

Sustainable Development: Inclusive Leisure Programme



Beginning in Autumn 2016, a 12 week inclusive leisure programme takes place at a number of Fermanagh and Omagh District Council's leisure centres. All activities on the inclusive leisure programme are suitable for people with limited mobility and can be played or undertaken in a seated or standing position.

The free programme, which includes a variety of low impact sports and activities, is funded by the Public Health Agency (PHA) and has been organised by the Council to help more people in the district lead more active lifestyles.

Sports and activities on offer include Chi-Me which involves controlled breathing and relaxation with slow, gentle movements; kurling – a form of the original curling game that is played indoors; and boccia – a game similar to bowls and pétanque.

Speaking about the inclusive leisure programme, Chairperson of Fermanagh and Omagh District Council, Councillor Mary Garrity, said;

“Fermanagh and Omagh District Council recognises the benefits of leading an active lifestyle and is delighted to work in partnership with the PHA to provide this opportunity to our residents.

The inclusive leisure programme has been specifically designed to help people who have limited mobility or who find taking exercise difficult, to get active and to promote positive health and well-being. “

Colette Brolly, the PHA lead on physical activity, said: "Participation in physical activity, sport and exercise is great for both body and mind. It helps maintain a healthy weight and protect against heart disease, some cancers and type 2 diabetes. Physical activity also helps with our sleep patterns and can improve our mental health by reducing stress.

"These leisure programmes are a great way to get active. It is hoped that they will influence behaviour changes in those who don't currently take part in physical activity. They are free, easy to use and are easily accessible on the doorstep of local communities."

In addition Fermanagh and Omagh District Council also organise other inclusive leisure activities such as canoeing, angling, golf, sailing and walks for people with limited mobility.

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