

COMMUNITY SPORT PROGRAMME

Impact Review 2005 - 2008

 **SPORT**
Northern Ireland
LOTTERY FUNDED

Supported by



The lead agency for developing sport in Northern Ireland

CONTENTS AND FOREWORD

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FOREWORD



I am delighted to introduce Sport Northern Ireland's (SNI) Community Sport Programme Impact Review (2005-2008). This report highlights the impact of the 20 projects supported by SNI through Big Lottery Fund investment over the three year term.

I welcome the contribution made by the projects towards the achievement of SNI's core business objective of increasing participation in sport and physical recreation, and specifically amongst under-represented groups. This report demonstrates the success of our investment on a number of different levels, and underlines the crucial role that sport plays in our community.

We must continue to address the declining rate of participation in sport and physical recreation, especially amongst women and girls, people with disabilities, and older people; and the growing levels of physical inactivity and incidence of obesity, particularly amongst our young people.

I hope that the project case studies highlighted in this report inspire you as they have inspired me. I believe that they articulate the value of sport and physical recreation as enablers of community development. I trust that you will work with me to advocate this value to others beyond sport.

I would like to take this opportunity to thank all the Community Sports Development Officers (CSDOs) employed through this programme who rose to the challenges and embraced the innovation of this programme; without you the SNI Community Sport Programme would not have been possible.

Dominic Walsh
Chair
Sport Northern Ireland
December 2008

INTRODUCTION

ABOUT SPORT NORTHERN IRELAND

SNI is an executive non-departmental public body sponsored by the Department of Culture, Arts and Leisure (DCAL).

SNI's vision, as the lead agency for the development of sport in Northern Ireland is:

“a culture of lifelong enjoyment and success in sport which contributes to a peaceful, fair and prosperous society”.

In practice, this means creating and developing programmes and partnerships that will contribute to the following strategic objectives:

- Increased participation in sport and physical activity;
- Improved sporting performances; and
- Improved efficiency and effectiveness in the administration of sport.

“ a culture of lifelong enjoyment and success in sport which contributes to a peaceful, fair and prosperous society ”

PURPOSE OF THIS PUBLICATION

The purpose of this publication is to highlight the impact of SNI's Community Sport Programme at the end of the three year investment from Big Lottery Fund. The report presents data collated from End of Year reports submitted annually by the projects. Data reported by projects at the end of Year One created the baseline for the programme, which is compared against the data presented in Year Two and Year Three.

Case studies and quotations have been presented within the report to highlight the impact of the programme in specific areas including;

- Increasing opportunities for women and girls to participate in sport and physical recreation;
- Contributing to improved mental health; and
- Developing capacity through coach and volunteer education programmes.

BACKGROUND

In 2003, SNI secured £2.4 million from Big Lottery Fund to deliver SNI's Community Sport Programme with the specific aim of improving the health and well-being of those communities most at risk of low levels of participation in sport and physical recreation.

SNI's Community Sport Programme built on a pilot of six projects that were jointly funded by SNI and DCAL, and was designed to create, develop and manage opportunities to enhance the development of community sport and physical recreation within disadvantaged communities.

AIMS OF THE COMMUNITY SPORT PROGRAMME

AIMS

This report details the impact of the programme against the four aims established at the outset of the programme.

The SNI Community Sport Programme aims to improve the health and well-being of individuals and build community cohesion through increased participation of children, young people and adults in areas of high social need and groups traditionally marginalised in sport and physical activity and in particular:

- 1 To increase levels of sustained participation in sport and physical activity among under-represented groups;
- 2 To improve the health and well-being of programme participants;
- 3 To develop capacity and build community participation and cohesion; and
- 4 To establish and support the development of structures to sustain longer term provision for the SNI Community Sport Programme across Northern Ireland.

Following an open application and assessment process, 20 investment awards were made in October 2004. The three year investment awards covered a range of statutory and voluntary/community organisations, with awards commencing from the first day of Community Sports Development Officer's employment. The awards therefore completed between the 31 December 2007 and the 30 June 2008.

Table 1 lists the funded organisations and provides a brief overview of them.

Table 1

Age Concern NI	Age Concern NI are committed to reducing poverty, fighting disadvantage, defeating ageism, recognising diversity, addressing social exclusion and promoting more effective and responsive public services for older people.
Brownlow Campus Sports Trust (BCST)	BCST is a partnership agreement between Lismore Comprehensive, Brownlow College, Craigavon Borough Council and the local community. The partnership evolved from an identified need for additional quality outdoor leisure/recreation facilities in the central Craigavon area.
Clarendon Development Association	The Clarendon Development Association was formed to develop the Clarendon pitches and create opportunities for young people in North and West Belfast to participate in structured sporting opportunities.
Derry Healthy Cities	Derry Healthy Cities is a partnership based approach to improve the health and well-being of the people who live and work in Derry, Limavady, Strabane and Foyle.
Down Clubmark Sports Association	Down Clubmark Sports Association's aim is to promote, attract and encourage the participation of sport and physical activity to disadvantaged communities within Flying Horse, Cathedral, Murlough and Killyleagh Wards of Down district.
Greater Village Regeneration Trust (GVRT)	GVRT exists to galvanise local efforts to articulate and deliver sustainable regeneration, and consists of representatives from the local community, business, political and statutory sectors. Using a holistic approach to urban regeneration, they are involved in projects touching every aspect of the community's life.
Lagan Watersports Ltd	Lagan Watersports Ltd is a joint initiative between Bryson House and the Ulster Branch of Irish Amateur Rowing Union.
Lower Ormeau Residents' Action Group (LORAG)	LORAG represents the residents of the Lower Ormeau Road and operates a number of projects from Shaftesbury Recreation Centre.
Newry and Mourne Carers Association Limited	The Newry and Mourne Carers Association is a local charitable group which provides support services for carers from as young as eight years old.
North Belfast Play Forum	The North Belfast Play Forum was established in the then unused Waterworks tennis courts. The composition of the forum represents the diversity of the local community and manages the multi-sports facility at the Waterworks site.
PlayBoard	PlayBoard is the leading agency for children's play in Northern Ireland, working to improve the quality of children's lives by increasing their opportunity to play.
Youth Sport Omagh Ltd	Youth Sport Omagh is a voluntary cross community group comprising of sports coaches who have worked for the past 15 years in the promotion and coaching of field sports for young people in Omagh.
Ballymoney Borough Council	In addition to investments in the community and voluntary sector organisations the SNI Community Sport Programme also included investments in these Borough and District Councils.
Castlereagh Borough Council	
Coleraine Borough Council	
Craigavon Borough Council	
Derry City Council (Two awards)	
Larne Borough Council	
Strabane District Council	

PROGRAMME HEADLINE FIGURES

Table 2 provides data reported by the projects through their End of Year Reports at the completion of each programme year against each of the Key Performance Indicators. Each Key Performance Indicator contributes to at least one of the programme aims.

Table 2

Key Performance Indicator	Year 1 2005-2006	Year 2 2006-2007	Year 3 2007-2008	Increase/ Decrease %
Total no. of Participants	11,973	12,107	15,166	+26%
No. of Female Participants	4,244	5,385	6,087	+43%
No. of Young People	6,105	8,267	9,662	+58%
No. of Older People	3,034 ^{1*}	1,599	1,782	-41%
No. of Participants with a Disability	1,087	1,605	1,625	+50%
No. of Participants from Minority Ethnic Community	129	218	160	+24%

“The figures reported from the projects through their End of Year Reports demonstrate the impact of the investment across the four programme aims. The overall increases in participation, especially amongst women and girls, people with a disability and young people, throughout hard to reach communities, is great news for Community Sport.”

Angharad Bunt - Sport Northern Ireland

Table 2 continued

Key Performance Indicator	Year 1 2005-2006	Year 2 2006-2007	Year 3 2007-2008	Increase/ Decrease %
No. of Coaches	379	398	636	+68%
Regular Coaching	Not recorded ^{2*}	189	250	+32%
Sports Qualifications	468	809	750	+60%
Volunteers	Not recorded ^{2*}	119	209	+76%
Regular Volunteers	Not recorded ^{2*}	89	113	+27%
Health Referrals	Not recorded ^{2*}	97	271	+179%
Young People at Risk	Not recorded ^{2*}	3,152	849	-73%
Sports Jobs Created	Not recorded ^{2*}	19.3	15.3	-21%
Additional Revenue Funding Attracted	Not recorded ^{2*}	£1,074,136	£800,741	-26%

1* This figure includes 2,000 participants who took part in the initial Age Concern taster sessions across the six council areas.

