

Appendix A: Active Lifestyle Plan October 2021 – 31st March 2022.

(1) Review of Activity within Mid Ulster District Council Leisure Facilities May 2021 – 31st August 2021 (*leisure service closed until late April 2021 due to covid restrictions*)

Participation Area	Additional Details	Approx. Attendance Figures May 2021 – 31st August 2021
Leisure Facility General Attendances (ie. gym, swim, sports hall, etc)	Approx number of users that have visited and paid to use Council leisure facilities – figures include those on paid in advance/recurring membership packages along with those who have paid casually to attend	Cookstown LC: 32,955 Dungannon LC: 31,829 Greenvale LC: 44,017 Maghera LC: 14,493 Tobermore Golf Centre: 8,958 Moneymore Rec Centre: 1,060 Gortgonis Citizen Centre: 1,143
Leisure Centre Group Exercise Programme Attendances (ie. spin, circuits, pilates, etc)	Approx number of users that have taken part and paid in Council led structured group exercise activity sessions – figures include those on paid in advance/recurring membership packages along with those who have paid casually to attend	Cookstown LC: 3,494 Dungannon LC: 3,732 Greenvale LC: 16,401 Maghera LC: 2,721 Moneymore: 513
Sports Arena Attendances (ie. indoor/outdoor activities)	Approx number of users that have visited and paid to use Council leisure facilities. Sports pitches attendance include all those facilities that are not on site at Mid Ulster SA or Meadowbank SA.	MUSA, Meadowbank, Sport Pitches and Outdoor Facilities: 42,033
Summer Camps	Approx number of users that paid and took part in Council run summer camps (£26 per week). Mon-Fri 10am-3pm. 4 x weeks in each of Cookstown LC, Dungannon LC, Greenvale LC, Maghera LC and Meadowbank SA. 2 x weeks in Moneymore Rec.	Cookstown LC: 161 Dungannon LC: 47 Greenvale LC: 95 Maghera LC: 110 Meadowbank SA: 169 Moneymore Rec Centre: 45
Summer Sports Camps	Approx number of users that paid and took part in Council run summer sports camps. 3-5 days per camp. 1-3 hrs per activity.	Canoe, Dance, Gymnastics, Tennis, Golf 220 Participants
Summer £1 Activities	Approx number of users that paid to take part in targeted £1 activity sessions within Council leisure facilities during June and July 2021	£1 – Swims, soft play, teen gym, courts, driving range, Par 3, athletics track, tennis & 3g pitch. 5,743 Participants
Summer Free Entry Youth Wellbeing Activity Vouchers	Approx number of users that redeemed their free entry voucher(s) to take part in targeted activity sessions within Council leisure facilities during June and July 2021. The free voucher scheme (10 visits each) was distributed to post primary pupils across the district to young people on Free School Meals)	Vouchers - Swims, soft play, teen gym, courts, driving range, Par 3, athletics track, tennis & 3g pitch Redeemed: 188

(2) New Proposed Pilot Programme: Planned Activity within Mid Ulster District Council Leisure Facilities October 2021 – 31st March 2022

All activities including dates/times/booking/payment arrangements to be advertised via social media, website and also within leisure facilities.

Walk & Run Coordination			
Activity	Target Group	Location	Programme & Session
Couch 2 5K:	6yrs-18yrs	Maghera LC Meadowbank Sports Arena Mid Ulster Sports Arena Drumcoo 3G	Oct - Dec 9 weeks & Jan - Mar 9 weeks (36 sessions)
Locations x 6	18-64	Aughnacloy 3G Fivemiletown 3G	Jan - Mar 9 weeks (18 sessions)
1 x hour session	65+		
2 x days per week Max Numbers anticipated per session: 50			
A programme that helps those new to running to be able to aim to jog 5k by the end of 9 weeks.			
Couch 2 3K:	6yrs-18yrs	Maghera LC Meadowbank Sports Arena Mid Ulster Sports Arena	Jan - Mar 9 weeks (18 sessions)
Locations x 6	18-64	Drumcoo 3G Aughnacloy 3G Fivemiletown 3G	Oct - Dec 9 weeks (18 sessions)
1 hour session	65+		
2 days per week Max Numbers anticipated per session: 50			
A programme that helps those new to running to be able to aim to jog 3k by the end of 9 weeks.			
Walking Group:	18-64 65+	Cookstown LC Dungannon LC Greenvale LC Maghera LC Meadowbank Sports Arena Mid Ulster Sports Arena Moneymore RC Gortgonis Aughnacloy Playing Field Fivemiletown St Georges	1 Morning per week – no school holidays (29 sessions)
Locations x 10. 1 x day per week. 1 x hour session. Max Numbers anticipated per session: 20			
A community walking for health programme.			

