

engage

Community Planning in Ards and North Down

#myvoicemyAND

March 2020



Welcome... to the Spring 2020 edition of Engage! Keeping you up-to-date with the Big Plan and all things community planning in Ards and North Down.

In this edition....we explain how we're delivering on community planning outcome 2 which seeks to see the people of Ards and North Down enjoy good health and wellbeing. We'll be narrowing our focus and concentrating on implementing the Take 5 Steps to Wellbeing as well as taking a whole system approach to tackling obesity.



We also highlight 10 projects that were awarded funding from the Community Recycling and Investment Fund to undertake projects that contribute towards the Big Plan's five outcomes.

We understand that community planning is probably not at the forefront of your thoughts these days. Covid-19 has altered things for a lot of people and a lot of organisations. While how we work is likely to change for the foreseeable future, we will continue to work as best we can to improve our community planning actions and delivery mechanisms. Thankfully the partnerships and networks we have developed over the past five years will be vital in providing necessary support to those in our communities who are vulnerable and self-isolating.

This edition also provides information and guidance on the Coronavirus outbreak and a fund available to support community groups. The most important message we can give is stay safe, and if you can please **Stay at Home**.



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Community Planning seeks to create positive outcomes for everyone by realising five aspirational outcomes. The Community Planning Partnership, a collection of public, private community and voluntary sector bodies, are responsible for overseeing progress on achieving the 5 outcomes. Recently, the Community Planning Partnership has begun to review how it could improve collaborative working to expediate progress against each of the 5 community planning outcomes.



Outcome 2 aspires for all people in Ards and North Down to **enjoy good health and wellbeing**. While lots of things are important for people to stay healthy, the Community Planning Partnership recently agreed that for us to have the greatest impact from working together, we should focus on a smaller number of priority issues. To identify priorities, we have considered the level of partnership work that is required for certain health issues. We have also considered when partners working individually, in delivering their statutory functions, are best placed to continue to do this and focus on improving their own services for the benefit of the community.

The Community Planning Partnership considered the evidence, including professional advice from healthcare providers as well as feedback from community representatives, and concluded that focusing on early intervention and encouraging people to adopt the 5 Ways to Wellbeing approach (Take 5) is where collectively we could have the greatest impact to promote positive emotional health and wellbeing in a holistic manner.

What is Take 5 and the 5 Steps to Wellbeing?

Take 5 Steps to Wellbeing is an approach that has been implemented across Northern Ireland to improve emotional wellbeing. Take 5 is based on research undertaken by the New Economics Foundation which found that 5 aspects of persons life require attention in order to for people to feel good and function well. The 5 steps are simple, achievable and empower people to help themselves.

The 5 steps to wellbeing are:



Connect



Keep learning



Be active



Take notice



Give



Community Planning Partners will work together to identify how they can support people to adopt the 5 Steps to Wellbeing and measuring how positive emotional health in the community is improved.

Below are some suggestions of how you can adopt the 5 steps to wellbeing. However, please consider how you can do these while social distancing #stayathome #covid-19



Connect

Use social and digital platforms to connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident as well as being fun to do.



Be active

If you can do so while social distancing for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness. U tube can be a good place to take part in an online fitness class.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel. At the end of the day think of three positive things.



Give

This is our time to pull together as a community. Do something nice for a friend or stranger, thank someone, smile, support each other. Follow the advice of government and our dedicated health professionals. The best thing we can give at the minute is social distancing. Stay at Home and avoid unnecessary contact with other.



