

## **Appendix 3: Examples of activity undertaken by BSP co-sponsors to be featured in Lifelong Learning Plan**

### **Belfast City Council**

- Hospitality Employment Academy

As part of the Belfast Employability Pathway Model we've developed a new employability programme to help unemployed residents across the city to develop the necessary skills needed to gain employment opportunities within the hospitality sector. The academy includes a two week intensive training programme to give participants the skills they need to access a range of entry level positions within the hospitality sector. In addition to developing new skills participants are matched to employment opportunities and as a minimum are guaranteed interviews with employers with job opportunities available. The success of this model has resulted in the Council developing similar models for a range of sectors including the construction, healthcare, retail sector amongst others.
- Support for Employability Projects

Presently the Council supports five European Social Fund (ESF) employability projects and two other match funded employability projects which aim to increase workforce skills primarily targeting those furthest removed from the labour market. Interventions include job clinics, legal and debt advice as well as work placements, into-work support and skills development. The outcomes of these projects are focused upon progression into employment, self-employment and/or further training. Through these projects approximately 3,000 individuals are engaged per with around 800 progressing into employment annually.
- Outreach Activities

Delivery of sport-focused outreach pilots, delivered by Sport Changes Life and Active Communities Network. These early engagement interventions primarily target young people and school children at risk of disengaging with formal education, training and/or employment. The focus of these programmes is primarily to support individuals to become positively engaged and address personal barriers with the aim of getting them to progress towards positive destinations through education, employment and/or volunteering – and possibly referring on to other support interventions
- Entrepreneurship Support

Through enterprise outreach activities, the Go For It and Go Social programme the Council is supporting Belfast residents to develop the aspiration and skills required to start a new business or social enterprise. Open to all residents across the city the programmes of support are free to access and include a menu of provision to support individuals develop new business ideas and take the steps towards starting a business.
- Super Connected Communities

Through the IT hubs projects opportunities exist for Belfast residents to develop their IT skills across a number of venues across the city. Through a Saturday IT club young people aged 8-15 years old are given the opportunity to learn how to code, build apps, games and Lego Minecraft.
- Waste Education & Recycling Programmes

Through the Council's Waste Management Team workshops are delivered to help educate and entertain pupils about litter and the impact it has on the world around them.

## Public Health Agency

### - Healthwise programme

To introduce people who are inactive to regular physical activity in a friendly, comfortable and safe environment. Targeted support for those at risk of cardiovascular disease, those with mild to moderate levels of anxiety, stress, depression, and diabetes. The project involves multi partners in Belfast including PHA, GP's and 13 Leisure/Health and wellbeing centres

The expected outcomes of the project are as follows:

- Better quality of life and increased life expectancy for target groups
- Reduction in weight
- Reduced blood pressure
- Reduction in stress and anxiety
- Increased emotional resilience
- Improved health and well being

## Belfast Health and Social Care Trust (BHSCT)

### - Cook It! programmes

A practical nutrition education programme aimed at encouraging those cooking on a **limited budget** to enhance their cooking skills and learn more about a balanced diet. It is delivered in local communities and those trained then go on to deliver the programme to their own group. This programme has been further adapted for particular groups including those with disabilities, those with health issues and families on low incomes:

- "I can Cook it!" for groups of adults with mild to moderate learning disabilities who want to enhance their cooking skills and are interested in healthier eating, especially where cost is a consideration.
- "Choose to lose" is community based, peer support, weight loss programme for adults designed to be delivered in a group setting in order to empower overweight/obese participants to achieve and maintain a healthy weight.
- "Food Values" - a food budgeting programme which aims to make healthier food choices more accessible on a limited budget. The programme focuses on food shopping, better budgeting and experience of cooking low cost nutritional meals
- Dig it and eat it! A community-based fruit, vegetable and herb growing programme. It aims to help participants (adults or children) grow their own produce and learn about a healthy lifestyle at the same time.

The expected outcomes of the project are to support healthier eating and healthier lifestyles for target groups including families living on limited budgets. The delivery partnership for the programme includes the BHSCT and community partners.

### - The Give and Take Scheme

This is a ring fenced employment initiative implemented by human resources at the BHSCT which supports young people into paid work. It is designed to offer concrete opportunities to assist young people leaving care to prepare for and engage in work. This includes opportunities for tours, work tasters, extended work placements, training and employment chances, young people leaving care are matched to these. This improves the culture of education, employment and training and makes sure that there is a steady flow of information and signposting to those working with young people and enhances the roles of social workers and personal advisers. The organisation "Include Youth" is a key partner in this initiative.