incur.</p> <p>This group is made up of a varying range of people from differing backgrounds, but the common thing that bonds them is the social interaction and the story telling/sharing that they take part in when they get together; this provides invaluable mental stimulation and support for the men. A few of the men are widowed or have endured serious trauma over the years, so this type of project provides an outlet for them. By exploring and studying the west of Ireland greenway, it gives this group the opportunity to see a part of Ireland, from an e-bike, that they realistically would not get to explore.</p> <p>They will be meeting up with the Mulranny men's shed to swap stories and project ideas whilst on the ride. Whilst on their ride they always carry a litter picker with them, this allows them to help out, pick up some other person's dropped litter along the way, this allows them to give a little bit back as they enjoy their rides. It also provides the men with something to look forward to through the winter months.</p>

Group Name	Change Wellness Centre
Project Name	Families In Training Together F.I.T.T.
About the project	<p>The main health benefits offered by this project will be an inclusive approach to overall health and wellbeing afforded to parents and children. The summer time is a challenging time for parents to maintain a healthy and balanced lifestyle due to childcare challenges, and children because of the absence of routine. This project will offer parents the opportunity to keep engaged in exercise and training, with a focus on making the sessions child friendly too.</p> <p>The project will go beyond the initial opportunity to continue engaging in physical training by incorporating sessions around breathwork, mindfulness and a gentle introduction into meditation practice. It will also include sessions around relationship building by focusing on effective communication strategies, joint/family goal setting, condition setting and journalling sessions that allow space for parents and children to learn how to foster mutually beneficial relationships.</p> <p>The sessions will be closely aligned to the Take 5 steps to wellbeing:</p> <ul style="list-style-type: none"> - Connect - Give - Learning - Be active - Take notice <p>The benefits of this will be that parents can engage in a structured yet bespoke programme that enhances both them and their children and the relationships between them. This will allow for a consistent routine that reduces boredom, behavioural struggles, lack of sleep or oversleeping, overeating, all of which can significantly increase stress and wellbeing concerns in households during the summer months.</p> <p>Whilst the sessions will be child friendly there will be a certain degree of learning involved, such as listening, sharing, confidence building alongside personal development and growth.</p>

Group Name	St. Joseph's Slate Street
Project Name	First Steps in Hurling
About the project	<p>Our project aims to encourage engagement with sport for children aged 5-11, through the development of skills relating to Hurling/Camogie in particular. We plan to offer Hurling/Camogie sessions to classes during the school day and run it as an afterschool club.</p> <p>We are concerned that the general health of children in our community is suffering from a lack of engagement with sport. We want to change this. We have the people and skills to promote the sport of Hurling/Camogie for local children. Hurling/Camogie is an intense sport that can help promote both mental and physical wellbeing for our young people.</p> <p>Our project aim, therefore, is to offer the opportunity for reluctant youngsters to engage with Hurling/Camogie as a sport, with the aim of guiding them to join a local club and engage with their community.</p> <p>We believe that a well-resourced project aimed at promoting this national sport could be hugely beneficial for those children in our school.</p>

Group Name	Falls Women's Centre
Project Name	Get Fit, Get Healthy, Get Out and About
About the project	<p>Our project aims to bring 24 women together, separating them into two groups, with approximately 12 women per group. Each group will get three consecutive programmes x 4 weeks per programme.</p> <p>These will consist of physical activities, learning activities and an holistic activity. At the end we will bring the women together to celebrate their achievements and commitment to the programme.</p> <p>One group will be made up of older women aged up to 60 -75 yrs plus. The second group will be made up of women aged 40-60 years, and will include minority ethnic women, our older women's project and women who avail of our advice and advocacy service.</p> <p>The benefits will be to encourage women to introduce physical activity to their daily lives, learning activities, connecting them to other women, all which will improve their overall health and wellbeing, reduce isolation and loneliness, whilst also creating opportunities for socialising and meeting new people.</p> <p>Relationship building is paramount in supporting women to change their lives, our programme will be delivered in a safe, welcoming and encouraging environment. Our wraparound service will include yoga, pilates, personal development, and learning alternative therapies.</p> <p>We will end the programme with a morning bringing the women together to share in learning about each other, enjoy cultural foods, games and henna art work which our multicultural women will complete. Women will be encouraged to remain with the programme that will lead to improving their mental and physical wellbeing in the fullest sense.</p>