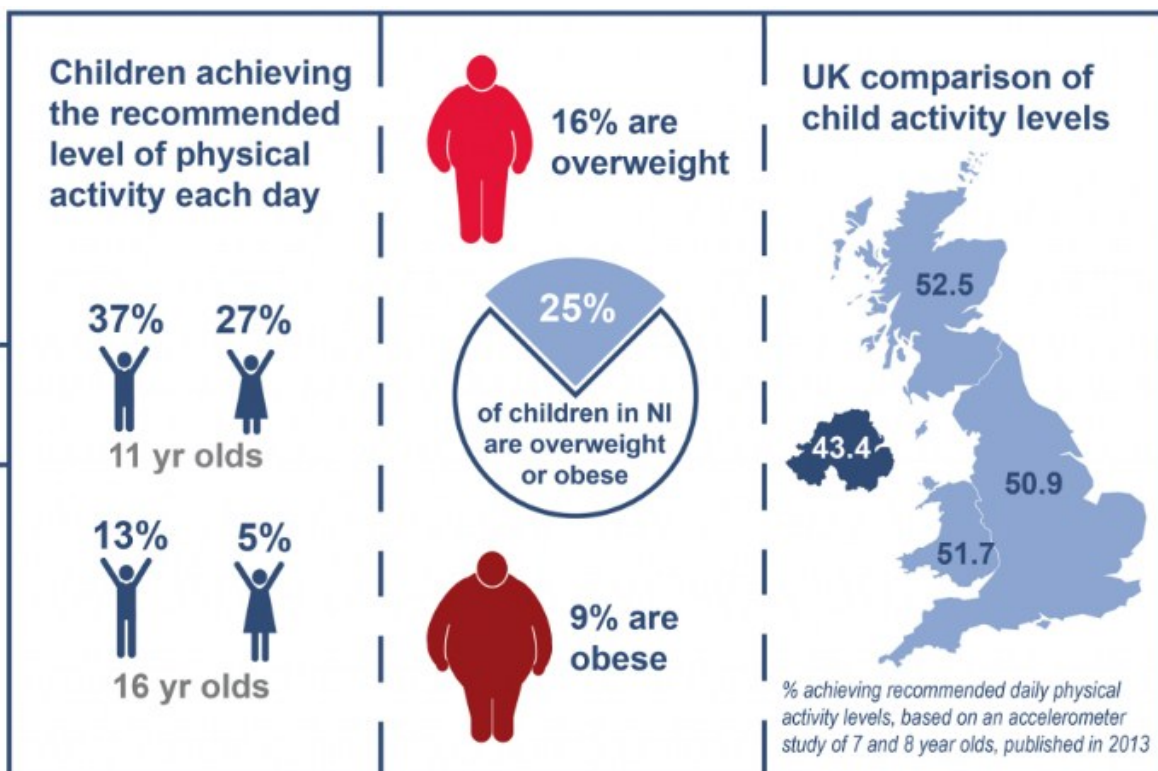
If you would like more information, please visit the South Eastern Health and Social Care website via <http://www.setrust.hscni.net/healthyliving/3172.htm>

Taking a whole-system approach to Obesity

The second issue being prioritised under outcome 2 of the Big Plan is obesity. We plan on doing this by taking a whole system approach. **But what is a whole systems approach and why was obesity identified as an issue for Ards and North Down?**

Obesity in Ards and North Down

Data collected by the Northern Ireland Statistics and Research Agency demonstrates that obesity has increased in Ards and North Down in both children and adults. The increase is reflective of that occurring across Northern Ireland with children in Northern Ireland found to be the least active of any region of the UK. Alarming, in Northern Ireland at least 25% of children are classed as overweight or obese.



(Source: Northern Ireland Assembly, 2018)