2* These Key Performance Indicators were not collected at the end of Year One, but were added to the monitoring framework for Year Two as suggested by Big Lottery Fund to ensure consistency with the independent evaluation of the community sport initiative which includes the Active Lifestyles Programme.

PROGRAMME AIM 1: Increasing Participation

All programmes and interventions delivered by the projects primarily target increasing participation in sport and physical recreation, especially amongst under-represented groups such as young people, people with a disability, women and girls, ethnic minority communities and people in areas of high social need.

The total number of individuals reported as participating at least once during the third reporting year is 15,166. This indicates a 26% increase on the baseline figure of 11,973 reported in Year One.

Women and Girls

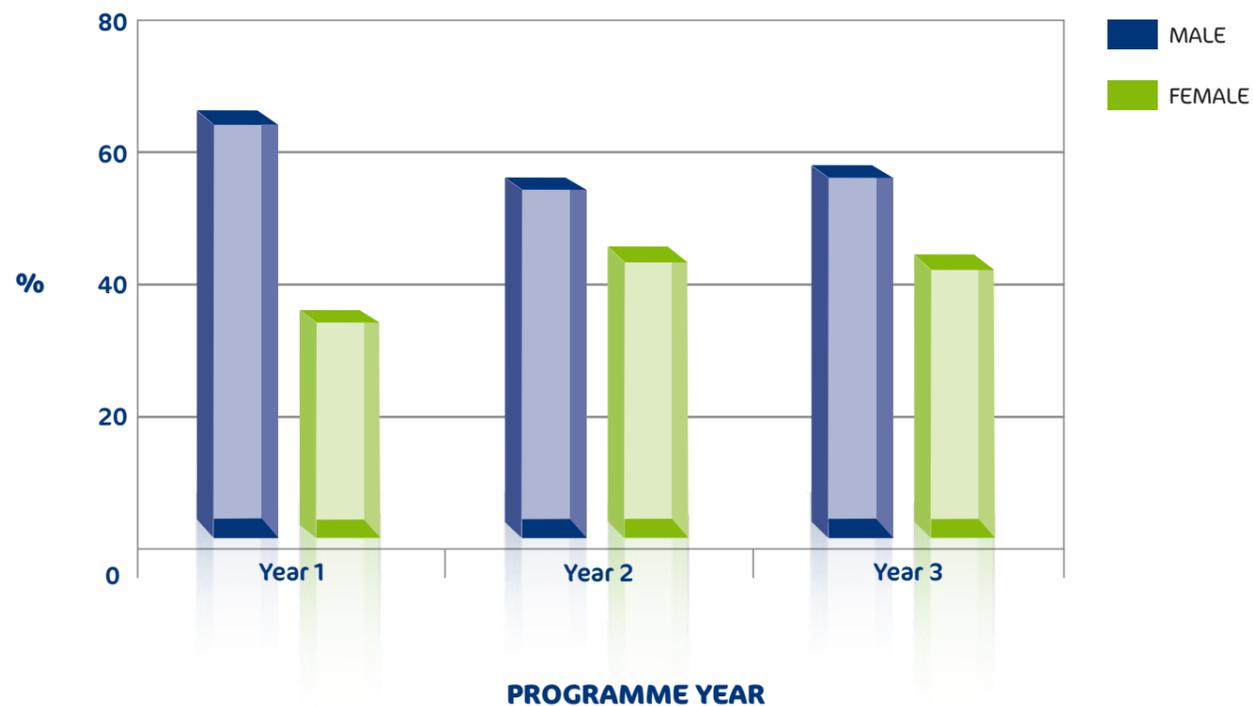
The total number of female participants has risen by 43% from a figure of 4,244 female participants in Year One to 6,087 female participants in Year Three. Figure 1 depicts the annual percentage of male and female participation in the programme.

In Year One of the programme the baseline figures recorded 35% female participants against 65% male participants. In Year Three reported figures show a 9% increase in the levels of female participation to 44%. This figure depicts a gap of 12% between male and female participants which is slightly lower than the current estimated disparity between male and female participants of 13% and is encouraging in light of a report published by the Women's Sports and Fitness Foundation (November 2007), 'It's Time – Future forecasts for women's participation in sport and exercise', which forecasts a 5.5% decrease in women who regularly participate in sport and physical recreation by 2017 if current levels of activity continue.

Over the three year investment term 16 of the 20 projects delivered programmes specifically targeting women and girls.

Figure 1

ANNUAL% MALE/FEMALE PARTICIPATION



Case Study



CAW/Nelson Drive Action Group Women's Walk and Weigh Programme Derry City Council (Waterside)

Women from the CAW/Nelson Drive Action Group were keen to become more physically active and develop healthier lifestyles and identified physical activity and weight loss as key aims. The 'Walk and Weigh' Programme was developed with assistance from the Community Sports Development Officer.

With assistance from Derry City Council the Walk and Weigh Programme began with local women participating in community walks lead by local Volunteer Walk Leaders and the Community Sports Development Officer. To ensure sustainability, two of the participants had the opportunity to gain the

Volunteer Walk Leader award.

Participants with ages ranging from 30 to 60 years plus, were given pedometers to take part in measured walks of increasing length. When bad weather prevented them from walking outdoors they received instruction in their local community gym where they received a reduced entrance fee. To help with the second programme aim of weight loss the members of the walking group have shared their own healthy eating recipes and hope to produce a booklet to help others count the calories.

This programme will be sustained with funding through the SNI Sport in Our Community Investment Programme with participants also organising fundraising events to fund further developments to their programme.

Case Study



Gaelic 4 Girls Lower Ormeau Residents Action Group (LORAG)

The 'Gaelic 4 Girls' Programme was developed and delivered in partnership with the Belfast Community Sports Development Network and Queen's University Physical Education Centre. The programme aims to increase the levels of female participation in Gaelic football and is supported by the Ladies Gaelic Football Association.

Thirty-four girls aged from eight to 14 years of age from local primary and secondary schools gained basic skills in Gaelic football. The programme was delivered by four local club coaches.

The programme signposted the young girls to their local clubs - Bredagh, St Malachy's, Carryduff and St Brigid's - who all benefited from recruiting new girls to their club. This enabled the girls to continue to develop their skills and sustain their participation within a club structure.

The programme culminated with a fun festival held at St Malachy's College, Belfast where participants from Gaelic 4 Girls Programmes delivered by LORAG, Upper Springfield Development Trust and North Belfast Sports Forum had the opportunity to take part in a fun 'All Ireland League'.

Future development of this programme will see an introductory programme delivered through local primary and secondary schools in March 2009 prior to the delivery of the main programme. This will give the girls the opportunity to meet the coaches, raise confidence levels and raise the profile of the programme with the aim of increasing the number of participants.

PROGRAMME AIM 1: Increasing Participation

Case Study



Girls Soccer Academy Clarendon Development Association

The Academy was set up to cater for girls aged seven to 11 years of age in the North Belfast area. This age range was targeted as there are few opportunities for girls to become part of a team sport structure in local clubs or in primary schools.

The programme was delivered weekly over a two year period and has attracted girls from both sides of the community. The programme was initially developed by Women in Sport and Physical Activity, the Irish Football Association (IFA) and Clarendon Development Association with seed funding from Awards for All.

The aim of the project is to create an opportunity for girls to come together and receive high quality coaching in a safe and secure environment. To keep the programme 'girls only', all coaches are female and are qualified to IFA Level 1.

At present the Academy is non-competitive but once the girls reach the age of 14 it is hoped that some will continue to participate in the sport and develop their skills at the nearby Cliftonville Ladies Football Club who have developed links with Clarendon Development Association.

Over 45 girls are registered on the programme with 15-20 participants attending the Academy each week. The programme has brought many benefits to the participants through a sustained increase in physical activity and development of cross community friendships and will be continued by Clarendon Development Association who has received additional funding from the Health Promotion Agency.

