

HEALTHY LIFESTYLES

Helping to Promote Healthier Eating for Future Generations - Year 2

2025-2026

OVERVIEW

Helping to Promote Healthier Eating for Future Generations - Year 2

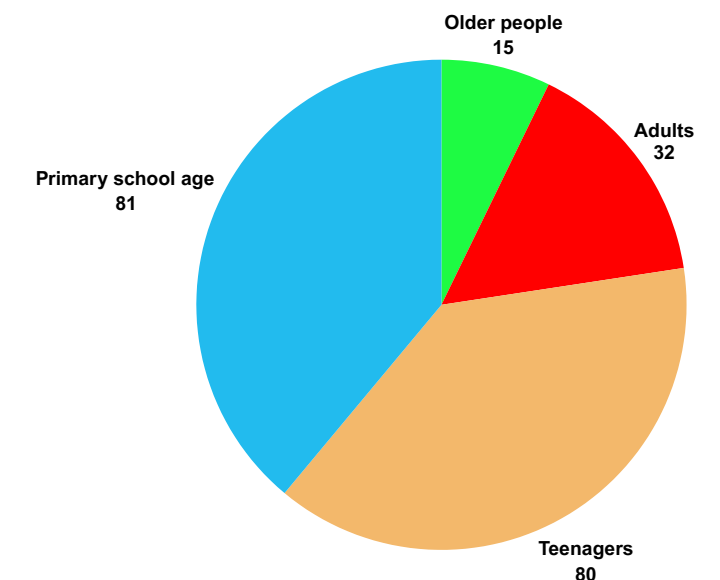
Aim - to raise awareness of important healthy eating and healthy lifestyle messages to a range of groups



WHAT WE DID:

- We sent a flyer out to relevant groups and organisations to promote the healthy eating sessions
- An expression of interest form was sent out with shortlisting criteria to help identify the groups.
- The programme also aimed to target people living in areas of greatest need.
- We recruited a number of facilitators to deliver healthy eating sessions using the 7 days, 7 dinners resource as a focus for post primary school age and above.
- We focussed on the concept of fruit fun for younger age groups using the Healthy Heroes resource.
- Other health and nutrition messages were promoted, such as sugar in food and drinks models. eat well guide, food budgeting and sustainability messages.
- The NHSCT reached out to 10 different groups, involving 171 participants.
- Ages ranged from primary school ages children to post primary, teenagers, adults and older people's groups.
- The SHSCT also delivered a 6 week healthy cooking programme that reached 15 participants aged 12-14, 6 born in East Timor and 4 born in NI.
- We reached out to 193 people NHSCT & 15 SHSCT - Total 208 people.

Pie chart showing numbers reached per age group



NHSCT SOCIAL WORK TEAM CARER'S GROUP IN PARTNERSHIP WITH MUDC

How much did we do?



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council



Northern Health
and Social Care Trust

The NHSCT Social work team established a new group to give support to carers. We facilitated a 4 week healthy eating programme as part of this in partnership with Mid Ulster Council.

9 carers were supported by the health and wellbeing officers within Mid Ulster Council.

4 x 1.5 hr Food Value Course was delivered



The group participated in preparing and cooking the meals

Week 1 - Focused on understanding the Eatwell guide and what makes up a healthy balanced diet. They made potato and leek soup and wheaten bread

Week 2 - explored food spending habits and made healthy fish and chips

Week 3 - focused on the cost of convenience and sugar and salt and made cottage pie

Week 4 - food labelling and food safety and made pizza

How well did we do it?

Comment from the facilitator:

I had a great 4 weeks - the participants were all lovely and hopefully enjoyed the course.

Comment from the Social Worker

Yes it was a great success, the ladies who attended really enjoyed it and participated really well. Nice structured programme to kick start our carer group.

Comments from the group

I hope to really be able to budget properly as now only cooking for 2 people instead of 4 and 5

It was particularly useful to know what fast meals to make that are healthy

I will check the traffic lights on food

The ladies delivering the course were excellent – patient, informative and interesting Thank you 😊

I will definitely be more aware after attending the programme

Really enjoyed the class. Good Social contact. Well prepared and presented

It was useful to learn about apps for sugar and fat content.

