NICHI Small Grants-Health Matters 2016/17

The Networks Involving Communities in Health Improvement (NICHI) Project small grants scheme for innovative projects that promote health literacy within communities. The scheme is open to community and voluntary groups that operate within the areas of the Northern area - Antrim, Carrickfergus, Newtownabbey, Ballymena, Ballymoney, Moyle, Larne, Cookstown, Magherafelt & Coleraine.

Grants of up to £1000 were available for projects that promote health literacy within communities, with particular focus to ensure people are better informed to make healthier choices and increase the understanding of a wide range of issues contributing to poor health and wellbeing. NICHI particularly welcomes proposals which target the top 30% most disadvantaged Super Output Areas in the PHA Northern Locality.

**South Antrim Community Network**

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| **Name of group** | **Project Name** | **Project Outline** |
| 1st Carrickfergus Scout Group | Scout Group | Promote physical activity. Provide training in nutrition. Expand knowledge of dangers of substance abuse. |
| Antrim Reminiscence Group | Reminiscence & Health Project | To promote physical activity amongst 50+ age group by incorporating Arm Chair Aerobics |
| Ballyclare Family Focus | Impact of Drug & Alcohol Project | Equip volunteers with Drugs & Alcohol Awareness Training, enabling them to connect with attendees of drop-in centre and focus group. |
| Carrickfergus Community Forum | Carrick Health Choice Programme | Deliver OCN accredited training in Health Literacy to 10 recruits |
| Community Relations Forum | Health at B & Q | To promote physical activity within the group through light exercise |
| Grange Community House | Grange Better Health Programme | Deliver OCN accredited training in Health Literacy to 10 recruits |
| Groggan Primary School | Special Needs Project | To aid the integration of special needs children into a mainstream classroom. |
| Hillstown Rural Community Group | Hillstown Childhood Memories | To engage seniors in reminiscence and participation in Theatre outing. Therefore reducing social isolation. |
| Madden School of Karate | Madden School of Karate | To enhance the level of training for new and existing students. |
| Mid & East Antrim Agewell Partnership | Exploring co-design to support voices of older people | Complete 'guided conversations' w/ older people across MEA area to highlight Health Inequalities. Host an 'Explore Co-Design' event targeting applicable groups. |
| Randalstown Reds Football Club | Healthy Choices programme | Promote physical activity. Provide training in nutrition. Expand knowlegde stress handling in men including relation methods |
| Senior Moments | Senior Luncheon club | To provide 6 luncheon club meetings for 30 members from the Carrickfergus locality. 4 of these meetings have organised speakers. |
| Staffordstown Accordion Band | Step Forward | Promote physical activity through Jive classes. Promote Healthier Lifestyles. Promote good nutrition. Tackle social isolation |
| The Braid Foundation | Fighting Fit Project | To promote participation in physical activity amongst young men aged between 16 and 25, involving them in an awareness and activity based programme. |
| Young Doves Youth Club | Making the Right Choices | To hilight the dangers of drugs to young people in the local community and give them the skills to recognise and confidently say no |
| Sophia House | Health & Well-being | To provide education around topics of healthy living which will promote clients to make informed choices to highlight the importance of light-moderate exercise and effective weight management |
| Randalstown Culture Awareness | Over 50’s Project | To provide a "Sunday Club" health and wellbeing activity class pilot for 6 weeks focusing on reducing isolation and engaging community friendship scheme |
| The Arches | Getting out their project | To provide 6 weeks older persons classes including arts and crafts, reminiscence and health awareness |