

GLL

Belfast Community Sport and Health Annual Report

2024



Executive Summary

The past year has been transformative for our Belfast Community Sport and Health programmes. Through targeted initiatives and collaborative efforts, we have made significant strides in promoting physical activity, enhancing overall well-being, and fostering a sense of community among residents of all ages.

Key Achievements

- Over 6,000 children enrolled in Better Swim School
- 96 Schools involved in Education Swimming Lessons
- 45 Swimming Teachers and 15 Dry Sports Coaches trained and qualified
- 125 staff completed their National Pool Lifeguard Qualification
- Over 600 people enrolled in Dry Lessons and Courses
- Over 3,000 children attended GLL Holiday Schemes
- 140 local athletes supported by the GLL Sports Foundation
- Over 5,000 members involved in facilitated social sport activities
- Active Aging and Senior programming growing year on year
- Over 1,250 participants supported through PARS and Chronic Conditions Pathway schemes

The following annual report provides an overview of what has been achieved in 2024. Through collective effort from our Community Sport, Health and wider centre teams we are proud of the positive impact the various programmes and initiatives have had on our residents' lives, and we are excited about further developments in 2025. Together, we will continue to deliver on our purpose to improve the physical, mental and social wellbeing of our local community.

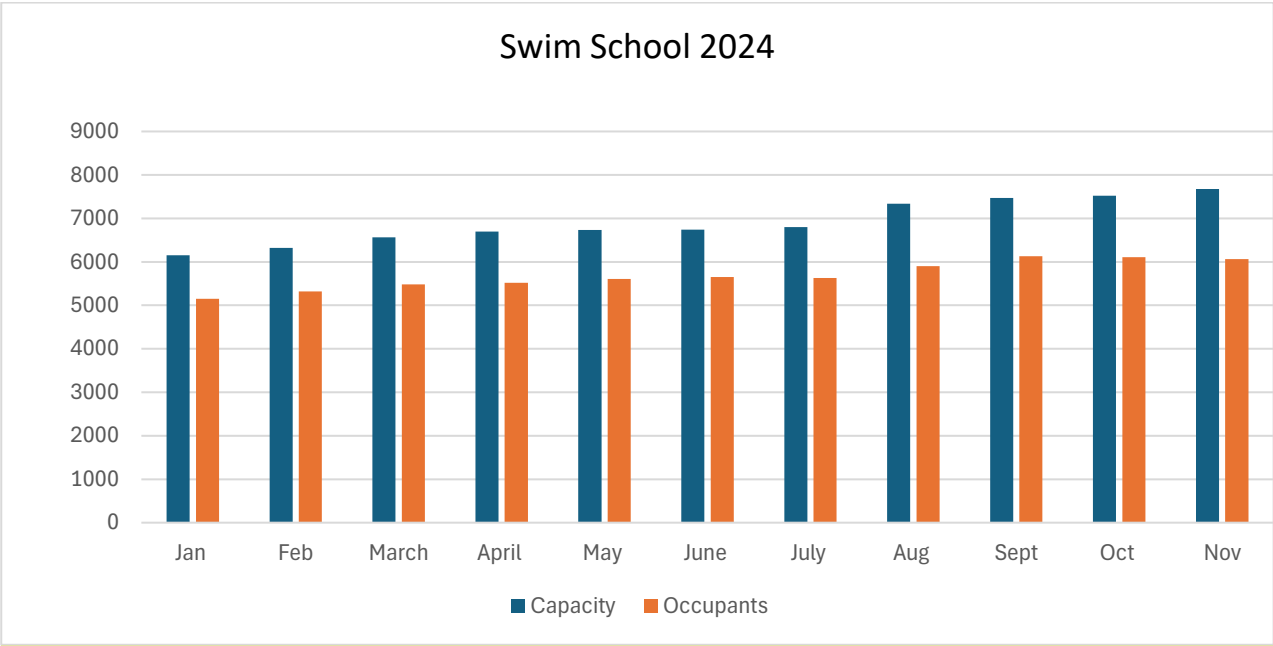
Belfast Better Swim School and Tom Daley Diving Academy

From January to December 2024, 10 centres delivered Swim School lessons for participants aged 6 months to adulthood. Our qualified teachers deliver the following number and type of classes:

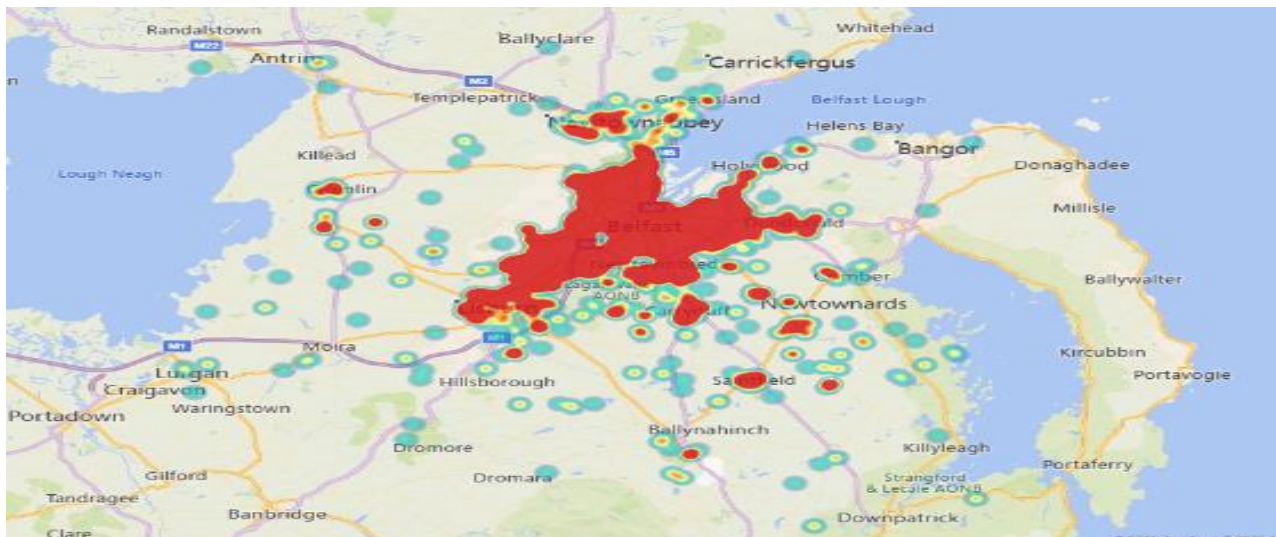
- Swimbies (29 weekly classes)
- Foundation (211 weekly classes)
- Development (122 weekly classes)
- Academy (17 weekly classes)
- Adults (17 weekly classes)
- Tom Daley Diving Academy (5 weekly classes)



