

Number: Z78

File Ref: PR/PL/7

Date: 10 July 2008

Healthy Choices in Ballysally

Earlier this week, the local residents' group in Ballysally, 'Building Ballysally Together' opened their new Healthy Eating Café, based within their community premises in Daneshill Road. The opening is the result of many years of work by local residents to make their vision become a reality within their own neighbourhood.

The Healthy Eating Café demonstrates innovation and foresight by the local community group to provide practical support to make a positive impact on health and wellbeing in the area. The aim of the Café is to provide nutritious, affordable healthy options to local people and the

wider community. It will provide a focal point for residents to meet on a daily basis to help alleviate feelings of social isolation. It is also anticipated that future developments of the café will include providing an opportunity for people to learn more about healthy cooking methods which they can use at home. In addition it is hoped to develop a meals to homebound vulnerable residents service.

The facility will be open daily, Monday – Friday from 9am – 2.30pm, serving breakfast and lunches. All meals will be prepared daily from fresh produce and will be available within an affordable price range.

At the launch, Dr John Watson, Director of Public Health, Northern Health and Social Services Board (NHSSB) said:

‘I am delighted to attend this event, to support the work of the local community group and their efforts to improve health within their neighbourhood. Ballysally has been a Northern Neighbourhoods Health Action Zone area since 2003. The Health Action Zone is a community centred, partnership initiative, focussed on actions to improve health and social wellbeing in 14 neighbourhoods within the NHSSB area. This project will help to encourage people to have a healthier diet. Eating a healthy diet can reduce your risk of cancer and will also help to protect against other conditions such as heart disease,

high blood pressure, stroke and diabetes, as well as improve overall health and wellbeing.’

Building Ballysally Together Chairperson, Donald Newton, commented:

‘I would like to thank the committee of Building Ballysally Together who have volunteered many hours of their own time to get the premises into shape. We could not have achieved this on our own and I would like to thank all the agencies and organisations who have contributed resources and funding to help this project come to a completion. These include:

- Department of Social Development – Neighbourhood Renewal

- Northern Ireland Housing Executive
- Supporting Communities Northern Ireland
- Coleraine Borough Council
- Awards for All
- Honourable Irish Society
- Lloyds TSB Foundation’

Beverley Bigger, Deputy Director of Northern and Western Divisions, Department of Social Development (DSD) said:

‘DSD Neighbourhood Renewal is pleased to be able to provide funding for this innovative project. It is an excellent example of a local community working in partnership with the statutory sector to regenerate and revitalise their local area.’

Gerry McCloskey, Housing Executive District Manager, who officially opened the facility added:

‘I am delighted that all the hard work and effort that Building Ballysally Together have put into this initiative has finally come to fruition. It is a credit to the group to see the Café up and running.’

- ENDS-

NOTES FOR EDITORS

‘Building Ballysally Together’ is the name of the local community group in Ballysally.

The Café is a small community managed facility within a Housing Executive property.

NNHAZ is a community led partnership initiative that aims to improve the health and social well-being of people and communities living within the Northern Health and Social Services Board area. NNHAZ currently operates in 14 neighbourhoods within the Northern Health and Social Services Board area.

The 14 NNHAZ areas include:

- Antiville (Larne Borough Council area)
- Armoy (Moyle District Council area)
- Ballee (Ballymena Borough Council area)
- Ballycastle (Moyle District Council area)

- Ballysally (Coleraine Borough Council area)
- Bawnmore (Newtownabbey Borough Council area)
- Craigyhill (Larne Borough Council area)
- Glebeside (Ballymoney Borough Council area)
- Glenfield (Carrickfergus Borough Council area)
- Longlands (Newtownabbey Borough Council area)
- New Mossley (Newtownabbey Borough Council area)
- Parkview & Riverside (Magherafelt District Council area)
- Rathen, Greenvale & Sullenboy (Cookstown Borough Council area)
- Rathenraw (Antrim Borough Council area)

- ENDS -

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