

**Democratic Services Section
Legal and Civic Services Department
Belfast City Council
City Hall
Belfast
BT1 5GS**



**Belfast
City Council**

4th May, 2022

MEETING OF PEOPLE AND COMMUNITIES COMMITTEE

Dear Alderman/Councillor,

The above-named Committee will be a hybrid meeting (both remote and in person) in the Council Chamber on Tuesday, 10th May, 2022 at 5.15 pm, for the transaction of the business noted below.

You are requested to attend.

Yours faithfully,

John Walsh

Chief Executive

AGENDA:

1. **Routine Matters**

- (a) Apologies
- (b) Minutes
- (c) Declarations of Interest

2. **Presentation - Organiser of Bright Lights Event**

3. **Restricted**

- (a) Botanic Gardens Events 2022 - Request from Aiken Promotions (Pages 1 - 4)
- (b) DfC Community Support Programme Letter of Offer 2022-2024 (Pages 5 - 8)
- (c) Request for the use of Belfast City Council facilities during the Orange Orders centenary parade on 28th May 2022 (Pages 9 - 10)

4. **Committee/Strategic Issues**

- (a) Motion - Nutrition Support for Children in Out of Hours School Clubs (Pages 11 - 32)
- (b) Sanitary Waste Pilot Update (Pages 33 - 36)
- (c) Active Belfast 2002/23 Approach (Pages 37 - 42)
- (d) All-Ireland Pollinator Plan Update (Pages 43 - 50)
- (e) Disability Bowls Coaching Programme (Pages 51 - 54)

5. **Operational Issues**

- (a) Request to hold events in Parks - June/July 2022 (Pages 55 - 58)
- (b) Roll out of 'Take 5' Benches in Belfast City Council Parks (Pages 59 - 64)

6. **Issues Raised in Advance by Members**

- (a) Request to Present - Presentation in relation to inclusive parks (Councillor McMullan)

By virtue of paragraph(s) 3 of Part 1 of Schedule 6
of the Local Government Act (Northern Ireland) 2014.

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Subject:	NOM Update – Nutrition Support for Children in Out of Hours School Clubs
Date:	Tuesday 10 th May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services, CNS
Contact Officer:	Kelly Gilliland, Neighbourhood Services Manager, CNS Margaret Higgins, Lead Officer – Community Provision, CNS

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	To provide members of the People and Communities Committee with an update in relation to action taken to address issues raised via a Notice of Motion tabled by Councillor Black in November 2019 focussing on improving nutrition support within after schools' clubs, particularly in areas of disadvantage.
2.0	Recommendations
2.1	The Committee is asked to: <ul style="list-style-type: none"> Note the contents of the report.
3.0	Main report
3.1	<u>Key Issues</u> In November 2019 Cllr Black brought forward a Notice of Motion (NOM), seconded by Cllr McAteer, which stated; "Practical healthy eating, supported by positive influence around lifelong food choices, improves children's wellbeing in physical and mental terms including

	<p>their ability to concentrate and learn. Good nutrition is essential for children to grow properly, do their best in school and be happy and healthy in the future (Education Authority).</p>
3.2	<p>A World Health Organisation Commission had described childhood obesity as a 'growing epidemic.' Department of Health survey statistics indicated that 25% of children in this region are deemed to be overweight or obese. The estimated costs of healthcare attached to weight problems are around £450 million, representing 2.8% of total healthcare expenditure.</p>
3.3	<p>Small changes across a range of arenas can help to turn the tide. Implementing healthy snack choices, as part of the daily routine, significantly increases the capacity of positive choices becoming embedded, ultimately resulting in wider savings to the health sector.</p>
3.4	<p>Belfast City Council supports a range of services and programmes for children, including summer schemes and out of hours school clubs in areas facing disadvantage and food poverty. Such spaces provide daily opportunities for children to undertake physical activity, learning and play. It is worth noting the capacity for such spaces to further improve the health of children via the provision of small healthy snacks.</p>
3.5	<p>It is within this Council's gift to contribute to the improvement of quality of daily life for children and to cement children's positive relationship with food and nutrition. Accordingly the Council agrees that a report, looking at clubs located in areas of disadvantage and the potential for such spaces to incorporate healthy snacks, as part of out of hours schools provision during both term time and non-term time, be prepared.</p>
	<p>February 2020 Update</p>
3.6	<p>Officers provided members of P&C Committee with an update report re. action taken/progress against this NOM in February 2020.</p>
3.7	<p>Almost all of the 22 BCC owned Community Centres have after schools' activities in place for 5-11 year olds. Activities include a combination of drama/arts/crafts/open play/music etc. as well, to a lesser extent, sporting activities. The main focus is on recreation and play. In general food (as in a meal) is not provided due to the short time period the child is present (less than 2hrs).</p>

3.8	Food provision is different at summer schemes as children usually attend for a longer session (2 hours or more with a break included). They may attend either once or twice a day for 4 weeks. A snack is also provided morning and afternoon and there isn't currently a BCC-led healthy eating policy or guidance in place that the centres have to follow/adhere to in relation to providing nutritious meals and snacks. BCC also fund community based summer schemes via a grants scheme and one of the criteria is that the scheme <i>'provides activities that improve health - including physical activity/exercise/mental health/healthy diet/health behaviours.'</i>
3.9	A sample survey looking at current practice was conducted by a Council officer which found that a number of after schools' projects accommodated a short break and provided some refreshments e.g. water, diluted juice (no added sugar), fruit, plain biscuits, toast. Overall, there appeared to be a general culture of encouraging healthy options however there were no prerequisites and no formal guidance/instruction in place. There would also be limits on what could be provided in Centres due to budget constraints.
3.10	<p>The report concluded by outlining the proposed actions that BHDU staff had agreed to explore further with Council's community services staff, namely:</p> <ul style="list-style-type: none"> • Further engagement with the BCC Assistant Community Development Officers Forum • Resource development • Staff training • Information provided for parents – and children
3.11	<p>Covid Impact</p> <p>Unfortunately, further action was significantly impacted by the impact of the Covid-19 pandemic and the closure of Council's community centres and suspension of and/or restricted delivery of programming and activities within the centres when they were able to periodically open in 20/21 and 21/22.</p>
3.12	<p>Promoting Healthier Eating in Physical Activity and Sport resource</p> <p>In April 2021 the two specialist dietitians based in the Belfast Health Development Unit (BHDU) supporting Active Belfast, produced a new guidance document. The resource (included as an appendix with this report) aims to provide guidance to physical activity leaders and coaches on healthier food and drink options in settings where physical activity or sport is taking place or is being promoted. This includes both indoor and outdoor</p>

	activities for example in community centres, leisure centres, sports clubs and activity centres. Getting active can be a great opportunity to promote healthy eating and drinking habits and as people become more active, they may also be keen to improve their diet. The nutrition information in the guide is aimed at healthy adults, young people and school aged children.
3.13	Food/drink may be eaten/drunk before or after activities. It might be brought by participants themselves or it can be provided as part of programmes, events or celebrations by the organisers. This can be a great opportunity to provide healthier food and drink choices and highlight important key health messages.
3.14	<p>The guide provides practical guidance on;</p> <ul style="list-style-type: none"> a) Drinks b) Healthy snacks c) Celebrations d) Food allergy e) Preparing food safely f) Cooking programmes. <p>April 2022 Update</p>
3.15	The BHSCT dietitian based in BHDU met with the BCC Assistant Community Development Officers Forum on 26 th January 2022 where she highlighted the ' <i>Promoting Healthier Eating in Physical Activity and Sport</i> ' resource and its potential for use by Community Services staff as well as other links and support available on nutrition which community staff could avail of.
3.16	Further meetings have taken place to commence planning of a practical workshop for community staff to attend (to take place on 10 th May) which will focus on healthy snacks. It is anticipated that once Council officers are familiar with the resource that they will also be able to promote it, and assist external groups, to use it. They will also be looking at ways in which Council, in partnership with Active Belfast/BHDU, can provide best practice information, advice and support in relation to physical activity and nutrition to those groups who apply for funding via Council's grants schemes.
3.17	Funding has also been made available via Active Belfast to support the provision of 'Go bags' – easy to carry outdoor activity equipment bags (for Community Development

	Officers/Playworkers to use with children) a resource identified as a need by CDOs. A small group has been established to identify the resources and the Go bags should be used/targeted.
3.18	<p>The dietitian based in BHDU now also regularly shares information on training opportunities and other relevant opportunities to the CDO team. Some examples include:</p> <ul style="list-style-type: none"> -BHSCT Slow Cooker training -Nutrition Awareness training for Teenagers -Monthly Nutrition webinars (also posted on interlink and featured on BHDU's www.makinglifebettertogether.com website each month) -A number of physical activity training opportunities such as 'Chi Me' -Nutrition resources available to supporting Healthy Eating on a Budget
3.19	BHSCT Dietetics Service in partnership with BHSCT Health Improvement Team are planning a nutrition training calendar for 2022/23 meaning that all training available on both physical activity and nutrition – the Active Belfast dietitian based in BHDU will share this resource once it becomes available.
3.20	<p>The Active Belfast dietitian continues to form relationships within and across Council and has linked in with the BCC Food Sustainability Group/Climate Plan Programme Board and provided feedback on a potential BCC/QUB Food Insecurity Project.</p> <p><u>Financial & Resource Implications</u></p>
3.21	<p>There are no financial or resource implications attached to this report, given that promotion of physical activity and nutrition is an ongoing priority work area within the Belfast Agenda and therefore staff within BHDU will be able to continue to provide support and advice in relation to taking agreed work forward in partnership with Council community services staff.</p> <p><u>Equality or Good Relations Implications/Rural Needs Assessment</u></p>
3.22	None.
4.0	Appendices – Documents Attached
	<p>Appendix 1: Active Belfast: Promoting Healthier Eating in Physical Activity and Sport resource</p> <p>Weblink: https://www.makinglifebettertogether.com/wp-content/uploads/2021/06/AB_Nutrition_guide_WEB-1.pdf</p>

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Active Belfast

Promoting healthier food choices
in physical activity and sport

Active Belfast

Promoting healthier food choices in physical activity and sport



Prepared by Specialist dietitians, Martina Kelly and Gráinne McMacken, Active Belfast Team, Belfast Health Development Unit, Cecil Ward Building, 4-10 Linenhall Street, Belfast.

