

## **Dancercise & Goal - a winning formula**

The Northern Neighbourhoods Health Action Zone (NNHAZ) recently celebrated the end of the highly successful 'Dancercise & Goal' physical activity programme, with the launch of an end report to share learning with other communities and partners.

'Dancercise & Goal' was funded by the Big Lottery Fund and delivered in partnership with the Northern Partnership for Physical Activity (NPPA). The two-year programme consisted of pop-dance workshops and football coaching, and was targeted at young people living in the fourteen NNHAZ neighbourhoods within the Northern Health and Social Services Board (NHSSB) area. Over 1,200 young people from local communities across the Northern Board area embraced healthier lifestyles through their involvement in the programme.

Commenting on the programme, Bridge Gadd, the Big Lottery Fund's NI Chair said: "I am delighted that the Big Lottery Fund has supported this innovative project which has encouraged young people to improve their health by taking part in exercise. I am convinced that this project will play a

significant role in reducing health inequalities in communities across the Northern Health and Social Services Board area.”

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.

Nicola Browne, Co-ordinator with the Northern Partnership for Physical Activity, and a key partner in the delivery of the programme, said “ The ‘Dancercise & Goal’ programme has provided a fun way for young people to become involved in physical activity. I feel this programme will help inspire young people to continue to lead an active lifestyle and enjoy the health and social benefits this provides.”

The end report provides an overview of the programme including the aims and objectives and includes comments and feedback from the participants.

Commenting about the programme, Dr John Watson, Director of Public Health, NHSSB said:

“It is now generally accepted that young people are subject to rising levels of obesity due to a number of factors including an unbalanced diet and a

high intake of convenience foods combined with a decreased involvement in sport and other physical activities. Dancercise and Goal demonstrates how organisations can work together, with a shared vision, to encourage young people to participate in physical activity within their own communities.”

While 1265 young people directly benefited from participation in dance and football activities, the Dancercise & Goal programme has acted as a catalyst across participating neighbourhoods by encouraging communities to develop and engage with other physical activity initiatives.

The ‘Dancercise & Goal’ End Report is currently available directly from the NNHAZ office (tel: 028 2531 1212) or to download at [www.nnhaz.co.uk](http://www.nnhaz.co.uk) under ‘publications’.

## ENDS

### NOTES FOR EDITORS

#### ***Northern Neighbourhoods Health Action Zone***

1. 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)
- Ratheen, Greenvale & Sullenboy (Cookstown Borough Council area)
- Rathenraw (Antrim Borough Council area)

2. A copy of the Dancercise & Goal end report - can be obtained by contacting NNHAZ on Tel: (028) 2531 1212