I am already making changes to not waste food and keep track on reducing my weight and being more health conscious

Very pleasant time off from caring and restart and encouragement to look after my own health whilst caring

Facilitators were very pleasant, informative and fun

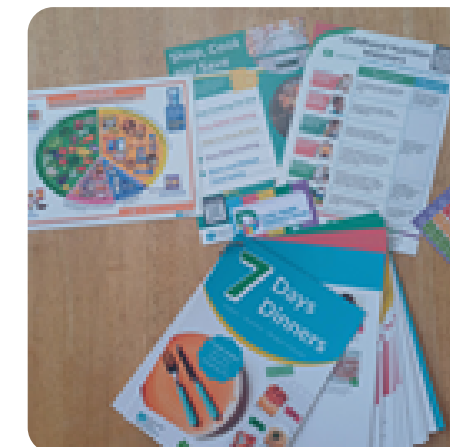
Unexpected Benefit

I learnt about other connections and contact for health. I learnt about rural health check locally which I went to and got checked out





Mid Ulster Victims Empowerment Group



2 x 1.5 hr
sessions
were delivered
to 23 adults

Mid Ulster Victims Empowerment [MUVE] was established in 2012 by a dedicated group of volunteers in the Mid Ulster area whose aim was to provide help and support for innocent victims affected by the 'Troubles' within the Mid Ulster area.

What did we do?

- Focused on the 7 Days 7 Dinners Resource, sugar content of food and drinks, food budgeting and the Eat Well Guide
- The group received a pack with the 7 Days 7 Dinners booklet, Shop Cook and Save leaflet, PH dietitian webinar flyer, A5 Eat Well guide and more
- The group connected whilst eating the curried lentil stew and stuffed dates and other recipes from the 7 days 7 dinners booklet

How well did we do it?

Comment from the leader

'The members really enjoyed yesterday'

100% would like to do the activity another time
95% rated the cooking demo, level of enjoyment and social aspect as 'very good' (top rating)
5% rated it as 'good'
83% rated the 7 Days 7 Dinners booklet as very good (top rating)
17% as 'good'

Comments from the group

- I am going to try and do more of this at home. How simple it was and for all the time it took to cook
- I learnt not to have too much sugar
- Excellent. Alison was great
- I will try seeds and fruit
- Really enjoyed the course
- I didn't like the peanut butter

Excellent!



Next time...

Would love more classes

SOUTH WEST COLLEGE - YOUTHSCAPE PLUS

How much did we do?



Youthscape PLUS programme is targeted towards young people aged 14-24 who are currently not in education or full time employment. It is based on a youth work model, aiming to re-engage young individuals with education

1 x 1.5hr session was delivered to 17 young people using the 7 days 7 dinners booklet



Participants were provided with the 7 days 7 dinners resource and cooked potato and leek soup and airfryer white soft rolls. They connected whilst eating the samples! They learnt about the eatwell guide and amount of sugar in food and drinks.



How well did we do it?

GROUP COMMENTS

Thank you so much for organising today's session - we all really enjoyed it, and Alison was amazing!

Next time

I would have liked to have got involved in cooking more
I would have liked to have cooked a bit more

66% said the 7 days 7 dinners booklet was 'very good'
11% said it was good
22% said it was average
78% said the cooking demo was 'very good.'
22% said it was 'good.'
88% said 'yes' to doing the activity again
12% said 'maybe'

COMMENTS FROM THE GROUP

I will be more conscious about the ingredients in food
I didn't like the soup
I will try and cook a bit more
I will try and eat more veg
I liked learning new recipes
I learnt how to make soup and bread
I learnt the amount of sugar in energy drinks
I will look at labels a bit more

NEWCOMERS GROUP IN PARTNERSHIP WITH EA COOKSTOWN YOUTH CENTRE AND HOLY TRINITY COLLEGE

How much did we do?

Newcomers group of Polish, Portuguese, East Temor and Filipino kids from Holy Trinity College partnered with Cookstown Youth Service



2 x 1.5 hr sessions were delivered to 14 young people.

The kids used the 7 days 7 dinners booklet and got involved in the food prep.
The focus was to learn about healthy snacks as well as improve cooking skills, the importance of working in a team and budgeting.
The group made Vegetable curry with boiled rice as well as potato and leek soup with homemade bread was used.

How well did we do it?

GROUP COMMENTS

Its good to try more recipes and eat more healthy stuff

We need to not use too much salt

I did not really like the curry

I learnt how to cut onions

My favourite part of the session was getting to work with different pots and stirring the food

They were disappointed today when they realised that this was the last cooking session.

