





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

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Walk Leader Training

Walk Leaders play a significant role in getting more people, more active, more often.

By leading health walks in local communities, Walk Leaders are vital to the success of many walking programmes.

What does the training involve?

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

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



Three course training dates available

(Note: only required to attend one date).

Course 1 details (Fully booked)

Course: Walk Leader Training

Date: Monday 29 June 2026

Time: 10am - 12.45pm

Venue: Clady Building, Knockbracken Healthcare Park, Belfast, BT8 8BH

Cost: Free

Course 2 details (Fully booked)

Course: Walk Leader Training

Date: Tuesday 8 September 2026

Time: 10am - 12.45pm

Venue: Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG

Cost: Free

Course 3 details

Course: Walk Leader Training

Date: Tuesday 2 March 2027

Time: 10am - 12.45pm

Venue: Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG

Cost: Free

Register

Registration closes 3 days before the course date: [Register here](#)

Participant numbers are limited.



Chi Me

LifeDock's course Chi Me, based on Tai Chi, can significantly reduce the risk of falls in older people. It can also improve muscular strength, balance, coordination, flexibility, and relaxation.

Chi Me can be easily adapted for anyone.

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

People with learning difficulties, depression and those recovering from surgery will also gain benefits. This programme also includes specific exercises which may aid in falls prevention.

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



Course details

Course: Chi Me

Date: Thursday 10 September & Thursday 24 September 2026

Time: 9.30am - 4pm

Venue: Knockbracken Hall, Knockbracken Healthcare Park, Belfast, BT8 8BH

Cost: Free

(Attendance on both dates is compulsory)

Register

To request a place: <https://forms.cloud.microsoft/e/7rdPRCN2h0?origin=lprLink>

Participant numbers are limited.



Chairtastic

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

- Deliver a safe and effective chair based activity session in a fun way for less active and older people
- Understand the implications of physical activity and the older participant
- Employ motivation techniques and leadership skills
- Understand and implement health and safety issues.
- Chairtastic provides a place of security particularly for those with mobility, balance and confidence problems, and can help improve strength and flexibility.



Course details

Course: Chairtastic

Date: Friday 9 October & Friday 23 October 2026

Time: 9.30am - 4pm

Venue: Knockbracken Hall, Knockbracken Healthcare Park, Belfast, BT8 8BH

Cost: Free

(Attendance on both dates is compulsory)

Register

To request a place: <https://forms.cloud.microsoft/e/HdgrmEqMZY?origin=lprLink>

Participant numbers are limited.



Strength & Balance

The Strength & Balance Instructor Training course is a fully accredited level 2 course and equips the instructor to deliver a programme of leg strengthening, flexibility and balance retraining exercises.

This programme is designed specifically to prevent falls.

Under the guidance of our highly experienced tutors the course will equip the learner to lead a small group or individuals in a strength and balance programme, including:

- Risk assessment and safety
- Seated strength training
- Standing strength and balance training
- Teaching skills
- Communication and group management skills
- Monitoring and progressing participants through the programme.

The Strength & Balance Instructor training course is ideal for anyone who understands the importance of falls intervention and has experience working with older people.



Course details

Course: Strength & Balance

Date: Friday 15 January & Friday 29 January 2027

Time: 9.30am - 4pm

Venue: Lisnasharragh Leisure Centre, Montgomery Road, Castlereagh, Belfast, BT6 9HS

Cost: Free

(Attendance on both dates is compulsory)

Register

To request a place: <https://forms.cloud.microsoft/e/CWrAFRQapN?origin=lprLink>

Participant numbers are limited.



Chair Based Activities

The Chair Based Activities course is suitable for group or community leaders who run programmes for rehabilitation, older people or people with restricted mobility. The 3 hour course offers a combination of theoretical and practical knowledge on delivering a range of sports and activities that people can participate in from a seated position.

On completion of the course all participants will receive a Disability Sport NI Certificate of Attendance and a resource pack.



Course details

Course: Chair Based Activities

Date: Wednesday 30 September 2026

Time: 9.30am - 12.30pm

Venue: Lough Moss Leisure Centre, Hillsborough Road, Carryduff, Belfast, BT8 8HR

Cost: Free

Register

To request a place: <https://forms.cloud.microsoft/e/V2rQf5pPQR?origin=lprLink>

Participant numbers are limited.



Boccia

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

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

On completion of the course all participants will receive a Disability Sport NI Certificate of Attendance and a resource pack.



Course details

Course: Boccia

Date: Tuesday 13 October 2026

Time: 9.30am - 12.30pm

Venue: LORAG, Shaftesbury Community and Recreation Centre,
97 Balfour Avenue, Belfast, BT7 2EW

Cost: Free

Register

To request a place: <https://forms.cloud.microsoft/e/8aGThyTiD6?origin=lprLink>

Participant numbers are limited.



