

MARATHON cheque

Two local girls turned their exercise regime into pounds and pence by taking part in the 2009 Belfast Marathon and have passed it on to the local charity Chest Heart and Stroke Association. Speaking to the Shankill Mirror after the handing over a cheque for £1,120 both Pauline and Tina said, 'We'd like to thank everyone in

Springmartin who sponsored us, everyone at our place of work, and a big thank you to all our family and friends for their support, we enjoy our walking and highly recommend it, not just for exercise but it is great for de-stressing. So why not get out there and enjoy something that is FREE.



Pauline and Tina presenting their cheque to Roisin Hughes from Chest Heart and Stroke Association.

New rugby kit at Cavehill Primary



On a sunny Monday afternoon Ulster and Ireland International wing and centre player David Trimble was on hand to give the boys of the school's rugby team a few tips as they launched their new kit. Speaking at the launch the school's rugby coach and class teacher Stephen Crozier said, 'We are delighted to have Andrew's help today in coaching the children and launching our new kit. David is an excellent ambassador for the sport and a great role model for the boys. I hope his passion and enthusiasm for rugby rubs off on our children.'

Shine A Light Fundraiser



The 118th BB Old Boys FC 'Old Hands' and the 92nd BB Old Boys FC proved yet again that the people of the Greater Ballysillan area are more than willing contributors and participants when it comes to worthy charities by playing this year's annual FA cup charity match in aid of the 'Shine a light' charity which helps children with terminal cancer. The charity this year was chosen by the 118th's player and star fundraiser, Jim Irvine, who is a neighbour of one of the families recently helped by Billy McCrory and his 'Shine a light' charity. Both teams, along with friends, played their fourth annual sponsored match in glorious weather at the Billy Neil playing fields on FA cup morning 30th May for the 'Jonathan Scott Memorial Trophy' in aid of the 'Shine a light' charity and in memory of a young friend of Jim's family, Jonathan, who recently lost his battle with cancer. Whilst the 118th ended up victorious with a last minute penalty the true winner was the charity as the players were able to hand over £2,127 on Saturday and expect another £200+ to trickle in. Having met Billy McCrory who runs the 'Shine-A-Light' charity the group are totally confident that the money raised will go towards putting a smile on the faces of those affected children and give their families memories to treasure. Both teams would like to say a BIG THANK YOU to all who participated and also to those who organised the evening disco and raffle in the Hedgehog & Bucket and a special thanks to all the local businesses who so generously donated raffle prizes: Ruth-Anne's Hair Studio, Blooms of Belfast Florist, Ballysillan Leisure Centre, Iceland Ballysillan, Co-Op Stores, Brian's News, Kate's Kitchen, Split Endz Hairdressers, Cocoon Beauty & Day Spa, Hedgehog & Bucket, Finaghy Post Office and Steven's Quality Meats. An extra special thanks to Mr. D Patton for the Northern Ireland FC Mirror, McComiskey Windows for their donation and to Rodney Doherty, Billy McCrory, Keith (unlucky with the penalty) and John Haddock for their help in making the day a success.

Waist not weight secret to success

Overweight teenagers are being advised to concentrate on cutting their waist size rather than their weight in a healthy eating and physical activity programme which is proving a success in Belfast. The FRESH (Food Relaxation Exercise Self-esteem Health) programme operates at Shankill, Avoniel and Andersonstown leisure centres as well as others in Bangor, Lisburn and Newtownards which are part of the Eastern Health and Social Services Board area.

It targets children aged between 12-14 years old who have a high BMI (Body Mass Index) and encourages them to make lifestyle changes, with support from their parents, school nurse, community dieticians and leisure centre coaches. During twice weekly sessions the young people cover items like nutrition, lifestyle choices, behavioural changes and physical activities. Forty eight children have so far taken part in the FRESH programme in Belfast during 2008/09 and at the halfway point 58 per cent of participants had maintained or reduced their weight and 78 per cent had a reduction in waist circumference. Belfast City Council Health and Fitness officer, Andrew Steenson, said that the increase in childhood obesity was a growing trend which needed to be tackled. "It is one of our key priorities to improve health across the city and to improve services for young people. Working in partnership with the other agencies involved in FRESH helps us achieve this. All the participants at our leisure centres are given maximum boost membership to allow them to use any Belfast City Council leisure facilities so they can build on the physical activities they do as part of the programme. Thirteen year old Cailin McCaffrey says she would encourage others to join a programme which has boosted her confidence, helped her shape up, become more active and make new friends. A pupil at St Rose's Secondary School, she was referred to the FRESH programme by the school nurse. "I was nervous not knowing anyone but you get to do exercise and have a laugh. I enjoy swimming most of all and go to water aerobics once a week. The biggest difference is not eating packets of crisps and chocolate, or maybe only once a week. It is also coming here and tasting new foods, and learning about nutrition. I am more confident now, I have joined a drama group and I want to be a drama teacher. My friends know I am doing the programme and they tell me I have lost weight. I would tell anyone to come along, it is a great opportunity, and you have all these people trying to help you have a better life."

While Cailin and her friends practice salsa dancing with their coach, her mother Siobhan says the programme has made a difference not just to her daughter but to the whole family. "Cailin is more aware of what she eats; now she eats fruits and



FRESH participants from Shankill and Andersonstown Leisure Centres celebrate their success in shaping up after taking part in the healthy eating and activity programme.

vegetables where before she wouldn't; she is also more willing to taste different foods. The only downfall is I have to cook it the way it is cooked here, we used to only sit down for dinner on Sundays, working two jobs it was easier for me to go to the chippie, now I cook a dinner every night. She has grown in confidence, she used to be really shy with people, and her teachers have noticed the difference. She has also become more active, walking home from school where before she would have gotten the bus. She is making healthy choices even at school dinners," said Siobhan who praised the support Cailin gets from her school. Belfast Health Trust Community Dietician, Monique Kritzingler, says family support is so vital to the programmes success that they organise a special session so families understand the programme's aims and how they contribute towards them. Parents have a huge impact on their children's eating and physical activity, they encourage them to attend on a regular basis, and their support is especially important once the programme comes to an end. During the programme the children are encouraged to set individual goals and to review these, but without the support of their families it is less likely to work."

The young people are at an age where they want to make choices for themselves so she says it is the perfect time to educate them about lifestyle choices which can prevent health problems such as diabetes or heart problems.

For information about FRESH please contact the FRESH team at the Community Nutrition and Dietetics Service on (028) 9094 500. Information on activities at leisure centres is available on www.belfastcity.gov.uk/leisure



Ligoniel Primary School Dance