At the beginning of 2024 there were 5,150 pupils enrolled in Belfast Better Swim School. The year concluded with 6,063 which equates to a growth of 893 participants. The graph below highlights the progress made throughout the year.



The map image below highlights the reach of the Belfast Swim School with a large number of participants living across all four corners of the city. There is also evidence of children enrolled on the programme who live outside the city boundary which further demonstrates the popularity of the programme and the high standard of delivery.



Better Swim School Annual Gala

GLL Belfast Community Sport delivered the Better Swim School Gala for the second year. The competition was held on Saturday 16th November at Lisnasharragh Leisure Centre with 6 centre and over 70 children entering.

The event featured 2 races, 25m front crawl and 25m back crawl individual for boys and girls aged 7 to 16 years. This event was for pupils who had attend our Development Gold and Academy classes. All competitors received a medal and certificate for taking part. Lisnasharragh lifted the Better Swim School Cup as overall winners.

The event was supported by the Belfast Lead Swim Teachers, Swimming Teachers and Community Sport staff members. It is proposed that the event will be expanded further in 2025 to include a mixed front crawl relay for all age groups.



Swim Teacher Development

2024 was another busy year for STA Swim Teacher courses in Belfast. In total 3 Award and 2 Certificate courses were delivered with 45 participants in attendance. All courses were delivered at Lisnasharragh Leisure Centre. The details of the courses are below:

- Level 2 Award - commenced 8th January (5 learners /4 internal)
- Level 2 Certificate - commenced 12th February (5 learners /4 internal)
- Level 2 Award - commenced 19th June (12 learners / 9 internal)
- Level 2 Award - commenced 16th September (12 learners / 8 internal)
- Level 2 Certificate - commenced 11th Nov (11 learners /6 internal)

All internal learners from the courses were interviewed and onboarded from the Award courses plus internal learners who gained the certificate qualification were upgraded to Swim School Certificate teachers via CoreHR. External learners who attend the Award and Certificate courses above and applied for a swim teaching role within GLL were onboarded.

In March Belfast recruited 10 Lead Teachers to assist with the running and delivery of Swim School across the city. This team are working in conjunction with the General Managers at the respective centres and with the Community Sports Manger providing a regional support.

In November and December of 2024 these Lead teachers attended and were qualified as Disability Swim Teachers through our partner STA with the intention to start delivering Special Educational Needs swimming lessons in early 2025.

Belfast Swimming Club, Water Polo Club and School Programmes

As part of the Belfast City Council Aquatics Strategy, GLL support the following Swimming clubs and Triathlon club with pool provision across the city to train and host Ulster PTL and Aqua Sprint Galas.

- Alliance Swimming Club
- Leander Swimming Club
- Olympia Swimming and Lifesaving club
- Swim Belfast
- Templemore Triathlon Club
- Olympian Triathlon Club
- Invictus Triathlon Club

In addition, the following Waterpolo clubs are supported with pool provision to train from Minipolo (aged 5-11 years old) up to senior level for male & female members of the clubs.

- Cathal Brugha Waterpolo Club
- Clonard Waterpolo Club
- Donegal Diamonds Waterpolo Club
- Cu Chulainn Waterpolo Club

In addition to the above clubs using pools to train and compete, Lisnasharragh Leisure Centre has hosted National Competitions during 2024.

- Swim Ulster Short Course (25m)
- Swim Ireland National Under 17 Cup for Boys and Girls
- Swim Ireland National Under 13 Cup for Boys and Girls
- Swim Ireland National Waterpolo League

Throughout 2024, 10 of our centres delivered lessons to over 6,000 pupils across Key Stage 2 (Primary 4-7), and Key Stage 3 (Years 8-10). Belfast has 116 Primary Schools, 34 Post Primary Schools and 13 Special Schools. Over the past twelve months GLL has delivered school swimming lessons to a total of 96 schools which is made up of 84 Primary, 7 Post Primary and 5 Special Schools.

Top Team NI Lifeguarding Competition

The Top Team NI Lifeguarding competition was held on Tuesday 25th June at Grove Wellbeing Centre. 8 Belfast centre teams competed along with 2 external teams.

There was a new format for the event in 2024 which included the addition of an online team quiz based upon the NPLQ test paper, a wetside scenario and a timed swim to focus on fitness. The event was warmly received by the participants and the new format was complimented.



A joint team from Ballysillan Leisure Centre and Shankill Leisure Centre were awarded first place in a well contested event.



NPLQ Renewals

In 2024, 125 staff completed the new Gen 10 renewal with no failures. In addition to this 4 Trainer Assessors renewed Life Support 3 to ensure they could continue to deliver Monthly Staff Training.

