

# THE CONNECTOR

Promoting Healthy Communities



Promoting  
Wellbeing  
DIVISION

## Welcome

Welcome to our second edition of The Connector Newsletter. This publication is dedicated to Take 5 ambassadors, Community Health Trainers, Health Champions, Staff and Volunteers, who give their time within our local communities to promote health and wellbeing.

Effective communication is crucial in promoting health and wellbeing within communities. By reaching out to individuals at a grassroots level, we can ensure that important health messages are shared in a manner which is relatable and actionable.

Our mission is to support our much valued Community Health Champions, Health Trainers, Programme Facilitators by:

- providing you with up-to-date key health messages
- providing information on accessing resources relevant to health awareness campaigns
- keeping you up to date with opportunities relevant to your role, such as training and events

# Take5

steps to wellbeing

## Why Take 5?

Most people know when they are mentally and physically well, but sometimes people need a little extra support to keep well.

Research shows there are five simple steps to help maintain and improve a person's wellbeing: connect, keep learning, be active, take notice, and give.

Evidence indicates a person who practises all five steps as part of their daily routine will feel higher levels of wellbeing.

## Take 5 Pack Resources

Our new Take 5 resources we introduced in the spring have proved a great success, particularly at promoting Take 5 messages for the whole family. These materials will hopefully prompt more Take 5 conversations in everyday life. Please continue to order your packs at least 2 weeks in advance of your session, using [take.5@southerntrust.hscni.net](mailto:take.5@southerntrust.hscni.net)

We are hoping this resource, produced biannually, will better connect our Take 5 community, keep you abreast of Take 5 news and showcase some of the amazing Take 5 work going on in the Southern Trust area.

**Scan the QR code and try the Take 5 Interactive Resource and Self Assessment Tool**



<https://southerntrust.hscni.net/your-health/health-improvement/protecting-your-mental-health/>

## What's new in Take 5?

Take 5 in Southern Trust goes from strength to strength with 30+ new Ambassadors trained this year and ready to deliver the Take 5 Steps to Wellbeing message into their communities. Also a new Take 5 resource for Trust staff is also under construction so watch this space!

## How do we evaluate sessions?

We want to encourage you to continue your efforts in gathering evaluations, either through the QR code or by hard copy. This is paramount to our funding and the continuation of the Take 5 message being delivered to its full potential throughout the Southern Trust area.



Research shows being active releases chemicals in your brain that make you feel good, boost your natural energy levels and increase your self-esteem. Not bad for something you can mostly do for free!

**Other Benefits include:**

- decrease feelings of anxiety
- improved sleep
- a sense of achievement
- more focus and motivation
- feeling less angry or frustrated
- a healthy appetite
- having fun

In this edition the Take 5 Step in focus is the first fundamental to feeling good and functioning well:

**BE ACTIVE.**

## **BE CREATIVE, BE ACTIVE!**

For some of us, it can be hard to be active, perhaps because we have a mental or physical disability or a health condition. The kind of activities that are right for you depend on your level of ability and the types of activity that appeal to you. Whatever your level of ability and confidence, there are activities you can do to be active- it's important to work with your body.

- Get into a good habit - Set a reminder to get up and move every 30 minutes during the day.
- Your own stand-up routine - Try standing when /if you can – even short periods of standing will add up and improve strength.
- Every day tasks- gardening, carrying shopping, housework, playing with children, walking the dog all count!
- Take up a hobby - there are lots of physical hobbies you can try, like walking, running, dancing or swimming- check out council pages Find one you enjoy and make it part of your life.
- It's better together - If your friends and family want to be more active too, try engaging everyone's competitive side with activity challenges or incorporating physical activity into quality time.

# Amazing Ambassadors

Our Take 5 Ambassadors are core to the delivery and reach of Take 5 in our communities.

They are an invaluable part of the wider Take 5 team!

## Introducing : Eileen McGivern

Eileen is a Community Support Worker NM&D locality and delivers Take 5 to a wide range of groups across the Trust, to people of all ages and abilities. Eileen feels Take 5 Steps to Wellbeing is a paramount tool in her kit when supporting the people in the community she serves with their individual and collective wellbeing.