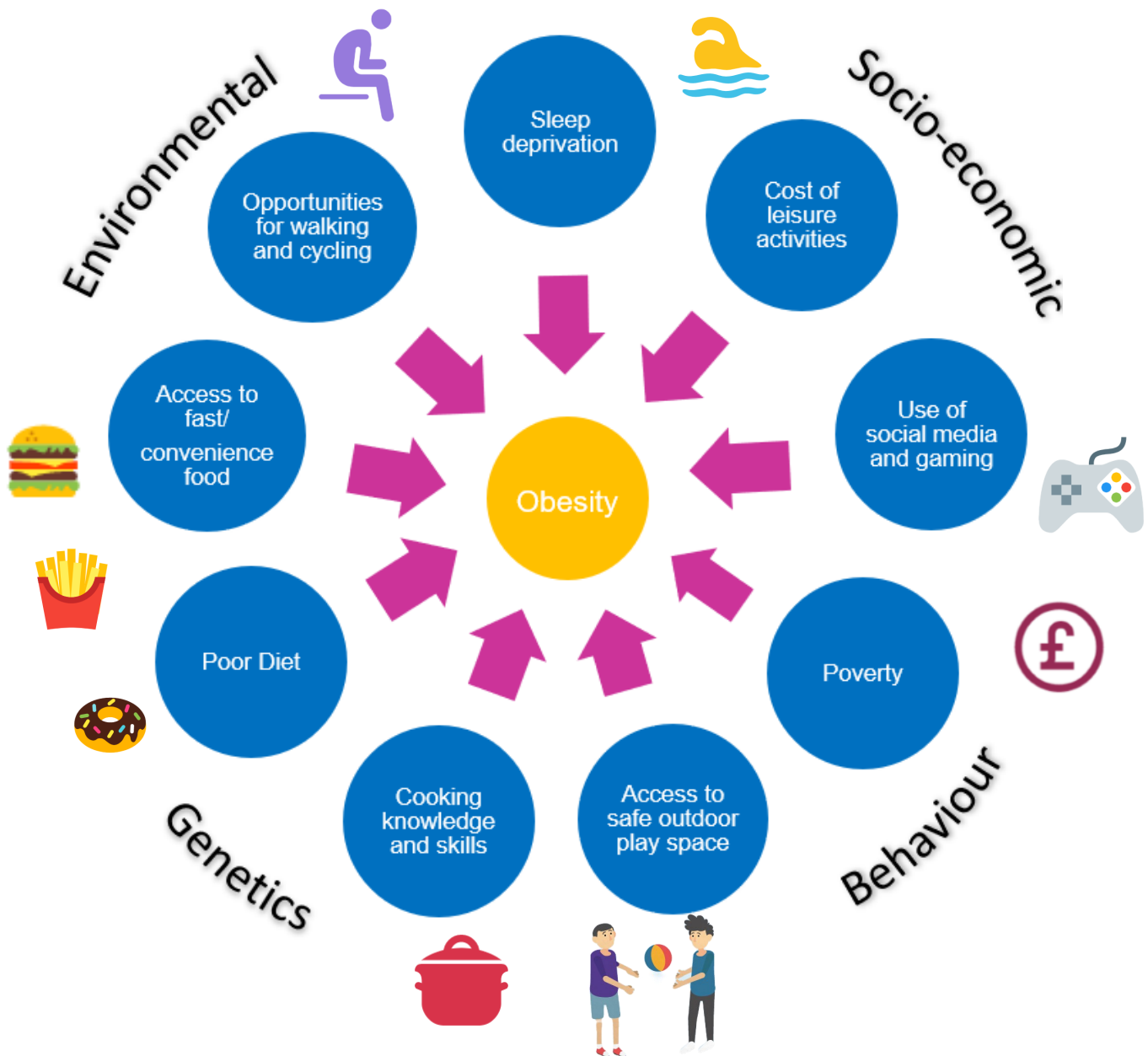
With the World Health Organisation Commission deeming childhood obesity a 'growing epidemic' and the side effects of obesity including increased risk of developing Type 2 diabetes, cardiovascular disease, elevated blood pressure, some cancers, chronic illnesses, disability and reduced life expectancy, we need to take the issue of obesity seriously.

The direct healthcare costs and indirect costs to society of adult overweight and obesity is €510 million (around £450 million) for Northern Ireland.

The total lifetime cost of childhood obesity in Northern Ireland is around £2.1 billion, or £18,797 per person.

Whole Systems Approach

Obesity is a complex issue with many contributing factors including, among other things, where you live, how you choose to spend your free time and what you choose to eat.



A Whole System approach takes the view that community planning partners working together, to develop and share understandings of why obesity is a problem for the borough, will have greater success. This encourages us to look beyond just diet and exercise and consider how poverty, access to safe environments and family relationships can also have an impact on obesity levels. Change may be brought about by implementing a diverse range of actions agreed by multiple partners. Complex problems such as obesity will not be solved by a single solution. Rather, coordinated collaborative action is required if we are to promote healthy weights and lifestyles.

The diagram above helps to illustrate the interdependency of environmental, social and economic factors on a person's wellbeing.

We asked groups to submit project ideas that would contribute to realising the 5 community planning outcomes in the Big Plan.