The NPLQ Gen 10 courses delivered during 2024 were as follows:

- 12th January at Falls Leisure Centre (4 learners - all passed)
- 29th January at Lisnasharragh Leisure Centre (10 learners - all passed)
- 14th February at Andersonstown Leisure Centre (11 learners - all passed)
- 5th April at Falls Leisure Centre (10 learners - all passed)
- 21st June at Lisnasharragh Leisure Centre (4 learners - all passed)
- 5th July at Grove Wellbeing Centre (11 learners - all passed / Leisure Employment Academy)
- 20th August at Grove Wellbeing Centre (8 learners - all passed)
- 28th October at Falls Leisure Centre (8 learners -all passed)

Once all learners had passed their contact details were sent onto centres to conduct interviews and onboarding as Recreation Attendants.

The Gen 10 Trainer Assessor course was delivered at Lisburn Leisureplex and 3 GLL staff attended this course. Lorraine Holden, Service Manager at Andersonstown Leisure Centre has delivered a course and will assess 6 renewals in early 2025 so to be signed off to deliver Monthly staff training and present staff renewals. Nadine Graham, Service Manager at Grove Wellbeing Centre will deliver a course at Templemore Baths starting on Monday 6th January. Sam Pyper, LCS at Lisnasharragh Leisure Centre will deliver a course in the middle of February and the details of this are to be confirmed.

NPLQ Courses will be planned as and when there is a demand for recruitment of Recreation Attendants and upskilling of staff during 2025. 2025 renewals will start in early January with 250 staff due to complete Gen 10 NPLQ renewal.

Gymnastics Programmes

At the beginning of 2024 GLL in Belfast launched a further two RISE Gymnastics classes (Explore and Explore Plus) in Brook Leisure Centre. This brought the total number of centres delivering gymnastics programmes in Belfast to four and the plan is for further expansion in 2025. In October the programme expanded again with the addition of five RISE classes across three of the Belfast centres and a launch of a 'Stay and Play' programme at Belvoir Activity Centre.

During the February half term break gymnastics taster classes were delivered in Belvoir Activity Centre, these were priced at £1 per class and there were 3 classes per day. Over this period 95 spaces were booked and over 10% of these participants then booked onto the weekly classes.

Belfast's first RISE Gymnastics Competition was delivered in April with 59 gymnastics competing, who all attended weekly lessons in one of the four delivering centres. Participants each competed in 3 strands of competition within their class level: Core Skills, Small Apparatus, and Large Apparatus. This was a great event to bring gymnasts from across the city together and to promote the great programme that is delivered in Belfast.

In addition to this at the end of the year Each Explore, Explore Plus, and Excel class invited their parents/guardians into their class before Christmas to watch a display that they have been learning and practicing and to see the new skills they can complete.



During the year a Pre-School Gymnastics course and a Gymnastics Activity Instructor course was delivered with 8 and 5 respectively coaches qualified. These were organised in partnership with British Gymnastics. One course was delivered by a British Gymnastics provided tutor and the other was taken by a GLL provided tutor. In addition to these courses British Gymnastics also hosted online focus meetings quarterly covering the RISE gymnastics programme and award scheme, best practice, programming, and workforce. In October Belfast had one coach take on a 'you choose' contract allowing more stability in classes delivery and now provides a 'go to coach' for sharing information across the wider gymnastics' workforce.

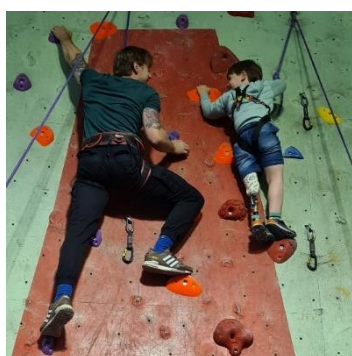
The Belfast gymnastics programme also extended to delivery within Primary School curriculum time. Lessons were delivered to two Primary schools (9 classes) in 2024 at Belvoir Activity Centre and Brook Leisure Centre.



Climbing Programmes

The Indoor Tennis Centre and Ozone Complex is the venue for climbing lessons which are delivered in 6-week programmes for both juniors and adults, of varying abilities. Each course has 7 weekly lessons for junior's 4-16 years old, and 7 lessons for adults split between beginners and improvers, with an average of 48 participants taking part monthly across the year.

Throughout July and August, GLL Belfast Community Sport and Mountaineering Ireland worked in partnership to deliver an inclusive climbing programme. 34 participants over seven sessions took part with the aim to highlight access and increase participation of those who have a physical or learning disability.



The programme was targeted at children, but some young adults were also included with the goal to provide them with the opportunity to try a new sport in climbing.

It is envisaged that this partnership programme will be able to develop further throughout 2025 and will extend beyond the summer holiday period.

Tennis Programmes

Our tennis programme running at the Indoor Tennis Centre and Ozone Complex provides weekly lessons for both juniors and adults. Each week there are 24 junior lessons catering for 3–16 year olds, and 17 adult lessons divided by ability (beginners, improvers, and advanced). 2024 saw over 210 participants taking part in these weekly lessons to build their skills and ability of the game.



During 2024 four new coaches become qualified in the LTA YouthGo tennis programme which enabled GLL Belfast Community Sport to offer primary school curriculum coaching from September onwards. Two primary school classes took part in the 6-week programme and it is hoped that this can be expanded upon in 2025.

Two wheelchair tennis sessions were delivered during July and August to encourage increased participation in the sport and highlight opportunities for access for those participants who are wheelchair users.

Two tennis product forums took place online over 2024 with representatives from GLL, tennis centres and LTA. Belfast was represented at these forums and throughout 2025 will continue to push to raise the standard of tennis delivery within the city.

Community Sport Coaching Programmes

During the February half term week, the GLL Belfast Community Sport team delivered taster sessions for fencing, boxing, short tennis and diving, in partnership with NI Fencing, Ulster Boxing, and with Our Club, Our Community. These sessions took place in different centres across the city; Andersonstown, Templemore, Grove, Lisnasharragh, Whiterock, and Girdwood. These were a huge success having 75 participants in fencing, 57 participants in boxing, 60 participants of short tennis and 30 participants in diving across the week.