I will read the back of packets

Thank you again for funding the sessions, the young people really enjoyed the cooking.

100% would like to do it again

64% rated the 7 days 7 dinners booklet as very good (top rating)
27% as good
9% as average
91% rated the level of enjoyment as 'very good' (top rating) and 9% as good

Next time..
Make it longer



CLG SLEACHT NEIL HEALTHY EATING PROGRAMME

How much did we do?



Sleacht Neil is a Gaelic Athletic Association club based near Maghera

2 x 1.5 hr healthy eating sessions were delivered to 15-20 young people from year 7 to year 9

The group used the 7 days 7 dinners resource and other healthy eating recipes and learnt about the amount of sugar in food and drink using the sugar cube models.

Acai bowls, chicken goujon wraps and smoothies were made



How well did we do it?

GROUP COMMENTS

I learnt that its good to try something new
You learnt that you need healthy fats in the diet
I learnt that Beetroot is good for you
I learnt that ginger is good for you
I need to eat healthier dinners
I need to eat more carbohydrates, protein and fibre
It's important to drink water
I did not like the smell of the ginger drink
I didn't like the shots
I really didn't like the ginger shot

100% wanted to do it again

73% rated the 7 days 7 dinners booklet as 'very good' (top rating)

20% rated it as 'good' and 7% rated it as average

80% rated the level of enjoyment as 'very good'

20% rated it as 'good'



Next time...
Don't do the ginger shot!

CORNERSTONE YOUTH CLUB

How much did we do?



**2 x 1.5 hr
healthy
eating
sessions
were
delivered to
12 young
people aged
11-12**

ABOUT US

It provides a safe space for young people to participate in activities, including first aid, fitness training, dance, arts and crafts, aimed at building confidence and self-esteem



The group used the 7 days 7 dinners resource and other healthy eating recipes and learnt about the amount of sugar in food and drink using the sugar cube models. Rainbow rice, acia bowls and chicken goujons were made

How well did we do it?

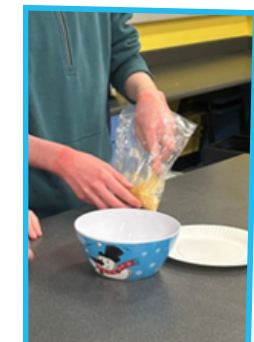
- 100%** wanted to do it again
- 25%** rated the 7 days 7 dinners booklet as 'very good' (top rating)
- 58%** rated it as 'good' and 13% rated it as average
- 58%** rated the level of enjoyment as 'very good'
- 42%** rated it as 'good'

What would we do next time?
A powerpoint would be good
Make more different foods



COMMENTS FROM THE GROUP

Leaves are healthy
I liked making the wrap
We need to eat more vegetables, carbohydrates and protein and get a balanced diet
I had fun and there is nothing I would change
I liked learning about salt
Don't drink as much pepsi
I learnt how much sugar is in different sweets
I likes choosing what to have in a wrap
Some foods have more sugar than you realise
I need to eat a rainbow
I didn't like how long it tool



MAGHERAFELT WOMEN'S GROUP

How much did we do?

Magherafelt Womens Group is a cross-community, charitable organization providing education, training, and support to women and families in the Mid Ulster area



The group learnt about the 7 days 7 dinners resource and other healthy eating recipes. They learnt about the eat well guide, food budgeting, batch cooking sugar content of food and drinks as well as other healthy eating messages.

The group watched a food demo where curried lentil stew was made along with stuffed dates. They connected as they sampled the food together.



1 x 1.5 hr healthy eating session was delivered to 15 women

How well did we do it?