Cycle Coordination			
Activity	Target Group	Location	Programme & Session
Cycling:	6yrs-18yrs	Dungannon Park	1 Morning per week (2x10 sessions)
Locations x 1. 1 x hour session. 1 x day per week.	18-64 65+		
A community cycling for health programme. Cycles provided. Max Numbers anticipated per session: 12			

Pre & Post Natal Coordination			
Activity	Target Group	Location	Session
Buggy Fit:	0-5 yrs	Cookstown LC Dungannon LC Greenvale LC Maghera LC Moneymore RC	1 Morning per week – no school holidays (29 sessions)
Locations x 5. 1 x hour session. 1 x day per week	Max Numbers anticipated per session: 25		
A fitness class for expectant mothers and mother and babies			
Mums and Tums:	0-5 yrs	Cookstown LC Dungannon LC Greenvale LC Maghera LC Moneymore RC	1 Morning per week – no school holidays (29 sessions)
Locations x 5. 1 x hour session. 1 x day per week	Max Numbers anticipated per session: 25		
A fitness class for pre and post-natal expectant mothers			

Active Aging Coordination			
Activity	Target Group	Location	Session
Tai Chi / Chi Mi:	18-64 65+	Cookstown LC Dungannon LC Greenvale LC Maghera LC	Morning 29 weeks per year- no school holidays
Location x 4. 1 hour session. 1 day per week	Max Numbers anticipated per session: 25		
Tai chi - Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. combining deep breathing, relaxation and flowing movements. Chi-Me is a low Impact and light intensity class which is based on a series of Tai Chi influenced exercises that can help to improve mental wellbeing whilst improving strength, flexibility, balance and co-ordination			
Active aging 65+ activities:	65+	Cookstown LC Dungannon LC Greenvale LC Maghera LC	Morning 29 weeks per year- no school holidays
Location x 4. 1 hour session. 1 day per week	Max Numbers anticipated per session: 25		
A multi sport club focusing on activities for older people to include pickleball and walking football			

Inclusive Coordination			
Activity	Target Group	Location	Session
Developmental coordination disorder (DCD):	6yrs-18yrs	Dungannon LC Maghera LC Meadowbank Sports Arena Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 sessions)
Locations x 4. 1 hour session. 1 day per week. Max Numbers anticipated per session: 20			
A multi sport club focusing on facilitating primary school aged children with Dyspraxia/DCD to do things at their own pace, and for parents to get information and support.			
Autism Club:	6yrs-18yrs	Dungannon LC Greenvale LC Maghera LC Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 sessions)
Locations x 4. 1 x hour session. 1 x day per week. Max Numbers anticipated per session: 10			
A multi activity club focusing on facilitating primary school aged children with Autism to do things at their own pace, and for parents to get information and support.			

Disability Hub:	6yrs-18yrs 18-64	Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 sessions)
Location x 1. 1 x hour session. 1 x day per week. Max Numbers anticipated per session: 10			
A multi activity session for adults and or children using the inclusive sports equipment, cycles and chairs.			
Autism Play:	All Ages	Cookstown LC	1 Afternoon per week – no school holidays (29 sessions)
Locations x 3		Dungannon LC	1 Afternoon per week – no school holidays (29 sessions)
1 x hour session 1 x day per week		Greenvale LC	1 Afternoon per week – no school holidays (29 sessions)
A designated play session that will be catered towards individuals and families – arrangements include use soft play area (no open session or group bookings taking place during this time).			
Autism/PAN Disability Swim Sessions:	All Ages	Cookstown LC	1 session per week – no school holidays (29 sessions)
Locations x 3		Dungannon LC	1 session per week – no school holidays (29 sessions)
1 x hour session 1 x day per week		Greenvale LC	1 session per week – no school holidays (29 sessions)
A designated swim session that will be catered towards individuals and families with Autism/PAN Disability – arrangements include exclusive use pool sessions (no open swim session, users group bookings or swim lessons taking place during this time). Any main sensory elements aim to be reduced (ie. music, lighting). Support for exclusive use of changing rooms both pre and post sessions.			

Appendix C: Additional Leisure Service Activities Programmes

GOGA

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together and is delivered by 1 x co-ordinator for the Mid Ulster District Council area. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities.

	Mon	Tues	Thur	Fri	Sunday
Morning	Multiple Zoom sessions	Group: Over 50's Activity: Exercise Dates: July to Dec Venue: Dungannon LC	Group: Mix disabilities Activity: Dog walk Dates: Ongoing Venue: Various	Group: Mixed Group Activity: Nordic Walking Dates: Mid Sept to Dec Venue: Knockmannny Forrest	Group: Mix disabilities Activity: Cycling Dates: TBC Venue: MUSA
	Mon	Tues	Wed		
Afternoon/ Evening	Group: Down Syndrome group. Activity: Dance Dates: August to December Venue: Tamnamore Community Centre	Group: Mental Health Group Activity: Pilates/boxercise Dates: Ongoing Venue: Niamh Louise Foundation	Group: Autism Activity: Multi-skills Dates: Ongoing Venue: Moneymore Rec Group: Children with PD Activity: Wheelie Active Dates: Mid-September to Mid-December. Venue: Moneymore Rec Group: Adults with PD Activity: Boccia Dates: End of September Venue: Dungannon area		

Park Run & Junior Park run

Parkruns are free, weekly, community events. Saturday morning events are 5k in distance and take place in parks and open spaces. On Sunday mornings, there are 2k distance junior parkruns for children aged four to 14.