GLL Belfast Community Sport in partnership with Northern Ireland Fencing facilitated a Fencing Level 1 course which was held at Girdwood Community Hub in September. A total of 7 staff were upskilled and qualified with the aim to support Fencing delivery as part of the wider Community Sport offer in 2025. This offer will entail both school session delivery, holiday scheme activity, and further taster sessions to determine the demand for weekly sessions and appropriate location.



The GLL Belfast Community Sport team supported the Commonwealth Games NI Schools' Sports Day in partnership with PWC. The event took place at Olympia Leisure Centre and GLL delivering fencing for each class alongside the NGB's delivering boxing, indoor bowls, football, and basketball.



GLL Sports Foundation

In 2024 GLL Belfast has supported 140 athletes through the GLL Sport Foundation (GSF) programme. Belfast remains the largest GSF programme in the UK and it is envisaged that this support will increase further in 2025.

The 2024 GSF Awards night was held in May with 56 athletes and over 100 family and friends in Belfast City Hall to celebrate their awards. Since then, Belfast athletes compete in the World Aquatics Championships and Commonwealth Powerlifting Championships.



At the end of 2024 GLL Belfast Community Sport sent out a survey to find out what more could be offered to assist the supported athletes. This information will help the team plan workshops and other events for 2025.

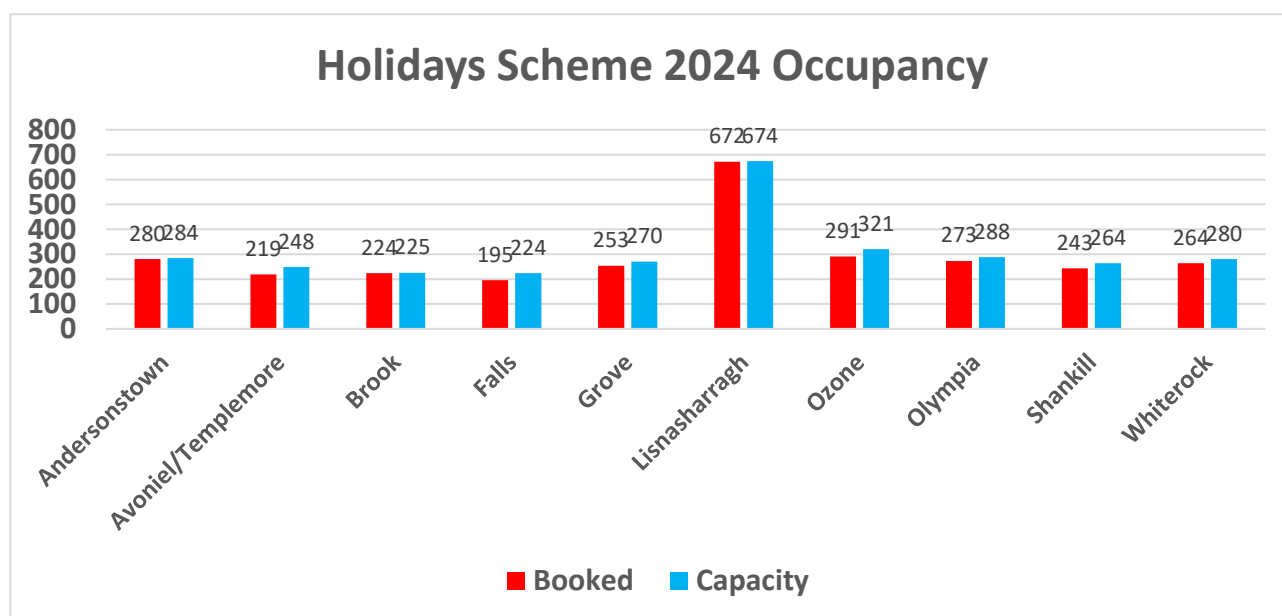
Holiday Scheme Programme

In 2024, GLL Belfast Community Sport once again delivered a highly successful Holiday Scheme Programme during the Easter, Summer and Halloween school holidays.

This year's primary focus was on recruitment, aiming to meet the high demand experienced in previous years while maintaining the highest standards of quality, experience and skills among the staff to enhance service delivery. Following an effective marketing campaign, over 200 applications were received and Belfast successfully appointed 14 Children's Activity Supervisors and 80 Children's Activity Instructors to support the programme throughout the year.

In total, 42 different schemes were delivered across 13 centres, ranging from traditional and sport-specific schemes to disability inclusion schemes. This diverse range of activities ensured the Holiday Scheme Programme catered to the varied interests and needs of participants, contributing to its success.

The programme accommodated 3,111 children, filling 89% of the available spaces. This represents an increase of 658 children compared to 2023.



As part of the Holiday Scheme Programme, GLL Belfast Community Sport hold an annual Sporting Celebration Day. This event brings together all the participating centres for a day of varied sports, some of which the children may never have encountered before, let alone played. On Thursday, 1st August, the Indoor Tennis Centre and Ozone Complex hosted the event, welcoming over 400 children from 10 centres, making it Belfast's largest Celebration Day to date.



Pickleball Programme

This year, the Belfast Pickleball programme expanded significantly, increasing from 3 sessions per week with a capacity of 64 participants to 8 sessions per week with a total capacity of 136 participants. Over the course of the year, Belfast centres hosted more than 5,000 participants in coached Pickleball sessions, with utilisation of available spaces consistently remaining above 85%.



In addition to this, there has been a marked rise in demand for external Pickleball bookings. Organisations such as the University of the Third Age and Belfast Pickleball Club have secured weekly block bookings at various sites, alongside one-off bookings from Pickleball Ireland and other groups.

As part of the Belfast Racquets offering, Pickleball has driven a substantial increase in sports hall bookings from members, outpacing traditional activities such as badminton and table tennis. In response to this demand, every centre capable of accommodating Pickleball now offers it as booking option and has invested in the necessary equipment.



