

# Health Intervention Action Plan

2022-2027







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# The Action Plan in Context

Antrim and Newtownabbey Borough Council developed a Leisure Strategy in 2017 to provide a coordinated approach to the delivery of Leisure services and to ensure that Council can deliver against key priorities.

The Leisure Strategy aligns with local and regional strategies and Council's Community Planning process and the Health and Wellbeing work undertaken within the Environmental Health team. Community Planning is 'a process led by Councils in conjunction with partners and communities to develop and implement a shared vision for their area, a long-term vision which relates to all aspects of community life, and which also involves working together to plan and deliver better services.'

Council, through our 'Love Living Here' Community Plan, are committed to continuing to engage with the local community to ensure that the needs of our citizens remain at the heart of what we do.

**In development of the Leisure Strategy for the Borough, the following Community plan outcomes are included:**

1. Our citizens enjoy good health and well-being
2. Our citizens live in connected safe clean and vibrant places
3. Our citizens achieve their full potential
4. Our vulnerable people are supported

The Health and Wellbeing strategy endeavours to "Making a Difference" to the lives of those who live within the Borough. To achieve this, emphasis is based on improving people's skills and knowledge around Health and Wellbeing, a priority is to challenge the attitudes and opinions people hold towards health and the factors that impact on health of individuals, families and communities. Encouraging changes to positive health behaviours and changing people's circumstances to improve health and wellbeing is also key. Areas of work include Home Accident Prevention, particularly for those over the age of 65 and for younger families, support and actions to improve Mental health and wellbeing, tackling loneliness and social isolation. Improving nutrition and living circumstances and breaking down the barriers for individuals around their Health and Wellbeing.

The Council's vision for leisure services in Antrim and Newtownabbey 'More People, More Active, More Often'.

**Council is met with several challenges in order to fulfil this vision of:**

- Providing equitable opportunities across the Borough
- Increasing the role for leisure in delivering across different agendas
- Meeting growing expectations
- Increasing participation rates
- Continuous improvement in a challenging economic climate

These challenges provide an opportunity for us as a Council to identify gaps in current service provision, and prioritise work areas for the delivery of leisure and physical activity within the Borough.

**In order to fulfil the Vision outlined within the Leisure Strategy, 5 key pillars have been identified as follows;**

1. Pricing
2. Partnerships
3. Programming and Participation
4. People
5. Performance

**Identification of need:**

Antrim and Newtownabbey Borough Council is well positioned within the community to respond to local identified needs, working with key partners to meet those needs. Council recognises the significant role within local communities in providing support for local facilities (including Council owned centres), sports/recreational clubs, alongside highlighting opportunities to develop physical literacy from an early age through play and grassroots activity programming.

Through the research completed as part of the Community Plan, we know that the most commonly recorded diseases for patients registered with GP Practices within our Borough are hypertension, asthma, diabetes mellitus and heart disease. Research also indicates that whilst our citizens are active, with 34% of respondents reporting they did 30mins of physical activity per week, 10.7% have mobility or dexterity issues. We also know that 19% of adults living in the Borough report a long-term limiting illness, health problem or disability.

In Northern Ireland, each year on average between 2014

and 2018 over 9,600 people were diagnosed with cancer. This is projected to double by 2040, due primarily to NI's ageing population. Cancer prevalence is also rising.

Within Antrim and Newtownabbey Borough Council, from 2014- 2018, 3,811 new cancer cases were diagnosed in the area this comprised on average 362 males and 400 females per year (NI Cancer Registry, 2020). Each year there are 762 new cases diagnosed in the area, including 362 males and 400 females.

Public Health Agency (PHA) physical activity guidelines (2019):

Physical Activity is defined by the Chief Medical Officers (CMO) report 'Start Active, Stay Active' as 'including all forms of activity such as everyday walking or cycling, work related activity, active recreation, dancing, gardening as well as organised and competitive sport'.

The PHA physical activity guidelines are 150mins of exercise per week or 75mins of vigorous exercise per week.

