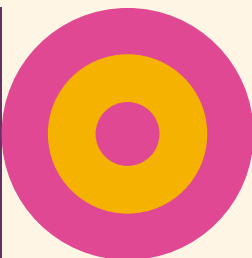
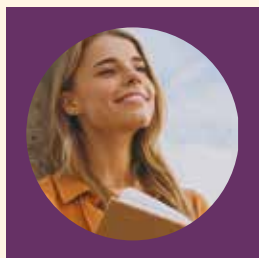


Community Health & Wellbeing Programmes





Council's Community Development Health Improvement Team provide a range of community-based health and wellbeing programmes and health information sessions. All programmes are funded by the Public Health Agency and have a focus on addressing health inequalities within the Council area.



NUTRITION

Cook –It! Programme

The Cook-it! programme aims to support people in the community who want to enhance their cooking skills and who have an interest in healthier eating, particularly where cost is a consideration. The programme offers hands - on practical experience of cooking and preparing food as well as enhancing individuals' knowledge of healthy eating and the hygienic handling of food. The programme is practical in nature and encourages group participation. This includes group discussions and quizzes as well as the opportunity for hands on cooking experience and sampling the completed recipes.

The programme is completed over 6 sessions with each session lasting 2 hours.

6-8 participants can be accommodated on this programme.

I Can Cook –it! Programme

I can Cook it! is a nutrition education programme for individuals who want to enhance their cooking skills, learn more about healthy eating and food safety. It is a more accessible form of Cook it! with simplified key healthy eating messages and visual/pictorial take home recipes.

The programme is delivered over 8 sessions with take home certificates each week. It provides a fun, interactive approach for groups.

Around 4-6 participants can be accommodated on this programme.



Food Values Programme

Food Values is a short food budgeting programme that aims to make healthier food choices more accessible within a limited budget. This programme aims to make participants more aware of their food shopping and spending habits.

This programme includes practical activities as well as hands on cooking and tasting.

The programme is run over 4 x 2 hour sessions.

1. Shopping Savvy
2. Preparing to shop
3. The cost of convenience
4. Look before you buy

6-8 participants can be accommodated on this programme.

Making the Most of Your Slow Cooker

This programme aims to show participants how to use a slow cooker, shop smarter and make healthier food choices.

Topics covered include:

1. Benefits of using a slow cooker
2. Preparing meals & tips for slow cooking
3. Food safety
4. The Eatwell Guide & Healthy Eating
5. Meal planning & making a shopping list
6. Food waste & batch cooking
7. Using your store cupboard

This programme can be delivered as a one-off Bitesize session or over 4 sessions. Each session will last approximately 1 hour. Numbers attending depend on size of venue.

Healthy Eating Information Session

An information session using the eatwell guide to show the different types of foods and drinks we should consume and in what proportion, in order to achieve a healthy balanced diet. The eatwell guide is suitable for most people regardless of weight, dietary restriction/preference or ethnic origin, however it doesn't apply to young children under 2, frail older people and people with special dietary needs.

The session lasts approximately 1hr. Numbers attending depend on size of venue.

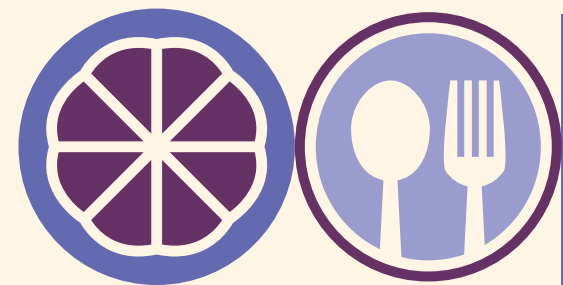
Goodfood Toolkit

The goodfood toolkit has been produced to help ensure that local people receive accurate and practical nutrition messages on how to follow a healthy balanced diet. Use of the toolkit and delivery of nutrition education sessions is flexible and can be run as a one off or as a series of up to 9 sessions.