This year also witnessed a number of landmark achievements. GLL Belfast Community Sport partnered with Pickleball England, Pickleball Ireland, and the Lawn Tennis Association to host multiple Pickleball Coaching Qualification courses. These courses enabled 12 of our Belfast staff members to become certified in delivering Pickleball sessions.

Additionally, GLL Belfast Community Sport organised two Pickleball tournaments, one at Easter and another at Christmas. Each event attracted over 40 participants and the team in Belfast plan to expand on this programme further in 2025.

Active Ageing Programme

Active Aging continues to grow in Belfast with an increase in a number of Basic classes being delivered by fitness instructors across the city. As part of the GLL Belfast Active Ageing Programme, two weekly Active Ageing mornings are hosted at Belvoir Activity Centre and at the Girdwood Community Hub. These sessions aim to combat social isolation, particularly among older adults, while encouraging an active and healthy lifestyle. Approximately 25 people attend these sessions each week.

At the beginning of the year, GLL Belfast Community Sport and Health also organised a Winter Wellness Scheme, which included 3 sessions held over one week across 4 centres. These sessions featured activities such as Arts and Crafts, nutrition workshops and physical activities. Over 20 participants attended the scheme.

Throughout the year GLL Belfast have been represented on Senior Voice Forums and Active Aging/Age Friendly workshops to support people being active in older age.

Additionally, the team carried out community outreach, delivering active sessions in 8 local Community Centres near our own facilities. This initiative ran for 8 weeks at each centre, with GLL Belfast Community Sport Coaches engaging over 60 participants on a weekly basis.

Belfast's flagship Active Ageing event each year is the Better Belfast Club Games. In 2024, the event was held on Thursday 10th and Friday 11th October at Brook Leisure Centre and Girdwood Community Hub. The two-day event welcomed over 70 participants aged 60+ from various centres across Belfast, who took part in a range of sports.

Team Falls triumphed, winning the Danderball, Indoor Bowls, and Boccia events, reclaiming the trophy for the second consecutive year. The event was thoroughly enjoyed by all, and the feedback has been overwhelmingly positive, making it a fantastic occasion for everyone involved.



Belfast Marathon and Half Marathon Programme

This year, Better in Belfast continued the ongoing partnership with the Belfast City Marathon. As part of this collaboration, Belfast actively participated in the Belfast City Marathon, Belfast City Half Marathon, Women's 10K, and Belfast City 5K Fun Run. At each event, the team engaged with the running community through fitness challenges, prize giveaways, fitness warm-ups and smoothie blender bikes.

The fitness challenges included the Slam Ball Challenge, Step-Up Challenge and Squat Hold Challenge. Top scores were recorded for both male and female participants in each challenge, with winners receiving either a Family Day Pass to Andersonstown Aqua Play Park or a complimentary Swim and Spa Session for two adults at Templemore Baths. The team members involved also distributed merchandise, including hoodies, t-shirts, balls, lanyards, keyrings and much more to everyone who participated.

The fitness warm-ups were led by qualified personal trainers, who hosted 10-minute workouts to help participants prepare for their events. These sessions not only provided practical benefits for competitors but also showcased the Better brand and the expertise of our staff.

The smoothie blender bikes were a highlight, attracting significant attention as many attendees had not seen them before and were eager to give them a try. The fruit combinations proved very popular, offering runners a much-needed energy boost post-race. This activity was a real crowd-pleaser, with many participants enjoying the smoothies and capturing photos and videos of the experience.

The Belfast partnership also extended to supporting the Belfast City Marathon's 26.2 Ambassador Group, which saw 12 individuals complete their first-ever full marathon. Better contributed to their journeys by providing workshops on strength and conditioning, Pilates, swimming, recovery and nutrition. In return, the ambassadors shared their experiences on social media, tagging Better and promoting our state-of-the-art facilities. Notably, GLL's own Jessica Hanna and Anthony Cavanagh successfully completed their first marathons while continuing their full-time roles within Better.

Overall, the partnership was a great success and has been renewed for the upcoming year. The Belfast team are already planning further activities to enhance our community engagement and outreach during these flagship events.



Belfast Health Programme

The GLL Belfast Health Team, commissioned through Active Belfast (AB) and the Public Health Agency (PHA) via Belfast City Council (BCC), continued to deliver a range of performance-based health services in 2024.

These services were provided under two main contracts: the Level 3 Physical Activity Referral Scheme (PARS) and the Level 4 Chronic Condition Pathways. Both contracts facilitate a 12-week intervention programme through a referral process.

In addition to the initial 12-week programme, reduced membership options are provided to participants who graduate for the programmes so that they can continue their fitness journey with GLL in Belfast.



During 2024 the following health intervention programmes were managed by the GLL Belfast Health Team:

- Level 3 Physical Activity Referral Scheme (PARS) - value £95K
- Level 4 Chronic Condition Pathways - value £114K, including:
 - Phase IV Cardiac Rehabilitation
 - Level 4 Cancer Prehabilitation and Rehabilitation
 - Level 4 Pulmonary Rehabilitation and COVID-19 Rehabilitation
 - Musculoskeletal Physical Activity Pathway



To date, GLL's Belfast Health team have received over 3,000 referrals onto our Health intervention pathways including PARS, Cardiac, MSK, Cancer Prehab/Rehab and Pulmonary/Long Covid.

The GLL Belfast Health team continue to also work in partnership with the Belfast Health and Social Care Trust in with provision of community facilities to deliver NHS programmes as well as supporting the West Belfast GP Federation - Multi Disciplinary Teams and community-based programmes with Versus Arthritis and Connected Community Care

Summary of Health Contracts

Summary of Q1 (1st January to 31st March 24)

This period is the final quarter of the contractual year with AB and PHA. All targets and KPIs were completed in line with the contract which ensured that GLL received full funding allocation.

