



UL ENGAGE

Community Briefing

2018 No. 29



BGM Active Healthy Community

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UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

UL Engage

share

enable

grow

Promoting University Community Collaboration

Project Aim and Objectives

The overall aim of this project was to get the community of Bruff, Grange, and Meanus involved in a more active healthy lifestyle and mindset.

The project objective was to teach individuals in the community about the benefits of an upcoming form of exercise that could be catered to all skill levels and abilities called High Intensity Interval Training (HIIT). Another objective was to give them the information and tools needed in order for them to design and carry out their own HIIT workout.

Project Rationale

Bruff, Grange, and Meanus are beautiful communities with a lot to offer their residents. The BGM community council wanted to help the residents to get more active and provide resources to accomplish that. Recently the gym in Bruff closed down which put the community members more at risk of not being able to live an active lifestyle. In addition to this, the fear of becoming a satellite community came up, where residents would only sleep in their community and then leave to work and participate in other activities outside of Bruff. By having the practicum students here, they hope to tackle this problem and prevent this from happening within the community.

The reason why this project or form of exercise is being undertaken is because of previous information gathered at the World Cafe last year. The people of the community spoke at the World Cafe about what could be done to get the community involved in a more active healthy lifestyle. This is what initiated the creation of multiple workshops focused on the health and well-being of an individual. They were also interested to see how they could maintain their physical activity with limited time and various levels of ability which is what prompted the incorporation of HIIT sessions into the workshops.

COMMUNITY

Overview of Community Organisation

The Bruff, Grange, and Meanus (BGM) Community Council is a democratically elected group of community members which first got its start 12 years ago in 2006. The council was established with the goal of aiding all the residents of each participating community. Currently, a priority of the council is to engage and pursue both an active and healthy lifestyle. In fact, the council is currently in the process of applying for a grant on behalf of it. The BGM Council has a strong foundation and is continuing to reach all of its members.

Community Partners



Biddy Hayes

Biddy was born in Grange (Holycross) and is currently living in Meanus (Glenogra). She is a mother to six and a grandmother to four. She also worked in Bruff at the FCJ Convent. Some may say that she is the ultimate BGM community member.

Mark Nagle

Mark was born and raised in Bruff and is currently living there with his lovely family. Mark has been the chairman of the BGM Community Council for quite some time and is involved with Bruff Tidy Towns to enhance the environment of the town. Mark took a hiatus from Bruff but eventually came back due to his passion for the town. He is currently working at a local family business in the community. Mark loves music and sports; ranging from football, rugby, curling.



Tracey Gleeson-Butler

Tracey has lived in the community since 1997 and is married to local businessman Jer Butler and has two sons. She is actively involved in the BGM Community Council. She works as Senior Administrative in UL Engage at the University of Limerick. Tracey has a passion for choral singing and sings with the Limerick Chamber Choir.



STUDENTS



Kerrigan Anspauch – Concordia University, Nebraska

A biology student, with an emphasis in human anatomy and a minor in psychology, Kerrigan hopes to pursue a career in emergency medicine and surgery. Kerrigan served as a Community Youth Council member for 3 years in her hometown and was also appointed as one of two students to serve on the Mayor’s Advisory Board in 2014. More recently, Kerrigan has experience in group fitness instruction in both a local gym as well as a nursing home. Further, Kerrigan competed in collegiate athletics and worked as a weight lifting assistant for two years at her home University. She has enjoyed participating in this project as she was able to use her diverse background and education to share not only the scientific study of health, and physical benefits but also the psychological and mental aspect. Kerrigan’s favorite aspect of the project was reading the feedback, and knowing that her group truly had a positive impact on the community.



Nicholas Jackson – University of Minnesota Twin Cities

Nicholas is a 3rd year student studying Computer Science with a minor in Business Management. Nicholas aspires to be a software developer or programmer, and eventually move into a management role after his undergrad. Throughout his lifetime, he realized how important health and wellbeing is. Which prompted him to stay physically active and engage in various sports along with exercising. During his summers, Nicholas gives back to the Twin Cities communities by teaching children numerous sports and life skills. Nicholas has enjoyed his time working with the community of Bruff, Grange, and Meanus and loves to see the positive impact that the UL Engage Practicum has left for the community and their team.