**In 2011, the CMO from England, Scotland, Wales and Northern Ireland issued for the first time, joint UK Physical Activity Guidelines for people of all ages. These have informed the way forward and the focus of these proposed service developments. The guidelines recommend that all adults should:**

- be moderately active for 150 minutes per week, preferably daily;
- undertake physical activity to improve muscle strength on at least two days a week;
- Minimise the amount of time spent being sedentary.

The regional framework, A Fitter Future for All, 2012-2022, for preventing and addressing being overweight and obesity in Northern Ireland was launched in March 2012. The framework sets the strategic direction to tackle this important public health challenge over the next 10 years with the aim to "empower the population of Northern Ireland to make healthy choices, reduce the risk of being overweight and obesity related diseases and improve health and wellbeing, by creating an environment that supports and promotes a physically active lifestyle and a healthy diet".

'Fitter Future' targets for adults include reducing the level of obesity by 4% and overweight and obesity by 3% by 2022. There are subsequently two overarching objectives set against the framework, one of which is to increase the percentage of the population that are meeting the CMO Guidelines on physical activity. The framework acknowledges that the factors associated with being overweight and obese are complex and require

a co-ordinated, integrated and cross-sectoral approach to tackle them effectively. The PHA is responsible for leading the implementation on the non-government Department level outcomes within the Framework.

Making Life Better - A whole system strategic framework for Public Health (2013-2023) was published in June 2014. This 10-year public health strategic framework provides direction for policies and actions to improve the health and wellbeing of people in Northern Ireland. The framework builds on the Investing for Health Strategy (2002/12) and retains a focus on the broad range of social, economic and environmental factors which influence health and well-being. It brings together actions at government level and provides direction for implementation at regional and local level.

**The framework has been structured around the following themes:**

- Giving Every Child the Best Start
- Equipped Throughout Life
- Empowering Healthy Living
- Creating the Conditions
- Empowering Communities
- Developing Collaboration

Long term outcomes and progress indicators have been identified for each of the six themes and on this basis, it is clear that physical activity can have an impact across all the themes, but particularly within 'Empowering Healthy Living' and 'Developing Collaboration'. For example, indicators used to measure 'Empowering Healthy Living' include adult obesity levels, blood pressure, and long term conditions. In terms of 'Developing Collaboration' it is envisaged that local action will aim to maximise the use of physical assets to increase access to health, enabling opportunities such as walking and cycling.

## Mental Health Strategy 2021-2031

In June 2021, Health Minister Robin Swann launched the publication of the new Mental Health Strategy. The strategy aims to set the future strategic direction of mental health services in Northern Ireland for the next decade.

The vision for Northern Ireland is a society which promotes wellbeing and positive mental health for everyone with a lifespan approach, which supports recovery, and seeks to reduce stigma and mental health inequalities.

**The Strategy's actions are set out**



### under three overarching aims:

1. Promoting mental well-being, resilience and good mental health across society
2. Providing the right support at the right time
3. New ways of working

## The current state of Mental Health in Northern Ireland

Northern Ireland has the highest prevalence of mental health problems in the UK, with a 25% higher overall prevalence of mental health problems than England.

### Key factors contributing to mental health problems in Northern Ireland are:

- Social, economic and physical inequalities
- The legacy of the troubles
- Emotional problems (11-19yr olds)
- The advent of the COVID-19 pandemic
- Loneliness (leads to ill mental health such as Depression and Dementia)

### In January 2020 Antrim and Newtownabbey Borough Council passed a mental health motion as follows:

*Council recognises the problem of poor mental health which negatively affects many of our residents across all areas and walks of life within our Borough' and commits to working with partners through Community Planning to develop a multi-agency approach to address these issues and delegates authority to officers to lead a campaign of events and public awareness to highlight the support available to residents experiencing poor mental health.*

The key actions from this motion are listed within this Health Intervention Action Plan.

## Ministry of Defence (MOD) Mental Health and Wellbeing strategy 2017-2022

Ministry of Defence (MOD) Mental Health and Wellbeing strategy 2017-2022 states that "Two in every three of the UK population are likely to remain free of mental illnesses in their lifetime

however, many will at some stage, experience symptoms or poor mental health and wellbeing".