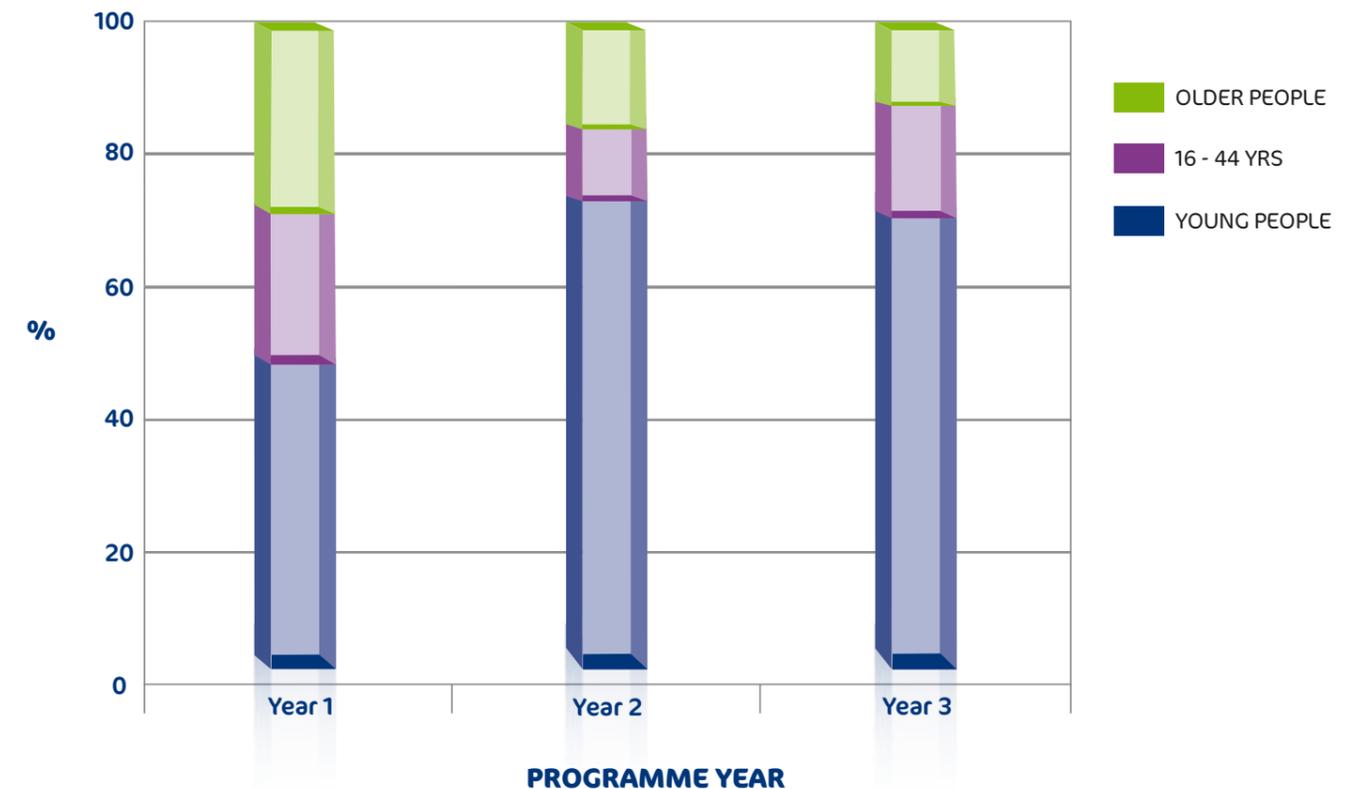
Age

Data relating to the age of programme participants was submitted by the projects in the following ranges:

- Under 16 years of age;
- 16-24 years of age;
- 25-44 years of age;
- 45-64 years of age; and
- 65 years of age and over.

For the purposes of programme reporting the total number of participants recorded as under 16 years of age are considered to be young people; and the total number of participants recorded within the 45-64 years of age and over 65 years of age categories are considered to be older people. Figure 2 shows the annual percentage of participants by age range.

Figure 2
ANNUAL % PARTICIPATION BY AGE RANGE



PROGRAMME AIM 1: Increasing Participation

Case Study



Intergenerational Dance Programme Derry City Council (Waterside)

This programme was set up to bring together two community groups from both sides of the Waterside Neighbourhood Renewal Area.

The aims of the programme are:

- To provide the group with a form of physical activity which is enjoyable and helps to break down religious barriers;
- To increase the self-esteem and self-confidence of the individual participants; and
- To provide participants with an activity that can be enjoyed by any age and to develop intergenerational friendships.

The 'Intergenerational Dance' Programme has been running for over two years with the groups receiving three hours of line-dancing tuition from a qualified instructor every week. Participants range in age from eight to 80 years of age.

The programme rotates every 10 weeks between The Cosy Club based in Richmond Hall on the City Side; and CAW/Nelson Drive Action Group based in the halls of the Tullyally District Development Group in the Waterside. Transport is provided to take participants between each venue.

In addition to the weekly classes the group have performed at community events demonstrating their line dancing skills, wearing t-shirts they designed.

Due to the success of the programme the group size has increased from 20 to over 40 regular participants.

This programme has been sustained through continuation funding from the SNI Sport in Our Community Investment Programme.



The atmosphere's always good here and we all really enjoy getting out on the floor, I really get a buzz out of it.

Participant - Intergenerational Dance Programme



Young People

In the final year of the programme the number of reported participants under the age of 16 was 9,662; this represents a 58% increase against Year One figures. Programmes for young people have been delivered in a number of different settings from play and education to community clubs.

Case Study



Reclaiming PlaySpace PlayBoard

'Reclaiming PlaySpace' is based on the concept of mobile play and aims to 'bring back the basics' of play to the community. PlayBoard secured the donation of a small van from Rent-a-Merc which is staffed by a small team of play rangers and furnished with a wide range of play and sporting equipment. Through participation in the project children and young people were encouraged to take back ownership of their local community spaces and parks.

This innovative outdoor play initiative was designed to:

- Increase levels of participation in physical activity through play;
- Enable children and young people to 'reclaim' communities for leisure and play;
- Promote traditional street games and group games;
- Assist children and young people to develop the necessary skills to initiate outdoor play activities; and
- Provide positive, outdoor play experiences using a variety of traditional and innovative fun activities.

Additional funding of £30,000 was sourced through Big Lottery Fund's Active Lifestyles Programme, to employ two part-time Play Rangers for 18 hours a week. The Play Rangers facilitate open-access community play provision to encourage better use of community spaces through play and physical activity.

764 young people have experienced many different benefits from taking part in the project resulting in an increase in:

- Physical literacy and an increase in physical, social, creative and mental skills;
- Children and young people playing in community settings; and
- Positive interaction between peer groups.

Spotlight on Glenbank

Glenbank Public Park was successfully 'reclaimed' for the children and young people and is now a place for inter-generational activity. Children and young people had not used the park for a number of years and their presence was unfamiliar to the older generation, who frequented the park for leisurely strolls.

Older users considered the park as a safe and familiar place, and that the added company of 30+ children and young people could be intimidating. The Reclaiming PlaySpace staff met regularly with the older people who used the park and fostered a culture of acceptance between the younger and older generations. Reclaiming PlaySpace staff also informed the children and young people of the need for mutual respect and now groups use the park with a greater level of engagement, understanding and appreciation of each other within their community.

Further funding was secured from the Eastern Physical Activity Co-ordination Group to recruit a part-time member of staff to continue the delivery of the Reclaiming PlaySpace project. Many more children and young people are now experiencing play within their own communities, in areas which have been 'reclaimed' and community environments are being regenerated making them safer, exciting and more appealing for play.

PROGRAMME AIM 1: Increasing Participation

Case Study



Lads and Dads Programme Coleraine Borough Council

Working in partnership with Ballysally Primary School, 28 sets of fathers and sons took part in this programme as part of the Department of Education's Extended Schools Programme. The boys aged from four to 11, along with their dads, met on a monthly basis to participate in general games and football sessions.

The programme enabled fathers and sons to spend quality time together and to develop stronger bonds through participation in sport and physical activity. After sessions in the school many of the fathers and sons went to the Jet Centre in Coleraine as a group to play tenpin bowling followed by a meal to build friendships with other members of the community in Ballysally area.

The success of the programme in developing relationships and increasing levels of participation in sport and physical activity has led to the establishment of a 'mother and daughter' programme.

Case Study



Schools Canoeing and Orienteering Programme Lagan Watersports

Following consultation with local schools in East Belfast, the orienteering programme was specifically developed to compliment the school curriculum. The programme aimed to introduce teachers and pupils to a new activity which was delivered with few additional resources and increased levels of participation in sport and physical activities. The programme also raised awareness of opportunities of where to access local physical activity facilities, for example school playgrounds, local parks and Lagan Watersports Centre.

Thirty-nine children participated in the programme and were taught basic map reading skills, understanding map symbols and played a few simple games to reinforce their learning.

Sessions were held in a local park where the children were divided into small groups, provided with maps and asked to complete a series of simple orienteering courses to test their new skills in a challenging environment.

The programme finished with a session on the River Lagan at Lagan Watersports Centre. A short orienteering course was set up on the river and following the teaching of basic canoeing strokes, the pupils rafted canoes to complete the short course.

