

‘Dressed for Success’ in Craigyhill

Young people in Craigyhill are getting opportunities to increase their levels of physical activity and improve their health thanks to various initiatives being funded by the Northern Neighbourhoods Health Action Zone’s ‘Health Based Events’ initiative.

‘Health Based Events’ is a partnership initiative delivered by the Northern Neighbourhoods Health Action Zone (NNHAZ) and the Northern Ireland Tenants Action Project (NITAP), where community-based organisations and the wider community within the 14 HAZ neighbourhoods are supported to develop and deliver projects, programmes and events that promote health and well-being.

Andrew Carson, NNHAZ Support Officer, said:

“Over the course of this financial year each of the 14 NNHAZ neighbourhoods has been able to access up to £2,000 for health and well-being projects and events in their area. All projects and events must have a health and well-being focus in order to address health inequalities in these communities. This ethos is in line with

the key strategic themes of the Health Action Zone and the regional Investing for Health strategy. Over the past few months Craigyhill Community Association (CCA) and Larne Community Sport Programme have worked closely with NNHAZ to develop a 'Football Development Project' for young people in Craigyhill. The main aim of the programme was to encourage young people to engage in physical activity so that they might develop a healthy exercise habit and become aware of the links between exercise and improved health".

George Robinson, Chairperson, Craigyhill Community Association, explains:

"A local Youth Committee affiliated to CCA that recently formed to address the needs of young people in the area, expressed their desire to participate in activity based projects like football. CCA in partnership with NNHAZ and Larne Community Sport agreed to introduce some football coaching in the area and to purchase two football strips so that Craigyhill would be in a position to enter youth football teams in local friendly games and competitions. 'Midnight Soccer' is a concept that CCA and young people from the area are keen to become involved in at some stage in the future. With our

new kits we now look like a real team and the young people can feel proud to represent Craigyhill”.

Steven Mills, Larne Community Sport Officer, commented:

“This project will lead to increases in levels of physical activity and hopefully raise awareness among young people of the subsequent health benefits. Research indicates that as many as 80% of people in Northern Ireland do not take enough physical activity to benefit their health. With the alarming rise in levels of obesity among young people we are hopeful that the ‘Football Development Project’ will provide young people in Craigyhill with increased opportunities to exercise and participate in physical activity in their own neighbourhood”.

ENDS

NOTES FOR EDITORS

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)