The Ministry of Defence, together with the National Health Service, continues to be committed to providing excellence in healthcare services to personnel in the UK Armed Forces and their families, the MOD Civil Service, and those veterans who have served in the past. The MOD states that in Northern Ireland, the mental health needs for returning ex-service personal are dealt with either through the Ulster Defence regiment and Royal Irish Aftercare service through Combat Stress or directly within the mainstream primary care and mental health services.

Combat Stress is the UK's leading charity for veterans' Mental Health their vision "Our vision is for all former servicemen and women with complex mental health problems to live full and meaningful lives."

## Alcohol and Drug Misuse

Alcohol and drug misuse, and their related harms, cost our society hundreds of millions of pounds every year, and have therefore been identified as significant public health and social issues in Northern Ireland.

The Department of Health launched the new strategic direction (NSD) for Alcohol and Drugs – phase 2 in 2018.

The NSD phase 2 identified five supporting pillars, and they pillars provided the conceptual and practical base for the strategy. The five pillars were:

- Prevention and early intervention
- Treatment and support
- Law and Criminal Justice
- Harm Reduction
- Monitoring, Evaluation and Research

The overall aim of the NSD Phase 2 is to "reduce the level of alcohol and drug related harm".

Locally within the Antrim and Newtownabbey Borough there are several support services which offer support to individuals and families, Council are committed to working with these services to provide further health and well-being support through our community and leisure services.



# What We Know? / Background



## Health Survey NI

The Health Survey 2021 for NI identified that more than a third (36%) of respondents reported doing 30 minutes of physical activity on five or more days per week.

Females are (51%) less likely than males (61%) to meet the physical activity guidelines. Physical activity levels vary according to income, gender, age, ethnicity and disability. Generally, women are less active than men and people tend to be less active as they get older.

## Mental health

Around a quarter (27%) of respondents had a high GHQ12 score, which could indicate a mental health problem (23% males; 30% females).

Almost two fifths (38%) of respondents reported having concerns about their own mental health in the past year.

There are range of opportunities for people to get active in Northern Ireland, yet a large proportion of the adult population are not physically active to the recommended levels. Therefore, there is a need to further develop physical activity opportunities and to co-ordinate care pathways ensuring that a suite of core health interventions are available to encourage individuals, particularly those who are sedentary, to become more active.

Within Antrim and Newtownabbey, there are 2 hospitals (Antrim Area and Whiteabbey) and 18 GP practices. Our residents also have access to 6 leisure facilities and 9 Council owned community centres alongside facilities provided by the community and voluntary sector.

**The most commonly recorded diseases for patients registered with GP Practices within our area are:**

- Hypertension (high blood pressure)
- Asthma
- Diabetes Mellitus and Heart Disease
- Respiratory and circulatory disease are also an issue in our area with higher hospital admission rates for these illnesses than in other Council areas

## Neighbourhood Renewal and Areas at Risk

Research has indicated that people who live in deprived areas are at a higher risk of suffering from ill health and have a lower life expectancy than the general population. Neighbourhood Renewal and Areas at Risk projects are funded through Department for Communities with a focus on developing health-based interventions across these target areas in partnership with local community organisations.

Our Neighbourhood Renewal Projects use a community development approach to involve local people in the decisions and actions that affect their health. The projects bring together representatives from local community, voluntary and statutory sectors to improve health and well-being and to reduce health inequalities within Neighbourhood Renewal and Areas at Risk locations.

The Health Intervention Action Plan will link into the Rathcoole and Grange Neighbourhood Renewal Action Plans and Tackling Deprivation projects, in particular Social Supermarket Pilot Scheme.

# Programming and Participation



**Within the Leisure Strategy, one of the 5 key pillars identified which are the focus of our work, addressing challenges and identifying priority areas for development, these are;**

1. Pricing
2. Partnerships
3. Programming and Participation
4. People
5. Performance

## Programming and Participation

Through innovative and vibrant programming in these and other areas, Council aims to increase regular and sustainable participation of all age groups and be receptive to the needs of our users and our residents. We are aware from consultation feedback that we have work to do in terms of addressing wider health issues and providing more opportunities for vulnerable and inactive groups.

