

LET'S GET PHYSICAL

Promoting Physical Activity Health & Wellbeing

South Eastern Trust Issue 1

Inspirational Quote

"THE HARDEST THING ABOUT EXERCISE IS TO START DOING IT. ONCE YOU ARE DOING EXERCISE REGULARLY, THE HARDEST THING IS TO STOP IT." - ERIN GRAY



WELCOME

To the first edition of the South Eastern Trust Physical Activity Health & Wellbeing Information Newsletter

Through this information newsletter, we will provide Physical Activity guidelines and information. We will share good news stories and hope to change attitudes to physical activity. We will help you to work towards and achieve activity levels which will enhance or maintain your physical fitness and overall health as recommended by the UK Chief Medical Officers' Physical Activity Guidelines

Physical activity is performed for various reasons, including weight loss or maintenance, to aid growth and improve strength, develop muscles and the cardiovascular system, improve health, or simply for enjoyment.

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.



DID YOU KNOW

Climbing stairs is a similar intensity to Cycling or Jogging, which uses around 8 times the amount of energy the body uses when resting

Next edition April 2025

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LET'S GET PHYSICAL

SOME KEY QUESTIONS

Is it IMPORTANT?

YES It can reduce your risk of major illnesses and death by up to 30%. It's free, easy to access and has immediate effect. You don't even need to see your GP to get some



What can I do?

Fewer people are doing manual work, and most of us have jobs that involve little physical effort. Work, household chores, shopping and other necessary activities are far less demanding than for previous generations.

Exercise can be in any form e.g. **washing, digging, cycling and household chores**

Get out & about or join a club or gym e.g. **Walking, football, swimming, aerobics, weightlifting** etc.

Any type of activity can benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer.

The Benefits?

Controls and helps you lose weight

Reduces high blood pressure, high blood sugar levels and high blood cholesterol levels

Prevents atherosclerosis, angina, Myocardial infarction and stroke

Can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.

So How much should I do?

To stay healthy, the UK Chief Medical Officers' Physical Activity Guidelines, state that adults should try to be active every day and aim to do **at least 150 minutes of physical activity over a week**, through a variety of activities. reduce the amount of time you and your family spend sitting down.

If you are pregnant or have a disability you can still exercise every day speak to your GP or a health professional for advice

Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns

The full **UK CMOs' guidelines** can be found on:

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>



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WHERE CAN I GO?

WALKING GROUPS

Walking and jogging is a great way to get more active and doing it with other people can have lots of benefits for your overall wellbeing.



lots of walking groups are happening in your area
Contact the **Physical Activity Team** to find out where your nearest Walking group takes place check out Websites:
[Walking for Health - South Eastern Health & Social Care Trust \(hscni.net\)](http://WalkingforHealth-SouthEasternHealth&SocialCareTrust(hscni.net)) &
physicalactivity@setrust.hscni.net
Tel no: 02897566934

WALK NI

Website providing information regarding walking groups in your area. **Tel no:** (028) 9030 3930 **Email:** info@walkni.com



Did you know there are lots of park runs across Northern Ireland? You can **walk, jog, run or volunteer** with like-minded people from your local area.

Visit www.pha.site/StepGuide & www.pha.site/ParkRun for more details



Why not try the **COUCH TO 5K** where you start with a mixture of walking & running to build up your fitness and stamina

The NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks. Couch to 5K is for everyone. Whether you've never run before or you just want to get more active, Couch to 5K is a free and easy way of

getting fitter and healthier.

Download the NHS Couch to 5K app to your mobile device for advice on how to get started
<https://apps.apple.com/gb/app/one-you-couch-to-5k/id1082307672>

Watch Lauras success story at
[Get running with Couch to 5K - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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LEISURE CENTRES & HEALTHY LIVING CENTRES

Joining a fitness community offers more than just access to equipment and exercise classes—it provides a supportive environment that significantly enhances your fitness journey.