Group Name	Glow NI
Project Name	Glow Fit & Nourish
About the project	<p>Glow Fit & Nourish will support women experiencing self-esteem, confidence and mental health challenges from the most socially deprived area of Belfast, by offering them physical activity, nutritional workshops and yoga sessions, whilst providing them with the opportunity to connect in a safe, inclusive, and supportive environment.</p> <p>Activities will include gym sessions based on strength and conditioning and cardio, as well as learning about healthy nutrition and the importance of a balanced diet and yoga sessions.</p> <p>As a result of engaging in the programme, women will feel heard, valued and empowered and better able to take control of their own lives and achieve their full health and wellbeing potential.</p> <p>This programme will allow women to explore their self-worth. By investing in their physical, nutritional and mental health, the programme will create a ripple effect that benefits not only the participants, but also their communities and families.</p>

Group Name	Y.E.S (Youth, Environment, Sport) Services
Project Name	Green Teenz Draztic Plaztic expedition
<p>About the project</p>	<p>This project is aimed at a local west Belfast youth group (Naomh Gall Green Teenz) which has been carrying out citizen science and habitat creation and restoration projects over the past two years across Belfast and beyond. Citizen science projects include bird monitoring and bird box and bat box making and installation, river health surveys and pollution monitoring, and eco system improvement work on rivers and lakes.</p> <p>The draztic plaztic project intends to bring the group to Rathlin Island in County Antrim and Gola island in County Donegal. The group will measure a specific stretch of north west facing beach and will conduct a plastic collection and recording workshop for a specific period of time (1.2 hours), before high tide and after high tide. They will do the exact same workshop on both islands and will record the amount of plastic recovered, they will record if it is locally discarded plastic, internationally discarded, is it used in the fishing industry? Has it been carried by the currents across the Atlantic ocean? Then they will examine if it can be positively re used for a useful purpose. The participants will then share their findings to the local Council's Biodiversity Officer and stakeholders such as RSPB, National Trust, Donegal Youth Service, National Parks and Wildlife Service and the schools of the participants.</p> <p>This is a group of youths, boys and girls, from one of the most socially deprived electoral wards in Europe, and they will get the chance to do direct action climate regeneration science work. They will be doing physically demanding work, in a group, in the great outdoors, not only will it be beneficial physically, but also mentally, as they will be learning by doing! Working together as friends helping to save the planet, Thinking globally, but acting locally.</p> <p>We will be liasing with the life raft project and RSPB on Rathlin Island, and the Donegal Youth Service and Ionad Naomh Padraig Dobhar on Gola Island. The youths will camp at each location on the two islands and will learn how to plan, organise, trouble shoot, risk assess and enjoy outdoor learning projects, hopefully leading to further educational prospects or potential employment pathways.</p>

Group Name	St Peter's Primary School
Project Name	Hurl4Kids
About the project	<p>Hurl4Kids</p> <ul style="list-style-type: none"> • Fundamentals ages 5-8 (P1-4) • After-school development ages 8-11 (P5-7) <p>Activities</p> <ul style="list-style-type: none"> • All equipment provided; helmets, hurls and balls • Weekly in-school coached hurling sessions- 45 minutes per class P1-4 • Weekly after-school coached hurling session – 1 hour P5-7 • Coached by GAA trained teachers, Gaelfast and Davitts coaches. <p>Benefits</p> <ul style="list-style-type: none"> ✓ Inclusive – Gaelic Games are for All, regardless of abilities, background or identities ✓ Connection – building connections with teamwork and fun ✓ Player Centred – develop the child and player ✓ Quality coaching experiences ✓ Club is core – lifelong passion and participation with their club ✓ As many as possible for as long as possible <ul style="list-style-type: none"> ❖ Coach ❖ Player ❖ Game ❖ Club

Group Name	Naomh Gall Hens' Shed
Project Name	Island crossings
About the project	<p>This project is aimed at a group of mature ladies who have set up their own "Hens' Shed" at Naomh Gall. A lot of the members are widows or carers for members of their families, and the group runs a calender of activities and events that provide mental and physical stimulatón, interaction with old friends and some new friends, and a chance to socialise in a fun relaxed environment.</p> <p>They have organised educational trips, historical and heritage based projects and trips and also traditional craft and art projects. The island crossings project is aimed at exploring the family and historical connections that west Belfast has with the community on Arranmore island, off the coast of Donegal. For generations the island community of Arranmore was forced to leave the island in search of employment and quite a lot of the islanders ended up in west Belfast.</p> <p>The Hen's Shed has made contact with Cumann na mBad on Arranmore island, which is a community co operative based on the island and they have a number of social enterprises that run employment skills training, outdoor pursuits, a community owned internet café etc.</p> <p>The group intends to visit the island, liaise with the ladies' group which is established on the island, particpate in a joint genealogy workshop/project to try and trace and locate former ancestral home sites of families that were forced to leave Arranmore for Belfast for employment. This project will strengthen the links between the two groups and will be a model of how women's community groups can showcase the work that they do to tackle social isolation, depression, physical inactivity and loneliness, by highlighting the positive projects that the Hens' shed and similar groups provide.</p>

