

The logo features a dark teal background with a cluster of colorful triangles in shades of green, blue, yellow, orange, and pink. The text 'LIVING WELL TOGETHER' is positioned to the right of these triangles.

LIVING
WELL
TOGETHER

Sharing Assets to Promote Physical Activity

Andy Patterson

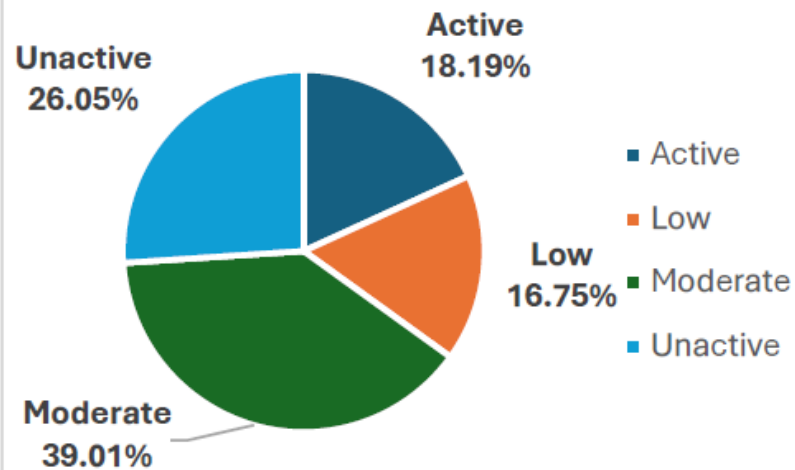
Director of Active and Healthy Communities,
Newry, Mourne and Down District Council

Promoting Physical Activity

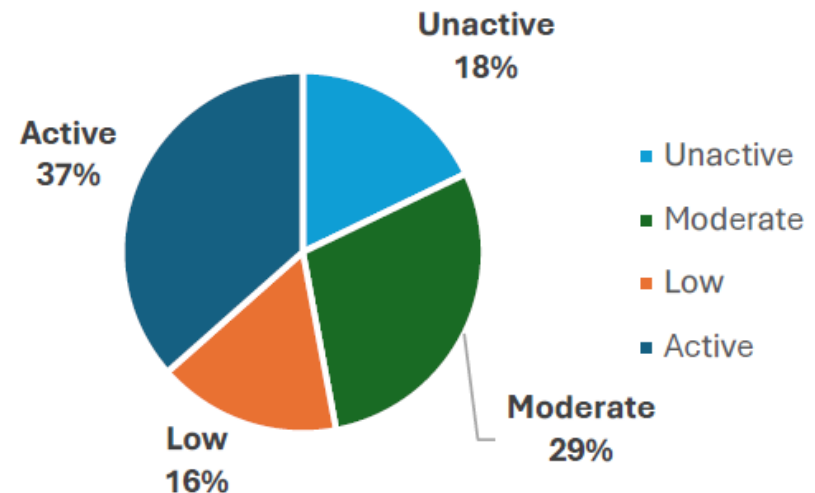
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- Almost 1 in 5 residents in our District do not engage in weekly Physical activity

Level of activity 2018



Level of Activity 2022





Newry, Mourne & Down Health

1 Life expectancy at birth in Newry, Mourne and Down is 78.9 years for men and 82.7 years for women, both slightly higher than the average for Northern Ireland.

2 In the district's most deprived areas men can expect to have a shorter life by about two years and women by about six months.

3 Hospital admissions in the district's most deprived areas are higher than for across the district.

4 Prescription rates for mood and anxiety are also higher in the most deprived areas.

5 The Department of Health Inequalities Annual Report for 2023 shows that of the 53 health outcomes measured in Newry, Mourne and Down, 15 are worse than the Northern Ireland average.

Increased physical activity could save the NHS approx. £1 billion annually by preventing common diseases, including heart disease, stroke, and diabetes.

£2.1 billion per year could be saved in health costs if everyone had good access to greenspace, due to increased physical activity in those spaces.

Strategic Direction



Investment to Improve Health & Wellbeing

- £18.2 million committed to deliver a 15-acre City Park in Newry
- £1.9 million invested to date in creating 13 walking trails, covering 40 kilometers
- £3.2 million committed to develop six new play parks and upgrade over 30 existing parks
- £1.8m to upgrade sports facilities
- Projected budget of £3.5m set to deliver large multi-sports hubs in each of the 7 DEAs



NEWRY CITY PARK - Design Proposals (Overall)



The logo for 'Living Well Together' is located in the top-left corner. It features a dark teal background with a cluster of colorful triangles in shades of green, yellow, orange, pink, and light blue. The text 'LIVING WELL TOGETHER' is written in white, with 'WELL' in a larger, bold font.

Physical Activity and Shared Assets Task and Finish Group

Group Aims

To explore ways of increasing physical activity of young people with a secondary focus on the sharing of public sector assets to address resource and facilities barriers to physical activity.

Organisations Represented

- Newry & Mourne District Council
- The Department for Education
- Health & Social Care Trust
- Sport NI
- The Education Authority



Work to date

- Working group established with Department for Education lead
- Members of the Task and Finish Group have agreed to work collaboratively to support each individual organisation's initiatives with the hope that this collaborative approach will allow for greater impact
- Newry and Mourne District Council and Sport NI have provided a list of facilities that are available for council/school hire.
- Each organisation has provided a short summary of the physical activity initiatives they are currently running for young people.
- The Education Authority will assist in understanding the specific needs of schools in Newry Mourne District Council with regards to physical activity and facilities

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Join The Daily Mile™ Movement

What is The Daily Mile™?

The Daily Mile™ is a free and simple initiative where children can walk, wheel or run, at their own pace for 15 minutes each day.

What is the aim of The Daily Mile™?

To improve the physical, social, emotional and mental health of children, regardless of age, ability or personal circumstances.

What are the benefits?

Research has shown The Daily Mile™ improves fitness, attainment, mood, behaviour and general wellbeing.

How does my school join The Daily Mile™ Movement?

To sign up, visit <https://thedailymile.co.uk/>