## Summary of programming priorities:

**Through partnership planning and user engagement Council have identified the following programmes as the chosen priorities for the next 5 years:**

1. Physical Activity Referral Scheme (PARS)
2. MacMillan Move More Cancer Rehabilitation Programme
3. Cardiac Rehabilitation
4. Respiratory Maintenance Programme
5. Exercise for Mental Health
6. Programmes for people with a disability
7. Specialised population groups (brain injuries, stroke, MS, Dementia & Parkinson's)
8. Age Friendly Programme

9. Active Pregnancy
10. Veterans
11. Drug and Alcohol misuse

## Membership offering:

PARS, Macmillan Move More Cancer, Cardiac and Pulmonary Maintenance programmes offer a 12-week free membership to Council's leisure facilities. Following completion of the 12-week programme, participants are eligible for a More Health Membership at £16 per month in year one, £22 per month in year two and £25 per month in year three. After three years participants then move onto a fully paid membership.

### 1. PARS

The purpose of PARS is to provide clients who meet a specific criteria, the opportunity to engage in a structured programme of physical activity or exercise under the guidance of a suitably qualified exercise professional. PARS provides a free 12-week programme offering a positive introduction to being active, which may act as a catalyst to long term behavioural change.

### 2. MacMillan Move More Cancer Rehabilitation Programme

MacMillan Move More within Antrim and Newtownabbey aims to ensure that everyone living with and beyond Cancer is aware of the benefits of physical activity and enabled to choose to become more active at a level that's right for them.

Macmillan Move More provides physical activity opportunities and ongoing behavioural change support that aims to develop lifelong involvement in physical activity.

### 3. Cardiac Rehabilitation

The Cardiac Rehabilitation Programme offers exercise to patients who have had a cardiac event in order to get back into everyday life as quickly as possible. There are two phases:

Phase 3: Hospital based programme which takes place over 7 weeks, delivered by cardiac nursing team.



Phase 4: following completion of a hospital programme, clients are referred to a community-based rehabilitation or maintenance programme held within a leisure setting.

Within Antrim and Newtownabbey Borough Council, referrals are received from Antrim Area and Whiteabbey Hospital.

#### **4. Respiratory Maintenance Programme**

The Respiratory Maintenance Programme offers exercise to patients who have respiratory issues. Patients are referred from NHSC pulmonary rehabilitation programme at Whiteabbey and Antrim hospital and can choose to attend an ongoing maintenance class of mainly chair based exercises.

#### **5. Programmes for people with a disability**

Inclusivity in relation to programmes is a high priority and progress is being made in a number of key areas. Working in partnership with Disability Sport Northern Ireland, Council has developed a disability sports hub at Valley LC, Antrim Forum and Allen Park. Through funding from Disability Sport NI these leisure sites now have fully inclusive equipment such as accessible bikes, Boccia sets and sports wheelchairs. Two of Council's wet site facilities have also had pool pods installed which are designed to transform access to swimming pools for people with disabilities and restricted mobility. In addition, Council recently installed new changing facilities (changing places) at the Valley LC & Antrim Forum. This makes Council's facilities attractive as the venue of choice for disability sports events and programmes.

**Through the Disability Sports Hub, Council have secured funding for a part-time Sports Hub activity leader to deliver the More Inclusive programme. This includes classes such as:**

- Inclusive outdoor bike sessions
- More play (parent and toddler play sessions)
- Parent & Toddler drop in swim sessions
- Wheelie Active (Wheelchair based sports sessions)
- Inclusive seasonal schemes & camps
- Specific Learning Disability & Physical Disability sessions

#### **6. Exercise for Mental Health**

Council recognises the importance of people's mental health, particularly following the recent pandemic. Council is committed to the implementation of programmes that focus on exercise for Mental Health such as More Mind/Body which includes; Yoga, Pilates, Tai chi and mindfulness.

#### **Programmes will have two offerings:**

1. Open classes, aimed at those with mild to moderate mental health issues - Free to More members and available to book for the general public.
2. Closed classes, aimed at those with moderate to severe mental health issues – Open to referrals from a health professional only.

#### **7. Special population groups**

Council are committed to the delivery of exercise sessions for users who fall under smaller specialised groups such as; brain injuries, stroke, MS, Dementia & Parkinson's, Breathe better, pain management and falls prevention. These exercise sessions will be delivered in partnership with charities and health organisations to develop a long-term participation pathway within Council's Leisure provision.