Funded by the Recycling and Community Investment Fund, we received and awarded funding to 10 fantastic projects that demonstrated that they could a positive effect on the community.

What is the Recycling and Community Investment Fund?

This is the money Council has managed to save by the increased effort all our residents have made to recycle.

The Fund has been used to finance a variety of environmental projects across education, community and environment which will directly benefit local communities.



Comber Methodist Church: The Oasis Project

The Oasis Project will see the creation of a safe place where the older generation can come together and meet other people. The project seeks to combat loneliness by inviting older people of all backgrounds and abilities to come together and share a cuppa, play some board games, enjoy a chat whilst knitting.



OASIS
COMBER METHODIST

The project aims to meet once a month for two hours initially and will present guest speakers whether that be a physiotherapist sharing some 'armchair' exercises, a musical entertainer, a poet or someone from Comber Historical Society. Oasis will be for everyone in the community, regardless of faith background and will be run as a dementia friendly event as many of the volunteers have been through their 'Dementia Friend' training.

For more information, please contact 028 9107 1519 or comber.methodist@outlook.com

Hollywood Shared Town: Creative Hollywood

Creative Hollywood gained funding for the development of a programme of creative activity which includes a collaboration between Aisling School of Irish Dance, Myra Zepf (Children's Writing Fellow 2017-19) and Clara Kerr, a young emerging choreographer to bring to life the story of 'An Féileacán agus an Rí' - The Butterfly King.

The project will also be developing a series of three film-based activities including a pop-up community screening; a 'see & sample' experience for young people with local production/broadcast companies; and a talk/workshop with a local film/TV producer.

Lastly, the project will include two musical performances. One will be in tandem with the Hollywood Food Group and combine the creativity of healthy eating, local produce and the environment (linking with the Community Kitchen and its Wilding Project). The other will be a concert performance by professional musicians.

These activities will teach new skills relevant to the creative industries and transferrable to numerous people, old and young, as well as empower people to take control of their own wellbeing and work towards the creation of a sustainable environment.

Photography from An Féileacán agus an Rí by Christopher Barr, 2020



Castle Juniors FC: Castle Juniors in Your Community

Castle Juniors Football Club was awarded funding to run a coaching event for 14 - 15 year old players on the 17 February at the Aurora Leisure Centre.

The Irish Football Association Grassroots Introduction to Coaching Award will see young people upskilled to deliver sports programmes locally to help them onto the coaching pathway. This project contributes to several community planning outcomes but primarily to the promotion of good health and wellbeing.



Croft Community: Bloomfield Road Wildflower Project

Funding will enable the improvement of the front of the complex by creating two to three flowerbeds that will consist of colourful wildflowers. The people who live at Croft Community and those who attend its day centre will be involved in creating the flowerbeds and maintaining them during the summer months. There will be approximately 20 persons with learning disabilities involved during the project's lifecycle.



The project will enhance the environment not only for those who visit Croft Community but also for neighbouring houses and for people travelling to local schools or to the nearby shopping centre.

Kirkistown Primary School: Your Intergenerational Work, Planting and Nurturing

Kirkistown Primary School partnered with Peninsula Healthy Living Centre and Senior Citizens from the Cloughey & District Community Association to deliver an Intergenerational project on Planting and Nurturing. Foundation Stage children were involved in building bird boxes and planted cucumbers, tomatoes, pak choi, pea, carrot, radish, beetroot and cress seeds! Samples were also taken to grow in the school classroom.

Three sessions were facilitated by members from Cloughey & District Community Association Knit and Knatter Group at the Peninsula Healthy Living Centre. Children learned gardening skills and how to care for and look after plants and produce in a hands-on environment alongside local members of their community. The project fulfilled both the curriculum and a desire for children to be integrated within their local community.



Comber Regeneration Community Partnership: Vintage Lunch Club

Comber Regeneration Community Partnership (Combers Farmer Market) have organised a four week cookery demonstration for people aged 65 and over to learn how to cook a healthy lunch using local food produce they can buy at the market.



The Vintage Lunch Club provides the opportunity to experiment with new recipes using low cost ingredients that can be repeated at home. Lead by Kim Close (lecturer, chef and nutritionist), participants will attend sessions in June at St Mary's Parish Church in what will be a social and fun learning experience.

