

This is the final edition of the Hearty Lives Carrickfergus newsletter. We hope that you enjoy this edition and don't forget to book your place on the "Turning the Tide on Obesity" event in June.

## Hearty Lives Carrickfergus Team commended for demonstrating 'Innovation in Partnership'.

**ACHIEVEMENT  
AWARDS 2016**

**COMMENDED MJ**



The Hearty Lives Carrickfergus Team celebrated recently following their commendation from the Municipal Journal Achievement Awards 2016 for delivering 'Innovation in Partnership'. The Hearty Lives Project, the first of its kind in Mid and East Antrim, was developed in partnership with British Heart Foundation Northern Ireland (BHFNI), Mid and East Antrim Borough Council, Northern Health and Social Care Trust and the Public Health Agency. To date over 6000 people have benefited from the project.

Through this unique partnership approach the Hearty Lives Carrickfergus Project has been able to develop and deliver innovative programmes and initiatives which target local need within the 3 main target groups; females of child-bearing age (approx. 14-50), pregnant women with a BMI between 30 and 39.9 and parents and families of children aged 0-4 years.

Through listening to the needs expressed by local people the Hearty Lives Team have delivered

initiatives in local community pharmacies and in the Family Planning Clinic; Other programmes such as the Tuesday Club/Telehealth service for pregnant women, Slow Cooker classes, Cook it! Sessions, and Buggy Work-out sessions and, Community Health Champion training have also been provided. New resources such as an Early Years Healthy Start Toolkit have been piloted with local community and voluntary sector groups providing support for parents and carers of children 0-4 years.



### In This Issue

- Winter Walks
- Community Volunteers Come Together to Champion Health in Carrickfergus
- Silverstream pupils start the day with breakfast fit for a King (or Deputy Mayor)!
- Tuesday Club Tele-Monitoring Group
- Small Steps to Healthy Choices – a community-based weight management programme
- Weaning Booklets
- Early Years Healthy Start Toolkit
- 'Turning the Tide on Obesity' Conference

# COMMUNITY

In partnership with other key stakeholders Hearty Lives Carrickfergus has carried out many activities in the local community over the past few months. Here are just a few examples.

## Winter Walks



*Residents from Carrickfergus, Whitehead and Greenisland got involved in a number of 'Winter Walks'*

Mid and East Antrim Borough Council and Hearty Lives Carrickfergus encouraged residents to get outdoors this winter and "keep fit" with their Hearty Walks programme. Four walks were organised within the Borough between December 2015 and February 2016. The walks were well attended and walkers enjoyed the benefits of walking in natural environments, such as parks, woods and other green spaces. Ann Doherty, Hearty Lives Co-Ordinator and

Walk Leader, commented "Walking can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health – helping you to look and feel great. You can keep your heart healthy and happy by walking your way to fitness. Whatever your age, size or physical condition, you are likely to benefit from being more active."

## Community Volunteers Come Together to Champion Health in Carrickfergus

Mid and East Antrim Borough Council recently hosted a one-day training session for a number of Community Development Workers based in the Carrickfergus area. The Community Health Champion training was delivered by Jenny Hanna of the Community Development Health Network thanks to funding secured by Castlemara Residents' Association through the South Antrim Community Network which is supported by the Public Health Agency.

During the event the 13 participants learned about the many social, economic and environmental factors which can impact on an individual's health and wellbeing but most importantly they gained an insight as to how they, as community workers, can help address health and wellbeing issues within their local areas.



*Members of the local community attend Community Health Champion training*

# Silverstream Pupils Start The Day With Breakfast Fit For A King (Or Deputy Mayor)!

Mid and East Antrim Borough Council, through the Hearty Lives Carrickfergus Project, launched its own contribution to the NI Year of Food and Drink 2016 by hosting a healthy breakfast event at Silverstream Primary School in Greenisland.

During the event pupils and teachers got to learn about what constitutes a healthy breakfast through interactive learning sessions and of course there were lots of healthy breakfast options to try thanks to Tesco, Carrickfergus Castle.

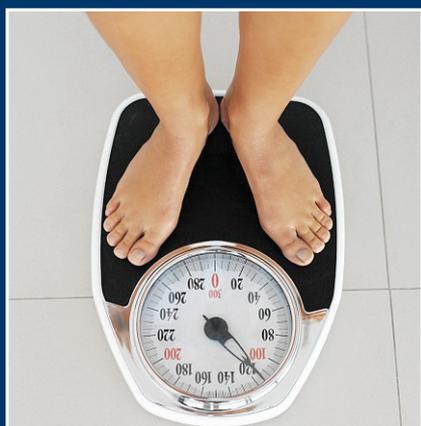
Even the Deputy Mayor got in on the act. Deputy Mayor, Timothy Gaston said at the event, *"This is the first Hearty Lives event that I have attended. It is great to see how the Council works in partnership with BHFNI, local businesses and statutory partners such as the Northern Health and Social Care Trust and the Public Health Agency to deliver fun, educational events within the local community. Everyone knows that breakfast is the most important meal of the day and it is great to see so many young people getting involved and trying healthy breakfast options."*



## Tuesday Club Tele-Monitoring Group

Following the success of the tele-weight monitoring in similar regional projects, the Hearty Lives Carrickfergus Project's Dietitian and Midwife decided to offer this service to its 'Tuesday Club' and 'Buggy Workout' participants for an average period of 12 weeks. Participation was enthusiastically accepted and maintained.