#### **8. Age Friendly**

Being able to access affordable health care services and community support is essential to good health and wellbeing, particularly as people get older. Council are aware of the increase in our aging population and want to foster healthy and active ageing and so we provide a range of programmes and activities to support this:

- a. Love to Move, an age and dementia friendly seated gymnastics programme which aims to benefit older people and those with dementia and mild cognitive impairment.
- b. Live long, this programme aims to provide a range of social and physical activities for participants in order to improve both mental and social fitness, as well as physical. The programme is delivered in partnership with the Sport Changes Lives Foundation who say "Sport can be enjoyed by anyone regardless of their ability and age should not be a restriction or barrier to participation".
- c. Walking groups, we have various walking groups around the Borough who meet all year round. Walking is a great way to get active, make new friends and stay motivated.



- d. Steady & Strong (Falls prevention), is a specially designed programme aimed to improve strength and balance. The programme involves exercise classes which will help participants become more confident and stay independent as they get older. The Steady & Strong programme will offer one class per week at various leisure centres. Participants are required to meet a specific inclusion criterion to be deemed suitable for the programme. The Steady and Strong programme operates through a referral process whereby participants can also be referred by a Health Professional.
- e. Home Safety, the home is the most common location for an accident to happen. Every year across the UK, there are approximately 6,000 deaths as a result of home accidents. Our Health & Wellbeing service provides Home Safety advice and information to help our residents identify and reduce the risks posed by hazards in the home and garden. We provide home safety checks for Over 65's, vulnerable adults and families with children under 5 where we can tailor the advice and in addition provide useful home safety items if eligible.

## **9. Active Pregnancy**

Active Pregnancy aims to inform women of the health benefits of maintaining physical activity during and after pregnancy for women and their babies.

The Active Pregnancy Programme also directs women to suitable activities which are available in their local leisure centres.

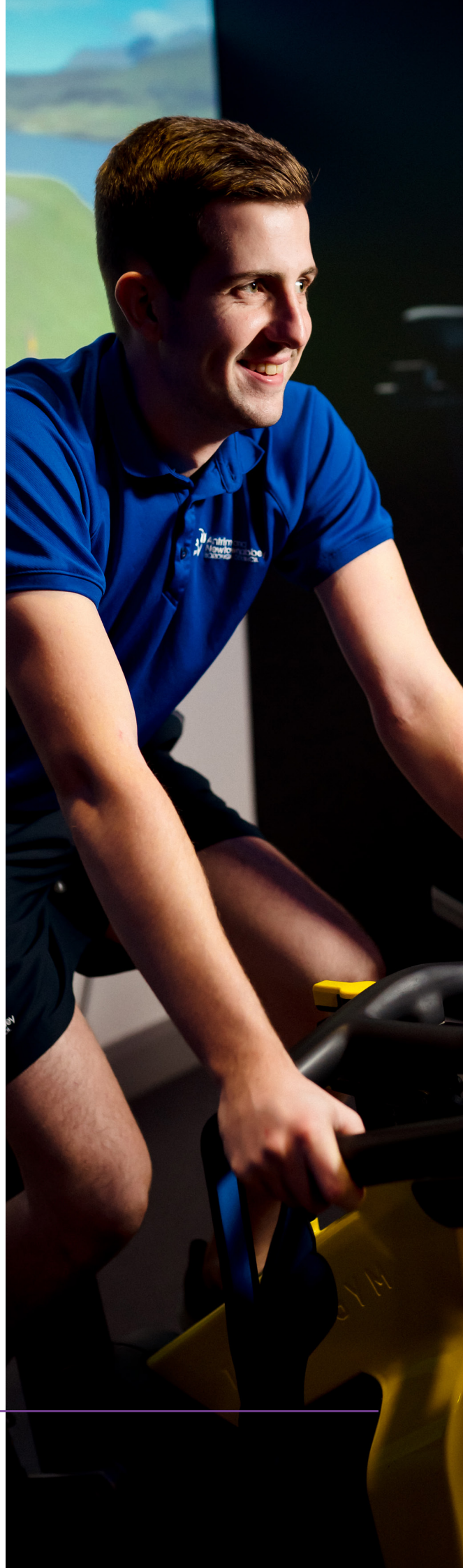
As part of the Active Pregnancy Programme, Fitness consultants from leisure centres across the Council have completed a specialist exercise pre and post Natal qualification in order to increase the provision of physical activity for pregnant women.

