



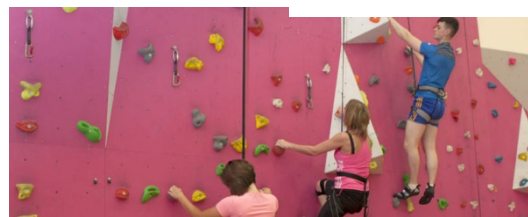
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Leisure Transformation Programme Staff Engagement
Update from the 'Leisure Transformation Project Team

27th May 2022



**Couch
to 5k**



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STAFF ENGAGEMENT

The 'Leisure Transformation Project Team' continue to move forward with the Review/Transformation of the Health and Recreation Department.

The process followed to date has been:

Phase one:

Transformation of indoor Leisure Review of the Health and Recreation Department – this was completed in November 2021.

Phase two:

Commencement of the Review of Health and Recreation Department – work has begun on the review of the department. Early this year Member workshops to place to determine their priorities for the department. The output of these workshops are a set of priorities and agreed principles that we will use to develop an action plan for the next three years (2022-2025).

Phase three:

In order to move on with the review, the RPA Structures as agreed in 2015 with the amalgamation of the three Councils need to be completed.

Once Phase three is completed the team will then move on to:

Phase Four:

Complete the review and implementation the transformation of the Health and Recreation Department.

The team have committed to communicate with all staff as effectively and as regularly as we can.

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VERY IMPORTANT NOTICE

STAFF ENGAGEMENT SESSION FOR HEALTH AND RECREATION STAFF



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A number of staff engagement sessions have been organised for next week.

These engagement sessions are to discuss the Review/Transformation of the Health and Recreation Department.

As you are all aware 'Indoor Leisure' went through the transformation process which was completed in November 2021.

We are now commencing with a Review of the Department, so we will be discussing the work that has happened to date and the next steps in this process.

It is extremely important that staff attend these engagement session to understand what is happening in the Department and give them the opportunity to ask any question that they may have about the process.

** Please note, Indoor has already been through transformation, but it is also important that these staff understand what is going on across the department.

The details of the sessions are:

CRAIGAVON AREA

Monday 30th May
11.00am - 12.30

LNDC - Kinnego Room

BANBRIDGE AREA

Monday 30th May
2pm - 3.30pm

Dromore Recreation Centre

ARMAGH AREA

Tuesday 31st May
11am -12.30

Orchard Leisure Centre

A mop up on line session taking place on the 6th June from 2pm – 3pm for those staff who cannot attend the face to face sessions. Details will be provided on how to join this session.

Next week a Leisure Matter will be produced providing a copy of the power point presentation from the staff engagement sessions.

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E-LEARN



As you are aware Council has launched E-Learning which allows staff to carry out training on line.

For any staff member who does not know how to use E Learning the link below will provide access the e-learning modules and the step by step guide on how to use it below, but if anybody has any queries please contact fiona.hamill@armaghbanbridgecraigavon.gov.uk

<http://lgtg.learningpool.com/>

<http://abc-svr-intra.abc.local/wp-content/uploads/2021/10/E-Learn-Guide1.pdf>

There are a number of mandatory training session on E- Learning that Health and Recreation must complete; please speak to you line manager regarding this training. It is vital that all staff members undertake this mandatory training.

Details can be found on the table below:

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MANDATORY E-LEARNING MODULES



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Module	Refresher Period	Mandatory for the following staff:
Health & Safety		
Display Screen Equipment	3 years	All Display Screen Equipment Users
Office Safety Awareness	3 years	All office based staff
Fire Safety Awareness	1 year	All Staff
Manual Handling Awareness	3 years	All Staff (Manual workers will receive job specific training)
Asbestos Awareness	1 year	<ul style="list-style-type: none"> • Waste Management Illegal dumping operatives and supervisors • Recycling centre attendants and supervisors • Building Maintenance and Electrician employees • Environmental Wardens • Environmental Health Officers - Public Health and housing officers • Building Control and Planning Officers • Line Managers of above job roles
Equality & Diversity		
Equality & Diversity in the workplace	2 years	All Staff Please note all new starts must attend the session delivered by our Policy & Diversity Officer. The e-learning should then be used for refresher purposes.
Basic Autism Awareness	2 years	Mandatory for all staff in the following Departments: <ul style="list-style-type: none"> • Community Development • Health and Recreation • Tourism Arts and Culture • Facilities Management Please note it is best practice for all other staff to complete in line with the Council's Customer Focus approach.
Compliance		
Fraud Prevention	3 years	All Staff
Safeguarding		
Safeguarding Awareness	3 years	All Staff

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ACTIVE FAMILIES

The **Get Moving ABC** Partnership target is to get more of our population moving and to become the most physically active borough in Northern Ireland.