The Health Team in Belfast continue to receive above target referrals for PARS and it was agreed that any completers above the target of 667 would be reallocated to support the chronic conditions contract.

According to the PARS regional system, GLL completed 932 referrals by year-end which represented an over achievement at 137%, distributed as follows:

| Centre | Grand Total |
|--|-------------|
| Andersonstown Leisure Centre | 105 |
| Avoniel Leisure Centre | 23 |
| Ballysillan Leisure Centre | 45 |
| Belvoir Activity Centre | 5 |
| Brook Activity Centre | 59 |
| Falls Leisure Centre | 74 |
| Girdwood Community Hub | 88 |
| Grove Wellbeing Centre | 113 |
| Indoor Tennis Centre and Ozone Complex | 4 |
| Lisnasharragh Leisure Centre | 259 |
| Olympia Leisure Centre | 90 |
| Shankill Leisure Centre | 27 |
| Whiterock Leisure Centre | 40 |
| Grand Total | 932 |

The Level 4 Chronic Condition Pathway concluded the quarter with the following completers:

| Programme | Completers |
|--|--------------------------|
| Phase IV Cardiac Rehabilitation | 13 |
| Level 4 Cancer Prehabilitation and Rehabilitation | 36 |
| Level 4 Pulmonary Rehabilitation and COVID-19 Rehabilitation | 16 |
| Musculoskeletal Physical Activity Pathway | 34 |
| Diabetes Pathway | 0 (0 referrals received) |

There was an under-spend recorded in the Level 4 Chronic Condition Pathway but it was agreed with the commissioners that this could be re-profiled and would include the over-performance of the PARS Level 3 programme. Therefore, Belfast received the full allocation of funding for the contractual year.

Summary of Q2 (1st Apr to 30th Jun 24), Q3 (1st Jul to 30th Sept) and Q4 (1st Oct to 31st Dec)

The new PARS contractual year commenced with AB and PHA in Quarter 2. The contract value increased by £928.22, bringing the total to just over £95.5K.

The KPI target was again set at 667 completions annually which was divided into 169 completions per quarter. Below is the breakdown of referrals received by GLL, per centre, for Quarter 2, 3 and 4:

| Centre | Qtr 2 | Qtr 3 | Qtr 4 | Grand Total |
|--|------------|------------|------------|--------------|
| Andersonstown Leisure Centre | 131 | 95 | 60 | 286 |
| Ballysillan Leisure Centre | 45 | 42 | 26 | 113 |
| Belvoir Activity Centre | 8 | 13 | 36 | 57 |
| Brook Activity Centre | 52 | 51 | 36 | 139 |
| Falls Leisure Centre | 80 | 77 | 66 | 223 |
| Girdwood Community Hub | 41 | 48 | 31 | 120 |
| Grove Wellbeing Centre | 82 | 89 | 84 | 255 |
| Indoor Tennis Centre and Ozone Complex | 8 | 10 | 7 | 25 |
| Lisnasharragh Leisure Centre | 140 | 132 | 110 | 382 |
| Olympia Leisure Centre | 82 | 89 | 46 | 217 |
| Shankill Leisure Centre | 32 | 19 | 23 | 74 |
| Templemore Baths | 84 | 74 | 53 | 211 |
| Whiterock Leisure Centre | 44 | 27 | 27 | 98 |
| Grand Total | 829 | 766 | 605 | 2,199 |

As we approach the end of Q4 GLL are currently sitting on 713/677 referrals to complete PARS. GLL have forecasted to overachieve by 132%. Leaving GLL in a strong position to negotiate a higher value contract for the 2025-2026 year commencing the 1st of April 2025.

The Chronic Conditions new contractual year with AB also commenced on 1st April. The contract value with AB totalled £100,351 plus an additional £10K was secured from BCC to support the Cancer pathway in light of Macmillian no longer being part of funding the pathway.

The KPI target for each condition is outlined below:

| Programme | Completer Target | Q1 | Q2 | Q3 | Q4 | Total |
|--|-----------------------------------|-----|-----|-----|-----|-------|
| Phase IV Cardiac Rehabilitation | 116 | 13 | 14 | 28 | 16 | 72 |
| Level 4 Cancer Prehabilitation & Rehabilitation | 170 | 36 | 38 | 46 | 46 | 166 |
| Level 4 Pulmonary Rehabilitation & COVID-19 Rehabilitation | N/A (Funding to support coach) | N/A | N/A | N/A | N/A | N/A |
| Musculoskeletal Physical Activity Pathway | 140 | 34 | 23 | 26 | 13 | 96 |
| Diabetes Pathway | TBC (pathway not established) | | 0 | 0 | 0 | 0 |

Health Programme Summary

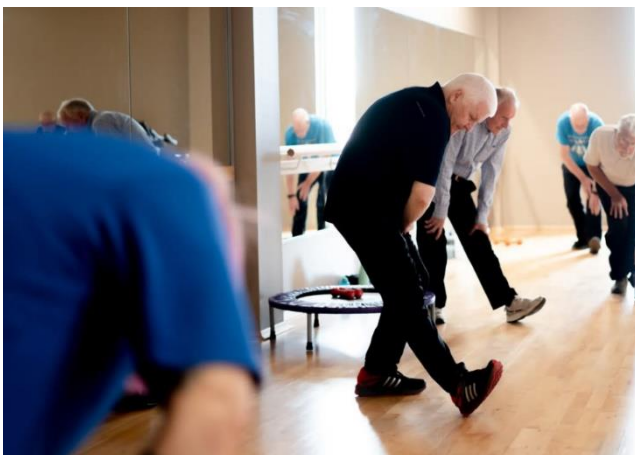
GLL in Belfast is leading the way in Northern Ireland in regard to Community Health Intervention Programmes. As the highest value contract holder in Northern Ireland, we deliver more interventions than any other council.