## **10. Veterans**

Council are committed to the delivery of exercise sessions for all users including army veterans. Council aims to work with charity organisations with expertise in this area to ensure accessibility of its leisure provision. Referrals within this area will be signposted towards membership and exercise sessions appropriate for their needs.

## **11. Drugs and Alcohol**

Council is aware of the increasing challenges around alcohol and drug addiction and is committed to working in partner charities and organisations to provide access to physical activity through our leisure and community facilities.

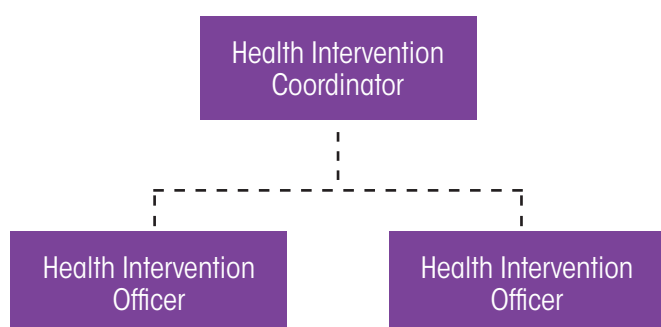


# Programming Principles

1. Increase regular and sustainable participation through innovative programming, which maximises attendance and improves equality of access to leisure and physical activity.
2. Engage in partnership working to expand the range of health-related programmes and interventions for all sectors of our communities targeting those at greater risk.
3. Deliver activities and programmes as far as possible across the spectrum of participation levels from armchair exercises to more rigorous exercise.
4. Design and deliver leisure programmes to encourage the most vulnerable, inactive and disadvantaged groups to participate in sport and leisure activities.
5. Innovative marketing and publicity strategies are in place to promote programming.

## Delivery Resources and Facilities

In order to deliver the Health Intervention Action Plan, a new staffing structure has been identified with three new posts; Health Intervention Coordinator and two Health Intervention Officer Posts. This team will complement current health programmes delivered in centre and the development of new programmes delivered in the Community.



## Council Facilities

Council Leisure and Community facilities are based within areas that are aligned with levels of high deprivation and Areas at Risk programmes.

**The majority of programmes will be delivered within council facilities including Leisure Centres but also outreach into community centres as outlined below:**

### Leisure Centre Delivery:

- Allen Park
- Antrim Forum
- Crumlin Leisure Centre
- Ballyearl Leisure Centre
- Sixmile Leisure Centre
- Valley Leisure Centre

## Community Facilities

**Antrim and Newtownabbey Borough Council own 12 Community Facilities. Two are currently managed under a Service Management Agreements with local Community organisations, namely, Rathfern Social Activity Centre and Monkstown Jubilee Centre. The other Facilities are:**

- Dunanney Centre
- Northern Ireland Centenary Community Centre Ballyduff
- Lillian Bland Pavilion
- Mossley Pavilion
- Greystone Community Centre
- Muckamore Community Centre
- Parkhall Community Centre
- Stiles Community Centre
- Neilsbrook Community Centre
- Rathenraw Community Centre

Community Facilities are an underutilised resource in the Borough, through considerate programming of leisure activities could effectively contribute to the general health, wellbeing and development of social activities for focus groups such as Senior Citizens and hard to reach young people in these areas.

A key aim of this plan will see Community Facilities creatively utilised to provide easily accessible and affordable leisure and health-based interventions for hard-



# Training and Education



to-reach population groups in areas of known deprivation.

Training and development of staff is paramount to the delivery of the objectives set out within this Action Plan over the next 5 years. Council is committed to ensuring staff have the skills, knowledge and experience to effectively deliver the Health Outcomes highlighted within this Health Intervention Action Plan. While Council employees have the essential skills required to deliver level 3 programmes, Council aim to provide staff with training opportunities to enable level 4 delivery.