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We are committed to creating and promoting more opportunities to increase sport and physical activity within homes, communities, workplaces and schools across the borough. Therefore, we asked families about their activity levels and the reasons why.

Here are our findings:

- 136 people responded
- Approximately 30% of respondents were active on 5 days of the previous week, for at least 30 minutes
- Almost 20% of children weren't active on any day of the previous week, for at least 30 minutes

We asked **what stops you being more active**, families told us that a lack of time, motivation, child friendly activities and options are the biggest reasons. They also found our centres busy when trying to make bookings.

We asked **why you like to be active as a family**, the most common reasons included, for fitness, health and fun. Parents like to be good role models, setting a positive example to children to encourage them to lead healthy lifestyles. It is also a good opportunity to get away from screens.

We asked **what would help you be more active as a family**, the responses told us that families would like more availability in their local area, better times to suit their schedule and more activities that focus on having fun and being sociable.

We asked **what activities you would like to try as a family**, from the responses we can see that people are keen to try lots of different activities, the most popular ones include, swimming pool based activities, recreational activities like walking and cycling, adventure sports and racket sports.

There are lots of opportunities to be active as a family in Council facilities, parks and open spaces. We will continue to promote these opportunities to families and encourage families to

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try these activities together. All sites are encouraged to think about active families when planning and if you have a family activity or event that you want promoted, please send details to Clare.Weir@armaghbanbridgecraigavon.gov.uk

Children and young people aged 5-18 should be aiming for an average of 60 minutes per day across the week. Adults are recommended to be moderately active for 150 minutes across the week, including exercises that improve strength and balance. And it is important for us all to reduce time spent sitting. (Chief Medical Officers)



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#EveryMovementCounts

INDOOR MEMBERSHIP

Staff can see from the table below that Leisure Memberships continue to grow across our Indoor Leisure Centres – We now have 10,425 active memberships and this is more than double the level before the March 2020 lockdown when the number was 4,973 active memberships.

Well done to all staff.

Total Active Membership Packages Status by Centre - Current Versus Pre-Covid 19 Status

Centre	Pre-Covid 19 Feb 2020 Total	1st May 2022	% Increase v Feb 2020
Banbridge Leisure Centre	1286	1589	24%
Dromore Community Centre	320	814	154%
Gilford Community Centre	165	152	-8%
Keady Recreation Centre	94	132	40%
Orchard Leisure Centre	965	1184	23%
Rathfriland Community Centre	168	142	-15%
Richhill Recreation Centre	1	52	5100%
3 Craigavon Centres/South Lake Leisure Centre	1854	6171	233%
Tandragee Recreation Centre	121	189	56%
Total Membership Packages	4973	10425	110%

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PARK POWER

Park Power is a series of strength and balance exercises for people of all ages that do not require any equipment and makes use of the benches within **Lurgan Park**.

Using instructional signs on the benches Park Power guides you through seven simple exercises that will significantly improve your balance, muscle strength and increase your coordination. Park Power is such an easy way to incorporate strength and balance exercises while enjoying family time and all the benefits of being outdoors.

Park Power is part of the Get Moving ABC initiative and is a collaborative effort from a range of Community Planning Partners, including Southern Health and Social Services Trust and the Public Health Authority.



INTRODUCING PARK POWER



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WHAT IS TAKING PLACE ACROSS HEALTH AND RECREATION



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AFFILIATION TO THE ARMAGH BANBRIDGE AND CRAIGAVON SPORTS

Affiliation to the Armagh, Banbridge and Craigavon Sports Forum for the year 1st April 2022 – 31st March 2023 is now **open**. The cost for clubs to affiliate is £20 and for individuals is £10.



Members wishing to affiliate must be affiliated to the Sport NI, Sport Ireland or UK Sport recognised Governing Body. Clubs must be based within the council area and Individuals also must reside within the ABC borough. Clubs must submit a copy of their club constitution as part of their affiliation for 22/23.