Our strong partnership with AB and the PHA has positioned GLL at the forefront of the new regional obesity strategy, supporting a comprehensive, whole-system approach.



Throughout the year, we have actively participated in several task and finish groups for this model, which will lead to future further funding opportunities through an adult Tier 2 weight management scheme.

The framework aims to empower the population of Northern Ireland to make health choices, reduce the risk of overweight and obesity related diseases and improve health and wellbeing, by creating an environment that supports and promotes a physically active lifestyle and a healthy diet. It is key for GLL to be involved in this planning phase to ensure that leisure remains viewed as a vital industry to support the strategy when it is launched.



In addition, GLL Belfast are also supporting a research study with Ulster University to develop a pathway for adults with neurological conditions affecting their physical abilities. Belfast identified a gap in the service, and this initiative is currently being presented to commissioners with the aim of securing additional funding to enhance the value of our contracts. GLL have agreed to support the pilot for a short period, a physio will lead the class and a health coach with a Level 1 PD warrior qualification will support the group exercise class. Potential funding is proposed to be allocated to upskill coaches in Level 4 Neurological conditions.

In 2024 the GLL Belfast Health team has also been upskilled in BACPR Level 4 Cardiac Rehabilitation and Level 4 Diabetes and Obesity Management qualifications.

Health Case Studies

The following 3 case studies are from Belfast referrals in 2024. In their own words, the participants describe the benefits of the work delivered by the GLL Belfast Health team and highlight the significance of these services.

Lee - PARS Referral

Lee was referred by his dietitian, who had successfully used the programme with other patients in the past. Lee, who lives with autism, learning difficulties, and verbal dyspraxia, had been facing significant challenges. His mother shared with his health coach that Lee had gained a considerable amount of weight and was also struggling with high blood pressure.

Finding a supportive and understanding environment for Lee had been difficult. His mother explained that they had tried many places but struggled to find one that could effectively address his needs while making him feel comfortable and understood.



Now, Lee attends Grove three times a week and meets with me once a week. His mother is pleased to report that, in just six weeks, Lee has lost nearly a stone. He enjoys swimming at the weekends at Grove, and it's clear that the programme has not only been effective but has also become a positive part of his routine.



JM - Cardiac Referral

I started this programme on the recommendation of Cardiac Rehab. I hadn't done any physical exercise for many years. Although somewhat hesitant at first, I thoroughly enjoyed the classes and actually looked forward to going in subsequent weeks. The exercises loosened up muscles that I had forgotten I had, and I would have suffered from cramps in my legs pretty much daily. I'm glad to report that the cramps have all but disappeared and I now feel stronger as a result.

The benefits to attending the program were not only physical though. I found that from a mental health perspective the interaction and socializing was really beneficial to me. Sharing stories and being with people who have been on the same health journey has helped increase my confidence as this is not something I would normally have done. As my confidence improved so too did my interest in maintaining and developing my health and I now look after myself much more than I ever did. I now even workout at home!

I want to thank Sean and the team for building my confidence and providing a positive environment for growth. The participation of the classes along with the one-to-one sessions has inspired me to make positive changes in my life. I have discovered that health is an on-going process and now look forward to the next session with greater confidence!

AMcM - PARS Referral

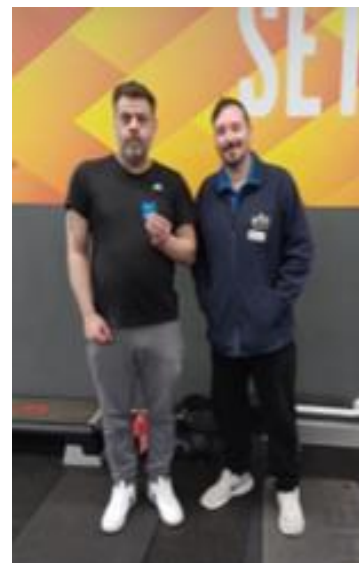
When he was referred to me, he was very nervous when he came in, he told me he was on anxiety tablets and put on a lot of weight as he doesn't go out to much and not use to being around crowds. He said he was hoping to get fitter and lose weight and maybe try a few classes but needed a bit of support as he felt talking so openly to friends or family isn't easy.

Our first week was all about understanding the issues that has been holding him back and building that trust and relationship going forward, to help improve physically and mentally. With his help we devised a workout plan that was easy to follow and also make it fun, within the first three weeks I saw a big changes in Andrew. He would be in the centre when I was in and he was smiling and was very motivated to improve. I'll never forget the day he said to me "guess what at I've booked a circuit class". I remember that evening him texting saying "loved it bro tough but great can't wait until next week".

By our week eight review Andrew had been coming to the gym four days a week this included classes. We had also updated his training programme and he had also added Group Cycling and HITT classes to his programme. He had made new friends that has helped not only motivate him but also in his own words help keep up with a lot more fitter people in the class.

On our week 12 review Andrew had told me this is the best thing I've ever done, and he had lost nearly three stone and couldn't be happier. He signed up for the Healthwise membership and still attends my drop in gym with continued support.

"I started my 12-week GP Referral Programme with some trepidation and many questions. I was met with a warm and friendly greeting by Paul, who had a genuine interest in addressing my specific needs and goals. I would like to personally thank him for his time and patience I'm sure I haven't been the easiest client to deal with."



Tackling Health Inequalities Event

In September GLL welcomed 50 stakeholders to Templemore Baths to attend our first Tackling Health Inequalities event. The event was designed to bring key stakeholders together to discuss the pivot to health within the leisure sector and further highlight how community initiatives can play an important role in tackling the health inequalities within society.

Guests were welcomed with a walk through the slipper baths and onto the heritage space for some networking over a healthy breakfast. The event was compered by BBCNI's Jo Scott who had visited the centre the previous evening and was overwhelmed by the "buzz" and sense of community. She introduced Gareth Kirk for opening remarks.