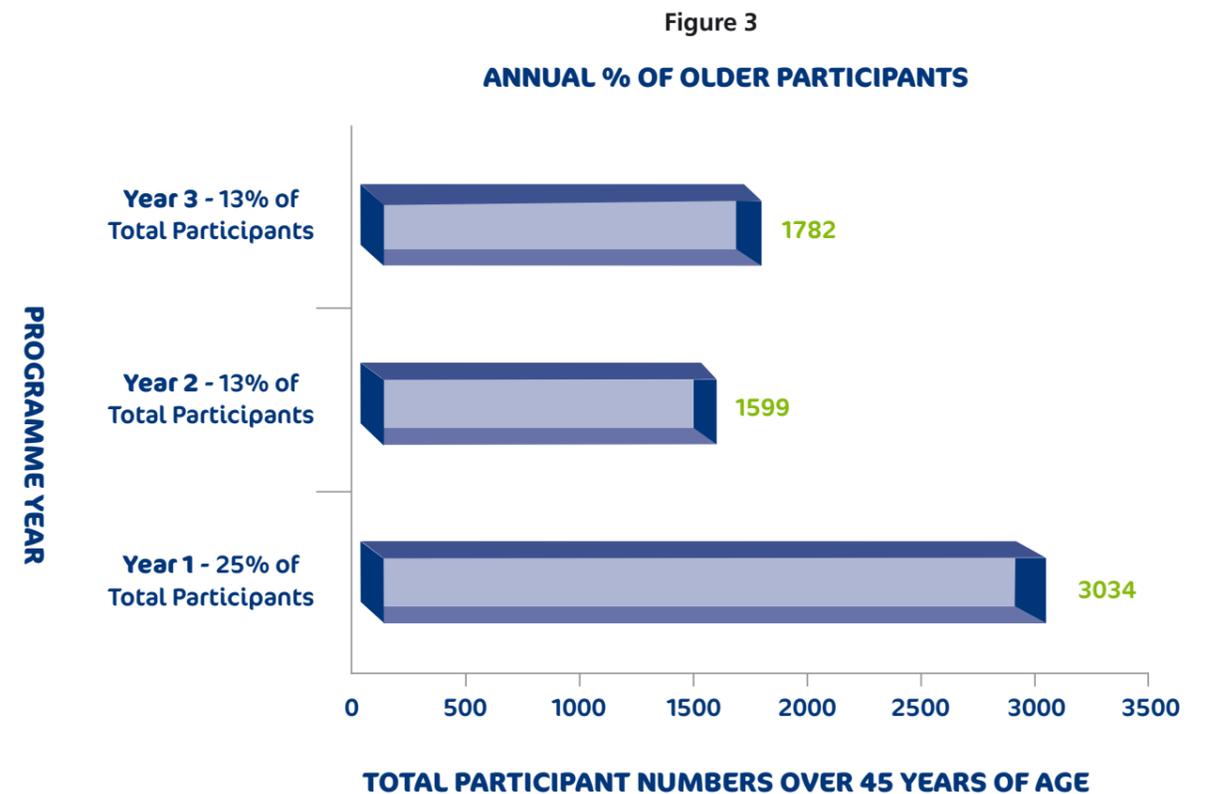
Following the success of this initial programme it has been delivered in another local primary school and it is anticipated that the programme will be repeated and expanded.

OLDER PEOPLE

The total number of older people recorded as participating in the programme in Year One was 3,034 representing 25% of total participants reported. This figure includes 2,000 participants who attended the initial taster events delivered by Age Concern NI in the development of the Community Sports Development Initiative.

The total number of individuals aged 45+ participating in the programme in Year Three was 1,782 which represents 13% of the total participants reported. This is an increase of 183 on the figure of 1,599 participants from this age group reported in Year Two of the programme.

Figure 3 shows the annual percentage totals of older participants:



PROGRAMME AIM 1: Increasing Participation

Case Study



Community Sports Development Initiative Age Concern NI

The Community Sports Development Initiative was established by Age Concern NI to provide opportunities for older people to increase their physical activity levels through sport and physical activity sessions. The ethos underpinning the programme is that providing participation opportunities for older people promotes social development and health benefits to an otherwise disenfranchised and under-represented group.

The main work areas of the initiative were:

- To encourage and support local councils to offer sport and leisure services to older people through regular physical activity sessions;
- To provide Age Awareness in Sport and Physical Activity training; and
- To produce and distribute a 'Good Practice Guide' for Sports Development teams working with older people.

Year One of the programme entailed developing partnerships in each of the six council areas taking part in the programme:

- | | |
|---------------|----------------------|
| 1. Belfast; | 4. Fermanagh; |
| 2. Coleraine; | 5. Lisburn; and |
| 3. Craigavon; | 6. Newry and Mourne. |

Year Two aimed to continue programme development and to provide support to the development officers in each area, and finally in Year Three the focus included considerations on making the programme sustainable and assisting councils maintain the work developed to date.

The format for development was similar for each area; first establishing a multi-agency steering group, then drawing its membership from various sectors including the community and older people's groups, sport, leisure/recreation, health and council sectors.

Following consultation with each steering group a programme of taster events were organised between March and April 2006 in 16 centres with 2,000 people attending. Information and good practice on development of safe, sustainable physical activity programmes were provided alongside a photo exhibition displaying creative and inclusive images of older people participating in physical activity and sport.

Case Study (continued)

Project Impact

- A training programme, 'Promoting Physical Activity to Older People' was delivered to nominated council staff leading on the initiative in each area.
- A good practice guide was published entitled 'Promoting Physical Activity with Older People – A resource for Sports Development Teams and Leisure Centres'.
- The Community Sports Development Initiative noted the following strategic outcomes facilitated by the programme:
 - More participation opportunities for older people;
 - Increase in mainstream leisure centre activities delivered;
 - Programme development led by the local council;
 - New partnerships developed, and building on existing partnerships;
 - A needs led approach incorporating service user involvement; and
 - Supporting and developing confidence of leisure centre staff to work with older people.
- More older people are involved in physical activity and contributing to the development of sustainable local groups, successfully reaching those who were active members of other clubs.
- Each project within the wider programme achieved some level of sustainability. The councils have gained from engaging in a meaningful and productive way with the target group, developing a programme to meet their needs and providing staff with the opportunity to improve their skills in working with the over 50's age group.

Key learning points

Male participation rates were low, with it being suggested that men might prefer a more competitive and traditional sporting environment.

The main impediments to being more active generally were a range of family responsibilities and looking after children which means that for most of the participants their average day is not full of free time, and in particular school holidays and especially summer holidays curtailed opportunities to engage in sport.

The enthusiasm of staff, tutors and coaches was evident, with commitment to working with the over 50's age group resulting in a strong partnership approach to development and delivery of the programme.

The key motivation for participants was fitness, but a great deal was gained from the social aspect with people being given the opportunity to interact with others.

Increasing participating amongst the over 50's age group can be achieved by adopting a model of good practice.

The provision of specialist advice and resources has helped raise the profile of the initiative in council areas and helped council staff develop projects across the programme.

Further detail is included in the Project Level Evaluation, available to download from www.sportni.net

“ Participants reported that they feel fitter and happier, whilst a 96 year old participant noted that 'it helps you stay alive longer'. ”

Michael Cooke - Age Concern NI

PROGRAMME AIM 1: Increasing Participation

Case Study



Older and Active Programme Castlereagh Borough Council, Greater Village Regeneration Trust (GVRT), and Lower Ormeau Residents Action Group (LORAG)

The 'Older and Active' Programme was developed as a result of a consultation process between Castlereagh Borough Council, GVRT, LORAG, Engage with Age, and South Belfast Highway to Health. The Programme aimed to combat social exclusion faced by older people in Inner South Belfast Neighbourhood Renewal Area and Greater Village Area in Belfast and Castlereagh using physical activity as a medium. The objectives of the Older and Active Programme are:

- To provide older people in areas of social disadvantage with the opportunity to participate in sport and physical activity through a variety of physical activity opportunities;
- To develop physical activity, health and well-being opportunities in local community centres and clubs;
- To develop volunteers in local communities;
- To provide opportunities for older people's groups and individuals to network and build relationships with community, voluntary and statutory bodies working in their area;
- To address issues of concern that older people identify to create a greater sense of safety to alleviate concerns that may cause social exclusion;
- To develop partnership working between local voluntary, community and statutory bodies from Castlereagh and Belfast to strengthen and develop programmes of activities targeted towards older people; and
- To ensure involvement of older people within the planning, monitoring and evaluation of the project.

The programme was initially run as a week long pilot programme in September 2006 before securing £8,500 from Awards for All to roll out an eight week programme in May 2007. The programme has continued and expanded through the SNI Community Sport Programme and with additional funding of £1,500 from the Turkington Fund.