In order to prioritise staff training over the next five years, Officers completed a full audit of current staff health and fitness qualifications with is outlined in table 1.0.

**The audit identified the following courses as a priority:**

- BACPR (cardiac rehab)
- Pulmonary Rehabilitation
- Cancer rehabilitation
- Pain management
- Physical activity for children
- Mental Health
- Obesity and Diabetes

Qualification	Number of staff trained
Cancer rehabilitation	4
Cardiac rehabilitation	5
GP referral	17
Physical activity for children	2
Pulmonary Rehabilitation	5
OTAGO (falls prevention)	3
Exercise for Mental health	2
Motivational interviewing	1
Pain management	0
Pre & Post Natal	6
Obesity and Diabetes	0

*Table 1.0 shows health & fitness qualifications held by current staff*

## Indications of success

1. There is increased use of Antrim and Newtownabbey leisure facilities
2. There is increased participation in leisure centre activity programmes from the most vulnerable, inactive and disadvantaged groups
3. There is an increased awareness of leisure participation opportunities across the Borough
4. Increase the number of PARS participants completing a 12-week programme
5. We have positively contributed to improving the health and wellbeing of our citizens
6. Partnerships - development of long-term partners and funding streams to ensure the sustainability of the programmes for the period 2022-27.

# Key Performance Indicators

KPI	No. of participants annually
<b>Statutory funding requirements</b>	
<b>PARS</b> – Increase the number of participants completing 12 week programme	168
<b>Pulmonary</b> – 1x Group based Pulmonary Maintenance Programme delivered per week	400
<b>Cardiac</b> – 2x Group based Cardiac Rehabilitation Programme delivered per week	800
<b>Cancer</b> – 3x Group based Cancer Rehabilitation Programme delivered per week Provide a Physical activity pathway for people living with and beyond Cancer	150 (new referrals)
<b>Programmes for People with a Disability</b> – In partnership with Disability Sport NI Disability Hub, provide a menu of inclusive programmes across the Antrim and Newtownabbey Borough	400 (unique participants)
<b>Leisure</b>	
<b>Mental Health</b> – 2x group based Exercise for Mental Health programmes delivered per week	800
<b>Specialised population groups</b> – Deliver exercise sessions in partnership with Charities and Health Organisations	150
<b>Active Aging</b> – Provide a menu of programmes that are social, recreation and competitive on a weekly basis (stay steady, stay strong, Live long, senior aerobics)	8,000
<b>Active Pregnancy</b> – Deliver 2 x group based exercise programmes for Pre and Post-natal women	200
<b>Other</b>	16,218
<b>Programme compliance</b> – Percentage of referral participants complying with prescribed individualised programmes	50%
<b>Programme attendance</b> – Percentage of participants attending referral classes	75%
<b>Membership uptake</b> – Percentage of participants taking up More Health Membership	50%
<b>Staff training</b> – Provide training and continuous development opportunities to staff as and when needed Increase essential skills to desirable skills	Minimum 2 (courses per year)

# Action Plan Delivery Summary

What	How	Who	When	Where
Increase usage of Antrim and Newtownabbey leisure and community facilities	Increase the number of health programmes and increase capacity within current health programmes	Antrim and Newtownabbey Borough Council Leisure team	The number of programmes and places within these programmes will be reviewed on a quarterly basis	Online virtually  Within our leisure centres and outdoor spaces
Staff are adequately trained to deliver the various programmes mentioned within this action plan	Complete an audit of current qualifications on an ongoing basis Prioritise CPD opportunities for staff accordingly	Council Human Resources team  External funding partners  Training providers  Leisure staff	Once per year	Online virtually  Within our leisure centres
Staff adequately trained to deliver nutritional advice to participants on programmes  Nutritional guidance presentation for council supported sports clubs	Development of a basic nutrition course (not sports nutrition) and resources/ materials to be used to help improve nutritional intake for those attending the council leisure facilities.  Presentation to sports clubs on good basic nutrition	Environmental Health and Wellbeing team vis the Nutrition and Wellbeing officer	Annually or as requested	Across all leisure and community sites
Increased participation in leisure centre health programmes from the most vulnerable, inactive and disadvantaged groups	Work in partnership with internal departments to reach out to said groups	Leisure staff  Community staff (Neighbourhood renewal officers)  Environmental Health & Well-being team NHSCT, Disability Sport NI,	On an ongoing basis quarterly, weekly and daily	Leisure centres