Panel 1 Discussion

This panel included:

- Liz Kimmins, Sinn Féin MLA for Newry and Armagh, party spokesperson on Health, Chair of the Committee on Health
- Nuala McAllister, Alliance Party MLA for Belfast North, party spokesperson on Health: Primary & Community Care; and member of the Committee on Health
- Gary Maxwell, Head of the Health Policy Branch of the Department of Health
- Michelle Toland, Programme Manager, West Belfast Primary Care MDT for the Belfast Health and Social Care Trust

Each provided an overview from their perspective on how large-scale health inequalities could be tackled through community-based initiatives. It was noted that health inequalities cost Northern Ireland £1.3B a year and that a cross departmental approach would be required to tackle to root causes of health inequality.

It was also highlighted that initiatives such as GLL's Health Programme in Belfast could be replicated in other areas of Northern Ireland and that Social Enterprise needs to be valued as a partner by government.

Panel 2 Discussion

This panel included:

- Jonathan Michael, Regional Business Manager for GLL
- Richard Honeyford, Executive Manager for the Northern Ireland Sports Forum
- Gráinne Close, Northern Ireland Director for Mencap
- Alice Boyle, East Belfast Mission

Numerous topics were discussed by the panel such as the requirement for primary school children to achieve 60 minutes of exercise a day (current figure is 21%), how more work is required in terms of facility and programme provision to ensure that people with disabilities deserve access local leisure services and how health intervention programmes need to have a holistic approach to ensure social and mental wellbeing is also being cared for and not just physical wellbeing.

The event highlighted how connected GLL are in Northern Ireland to key stakeholders in local government, Health organisations, Sporting Governing Bodies and charities. Our footprint in health and community sport is well regarded and we are leading the way in terms of health provision and programming.

ukactive Belfast Visit

On the 28th of October Belfast hosted Huw Edwards and Conor Sheehan from ukactive for their very first trip to Belfast. They were provided with a tour of five centres and spent some time with GLL and Belfast City Council staff to understand more about programmes that are ensuring more people are more active in Belfast and how we are tackling health inequalities across the city.

In the afternoon GLL facilitated an engagement with 16 Sporting National Governing Bodies and organisations at Templemore Baths.



Sporting bodies from Ulster GAA and the Irish FA to the NI Commonwealth Games Council and NI Sports Forum were represented at this key engagement. This was an opportunity for ukactive to outline the role they could play in Northern Ireland and support the interests of the groups in attendance.

Themes that were explored were:

- Access to and increasing sources of sport and physical activity funding - exploring opportunities within multiple government departments, grants and private investment
- Access to school and community facilities - discussions with government in permitting access to facilities during evenings, weekends and holiday periods
- Sport Governing Bodies being included in facility discussions to ensure new venues were fit for purpose and fully utilised as a consequence - ensuring best use of funds
- Consistency of data reports across all four home nations in order to follow trends and highlight regional similarities or differences - the power of social value reporting was also discussed and GLL were praised for what they were already doing in this area

2024 in numbers

| Lessons and Courses | | |
|--------------------------|---|----------|
| Area | Target | Achieved |
| Better Swim School | 6,000 members | * |
| Swimbies | 200 members | * |
| School Swimming | 6,000 pupils from 80 schools | |
| Tom Daley Diving Academy | 50 members | |
| RISE Gymnastics | 200 members from 5 centres | |
| Tennis Programme | 250 members across Youth, Adult and Squad | |
| Climbing Programme | 150 Junior members (annual target) | |

| Outreach Programmes | | |
|-------------------------------------|--------------------------------------|----------|
| Area | Target | Achieved |
| Traditional Holiday Scheme | 2,800 participants | |
| Sports Specific Holiday Scheme | 200 participants | |
| Celebration of Sport Events | 4 events with 1 centre hosting each | |
| Drop-in / Social Sport Sessions | 6 sessions across the city each week | |
| Active Aging Programme | 2 sessions across the city each week | |
| Inclusive Sport & Physical Activity | 2 initiatives delivered with partner | |

| Grassroots Sport Support | | |
|---------------------------|--|----------|
| Area | Target | Achieved |
| Club & Triathlon Swimming | 7 clubs - 172 lane hours & 900 participants | |
| Water Polo Club Activity | 4 clubs - 168 lanes hours & 500 participants | |
| Wider Sport Facility Use | 200 clubs and organisations | |

| Performance Programmes | | |
|------------------------|------------------------------|----------|
| Area | Target | Achieved |
| GLL Sports Foundation | 140 supported athletes | |
| Facility Provision | 8 Domestic & 2 International | |
| Sporting Events | Host a minimum of 10 events | |

| Health Programmes | | |
|-----------------------------------|---|----------|
| Area | Target | Achieved |
| Physical Activity Referral Scheme | 677 completers | |
| Cancer Pre/Rehab Programme | 170 completers | # |
| Cardiac Rehab Programme | 116 completers | # |
| Pulmonary / Covid Programme | 50 completers | # |
| MSK Programme | 100 completers | # |
| Diabetes Programme | 50 completes | # |
| NHS Programmes | Support Falls Prevention and Strength & Balance | |

| Training & Development | | |
|------------------------------|--|----------|
| Area | Target | Achieved |
| Swim Teacher Development | 6 x Lead Teacher / 15 x Certificate / 25 x Award (FTE) | |
| Diving Coach Development | 1 x Level 1 and 1 x Level 2 (FTE) | |
| Gymnastics Coach Development | 8 x GAI | |
| Other Coach Development | Fencing x 6 | |

*Collectively Swim School and Swimbies achieved 6,063 children enrolled on the 2024 programme

#Chronic Conditions pathway targets were not fully met due to less referral numbers, but full funding was still obtained due to over performance in PARS