



**Armagh City
Banbridge
& Craigavon
Borough Council**

armaghbanbridgecraigavon.gov.uk

APSE

Sports Development Gets Everyone Moving

November 2023

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Sports Development Manager



Overview

- **Get Moving ABC**
- **Get Communities Moving**
- **Get People Moving**
- **Get Places Moving**
- **Get Systems Moving**
- **Key Achievements**
- **Questions**



CONNECTED

A COMMUNITY PLAN

for Armagh City Banbridge & Craigavon Borough

2017-2030



Get COMMUNITIES Moving



AIM

To increase everyone's understanding of the benefits of being **PHYSICALLY ACTIVE** and encourage everyone to **GET MOVING AND STAY MOVING**

OBJECTIVES

1. To effectively communicate the benefits of lifelong participation in physical activity .
2. To increase partner capacity to motivate and support people to become more active.



#SomeIsGoodMoreIsBetter



ON YOUR FEET
BRITAIN



NATIONAL WALKING MONTH

WALKING FOOTBALL

A slow paced version of the beautiful game. Same rules, except no running!

- Suitable for adults
- Have fun
- Be active
- Improve strength
- Improve fitness
- Meet new people

#SitLessMoveMore



#EveryMovementCount



BIKE WEEK



BAT & CHAT

OVER 50'S SOCIAL
TABLE TENNIS

To register
getactiveabc.com/batandchat    



“Absolutely loved the table sessions. Made new friends, improved my concentration improved my playing and understanding of the table tennis game with good coaching. I got lots of exercise”

#MakeAStartTodayItsNeverTooLate

POSITIVE AGEING MONTH

Get PLACES Moving



AIM

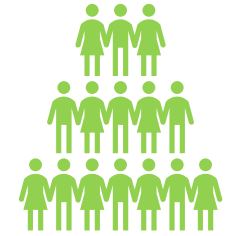
To realise the full potential of the Borough's outdoor places and indoor spaces that everyone, everywhere can **GET MOVING AND STAY MOVING**

OBJECTIVE

To create welcoming, inclusive and safe environment that facilitate being active.



Get PEOPLE Moving



AIM

To have an active population where everyone GETS MOVING and STAYS MOVING throughout their life

OBJECTIVES

1. To provide a variety of quality opportunities for people to become more active.
2. To engage people who are least likely to participate in physical activity
3. To support families and organisations working with children and young people to provide quality physical activity experiences



Indoor Inclusive Cycling Programme

Indoor cycling proficiency programme using a range of adapted bikes suitable for a range of disabilities, both adult and children. Bikes include Trikes, Tandems, Hand Cycles and a Wheelchair Transporter.

to familiarise yourself with the drills and build up the confidence to outdoors around the Craigavon Lakes.

3rd - 24th November 2023
- 5.30pm

Banbridge Leisure Centre

contact:
Inclusive Sports & Leisure Officer:
dsni.co.uk



GET ADVENTUROUS AT GOSFORD FOREST PARK

SUMMER ORIENTEERING
SUN 28 & 30 JULY, 28 & 29 AUG | 2.00PM - 5.00PM
BOOK ONLINE £2.00 PER PERSON PER SESSION
1-1.5 HOURS TO COMPLETE THE COURSE

GOSFORD ALL OUT TREKKING
2 JUL - 29 SEPT | EVERY THURS & SAT
11.00AM - 12.00PM | 1.00PM - 3.00PM
£20.00 PER PERSON | £70.00 FOR 4 PEOPLE

For queries, please contact
● events@armaghbanbridge.org.uk

To book
● allouttrekking@dsni.co.uk | 07965 452 466

At Gosford, Barista Express will be serving its delicious coffee, scrumptious brunch and deli selection. Along with its hot and cold food kiosks, and ice cream trailer, Express Catering will have something for everyone, whether you are looking for a quick bite to eat or treating the family to a more substantial meal.

MAKE A DAY OF IT BY EXPLORING THE AMAZING ADVENTURE PLAY TRAILS, FAMILY MOUNTAIN BIKE TRAILS AND PUMP TRACK AT GOSFORD FOREST PARK

For more information
getactiveabc.com/summer



GOGA Fit

GOGA Fit is an inclusive fitness class aimed at developing your fitness with a series of low intensity exercises that can be adapted to suit your needs.