<https://www.makinglifebettertogether.com/active-belfast/>

Acknowledgements:

With thanks to Kim Kensett, Senior Health & Social Wellbeing Improvement Officer, Active Belfast Team; Serena Barr, Dietitian, Community Dietetic Health and Wellbeing Team, Belfast Health and Social Care Trust; Dr. Hannah Dearie, Public Health Agency; Paula Bleakley, Environmental Health Department, Belfast City Council and Iris McIlroy, Academy Secretary, Albert Foundry Football Club, Belfast, for their assistance.

Being active combined with a healthy diet are two important lifestyle factors to improve health and wellbeing.

The aim of this guide

The guide aims to provide guidance to physical activity leaders and coaches on healthier food and drink options in settings where physical activity or sport is taking place or is being promoted. This includes both indoor and outdoor activities for example in community centres, leisure centres, sports clubs and activity centres. Getting active can be a great opportunity to promote healthy eating and drinking habits and as people become more active they may also be keen to improve their diet. The nutrition information in the guide is aimed at healthy adults, young people and school aged children.

We encourage coaches and group leaders to find opportunities to discuss and promote healthy eating and drinking. These may naturally arise before or after a physical activity session. Even if food is not provided, often drinks are as participants may become thirsty during the activity.

Food/drink may be eaten/drunk before or after activities. It might be brought by participants themselves or it can be provided as part of programmes, events or celebrations by the organisers. This can be a great opportunity to provide healthier food and drink choices and highlight important key health messages.

People may be taking part in physical activity to improve their health and wellbeing and this can be a good time to raise awareness of healthier food and drink choices. In the sports setting there is the added incentive of performing at your best too.

The guide provides practical guidance on

- a) Drinks**
- b) Healthy snacks**
- c) Celebrations**
- d) Food allergy**
- e) Preparing food safely**
- f) Cooking programmes**

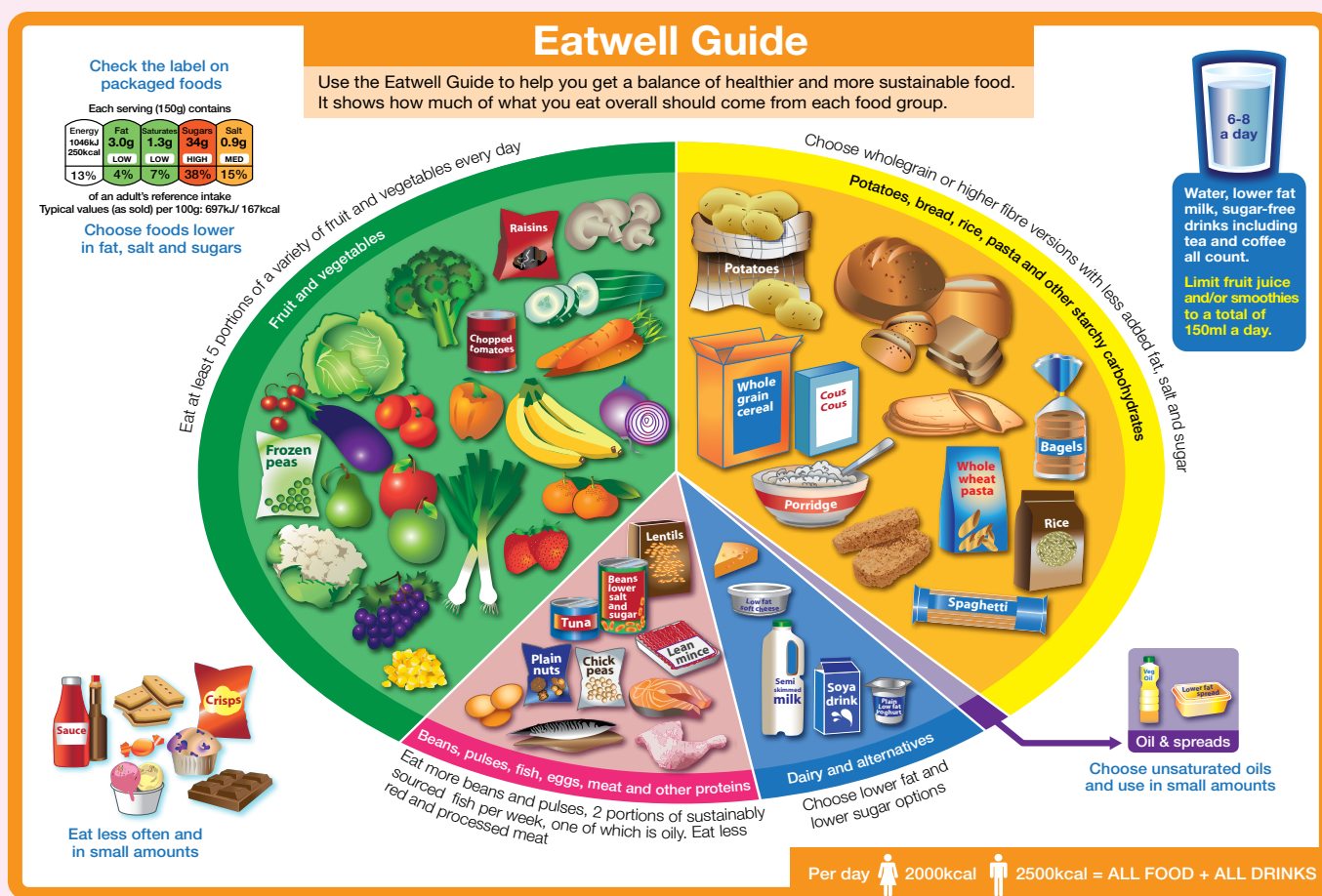
Who is this guide for?

The information in this guide is for physical activity leaders and coaches delivering programmes with adults, school age children or young people of all abilities.

The dietary advice is based on the Eatwell Guide which applies to most people regardless of weight, dietary restrictions/ preferences or ethnic origin. The Eatwell Guide applies to adults, young people and most children over 5 years old. Children under 2 years have different nutritional needs but between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the Eatwell Guide.

Anyone with special dietary requirements or medical needs is advised to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

This guide is not specifically targeted at people participating in high performance level sports activities, but much of the information is still applicable.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Why do we need this guide?

Physical activity and sport can be an ideal opportunity to raise greater awareness of the benefits of eating a well-balanced diet for good health as well as sporting performance.

It is well recognised that a healthy diet combined with regular physical activity can help maintain good health and prevent disease. A healthy diet can help achieve or maintain a healthy weight, prevent heart disease, stroke, diabetes, tooth decay and some cancers.

Northern Ireland has high rates of death and disability from diet related diseases like cancer and heart disease. The most recent Health Survey in Northern Ireland¹ showed that rates of overweight and obesity in both adults and children in Northern Ireland continue to be a cause for concern. Sixty five percent of adults and 1 in 4 children in Northern Ireland are overweight or obese. Not only is this a concern in terms of health, the self-esteem and self-confidence of children who are overweight or obese can be affected.

The Belfast Agenda² is the city's first community plan and it has identified what areas we need to focus on to provide a better quality of life for all citizens of Belfast. One area is to reduce by 33

1 <https://www.health-ni.gov.uk/sites/default/files/publications/health/hsni-first-results-19-20.pdf>

2 https://www.belfastcity.gov.uk/getmedia/9d8e1a2b-ec8a-4c4a-b54e-9f56b2960668/AD003_BA.pdf

per cent the life expectancy gap between the most and least deprived neighbourhoods. Improving nutrition and increasing physical activity can contribute to helping achieve these targets. This guide includes useful information and links to help you promote healthy eating within your group or club in practical ways. Those attending virtual physical activity sessions can also benefit from the information provided.

a) Drinks

Physical activity or exercise sessions are an ideal time to encourage healthier drinking. Participants often come with drinks to a session or some groups provide a drink. Unfortunately group leaders often see high sugar, acidic drinks or energy drinks being brought for hydration. Regularly consuming foods and drinks high in sugar increases the chances of tooth decay and drinking sugary drinks is linked with excess weight gain in children. Some drinks are also acidic and can cause erosion of the enamel of teeth.

What to choose

Tap water is the ideal choice as it provides fluid without calories or the sugars that can potentially damage teeth. Water should be freely available to those attending the session or if this is not possible encourage your group to bring water in a refillable water bottle.

The amount of fluid needed each day depends on many things including the weather, how physically active someone is and their age. The Eatwell Guide recommends 6-8 glasses of fluid each day. If the weather is hot or if someone is exercising more or sweating more they may need more to drink. It is not necessary to promote excessive water drinking.

What to avoid

Sugar containing drinks

Sugar containing drinks should be strongly discouraged in favour of water. Sugar causes tooth decay and extra sugar provides extra calories too. Avoid offering sugar-sweetened drinks, such as juice drinks, flavoured milks, sports drinks and energy drinks. If you have to provide a squash choose a sugar free option and serve it well diluted.

Sports drinks

These usually contain sugar and are not needed for most people taking part in physical activity. These drinks may have a place in some sports where people are exercising at higher levels and for a longer time.

In sports where mouth guards are used they should be rinsed with water only and not sports drinks or other sugary drinks as this can lead to tooth decay.

Energy drinks

These contain high levels of caffeine and can also contain high levels of sugar. Energy drinks can increase heart rate to a level which may be harmful and can also increase blood pressure. They should not be consumed before or during physical activity. Energy drinks can affect how the brain and heart develop in children and adolescents. They are unsuitable for those under 16 years and for women who are pregnant or breastfeeding.

Fruit juices and smoothies

Although fruit juices and smoothies provide vitamins & minerals, they also contain free sugars and can be acidic which can cause dental decay and erosion. It is advised to limit these to one small 150ml glass per day which counts as 1 portion of the recommended 'at least 5 portions of fruit and veg per day'.

Protein drinks

Protein drinks or protein shakes are not recommended for people taking part in physical activity as most people get enough protein through a balanced and varied diet.

Tips

- Make sure your group know where drinking water is available from for example an accessible tap, water fountain or provide a jug of water. Check if you need to provide cups for participants to use.
- In virtual sessions encourage participants to have water nearby to drink
- Try serving water flavoured with fruit, vegetables or fresh herbs for example slices of orange, lemon, apple, cucumber or fresh mint.
- At events or celebrations if an alternative to water is preferred:
 - Low fat milk for example semi-skimmed or 1% fat milk
 - Tea and coffee could be offered to adults with a decaffeinated version also. Consider if someone attending may require a non-dairy alternative drink to milk as part of a special diet.



Key message for group leaders

- Encourage your group to drink enough fluids to stay hydrated-aim for 6-8 drinks per day.
- Water is an ideal choice – it's kind to teeth and calorie free
- Sugary drinks including energy drinks are not recommended
- Sports drinks are not suitable as an everyday drink.

Useful resources

- **A healthy hydration guide for adults and teenagers**
<https://www.nutrition.org.uk/healthyliving/hydration/adults-teens.html>
- **Safefood guide- replacing sugary drinks**
<https://www.safefood.net/family-health/sugary-drinks>
- **A guide to how much fluids to drink and healthier drinks options**
<https://www.safefood.net/healthy-eating/drinks>
- **Safefood- sugar and caffeine in energy drinks - poster**
https://www.safefood.net/getmedia/19edba78-39cd-47de-a887-62175a13198f/energy_drinks_poster.aspx?ext=.pdf

b) Snacks

Although not necessary at many physical activity sessions, participants may bring along snacks. They may also be provided by leaders for longer sessions or where physical activity is combined with another activity. If snacks are provided they can be a useful practical way to promote healthy and nourishing choices.

Many snacks that children or adults bring to sessions or eat before or afterwards are low in nutrients and high in calories from fat and/or sugar and can be high in salt. Examples are crisps, sweets, chocolate or biscuits bars.

With thought and planning healthier snacks can make a valuable contribution to a healthy diet. Coaches and leaders can help promote healthier snacks.

Fruit and vegetables are a healthy snack option as they contain fibre, vitamins and minerals that are essential to promote health and reduce the risk of developing diet related illnesses. The current recommendation is to eat at least 5 portions of a variety of fruit and vegetables each day but the recent Health survey for Northern Ireland¹ found that only 38% of people living in Northern Ireland are meeting this.

A recent 'Food and you' Survey³, showed that people living in Northern Ireland regularly eat snack foods that are high in fat, sugar and salt, approximately three quarters of respondents said that they ate biscuits, pastries and cakes at least once per week and a third of those taking part said they ate these foods each day.

³ <https://www.food.gov.uk/research/food-and-you/food-and-you-wave-five>



What to choose

- Fruit and vegetables should be the main choice for snacks.
- Try easy to eat/ peel varieties of fruit for example bananas, mandarins, apples, grapes or plums.
- Try chopped vegetable sticks like celery, cucumber, carrot or cherry tomatoes

Other healthy snacks include:

- Yogurt - low-fat Greek yogurt, diet or natural yoghurts (made from milk or a dairy alternative like soya) or plain fromage frais
- Bread for example wheaten, wholegrain, sliced loaf, pitta bread, bagel or wheaten scones, with low-fat spread or a little unsaturated margarine
- Breadsticks, crackers, oatcakes, rice cakes, corn cakes, crispbreads or plain popcorn
- Dips for breadsticks and vegetables for example salsa, low-fat dips, low-fat hummus, and cottage cheese (plain or with chives or pineapple)
- Unsalted nuts served in individual portions

Tips for including fruit and vegetables

- Depending on the type of session you could offer fruit platters, fresh fruit skewers or fruit salad - fresh or tinned in its own juice
- Create interest and variety by including fruits or vegetables people may not have tried before.
- In virtual sessions encourage fruit or vegetables as a healthier snack choice.

What to avoid

Avoid snacks high in sugar and/or fat and salt.

Crisps or savoury snacks like corn snacks or tortilla chips

Sweets or chocolate

Cake, buns or biscuits

Granola or cereal bars

Protein bars

Key messages for group leaders

- Fruit and vegetables are healthy snack options
- Advise your group on the importance of healthy snacks and encourage healthier snack choices
- Avoid offering biscuits, sweets, chocolate and crisps
- Encourage participants to wash their hands after exercise and before eating food especially if they have been using sports/ exercise equipment or balls.

Useful resources

- **Healthy snacks factsheet (for adults)**
<https://www.bda.uk.com/resource/healthy-snacks.html>
- **Healthy snacks for children**
<https://www.safefood.net/family-health/kids-snacks>
- **A report on high protein snack foods (Safefood)**
<https://www.safefood.net/research-reports/high-protein-snack-survey>

Safety note:

Due to a higher risk of choking in the under 5's, do not offer nuts or whole small fruits/vegetables such as grapes, berries and cherry tomatoes. Small fruits and vegetables such as grapes should be cut into quarters. Offer finger foods such as small pieces of banana or foods that have been well-cooked and finely cut up.

c) Celebrations

Celebrations are often used to mark the end of a physical activity programme or a special occasion. Food and drinks are often served at celebrations, but traditionally foods offered are high in fat and/or sugar or salt. Often there is no healthier choice. With some thought and planning this could be a great opportunity to include healthy choices and promote healthy eating. You will also be supporting those attending who are there because they want to improve their health.

It is also important to plan ahead and ensure food provided for celebrations is safely prepared, cooked and stored.

What to choose

- Healthier food and drinks options should be provided at celebrations-use the ideas in the sections on drinks and snacks above.
- You could include sandwiches, rolls or wraps with a variety of lower fat fillings such as chicken and salad, tuna and sweetcorn, humus and carrot. Choose wholegrain or granary breads as well as white bread and go easy on mayo or spreads.
- Offer fresh fruit, plain unsalted nuts or plain low-fat yogurts.
- If biscuits are served, choose plain ones like Rich Tea, Marie or Digestives.
- If serving foods that are high in sugar, salt or fat keep portions small.

What to avoid

Fried foods such as chips, burgers or fried sausages
Pastries or pies
Dishes with cream based sauces
Mayonnaise and high fat dressings
Sweets, chocolate, cake or fancy biscuits
Desserts high in fat and sugar

Tips

- Include healthy choices throughout your menu at celebrations
- Involve your group or team and plan healthier choices together. Be aware of any religious or cultural food preferences.
- Offer smaller portions of high fat or high sugar foods
- Offer water, low fat milk, tea or coffee as drinks
- Plan ahead to prepare, cook, store and serve foods for celebrations safely.

Key messages for group leaders

- Always provide healthy food and drink choices at celebrations
- If you serve high fat and/or sugar food and drink options reduce the portion size.
- Sandwiches should be prepared by an appropriately trained person following good hygiene practices in an area suitable for the preparation of such foods. If possible, sandwiches should be made on the same day they are to be consumed. Sandwiches should be covered and stored in the fridge until they are served
- Consider providing tongs for the service of foods

d) Food Allergies

If you are serving food as part of a session you need to be aware of the risks associated with food allergy. Although food allergy is relatively uncommon, sometimes it can lead to a potentially life threatening reaction.

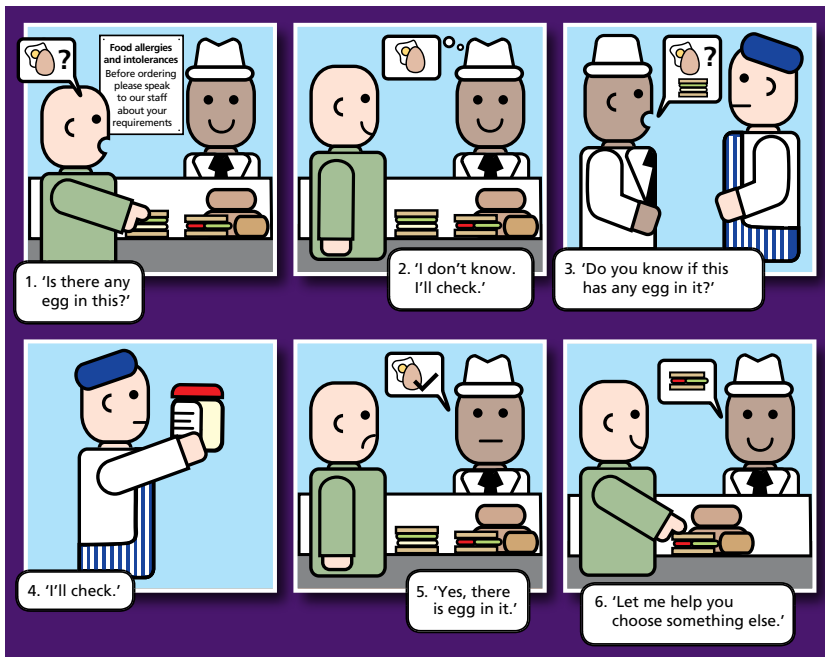
If you will be providing food, when preparing for your session you should, where possible, contact the attendees in advance and ask them if they have any known food allergies or food intolerances. This means you can be aware in advance if there are any special dietary needs.

Food allergy, coeliac disease and food intolerance are different types of food hypersensitivity. Food allergy is when the immune system which helps your body fight infection mistakes the protein in food as a threat. Food allergy symptoms can range from mild to life threatening. See information below on what to do if you suspect someone is having an allergic reaction to a food. Food intolerance does not involve the immune system and is never life threatening. The symptoms can develop hours after consuming the food or drink.

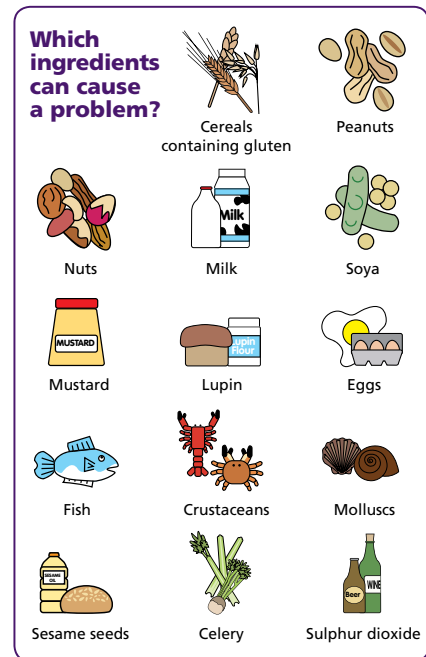
Coeliac disease is an autoimmune condition caused by a reaction to gluten found in grains such as wheat. The immune system attacks the small intestine. Following a strict gluten free diet can help prevent long term health conditions.

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



For more information and advice about allergy, visit: food.gov.uk/allergy
A booklet **Allergen information for loose foods** is also available to download.



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By law food manufacturers must indicate on the label if their product contains one of the 14 main allergens. Keep food packaging of the foods being provided so attendees with a known food allergy / intolerance can check that the food is suitable. You must signpost attendees to where they can obtain the allergen information for the foods you are serving. This can be done by placing a sign where the food is being served. Suggested wording can include; "Food allergies & intolerances: Please speak to a member of staff about the ingredients in the food. Here is a sample sign you can use to create your own version

<https://www.food.gov.uk/sites/default/files/media/document/allergen-signage.pdf>.

Key messages for group leaders

- Be aware of food allergies and the 14 allergens that are identified in legislation
- Be aware of what to do in an emergency
- Check if attendees have any food allergies or intolerances and consider if it is safe to serve them food
- Retain food packaging for participants to check labels if necessary

What to do in an emergency

If you suspect that someone in your group is having an allergic reaction to a food, you should leave someone with the person while you ring 999 for an ambulance and give the following information:

- It's an emergency;
- The patient is suffering from suspected anaphylaxis;
- The address and postcode where the ambulance is needed.

Someone should wait outside the building to direct the ambulance crew to the patient.

For more information read the NHS guidance on anaphylaxis

<https://www.nhs.uk/conditions/anaphylaxis/>

For more information on food allergy:

Living with a food allergy

<https://www.bda.uk.com/resource/living-with-a-food-allergy.html>

Food Standards Agency guidance on food allergy

<https://www.food.gov.uk/business-guidance/allergen-labelling-for-food-manufacturers>

Food allergen checklist

<https://www.food.gov.uk/business-guidance/allergen-checklist-for-food-businesses>

e) Prepare food and drinks safely

If providing food and drinks as part of your activity it is important to be aware of food safety. To minimise the risk of food poisoning plan ahead.

Hand washing is essential before preparing, serving and eating food. Make sure you have access to soap, paper towel/ clean towel and running water.

Planning

Think about the cooking and food storage facilities available to you when planning what foods and drinks to provide.

Consider how you are going to store, prepare and serve food to ensure the safety of those attending. If you are cooking food there may be additional considerations.

Preparing food

If you are preparing food, the four main things to remember for good hygiene are the 4Cs: cleaning, cooking, chilling and avoiding cross-contamination. It's very important to store food properly to keep it safe. Storing food in sealed containers and at the correct temperature protects it from harmful bacteria, stops objects falling into it, and avoids cross-contamination with other ingredients.

Practical Tips:

- wash your hands regularly with soap and water
- always wash fresh fruit and vegetables before cooking or eating them
- ensure participants wash their hands before eating
- keep raw and ready-to-eat foods separate
- do not use food past its use-by date
- always follow cooking / heating instructions
- make sure food is properly cooked before you serve it
- ensure that food preparation areas are suitably cleaned and sanitised after use, and wash any equipment you are using in hot soapy water
- ensure frozen food is safely defrosted in a fridge before you use it
- keep refrigerated food out of the fridge for the shortest time possible.

For more detailed advice on how to cater safely for groups:

Catering for large events

<https://www.safefood.net/food-safety-events/large-groups>

Food Standards Agency- Providing food at community and charity events

<https://www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-events>

f) Cooking groups

Some organisations run cooking groups as part of a wider programme that includes physical activity. Cooking groups can be a great way to improve cooking skills and confidence as well as providing an opportunity to cook from scratch and learn about healthy eating. They can also be a useful way of meeting others and having fun.



Before you start

If you plan to run a cooking group there are some important things to consider:

- A suitable venue with adequate insurance in place for the activity and venue
- Full risk assessment (for example for the cooking activity and venue)
- Funding and associated costs
- Childcare or if children are taking part adequate supervision of children
- Who will deliver the programme and any support or training needed.

Training and support

Cook it! programme- Where possible access cooking and nutrition education training from your local Public Health dietitian. Cook it! is the recognised nutrition and cooking skills programme for adult groups in Northern Ireland with useful lesson plans and resources. The materials have been adapted for online delivery too. Contact your local Public Health dietitian for details. Belfast HSC Trust Public Health dietitians email: CDHWteam@belfasttrust.hscni.net

Food hygiene training

It is suggested that anyone preparing high risk / ready to eat foods complete food hygiene training to a level equivalent to the Chartered Institute of Environmental Health (CIEH) Basic Food Hygiene Certificate which is Level 2. A number of courses are available online. Alternatively, you can contact your local Environmental Health department for a list of training providers.

Registration

If you are planning to run a cookery group on a regular basis you must register with the Environmental Health Department of your Local Council. In Belfast City Council area registration can now be completed online at <https://register.food.gov.uk/new/belfast> .

Healthy cooking

If you do not have a recognised training in nutrition and healthy eating you can still choose a recipe or dish to reflect healthy eating.

This should include:

- Using less fat in cooking
Stew, casserole or bake instead of frying; avoid cream in sauces and soups; avoid pastry toppings; always measure the amount of oil added with a spoon.
- Using less sugar
Avoid recipes which use a lot of sugar and where you can, add less sugar. For example try baking scones or wheaten bread instead of brownies or tray bakes.
- Using less salt
Add less salt or stock cubes/powder, use herbs and spices to add flavour instead.
- Including more fibre rich foods like wholegrains, fruit and vegetables.
Use wholegrain rice or pasta instead of white versions; include more vegetables and pulses in curries, soups and stews; try fruit based desserts like fruit crumbles.

For tips on healthier cooking:

<https://www.safefood.net/Healthy-Eating/How-to/Cooking>

How to make your dishes healthier

<https://www.safefood.net/healthy-eating/how-to/how-to-make-your-dishes-healthier-with-ten-simple>

Tips

- Food hygiene and handwashing should be an important part of every session, especially your first session
- Kitchen safety is essential. Before you start and during the programme ensure you highlight potential risks to your group and how they can cook safely
- Ensure children are appropriately supervised to prevent accidents
- Choose dishes and cooking equipment appropriately depending on the age group and ability of your group
- Choose recipes that are affordable and suitable for the type of group
- Consider the religious and cultural preferences of your group

For recipes ideas:

Let's get cooking - Recipes suitable for teaching children how to cook and help enjoy food

<https://www.bda.uk.com/food-health/lets-get-cooking/recipes.html>

101 square meals-Easy recipes for everyday

<https://www.healthpromotion.ie/hp-files/docs/HPM00196.pdf>

Safefood recipes- A variety of recipes for meals and snacks

<https://www.safefood.net/recipes>

World Cancer Research Fund 'Eat Move Learn'

Guidance for cooking with children plus links to recipes and fruit and veg growing ideas.

<https://www.wcrf-uk.org/eat-move-learn/grow-it>

Further resources and information

Nutrition Programmes

Cook it!

fun, fast food for less



This is a 6 session practical nutrition programme for groups of adults (16 years +). It is aimed at encouraging those cooking on limited budget. It helps participants to enhance cooking skills and learn more about a balanced diet. The *Cook It!* programme is delivered locally by trained tutors. The two day tutor training is provided by dietitians. Tutors then go on to deliver the programme to their own group as 6 sessions.

I can

Cook it!

fun, fast food for less



I can Cook it! is an 8 session programme for groups of adults (16 years +) who would benefit from a more accessible format who want to enhance their cooking skills and are interested in healthier eating, especially where cost is a consideration. The two day tutor training is provided by dietitians. Tutors then go on to deliver the programme to their own group as 8 sessions.

Useful links

- **Nutrition resource links**

<https://www.makinglifebettertogether.com/wp-content/uploads/2020/09/Nutrition-Resource-Links-August-2020.pdf>

- **Communication Resource and Information Service** - Health Promotion library and free resources on a range of topics

<https://crishealthinfo.co.uk/contact/>

Nutrition and sport information

- **Fuel your body for the teenage sports person**

<https://www.safefood.net/education/fuel-your-body>

- **NHS choices Livewell- food and drinks for sport**

<https://www.nhs.uk/live-well/eat-well/food-and-drinks-for-sport/>

- **British Dietetic Association-Sport and exercise**

<https://www.bda.uk.com/resource/sport-exercise-nutrition.html>



For further information on this document or any of the work of Active Belfast, please contact:

Belfast Health Development Unit

3rd Floor North
Cecil Ward Building
4-10 Linenhall Street
Belfast
BT2 8BP

E: bsp@bhdu.org **T:** 028 9050 2073

Or visit: www.makinglifebettertogether.com



**Making life better,
together**

supported by Belfast Health Development Unit



Subject:	Sanitary Waste Pilot Update
Date:	Tuesday 10 th May 2022
Reporting Officer:	Rose Crozier, Director Neighbourhood Services, CNS
Contact Officer:	Kelly Gilliland, Neighbourhood Services Manager Margaret Higgins, Lead Officer – Community Provision

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	The purpose of this report is to provide members with an update on the success of a pilot sanitary waste scheme.
2.0	Recommendations
2.1	The Committee is asked to: <ul style="list-style-type: none"> Note the contents of the report.
3.0	Main report
	<u>Background</u>
3.1	In February 2022, as part of an update on period poverty to SP&R committee, officers reported that the Community Awareness and Waste Education teams were developing a pilot initiative that would provide access to free, reusable sanitary products.
3.2	The aim of the initiative was to raise awareness and encourage increased use of reusable period products. This will have an environmental benefit as it will reduce the amount of period waste that is entering our waste stream and being landfilled, and it will also reduce

	plastic waste. Disposal of single use menstrual products - tampons, pads and applicators generates 200,000 tonnes of waste per year in the UK ¹ . In addition, sanitary waste can be made of up to 90% plastic.
3.3	In the most recent BCC Waste Composition Study (2014) it was found that 1.87% of all miscellaneous combustible waste (the largest category of waste we collect) was of a sanitary waste nature (including other absorbent hygiene products but excluding nappies). This means each household was producing on average 3.38Kg of this type of product waste per year.
3.4	This project was primarily focused on waste reduction but also had the benefit of providing a sustainable resource for those affected by period poverty which is an added pressure on individuals and families as a result of the current cost of living pressures.
	<u>Project delivery</u>
3.5	The pilot scheme was launched on 30 March 22 and was designed to provide free access to reusable sanitary products to people in the Belfast area. Council worked with the social enterprise, 'Hey Girls'. (www.heygirls.co.uk) to deliver the scheme, where participants could register and order reusable sanitary products online. This company has worked with local authorities in England, Scotland and Wales to deliver similar schemes.
3.6	The Belfast pilot scheme received unexpected and unprecedented levels of demand with over 2,750 orders made in less than 24 hrs. Such was the level of demand that the notional budget officers had notionally allocated to the scheme had to be increased five-fold. Social media coverage and feedback on the scheme was also very positive. Commentary praised Belfast City Council for bringing the initiative forward. Over 95,000 people were reached through Council social media on the topic with over 225,000 people having viewed twitter posts promoting the scheme.
3.7	Officers will now evaluate the scheme and ongoing levels of interest to determine how future initiatives should be delivered. The pilot scheme delivered products at no cost to maximise uptake, but is it anticipated that future schemes would include some contribution from participants to increase the numbers who can benefit from the scheme.
	<u>Financial & Resource Implications</u>
3.8	Costs for the initial pilot will be provided through existing budgets (21/22 and 22/23). . Officers will explore other internal and potentially external funding opportunities in order to

¹ Calculation by Natracare 2018

	<p>be able to deliver a further scheme in the 22/23 financial year. If none are available, the next scheme will not be delivered until 23/24.</p> <p>For reference, participants could choose to order a Full Cycle Pack (containing 1 x reusable pantyliner, 2 x day reusable pads and 2 x night reusable pads) to the value of of £18.86 per pack or approximately £15.60 for a Period Cup (including all associated costs). A total of 2,767 orders were accepted via the pilot scheme.</p> <p><u>Equality, Good Relations or Rural needs implications</u></p>
3.9	<p>The pilot scheme was designed to be accessible to as many residents in the Belfast area as possible. Officers will review uptake and consider any ways to address imbalances in uptake either through education or design (e.g. applying additional criteria and/or targeting) of future programmes.</p>
4.0	Appendices – Documents Attached
	None

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Subject:	Active Belfast Approach for 22/23
Date:	Tuesday 10 th May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services, CNS
Contact Officer:	Kelly Gilliland, Neighbourhood Services Manager, CNS Kim Kensett, Belfast Health Development Unit

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	The purpose of this report is to secure agreement on the use of Belfast City Council's allocation to support Active Belfast in 2022/23.
1.2	Active Belfast (AB) is a multi-agency partnership supporting physical activity and healthy eating in Belfast. It is jointly funded by BCC (£90,000) and Public Health Agency (£146,000) per annum.
1.3	The overall funding allocated for Active Belfast is £236,000 per annum and remains unchanged from 2021/22, however officers wish to request to use part of the in-year BCC Active Belfast contribution (which up until 20/21 had been fully allocated to grants) to support the work of the Active Belfast Partnership (currently being re-established post Covid) and the identified key priority areas as outlined in section three of this report.

2.0	Recommendations
2.1	<p>The committee is asked to:</p> <ul style="list-style-type: none"> • Note the content of the report; and • To agree that the BCC contribution (£90K) to Active Belfast is utilised as outlined in the proposed budget profile for 22/23 detailed in Table 2 Section 3.5.
3.0	Main report
3.1	<p><u>Background</u></p> <p>Members will be aware senior staff from Council, BHSCT and PHA have been considering the future of their joint working arrangements (staffing and financial resources) to address health inequalities in the Belfast area to include reviewing and reaffirming current commitments to the previous Belfast Strategic Partnership (BSP) and the reduction of life inequalities in line with the Belfast Agenda/Community Plan, Making Life Better and a range of forthcoming strategic developments focussing on public health. However, physical activity and healthy eating remain priority areas within the refreshed Belfast Agenda as well as wider health-focussed strategic documents. Active Belfast therefore, both as an approach and as a partnership, will continue to develop over the coming months and years.</p>
3.2	<p><u>20/21 Approach - Recap</u></p> <p>Historically, the two main initiatives supported by the Active Belfast Partnership were the Active Belfast Grant Scheme and Jog Belfast (Couch to 5K programme) with staff in the Belfast Health Development Unit (BH DU) promoting, administering and monitoring both initiatives.</p> <p>In 2021/22 People and Communities Committee agreed that;</p> <ul style="list-style-type: none"> • Active Belfast grant holders from 20/21 would be offered continuation funding in order to complete their original programmes/initiatives in 21/22 to increase likelihood of sustainability in the future. For some, completion/achievement of all objectives had not been possible due to Covid regulations. Continuation was subject to meeting review criteria and agreeing a new action plan with relevant leads within BH DU for key performance indicators. • A developmental budget would be held for AB Partnership supported projects and initiatives – the intention being to further develop some of the more promising grants from last two-year period. These would be supported by BH DU, who would have responsibility for identifying priority areas for the refreshed partnership to consider. Again, this would be subject to meeting set criteria and agreeing action plans, targets, etc. • Support would be provided in-year for Jog Belfast of £23,133 via the existing available funds – specifically from within the BCC £90K contribution to Active Belfast. • Support would be provided for BCC’s Micro and Medium Grants Scheme for 2021/2022.

Table 1 below outlines how the budget was profiled in 21/22 (including the £56K additional contribution from PHA).

3.3 Table 1: 2021/2022 Active Belfast Agreed Budget

<u>Expenditure 2021/22</u>	BCC	PHA	Total
BCC Micro-Medium grants	£ 39,970	£ 39,970	£ 79,940
Jog Belfast	£ 23,133	£ 32,867	£ 56,000
Active Belfast Partnership budget to support promising AB grants from 20/21 and developmental activities	£ 26,897	£ 73,163	£ 100,060
Total expenditure	£ 90,000	£ 146,000	£ 236,000

3.4 Rationale for Proposed Active Belfast 22/23 Budget Profile

Discussions have taken place at a senior level amongst the funding partners (BCC and PHA – as well as BHSCT) and having considered a range of options the following key actions have now been agreed.

3.5 Micro and Medium Grants (£79,940)

Following discussions with officers in both lead organisations we intend to contribute a total of £79,940 to the BCC micro/medium community grants scheme (of which both organisations will give an equal contribution of £39,970) to continue to pilot this funding model to inform future resourcing of physical activity and nutrition focussed work in Belfast.

3.6 Participatory Budgeting Pilot (£64,000)

Active Belfast Partnership, supported by BHDU, will lead on the development and delivery of a Pilot Participatory Budgeting initiative (one of the key actions proposed under the Physical Activity theme within the Belfast Agenda refresh) of approx. £16,000 per area North, South, West and East Belfast.

3.7 Jog Belfast (£42,000)

In relation to Jog Belfast we intend to provide £42,000 (PHA £32,867 and BCC £9,133) to support a new funding model for Jog Belfast and confirm contributions available from partners re. same. The Jog Belfast model, and how it is resourced going forward, will be a priority item for consideration by members of the Active Belfast Partnership. Allocation of funding will support 7 sites across the City of Belfast, within North, South, West and East to deliver 3 programmes across the year.

3.8	<p><u>Active Belfast Grants Rollover (£44,829)</u></p> <p>Allocation of continuation funding to <u>two</u> current Active Belfast Grant holders (from 2021/22) where targets have been met and outcomes are promising, and where the contract holder has indicated that they can build on the initiative (ability to do so was built into the process at the outset). This has been proposed for two reasons, to increase capacity and foster sustainability at the local/community level, as well as to allow time for development and consideration of a new funding model for future resourcing of physical activity and nutrition focussed work in Belfast. The two projects selected are showing potential to be adopted as regional initiatives as they align with both the new Sport and Physical Activity Strategy as well as PHA commissioning priorities for Physical Activity.</p> <p>BHDU will direct anyone making enquiries around funding to other potential sources of support such as the BCC Micro/Medium Grants Scheme as well as other grant opportunities such as those provided by the National Lottery Community Fund – and where appropriate directing them through the Council’s Community Services team for advice and support around grants and capacity building. BHDU staff will also link in with those awarded BCC Micro/Medium grants focussing on promoting healthier lifestyle choices to provide advice, signposting and make connections around physical activity & healthy eating to support or enhance their delivery.</p>
3.9	<p><u>Active Belfast Partnership (£5,230.80)</u></p> <p>With the dissolution of the Belfast Strategic Partnership and the introduction of Community Planning/the Belfast Agenda and the associated Boards, etc.– there remains a need to review and rejuvenate the Active Belfast Partnership in terms of role and function, membership and priorities going forward. The three partner organisations (BCC, BHSCT and PHA), had already committed to driving forward this process during 21/22 and this will continue in 22/23 (and beyond) with the partnership taking on an active role in relation to developing and delivering on the agreed actions focussing on Physical Activity and Nutrition within the refreshed community plan for Belfast – to be overseen by the Living Here Board.</p> <p>The proposed budget allocation per organisation and overall is detailed in Table 2 below.</p>

3.10	Table 2: Proposed budget for 2022/2023 to support the key areas outlined above			
	<u>Proposed Expenditure 2022/23</u>	BCC	PHA	Total
		£	£	
	Micro-Medium grants	39,970.00	39,970.00	£ 79,940.00
	<i>Partnership innovation projects</i>			
		£	£	
	Pilot Participatory funding	26,000.00	38,000.00	£ 64,000.00
	<i>Business continuity</i>			
		£	£	
	Jog Belfast (£42000 - 7 sites x 3)	9,133.00	32,867.00	£ 42,000.00
		£	£	
	Active Belfast Grants rollover	14,457.60	30,371.60	£ 44,829.20
		£	£	
	Resources/Training	439.40	4,791.40	£ 5,230.80
		£	£	
	Total expenditure	90,000.00	146,000.00	£ 236,000.00
3.11	Financial and Human Resource Implications			
	Subject to Council and PHA approval/agreement, a budget of £236,000 (as outlined in the Table 2 in 3.10) will remain available to support this work in 22/23. Belfast City Council's £90K contribution towards the £236K total has been included within the revenue estimates for 2022/23 and therefore does not represent any growth.			
3.12	Kim Kensett (PHA) and Grainne McMacken (BHSCT) will continue to lead on this work within the BHDU in 22/23. Oversight will continue to be provided by Kelly Gilliland within BCC and David Tumilty within PHA with all stakeholders in the Active Belfast Partnership taking on a more active role as the year progresses and the partnership regains its focus and momentum.			
	Equality or Good Relations Implications / Rural Needs Assessment			
3.13	None			
4.0	Appendices – Documents Attached			
	None			

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Subject:	All Ireland Pollinator Plan 2021 - 2025
Date:	10 May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services
Contact Officer:	Orla Maguire, Biodiversity Officer

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	The purpose of the report is for members to consider a request to become a formal partner of the All-Ireland Pollinator Plan.
2.0	Recommendations
2.1	<p>The Committee is asked to</p> <ul style="list-style-type: none"> Agree that Belfast City Council becomes a formal partner of the All-Ireland Pollinator Plan.
2.2	<p>Members are advised that in becoming a partner, Council agrees:</p> <ol style="list-style-type: none"> To support the ethos of the All-Ireland Pollinator Plan and consider the Plan in policies, plans, and management decisions where possible.

	<p>2. To carry out one pollinator-friendly action in the first year of signing up and plan to carry out at least three more within the following five years. The guideline document lists 30 possible actions, many of which are low cost or cost neutral.</p> <p>3. To update the All-Ireland Pollinator Plan Team on the positive pollinator actions planned, implemented or maintained at the end of each year.</p>
3.0	Main report
	<u>Key Issues</u>
3.1	Insect pollination is essential to food production. “One out of every 3 mouthfuls” is pollinated by insects. Wild bees pollinate between 85-95% of the UK’s insect pollinated crops, while honeybees pollinate between 5-15%. This free service is estimated to be worth £1.8 billion each year.
3.2	More than half of our bee species have suffered declines over the past 50 years with over 250 UK pollinators in danger of extinction. Habitat loss is a major driver of pollinator declines and in Northern Ireland we have lost as much as 97% of our wildflower meadows in the last half century.
3.3	Members are reminded that in 2015 Belfast City Council endorsed and supported the first All-Ireland Pollinator Plan which aimed to take steps to reverse pollinator losses and help restore populations to healthy levels.
3.4	<p>Building on the success of the first Plan, the new Plan 2021 - 2025 has 6 objectives:</p> <ul style="list-style-type: none"> • Making farmland pollinator friendly - By working together with the farming community, we want to achieve an increased awareness of pollinators and the resources they need in order to survive on farmland. • Making public land pollinator friendly - By working together with Councils, Transport Authorities, Local Communities and others, we want to better coexist with biodiversity and help return food and shelter for pollinators to our island. • Making private land pollinator friendly - From gardens, to businesses, faith communities and sports clubs, we want to work together to create networks of biodiversity-friendly habitat across our landscape.

	<ul style="list-style-type: none"> • All-Ireland Honeybee Strategy - By supporting beekeepers, we want to achieve healthy, sustainable populations, and for honeybees to be part of a cohesive pollinator message that balances managed and wild pollinator populations. • Conserving rare pollinators - By improving our knowledge on rare pollinators, and by raising awareness through dedicated initiatives, we want to achieve a Plan that protects as much wild pollinator diversity as possible. • Strategic coordination of the Plan - By continually raising awareness; addressing gaps in our knowledge through research; and by tracking where pollinators occur and how populations are changing, we want to work from an evidence base that enables us to coordinate a dynamic plan that is targeted and effective.
3.5	<p>Belfast City Council has received a request to become a formal partner of the new All-Ireland Pollinator Plan 2021-2025. In becoming a partner, Council agrees:</p> <ol style="list-style-type: none"> 1. To support the ethos of the All-Ireland Pollinator Plan and consider the Plan in policies, plans, and management decisions where possible. 2. To carry out one pollinator-friendly action in the first year of signing up and plan to carry out at least three more within the following five years. The guideline document lists 30 possible actions, many of which are low cost or cost neutral. 3. To update the All-Ireland Pollinator Plan Team on the positive pollinator actions planned, implemented or maintained at the end of each year.
3.6	<p>The Council is already contributing to the objectives of the Plan through our existing land management such as our meadow management and projects such as the successful Bee-licious Pollinator project.</p>
3.7	<p>Members are reminded that at February Council, BCC agreed to support the Belfast's Buzzing Pollinator Project with BugLife, which aims to promote insect pollinators in parks and open spaces as well as inform, inspire and engage local communities in the recovery of nature within their local area.</p>
3.8	<p>Council has agreed £5,000 funding for project work to occur on BCC land and that Council will manage these project sites for the next ten years, maintaining their biodiversity value.</p>

3.9	<p>The Belfast's Buzzing project will form the focus of the Council's commitment to the All-Ireland Pollinator Plan over the next 2 years and to be able to link these actions as a formal partner of the Plan would strengthen existing and future funding applications.</p> <p><u>Financial & Resource Implications</u></p>
3.10	<p>It is not anticipated that these actions will incur any additional costs and will be met through existing work programmes.</p> <p><u>Equality or Good Relations Implications/Rural Needs Assessment</u></p>
3.11	<p>There are no known implications with this report.</p>
4.0	Appendices – Documents Attached
	Appendix 1: Council Partnership with the All Ireland Pollinator Plan Framework Document.