Project Impact

The programme delivered 168 hours of structured provision over the course of 18 months with more than 200 participants aged 60+. A varied range of physical activity programmes were offered including, boccia, new age kurling, darts and tenpin bowling and included day trips to Carrickfergus Castle and the Ulster Folk and Transport Museum. Participant feedback highlighted many benefits such as improved physical ability and increased mobility with 83% of those surveyed stating that they would continue to take part in some of the new activities which they enjoyed as part of the programme.

A range of other activities were provided to promote good mental and physical health through a series of talks and the provision of complimentary therapies such as:

- Health information days e.g. Diabetes UK;
- Alternative therapies e.g. Indian Head Massage, Reflexology;
- Home safety;
- Community safety;
- Cultural awareness;

Case Study (continued)

- Pharmacist - safe and effective use of medicines;
- Arts and crafts; and
- Bingo.

An evaluation with organisers, participants, local community leaders and health care experts noted a range of potential physical benefits gained from participation in the programme including:

- Reduced risk of heart disease, stroke and type II diabetes;
- Reduced mortality;
- Improved strength;
- Improved walking ability;
- Reduction and control of high blood pressure;
- Enhancement of the immune system;
- Prevention of osteoporosis;
- Weight control and management;
- Reduction in accidental falls;
- Improvement in overall fitness levels; and
- Reduced reliance on / cessation of medication.

Conclusion

The programme provided a valuable source of physical activity and social interaction for those who participated. The range of benefits participants gained from the programme was extensive and wide ranging, including social inclusion, increased physical activity levels, greater awareness of health related issues and valuable practical assistance with statutory agencies.

It would not be an understatement to suggest that this programme positively changed people's lives and provided them with opportunities that they would not have had previously. This has been demonstrated by the formalisation of older people's groups in two of the areas whose aim is to continue some level of delivery in the area.

A Networking and Information Day was also organised with the aim of linking participants with the local community as well as providing other service agencies the chance to raise awareness of their work and what they had to offer older people. It is hoped to develop an Older People's Inclusion Network that will include community, voluntary and statutory agencies working to address issues raised through the programme.

Further detail is included in the Project Level Evaluation, available to download from www.sportni.net

PROGRAMME AIM 1: Increasing Participation

Case Study



Older People Sport Programme Youth Sport Omagh

The 'Older People Sport' Programme is an outreach physical activity programme delivered in six residential home and day care centres in the Omagh district. The programme was developed following consultation which highlighted a need for increasing opportunities for physical activity for residents. The participants are all aged over 65 years of age, some of whom have disabilities including physical disabilities, learning difficulties, mental health problems or sensory impairment.

The programme focused on delivering three main activities in a six week rotation including boccia, chair aerobics with yoga and new age kurling. The programme provided mental and physical stimuli for the residents and a welcome break from the day care routine. Delivering the activities also promoted a new social mix.

In Year One there were a total of 21 participants rising to 40 participants in Year Two and 64 participants in Year Three.

Further detail is included in the Project Level Evaluation, available for download from www.sportni.net

MINORITY ETHNIC COMMUNITIES

It is difficult to estimate the number of people from minority ethnic communities living in Northern Ireland as there is limited data available. From the most recent data available (2001 Census), a figure of 14,266 was reported (0.85% of the total Northern Ireland population) however other data sources suggest that this figure may be an underestimate. The number of participants from minority ethnic communities in Year One of the programme was reported as 129 participants (1%), this figure rose to 218 participants (2%) in Year Two but fell to 160 participants (1.5%) in Year Three.

Data collected in the End of Year Reports shows a 24% increase in the total number of participants from minority ethnic communities at the end of Year Three against the overall programme participants. A number of projects have reported significant numbers of individuals from minority ethnic communities participating within mainstream programmes including members of the Chinese, Indian and Irish Traveller communities. This has been achieved through

various methods. For example a member of Strabane Ethnic Communities Association sits on Strabane District Council's Sports Forum and information about programmes is made available to all their members. In other cases projects have translated posters advertising programmes into a range of languages and have displayed them in health centres, schools and community centres.

In an effort to improve relationships between residents in the Greater Village area of Belfast community leaders met with representatives from the Police Service of Northern Ireland (PSNI) and the Northern Ireland Council for Ethnic Minorities. Sport was identified as a tool to increase contact between communities and begin to break down perceived barriers. Football coaching sessions were delivered by GVRT with members of the community buddying up with members of the Polish community. Teams then took part in the Inter-Cultural Cup; this has become an annual event supported by the IFA.

Case Study



Filipino Community Support Network (FCSN) Brownlow Campus Sports Trust (BCST)

The Filipino community is a fast growing and developing community within the Craigavon area. BCST approached Community Network Portadown for assistance in working with the local Filipino Community to develop initiatives that would increase participation in sport and physical activity and promote healthy lifestyles within this group. In

August 2005 BCST was awarded £2,500 from the Southern Health Board and Investing in Health to develop a physical activity programme for the Filipino community.

This funding has enabled BCST to develop and deliver various activities including basketball, soccer and multi-sports, Filipino dance and aerobics. All activities are aimed at increasing participation and awareness of the health benefits of sport and physical activity within the Filipino community.

Over the three years of the FCSN:

- 30 to 50 members of the Filipino community have regularly participated in sport and physical activity programmes;
- Five volunteers from the Filipino community have been trained to deliver activities within their own community; and
- Through regular eight to 12 week programmes of activities, targeting all age groups, the levels of regular participation across all groups has increased within the Filipino community in Craigavon.

Through establishing and developing links with FCSN, BCST will build on this work and develop future opportunities for physical activity initiatives. This initial programme has:

- Increased opportunities for the Filipino community to participate in sport and physical activity;
- Promoted healthy lifestyles and increased awareness of local facilities within this community;
- Increased the capacity of local coaches to deliver programmes to minority ethnic communities and increased the capacity of the Filipino community to deliver programmes independently through a coach education programme;
- Increased awareness of the role sport can play in assisting integration and social inclusion of minority ethnic communities; and
- Built stronger community relationships through the awareness of different cultures and communities.

BCST and FCSN continue to work closely together in sourcing funding and developing sustainable programmes of sport and physical activity.

PROGRAMME AIM 1: Increasing Participation

PEOPLE WITH DISABILITIES

SNI's policy of mainstreaming participation opportunities for people with disabilities through a twin track approach is facilitated through the engagement of Disability Sports Northern Ireland (DSNI) to support policy implementation. Support is provided to projects on a regional and individual level in four areas:

1. Training;
2. Information;
3. Advice and support; and
4. Programme delivery.

The Equality Commission for Northern Ireland indicate that the number of people in Northern Ireland with a limiting long-term illness is 20.4% of the total population, which is defined as 'a long-term illness, health problem or disability

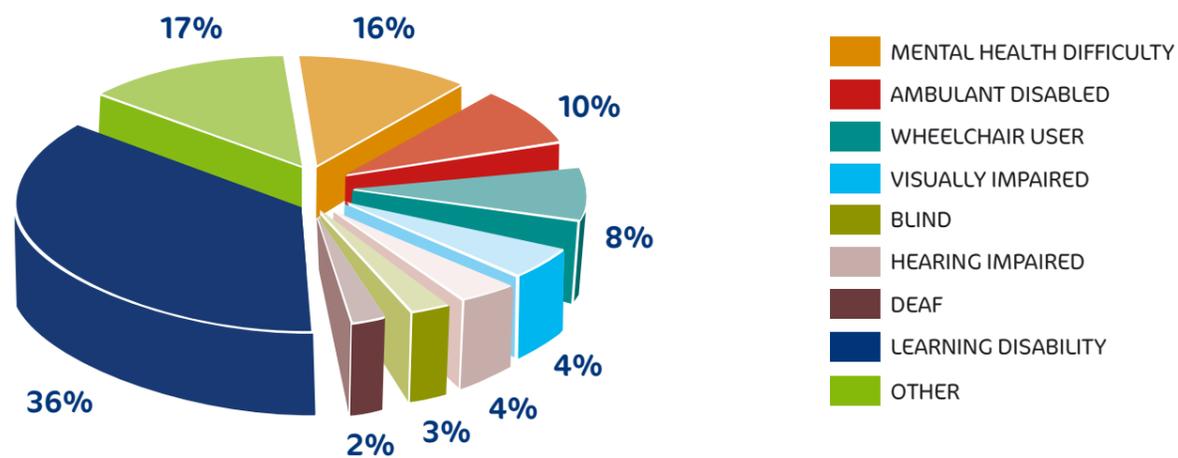
which limits a person's daily activities or the work that they can do, including problems that are due to old age'.

In the final year of the programme a total of 1,625 participants were recorded as having a disability, which represents a 50% increase on the 1,087 individuals reported in Year One.