As there are so many sporting and leisure activities going on, it can be difficult to find out what exactly is on offer in your area. If you're not sure here's just a few of the groups happening in your area to get you started

ARDS AREA

PENNINSULA HEALTH LIVING

4 Church Grove,
Newtownards
028 4273 9021

<https://www.peninsulahealthyliving.org/>

ARDS BLAIR MAYNE WELLBEING AND LEISURE COMPLEX

1 Dairy Hall Lane,
Newtownards, (028) 9181 283

ardslc@ardsandnorthdown.gov.uk

QUEENS LEISUREPLEX

Sullivan Close, Holywood
(028) 9042 1234

ally.mcarthur@ardsandnorthdown.gov.uk

DOWN AREA

BALLYMOTE SPORTS & WELLBEING CENTRE

96 Glebetown Drive,
Downpatrick
0330 137 4026

downleisurecentre@nmandd.org

DOWN LEISURE CENTRE

114 Market Street,
Downpatrick
0330 137 4026

downleisurecentre@nmandd.org

NEWCASTLE CENTRE & TROPICANA OUTDOOR SWIMMING COMPLEX

10-14 Central Promenade,
Newcastle

0330 137 4026

newcastlecentre@nmandd.org

LISBURN AREA

MAGHABERRY COMMUNITY CENTRE

1 Maghaberry, Lisburn
Mark Montgomery 07908 738006

hazama@hotmail.co.uk

BROOK LEISURE CENTRE

2 Summerhill Road,
Dunmurry
07746 724 160

info@swimmingbuddies.co.uk

LOUGH MOSS LEISURE CENTRE

Hillsborough Rd, Carryduff,
Belfast

dredmond@dsni.co.uk

Find a club for special Olympics

SPECIAL OLYMPICS

<https://www.specialolympics.i>

Find out where your nearest group is happening at your local council website. search- www.gov.uk



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Why not start at Home



HOME WORKOUT VIDEOS

We could all do with a boost to feel better right now – and you don't even need to leave the house to do it!

Exercise is great for your mind as well as your body, so clear some space and follow along with our 10-minute home workouts.



You can Move with Mary at <https://www.ageuk.org.uk/>

[Home workout videos - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Including:
10 minute Cardio Workout

Strengthening Video

Warm Down Stretching

JOIN THE ACTIVE AGEING PROGRAMME

The Programme offers opportunities for older people 65+ to take part in programmes including:

YOGA, DANCE, CHI-ME, WALKING, PILATES, help joining a **FITNESS SUITE** and much more



For **wellbeing** For **health** For **fun!** Watch our video at <https://app.box.com/s/dzwikjmcsqvmj17952w7d36axy3e0avx>

Programmes are currently happening in:

Peninsula Healthy Living Centre
Kircubbin – 02842739021

Ards Blair Mayne Leisure Centre
Newtownards – 02891812837

Comber Leisure Centre Comber –
028918874350

Bangor Aurora Leisure Centre
Bangor – 02891270271

Portaferry Sports Centre –
02842728833

Contact a centre near you for further information on activities provided and dates & times

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FALLS PREVENTION CLASSES

Grab Your Strength & Balance exercise booklet from your nearest Health Centre

Falls are a common occurrence for many individuals. The incidence of falls increase as people get older, mainly because of long term health problems which increase the risk of falling. Falling is not simply a consequence of ageing. One of the most effective ways to reduce your risk of falls is to **participate in strength and balance exercise on at least 2 days per week.**



Please contact the Falls Prevention Service about local classes, individual sessions or for further information.
Falls Prevention Service
Tel: **(028) 9263 3705**
email: fallsprevention.service@setrust.hscni.net

The Safe & Well Service

The Safe & Well Service


offers individuals aged 65+ a range of services including:

- Connections with new people – Telephone befriending, Good Morning Call
- Access to health services
- Keeping active and healthy, social groups, walking groups
- Safe and secure homes
- Benefit advice
- Emotional support
- Access to information and advice



Referrals to Caring Communities Safe and Well service can be made by emailing SafeandWell@setrust.hscni.net

or call:
(028) 9756 6934

 **DID YOU KNOW** *The Safe & Well service are recruiting **volunteers** for their Befriending Service. Contact the service for more details*

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MENS HEALTH



Did you Know *There are important physical and physiological differences between men and women, such as hormones, the amount of muscle we naturally carry and base-level strength. So does that mean they need to train differently? The short answer is **no**. In general, no exercise or training method is off-limits to men or women, unless they're injured or it doesn't work for them structurally.*

The Men's Health Forum in Ireland (MHFI) is a diverse network of individuals and organisations, men and women, which seeks to identify the key concerns relating to male health. You may find some useful information on their website, **Men's Health Forum in Ireland: Coordinating Men's Health Week on the Island of Ireland (mhfi.org)**. Further information, support and advice contact Brien.Fraser@setrust.hscni.net

THE MEN'S SHED



Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Sheds typically attract older men, but many have younger members and women too.