Eileen loves seeing the people's faces when she introduces the Take 5 fundamentals , particularly the idea of self-care and how important it is to schedule this into their daily lives and that its ok to not feel guilty about 'ME TIME'.

### Eileen's Idea for applying Step in Focus : Be Active

"Autumn is an amazing time of the year, get outdoors, go for a walk, kick up the leaves, dust off the cobwebs before the winter settles in. We have so many outdoor attractions on our doorsteps that are free to explore to include Peatlands park/ Palace stables/The Mall Armagh/ Gosford Park/ Deramore Park/ Slieve Gullion/ South Lakes/ Lurgan Park to name but a few! Why not connect with nature and allow yourself the time to relax and explore, perhaps add a digital detox and leave the phone off while you're out and about. If you need a buddy/group for support or encouragement we have lots of Chatty walks within the SHSCT Area led by qualified Walk leaders who will be more than happy to have you with them, these walks are free to participate in also and can cater for most abilities!"



**Eileen McGivern delivering a Take 5 session**

Eileen enjoys sharing the Take 5 messaging which supports her participants to focus on refuelling and recharging their wellbeing , avoiding burn out and improving productivity. The resource packs are important to Eileen and her service users as they reinforce the key messages of Take 5 and support reflection at home, inspiring positive behaviour changes that will help increase overall health and wellbeing in the individuals and their communities.

### Eileen's success story :

"One participant comes to mind who attended one of my Take 5 sessions - He wanted to get more involved in his community to be more socially connected ,he started volunteering at a local community group for older people, he then trained up as a walk leader and now takes his own walk weekly, he looks after a community garden which he was a part of the set up also. Best of all, he loves connecting with his fellow community members at all these activities and he knows his health has benefited while he still makes sure he does his 5-a-day for his wellbeing and shares this message to those that attend his groups."

# Thinking about becoming a Take 5 Ambassador?

If you are interested in becoming a Take 5 Ambassador and would like more information or want to attend an Ambassador briefing session - please get in touch via [\*\*take.5@southerntrust.hscni.net\*\*](mailto:take.5@southerntrust.hscni.net)

## Next edition:

In the next edition of our newsletter the step in focus will "Take Notice". We would love to hear if you have any ideas on how you encourage yourself or your participants to be active.

Also we are on the look out for more amazing ambassadors to feature in our next publication. If you would like to nominate yourself or an ambassador you know who is doing great work - please get in touch!

## Eileen's Top Tip for new Ambassadors

Preparation is key, know the group you are going to be delivering to as well as the area this will help you to signpost to what that community has to offer on your participants doorstep. This will help with the support ease of access for them to connect with their local community. Have information on local walking groups/ social group/ craft class /parent & toddler group etc. Indeed the local library this is a personal favourite of mine, our local libraries have so much to offer all age groups and its free!

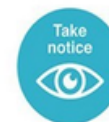
## Take 5 Celebration

We are planning a Take 5 celebration event to be held next year, details to follow.

This will be a day to celebrate all the wonderful Take 5 work in the Southern Trust. We would love to hear your Take 5 success stories and be able to share and display them on the day.

If you would like to share your Take 5 experience, please get in touch !

**Take5** steps to wellbeing



# Nature Connections



Nature Connections Training March 2025

## What is Nature Connections?

Nature Connection Walks are an outdoor, guided practice, that focus on engaging all five senses — sight, sound, smell, touch and taste — to promote relaxation and overall well-being.

## How does it work?

The programme includes mindful walks, nature journaling, and sensory immersion exercises, nature-based activities providing individuals with accessible and tangible coping strategies. These help to build emotional resilience, self – awareness, emotional regulation and connection. These activities can be incorporated into existing physical wellness activities, such as walking or exercise groups or can be stand alone activities.

## What are the benefits?

Nature Connections practice is effective at preventing disease and emotional imbalance and is proven to enhance mood and relieve various mental health-related conditions, like depression, anxiety and insomnia. It can also improve aspects of physical health, such as immune and respiratory function, and is an effective way to build social connections and resilient relationships.