Comments from the group

- I enjoyed the quiz
- There was great advice on batch cooking
- It was great to be amongst people
- I need to drink less coke and be more mindful of salt and sugar content whilst cooking
- I need to eat more fibre
- I need to pay more attention to food labels
- I enjoyed sampling the finished product
- It was so cheap to make the stew



NEXT TIME

- It would be good if the tutor had a microphone as the participants were mainly older.
- The demo was excellent
- Larger writing on display board would be helpful as I have sight problems

**The stew cost
38p to make
per portion**

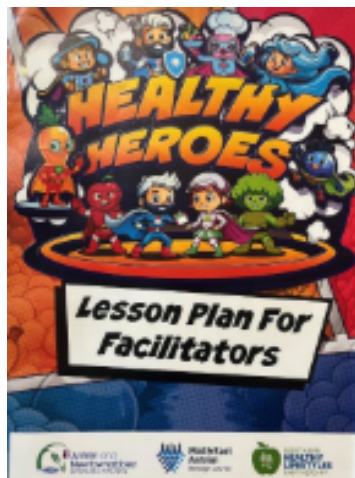


100% reported that they would like to do a similar activity again
92% rated the 7 days 7 dinners resource as 'very good' (top rating)
8% rated it as 'good.'
The same rating applied to level of enjoyment

HEALTHY HEROES SESSIONS

How much did we do?

A further resource for primary school aged children



‘**Healthy Heroes**’ was produced by Antrim and Newtownabbey Borough Council, in partnership with Mid and East Antrim Borough Council. It is a fun and interactive nutrition resource designed to help children make healthier choices. Topics such as handwashing, sugar awareness, hydration, and healthy snacking as well as nutritious recipes are included in the resource. The toolkit includes, a facilitator pack and participant worksheets



How well did we do it?



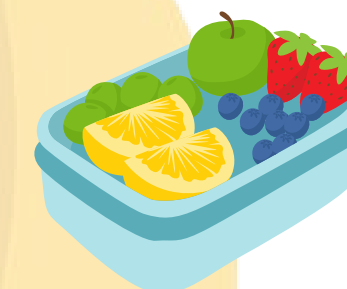
WHAT DID WE DO?

A trained nutritionist facilitated 1.5 hr Healthy Heroes sessions in 4 different venues

The kids made fruit kebabs or fruit art whilst learning important messages.

The learning was reinforced by watching nutritional videos, where possible

Sugar cube models were also used



How much did we do?

The Club provide a safe and stimulating after school facility for children aged 4-11, serving a number of schools in the local area

How much did you like the Healthy eating class?



2 x 1.5 hr session to 40 kids - older kids 1st week and younger kids' 2nd week

Would you like to do it again?

Yes 88%

No 12%

What did you not like?

I didn't like blueberries

I like trying new fruit

I learnt healthy facts

I like making the faces

It was perfect!

I like making the rockets

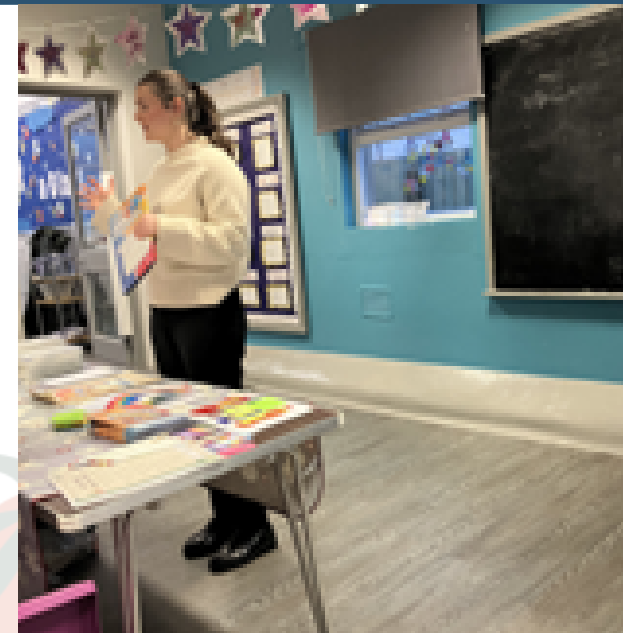
There is loads of sugar

I learnt about vitamins

I didn't like that there were no strawberries left

Group comment

I need to eat less sugar



HEALTHY HEROES SESSIONS - MAGHERAFELT YOUTH CENTRE

Who we are and how well did we do?