Group Name	Arabesque Gymnastics Club
Project Name	Jumping Journeys
About the project	<p>Jumping Journeys is a project designed to address an unmet need within our local community to support families, guardians, and caregivers with children who have special educational needs (SEN).</p> <p>This programme will offer a safe, welcoming and inclusive environment where children can build confidence, develop motor skills, and enjoy movement through sensory-friendly gymnastics activities.</p> <p>This project will be coach and adult led, aiming to strengthen community bonds by bringing families together. Parents, guardians and caregivers are encouraged to participate in the sessions, fostering adult peer connections, sharing experiences and strengthening the sense of community.</p> <p>Jumping Journeys will have sensory equipment such as textured mats, sensory handheld equipment, lights, sounds and calming sensory corners. Children will have the freedom to engage in multiple stations and discover new abilities while being safely supported. Sensory Gymnastics will promote inclusivity, fun, and friendship, creating a safe space for both children and families enjoy.</p>

Group Name	Suicide Awareness
Project Name	Meditative Moments
About the project	<p>The project aims to explore a wide variety of different fun ways to connect with the quiet calm space within daily life through moments of meditation. For example, through Mindful walking, listening to, or playing different types of music, writing, listening to poetry, viewing art, tree bathing, meditation on the sound of the ocean, painting or drawing.</p> <p>It will be delivered by Gill Henderson who is a widely experienced Yoga teacher and Yoga therapist who specialises in Yoga for anxiety. She will invite those taking part to fully absorb themselves in the practices and she will lead the meditations during each activity.</p> <p>Connections between the quiet inner space and external space will be explored, so people living in west Belfast and members of Suicide Awareness can find ways of accessing deep peace. This will help them to disconnect from the external environment in west Belfast, family pressures and create time and peace to give back to themselves.</p> <p>Anxiety levels can be reduced through breathing practices, meditation and walking, blood pressure and heart rate lowered, and those taking part may experience more restful sleep.</p> <p>The shared group meditative experience will enable everyone to support each other at a deeper level over a cuppa and healthy snack.</p>

Group Name	Cullingtree Meadows
Project Name	Music and Movement
About the project	<p>The project 'Music and Movement' is targeted to people aged 65+ with care and support needs, including those with a diagnosis of dementia.</p> <p>A qualified Arts Therapist engages service users in musical and movement activities which promote physical activity while supporting people with functional tasks such as balance and posture, which can reduce the risk of falls within the older people population.</p> <p>Furthermore, the activity provides an opportunity for older people to engage in socialisation and reminiscence, stimulating cognitive activity while supporting social and emotional needs.</p> <p>The activity has taken place within Cullingtree Meadows in the past. All service users experience feelings of wellbeing following the activity, including individuals who would usually decline to participate in group activity forums.</p> <p>The Arts Therapist provides feedback to the senior staff within the scheme and tailors each session to the needs of participants, evaluating their progress and re-designing the programme as required.</p>

Group Name	Belfast Hills Partnership (BHP)
Project Name	Natural wellbeing
About the project	<p>BHP will team up with local GP Federations, Healthy Living Centres, mental health charities etc, to offer a 10 week programme of nature based walks and activities that enables people to get outside, connect to nature and become more physically active.</p> <p>Based around the 5 steps to wellbeing individuals will:</p> <ul style="list-style-type: none"> • Connect: to each other and the natural world around them, meeting new people • Keep learning: as they are led by nature conservation experts who will chat about the wildlife around them and explore new sites • Be active: with walks getting progressively more adventurous as the weeks progress (tailored to the abilities of the group) • Take notice: to the sights, sounds and smells of the natural world. The final celebration event will include a bush craft activity that will also engage the taste buds! • Give: undertake a conservation task, such as a litter pick or path maintenance, so allowing them to help look after the hills. <p>Who is the project aimed at? People suffering from mental health issues, those who feel socially isolated, those recovering from physical health issues who want to get more active etc. Participants may be referred from a health professional or be self-referred.</p> <p>What are the project benefits? Evidence shows that getting active outdoors not only improves our physical health, but also mental wellbeing, with people indicating that they are happier and more satisfied with life. Research also shows that increasing our connection with nature can positively impact a range of conditions, including stress, anxiety and depression.</p>