Inclusive Skills and Games

The Inclusive Skills and Games course is suitable for anyone delivering sports and active recreation to mainstream groups within a school, youth or community environment.

The 3 hour course provides practical knowledge and skills that can be applied to a range of inclusive activities suitable for disabled people to join your sessions.

On completion of the course all participants will receive a Disability Sport NI Certificate of Attendance and a resource pack.



Course details

Course: Inclusive Skills and Games

Date: Tuesday 17 November 2026

Time: 9.30am - 12.30pm

Venue: LORAG, Shaftesbury Community and Recreation Centre,
97 Balfour Avenue, Belfast, BT7 2EW

Cost: Free

Register

To request a place: <https://forms.cloud.microsoft/e/G4UJqXhcHP?origin=lprLink>

Participant numbers are limited.



Autism and Sports Coaching

The Autism and Sports Coaching course was developed in partnership with Autism Initiatives. It provides sports coaches and physical activity leaders with an introduction to planning and delivering sessions that are inclusive of people with Autism.

The 3.5 hour course will provide a combination of theoretical and practical advice on suitable activities and approaches to fully include participants with Autism in your given sport.

On completion of the course, participants will receive a Disability Sport NI Certificate of Attendance and a resource pack.



Course details

Course: Autism and Sports Coaching

Date: Wednesday 3 February 2027

Time: 9.30am - 1pm

Venue: Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG

Cost: Free

Register

To book a place: <https://forms.cloud.microsoft/e/Qt3VhvfvP?origin=lprLink>

Participant numbers are limited.



Understanding Physical Literacy

This course has been developed by Sport Ireland and Sport Northern Ireland in partnership with Dr Melanie McKee from Stranmillis University College, following the creation of the All-Island Physical Literacy Consensus Statement in 2022.

The workshop aims to promote and facilitate a consistent understanding of the all-island definition for physical literacy.

It does so by providing a personal and professional development opportunity for those interested in developing their own physical literacy and/or helping others develop their physical literacy throughout the life course.

A session for this can be booked in by contacting Sport NI's Sport Development team:

sportdevelopment@sportni.net



"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding that enables a person to value and participate in physical activity throughout life."

The Public Health Dietitians team at Belfast Trust offer training to provide tutors with the skills to deliver healthy eating messages and targeted nutrition and education programmes to their community groups.

We provide a source of nutrition expertise to community, voluntary and statutory organisations throughout the Belfast area supporting health inequalities and health and wellbeing.

Level 1 training

Food and Health Essentials

For anyone who works with adults to make healthier food and health choices.

- Learn about the key Food and Health messages
- Gain skills and confidence to promote these key messages in YOUR setting
- Get access to a wide range of resources, signposting and ongoing support.

On completion be able to deliver the key messages and move on to Level 2.

Register of Interest

[Food & Health Essentials – Fill in form](#)



Level 2 training

Cook it!

Cook it! is a practical nutrition education programme which helps adults enhance their cooking skills and learn more about healthy eating, particularly where cost is a consideration.

On completion be able to deliver a course of six sessions covering healthy eating, food hygiene and practical hands-on cookery.

I Can Cook It!

I Can Cook it! is an adapted version of Cook it that has been specifically developed as a more accessible version of Cook It! often used with adults with lower literacy levels or mild to moderate learning disability.

On completion be able to deliver a course of eight sessions with participants to help enhance their cooking skills and to support healthier eating choices.

Food Values

Food Values is a budgeting programme designed to help adults make healthier food choices on a limited budget. It focuses on food shopping, better budgeting and cooking low-cost nutritional meals.

On completion be able to deliver a four week food budgeting programme to their groups.

Slow Cooker

A short online nutrition programme which empowers participants to use a slow cooker, shop smarter and make healthier food choices. For anyone working with adult groups who would benefit from the programme.

On completion be able to deliver a four session programme.

Nutrition Awareness

For those who work with 11-18 year olds. A two hour session equipping you with the knowledge, skills and confidence to deliver key nutrition and lifestyle messages in your setting. Plus, a take home cue-card resource.

Small grants can be claimed for up to £200 per programme or event.

Contact:

Public Health Dietitians Team

Beech Hall Wellbeing Centre

21 Andersonstown Road

Belfast, BT11 9AF

Tel: 028 9615 2450

Email: PHdietitians@belfasttrust.hscni.net



Booking Information

If you would like to apply for a place on any of the enclosed programmes you will find the correct links and/or QR codes on the relevant programme page in this brochure.

Alternatively, for further information about any programme mentioned, you can contact the appropriate team below:

Physical activity training

health.improvement@belfasttrust.hscni.net

Nutrition programme training

PHdietitians@belfasttrust.hscni.net

Some courses may be subject to a criteria for attendance.