Members of clubs and individuals affiliated to the Sports Forum will qualify for the **following benefits**:

- Receive sports development related mail shots e.g. grants available, sports awards nominations, etc.
- Be eligible to apply for Club Development Grants:
 - Clubmark NI Accreditation Grant
 - Volunteer Development Grant
 - Grant Aid for Coaches & Umpires/Referees
 - Representative Sporting Clubs
- Apply for Individual Grants:
 - Talented Athlete Grants
 - Leisure Access Card
- Access free places on the Coach Education and Club Development Programme
- Have the opportunity to be elected to represent your sport on the Sports Forum at the AGM.
- Have your club listed on the Council's Online Sports Directory

In order to affiliate to the Sports Forum for the upcoming year, please complete the short online registration form here: <https://www.armaghbanbridgecraigavon.gov.uk/resident/abc-sports-forum/>. Details of the Sports Forum Grant Aid Scheme including application forms and guidance notes can also be found on the website.

AED SUPPORT GRANT SCHEME

Applications for funding for vital, life-saving **Defibrillator (AED) equipment and/or CPR Training support** are currently open and will **close at 4pm on Tuesday 31 May**.

You can play a vital role in helping to save lives in your local community by applying for funding to purchase Public Access Defibrillator (AED) equipment and/or CPR Training support in your area.

All applications are to be submitted online using the link:

Further information including the guidance notes are available

here: <https://www.armaghbanbridgecraigavon.gov.uk/resident/community-grants/>

SIGN-UP FOR THE ANNUAL CRAIGAVON LAKE RUN!

Spring into action and get your trainers at the ready for the fun-filled annual Craigavon Lake Run. Taking place on Wednesday 1 June 2022 from 6.45pm, South Lake Leisure Centre will be the venue for this year's event. Participants can take part in the 1k family fun run, 5k, 10k or 10k wheelchair races.

Sponsored by Rushmere Shopping Centre and McKeever Sports, and in partnership with St Peter's Athletic Club, the start line will be located at the back gate of Craigavon Civic and

Conference Centre leading onto Craigavon lakes path with the finish line in front of the Craigavon Lakes slip way - leading towards South Lake Leisure Centre car park.

You can register online at www.getactiveabc.com/craigavonrun

Participants can collect their race packs at Rushmere Shopping Centre from 9.00am on Friday 27th May until 7.00pm on Tuesday 31st May. The race packs will include race number, chip, bib and pin.



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Participants unable to collect their race packs from Rushmere Shopping Centre, may collect them from South Lake Leisure Centre on Wednesday 1st June from 9.00am until 6.00pm sharp from reception.



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Race start times are as follows:

- 1k Family Fun run - 6:45pm
- Wheelchair Friendly 10k - 6:58pm
- 5k run - 7:00pm
- 10k run - 7:10pm

All participants will receive a medal and a goodie bag sponsored by McKeevers Sports. All winners will receive a T-shirt sponsored by McKeever Sports and a gift voucher sponsored by Rushmere Shopping Centre.

Results will be available www.getactiveabc.com/craigavonrun on Thursday 2nd June.

BLACK PATHS CYCLE FEST

This year we are celebrating bike week 2022 with our partners Cycles and a series of free events exploring the Craigavon Black Paths cycle network!

- Family mountain bike sessions Mon 6th June
- Cycle skills session Tues 7th June
- Pump bike session Wed 8th June
- Blacks paths tour Thurs 9th June
- School treasure hunt Fri 10th June
- Family lap of the Lough Sat 11th June

Bring your own bike or alternatively hire a bike from South Lake Leisure Centre and Watersports to explore the pathways. We will be learning more about the amazing black paths, Craigavon 40km active travel network designed and built in the 1960's, and now easier to navigate thanks to the new route maps developed by Cycles.

For more info about the event and to book a free session go to <https://getactiveabc.com/events/black-paths-cycle-fest/>

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DISABILITY SPORTS CLUB



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South Lake Disability Sports Clubs

Multi-sports sessions for adults with a disability aged 19+.

