



Get Active Belfast

Supported projects 2017 - 18

The Active Belfast Partnership was established in 2013.

Its vision is:

People in Belfast will be more active and healthier

Our mission is:

Working together to inspire more people to be more active, more often

Get Active Belfast sets out seven shared pledges we will deliver in realising our ambition to increase physical activity levels, address inequalities and improve health and wellbeing across Belfast. Each pledge is supported by good evidence and relates to one of the seven 'best investments' for physical activity as identified by the Global Advocacy for Physical Activity.

This document provides an overview of the Get Active Belfast supported projects that have been developed across three of the pledges with a focus on addressing inequalities and improving health and wellbeing.

Pledge 2: Create an integrated "Active Travel" Network

Pledge 4: Strengthen connections to and within health sector

Pledge 6: Deliver wide ranging and inclusive community based activity programmes.

Get Active Belfast supported projects

Pledge 2

Create an integrated 'Active Travel' network

Cedar foundation: Global challenge

Global Challenge aims to enhance the health and well-being of people with disabilities across Belfast, by challenging, motivating and supporting them to engage in a series of regular, individual and group walking and cycling activities.

The project is based on challenging teams of people with disabilities to cycle and walk the equivalent distance of the circumference of the earth. The project will provide information, access to equipment and the support and guidance of trained staff and volunteers. Each team will be supported to lead, plan and organise their own series of regular activities to help meet the overall challenge.

Group nutrition sessions are provided for participants of the Global Challenge. The Active Belfast dietitian will work alongside those delivering the sessions (NOW) and provide supporting information for teams in the challenge who will 'travel' through various countries learning

more about healthy eating and food customs from other countries.

Cedar will work with a range of partners in delivering the Global Challenge including NOW, Orchardville Society and RNIB.

Sustrans: Balance for all

Balance for all is an exciting intergenerational project designed to increase physical activity levels amongst participants through the delivery of balance ability cycle training at CS Lewis Square.

This project is targeted at families, focusing initially on the youngest members aged 2 to 4, right through to the oldest members aged 65+, offering family members the skills and confidence to begin cycling. Support for nutrition activities will be offered by the Active Belfast dietitian.

As partners East Belfast Sure Start, Bloomfield Community Association, Connswater Community Greenway and Eastside Partnership will support the promotion of training to engage participants.



Pledge 4

Strengthen connections to and within the health sector

Healthwise- Physical Activity Referral Programme - Level III

Belfast City Council in partnership with GLL

The Healthwise-Physical Activity Referral Programme aims to get inactive people who suffer from a range of health conditions more active. Belfast City Council/GLL in partnership with Active Belfast deliver physical activity opportunities across Belfast, playing an important role in improving people's health and well-being. Belfast City Council/ GLL also deliver phase IV Cardiac Rehabilitation programmes to individuals who have had a cardiac event.

Belfast City Council/ GLL also support Active Belfast's Diabetes Type 2 Physical Activity Referral programme within Avoniel Leisure Centre, with another new programme due to commence in Girdwood Community Hub. Furthermore, a Learning Disability Pilot for adults with a learning disability has been running for the past number of weeks across BCC/GLL centres in partnership with the Learning Disability Physiotherapy Team, Belfast Health and Social Care Trust and Active Belfast.

Lisburn and Castlereagh City Council

Lisburn and Castlereagh City Council in partnership with Active Belfast deliver a range of physical activity opportunities for people taking part in the Healthwise

programme within the Lough Moss Centre. Pulse fitness, in partnership with Lisburn and Castlereagh City Council deliver the Healthwise programme within their gym. Lisburn and Castlereagh Council have also supported the delivery of the Diabetes Type 2 Referral programme.

The H.E.A.R.T Project at Maureen Sheehan Centre

The H.E.A.R.T Project in partnership with Active Belfast is delivering a range of physical activity opportunities as part of the Healthwise Scheme for people across West and North Belfast. The project also delivers a range of rehabilitation programmes for clients to help better manage long term conditions including Cardiac Rehabilitation and Cancer. Maureen Sheehan Centre have also been highly supportive of the Diabetes Type 2 Physical Activity Referral Programme.