What	How	Who	When	Where
There is an increased awareness of leisure opportunities across the Borough	Through social media posts Citizen's app Borough life Website  GP's and health partners  Sharing of Leisure information through the Age Sector database developed by Age Friendly/ Antrim and Newtownabbey Seniors Forum	Leisure Staff  PR and Marketing team  Environmental Health and wellbeing team –via the Age Friendly Officer	As required – could be a scheduled programme as there will be a quarterly age friendly newsletter and regular posts on the Antrim and Newtownabbey Seniors forum Facebook page	Online virtually  Within our leisure provision
Increase the number of PARS participants completing a 12 week programme	Provide an accessible and enjoyable physical activity journey for those attending our 12 week programmes	Leisure staff	Ongoing	My wellness  Leisure centres  Virtual platform
Reduce the number of people having a fall or who are a risk of having a fall	Further development of our Stay Steady, Stay Strong programme  Delivery of Home Accident Prevention messages to those attending the staying Steady classes and the over 50's group.	Environmental health,  Health and Wellbeing team – Home accident prevention officer Health officers  NHSCT  GP's  Physio's	Ongoing	Hospitals  Leisure centres  Virtual platform

What	How	Who	When	Where
We have positively contributed to improving the health and wellbeing of our citizens	<p>Develop a referral pathway for Multi agency support hub partners into the programming options delivered by leisure.</p> <p>Develop a programme for addictions (including, but not exclusively, drugs and alcohol)</p> <p>Development of community growing beds, using the Muddy boots programme at Council facilities such as leisure centres to encourage movement and improved mental health outcomes (take 5)</p> <p>Age Friendly - assistance in the development of a database of leisure opportunities across the Borough for over 50's which can be both council leisure and council supported opportunities.</p> <p>Development of a pathway to develop those participating in low level activity to further opportunities.</p> <p>Development of local walk maps (aimed at older population) – providing distances, where toilets are located, where there are benches/seats etc.</p> <p>Further development of our Exercise for Mental Health programme</p> <p>Increase programming capacity for people with hypertension through PARS and cardiac programmes</p>	<p>External funders</p> <p>Leisure Staff</p> <p>Environmental Health and well-being team</p> <p>Community staff</p> <p>GP's</p> <p>Cardiac nurses</p>	Ongoing	<p>Within our Leisure Centres</p> <p>Virtual platforms</p>

What	How	Who	When	Where
Increase physical activity levels and educate participants referred through our Move More Macmillan programme	<p>Develop and expand physical activity offering for those living with and beyond cancer</p> <p>Develop specific classes in line with cancer diagnosis i.e. breast, prostate, bowel etc.</p> <p>Incorporate all Environment health and wellbeing aspects into the Macmillan move more programme. Including;</p> <ul style="list-style-type: none"> <li>• Home accident prevention advice, guidance and if appropriate equipment.</li> <li>• Nutritional advice for those who have experienced a cancer diagnosis.</li> <li>• Energy efficiency advice and guidance, and if appropriate referral to a grant scheme.</li> </ul>	<p>Macmillan Coordinator</p> <p>Health Coordinator</p> <p>Health Officers</p> <p>Environmental Health and Wellbeing team members including Home accident prevention officer, nutrition and wellbeing officer and Energy Efficiency officer</p> <p>Macmillan coordinator</p>	Ongoing	
Increase programming and outreach with Community Groups	<p>Develop programmes in community spaces ensuring that hard to reach population groups are engaged and registered on programmes.</p> <p>Community outreach and engagement:</p> <p>Health Co-ordinator to attend Community Partnership meetings on a bi-annual basis to provide updates on programmes and projects</p>	<p>Neighbourhood renewal officer,</p> <p>Health Coordinator and officers</p> <p>Community partnership</p>	Ongoing Bi annually	Community and Leisure Centres