Venue: South Lake Leisure Centre

Date: Tuesdays

Who: Physical Disability:
10 - 12noon

Learning Disability:
(Pilot 17th May – 21st June 2022) 1.30 - 2.30pm

For more information, or to register, please contact Colleen Connolly on colleenconnolly@dsni.co.uk or **07769250885**

JUNE BANK HOLIDAY CELEBRATION AT CRAIGAVON GOLF AND SKI

Adventure at Golf and Ski for Bank holiday weekend
2nd June

2.5 hour | Tube, Footgolf & Lunch | £13.00pp | Suitable for kids aged 7-12 years old | 12-2:30pm

Individual Tubing – 30 Minutes Tube | £6.00pp | Suitable for kids aged 5-14 years | 2pm / 2:30pm/3pm/3:30pm

3rd June

Individual Tubing | 30 Minutes Tube | £6.00pp | Suitable for kids aged 5-14 years | 11am / 11:30am

Family Activity Special | 2 hour Special | Tube , Footgolf & Lunch – £60.00 per group of 6 | Suitable for anyone aged 3+ | 1pm-3pm / 1:30pm-3:30pm

Individual Tubing | 30 Minutes Tube | £6.00pp | Suitable for kids aged 5-14 years | 4pm / 4:30pm

[June Bank Holiday & Jubilee Celebrations at Craigavon Golf & Ski - Get Active ABC](#)



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ALL OUT TREKING AT GOSFORD



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All Out Trekking

ALL OUT TREKKING at Gosford Forest Park, is an Inclusive outdoor recreation programme using battery powered all terrain buggies, open to disabled & non-disabled people enabling inclusive participation in a beautiful parkland setting.

RE-OPENING 2ND JULY 2022

Every Thursday & Saturday (July-September)
11am - 12.30pm & 1.30pm - 3pm sessions.

Standard 1.5hr session, choice of:

TERRAINHOPPERS

Up to 4 people:

Enjoy a gentle paced jaunt around walking trails, arboretum and deer trail.

QUADRIX

Up to 4 people:

Tighten your harness & experience the thrill of a fast paced adrenaline ride on the MTB trails.

Cost: £20 pp for standard 1.5hr session which includes safety briefing and skills practice. (£70 for 4 people)
ALL SESSIONS ARE GUIDED BY TRAINED STAFF.

Options available for larger groups, e.g. group of 16 people, 4hr programme with lunch option.

To book: Email: allouttrekking@dsni.co.uk
T: 079 6845 2406



*Min Age: 12yrs, Min height: 5ft, Max weight: Quadrix 110kg, Terrainhoppers 160kg

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All Out Trekking at Gosford Forest Park



[Further Information](#)

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DANCE THROUGH THE DECADES

**DANCE THROUGH
THE DECADES**

SATURDAY 11 JUNE 2022 @ 1.30PM

*In aid of Macmillan Cancer Support.
Have fun and raise money! For ages 8+*

Venue: South Lake Leisure Centre
Time: 1.30pm - 3.30pm

For further information please contact
✉ nuala.mcveigh@armaghbanbridgecraigavon.gov.uk
☎ 07711 756 836

£10
per person
includes t-shirt

Dust off those dancing shoes and sign up for the ‘**Dance through the Decades**’ fundraising event in aid of **Macmillan Cancer Support**.

Date: Saturday 11th June

Time: 1.30-3.30pm

Venue: South Lake Leisure Centre

Cost: £10.00 (all proceeds going to Macmillan)

No dance experience is required and the event will suit all abilities. Anyone over the age of 8 can sign up! T-shirts will be provided for all participants.

For further information contact Nuala McVeigh at
nuala.mcveigh@armaghbanbridgecraigavon.gov.uk

SUMMER ACTIVITIES FOR KIDS

We are working on the summer activity programme for Kids across the whole of the H & R department and we hope that these activities will be open for parents to book in the coming weeks... details will follow.

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CORPORATE NEWS



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ABC Age Friendly **STRATEGY & ACTION PLAN**

HAVE YOUR SAY

armaghbanbridgecraigavon.gov.uk
/abcb_council



ABC Council is calling on residents to share their views on a new Age Friendly Strategy and three-year Action Plan for the area. Led by the ABC Age Friendly Alliance – comprising of representatives from council, key stakeholders and older people – the strategy and action plan will work to ensure all residents in the borough can live in security, enjoy good health, continue to participate fully in society, and feel valued and respected – regardless of age.

Now open, the Age Friendly Strategy and three-year Action Plan survey will **close on Friday 15 July**.