Lower Ormeau Residents Action Group at Shaftesbury Recreation Centre

Lower Ormeau Residents Action Group (LORAG) in partnership with Active Belfast delivers physical activity opportunities to people across South and East Belfast through the Healthwise Level III programme. Delivery sites include Shaftesbury Recreation Centre, Greater Village Regeneration Trust (GVRT) and Hanwood Centre Belfast. LORAG also support the delivery of Diabetes Type 2 Physical Activity Referral Programme.





Condition Specific Level IV

Cancer

Physical Activity helps in preventing and managing many health conditions and diseases including cancer. In partnership with Belfast Health and Social Care Trust (BHSCT) Active Belfast supports a Physical Activity Referral Cancer coach based within the Cancer Centre, BHSCT. The Physical Activity Cancer coach delivers physical activity opportunities as part of the 'Move More' Physical Activity referral pathway, in partnership with GLL and Macmillan. This is a community based approach, offering group and one to one sessions for people living with cancer across Belfast. The Physical Activity Referral Cancer coach has developed excellent links with healthcare professionals and also supports the work of the physiotherapy team within the Cancer Centre, BHSCT.

Diabetes

Increasing physical activity will help prevent and manage many conditions, including Diabetes. (NICE, 2013). In partnership with Belfast Health and Social Care Trust (BHSCT), Active Belfast support the employment of a Diabetes Physical Activity Referral Coach, based within BHSCT within the Diabetes Education Team. Clients firstly complete the DESMOND Diabetes Education Programme followed by a 12 week physical activity referral programme.

Cardiac Rehabilitation Phase IV

Cardiac Rehabilitation is one of the best researched examples of long term condition management. It is a clinically and cost effective intervention that results in

improved outcomes for the patient with heart disease. Cardiac Rehabilitation Phase IV has been successfully delivered within the Belfast area for a number of years. An evaluation of the programme has been ongoing by Active Belfast for several months and client feedback has been excellent. The programme is currently delivered by BCC/GLL and the Maureen Sheehan Centre in close partnership with the Cardiac Rehabilitation nursing team, based in BHSCT.

Falls- Strength and Balance training

A new 'Strength and Balance training' programme for clients at risk of a fall or who have previously had a fall is currently being developed. The community Strength and Balance training programme is a partnership initiative between the Public Health Agency, Belfast Health and Social Care Trust, Active Belfast, Age Friendly Belfast and the community and voluntary sector.

The Public Health Agency (PHA) are funding two Strength and Balance training coaches, housed within Belfast Health and Social Care Trust, to deliver strength and balance training programmes across Belfast within a range of community facilities. It is hoped that the programme will be up and running as part of the wider Belfast Health and Social Care Trust's 'Falls pathway' before December 2017.

Nutrition contribution

The Active Belfast dietitian provides nutritional support to Healthwise and Chronic condition programmes through group sessions to participants and coaches.

Pledge 6

Deliver wide ranging and inclusive community based activity programmes

Youth Action Northern Ireland

Perform4Life

Perform4Life is designed to incorporate the 4 elements of Fitness, Flexibility, Food and Friendship into an exciting performance based programme. It will partner with 10 members (youth/community) groups from across Belfast and engage with 300 young people who are new to or inexperienced in the performing arts.

The project will educate and inspire participants to live a healthy active lifestyle while having fun and making new friends. We will combine the magic of theatre and the themes of being active and making healthy choices into a dynamic and effective programme that will ignite communities to get active.

Youth Action NI will partner with 18 organisations to include Newhill Youth Club and Willowfield Community Association as key partners. Support for nutrition activities will be offered by the Active Belfast dietitian.

Belfast Community Sports Development Network (BCSDN)

KEY - Keep Empowering Yourself

The programme aims to develop the inactive older generation of Belfast and increase their capacity to deliver physical activity further.

The project increases opportunities for the older generation to become physically active and adopt a healthier lifestyle.