Why not visit the Ballynahinch mens shed for a look. Contact Ballynahinch Men's Shed hinchshed@gmail.com for more information regarding this great group

DID YOU KNOW *There are also **HENS SHEDS** which will provide a friendly sociable atmosphere for women and will provide different outings and activities*



LET'S GET PHYSICAL



Physical activity improves well-being.

There is no question about it, being more physically active improves our mental health and well-being. But, what if people need more

ASCERT, the South Eastern and Western Health and Social Care Trusts have been working to bring support to people at a much earlier stage

For more help, support and information or just to chat contact Ed on 02844601311 or email Ed.Sipler@setrust.hscni.net

- 4 free on- line self-help resources** with workbooks can be downloaded with visual clips that guides the viewer through the workbooks at their own pace.
- Using Self Compassion to Improve Wellbeing and Support Growth** <https://www.ascert.biz/self-compassion>
- Bend Don't Break: Low intensity CBT based self-help to support resilience** <https://www.ascert.biz/bend-dont-break/>
- Building our Children's Developing Brain for parents to help build their children's emotional regulation.** <https://view.pagetiger.com/selfcareforfamilies>
- Making Our Nevous System Work For Us- Using the Polyvagal Thery to Improve Well-Being** <https://www.ascert.biz/making-our-nervous-system-work-for-us/>

TAKE 5



Mental health is shaped by the wide-ranging characteristics of the social, economic and physical environments in which people live. Looking after your mental health is not something you should just do when you are feeling down. It's something you should proactively maintain just like your physical health.

The Take 5 steps to wellbeing are:

1. Connect
2. Keep learning
3. Be active
4. Take notice
5. Give

Trying these things could help you feel more positive and able to get the most out of life.

For more information, contact Brien.Fraser@setrust.hscni.net Community health development practitioner, Health & Wellbeing pick up a free **Take 5 steps to wellbeing** leaflet or visit www.mindingyourhead.info

LET'S GET PHYSICAL



TOP TIPS TO REDUCE LONELINESS AND SUPPORT SERVICES

Feeling lonely is not something to be embarrassed about. We can all feel lonely, regardless of life experiences, age, or background. However, there are lots of ways we can help ourselves to feel less lonely. The first step is to realise within yourself that you are feeling lonely. Try some of the tips below to reduce your feelings of loneliness.

TOP TIPS

1. Catch up with friends

Reach out to your friends by picking up the phone or sending them a text message or through social media.

2. Take time to make new friends

Joining local groups or classes based on your interests is one of the best ways of making new connections. Volunteering is another excellent way to get involved in your local community

3. Little steps can make a difference

Say 'hello' to a neighbour, your local shop keeper or a person at the bus stop. Take yourself out of your house and walk around your local shopping centre, you never know who you will meet and you could find other people are doing the same thing.

4. Do things you enjoy

Fill your time doing things you like might be a way to stop you from focusing on feeling lonely, which can improve your wellbeing.

5. Share your feelings

Talking more openly about how loneliness affects you can really help. Hearing a familiar voice or seeing a friendly face can also make us feel less isolated.

6. Connect online

Technology is a great way to stay in touch with friends and family, and make new friends. There are often free courses offered in libraries and in community centres to help improve your digital skills.

SUPPORT SERVICES

If you find trying any of the above will be a difficult first step for you. Don't continue to struggle with feeling lonely. Contact your GP and/or contact one of the following helplines or services:-

SEHSCT Safe and Well Service can support you to help make new connections if you are 65+ years and live in the SEHSCT area
Tel: 028 9756 6923 or email safeandwell@setrust@hscni.net

The Silver Line offers you friendship, conversation, and support if you are aged 55 and over. Whatever the day or time, you can pick up the phone and speak to one of their friendly Silver Line team members 24 hours a day, 7 days a week, all year.
Call free from your landline on 0800 470 80 90 or for more information contact: **The Silver Line Helpline**

Samaritans

Whatever you're going through, you can call the Samaritans any time, from any phone for FREE. Volunteers are on duty 24 hours a day, seven days a week, on the freephone helpline number 116 123 and email jo@samaritans.org

Tips on reducing loneliness from: [Home New | Campaign to End Loneliness](#)

[Loneliness - Every Mind Matters - NHS](#)

For more information and support contact **Sandra or Wendy** on **02897566934** or email Sandra.glover@setrust.hscni.net & Wendy.McDowell2@setrust.hscni.net

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HOW EXERCISE CAN HELP YOU QUIT

Distraction Exercising while you are trying to quit can reduce the feelings of withdrawal.