## Research shows

Nature connection practices develop self-awareness, mindfulness, and emotional regulation. These skills support people managing anxiety, depression, or stress, fostering grounding and resilience in their mental health recovery. Service users feel comfortable connecting with nature and each other, fostering community — a key component of the Steps to Wellness approach.

Individuals engage both their bodies and minds while connecting with the natural world, meaning this is an accessible practise for all!



## Facilitation Training

26 Nature Connections Facilitators have been trained in 2025 from a wide range of backgrounds to include HSC staff, Verve Health Trainers and Community and voluntary support staff. These new facilitators have already made an impact delivering nature connection activities into their communities with walks readily available to the public join throughout the Southern Trust area through the Verve and the Recovery College, with the Trust Staff wellbeing team offering walks to all Trust directorates on request.

## The Feedback

- “I rediscovered a sense of wonder in nature I haven’t experienced since childhood”
- “I learned the importance of stillness and being in nature for my mood”
- “I learned the importance of taking time out for myself and connecting with my thoughts instead of rushing through the day”
- “I learned to use what is on my doorstep as a tool to help manage my emotions”



*Nature Connection Facilitators class – Oct 2025*

# Fantastic Facilitators

Our Nature Connections Facilitators are core to the delivery and reach of nature connection activity in the Southern Trust. They are dedicated to supporting their communities wellbeing and their creativity and passion is fundamental to the continued roll out of nature connections.



*Hazel and her fellow Nature Connection facilitators March 2025*



## Introducing Hazel Boland

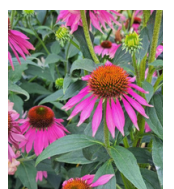
Hazel Boland works as Project Co-ordinator for Loughshore Care Partnership (LCP) who are now part of the Verve Living Network and is a qualified community Health trainer.

LCP works alongside schools & nurseries, senior citizen groups, families and other groups along the shores of rural Lough Neagh from Maghery up to Aghagallon & Derrymore to bring health & well-being projects to tackle isolation and limited access to services.

## Wild Wanderers

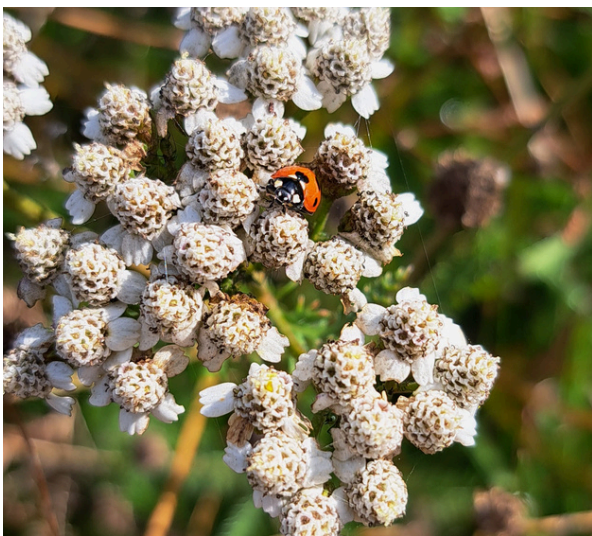
Hazel's group is called Wild Wanderers and they meet at Kinnego Marina at Oxford Island on the last Friday of the month. There is an abundance of pathways along the Lough shore and so many nature connection ideas to explore. The group have been able to enjoy the ebb and flow of the water's edge, the tranquil beauty in the garden area which set our scene for their poems and picnic session; then especially at this time of year - the everchanging magnificent hedgerow. The little added bonus is that afterwards everyone can enjoy a warm drink and a chat - which is always much needed and a lovely finish to the morning.

*For more information contact  
028 3756 3946 or  
[verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)*



# Hazel's Joy in Nature Connections

“My group is quite diverse with the youngest being 9 months (along with a 2 year old old) whose parent is home schooling and integrating the nature walks as part of the learning, recognising the benefits at an early developmental stage. Once we are out in nature there are so many stories within the group and it always feels like we are constantly learning from one another and sharing ideas – which is so lovely. I am really enjoying how all the sessions can be designed so differently and as I derive from a creative arts background – I can see how these 2 elements have so much potential to blend naturally together and I am excited to explore this more - I am actually integrating elements of Nature Connection into one of my current art projects.”