BCSDN will use sport and physical activity to deliver a Capacity Building Programme for males and females aged 50+. Recruiting up to 16 people from Belfast to be involved in a be-spoke accredited, mentoring and volunteering programme. By engaging in sports based team building activities, completing a minimum of 3 qualifications and contributing to 10 hours of volunteering.

The Active Belfast dietitian will deliver nutrition sessions to this group to help develop and increase awareness of good nutrition for themselves, their families and other older people. It will aim to equip them to help share this information amongst their peers. Practical cooking sessions will be facilitated by trained coaches from BCSDN.

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Key partners involve Mens Health Forum Ireland and Women In Sport & Physical Activity with an additional 7 partners.

Tackling Awareness of Mental Health Issues (TAMHI)

Active NLR Take's 5

The Active NLR Take's 5 project aims to work with 5 young volunteer leaders to deliver an activity based programme which brings BSPs Take 5 for Wellbeing Toolkit to life. The dietitian will deliver a session to the young leaders and others to increase their nutrition knowledge and to help them promote key messages to their peers.

Young leaders will advance their leadership skills, engage with hard to reach young people and raise awareness of social issues affecting young people using sport as a hook.

They will deliver afterschool's programmes in three key areas of North Belfast; Girdwood Community Hub, New Lodge Youth Club and North Queen Street Park. These programmes are designed to encourage young people to become more physically active and promote a positive attitude towards mental health using the BSP Take 5 Toolkit.





Eating well and keeping hydrated will be promoted through Bootcamp and other events run as part of the project.

Main partners include St Patrick's Primary School who will help coordinate the Mental Health Games sessions for the young people and New Lodge Youth Club who will provide access to facilities and North Belfast Family Support Hub.

South Belfast Partnership Board

Up & at it

The Up & Active project will support older people to become aware of the essential relationship between healthy eating, physical activity and wellbeing.

This will be achieved through the delivery of coach facilitated physical activity sessions, Green Gym programmes and encouraged participation in guided Walk & Talk tours at Belvoir forest and Belfast City Harbour.

Nutrition and cooking/ food taster sessions will be delivered to increase awareness of a healthy diet with a focus on nutrition issues relevant to older people such as eating for one, vitamin and mineral supplements and special diets.

Key partners include Belvoir Credit Union & Belvoir Community Association who will provide community support and suggestions alongside endorsement and feedback on events and activities.

Additional partners include Lagan Valley Flute Band, South Belfast Sure Start, Age NI Senior Woman's Group, Belvoir Activity Centre's Thursday evening women's group & Belfast Community Sports Development Network.

Lagan Valley Orienteers

Neighbourhood Orienteering

Lagan Valley Orienteers will partner with Beat the Streets to deliver the Neighbourhood Orienteering project which aims to encourage participants to embark on orienteering activities and urban races using the specialised maps being produced.

Once local community hubs are established in East & North West Belfast the team will offer navigational coaching & local orienteering activities using maps of these areas. The coaching sessions will take participants through the basics of navigation skills and guidance on developing orienteering courses in their locality.

Partners include Beat the Streets, Walkway Community Association who will identify participants and host coaching sessions and Youth Build who have been integral in kick starting this project. Support for nutrition activities will be offered by the Active Belfast dietitian.

Ulster Rugby

Get Active with Ulster Rugby

The 'Get Active with Ulster Rugby' programme will deliver activity based outdoor bootcamps for a 6 month period,

interconnected with nutrition activities and capacity building opportunities for participants.

The project aims to increase the health, physical fitness and overall wellbeing of 60 sedentary people across 3 target groups; young people, young mums and males 35+.

Participants will take part in a variety of graduated physical activity sessions designed to improve each individual's confidence, fitness and knowledge of the breadth of activities available in their local communities. Alongside this young people will be invited to take part in the Food Values (food shopping and budgeting for better nutrition) delivered by BHSCT Health Improvement Team and themed nutrition sessions will be delivered by the Active Belfast dietitian.

Ulster Rugby will work in partnership with Include Youth who will facilitate the young people target group and NI Alternatives who will support with the recruitment of participants and advise on project delivery. Each partner will feed into the overall aims and objectives of the project.