Group Name	St Clare's PS
Project Name	St Clare's PS
About the project	<p>St Clare's Primary School is dedicated to promoting the wellbeing of its students through the "5 Steps to Wellbeing" initiative. This programme will emphasise the importance of using physical resources to stay active and healthy in an enjoyable and inclusive environment.</p> <p>The school will purchase a variety of physical resources to ensure children stay active and healthy. This will ensure better equipped playgrounds, sports facilities, and access to extracurricular sports clubs. These resources help students develop physical skills, build confidence and maintain good health.</p> <p>The school will offer a range of enjoyable activities to keep students engaged and happy. These will include match days against other schools, after-school clubs, and links with local community clubs.</p> <p>St Clare's fosters an inclusive community where every student feels valued and supported. The school implements initiatives to celebrate diversity and promote inclusivity, ensuring that all students have equal opportunities to participate and succeed. Programmes are designed to meet the needs of students from diverse backgrounds, creating a supportive and welcoming environment.</p> <p>By focusing on these areas, St Clare's Primary School aims to create a holistic and supportive environment that enhances the wellbeing of all its students. St Clare's will begin our programme in April 2025!</p>

Group Name	Fitness Freddy
Project Name	Take Five High 5
About the project	<p>The Fitness Freddy Take Five High 5 Programme aims to support three West Belfast schools: Holy Trinity P/S, St Clare's P/S and Good Shepherd P/S. 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 1,300 children, ranging from 4 to 11 years of age. The programme focuses on raising awareness about the importance of mental wellbeing, whilst 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 tutor hours over several weeks.</p>

Group Name	Learning To Change CIC
Project Name	Toolkit for Life
About the project	<p>The project will maximise opportunities for participants to improve their mental, spiritual, emotional and physical wellbeing. Through the medium of an easily accessible online learning platform, participants will be able to access relevant information and learning, specifically designed resources and instructional step by step videos, accompanied by regularly scheduled voice notes. Alongside programmed in-person meet ups, the project will help everyone develop their own unique toolkit, that will allow them to work on their self-image, understand their own self-worth and begin to put in place the relevant actions that will allow the space for change to happen.</p> <p>The uniqueness and benefits of this project is that it is designed to reach the most socially isolated and marginalised people in the community, alongside those already engaged in everyday activity, people feeling cut off and struggling with increasing loneliness and other mental wellbeing struggles. This is a foundation or stepping-stone to allow people to work on themselves in the safety of their current environments, with a view to enabling them once again re-connect with community and wider life, by promoting the 5 pillars of the Take 5 steps to wellbeing:</p> <ul style="list-style-type: none"> - Connect - Learning - Take notice - Be active - Give <p>The project is centred around helping people take accountability for their own health and wellbeing, by providing the opportunities for each of them to develop the necessary skills and resources by consistently engaging in an environment that will encourage change on their terms and in their timeframe.</p>

Group Name	Springfield Star FC
Project Name	Walking football for over 35s
About the project	<p>Due to an increased interest in health and wellbeing activities in our local area amongst the 30–40-year-olds, we plan to run a weekly programme of walking football. The area that we are based in, Highfield, is one of the most socially and economically deprived areas of Belfast. Due to this, many of the young adults in our local area are suffering from poor mental health, low self-esteem and some suffering from obesity related illnesses. The programme will run from March 2025 until September 2025, this extended programme gives these participants something to look forward to each week over the brighter nights. The programme will give participants a sense of purpose, a chance to meet new people and socialise in the outdoors, in a venue that they would see every day, but would not have had the opportunity to use.</p> <p>The programme will be run by a fully qualified football coach who will teach the participants the rules of walking football. Our coach will prioritise the participants' mental health, with a strong emphasis on improving their motivation and aspirations each week. Due to the nature of the activity, it will meet the participants at their current fitness level, it will allow them to not feel overwhelmed and demotivated like other sports would for beginners, therefore providing an inclusive activity for all. The low impact aspect to this activity will ensure there will be minimal injuries, ensuring any barriers to exercise are reduced and overcome.</p> <p>At the end of the project participants will attend a celebratory event, this will allow a sense of togetherness, achievement, and reflection. It is envisaged that each participant will receive a playing kit that they can feel comfortable exercising in, which will further improve their sense of belonging in the team and in the community.</p>

Group Name	Wonder Bubble
Project Name	Wonder Bubble Workshops
About the project	<p>Wonder Bubble is a proposed programme aimed at supporting community groups in west Belfast that work with homeless individuals, families, people with disabilities and older adults. The project seeks funding to 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 workshops with hands-on bubble-making workshop, mindfulness bubble workshop and exploring sound workshops. 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 workshops will culminate in a celebratory event in October, showcasing participants’ shared achievements.</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 fun, inclusive and accessible workshops, the project will address the growing need for emotional support in local communities, and participants will learn how to use positive emotions 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 can positively impact relaxation. Together, these elements will create a unique and impactful programme that uses play, creativity, and connection to enhance wellbeing. Wonder Bubble can bring these positive workshops to life and make a lasting difference in the lives of vulnerable people across west Belfast.</p>