Ideal for seniors, disabled people, people with health conditions and those returning to exercise

GOGA Fit Armagh Dates: Every Monday Time: 10:00-11:30 Venue: Dobbin Street Community Centre Cost: £2 per session	GOGA Fit Craigavon Dates: Every Tuesday Time: 11:30-12:30 Venue: South Lake Leisure Centre Cost: £2 per session	GOGA Fit Banbridge Dates: Every Friday Time: 11:00-12:00 Venue: Banbridge Leisure Centre Cost: £2 per session
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LIMITED SPACES AVAILABLE AND BOOKING IS ESSENTIAL

To book or find out more please contact Martin at mquik@dsmi.co.uk or 07392 170746



GET GIRLS MOVING SUMMER PROGRAMME

£20 PER WEEK BOOK ONLINE

WEEK 1: TUES 1 AUG & THURS 3 AUG | WEEK 2: TUES 8 AUG & THURS 10 AUG
WEEK 3: TUES 15 AUG & THURS 17 AUG | WEEK 4: TUES 22 AUG & THURS 24 AUG

Tuesday sessions will be held at Droemore Community Centre and Thursday activities will take place at South Lake Watersports, Craigavon from 2.00pm - 4.00pm each day, £20.00 per person per week.

For more information
getactiveabc.com/summer



DANCING IN THE DAYLIGHT

MONDAYS 12 NOON - 1.00PM

STARTING 6 NOV



NORTH LURGAN MUGA

FREE 6 WEEK PROGRAMME SPRING

Starting 15th May 2023

MONDAY	4.30pm - 5.30pm	Mini-Games	7-11 yrs
TUESDAY	7.00pm - 9.00pm	Street Soccer	12-17 yrs
THURSDAY	4.30pm - 5.30pm	Mini-Games	7-11 yrs
FRIDAY	7.00pm - 9.00pm	Street Soccer	12-17 yrs



LET'S DANCE KIDS

EVERY MONDAY
11 SEPT - 30 OCT

3.30PM-4.30PM | 4.30PM-5.30PM
SUITABLE FOR AGE 4-11 YRS | £16.00 FOR 8 WEEKS

8 WEEK PROGRAMME

Dance classes are a great way to get active, have fun and make new friends. These classes will include Hip hop, dance fitness, music based games and focus on flexibility,



Couch to 5K

THE MALL, ARMAGH



Cityrun
Citypark





This Girl Can

“I found it very interesting and encouraging. I’m even more motivated to come up with ideas and new ways for people to get active”

All Stars Summer Scheme

“Her actual words to me yesterday is that “she didn’t feel she was disabled” when she was taking part in the climbing wall session. An amazing experience for her.”



Get SYSTEMS Moving



AIM

To make the best use
of our collective
resources to
**GET EVERYONE
MOVING**
and support and
enable them to
STAY MOVING

OBJECTIVE

To maximise the impact of existing
and future partners resources through
more collaborative working practices
and data sharing



“We have found this partnership to be of extreme benefit to local businesses in the ABC area, as it had strengthened links between employers, employees and their families in physical activity initiatives and increased awareness”

**Northern Ireland
Chest Heart & Stroke**



AG WILSON Civil Engineering

Staff
Wellbeing Week





Key Achievements 22/23

13

Key Awareness
Dates Promoted

DfC Access and
Inclusion Grant

Family Physical
Activity
Consultation

573

Programmes
Delivered

7

Get Moving
Businesses

Key Targets/Achievements 23/24

502 programmes
delivered

14 New Pilot
Interventions

Sport NI
Funding

DfC Access and
Inclusion Grant

New Action Plan
Agreed with
Partners



STARFISH



Top Three Take Aways

- 1. Communication is key**
- 2. Internal & External Partnerships are important**
- 3. Always strive to make a positive difference to individuals that have most to gain**

How many minutes of moderate physical activity should you be doing in a week?

- 150 minutes (approximately 21 minutes a day)
- Build strength on two days
- Minimise sedentary time
- Improve balance 2 days per week

Questions?

armaghbanbridgecraigavon.gov.uk