Everyone can have their say on key outcomes within the new strategy and action plan by:

- by completing an online survey here: <https://armaghbanbridgecraigavon.citizenspace.com/environmental-health/copy-of-abc-age-friendly-public-consultation>
- requesting a paper-based survey or expressing an interest to attend a focus group to Stephanie Rock, Age Friendly Officer on 07825 010 630 or Stephanie.Rock@armaghbanbridgecraigavon.gov.uk.

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QUEEN'S PLATINUM JUBILEE BANK HOLIDAY OPENING HOURS



The bank holiday dates for the Queen's Platinum Jubilee are **Thursday 2 June** and **Friday 3 June**. There may be some changes to services and facilities provided by Armagh City, Banbridge and Craigavon Council on these dates, please refer to the intranet for more details.....



The Armagh, Banbridge and Craigavon Community Planning Partnership, launched the Armagh Place Plan, first community planning led Place Shaping Plan in Northern Ireland on 19 May 2022

The Armagh Place Plan is designed around four outcomes; a connected city, a green city, an engaging city and a healthy city. Collectively the plan developed seven typologies and thirty actions which will be delivered collaboratively across the partners to embrace the vision of the outcomes.

The plan can viewed on the website

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here: <https://www.armaghbanbridgecraigavon.gov.uk/resident/armagh-place-plan/>

For further information on Place Shaping email
community communityplanning@armaghbanbridgecraigavon.gov.uk

ABC EVENTS GUIDE:

RED ARROWS & RED HOT CHILLI PIPERS HEADLINE ARMED FORCES DAY CELEBRATIONS IN BANBRIDGE

Join us for a mega military and musical spectacular in Banbridge on Saturday 18 June as the borough leads the region in hosting Armed Forces Day for the first time.

Visitors throughout NI are expected to come out in force to the County Down town for an epic day of celebrations to honour serving troops, reserves, cadets, veterans and their families for their service and sacrifice at home and overseas.

Over 500 serving personnel, cadets, veterans and accompanying military bands will step off following the Drumhead Service and parade from Newry Street to Banbridge Rugby Club at Rifle Park. The parade will be led by the iconic and impressive Royal Irish Regiment's Irish wolfhound, Brian Boru X, dressed in his piper green official uniform. The event is guaranteed to have spectators flying high when the world's premier aerobatic display team, the Red Arrows, put on a spectacular show brightening the skies with a dazzling display of colour. Prepare to be blown away by the most famous bagpipe band on the planet, the Red Hot Chilli Pipers, as they fire up the crowds with their ground-breaking fusion of traditional Scottish music and rock/pop anthems known as 'bagrock'. The world-famous Band of the Royal Irish Regiment and the hugely popular Military Wives Choir are sure to steal the show.



Visit www.armedforcesdayni.co.uk for more information about the event including road closures and parking.

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WORLD CLASS PIPE BANDS TO FILL LURGAN PARK WITH MUSIC

Pipe Bands from the UK and Ireland will descend on Lurgan Park on Saturday 11 June 2022 as the council venue plays host to the prestigious UK Pipe Band Championships.

World class bands from near and far will fill the air with the sound of pipes and drums as the park opens its gates for a fabulous spectacle of colour, music and fun for all the family. To book your tickets log on to www.visitarmagh.com/ukpipeband2022



DAÍTHÍ'S LAW TO BE INTRODUCED FOR ORGAN DONATION

From spring 2023, the law around organ donation will change.

What does the law change mean?

- Unless you choose to opt out, or are in an excluded group, it will be considered that you agree to be an organ donor when you die
 - Families will always be consulted before donation goes ahead
 - Organ donation is your decision
 - Whatever your decision, make your choice clear and tell your family and closest friends to ensure your choice is honoured
 - The law will change in spring 2023 Daithí's Law
 - Everyone will still have a choice – people are free to opt-out or amend their decision at any time
 - To opt-out, visit www.organdonationni.info
 - You can continue to register your organ donation decision at any time on the NHS Organ Donor Register, there is no deadline.
 - This includes continuing to show your support by registering to 'Donate'.
- Please [#HaveTheChat](#) about your organ donation decision.

Find out more about the law change and register your decision at: www.organdonationni.info

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Your Health and Wellbeing Matters

Mental Health Awareness Week is here!