Activities	Sat	Sun
Park Run	Dungannon Park	
Park Run	MUSA	
Junior Park Run		PolePatrick

Physical Activity Referral Scheme (rolling annual programme subject to recurring funding from the Public Health Agency)

Selection Criteria -

Anyone aged 16 and over who currently has one or more of the following conditions:

- high blood pressure
- controlled diabetes or a strong family history of diabetes
- heart disease or risk factors associated with coronary heart disease
- anxiety, stress, depression and controlled mental health problems
- overweight or obese
- well-controlled lung problems such as asthma, bronchitis or chronic obstructive pulmonary disease
- mild to moderate joint problems such as osteoporosis
- another condition that does not prevent you taking part in physical activity

Referral Pathway:

Via GP or health care professional who will assess suitability and will complete a referral form and send it to a leisure centre. The leisure centre will then contact you to make your first appointment.

Each participant is eligible for discounted leisure centre membership upon conclusion of their 12 week programme.

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity Referral Programme *Cookstown LC in Development & Pending Referrals	Maghera LC	Greenvale LC	Maghera LC	Greenvale LC	Maghera LC
	Dungannon LC	Maghera LC	Dungannon LC	Maghera LC	Dungannon LC
		Dungannon LC		Dungannon LC	

Macmillan Move More

Move More NI is funded for three years by Macmillan Cancer Support (due to end July 2022) working in partnership with physical activity providers, local councils and health and social care trusts all over Northern Ireland to provide the support that people living with cancer need to improve their fitness.

Each participant is eligible for discounted leisure centre membership upon conclusion of their 12 week programme.

Activities	Mon	Tuesday	Wednesday	Thursday	Friday
	Cookstown LC	Greenvale LC		Dungannon LC	Dungannon LC
1.Spin 2.Cancer Rehab	9.30am 10.00am				
1.Spin 2.Pilates 3.Open Gym		10.30am 11.15am 11.40am			
1.Open Gym 2.Cancer Rehab				10.00am 10.30am	
1.Open Gym 2.Pilates					9.30am 10.00am
Pre-Hab	1-1	1-1		1-1 x2	1-1 x2
Outdoor walks			Magherafelt area		Dungannon area

Leisure Centre Group Exercise Programmes

Activities that are included within membership packages. Can also be booked/paid for on a casual/ad hoc basis if customer does not have a membership package. Timetables subject to change each quarter depending on usage, customer demand and instructor availability.

Cookstown LC							
Activities	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Bodyweight HIIT	06.30						
Postnatal	10.00						
Spin	18.15	06.30 18.15	06.30 18.15	18.15	06.30 13.15 18.15	10.00	
Circuits	19.30						
Body Blitz		19.15					
SWEAT			10.00				
Cardio Box			19.15				
Body Combat				06.30	19.15		
Metcon				19.15			
Virtual Spin	13.15 20.00	10.00 13.15 20.00	13.15 20.00	13.15 20.00	10.00a 13.15	14.30	09.00 13.00 14.30
Boot Camp						09.00	

Dungannon LC							
Activities	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Spin	06.30 18.00	19.15	13.00		06.30 18.00		
Pilates	13.00		13.00				
Yoga	19.15	13.00	19.00				
Pod training	19.15			18.30			
Early Burn	06.30		06.30				
Circuits		18.00					
Spin & Circuits			06.30 18.00				
Pilates P&PN				11.30			
Bootcamp						10.00	
Sunday sweat							09.15
Greenvale							
Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Bootcamp	06.30	06.30 18.00	06.30	06.30	06.30	09.00	10.00
Met Con	10.00		18.00		10.00		
Ageing Well	11.30		11.30				
HIIT	13.15						
S&C	18.00	10.00	13.15	18.00			
K'bell & Core	19.00	20.00		19.00			
Pilates		17.30					
20/20		19.00	10.00		18.00		
Core			19.00				
HIIT Core				10.00	13.15		
Spin				19.00			

Virtual spin	07.15	07.15	07.15	07.15	07.15	11.30	10.30
	11.30	11.30	11.30	11.30	11.30	13.00	13.30
	13.00	13.00	13.00	13.00	13.00	14.30	15.30
	17.00	17.00	17.00	17.00	17.00		
	20.00	20.00	20.00	20.00	20.00		

Maghera LC							
Activities	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Spin	18.00		19.00	06.30	18.00		
Circuits	19.00		10.00		10.00		10.00
20/20		06.30	18.00				
Kettlebells		18.00					
Pilates		18.45 19.45					
Step & Pump		19.00					
Shred & Burn			06.30				10.00
BLT	10.00						
Bars & Bells				18.00			
Spin Abs				19.00		09.00	
Barbell Circuits					06.30		