Mae Murray Foundation: Smelly Project

Funding was awarded for running pop up play and get activity sessions for families of all abilities including those who have a member who has a complex disability. Monthly sessions will include activities such as craft, dance, inclusive sports and games, sensory and messy play and music workshops.



These sessions will be open to the whole family, including siblings and friends - helping to create an inclusive environment of all-abilities taking part alongside each other. Volunteers who have suitable training will assist the young people to take part so that parents can have a break, connect with each other and learn from each others experience.

For more information please contact: 0300 600 1166 or info@maemurrayfoundation.org

Bangor Central Integrated Primary School: Outdoor Learning Space

Bangor Central Integrated School will be investing in the re-development of an underused outdoor area into a outdoor classroom. The outdoor classroom will expand opportunities for outdoor learning through a proposed play shop and house, opportunities for large scale weaving, socialisation at picnic benches and a mud kitchen, storage for outside writing toolkits and science materials, as well as the creation of a sensory garden (including plants, herbs, a small water feature, sun catchers and garden chimes).



It is considered that providing children with a natural outdoor area to play in and interact with, they will learn to value the world they live in and care about the spaces they live in as they grow.

Action Mental Health Promote: Environmental Learning Project

AMH Promote provides opportunities for adults with a learning disability to be socially active and develop new skills in a supportive and engaging environment.



The environmental learning project will see the creation of an outdoor classroom, bug hotel, bee palace and wildflowers garden with Conservation Volunteers. The project provides participants with the opportunity to build and observe nature in a dry safe environment providing them with a sense of ownership and achievement. The wheel accessible outdoor space will also be used as a tranquil area for relaxation and contemplation.



For more information please contact: [028 9127 5953](tel:02891275953)

Age North Down and Ards: Yoga off the Mat

AGE North Down and Ards (AGEnda) mission is to improve the quality of life for the over 50s in the Ards and North Down areas through providing support and activities.



Funding will be put towards the provisions of a number of activities including:

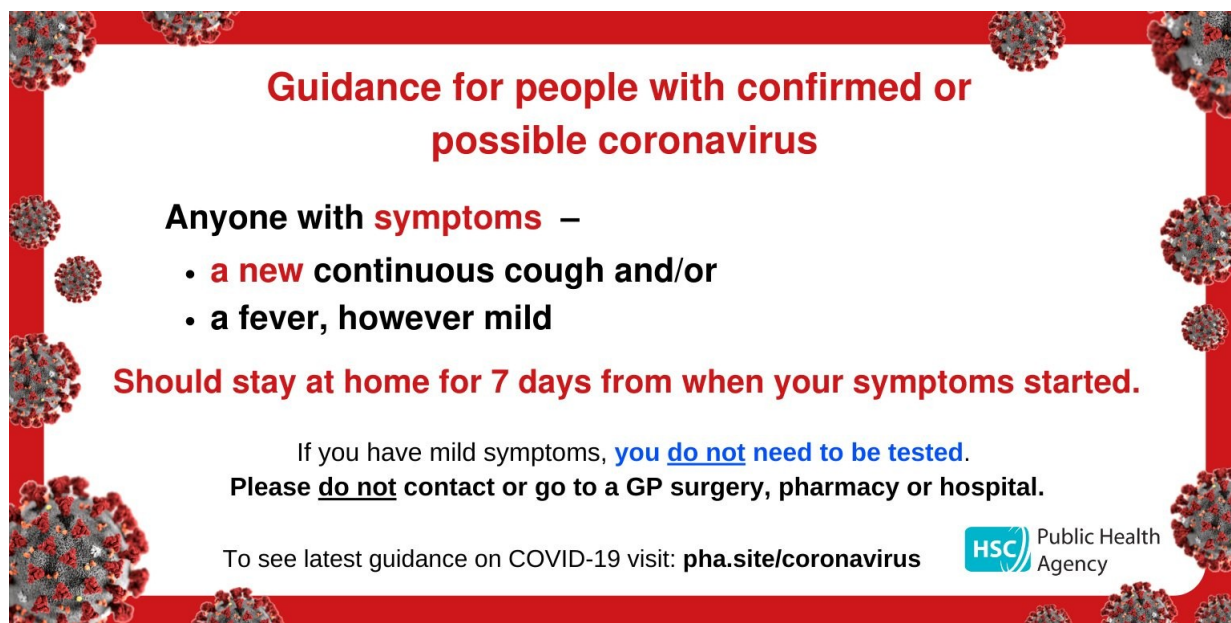
- A series of five yoga and wellbeing (Yoga Off the Mat) workshops created specifically with them in mind & run by a local and highly respected yoga teacher
- 5 communications and listening workshops with guest speakers
- A newsletter
- A trip to Stormont as a guided tour and lunch

