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| **Theme** | **Activity** | **Area** | **Officer** |
| Learning Disability | Cookery and nutrition and sports | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Bereavement | setting up a community bereavement group | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Healthy Eating | 6 weeks cookery and healthy eating | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
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| Keeping Active | 6 weeks boxing and cookery for teenagers | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Moving in the Winter | 10 week physical activity programme-indoors | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Nutrition | Cooking for the season programme | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Preventing Obesity | Spinning class and cookery | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Healthy Eating Older People | Nutrition and talks | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Physical activity-over 50's | Yoga and boccia older people | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Nutrition and keeping active | Gardening and nutrition programme | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Self esteem, emotional health | 10 week drama programme | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Emotional wellbeing | Laughter and movement workshops | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Nutrition on a food bank diet | Budgeting and cooking programme | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Getting active-young people | Alternative sports programme for young people | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Caring together | Talks and support meetings to reduce social isolation | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Reducing isolation | Develop women’s group | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Promoting health | Healthy living event | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Nutrition-learning disability, young people | 6 week cookery programme for teenagers living with aspergers | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Brain and body fit | Brain fit programme and physical activity | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Reducing isolation | Talks and support meetings to reduce social isolation | Magherfelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Keeping active | Gym based programme | Coleraine | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Health education | Multimedia based education programme | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Keeping toddlers active | Equipment for play and movement programme | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Reducing isolation | Talks and support meetings to reduce social isolation | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Keeping toddlers active | Outdoor education programme | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Emotional wellbeing | Art therapy programme | Cookstown | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Keeping active-older people | Dance programme for over 60's | Coleraine | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Getting girls moving | Alternative sports programme for young people | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Emotional wellbeing | Laughter and movement workshops | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |
| Nutrition and weight loss | 6 week nutrition and coaching programme | Magherafelt | Ann Marie McStocker 02879300726 healthalliance@cwsan.org |