The programme included remote self-weight monitoring in the privacy of the women's own home, the Hearty Lives Dietitian and Midwife maintained telephone support, advice and monitoring weekly during this period.



## Small Steps to Healthy Choices Programme

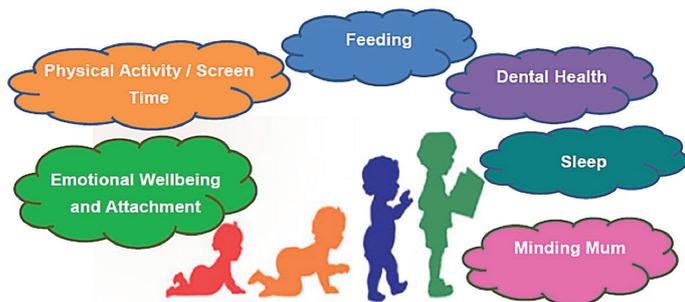
The Small Steps to Healthy Choices Programme which is based on the 12 week NHS Healthy Choices programme, focuses on lifestyle issues such as improving nutrition, increasing uptake of exercise and stopping smoking.

The programme has been tailored to the needs of a local group of women and included a healthy Slow Cooker demonstration, which was delivered in partnership with the local YMCA. Each of the participants received a range of resources to help them to continue to take small steps to making healthier choices.

One of the highlights of the programme was the enthusiastic uptake of 'Zumba' sessions, which were facilitated by the local Active Communities Coach. The completion of the programme will coincide with the Hearty Lives Carrickfergus final event, when participants will be awarded their certificates.



# Early Years Healthy Start Toolkit



Following a scoping survey of local parents it became apparent that many parents are utilising peer support groups for first line advice and information regarding their child's development as they are more readily accessible compared to statutory services. Feedback indicated that a Toolkit offering simple, consistent information would be a useful resource to such peer support groups and this is currently being piloted within the Carrickfergus area. The toolkit contains general information about feeding, physical activity, dental care, sleep patterns, emotional wellbeing and maternal mental health and is aimed at parents of children aged 0-4 years. This Toolkit is currently being piloted within local voluntary and community groups and it is hoped that it will be made available in the future when all the feedback from the pilot has been collated.

## 'Turning the Tide on Obesity' Conference

Hearty Lives Carrickfergus are holding a free half day conference on Tuesday 21st June 2016 at Loughshore Hotel, Carrickfergus. This conference will provide you with the information on the lessons learned, the interventions and the resources developed during the Hearty Lives Carrickfergus Project. It will be an opportunity to share and celebrate all the learning for the past few years.

To book your place phone **028 9335 8264** or email [heartylives@midandeastantrim.gov.uk](mailto:heartylives@midandeastantrim.gov.uk)

Should you be unable to attend the 'Turning the Tide on Obesity' conference, the Hearty Lives Carrickfergus Team would like to thank everyone within the Borough for making the Hearty Lives experience such a success.



# Weaning Booklets

A series of easy-read booklets have now been published which cover the themes of weaning and appropriate portion sizes for young children.

These were developed following feedback from local Mums, the "First Stage Weaning" booklet gives simple and practical information on when and how to start weaning and a cost comparison between homemade and commercially prepared weaning foods. Included are recipes which are easy to follow using easy to source, low cost foods.

The "Second Stage Weaning" booklet gives simplified information about the progression of weaning and introduces more textured foods along with hints and tips to progress babies towards healthy family meals. Both support information given in the "Weaning Made Easy, moving from milk to family meals" booklet.

A third booklet on "Portion Sizes for Children aged 1-4 years" has also been published, again this offers practical and easy to read information on appropriate portions of foods for young children.

All booklets can be ordered from The Health and Well Being Team at Spruce House, Braid Valley Hospital Site (028 25635575) and are free of charge.



## Hearty Lives Carrickfergus

Mid and East Antrim Borough Council  
The Museum and Civic Centre  
Antrim Street  
Carrickfergus  
BT38 7DG

**T:** 028 93 358264

**E:** [heartylives@midandeastantrim.gov.uk](mailto:heartylives@midandeastantrim.gov.uk)  
[AnneMarie.Doherty@hscni.net](mailto:AnneMarie.Doherty@hscni.net)

Or visit [BHF.org.uk/heartylives](http://BHF.org.uk/heartylives)

In partnership with:

