



POMNI Factsheet

Newry, Mourne and Down District Council

Introduction

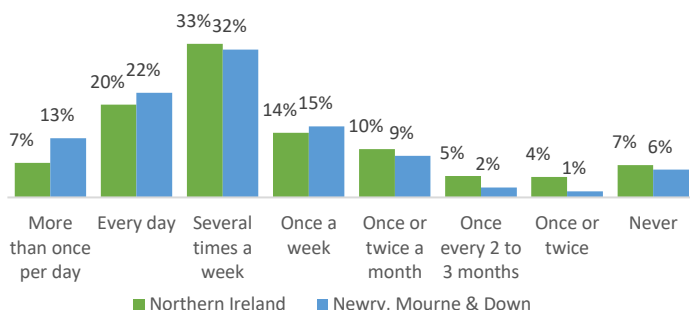
This factsheet provides the key results from research undertaken in the Newry City, Mourne and Down District Council area as part of the [People and the Outdoors Monitor Northern Ireland \(POMNI\)](#) survey which was undertaken between November 2020 and October 2021. The survey used an online approach to obtain responses from a representative sample of the Northern Ireland population. Note that given the sample size (n=237) results for the Newry, Mourne and Down District Council area are accurate to around +/-6% at the 95% levels of confidence.

Summary of key findings

On average residents of Newry City, Mourne and Down take outdoor recreation visits more frequently than the Northern Ireland population average. The highest proportions of visits involve time spent in woodland/forests or by rivers, lakes or canals. 29% of visits involved a short walk and 25% involved dog walking. While exercise is the most common visit motivation for residents of this area, a wide range of benefits are obtained from participation including over a third enjoying scenery and wildlife. Compared to the Northern Ireland averages a higher percentage are estimated to gain physical health and wellbeing benefits and a third feel more connected to nature after outdoor recreation.

Time spent taking part in outdoor recreation

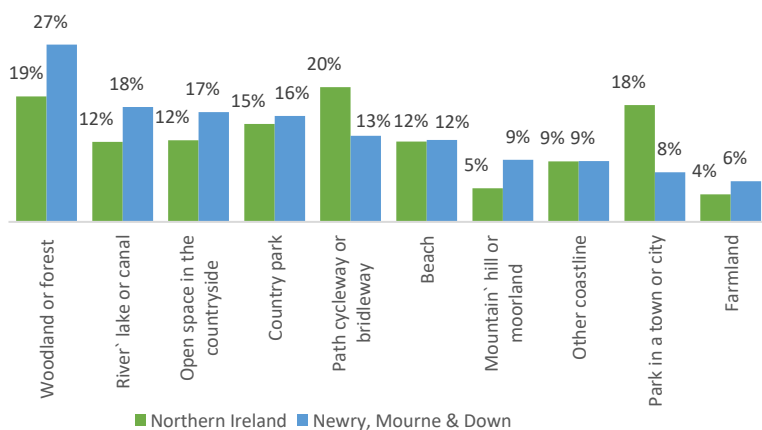
Normal frequency of visits to outdoors for recreation in last 12 months:



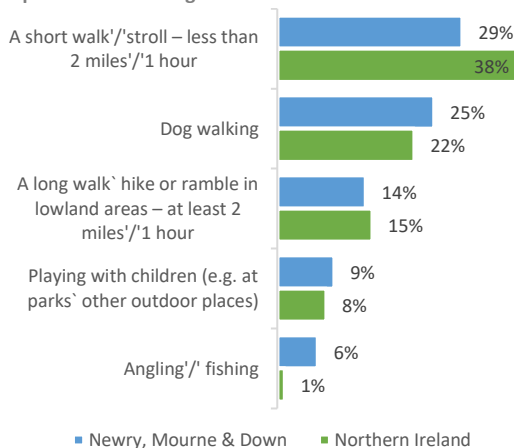
- **82%** of Newry City, Mourne and Down residents normally visited the outdoors at least once a week, a significantly higher percentage than the 74% average recorded across the whole of Northern Ireland.
- Newry City, Mourne and Down residents took an average **2.9 visits** to the outdoors per week, the same as the Northern Ireland average (2.9).
- Compared to 12 months ago 29% of the area's population had increased the amount of time they were spending outdoors while 30% had decreased time outside. This represents a net change of **-2**. By comparison, the average net change across Northern Ireland was larger at **-13**.