In Year One 9% of total participants were reported as having a disability, rising to 13% in Year Two and falling to 11% in Year Three. While this is below the figure of 20% of the total Northern Ireland population with a disability reported in the 2001 Census, it shows an increase of 538 in the total number of participants with a disability in Year Three compared with figures reported in Year One. Figure 4 shows Year Three participants by percentage of disability type.

Figure 4

YEAR 3 PARTICIPANTS WITH A DISABILITY BY TYPE OF DISABILITY (%)



Over the three years, all 20 projects reported individuals with a disability participating in programmes either as part of a mainstream programme or in programmes specifically targeted at people with a disability.

Specific opportunities for people with a disability were provided to participants from pan disability to specific

impairment groups and across a range of sport and physical recreation activities. A number of inclusive games, including the Paralympic sport of boccia, new age kurling and chair based exercise were delivered in local leisure centres, community halls or within the care setting.

Case Study



East Down Gaels Down Clubmark Sports Association

In June 2007 East Down Gaels made headlines when they surprised the crowd at the Ulster Championship in Clones. The team made history by becoming the first of its kind to take part in the half-time games. The event was aired on BBC1 News and on 'The Championship' programme on BBC2.

The team is mixed gender with 22 young adults with learning disabilities many of whom had

previously participated in programmes delivered by Down Clubmark Sports Association including the physical activity programme held at the Patrician Youth Centre. Thirty participants in total – 24 with learning disabilities and six mainstream young people acting as 'buddies' took part in a range of physical activities and through this programme partnerships were developed with local disability providers, local gaelic clubs and the GAA Governing Body to provide opportunities for people with a disability to participate in gaelic games.

The programme has increased opportunities for people with a disability to participate in gaelic games and to develop a team to give the participants a sense of identity and increased the opportunities for inclusion within local clubs. The capacity of leaders and volunteers working with this group has been developed and public awareness of disability issues has been raised.

The emphasis throughout the programme has always been on "ability" and not "disability" and Down Clubmark Sports Association have liaised with the Ulster GAA Council Disability Development Officer to build links with other teams and to set up tournaments and regular playing opportunities for the team.

The group continue to play monthly and have recently travelled to Derry to meet a group who hope to form a gaelic team after having the opportunity to train and play a match with the players. The group are meeting with a similar group in Armagh in the near future with the overall hope of organising a mini tournament.

The Community Sports Development Officer post within Down Clubmark Sports Association has been sustained by Down District Council to support the programme's future.

PROGRAMME AIM 1: Increasing Participation

Case Study



Community Sport Active Inclusion Programme Craigavon Borough Council

In partnership with statutory bodies and local groups, Craigavon Borough Council's 'Community Sport Active Inclusion' Programme has focused on delivery of programmes targeting older people and those with a disability. Examples of partnership working include:

- Sport and Leisure Users Group (SLUG) – This is a forum for people with disabilities to raise issues about access to leisure and physical activity opportunities with local statutory agencies to assist programme planning and to disseminate local information about activities. The annual Craigavon 'Get Active Day' is delivered through SLUG;
- Wraparound Task Group – This group comprises representatives from a range of statutory organisations and families with a child with a disability. The aims of the group are to address and challenge barriers to services and activities for these young people. A partnership was developed through this group to deliver the Disability Summer Scheme;
- Aspergers Steering Group – This steering group comprised of parents of children diagnosed with Autism without a learning disability. The children receive little or no statutory support and face barriers in many aspects of life including access to sport and leisure opportunities; and
- Craigavon and Banbridge Physical Activity Forum – The Physical Activity Forum involves partners from statutory organisations who meet to share ideas and best practice and to discuss issues in health and leisure in the local area.

Programmes delivered included:

- Shine Disability Summer Scheme – A two week scheme for young people with a disability was held in July 2007. 35 young people were involved and participated in sports, arts and crafts and music. The scheme catered for young people with learning, physical and sensory disabilities. Specialist coaches delivered sessions in soccer, tri golf, badminton, athletics, boccia, table tennis, new age kurling and swimming. Many of the young people have difficulty in accessing mainstream summer schemes.

The programme gave participants who are often excluded from sport and physical recreation an opportunity to try new activities, a chance to make new friends and gave them some independence from their carers. The summer scheme has strengthened partnerships between Craigavon Borough Council Active Inclusion Programme and other members of the Wraparound Task Group and funding is being sought to deliver the scheme annually and potentially to integrate with the mainstream summer scheme.

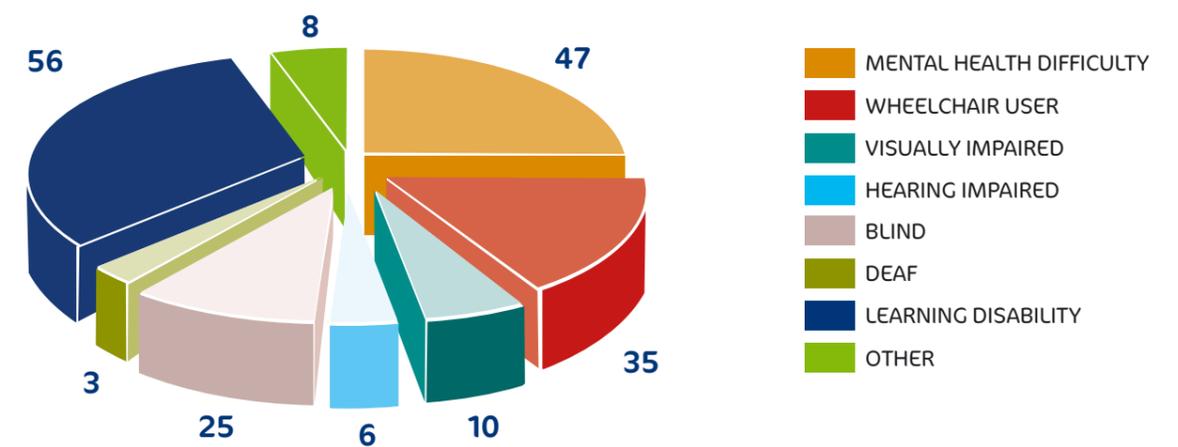
Case Study (continued)

- Visually Impaired Summer Scheme – In partnership with the Visually Impaired Community Access Team within the Southern Health and Social Care Trust delivering physical activities during their summer scheme. This is a long standing partnership with approximately 25 participants taking part in physical activities such as boccia, new age kurling and tri golf annually.
- Acquired Brain Injury – 'Headstart' is a group of men with acquired brain injuries who meet monthly for social interaction. The group were interested in becoming more physically active and following taster sessions and involvement in the 'Get Active Day' they are working with Craigavon Borough Council Active Inclusion to plan a full programme of activities to include boccia, new age kurling, archery, skiing, yoga and tennis.
- 'Moving On' – Young Stroke Group -This is an ongoing programme to provide sport and physical activities for this group. Participants have the opportunity to take part in boccia, new age kurling and chair based exercise. Five members of the groups tried gliding at the Ulster Gliding Club in Ballerena, Limavady.
- Craigavon 'Get Active Day' - As part of the Craigavon Sport and Leisure Users Group Craigavon Borough Council and Brownlow Campus Sports Trust hold an annual 'Get Active Day' offering people with a disability the opportunity to try a range of different physical activities at Craigavon Leisure Centre. Over 100 participants with a disability come from local special schools, day centres, mental health support groups and community groups to try activities such as salsacise, yoga, tri golf, volleyball, soccer, tennis, gaelic football, boccia, new age kurling, and chair based exercises.

Figure 5 shows the breakdown of disability type in Year Three by participant totals.

Figure 5

TYPE OF DISABILITY - CRAIGAVON BOROUGH COUNCIL (YEAR 3)



PROGRAMME AIM 1: Increasing Participation

Case Study



Tai Chi Programme Derry Healthy Cities and Hands That Talk

'Hands That Talk' was set up in early 2000 as a direct response to the enormous gap in provision for those people in our community who are either deaf or hearing impaired. It is a registered charity, run by volunteers from all sections of the community and, since its establishment, has grown to be the largest deaf community in Northern Ireland and the second largest in Ireland.

Before the programme took place a needs assessment was carried out with members of the Hands that Talk group and Tai Chi was identified as a physical activity they would like to take part in.

The Tai Chi Programme ran for 12 weeks from November 2005 with 14 participants taking part. Numbers were small as sign language interpretation was needed for the client group. Sessions included explanations on the benefits of Tai Chi for both the physical and mental health of individuals alongside practical sessions.

14% of participants did not take part in any form of physical activity before they took part in the Tai Chi Programme. All participants enjoyed the sessions and felt that it held great benefits for them. A number of participants expressed that they felt Tai Chi helped them to de-stress; others said that it helped them sleep better and improved their balance while a number felt that taking part had increased their overall health and fitness.

