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## OUR PROGRAMMES

### Health and Shared Futures Programme

We wish to create a team of health champions across the area, drawn from all communities, and representing older people, men, women and young people. To encapsulate the idea of one community we shall brand the project as covering the Inner North area which will also ensure that the project fits within the strategic direction taken by the Inner North Neighbourhood Renewal Partnership.

The project will build a series of integrated teams who will work to develop health action plans for older people, men, women and young people. The teams will first identify the legacy issues over the last forty years such as increased stress, poverty, poor housing which have led to the level of health inequalities in the area. These will be presented as issues affecting Inner North rather than two separate communities. Bringing people together health improvement plans based on local need and joint delivery will be developed as "one community". Early in the process such joint delivery will be initiated so that a model of delivery is established.

The proposed roll out of the project will have a number of key stages:

- Recruitment of voluntary "champions", 4 older people, 4 men, 4 women, and 4 young people drawn from both communities and delivery of a capacity building programme for the champions including conflict resolution, community relations and community health development
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A series of focus groups, surveys and engagement with key stakeholders to identify and report on the legacy issues affecting health.

A series of working groups based on the Inner North area to establish health action plans for older people, men, women and young people which are based on the principle of joint working.

The delivery of a series of health improvement actions based on addressing the legacy issues.

The project will utilize the existing capacity and resources within the area to improve community relations and conflict resolution issues and engage with the range of providers in the area to ensure that we are not duplicating delivery of this type of training. Where additional resources are required for this work we will partner with existing organisations to draw these down. This project is designed to go beyond simple single-identity working or even community relations work to deliver the ultimate goal in having people address common problems as one community.

In terms of outputs there will be 16 health champions with a broad understanding of the key issues, a report on the health legacy of the conflict in Inner North Belfast, a series of action plans to begin to address that health legacy and the delivery of a number of health improvement actions.

### Armchair aerobics

Armchair aerobics is a chair based activity class aimed at those less active people including those with painful joints and those who are arm chair bound. It is a fun activity which is enjoyed by everyone who participated.

### Weight management programme

The goal of this program is to use weekly education and exercise sessions to educate participants about the positive health benefits of weight reduction, sound nutrition and regular exercise so that they may maintain positive lifestyle changes.

A participant of the weight management programme said "I joined the weight management 3 years ago it is run by the Community Health Partnership on a Wednesday morning from 10.00-12.00pm. It has made a big change to my lifestyle. I really enjoy it I enjoy the healthy breakfast and the walk after it. I try to keep a healthy eating plan for my family as well as my self.

There is a Unislim and Weight Watchers in my area but it is too expensive to go to. The weight management costs £1.00 per week and it is affordable for my pocket. When you get weighed it is done very professionally and everything is kept confidential and no one can get in to the hall when you are getting weighed. Thank you. Tracie"

### Cook-It

This course was produced by the Health Promotion Agency specially for use in Northern Ireland, it lasts for 6 sessions and covers the basic principals of healthy eating, food hygiene at home and practical cooking.

## Cancer Awareness

The cancer awareness program is an education programme which aims at presenting the facts around cancer in a non threatening way and dismissing many of the myths surrounding cancer.

## Walking Group

Walking is good for you. It promotes a feeling of well being not to mention the effect it has on one's entire body, skin and organs. Walking can improve health and fitness it is suitable for most people.

A participant of the walking group said "I enjoy the walking group as it gets me out of the house. My husband is away all day and I am on my own most of the day. I have a bad leg and sometimes its painful to walk but I still like to get out and I enjoy the company" Lilly.

## Colour Breathing

Many people find it difficult to relax or mediate. They feel they could never do it because their minds are too busy. The concept of colour breathing is designed to be simple and stress free. The beauty of colour breathing is that it is safe, easy to use, non-invasive and effective – an excellent tool for self-relaxation and stress management.

Members of a North Belfast Day Centre who did 10 sessions of colour breathing. One of the participants said -



The "Colour Therapy", for me was a welcome anchor in my sea of stress. Just focusing on the discs with the gentle soothing and sensible commentary I was actually able to slip the boundaries of my every-day, hum-drum, dismal and sometimes even distressing existence, and come to terms with the real me. Still alive and kicking, after all my years of grinding mental illness." Brendan

## Building the Community Pharmacy

The Healthy Living Centres of North Belfast, local community organisations and pharmacists have joined together to raise awareness of the dangers of using sleeping tablet, nerve tablets and anti-depressants incorrectly. These sessions have been very informative and interesting. The pharmacists have enjoyed having the opportunity to come and work directly with the community. The project also encourages people to ask their local pharmacist questions about their medication.

A participant of one of our information session said "I found this session very informative I thought I knew a bit about these type of drugs because I take anti-depressants and so do some of my friends. The pharmacist was lovely and explained things very well to us. Sometimes I feel ashamed of taking anti-depressants and don't like people to know that I take them. The way the pharmacist explained everything made me realise that I don't need to be ashamed, depression is a medical condition."

## Building Self Esteem

This is a programme which we have introduced in to the schools in Belfast which encourages children to have a positive attitude to life and encourages them to use problem solving techniques.

"I thought it was good when Karen and Anne came in the first morning. We put our heads down and it us made us relax. I thought that it was brilliant because I have learned to think more of myself and when people say a compliment to you, you have to say "oh thanks". I think the part when you had to talk about yourself was completely brilliant. Thank you for the programme"

"I love relaxation class because I don't feel embarrassed at all. Karen and Ann are really good because I let out my emotions. I liked everything about it but my bit I liked most was letting out my thoughts and feelings. I never want it to end. Now I have more confidence in my self. I feel more relaxed. Now when I am doing the relaxation class I feel more relaxed."

## Contact Us

For more information or to book programmes contact Patricia (028) 90745588

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One to One Massage Therapies