*The beauty to be found at Oxford Island*

## Wild Wanderers Success Story

“During the summer there was a lady who had joined with her sister and had mentioned that she regularly walks but had never walked in silence and took notice of her surroundings before which was something that both really surprised her and yet she appreciated it. In the short time that I have facilitated the Nature Connection walks there are some new friendships that have developed which I believe will last for a long time with the shared passion for nature and understanding of the healing benefits.”

## Hazel's Top Tips for Nature Connection

“ I think it's important just to take time to breathe and take in our surroundings – even just the walk into work in the morning or any opportunity when you have a minute to yourself. It does wonders to take in the sights, smells, sounds and little things you notice with the changing seasons, without the distraction of the everyday.”



*For more information on Nature Connection walks near you contact: [verve.network@southerntrust.hscni.net](mailto:verve.network@southerntrust.hscni.net)*

# Health Awareness Campaigns

## Talking really helps suicide prevention campaign resources

The Public Health Agency's 'Talking really helps' mass media campaign is running from November 2025 to March 2026. The campaign aims to encourage anyone with feelings of anxiety or distress, or who is in crisis, to start the conversation about their real feelings.

The campaign also promotes Lifeline, Northern Ireland's crisis response helpline.

[Click Here  
for campaign assets](#)



This campaign is not about fixing people or diagnosing distress. It's about giving people permission to speak and giving us permission to listen. When out with groups or during one to ones acknowledging this campaign helps us acknowledge that not feeling okay is part of being human – and you don't have to carry it alone.

Remember every conversation, no matter how small helps!

### Your Role

- ◆ Listen without judgement
- ◆ Validate how someone feels
- ◆ Connect with appropriate local support if needed
- ◆ You are not expected to provide counselling or solutions



**Want to learn more about mental health supports visit**  
<https://www.mindingyourhead.info/>



Minding your head has information, advice and support to help people in Northern Ireland look after and improve their mental health and wellbeing, and find out what to do in a crisis.

We recognise that working with groups and individuals can be emotionally demanding. Please check in with your own wellbeing and use supervision and peer support.

Training, such as SafeTalk, Mental Health First Aid and Assist can help you respond to someone who is in distress. Dates for training can be found in the Promoting Wellbeing Training Directory

Movement is the most powerful tool we have to help maintain independence and age well. Movement for Life isn't about running marathons, it's about supporting over 50's to move in a way that suits them by incorporating movement into daily life.

The campaign responds to rising concerns about inactivity in the over 50 population, with fewer than 41% of older adults aged 65 to 74 and 10% of those aged over 75 report meeting the physical activity guidelines for health, the campaign aims to break down barriers and support over 50's to embrace movement as a way to boost mood, feel better and sleep better while staying connected and most of all having fun.



[Campaign Resources can be found here](#)



## Out & About with Movement for Life Campaign Supporters



## Fantastic Facilitator

Community Health Trainer Angela loves getting her groups active with her Community Strength and Balance sessions.

Angela recently delivered taster sessions for as part of the Active and Well taster sessions for older adults in Dungannon Leisure Centre. They enjoyed the activities so much a full Active and Well programme has been organised.

THANK  
YOU

Thank you to all of you who, like Angela are keeping our communities active, well and connected!



# Community Strength & Balance

The Community Strength and Balance programmes are based in local community venues and in leisure centres across the Southern Trust area. They are delivered by Facilitators who have received training from the Southern Trust Falls Physiotherapist. Participants can be referred through the Falls Clinic or you can make a self referral.

## Community Strength and Balance referral criteria

one or more of the following:

- Over 50 years
- Fear of falling or concerned about balance and mobility
- Feeling unsteady
- Wish to improve strength and balance
- Exclusion criteria: Over 4 risk factors - 4+ medications, dizziness, walking aid, unexplained falls, very unsteady on feet

**Strength for Life**  
Are you fit for life?  
Strength training is not just for athletes, it's for everyone & its so important for over 50's!