The toolkit covers the following topics:

- Healthy Eating and the Importance of Physical Activity
- Potatoes, Bread, Rice, Pasta and other Starchy Carbohydrates
- Fruit and Vegetables
- Dairy and Alternatives
- Beans, Pulses, Fish, Eggs, Meat and other Proteins
- Foods and Drinks high in Fat and /or Sugar
- Salt
- Making Sense of Food Labels
- How low income effects Food and Eating Habits

Each of the sessions lasts approximately 1hr. Numbers attending depend on size of venue.



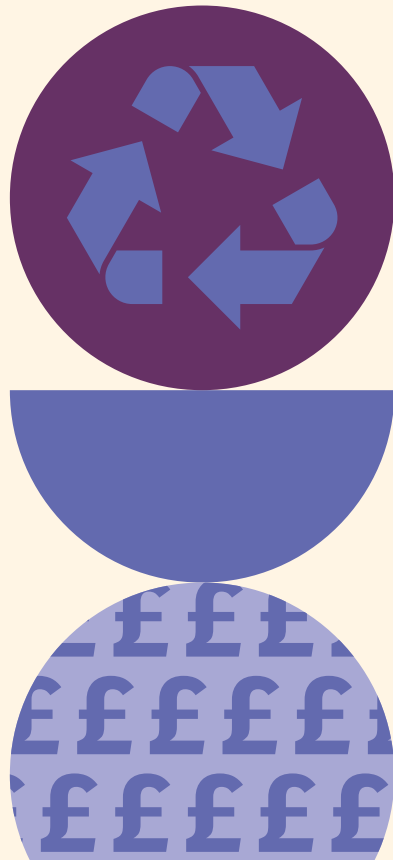
Love Food Hate Waste Information Session

Is suitable for anyone who is interested in saving the environment and saving money.

Reducing food waste is good for the planet, as it helps slow down global warming. It is also good for the purse as the average family of four can save just over £60 per month by reducing their food waste. This session will cover the following:

- Love Food Hate Waste - how it all began
- Facts & Figures
- Love Food Hate Waste - tips and advice
- Passing the message on.....

The session lasts approximately 1hr 30 mins.
Numbers attending depend on size of venue.



PHYSICAL ACTIVITY

Chair Yoga

Chair Yoga is a modified version of traditional Yoga and it provides an opportunity to promote healthier lifestyles to a range of individuals who find mainstream exercise inaccessible. Chair Yoga is suitable for older adults, those with disabilities, mobility issues, health conditions, or recovering from injury.

The programme consists of warm-up mobility movements and simple, modified seated yoga poses. Chair Yoga has many health benefits including improved mobility, flexibility, posture, mental health as well as helping reduce stress.

The programme can be delivered over
4 - 6 x 45 minute sessions.
A taster session can also be requested.
A maximum of 15 participants can take part.



Strength & Balance

Strength & Balance is a physical activity programme aiming to help people over the age of 55 years to improve their balance and posture and strengthen their muscles. The programme targets those who have been identified as at risk of falls or who have a fear of falling.

Benefits of attending a Strength & Balance programme include:

- Increasing levels of physical activity
- Improvement in balance, coordination, posture and muscle strength
- Reduces the risk of falling
- Improvement in confidence and wellbeing

The programme is delivered over 8 x 1 hour sessions.

A taster session can also be requested.
10 - 12 participants can take part.

Chi Me

Chi Me is a series of Tai Chi influenced exercises. Chi Me also includes specific exercises which may aid in Falls Prevention. Chi Me can help improve muscular strength, balance, co-ordination, flexibility and relaxation. It can create a wonderful sense of wellbeing and can improve quality of life.

This programme can be delivered as a one off or over 4 - 6 one hour sessions.

Numbers attending depend on size of venue.

Tai Chi for Health

Tai Chi for Health is based on Sun style Tai Chi. It consists of a series of relaxed, gentle movements that can improve flexibility, muscle strength, increase heart/lung activity, improve balance and integrates the mind and body.

This programme was designed specifically for people with arthritis but it can improve almost anyone's quality of life and has proven to be effective for falls prevention.

This programme is delivered over 10 x 1 hour sessions
Numbers attending depend on size of venue.