Profile of participation in outdoor recreation

Places visited during outdoor recreation visits:



Top 5 activities during outdoor recreation visits:



- Newry City, Mourne and Down residents are more likely than the Northern Ireland average to visit woodland, rivers, lakes or canals or mountain, hill or moorland areas during outdoor recreation visits. They are also more likely than average to take part in dog walking.
- The average outdoor recreation visit taken by Newry City, Mourne and Down residents lasted **2 hours and 29 minutes**, 16% longer than the NI average.

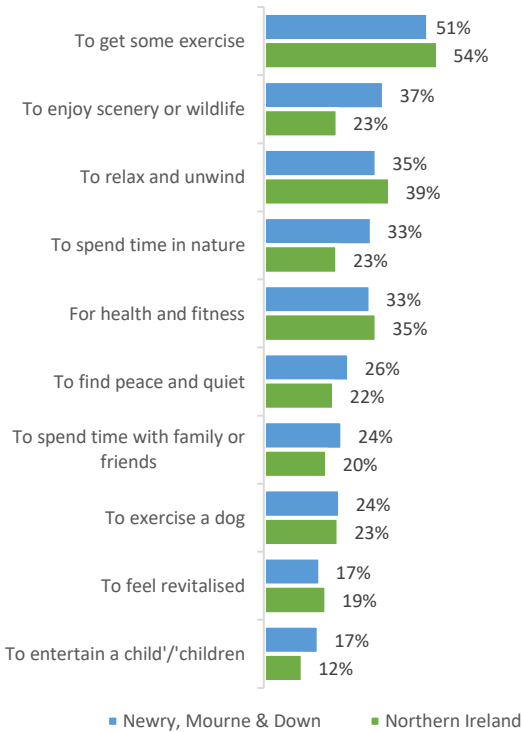


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Benefits of participation in outdoor recreation

Top 10 reasons for taking outdoor recreation visits:



- Newry City, Mourne and Down residents most frequently took visits to the outdoors to get some exercise, to enjoy scenery or wildlife or to relax and unwind.

Physical health:



- 45% of Newry City, Mourne and Down residents met the CMO's physical activity guideline through outdoor recreation (at least 150 mins of moderate activity/75 minutes of vigorous activity per week). This is significantly higher than the average across Northern Ireland (33%).

Wellbeing:



- 57% of Newry City, Mourne and Down residents felt calm and relaxed after their most recent visit to the outdoors (vs 56% Northern Ireland average).

Nature connection:



- 33% of Newry City, Mourne and Down residents felt closer to nature after their most recent visit to the outdoors (vs 28% Northern Ireland average).

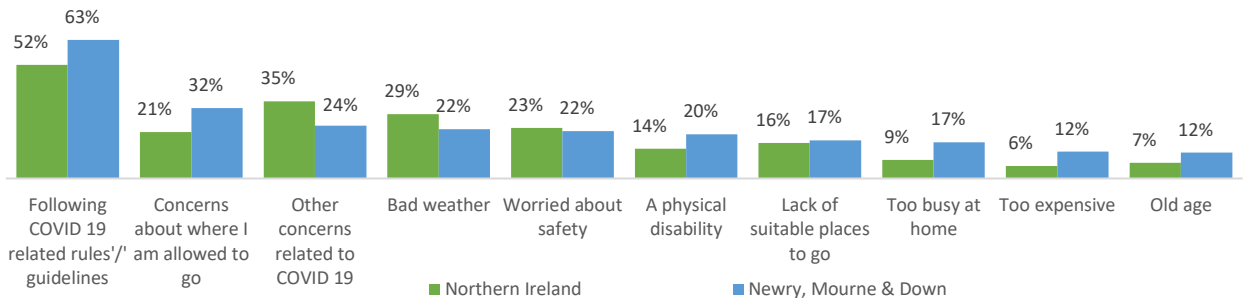
Economic:



- On average Newry City, Mourne and Down residents spent **£10.81** during an outdoor recreation visit – 59% more than the average across all Northern Ireland visits.

Enabling increased participation in outdoor recreation

Barriers to taking visits to outdoors for recreation amongst infrequent participants



- Unsurprisingly given the fieldwork period, concerns relating to Covid 19 were the most significant barriers to taking more visits to the outdoors. Other issues related to concerns over where to go, bad weather, worries about safety and a physical disability.
- 21% of Newry City, Mourne and Down residents believed that their home was within a 5-minute walk of their nearest green or blue space area – slightly less than the Northern Ireland average (27%).
- Most agreed that places to spend outdoors were within easy walking distance (69% paths and trails/ 73% green spaces). These levels are also similar to the Northern Ireland averages (67% and 72% respectively).