**Why strengthening matters?**  
As we get older we naturally lose muscle mass and strength which effects:  
● Mobility  
● Independence & ability to do every day tasks  
● Balance  
● Increases the risk of falls  
Strength training is key to a healthy & independent life

**Did you know strengthening can:**  
● Build and maintain strong muscles  
● Improve bone health & reduce risk of falls  
● Improve balance & mobility  
● Help you do daily tasks  
● Sharpen thinking and memory  
● Boost mood  
● Better sleep  
● Support brain health

**What can you do?**  
Take the fit for life strength and balance challenge. Start by trying strength & balance exercises, twice per week and combine this with aerobic activity to stay strong and steady and keep doing what you enjoy.  
**Stay strong & steady for life**

HSC Southern Health and Social Care Trust  
MOVEMENT FOR LIFE

To make referrals to the Community Strength and Balance programmes please contact Emma Daly

**emma.daly@southerntrust.hscni.net or 028 3756 3952**

**1-1 Strength and Balance sessions are also available**  
**Referrals can also be made through the Verve network website**  
**www.verve-network.co.uk**

## Community Strength and Balance Classes

Department of Health guidelines recommend all adults should complete 150 minutes of physical activity in a week. Older adults at risk of falling should also undertake physical activity to improve muscle strength, balance and coordination at least twice a week.



Stay Steady

# Strength and Balance classes near you

Community Strength and Balance Venue	Dates	Times	Registration Details
Lislea Community Centre, Armagh	8 <sup>th</sup> January 2026	10.30 am - 11.30 am	Contact Emma on <a href="mailto:emma.daly@southerntrust.hscni.net">emma.daly@southernrust.hscni.net</a> or 02837563952
Galbally Community Centre, Co. Tyrone	13 <sup>th</sup> January - 10 <sup>th</sup> March 2026	11.00am -12 noon	Contact Angela 07708192039
Heart failure Warriors group The Old Town Hall, 1 Scarva Street, Banbridge, BT32 3DA	12 <sup>th</sup> January 2026	11 am - 1 pm	Contact Barry on 07479 381036
Nautilus Centre, Rooney Road, Kilkeel	26 <sup>th</sup> January 2026	10.30am-11.45am	Contact Sophie 028417 62525
Cedar Foundation Dungannon Leisure Centre	13th January - 3rd March 2026	11:00 am - 12:00 noon	In advance of class and on the morning
Bessbrook S&B Cloughreagh Community Centre	13 <sup>th</sup> January 2026	1.30 pm	Contact: Erin on 07773712587
Rathfriland S&B St Marys parish centre Rathfriland	Commencing January 2026	TBC	Contact: Erin on 07773712587
Warrenpoint S&B Panto Hall, Warrenpoint	Commencing February 2026	11.15 am	Contact: Erin on 07773712587
Drumellan Family Learning Complex 12 Drumellan Ct, Craigavon BT65 5HT	Wednesday in January - date TBC	11.00 am - 12.00 noon	Mandy 02838 3214152
Salvation Army, 76-82 Union Street, Lurgan, BT66 8ED	Tuesday in January - date TBC	10.30am-11.30am	Linda Hyde 07546 196449

# Sound Advice

## A resource for people you support



**RNID** | Supporting people who are deaf, have hearing loss or tinnitus

Royal National Institute Deaf (RNID) is an organisation in Northern Ireland who offer information and support for people who are deaf, have hearing loss or tinnitus, and those who support someone.

RNID work in communities across the country to provide information and support services. they also run fundraising events and campaigns – and are always keen to welcome new volunteers.

Find out about our local services in Northern Ireland, how to get involved and who to contact for information or support here [RNID in Northern Ireland - RNID](#)

### Why this matters for wellbeing

Hearing loss doesn't just affect communication it can impact:

- Mental health
- Social connection
- Confidence and independence
- Access to health information and services

Including RNID at events and in your groups will help people become aware of their hearing health, reduce barriers to supports and ultimately help people stay connected and well in their communities.

