

NICHI Small Grants Case Studies 2016-2017

North Antrim Community Network

Name of Project: Active and Health Aware

Aim of Project: To run a series of activities such as line dancing, exercise, movement and coordination to improve community health. Information sessions on bone health and relaxation

Target Group: Over 55s

Activity / Outcomes: Participants learned more about physical activity and healthy eating. Information session on health literacy to help them make informed choices. Another outcome was networking opportunities between different clubs in the area.

Benefit: Over 55s benefitted from being involved in sessions on physical activity and a series of health related talks which aimed to help them improve lifestyles and overall health

Project Highlights: Reduced isolation especially for one very dependent participant who attended all activities. She really loved it. Another participant became very aware of the importance of good hydration for optimum health