On Your Feet

On Your Feet is a low impact simple dance activity which has been described as exercise in disguise and it is for those who find a traditional exercise class too much but are still mobile and active. The programme aims to keep people on their feet, promote independence and improve fitness levels. It also improves reflexes, bone strength (which helps in the fight against osteoporosis), co-ordination and balance, all of which are a vital aid in falls prevention. The programme encourages participant interaction and is great fun.

This programme can be delivered as a one off or over 4 - 6 one hour sessions. Numbers attending depend on size of venue.

DrumTastic (Drum Based Exercise)

Drumming is an energizing activity that has many physical, mental and emotional benefits. Research and evidence suggest that drumming can reduce stress and anxiety, lower blood pressure, increase circulation and enhance overall wellbeing in people of all ages. Participating in a drumming session provides an opportunity to improve individuals social, physical and mental wellbeing as well as being great FUN.

This programme can be delivered as a one off 45-minute session or over 4 x 45-minute sessions.

N.B: Venue criteria will apply for the delivery of this activity.
A maximum of 10 participants can take part.



EMERGENCY LIFE SUPPORT WORKSHOPS

Save a Baby's Life Workshop (90mins - 2 hours)

This workshop is suitable for anyone who cares for a baby.

The workshop covers the following:

- Infant life support (CPR)
- Infant choking
- Infant drowning

6 to 8 participants can be accommodated on this programme.

Save a Child's Life Workshop (90mins - 2 hours)

This workshop is suitable for all members of the community, especially those with young children. The workshop covers the following:

- Life support for children (CPR)
- Choking for children
- Drowning in children

6 to 8 participants can be accommodated on this programme.

Save an Adult's Life Workshop (90mins - 2 hours)

This workshop is suitable for all members of the community.

The workshop covers the following:

- Basic life support (CPR)
- Choking
- Drowning

6 to 8 participants can be accommodated on this programme.

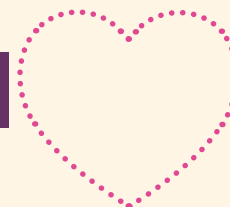
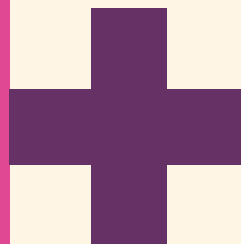
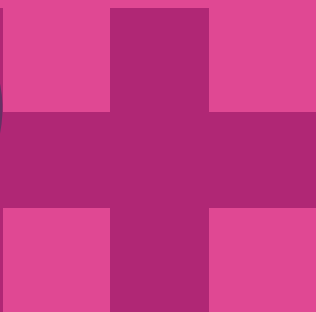
Save a Life AED Workshop (90 mins)

This workshop is suitable for all members of the community.

The workshop covers the following:

- What is an AED
- Where can an AED be found
- Why use an AED
- How to use an AED

6 to 8 participants can be accommodated on this programme.



MENTAL & EMOTIONAL WELLBEING

Review, Renew & Relax - Quick Fix Programme

The Review, Renew and Relax Quick Fix Programme aims to provide participants with the knowledge and practical tools to manage some everyday irritations and stressors. The programme is delivered over a 2/3 hour session.

By the end of the session participants will have the opportunity to review:

- How the body reacts to stress
- How individuals respond to stress
- A range of coping skills for every-day use.

The number of participants depends on room size.

Take 5-steps to wellbeing

Take Five is about taking action and making conscious and deliberate choices to look after our wellbeing by introducing five simple steps: Connect, Keep Learning, Be active, Take Notice and Give in order to maintain and improve your mental health and emotional wellbeing.

By the end of the session participants will be more aware of the importance of incorporating the Take Five message into their lives in order to promote positive emotional wellbeing and recognize that, sometimes it is the simplest things that can help improve your mental health...

The programme can be delivered in a 1hr session or broke down and delivered over a period of four sessions each lasting approximately 1 hr.

Numbers attending depend on size of venue.

GIMME5

GIMME 5 is designed to promote positive wellbeing messages with young people by raising awareness of the Five Ways to Wellbeing and how this supports good mental health and wellbeing. It also offers a range of activities to help young people explore and develop their personal strengths and resilience.