Robyn McDougall – University of Calgary

Robyn is a third year undergraduate student pursuing a Bachelor of Science in Exercise and Health Physiology. She is passionate about healthy living and hopes to work in the healthcare field as either a lawyer or a physician. At her home university, Robyn volunteers at an exercise centre for cancer patients and survivors. In addition, during the summers she works as a lifeguard and swim instructor and enjoys teaching both children and adults the importance of swimming as a life skill, both for enjoyment and safety. She was excited to be working with the communities of Bruff, Grange and Meanus this semester and has enjoyed her time in Ireland.

OUTCOMES

One of our main objectives was to introduce an active living attitude in the community. We successfully participated and presented in two workshops and engaged several members of the community in that active living attitude. By hosting two sessions in two different weeks, we were able to follow up with people who had attended both sessions and gain constructive feedback.

We received an overwhelming positive response to the two workshops. In general, people liked how HIIT exercise was quick, easy and equipment free. We also had a few people compliment us on our knowledge of the subject as well as our positive and energetic demeanour during the presentation. Many people also said that they immediately felt the benefits and were automatically smiling and in a better mood.

The most notable outcome we discovered was during our second workshop when we asked all the returners if they had tried out our HIIT “Create Your Own Workout” that week. One lady spoke up and said that she had not exercised much before our first session, but this past week she had done a HIIT work twice each day. Everyone who had attended gave her a big round of applause and it was a very supportive and encouraging moment for both us and the community. It was an affirmation that our intervention could be practically implemented for the residents of BGM.

Our community partners also noticed other outcomes. Bidy said that it was a good way to bring a more holistic approach to a healthy community and to create community awareness about physical activity. She also said it broadened the awareness of all aspects of health; physical and mental. Mark said that he felt that the workshop had very positive outcomes as well. He mentioned that a few of the returners from the first workshop were starting to get the hang of the exercises by the second workshop and it was becoming more second-nature to them. In addition, Mark discussed the possibility of creating active spaces in the community for exercise, since there had recently been a gym that closed down. These workshops seemed to kickstart the idea of having a community space for active living which is a major positive outcome.

TESTIMONIALS

- ★ “Ever since last week’s workshop, I been actively engaging in HIIT everyday since then” – *Participant of first workshop who gave feedback at 2nd workshop*
- ★ “I felt the benefit immediately” – *Joy*
- ★ “As a community we had an idea but we needed expert help to bring it to fruition - this is where the UL Engage students came in.” - *Tracey Butler*
- ★ “As community activists we found the approach of the UL Engage students refreshing, engaging and positive.” - *Biddy Hayes*
- ★ “Felt great afterwards - short sessions and it was doable” - *Anne O’Connor*
- ★ “I hate exercise, but I can do this!” - *Bernie Quillinan*
- ★ “The students’ impact on the community was a wake up call, a broadening of community knowledge of health and inspiration to continue the project.” - *Biddy Hayes*
- ★ “From a personal point of view, working with the UL Engage students has been an enjoyable and worthwhile experience as they bring a new viewpoint, enthusiasm and motivation to the community. “ - *Tracey Butler*

RECOMMENDATIONS

- Hold the workshops or events more than a week before the due date of the project and community briefing
- Students should come into the project with an open mind to meet the needs of the community.
- Students need to be approachable, positive, and helpful in any way shape or form because they are representing the University of Limerick and International Students.
- Come up with a project or plan that the community or individuals can carry out and continue after the practicum students leave.
- Know your audience/community. We were able to tour the small communities that we were serving prior to our event and it really helped us get a feel for their needs and interests.
- Students should get to know their community partners and their group members well. This will give them a better understanding of everyone's strengths so that everyone can reach their potential and contribute to the success of the project

GALLERY



Left to Right: Tracey, Nic, Robyn, & Kerrigan posing in front of the Church of Ireland in Bruff (location of both workshops)