One member of the 'Hands that Talk' group expressed an interest in being able to teach Tai Chi. With support from Derry Healthy Cities and Foyle Active Futures project, and mentored by a qualified instructor trained in Qi Quong exercises of Tai Chi, Pauline Doherty has qualified to teach this activity. This has ensured the sustainability of the programme for Hands that Talk and the wider Deaf Community. Pauline has since led a number of exhibitions in Qi Quong, one of which was for a large Equality Conference in the Everglades Hotel in Derry.

Case Study



Derry Healthy Cities Inclusive Dance Programme

Twenty-one participants took part in an eight week dance programme for children under 10 years old with Downs Syndrome and their siblings and carers.

The programme was designed to:

- Increase the levels of physical activity provision for children with a disability and their siblings and carers;
- Increase the capacity of children with a disability and their siblings and carers in the Foyle area to enable them to participate effectively in physical activity programmes;
- Raise awareness within the target group of the benefits of physical activity in children with a disability, their siblings and carers; and
- Increase the provision of physical activity programmes for children with a disability in mainstream facilities.

At the beginning of the programme the dance instructor assessed the group members' ability and concentration levels. Some of the group were more focused than others so the dance leader designed the programme to cater for this - something that would not always be possible with a mainstream programme.

The children learned a couple of dances and the sequences were repeated every week. As some of the participants' concentration levels were poor a reward system was put in place such as giving children a sticker at the end of an activity if they did not leave while the teaching was in progress. This reward system worked really well and at the end of the programme all children were able to perform all the dances learnt as their levels of concentration had improved greatly.

At the end of the eight weeks children performed their dance routine at an end of programme demonstration for their parents and carers. Every child thoroughly enjoyed taking part and as a result they continue to perform the dances that they have learnt. Some children have also expressed an interest in attending dance/disco dancing classes.

“The Tai Chi Programme has been really popular with members of Hands That Talk, and now that they have a trained instructor within the group they are able to keep a regular programme of activity.”

Fiona McCann - Derry Healthy Cities

PROGRAMME AIM 2: Improving Health and Well-being

IMPROVING HEALTH AND WELL-BEING

In Year Three of the programme 217 participants were referred to projects by a health professional, an increase of 179% on the reported figure of 97 in Year Two. A number of projects have reported a significant number of referrals to sport and physical activity programmes as a health enhancement tool.

Case Study



Men's Health and Fitness Initiative Strabane District Council

The 'Men's Health and Fitness Initiative' has been running for over a year and offers exercise programmes to sedentary older males at the Melvin Sports Complex in Strabane. The Programme began with one session per week which has now been increased to two sessions per week due to participant demand. The Men's Health and Fitness Initiative targets men, over the age of 30, who are not regular participants in sport and physical activity.

Some of the participants had wanted to get more involved in sport, but for a range of reasons had not been able to. Melvin Community Sport accommodated these men, and gave them a safe and relaxed atmosphere where they could participate in physical activity, improve their awareness of healthy living and improve their general health.

As part of the Men's Health and Fitness Programme participants were offered health checks provided by Derry Healthy Cities to help identify any underlying health issues and to monitor improvements in health and fitness over the course of the programme.

Over 40 participants now take part in the twice weekly sessions and participation in the programmes offered has led to improvements in fitness levels and health. As the programme has developed, an increase in the usage of local facilities has been noted and male uptake on programmes provided has increased.

Due to the success of this initiative a sustainable programme has now been established with participants paying £3 per session with a small contribution from Strabane District Council to cover costs. It is hoped, in the longer term, to form a constituted men's group to access future funding and so ensure sustainability.

Further detail is included in the Project Level Evaluation, available to download from www.sportni.net

Case Study



Fit Futures Yoga Schools Programme Derry City Council, (Outer North)

The 'Yoga Schools Programme' operated within a cluster of seven primary schools, delivering activity to over 300 young people within the Outer North area of Derry, a defined Neighbourhood Renewal Area, which in terms of multiple deprivation (Noble Index) ranks within the top 10% most deprived wards in Northern Ireland. The Yoga Schools Programme entails one 30 minute session per week with each class of Primary Sevens.

A project level evaluation noted the following impact:

- Improved self-esteem and confidence levels amongst the children;
- Improved class cohesion as the children worked as a team on certain poses;
- The non-competitive element allowed the children to take part without judging who was better;
- Created an inclusive, delivering an activity accessible to children of all abilities and developmental ages;
- Improved concentration as a direct impact of doing yoga;
- Encouraging healthy lifestyles, energising the children to become more active;
- Improved children's physical literacy, including the children feeling 'energetic and flexible', and improved co-ordination; and
- Transferred learning to the classroom and life at home.

Further detail is included in the Project Level Evaluation, available to download from www.sportni.net

“The Fit Futures Yoga Schools Programme is teaching young children that if you are not interested in an organised sport you can still engage in physical activity. It gives children the motivation to continue with physical activity - a motivation founded on the self-confidence and self-realisation that they have experienced in the Schools Yoga Programme.”

Teresa Bradley - Derry City Council

PROGRAMME AIM 2: Improving Health and Well-being

Case Study



Active Choice Programme Larne Borough Council

Initially designed as a pilot programme, the 'Active Choice' Programme has developed into one of the major projects within the Larne Community Sport Programme.

The Active Choice Programme aims to provide support, experience and knowledge to attract local people into making healthy lifestyle choices.

The Active Choice Programme began as a pilot scheme to gauge interest and identify any potential issues. The benefit to participants has led the programme to be endorsed by local GPs and Health Centres. At present there is only one member of staff trained in this area but it is essential that more staff are trained to meet demand.

This new and exciting Exercise/GP Referral Programme has enabled local people with a range of health problems to be referred by their GP or Practice Nurse to Active Choice for a personal 12 week programme of physical activity.

The programme was designed to target people who undertake little or no physical activity and aims to assist in the management of various health issues such as obesity, diabetes and chronic heart disease. The financial barrier to participation is reduced as participants are offered affordable rates when using the leisure centre and one to one advice and support is offered to participants from a programme co-ordinator.

With continuation funding from SNI's Sport in Our Community Investment Programme, the Active Choice Programme looks set to prosper and grow.

“Active Choice has helped me loose weight and given me the information I need to help me make better choices in the supermarket on my weekly shop! I now use the gym regularly and am well on track for my target weight.”

Participant - Active Choice Programme

Case Study



Carers Physical Activity Programme Newry and Mourne Carers

A recurrent theme emerging from research into the needs of carers is the degree to which they are excluded from everyday social and recreational opportunities, often taken for granted by others in the community. Research also indicates that the caring role frequently has adverse effects on the physical and mental well-being of individuals. The need to address the physical and mental health needs of carers has been highlighted in reviews undertaken by the Training Organisation for Personal Social Services and the National Carers

Strategy produced by the Department of Health and Social Services and Public Safety.

Newry and Mourne Carers ran a series of sport and physical activity programmes targeting Young Carers aged up to 24 years of age and Adult Carers aged 25 years and over with many of the participants being referred to the project by health professionals. Among the most successful programme the project delivered was aqua aerobics which then led to swimming classes being held for both Adult Carers and Young Carers.

By engaging in aqua aerobics Adult Carers were been encouraged to exercise in an activity that promoted their mental and physical well-being. The sessions were held weekly and were a totally new activity to the 10 Adult Carers who took part. Fitness levels and sense of self-worth of the participants was increased through their participation in physical activity which improved balance, flexibility, strength and cardiovascular endurance. Along with the physical benefits of swimming psychologically the Adult Carers felt much stronger and able to deal with their caring role due to reduced levels of stress and anxiety.

Some Adult Carers had to overcome their initial fear of water and gradually their confidence increased. One of the additional benefits of this programme was that non-swimmers in the group were given the opportunity to have swimming lessons and now have learned to swim. This was so successful that additional swimming lessons were delivered with a total of 16 Adult Carers and nine Young Carers learning to swim.

Some of the participants from the swimming lessons programme now independently attend the swimming pool on a regular basis. It has been reported that some of the Adult Carers now go for a swim instead of taking tablets to relieve their stress and feel that an active lifestyle is attainable for them.

PROGRAMME AIM 3:

Developing Capacity and Building Community Participation and Cohesion

DEVELOPING CAPACITY AND BUILDING COMMUNITY PARTICIPATION AND COHESION

A variety of crime diversionary and cross community programmes were delivered during the three year term to develop capacity and build community cohesion.