Mid Ulster Area
Youth Service

The EA Youth Centres offer a range of services for young people aged 4 to 25. These services include safe spaces for peer interaction, personal and social development activities, and access to information, advice, and guidance. They also provide opportunities for outdoor learning, curriculum-linked activities, and support for youth mental health and wellbeing



Comments from the group

Don't eat too much sugar!
I need to eat a rainbow
Cucumbers are 96% water
My favourite part was all of it

Comment from the group leader

The session went really well and Sara was great

Would you like to do
it again? 
100% yes

1 x 1.5 hr sessions to 8
young people
in the 9-11 year group

100% enjoyed the Healthy Eating class



Fairhill Youth Centre is situated in Maghera and caters for children and young people by providing a range of youth orientated activities in a range of evenings throughout the week

COMMENTS FROM THE GROUP

I liked trying fruit

I need 8 glasses of water a day

I know how much sugar I'm allowed

I know how much sugar is in sweets

I learnt the amount of sugar in coke and Lucozade

I loved trying the fruit thing

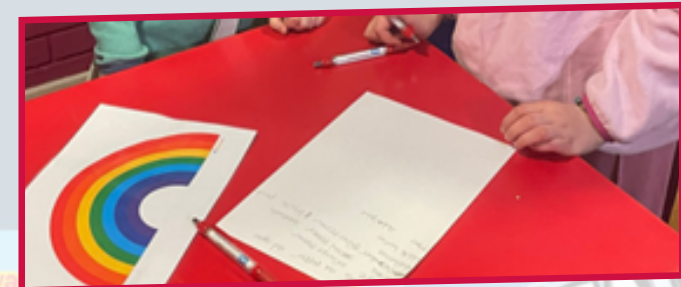
I didn't like the squashed blue berries

I didn't like water melon

Did you like the Healthy eating class?

😊 83%

😐 17%



WOULD YOU LIKE TO DO IT AGAIN?

Yes 100%



NEXT TIME...

I would like to try more fruits
It would be good to try vegetables too
I would like more fruits
Pineapple



Did you like the
Healthy eating
class?



83%



17%



COMMENTS FROM THIS GROUP

I liked making the fruit rockets

There is lots of sugar in coke

I loved it all

Eat a rainbow

I knew some of the stuff already

Banana was my favourite

Everything was super

I can have 7 sugar cubes

I learnt how many sugar cubes were in all the treats

I need to eat healthy as it's good for me

1 x 1.5 hr session to 15
young people in the 9-11 year



WOULD YOU LIKE TO DO IT AGAIN?

Yes 95%

No 5%

NEXT TIME...

More food!

EVALUATION - Is anyone better off?

- There is an increase in knowledge and confidence in preparing a healthy/nutritious meal at home
- There is an increase in understanding of the Eat Well guide
- There is an increase in knowledge of the amount of sugar in food and drinks and the sugar cube models are a good visual way to raise awareness
- The Healthy Heroes primary school resource was a useful tool to bring important messages to this age group in a fun and interactive way. Having a new nutritionist on biard to help with this worked out well
- Focusing on primary school aged children and teenagers is a good opportunity to promote healthier diets and embed good habits for the future
- Working was the carers group in partnership with Mid Ulster Council worked well and seemed to be beneficial to all involved.
- It was also evident that members enjoyed getting involved in the food preparation and cooking and benefited from the connection with other members when the food was being eaten after the sessions
- Great to be able to avail of health improvement dietetic resources such as the 7 days 7 dinners resource, shop, cook and save flyer’ information flyer on nutritional webinars and the eat well guide



Challenges

- There was difficulty in arranging the sessions to suit the availability of the facilitators and the groups involved
- Difficulty in getting facilitators to help out

What would you do differently?

Next time

- More healthy heroes sessions to more young people using the resource available
- The partnership with the SHSCT worked really well. We want to continue to reach out to the Dungannon area of Mid Ulster
- Ensure participants are involved in the cooking as much as possible where the facilities allow this and they are in agreement
- Ensure everyone can hear the session and read the information.
- Make our own sugar cube models that can be used at sessions rather than avail of the Public health dietitian resource

Mid Ulster Council
Health and Wellbeing
7 Days Dinners

**HEALTHY HEROES GROUP
HEALTHY EATING PROGRAMME**

Healthy Eating Evaluation

How would you rate the following aspects of the healthy eating programme?
(Please tick)

	Very poor	Poor	Average	Good	Very good
Cooking demo					
8 days 7 dinners resource booklet					
Level of engagement					
Overall opinion					

What changes do you intend to make after attendance at this programme?

Tell me something you have learnt:

Name your favourite part of the programme:

Tell me something you did not like:

Any ideas how you could improve the programme?

Would you like to do it again?
Please tick: YES ☐ NO ☐