Seeking to promote the message of good mental health for everyone, this year the annual campaign will focus on raising awareness of the impact of loneliness and the practical steps we can take to address it.

And for the week that's in it, we thought it would be fitting to share how we are putting into action the results of last year's employee health and wellbeing survey. Covering themes around wellness activities, eating well, staying well informed and more, you can check out what's new in the following pages.

Do you know your local Mental Health First Aider?

We've appointed a number of Mental Health First Aiders who will act as a point of contact to any employee experiencing a mental health issue. All our Mental Health First Aiders are trained in mental health first aid to raise awareness, normalise and encourage conversations about mental health and signpost employees to support services. See full list of Mental Health First Aiders here: w abc-svr-intra.abc.local/supporting-mental-health.

Wellness Activities

Following your feedback to facilitate more initiatives that help bring you and your colleagues together in a fun and worthwhile way, we're pleased to announce the launch of three new employee wellness activities.

Led by employees who have a strong passion for their respective activity, the proposed workshops are a great way of getting to know your colleagues, developing new skills and importantly supporting good mental health.

ABC Choir

Guaranteed to give you that feel good factor, the ABC Choir will be led by Joan Noade (Play Development Officer) and practice will take place virtually one lunchtime every week or fortnight, lasting a maximum of 45 minutes.



Encouraging you all to sign up, Joan said:

'My passion for singing and music started when I was very young, I founded my first folk group when I was 12 with two other friends at school and we sang for a number of years

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together. Since then I have settled into my local choir and progressed to leading the choir for over ten years.



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“Singing is so good for your wellbeing. Singing (like play!) changes your brain. While it has always been known that singing is good for you, we now know (with the invention of MRI scanners and imaging), that science can prove how good it really is. So come along and give it a go, I promise we will have fun, laughter and try our best at singing a tune together!”

Knitting Class

Do you like a good ‘yarn’? Well then our knitting class is just for you. Led by Sharon Donaghy (Dog Warden), our knitting classes will be delivered in-person one lunchtime per week for four weeks, lasting a maximum of 45 minutes. Classes will be rotated around the Armagh, Banbridge or Craigavon area depending on demand. Just bring your lunch, your knitting needles and wool!

Speaking of her passion of knitting, Sharon said: “I have been a keen knitter for over 30 years; I love the feeling that I can make something unique and enjoy the challenge of trying new patterns and experimenting with different wools. I enjoy knitting for family members and for various charities and find it is a great way to relax.”

Drawing Class

Get creative and get into a mindful flow with our drawing class, led by Sarah McKnight (Information Officer). The classes will be delivered in-person, at F.E. McWilliam Gallery, Banbridge, one lunchtime per week (on either a Monday or a Wednesday) for four weeks, lasting a maximum of 45 minutes. Just bring your lunch, sketch pad and pencils!

Delighted to be leading one of our health and wellbeing initiatives, Sarah said: “I am a graduate of Fine and Applied Art, based at the F.E. McWilliam Gallery in Banbridge where I work as an Information Officer. I believe being creative can do wonders for our mental health, so when I saw the call out, I was keen to get involved and share my passion and experience in the arts to others through drawing classes which are fun, engaging and open to all.”

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How to sign up?

Please email Fiona Hamill on email:
Fiona.Hamill@armaghbanbridgecraigavon.gov.uk by
Friday 27 May providing the below details:

- Activity you wish to join
- Your work location
- Preferred day to attend

Please note colleagues must use their personal time to participate in all these lunchtime activities.

Staying Well Informed

Visit our new dedicated Health and Wellbeing hub on the intranet to explore the range of services, resources, initiatives, activities, policies, procedures on offer that help support your health and wellness in the workplace.

Learn more about our confidential counselling service, eye care benefits, health cash plans, gym and swim membership as well as the health and wellbeing committee, your mental health first aiders and the just launched **Stay Well** support hub plus lots more.

Featuring the latest on health news, wellbeing activities, campaigns and events as well as support services and toolkits, you can access Stay Well inside and outside of work at a time that suits you.

To access Stay Well through the staff intranet visit: www.staywell.abcbc.wellhub.info.

To access outside of work visit: www.staywell.abcbc.wellhub.info and enter the below details:

Username: ABCBC

Password: wellbeing

To find out more about Stay Well, please contact
staywell@armaghbanbridgecraigavon.gov.uk.