**CLICK HERE**



#### Information to Share

You can take a free online hearing check in just 3 minutes. The hearing check will suggest if your hearing is in a normal range or if you may have hearing loss.

It's not the same as a full hearing test carried out by an audiologist (hearing specialist), but it's a quick and reliable way to find out if you need one. Go on, try it!

# Home Accident Prevention for Under 5's

In Northern Ireland in a typical week, two people die as a result of home accidents. In addition to these deaths, there are approximately 17,000 admissions to hospital each year as a result of unintentional injuries in general. Christmas is a time when your home is likely to be full of people, and it's in the excitement of the season that accidents can easily happen.

But one of the good things about Christmas is that there are typically more people around to supervise children and, with a little more care and forward planning, most accidents could be avoided.

Read more Christmas Safety Tips here :

RoSPA- Christmas safety tips: Keep your holidays safe and enjoyable

For more elf messages please visit <https://southerntrust.hscni.net/your-health/health-improvement/home-accident-prevention/under-5s/>

## Don't let Button Batteries Catch you off guard!

PHA warns of dangers of 'button batteries' this Christmas Parents and carers are being warned to be alert to the dangers of 'button batteries' this Christmas, with the Public Health Agency (PHA) highlighting how easily things can go wrong.

Lithium cell batteries, also known as 'button batteries', are common in many children's toys but are a significant danger to a child or adult's health if swallowed.

They can cause choking, poisoning, or burning, and can lead to life-changing injuries or even death. Read more PHA warns of dangers of 'button batteries' this Christmas | HSC Public Health Agency



## Would you be interested in becoming a home safety champion?

This would involve?

Delivery of short home safety session to groups

- Topics include; safety for under 5's; falls prevention; Safety in the home for over 65's
- Access to resources to complement the sessions
- Completion of a short monitoring and evaluation form with participants

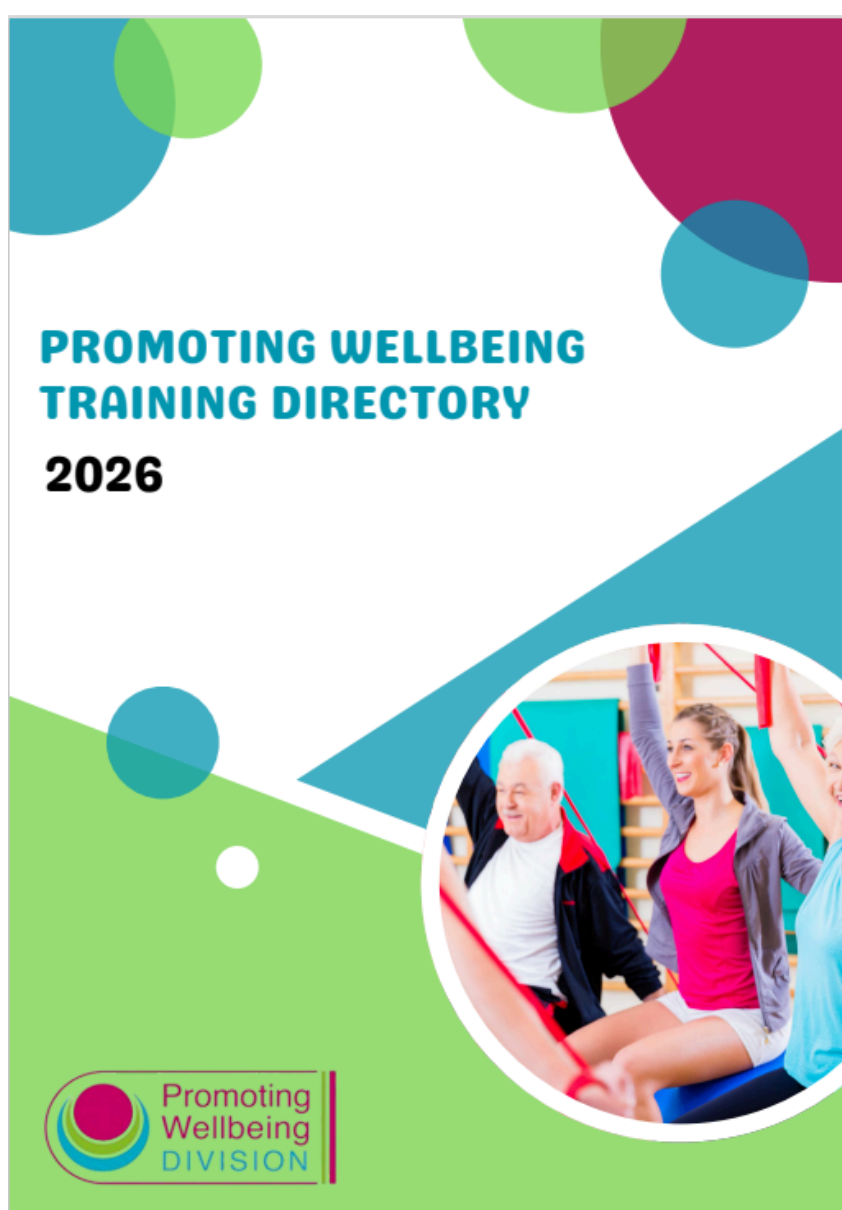
Information, links and resources for parents, community workers and staff are organised by topic area and can be found here:

[CLICK HERE](#)

# **New Year Training Opportunities**

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**Enhance Your Skills and unlock  
your potential with the Promoting  
Wellbeing Training Calendar  
2026**



**[Click Here to view and book  
your space!](#)**

# Promoting Wellbeing Support Workers

**The Promoting Wellbeing Division Community Support Workers are active across the Southern Trust Area in:**

- ◆ The delivery of health and wellbeing programmes within communities experiencing health inequalities
- ◆ Signposting and supporting of people to access programmes, training and services in support of health and wellbeing
- ◆ The provision of support to Community Health Champions (click and brings you to CHC info) in accessing training and developing community based initiatives
- ◆ Participation in community health events

Click flyer below for information on their role and how they can support community health and wellbeing programmes.



The flyer features a dark blue background with white and yellow text. At the top left is the HSC Southern Health and Social Care Trust logo with the tagline 'Quality Care - for you, with you'. At the top right is the Promoting Wellbeing Division logo. The main title 'PROMOTING WELL BEING SUPPORT WORKERS' is in large white letters. Below it, the subtitle 'Promoting Health and Well being within local Communities throughout the Southern Trust Area' is in yellow. A section titled 'OUR SERVICES' lists six items with checkmarks: Food & Nutrition Awareness, Physical Activity Programmes, Mental Health Awareness, Home Accident Prevention Awareness, Community Health Champion Training, and Community Health Events. Two images are included: one of a man and a woman jogging in a park, and another of a group of women in a fitness class. At the bottom left, it says 'LEARN MORE ABOUT WHAT WE OFFER' with three yellow arrows pointing right.

The Promoting Wellbeing Division can provide access to a range of health promotion posters and leaflets to view all resources  
To request Promoting Wellbeing resources, please complete the form below or contact us with queries at [pwb.resources@southerntrust.hscni.net](mailto:pwb.resources@southerntrust.hscni.net)

For more information on services provided and how to book programmes please contact [martin.connell@southerntrust.hscni.net](mailto:martin.connell@southerntrust.hscni.net)

# TINSEL, TREATS & TASTY BALANCE: EATING WELL THIS CHRISTMAS



As the fairy lights twinkle and the mince pies start calling your name, it's easy for healthy habits to slip into hibernation. December brings joy, laughter, and... let's be honest, a lot of food! But good nutrition doesn't mean missing out on festive fun — it's about finding balance, enjoyment, and a little mindfulness along the way.

**Mindful eating** is simply paying attention to what and how we eat. Instead of rushing through meals or eating on autopilot, we tune into our senses — the smell, taste, and texture of food — and listen to our bodies' hunger and fullness signals.



“*When we slow down and savour each bite, eating becomes not just a means of nourishment, but a moment of mindfulness that nourishes both the body and soul*”



Many of us are guilty of rushing through meals, barely chewing our food, and moving on to the next task. However, slowing down allows your brain to catch up with your stomach, leading to better digestion.