Council Partnership with the All-Ireland Pollinator Plan



Partnership with the All-Ireland Pollinator Plan: Framework for Councils/Local Authorities

We all depend on pollinators and the important service they provide. Unfortunately, our pollinators are in decline. Of the 99 different types of bees on the island of Ireland, nearly one third are threatened with extinction. The All-Ireland Pollinator Plan is a strategy that addresses this problem. It is a shared plan of action supported by more than 90 governmental and non-governmental organisations. By helping our pollinators, we are improving biodiversity across the island.

Most Councils/ Local Authorities are already taking actions to support pollinators on public land. Many are also working with local community groups, residents' associations and schools to help raise awareness of the All-Ireland Pollinator Plan. To better support these efforts and to better promote the work being undertaken, we have developed this framework to recognise Councils as **partners** of the All-Ireland Pollinator Plan.

Support of the All-Ireland Pollinator Plan offers Councils/Local Authorities a suite of benefits in addition to biodiversity enhancement, including:

- ✓ Partnership with an internationally renowned strategy to reverse declines in biodiversity.
- ✓ A framework outlining options with the flexibility to choose from a variety of low/cost-neutral evidence-based actions that will have a positive impact.
- ✓ Access to training, guidance documents, support materials, case studies, etc. to help staff decide on appropriate actions. For more information, see: <http://pollinators.ie/councils>
- ✓ Helps demonstrate compliance with statutory requirements such as the Council's Biodiversity statutory responsibilities.
- ✓ Enhancing the local landscape for pollinators supports local food producers
- ✓ A framework to help support the delivery of key plans:
 - National Biodiversity Action Plan 2017-2021 (Action 4.1.8. Implement All-Ireland Pollinator Plan)
 - Biodiversity Strategy for Northern Ireland to 2020
 - County Development Plan (protecting natural habitats and plants objectives)
 - Green Infrastructure Plan (protecting and managing natural wildlife corridors and habitats)
 - Climate Change Adaptation Measures (resilience to climate change)
 - Local Biodiversity Action Plan
 - County Biodiversity Plan (pollinator actions)
 - EU Habitats Directive (ecological networks and buffer areas)
- ✓ A demonstration of your biodiversity credentials to local residents who are increasingly concerned with supporting environmentally friendly initiatives.
- ✓ Actions to support community engagement and strengthen relationships with local groups who are also working to protect our pollinators, e.g. Tidy Towns groups, Ulster in Bloom.
- ✓ Actions to support Local Agenda 21
- ✓ Actions to support the Green Schools Programme (Biodiversity Theme) (ROI) and Eco-Schools (NI)

To sign up as a **Partner** to the All-Ireland Pollinator Plan, please present this Framework, along with a copy of the ‘*Councils: Actions for Pollinators*’ guidelines, to your Council for adoption.
Once agreed, simply return (by email or post) a signed copy of this page.

**In becoming an All-Ireland Pollinator Plan Partner,
your Council/Local Authority agrees:**

- 1. That your Council/Local Authority supports the ethos of the All-Ireland Pollinator Plan and will consider the Plan in their policies, plans, and management decisions where possible.
- 2. To consider the evidence-based actions in the guideline document *Councils: Actions to help Pollinators*, and to carry out one pollinator-friendly action in the first year of signing up and plan to carry out at least three more within the following five years. The guideline document lists 30 possible actions, many of which are low cost or cost-neutral.
- 3. To update the All-Ireland Pollinator Plan Team (within the National Biodiversity Data Centre) on the positive pollinator actions you have planned, implemented or maintained at the end of each year, when contacted, to help us promote your work.

We look forward to working with you to ensure that our pollinators and the critical service of pollination are available for generations to come.

Council/Local Authority:

Signature(s):
.....

Print name:

Role:

Point of contact (if different to above) email:

Email to: ufitzpatrick@biodiversityireland.ie
Postal address: Dr Una Fitzpatrick, The National Biodiversity Data Centre, Beechfield House, WIT West Campus, Carriganore, Waterford

What will happen next:

Once you have signed up, please send us a copy of your logo.

We will only use your logo to promote your support of the Pollinator Plan in the following two ways: on the 'Partners' page of our website and in our annual report.

In return, you will receive a copy of the Pollinator Plan's Council/Local Authority Partner logo, for use in Council documents/reports.



Along with the benefits that come from partnership with the All-Ireland Pollinator Plan, Councils/Local Authorities that sign up will receive a Certificate of Partnership, which can be displayed at your offices. You may also choose to use our artwork to erect a permanent sign.

Implementation of the All-Ireland Pollinator Plan is coordinated by the National Biodiversity Data Centre.

For more information on the **All-Ireland Pollinator Plan**, please see www.pollinators.ie

To download a copy of the **Councils: Actions to help pollinators** guidelines, see www.pollinators.ie/councils



Subject:	Proposed Disability Bowls Hub in Belfast
Date:	10 May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services
Contact Officer:	Paddy McGrattan, Leisure Development Manager

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	This report is to provide members information on a request made from Irish Bowls Federation (IBF) to develop a Disability Bowls Hub in Belfast.
1.2	To outline for members the proposed pilot project for a Disability Bowls Hub in Belfast and highlight the short and long-term aims of IBF in Para and Visually Impaired (VI) development.
2.0	Recommendations
2.1	<p>The Committee is asked to:</p> <ul style="list-style-type: none"> Note the key findings from recently commissioned research to determine the level of existing support mechanisms within the sport of bowls.

	<ul style="list-style-type: none"> • Agree the support of a pilot project up to a maximum of £6,000 with the view of developing a “Disability Bowls Hub” to provide more sporting opportunities for people with disabilities
3.0	Main report
3.1	<p>In 2022 the IBF undertook a <i>Club Engagement Survey</i> achieving a response rate of 73%. The key findings and emerging priorities include:</p> <ul style="list-style-type: none"> • The under representation of women and girls, • A disability gap with a surprising lack of active playing members with a disability and provision, • An ageing demographic, • Survival of clubs; and • A lack of any recognised club support structure to help with sustainability and growth.
3.2	The IBF have agreed to focus upon one emerging priority area, namely, the provision of more sporting opportunities for people with disabilities.
3.3	The IBF have identified Musgrave and Grove Bowling Pavilions as potential sites to develop the Disability Hub given the availability of indoor halls for all year-round use.
3.4	<p>Short term programme (June to September 2022 – costs breakdown below).</p> <ul style="list-style-type: none"> • Investigate, develop and help implement a ‘Disability Bowls Hub’ pilot programme; • Provision of all equipment; • Engage with local community groups; • Provision of bowls coaching with experienced bowls coaches; • Encourage and Promote wellness and well-being • Build a positive and inclusive sports culture
3.5	<p>Longer term aims and objectives:</p> <ul style="list-style-type: none"> • Continue working partnership with Belfast City Council to help promote and foster the development of talented athletes. • Provision of suitable facilities, i.e. a bowling green and pavilion that is fully accessible to all disabilities and suitable equipment (e.g. adapted wheelchairs) for use on the bowling green. • To develop athletes to represent Northern Ireland at prestigious International para and Visually impaired events and have in place the necessary infrastructure to facilitate their preparation, training and development.

	<ul style="list-style-type: none"> Northern Ireland is the only home country, which currently does not have para or VI bowls representatives at the 2022 Commonwealth Games in Birmingham. Bowls Scotland, Bowls England and Bowls Wales all have the necessary programmes and infrastructure in place. Para and VI bowls will be included in the World Bowls Outdoor Championships (now held every 2 years) and scheduled for July 2023 on the Gold Coast, Australia.
3.6	<p>Sports Development Impact</p> <p>In line with Council objectives, the diversification of use and improved sports development impact are priorities at our outdoor sites. Bowls remains a sport with intergenerational appeal where all age groups can compete on a level green.</p>
3.7	<p><u>Financial & Resource Implications</u></p> <p>A total of £6,000 from Council is required to support this project and can be accommodated within current revenue budgets. IBF will contribute coaching, development and equipment resources in kind and work in partnership with Council Officers to develop and deliver the project.</p>
3.8	<p><u>Equality or Good Relations Implications/Rural Needs Assessment</u></p> <p>None.</p>
4.0	Appendices – Documents Attached
	None

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Subject:	Request to hold events in Parks June and July 2022
Date:	10th May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services
Contact Officer:	Cate Taggart, Neighbourhood Services Manager

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	Committee is asked to note that Council has received several requests from event organisers to host events in a number of Belfast park locations in June and July 2022.
1.2	<p>Applications have been received from:</p> <ul style="list-style-type: none"> Finaghy Residents Association to host Finaghy Cultural Festival to take place between 9th – 13th June at Wedderburn Park County Grand Orange Lodge of Belfast to host their annual Twelfth of July celebrations at Barnett Demesne and a service of remembrance at the Cenotaph in the grounds of the City Hall.