St James' Forum

As an alternative activity to traditional physical activities St James' Forum aim to bring local people with a shared interest in fishing and rowing together to build a skiff, upskill volunteers and roll out a recreational fishing programme.

The project will offer taster programmes in rowing, family activity sessions, intergenerational working links between Colin Glen Trust Mens Sheds & St James' Youth and has structures in place to encourage local residents and participants to utilise the natural habitat of lakes surrounding them and building confidence to visit other such places across Northern Ireland.

Lead partners include Colin Glen Trust who will help St James' Forum offer a wider range of activities for the community and Lagan Watersports Centre who will provide mentoring to ensure participants have the knowledge and expertise to remain safe.

Other partners include Belfast City Council, Strangford Lough & Lecale Partnership and Belfast Boat Club. Support for nutrition activities will be offered by the Active Belfast dietitian.

Willowfield Parish Community Association

Willowfield Community Gym

The creation of a community gym in a former office space in Willowfield Church Halls that will be available

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to a variety of user groups for weekly 2 hour sessions to work towards reaching the UK Physical Activity Guidelines.

Sessions will be provided for sedentary individuals 16-25 year olds, parents of children engaged in kids programmes, unemployed, ethnic minorities, older men and a local football club.

Health and development workshops will be regularly offered following the physical activity sessions with individuals being trained in Level 2 Fitness Instructing and provide additional usage capacity as volunteers.

Key partners include East Belfast Alternatives, CAP NI (Christians Against Poverty), with support from Willowfield Parish Football Club & Sustrans. Support for nutrition activities will be offered by the Active Belfast dietitian.

Mount Merrion Parish Church

Community Health and Fitness Hub

To establish a community health and fitness hub aimed at young people in the Cregagh. The partnership between church, school, pharmacy and fitness professionals will create a community space for local children where they come to learn about nutrition, health and wellbeing, obesity prevention and also partake in fun fitness classes and workshops.

These would be in the form of tailor made fitness programmes and practical healthy eating workshops, workouts using multi-gym equipment specifically

designed for children and professional advice for both children and their parents designed to raise overall awareness of the benefits of healthy lifestyles.

The Active Belfast dietitian will work alongside the fitness instructor to develop the nutrition element of the programme for the summer scheme and will work with parents of children attending to help promote healthier eating at home.

Mount Merion will work with two key partners Body Motion NI and Cregagh Primary School along with Clear Pharmacy, Greenway Women's Centre and the Cregagh Interagency Partnership.

St. Patrick's Primary School

Keeping Active

St Patricks Primary School currently on a split site, playground space will be dramatically reduced due to the installation of 6 double mobiles which will have an impact on the pupils' physical, social and emotional wellbeing.

This project will provide playground markings to improve more active break and lunch times, hall hire for the use of providing more time and space for PE due to the hall now doubling as a canteen, equipment and coaches to deliver opportunities for pupils to have a healthier lifestyle.

Partners include GLL Girdwood Community Hub, Reccy, BCC, & Belfast Healthy Cities.

Support for nutrition activities will be offered by the Active Belfast dietitian.

Springvale Employment and Learning Solutions

ELEVATE

ELEVATE will provide a tailored, ability-appropriate, recreation programme for one and half days per week. The initiative will provide small group mentoring and facilitation in team sports, mental wealth games, dance and mindfulness/yoga.

The project will also work with 20 women from disadvantaged communities, providing the opportunity for new friendships to be developed and increased level of citizenship created among our young people. This project will be delivered in partnership with Belfast Community Sports Development Network and TAMHI and will be supported by Clonard Mid Shankill Initiative, Clonard Women's Group, Shankill Women's Group and the Sunshine Project.

Support for nutrition activities will be offered by the Active Belfast dietitian.





Windsor Women's Centre

Dive into Dance

Dive into Dance project will get women to engage in a range of physical activities to boost their health and wellbeing. The activities will reflect the international spectrum of the service users offering e.g. Bollywood Zumba, Tai-chi, Line Dancing, Pilates & Yoga that are fun and will suit all abilities and ages.