“*Mindful eating is not about restriction; it's about connecting with our food, honoring our hunger, and making choices that feed our well-being.*”

## Here are a few simple ways to eat more mindfully this Christmas:

- Pause before you plate up: Ask, “Am I really hungry, or just tempted because it's there?”
- Enjoy every bite: Slow down and really taste your food. It helps prevent overeating and makes meals more satisfying.
- Balance indulgence with nourishment: You can have the mince pie — just maybe balance it with a colourful salad or an extra walk later.
- Hydrate between the mulled wine and fizz: Dehydration often masquerades as hunger. A glass of water between drinks goes a long way.
- Let go of guilt: Food is meant to be enjoyed! One festive meal won't undo months of good habits.

The holiday season is about connection — with family, friends, and ourselves. By being a little more mindful with our eating, we can enjoy the flavours of Christmas and start the new year feeling good, not guilty.



# Roasted Winter Salad with Cranberries & Maple-Glazed Nuts

This dish brings together the colours and flavours of Christmas — sweet, savoury, crunchy, and oh-so-satisfying. Perfect as a side or a light main.

## Ingredients: *(serves 4):*

- 2 medium sweet potatoes, cubed
- 1 small red onion, cut into wedges
- 2 handfuls kale (or spinach)
- 1 tbsp olive oil
- 1 tsp cinnamon
- Salt & pepper to taste
- 50g dried cranberries
- 50g mixed nuts (pecans, walnuts or almonds)
- 1 tbsp maple syrup

## Dressing:

- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1 tbsp apple cider vinegar



## Method:

1. Preheat oven to 200°C.
2. Toss sweet potatoes and onion with olive oil, cinnamon, salt, and pepper. Roast for 25 minutes until golden.
3. In a small pan, toast the nuts with maple syrup for a few minutes until lightly caramelised.
4. In a large bowl, mix the roasted veg with kale, cranberries, and nuts.
5. Whisk dressing ingredients together and drizzle over before serving.

*Serve warm with a sprinklé of feta cheese or a few pomegranate seeds for extra festive sparklé!*



[cookit@southerntrust.hsci.net](mailto:cookit@southerntrust.hsci.net)

# Useful Contacts

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## Take 5

Mental Health Improvement Lead:  
[julie.graham@southerntrust.hscni.net](mailto:julie.graham@southerntrust.hscni.net)

or

[take.5@southerntrust.hscni.net](mailto:take.5@southerntrust.hscni.net)

or call 028 3756 4460

## Strength and Balance & Community Health Champions

Community Health Improvement Officer:

[emma.daly@southerntrust.hscni.net](mailto:emma.daly@southerntrust.hscni.net)

or call 028 3756 3952

## Falls Coordinator

[Falls.Coordinator@southerntrust.hscni.net](mailto:Falls.Coordinator@southerntrust.hscni.net)

or call 028 3756 4909

## Promoting Wellbeing Support Workers

Health Improvement Officer:

[martin.connell@southerntrust.hscni.net](mailto:martin.connell@southerntrust.hscni.net)

or call 028 375 62076

## Physical Activity

[physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

or call 028 3756 3971

## Promoting Wellbeing Resources

[PWB.resources@southerntrust.hscni.net](mailto:PWB.resources@southerntrust.hscni.net)



# Additional Useful Contacts

Organisation	Telephone number
N.I. Electricity Networks	03457 643 643
N.I. Direct	03002 007 899
Make the Call	08002 321 271
Home Security Advice	07919 306 281
DART Partnership	028 3831 7810
Council Offices	0300 0300 900
Community Advice ABC	0330 135 9733
Armagh Rural Transport	028 3751 8151
Police Non-Emergency	101
Police Emergency	999
Out of Hours Doctor	028 3839 9201
N.I. Water	03457 440 088
Age NI Advice Service	08088 087 575
Age Friendly Officer	07825 010 630
Action Fraud	03001 232 040
Access and Information 65+	028 3756 4300
ABC Seniors Network	07873 339 423

Have you any good contacts to share?  
Share your knowledge by helping us create a directory of speakers that have  
been a great source of information for your group!