This project will enhance communication skills, improve wellbeing and allow for social interaction and learning.

For more information please contact: [028 91271968](tel:02891271968) or agenda@agenorthdownards.co.uk

Coronavirus (COVID-19) Outbreak

The Community Planning Service appreciates that this is a difficult time for the public and service providers and supports the Public Health Agency response to COVID-19 set out below.



Guidance for people with confirmed or possible coronavirus


Anyone with symptoms –

- a new continuous cough and/or
- a fever, however mild

Should stay at home for 7 days from when your symptoms started.

If you have mild symptoms, **you do not need to be tested.**
Please **do not** contact or go to a GP surgery, pharmacy or hospital.

To see latest guidance on COVID-19 visit: pha.site/coronavirus



COVID-19 (coronavirus)

If you have a:

- **high temperature**

and/or

- **new continuous cough**

Everyone in your household must stay at home for 14 days

Do **not** go to a GP surgery, pharmacy or hospital.

You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

Calling your GP directly is only necessary if you have:

- an existing health condition
- problems with your immune system
- very serious symptoms

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

For further information and self-isolation advice, visit www.pha.site/coronavirus

V18 General Advice 160320 PHA1.0.10

Coronavirus (COVID-19) Outbreak



For the latest information and guidance please see www.publichealth.hscni.net

The Coronavirus Community Fund

The Community Foundation Northern Ireland have made available *The Coronavirus Community Fund* for constituted community organisations throughout Northern Ireland, who are supporting isolated older people at this time.



The fund of £1500—£2500 has been made available for community organisations helping those aged 50 and over reduce social isolation and vulnerability during any isolation period as a result of COVID 19. The fund can be used to cover running and small capital costs to keep older people warm, fed and socially connected.

While there is no deadline for applications, the Community Foundation Northern Ireland expect a high level of interest in this fund. Depending on current funding available, and any future funds raised, it therefore may decide to close for applications within a relatively short space of time, if it does not have enough funds to meet the demand for support.

Applications are available online at: <https://communityfoundationni.org/grants/coronavirus-community-fund/>

It is recommended that you read the Grant FAQs before starting your grant application. Should you have any further questions please contact the **Grants Team on 028 9024 5927.**

COMMUNITY PLANNING UPDATE



We are now in a review phase of the Big Plan and its delivery plans. While the 5 community planning outcomes will remain unchanged, the review phase provides the opportunity to refocus our efforts on priorities that will benefit from greater collaboration and show how community planning adds value. We want to ensure that our efforts help address the issues facing people in Ards and North Down. Obviously we are now doing this in the midst of a public health crisis and our planned work programmes may have to change to take account of emergency isolation procedures.

However, we have already made good progress in identifying the 10 priority issues we believe will increase collaboration between partners and demonstrate added value. The 10 priority issues have been identified by multi-stakeholder discussions undertaken in workshops with the public, voluntary and community representatives.

Community engagement, especially during this review stage, is vital to ensure the Big Plan and its refined priorities are relevant to meeting local need and are making a difference to your life. We will therefore be continuing the Big Conversation, our programme of engagement, and asking for your feedback. Future editions of the newsletter will advise on how you can engage with community planning so watch this space!

CONTACT US

Community Planning Service
Ards and North Down Borough Council
 Town Hall
 The Castle
 Bangor
 BT20 4BT
 W: www.ardsandnorthdown.gov.uk/community-planning
 P: 0300 013 3333
 E: communityplanning@ardsandnorthdown.gov.uk
 T: @thebigplanAND