2.0	Recommendations
2.1	<p>The Committee is asked to grant authority for the applicants for the proposed events on the noted dates and to delegate authority to the Director of Neighbourhood Services to ensure the following:</p> <ul style="list-style-type: none"> • Negotiate satisfactory terms and conditions of use via an appropriate legal agreement prepared by the City Solicitor, including managing final booking confirmation date and flexibility around 'set up' & take down' periods, and booking amendments, subject to: <ul style="list-style-type: none"> ○ The organisers resolving any operational issues to the Council's satisfaction; ○ Compliance with Coronavirus restrictions in place at the time of the event; ○ meets all statutory requirements including Public Liability Insurance cover, Health and Safety, and licensing responsibilities, including terms and conditions of the Parks Entertainment License; a ○ shall consult with adjoining public bodies and local communities as necessary.
2.2	<p>Note that the above recommendations are taken as pre-policy position, in advance of the Council agreeing a more structure framework and policy for 'Events', which is currently being taken forward in conjunction with the Councils Commercial team.</p>
3.0	Main report
	<u>Key Issues</u>
3.1	<p>As with all the events that have been granted permission, delivery will be fully dependent on compliance with NIE restrictions and government guidelines at the time. Council officers and event organisers realise the situation remains fluid and, should the government guidance change, some events may need to be amended, postponed or even cancelled.</p>
3.2	<p>If agreed, the organiser will be required in advance of the event to submit an event management plan for approval by the Council and all relevant statutory bodies. This will include an assessment of how the event will impact upon the surrounding area and measures to mitigate these impacts. Where applicable this plan should also seek to address and provide adequate welfare support, including links with other service providers to deal with underage drinking.</p>

	<p><u>Finaghy Cultural Festival – Wedderburn Park: 09th – 13th June 2022</u></p>
3.3	<p>Finaghy Residents Group and Finaghy Community Association are both community development groups set up to improve the wellbeing of the residents in their local area. This event aims to bring the community back together as Covid19 restrictions ease. The residents group successfully ran this event for the first time last year and hope to build on its success in 2022.</p>
3.4	<p>Along with family fun activity such as fairground attractions; live music, food vendors and alcohol sales will all form part of the event schedule and therefore the organisers will be expected to comply with all licensing and food hygiene requirements.</p> <p><u>The County Grand Orange Lodge of Belfast Twelfth of July Celebrations - Barnett Demesne: Tuesday 12 July 2022.</u></p>
3.5	<p>The Orange Institution is a Christian, cultural and historical organisation. The organisers have requested the use of Barnett Demesne to host the gathering in “the field” for speeches and prayers. The event has been hosted in Barnett Demesne since 2005 and requires the closure of a substantial proportion of the facility.</p>
3.6	<p>The County Grand Lodge will ensure that the site is left clean. A bond of £2,000 will be required should there be any physical damage to the site to reinstate it back to its original condition.</p>
3.7	<p>The County Grand Lodge book and pay for the use of Malone House.</p>
3.8	<p>There will be food vendors trading in Barnett Demesne and the organisers will be required to collect all food hygiene documentation and insurances from these vendors.</p> <p><u>The County Grand Orange Lodge of Belfast Service of Remembrance – Cenotaph at City Hall: Tuesday 12 July 2022.</u></p>
3.9	<p>The parade will assemble at the Cenotaph from 10.15am leaving the City Hall at 10.50am on conclusion of the wreath laying ceremony. This service has been held in garden of Remembrance for many years and planning will take place between the organisers and the City Hall Function Management Team.</p>

	<u>Financial & Human Resource Implications</u>
3.10	<p>The County Grand Orange Lodge book Malone House and the Cenotaph directly with the relevant departments and the appropriate fee for hire of the rooms is charged to the County Grand Lodge.</p> <p>A license agreement will be drafted for each of the events in respect of issues such as damage, health and safety and a bond of £2,000 will be required from the County Grand Orange Lodge.</p>
	<u>Asset and Other Implications</u>
3.11	<p>Council officers will liaise with promoters in relation to any potential environmental impact from events. Where appropriate a reinstatement bond will be required to be paid to the council before the event to cover any reinstatement of grounds after the event.</p>
	<u>Equality or Good Relations Implications/Rural Needs Assessment</u>
3.12	There are no known implications.
4.0	Appendices – Documents Attached
	None



Subject:	Roll Out of 'Take 5' Benches in BCC Parks
Date:	10 th May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services, CNS
Contact Officer:	Kelly Gilliland, Neighbourhood Services Manager, CNS Jim Morgan, Project Development Senior Officer, CNS

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	To update Committee on work proposed to locate approx. 16 'Take 5 Steps to Wellbeing' benches across Council's parks (up to 4 per locality i.e. North, South, East and West) in 2022/23.
2.0	Recommendations
2.1	<p>The committee is asked to:</p> <ul style="list-style-type: none"> Note the content of the report; and Agree to the Department's request to work in partnership with the Public Health Agency (PHA) to use park benches to promote the 'Take 5 Steps to Wellbeing' approach as well as information contained on the PHA's Minding Your Head website, accessible via a QR code visible on each bench. Up to sixteen benches will be identified within parks across the city, four benches within each locality.

	Belfast Health Development Unit staff will work with BCC Open Space and Street Scene Managers to identify and agree locations.
3.0	Main report
	<u>Background to Take 5 Steps to Wellbeing</u>
3.1	The Public Health Agency have adopted the Take 5 Steps to Wellbeing messages as a key component in their work supporting positive mental health and emotional wellbeing. Take 5 Steps to Wellbeing is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population. It is based on the Five Ways to Wellbeing developed by the New Economics Foundation (NEF) as the result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing (2008).
3.2	The 5 steps are; ‘Connect, Be active, Take notice, Keep learning and Give’ – please refer to the leaflet in Appendix 1 for more information or visit: https://www.publichealth.hscni.net/publications/take-5-steps-wellbeing-english-and-11-translations to access downloadable PDFs. These simple and effective messages are based on solid evidence and draw on a wealth of psychological and economic literature from inter-disciplinary work. Evidence indicates individuals who practise all ‘5 steps’ have the highest level of wellbeing regardless of circumstances.
3.3	Council already supports the ‘Take 5’ approach both internally through the promotion of the ‘Take 5’ messages across all BCC facilities as well as externally via social media, open call grant funding, and its work with partners under community planning. BCC staff located within the Belfast Health Development Unit are also supporting this work by providing resources and training opportunities linked directly to the ‘Take 5’ approach. BHDU have also produced a useful toolkit which can be viewed online: https://www.makinglifebettertogether.com/wp-content/uploads/2015/07/Take-5-Toolkit.pdf
	<u>Background to proposed Take 5 Steps to Wellbeing Benches initiative</u>
3.4	Pre-covid and following a request from the local community and subsequent meetings and discussions facilitated by staff from within the Belfast Health Development Unit, a ‘Wellbeing’ bench was placed in Falls Park in West Belfast in December 2019 in partnership with St Paul’s ABC and Suicide Awareness Support Group.
3.5	In the interim period, other councils have installed similar ‘Chatty Benches’ in some of their parks also focussing on the Take 5 messaging (i.e. take notice and connect) such as Ards and North Down, Armagh, Banbridge and Craigavon and Mid East Antrim Councils.

3.6	Earlier this year, staff from within the Belfast/South Eastern team of the Public Health Agency approached Council via the Belfast Health Development Unit for support in promoting the Take 5 messaging specifically via the installation of more Take 5 benches within Council's parks.
3.7	Both elected members and council officers continue to be regularly approached by members of the public and/or community/sporting groups in relation to memorial benches. And whilst council does enable individuals to purchase memorial seats – see https://www.belfastcity.gov.uk/births-deaths-and-ceremonies/crematorium/memorial-options#320-1 this can however be quite costly, and several of our parks now have reduced capacity in terms of being able to locate the seats in people's preferred locations. Council is planning to develop a memorialisation policy in due course which will look at this more broadly in terms of the related issues and proposed solutions applicable across our cemeteries, parks and open spaces.
3.8	However, in the meantime, officers are keen to work in partnership with statutory and community partners to promote our parks and open spaces as places where our residents can go to improve, not only their physical, but also their mental and emotional wellbeing. Thus, Belfast Health Development Unit staff have spoken with Open Space and Street Scene colleagues, alongside Property Maintenance colleagues and with funding available from PHA, we would be able to repurpose up to 16 existing benches to become colourful 'Take 5 benches', incorporating the Take 5 Steps to Wellbeing messaging, along with a QR code linking to the PHA's Minding Your Head website and placed in prominent positions within 16 of our parks across the City (4 per area).
3.9	Should the initiative be well-received, and further funding become available, we can consider a further phase/roll out in 23/24.
	<u>Financial & Resource Implications</u>
3.10	There are no financial or resource implications to the recommendations outlined above as the required financial resource (£5,000) has been allocated to BH DU via the Public Health Agency.
	<u>Human Resources</u>
3.11	Staff within Belfast Health Development Unit currently support Take 5 work and this will be the case going forward with this proposal.

3.12	<u>Equality or Good Relations Implications/Rural Needs Assessment</u> There are no equality or good relations implications to the recommendations outlined above.
4.0	Appendices – Documents Attached
	Appendix 1 – Take 5 Leaflet

Take5

steps to wellbeing



Health and
Social Care

Give



Be active



Connect



Keep learning



Take notice



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

Take5

steps to wellbeing



Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).

Artwork designed in association with Belfast Strategic Partnership.