Above: Ciara Dempsey speaking about *The Little Things* national campaign



Right: Guests preparing for Bernie Quillinan's workshop on "*The Mind Diet – A Plan for Better Mental Health*"

The audience listens as Robyn, Nic, and Kerrigan present on HIIT



Nic discussing the event with community partner Mark



Robyn & Nic preparing for the workshop



Audience participates in H.I.I.T workout



Attendees pose with Robyn and Kerrigan after the 2nd workshop



Create your own workout in just 3 EASY steps

Time

PICK YOUR TOTAL TIME: 4-30 MINUTES.



STEP 01



STEP 02

CHOOSE A SERIES OF EXERCISES (we recommend 4-5)
 -CHOOSE YOUR OWN EXERCISES OR PULL FROM THE TABLE OF EQUIPMENT-FREE AT HOME EXERCISES WE HAVE PROVIDED FOR YOU IN THE TABLE BELOW

CHOOSE YOUR REST-TO-WORKOUT RATIO

EX. 30 WORKOUT 30 REST, 20 WORK-OUT 10 REST, ETC.

STEP 03

TOTAL TIME... (MIN) WORKOUT INTERVAL... (SEC) REST INTERVAL... (SEC) REPEAT... (TIMES)



USE THE TABLE BELOW TO

FILL IN THE BLANKS --->

BACK	ARMS/SHOULDERS	LEGS	FULL BODY	CORE
1. Superman 2. Star planks 3. elbow lifts 4. bridge	1. close grip push ups 2. dips (use a box or a chair) 3. pull ups 4. push ups (use a wall or chair) 5. air punches	1. squats 2. lunges 3. squat jumps 4. calf raises 5. step ups 6. donkey kicks 7. clam shells 8. wall sit	1. mountain climbers 2. burpees (adjust difficulty by using a chair or table to place your hands on) 3. jumping jacks	1. sit ups 2. crunches 3. bicycles 4. flutter kicks 5. plank



THE ART OF POSITIVE LIVING WORKSHOP SERIES

WORKSHOP ONE

"Mind Diet" - A plan for Better Mental Health

Tuesday 10th April @ 7.30pm
Former Church of Ireland, Bruff

Come join us for a session which will give you an overview of how to follow a plan for better mental health

- Learn takeaway skills that you can put into practice for better mental health
- Find out how a five minute exercise programme can improve your health

WORKSHOP TWO

#Little Things Matter - national mental health and wellbeing campaign

Tuesday 17th April @ 7.30pm
Former Church of Ireland, Bruff

Come join us to learn about simple and powerful evidence-based day-to-day steps – little things—that we can all do to protect our own mental health, and support the people we care about.

- Explore and share what each of us can do to look after our mental health that are simple and achievable steps
- Find out how a five minute exercise programme can improve your health



Watch this space for more Workshop Announcements

**Come join us for a series
of fun, interactive
sessions**

*Do you want to
learn practical skills
for better mental
health?*

*Do you want to
learn how a five
minute exercise
programme can
improve your
physical and mental
health?*

*Do you want to find
out how little things
can make a big
difference to how
we feel?*

TO RESERVE A FREE PLACE:

E-mail: tracey.gleeson@ul.ie

Phone: 087) 6875526

Or contact a member of the
BGM Community Council

*Refreshments
will be served*

**PLACES ARE LIMITED
SO BOOK NOW**



The Art of Positive Living Workshop Series:
Workshop One
“Mind Diet” - A plan for Better Mental Health
Bruff, 10th April, 2018

*Thank you for attending the session today and we hope that you found it informative.
We would be grateful if you could spare a few moments to tell us what you think.*

What were three key take home messages that you learned?

1.
2.
3.

What were the positive aspects of this session?

--

Have you any comments that would improve this session?

--

HIIT Section Feedback

Age (Tick One):

- Child (12 and Under)
- Teen (13-17)
- Young Adult (18-28)
- Adult (29-55)
- Senior (55 and Above)

Have you heard of HIIT before?