To visit the new Health and Wellbeing hub click here w abc-svr-intra.abc.local/health-and-wellbeing.

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SUPPORTING YOUR MENTAL HEALTH

As we've mentioned, Mental Health Awareness Week is running from Monday 09 May to Sunday 15 May. This year's theme explores loneliness, something we may all have experienced. We can all play our part in connecting with one another and reducing loneliness in our lives, our workplaces and our communities.

Here's six simple but helpful pointers for combatting loneliness by connecting with ourselves, co-workers and peers:

Make the most of your free time

It's easy to retreat from life when we feel alone, especially if we've retired after the working day, but loneliness doesn't have to be a burden. We can use it as motivation for reaching out to people and building relationships. Making the most of our time outside of work is all the more valuable if we use it for memorable moments. Volunteer with a local community group, even call in to see a neighbour.

Connect in real life

Checking in with people in real life is slightly more difficult than it used to be but so much exists beyond our smartphones, e-mails and virtual offices, but you can get so much more out of connecting face to face than through a screen.

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Foster good relationships

Building working relationships and high quality connections can create opportunities for collaboration. Try to foster your own high-quality connections and urge those around you to do the same.

Focus on the little things

The smallest gestures can make a big difference. Little things like making someone a coffee or just remember to say “Good morning” every day will show people that you care. This is especially relevant as we adjust to life back in the workplace. These small, easy acts may also have a positive knock-on effect in your team.

Be nice to yourself

It’s important to practice self-compassion when you think you need to. Try talking to yourself in a way that is supportive, kind and caring. You’ll be more likely to acknowledge the moments when you’re overwhelmed. Whatever you do, the main challenge is to stay in touch with those around you. Even if you just send a text message or phone someone you haven’t spoken to for ages, that’s a great start. And, just remember, you’re not on your own.

Seek support

Taking that first step towards support can make a big difference.

The past two years have been difficult for many; social isolation, anxiety, concern are all feelings experienced during the pandemic and these may still exist as society opens up again. We should remember that not everyone welcomes this change and if you or someone you know is feeling overwhelmed, worried or anxious, there are people who can help.

armaghbanbridgecraigavon.gov.uk

Eating Well

Can you give Joe Wicks a run for his money with a quick, easy and nutritional recipe? If so, we *all* want to hear from you! Share your recipes with Fiona Hamill on **Fiona.Hamill@armaghbanbridgecraigavon.gov.uk**.

Online awareness sessions

Scam Awareness

Thursday 26 May | 10am-11am

Covers information on types of scams that are prevalent in our community as well as ways to help protect yourself and what to do if you get scammed. If you would like to attend one of these sessions, please get permission from your Line Manager and book your place via booking bug here www.abcb.council.bookingbug.com/home/%2046970-Training-Courses.

‘Inspiring people to make positive changes through great experiences’



**Armagh City
Banbridge
& Craigavon**
Borough Council

E-LEARN



E-LEARN ABC SESSIONS

- Introduction to meditation: provides various techniques and skills to increase your experience when meditating.
- Stress awareness: explains why stress occurs and how it can manifest itself physically and psychologically, and offers practical hints and tips on how to cope with the ever-increasing demands of the modern workplace.
- Healthy lifestyles: looks at the benefits of physical activity and a healthy balanced diet as well as examining ways of maintaining a healthy weight.
- Nutrition awareness: looks at why we eat, the function of food, and explain the 'eat well plate' and its use.
- Love food hate waste: explores key behavioural changes we can make to help reduce the amount of food we waste.

Access these sessions – and more – at a time and place that suits you on our E-Learn ABC platform here: www.lgtg.learningpool.com/.

New to the system? Check out our user guide here: www.abc-svrintra.abc.local/wp-content/uploads/2021/10/E-Learn-Guide1.pdf.

Here2Help APP

The Here2Help app, developed through Mid and East Antrim Council, is now available to all council employees and is free to download from Google Play Store and the Apple i Tunes App Store. It provides helplines for users to get support instantly while also providing a wide range of links to reading materials that can help people in their time of need. If you're looking for advice on how to stay on top of tough times, or if you're concerned about yourself, concerned about others or just want to be aware of the issue of mental health, then this App is for you.



'Inspiring people to make positive changes through great experiences'