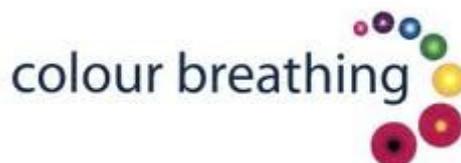




The Combating Anxiety through Lifestyle Management (CALM) Programme is a project aimed at improving the physical/mental well being and personal safety of people living primarily in the Greater Falls area of west Belfast. Funded by the Big Lottery under the Safe and Well Programme, the Programme is delivered by a partnership of Albert Street Community Centre Ltd (the HEART Project), TIME Associates and Accept Care Ltd.



The Programme is based in the Maureen Sheehan Healthy Living Centre (above) and seeks to tackle health inequalities, promote physical and emotional health and address feelings of low self-esteem and insecurity through the delivery of a range of training programmes and activities. With a number of the training programmes being accredited, participants will have the opportunity to obtain recognised qualifications leading to improved employment prospects and the opportunity to support others in their community through volunteering.



As part of the CALM program we offer participants the chance to enrol in 6 week CBRT courses throughout the year. We felt that because this is a simple, non-invasive and effective way for teaching individuals in a group setting to relax, that it would fit perfectly into

our program. This can lead to a participant eventually being trained as a practitioner and using their skills throughout the community which has been done to great effect.

Participants were asked about their views on CBRT and their responses included:

- Meeting new people that they can learn from, both other participants and the trainer;
- Learning new skills that they can apply and building self-confidence;
- A positive environment to come to and bring them out of their shell where they need to;
- Promoting positive mental health and reducing suicide;
- The way it has been delivered and the interaction between the group;
- The resources they now have available to them.

“Colour Breathing Relaxation Therapy is a vital tool that we use within our community to enable relaxation and stress management techniques, which focuses and calms the mind”

Aidan Hamilton – CALM Program Coordinator



Pictured L-R: Kevin Kennedy, Liz Mc Shane, Aidan Hamilton, Donna Haughian, Fergal Collins