YES

NO

Would you do a HIIT workout again?

YES

NO

What did you like about the HIIT session?

Overall how would you rate this presentation (10 being the highest score)



0 2 4 6 8 10



(Optional— if you would like information on future events please give us your contact details)

NAME (Print):

E-Mail:

BGM ACTIVE HEALTHY COMMUNITY

Nicholas Jackson, Kerrigan Anspaugh & Robyn McDougall

Academic Supervisor: Bernie Quillinan

BACKGROUND

Bruff Grange Meanus (BGM) Community Council was established in 2006, by means of a democratic election. The council works towards the development of the local area and was in fact, nominated for an Irish Pride of Place Award in 2015.

The aim of the BGM Community Council involves collaborative work across a multitude of areas and thereby, to have a greater social, economic and educational impact in addressing needs of the community as well as progressing the social-economic future of their Parish.

The council works with local voluntary organizations and groups, local businesses, and schools. As of recently the Community Council has chosen to work with students from the University of Limerick UL Engage program. The council believes more effective local development may be achieved by collaborating with existing organizations. Further, they strive to highlight community activities in progress, scope areas for collaboration and invite suggestions for activities/projects for future development.



INTERVENTION

To fulfill the needs of the BGM community, the council decided to hold 6 workshops with various topics related to living a healthy and active life. Our group played a role in the marketing and advertisement of the workshops by way of handing out flyers and answering questions at a local grocery store in Bruff on March 16 while the town was bustling and preparing for their St. Patricks day festivities.

Further, we constructed a presentation focused on the benefits and details of HIIT training which we shared with the community at the first two workshops.

AIMS & OBJECTIVES

In general, the overall aim of our presentation was to promote a healthy and active lifestyle with the assistance of the BGM community council. We do this through the objectives listed below.

- 1 TO INFORM**
We created a presentation in which we described how High Intensity Interval Training works. Further, we explained the benefits of HIIT training, it affects your body both physically and mentally.
- 2 TO TEACH**
Next, we asked the audience to participate in a five minute example HIIT workout.
- 3 TO PREPARE**
Finally, we created a 'Create your own HIIT workout' in 3 easy steps, which was our final workshop. This worksheet allows individuals to continue their journey of a healthy and active lifestyle by providing them with the tools necessary to complete a daily HIIT workout.

OUTCOME

We received an overwhelming positive response to the two workshops we held. In general, people liked how HIIT exercise was quick, easy and equipment free. We also had a few people compliment us on our knowledge of the subject as well as our positive and energetic demeanour during the presentation. Participants were smiling from ear to ear during the exercise

Our community partners also noticed a few outcomes. Biddy said that it was a good way to bring a more holistic approach to a healthy community and to create community awareness about physical activity. She also said it broadened the awareness of all aspects of health; physical and mental. Mark said that he felt that the workshop had very positive outcomes. He mentioned that a few of the returners from the first workshop were starting to get the hang of the exercises by the second workshop and it was becoming more second-nature to them.

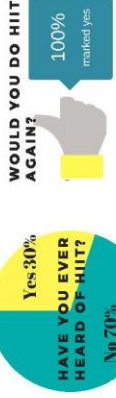


Pictured: BGM community council centered is Mark Nagle with Biddy Hayes to his left



EVALUATION

By hosting two sessions in two different weeks, we were able to follow up with people who had attended both sessions and gain constructive feedback. Nearly all the feedback was positive, many noted they felt the benefit immediately, We believe the event was in fact quite successful and that the community should continue to hold workshops, as there seems a genuine interest in the community.



CONCLUSION

In conclusion, both workshops had a great turnout, with more attendees than expected. Nearly, all feedback was positive. We believe the people of Bruff, Grange, and Meanus are willing to get involved and better not only their own lives, but the entire community as a whole. Further, our community partner Mark discussed the possibility of creating active spaces in the community for exercise, as there had recently been a gym that closed down. We look forward to hearing about the workshops planned to take place at later dates, as it is evident that these workshops seemed to kickstart the idea of having a community space for active living which is a major positive outcome.





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