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| **Group** | **Project Name** | **Project Outline** |
| West Bann Coleraine | Kitchen Nightmare Wipe Out | Information on the basics of healthy nutritional eating through fun demonstrations and interaction including a trolley dash. |
| Superstars Club Cookstown | Healthy Lives-Cookery Course | Healthy eating and cooking skills for young people with learning disabilities. |
| Michael Davitt GAC Swatragh | Health and Information Event | Health Fair for the whole community |
| Tirgan Community Association | Walking Group | Promoting health eating and regular exercise |
| TABBDA LTD | Senior Citizens Health Awareness programme | Guest speakers including pharmacist and health checks |
| St Malachy’s GAC | Community Health Awareness project | Engage the wider community in Castledawson on healthy lifestyle |
| Lissan Leisure Club | Healthy Living Project | Food values programme with the Mid Ulster Council followed by line dancing |
| Network Personnel LTD | ‘All is Well’ Project | 6 month programme targeting unemployed men and women for a health programme including engagement with leisure services |
| Cairdeas Eoghain | Grupa Tuisti agus Tachran | Health issues for children aged 0-3 and their caregivers using child friendly techniques inc social media |
| Sperrin U3A | Healthier Living of the over 60’s of Sperrin U3A | Increase knowledge of issues affecting older people such as cancer, effects of social isolations, mobility etc. |
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