The project will target women least likely to otherwise participate in activities due to a range of barriers e.g. lack of confidence, caring responsibilities, age or ethnicity.

The project will incorporate support measures such as childcare, peer support volunteers and a multicultural facilitator to support participants.

The project will work with four partner organisations. The primary partner organisations WISPA (Women in Sport and Physical Activities) and Sure Start Inner City South Belfast. Other partners include Fit 4 Life Centre and Blossoms Nursery.

A Cook it! programme will be delivered by 2 staff from Windsor Women's centre recently trained in the

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programme. In addition nutrition sessions will be delivered to women involved in the project by the Active Belfast dietician and will focus on identified dietary needs of the group to help achieve realistic changes to eating habits.

JogBelfast Programme

The aim of the JogBelfast programme is to encourage people who are inactive and have not run before to get active by taking up walking, jogging or running. The programme is delivered in local communities across Belfast and open to people of all ages and abilities. This year Jog Belfast will deliver 18 programmes.

With the new registration system Jog Belfast can now do a postcode deprivation analysis. This shows that generally we are getting 25% of registrations coming from the highest 10% of deprivation.

Analysis also shows:

- We have around 80-90% female
- We have around 1.5-5% disability participation
- We have around 13% over 50 participation

Pledges

1 Support schools to offer physical activity throughout the day

Working with schools and other partners, we will support opportunities for both structured and unstructured play throughout the day. This will include the provision of high quality physical environments and resources to support active play, supporting walking and cycling to school programmes, developing and implementing school policies which prioritise physical activity for children, teachers and parents and supporting healthy eating and 'learning to grow' initiatives.

2 Create an integrated 'Active Travel' network

We will work with partners to develop a high quality network of dedicated walking and cycling routes, which connect people to services. This will include supporting behaviour change programmes in local schools, workplaces and communities and developing health related walking and cycling initiatives. We will also improve the integration between walking, cycling and public transport by working with partners responsible for planning and policy.

3 Create more active places through local spatial planning

We will work with partners across planning, to create active places which provide access to safe and accessible opportunities for physical activity, allowing people to incorporate activity into their everyday routine. This will include working with partners to create active places as part of new developments in the city and ensuring physical activity is a priority within local planning policy.

4 Strengthen connections to and within the health sector

We will work with the health sector and other partners, to develop new and enhance existing models of physical activity referral schemes, including implementing regional policy on physical activity referral and developing new condition specific pathways. We will ensure all programmes promote behaviour change through providing both practical brief advice and community based opportunities for participation in physical activity.

5 Develop and implement a comprehensive marketing campaign on the benefits of being active

With partners, we will develop and implement a comprehensive marketing campaign aimed at informing people of the benefits to being active and inspiring people to get involved. This will include the use of both paid and unpaid forms of media such as print, electronic media, posters, social media and mass participation events. We will ensure this links with regional campaigns such as Choose to live better and Bike Week.

6 Deliver wide ranging and inclusive community based activity programmes

Working with partners, we will develop approaches that support everyone at any stage of life, to get active in their community. We will support schools, workplaces and community settings to develop policies which encourage people to be active and to implement physical activity programmes which provide opportunities for everyone to get involved and stay connected.

7 Support local sports clubs to deliver inclusive and adapted sports for all

We will support local sports clubs, governing bodies and partners, to develop and implement a wide ranging programme of adapted sports, which will provide physical activity opportunities for all. This will also include supporting the development of policies which promote inclusive sport, reducing barriers to participation including social and financial barriers and addressing negative perceptions of sports participation.





For further information on this document or any of the work of Active Belfast, please contact:

Belfast Health Development Unit

3 Floor North
Cecil Ward Building
4-10 Linenhall Street
Belfast
BT2 8BP

E: bsp@bhdu.org **T:** 028 9050 2073  [@bspmlbt](https://twitter.com/bspmlbt) #GetActiveBelfast

Or visit: www.makinglifebettertogether.com



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together**

Belfast Strategic Partnership