Learn about your body. Doing some exercise while you're still smoking can show you just how much the habit has affected you.

De-stress Not only is quitting is one of the most stressful things you can do but it means you're actually removing one of your methods of coping with stress.



The **South Eastern Trust Stop Smoking Team** continues to help staff, patients and clients who would like advice and support on stopping smoking.

You can contact us on:
TEL: 028 90 413 855 or EMAIL:
smoking.cessation@setrust.hscni.net

DID YOU KNOW



Cigarettes are seen as an appetite suppressant, people often put on weight when they're quitting. By taking part in some regular exercise, you can help combat this side effect to quitting

THE RIGHT FOODS & EXERCISE

A well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise.



DID YOU KNOW *The food we eat can impact on our mood*

Health and Wellbeing Dietitians work with a number of partner organisations to deliver training on nutrition skills programmes and provide a source of nutrition expertise to community, voluntary and statutory organisations throughout the South Eastern Trust area.

For more information Contact Department of Nutrition and Dietetics Monday – Friday 8.30am- 4.30pm - 02890411792

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Share your thoughts with us....



The Prediabetic Programme

"Before starting the **prediabetic course**, I was very inactive and some days would not have left the house. The course made me realise that I needed to be more active so I reluctantly started walking. Friends that I used to meet for coffee agreed to go for a walk instead and I now have someone lined up to go for a walk 4 days a week. We started with short journeys at first but now happily go for 40-60 minute walks even when it rains! We have 4 dogs and my poor husband used to do two walks every evening as walking 4 together was troublesome. Now, we go together with 2 dogs each, much more enjoyable for him and for the dogs! I also joined a choir which has dance moves with the songs so I'm constantly practising my moves and often exceed 10000 steps a day. I would never have dreamt that I could do that six months ago!"- Confidential

'Walking 10-15,000 steps a day, gets easier with practice, watching diet helps weight loss. Mental health and mood improve. Have more energy. Also better time management allows more leisure pursuits, great for pensioners.'- Confidential

'In my case it was a surprise to receive a pre-diabetes diagnosis. It meant I had to introduce lifestyle changes whether I liked it or not. I had to stay motivated to make the changes. Simple things like recording steps, setting gym exercise targets and achieving them, or doing activities for activity's sake are great aids for self motivation. I find if I stay motivated health and wellbeing look after themselves.' - DPP Client

'I am a great fan of Pilates. It helps keep me mobile. My Physiotherapist gives me lots of feet, legs and hand exercises which I do daily and these are also helpful.'- Confidential



'When I started the Diabetes Prevention Program I'd kind of lost interest in physical activity, maybe doing some walking but wasn't really that committed. After joining the programme I was more aware of the importance exercise would have on many aspects of my health and well-being. With this awareness I focused on increasing both the regularity and amount of time I spent on exercise, gradually I began to feel better about myself which has kept my momentum going. More recently I've increased my exercise further by returning to yoga and am already seeing a difference in the strength and tone of my body which has increased my confidence further. Being more physically active has improved my health, my body and my well-being' - Confidential

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A GREAT BIG THANK YOU

We hope you enjoyed reading our first Physical Activity information newsletter
For Lots more Physical Activity Health & Wellbeing information, including

- Physical Activity Training Resources**
- Walk Leader training**
- Upcoming Events**
- Tips and Videos**

Please join us at Home - **South Eastern Health & Social Care Trust (hscni.net)** or
Email physicalactivity@setrust.hscni.net



If you would like to contribute to the next edition or have a chat we would love to hear from you

Contact **Jackie or Jayne on 02897566934**

Email physicalactivity@setrust.hscni.net
Or use the QR CODE



Note This is an online newsletter. Please feel free to print out your copy requirements