The Five Ways to wellbeing are a set of practical, evidence-based public mental health messages aimed at improving the mental health and wellbeing of everyone. By the end of the session participants will be more aware of the importance of incorporating the Gimme5 message into their lives in order to promote positive emotional wellbeing and recognize that, sometimes it is the simplest things that can help improve your mental health...

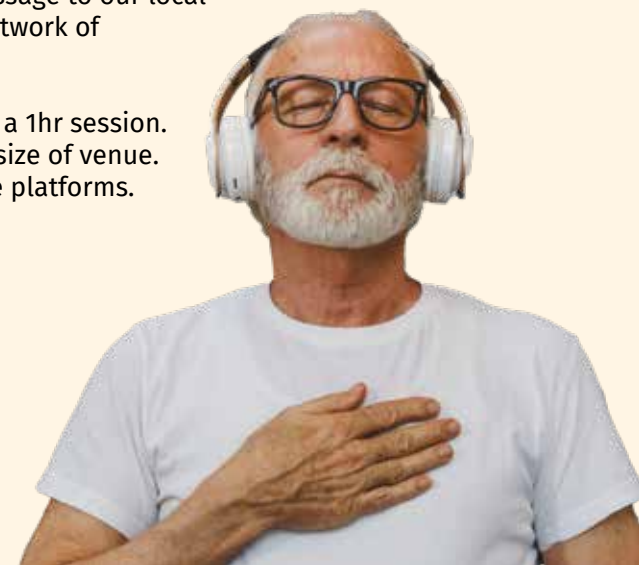
The programme lasts approximately 1 hr. Numbers attending depend on size of venue.

Take 5 Steps to Wellbeing - Ambassador Briefing Session

As a Take 5 Ambassador, you will have the tools to promote the Take 5 message within your community.

Take 5 is a person centred approach to promoting positive wellbeing. The training will raise awareness and understanding of the Take 5 concept, to provide the resources necessary to support the dissemination of the Take 5 message to our local communities and to create a network of Take 5 Ambassadors.

The session can be delivered in a 1hr session. Numbers attending depend on size of venue. Can also be delivered via online platforms.



CANCER AWARENESS

Bowel Cancer Awareness

The information session will cover the following:

- Prevalence of bowel cancer – learn that it's a more common cancer than people think
- Signs and symptoms – learn about the five most common symptoms
- Risk factors – discover what increases your risk
- Bowel cancer screening – learn about the NHS bowel screening programme and the importance of taking part

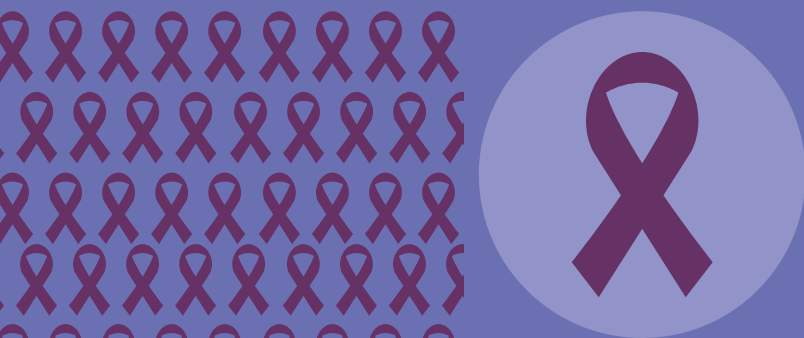
The session lasts approximately 1hr.
Numbers attending depend on size of venue.

Care in the Sun Awareness

The information session will cover the following:

- What causes Skin Cancer
- Why we need to be UV aware – including awareness of skin cancer incidence in Northern Ireland and the main causes and risk factors
- Risks and benefits associated with UV exposure – how UV rays affect the skin and how to check your skin for signs of cancer
- How to prevent UV damage

The session lasts approximately 1hr.
Numbers attending depend on size of venue.



COMMUNITY HEALTH & WELLBEING PROGRAMMES CONTACT DETAILS

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