Case Study



The Development of Midnight Street Soccer North Belfast Play Forum and Brownlow Campus Sports Trust

Midnight Street Soccer is a late night football league held at community sports venues in deprived urban areas, providing much needed alternatives for young people aged eight to 17 at a time when communities are most vulnerable to anti-social and criminal behaviour. The leagues now culminate in the National Finals held in the JJB Soccer Dome in Dundalk.

The aims of Midnight Street Soccer are:

- New opportunities for participation in sport, especially in disadvantaged communities;
- Better understanding of diversity and difference;
- Improved youth provision at times when communities are vulnerable to anti-social activity;
- Opportunities for improved social inclusion and community relations; and
- Development of sport in the community and the development of the community through sport.

To develop the Midnight Street Soccer Programme North Belfast Play Forum were awarded an investment of £33,000 and Brownlow Campus Sports Trust were awarded ringfenced funding of £15,000 for a part-time coordinator post and programme costs from their SNI Community Sport Programme investment award.

A 12 week pilot league was held at the facilities at the Waterworks in Belfast and at Brownlow Campus Sports Trust in Craigavon on Saturday nights from 9.00pm – midnight. More than 200 young people participated in five-a-side league culminating in the Midnight Street Soccer Shield and Championship Finals providing opportunities for young people from a range of communities to come together through sport.

Links were established with other community sports development units and a second league commenced in August 2005 with an additional two facilities Avoniel Leisure Centre, Belfast and Keady, Armagh taking part.

A Community Relations Training Programme was developed with the IFA for coaches and volunteers working on the programme. Anti-sectarian and anti-racism banners were also secured to be displayed at all facilities taking part.

Case Study (continued)

Through funding from Sport Relief, the Midnight Street Soccer Football Club was set up. The team is made up of selected young people from the different facilities where the Midnight Street Soccer Programme is delivered in the greater Belfast area. Twice a year 25 young people take part in 10 workshops and a number of football sessions over a 12 week course. Workshops include self-reflection, shared interests, conflict and difference. After 10 weeks of team building and educational workshops the young people of the Midnight Street Soccer Football Team travel to Glasgow for a Good Relations Residential where the young people explore diverse cultures, tour Celtic Park and Ibrox stadiums and play a friendly match at the Ibrox Stadium against a Rangers F.C. select team.

At the end of Year Two Midnight Street Soccer had been established in an additional 10 centres, each running 12 week leagues concluding with the Midnight Street Soccer Finals at the JJB Soccer Dome in Dundalk.

The project was voted Northern Ireland National Lottery 'Best Sports Project' and runner up in the UK at the 2006 National Lottery Awards.

Following a seminar facilitated by SNI in February 2007, a number of Community Sport Programme projects expressed an interest in developing the concept of Midnight Street Soccer. The programme is currently running in seven facilities across Belfast and a further eight facilities across Northern Ireland:

- Waterworks Multi-Sports Facility (North Belfast);
- Paisley Park (West Belfast);
- Brooke Activity Centre (Lisburn);
- Avoniel Leisure Centre (East Belfast);
- Olympia Leisure Centre (South Belfast);
- Cregagh Community Centre (Castlereagh);
- Brownlow Campus Sports Trust (Craigavon);
- Erne Integrated College (Enniskillen);
- Shantallow Multi-Use Games Area (Derry);
- Linn Mini Pitches (Larne);
- Omagh Leisure Centre (Omagh);
- Whiterock Leisure Centre (West Belfast);
- Draperstown Community Hall (Draperstown);
- Laurelhill Sports Zone (Lisburn);
- Valley Leisure Centre (Newtownabbey); and
- Joey Dunlop Centre (Ballymoney).

Over 50 community organisations are now engaged in Midnight Street Soccer, in partnership with a range of statutory organisations, including a number of district councils, the Youth Service, the PSNI, Probation Board for Northern Ireland and the Youth Justice Agency targeting over 1,000 young people during each league. The programme provides employment for approximately 60 part time coaches.

Other projects delivering night time diversionary activities include:

BALLYMONEY BOROUGH COUNCIL

A Midnight Street Soccer League was set up following consultations with community representatives, the PSNI, and the Community Sports Liaison Committee to address the need for diversionary activities within the Ballymoney area. Boredom and frustration at the lack of opportunities for young people have, in the past, led to instances of anti-social behaviour, especially in rural areas.

PROGRAMME AIM 3:

Developing Capacity and Building Community Participation and Cohesion

Case Study (continued)

Partners in the project are: Ballymoney Community Sports, Ballymoney Community Safety Partnership, the PSNI, and the five participating Community Associations. The Midnight Soccer League is a cross community venture aimed at young people and is based at the Joey Dunlop Leisure Centre in Ballymoney. This venue was chosen as it is a neutral space with excellent facilities. The teams meet on Friday nights as this is when, according to PSNI statistics, most offending occurs.

The project includes several elements:

- Increasing participation in sport;
- Promoting good relations and community cohesion; and
- Organising workshops delivered by representatives of the PSNI on anti-social behaviour to highlight the need for inter community co-operation and the benefits of a more cohesive society.

LARNE BOROUGH COUNCIL

Midnight Street Soccer was introduced to Larne in September 2007 to offer 14-17 year olds an intervention programme on Friday nights. The project involved partnership work with the IFA, local community groups and received financial support from the Department of Social Development Local Community Fund.

The programme targeted local young people from Craigyhill, Antiville and Ballyloran but interest around the town ensured involvement from other areas such as Blackcave and Central.

In its first year the project offered two 10 week blocks of competition, over three hours. Six teams with squads of 10 people participated with many young people coming along to support. This added atmosphere to the project and it became the place to be on a Friday night for young people of varying ages.

Four teams represented Larne in the Northern Ireland Finals in Dundalk. This is an important social element of the project.

The project also aimed to develop local capacity in the form of coach/leader training and education, which ensured that local leaders have the competencies, ability, and confidence to deliver sport in their community. Ten IFA Grassroots Introductory Coaching Awards and three IFA Level 1 Coaching Awards were gained.

CASTLEREAGH BOROUGH COUNCIL

Castlereagh Borough Council has been running bi-annual Midnight Street Soccer leagues at Cregagh Community Centre since March 2006, with a regular attendance of approximately 80 young people aged 14-17, and four coaches. The programme specifically targets groups from Ballybeen, Tullycarnet and Cregagh to provide an alternative to anti-social behaviour.

The majority of participants in Castlereagh's Midnight Street Soccer leagues are boys and it is hoped to develop a Castlereagh Multi-Sports League in a similar format offering a range of sports that will encourage girls to participate in the programme.

Case Study (continued)

GREATER VILLAGE REGENERATION TRUST (GVRT) AND LOWER ORMEAU RESIDENTS ACTION GROUP (LORAG)

The Midnight Street Soccer Programme in south Belfast was developed by GVRT and LORAG and is the first cross community Midnight Street Soccer site. It has been developed through funding and partnership links with the PSNI, Royal Air Force and Belfast City Council.

Over 100 young people participate in the programme on Friday and Saturday evenings from 9pm - midnight. The programme targets areas associated with deprivation and anti-social behaviour. Local young people have the opportunity to participate in a sports programme that highlights the benefits of sport and physical activity and also acts as a diversionary, social and personal development tool.

Links with local clubs have been established through the programme providing young people with opportunities to remain involved in sport and physical activity. Five programme participants were selected to participate in Midnight Street Soccer Football Club.

“ I started going to Midnight Street Soccer when I was 14. They run football training sessions and tournaments between 9pm and midnight, when most of the problems happen. It doesn't matter if you're Catholic or Protestant – everyone just wants to play football and have fun. You might make a bad tackle, but you just say sorry and help them get up. When I play football I feel on top of the world and get a buzz about being able to socialise with different people. My mum says that the project has really helped my confidence and she's glad that it keeps me away from the drinking and drugs that some young people in my area are involved in. ”

Participant - Midnight Street Soccer Programme

PROGRAMME AIM 3:

Developing Capacity and Building Community Participation and Cohesion

Case Study



Change Your Future Programme Castlereagh Borough Council

The 'Change Your Future' Programme targets young people aged 16-24 who benefit from a personal development programme. There are 20 Probation Board for Northern Ireland referral places each year.

The project received £128,941 from Big Lottery Fund's 'Change UR Future' Programme.

The objectives of the Change Your Future Programme are:

- Increased participation of young people;
- Improved health and well-being for young people;
- Increased achievement and learning for young people; and
- Wider family and community support for young people.

As this is a personal development programme, courses that are offered are dependant on the needs of the individual, however, all programmes contain physical activity courses, IT, numeracy and literacy sessions. It is hoped that these young people will move into employment following the course aided by experience gained through work placements.

COACHES AND VOLUNTEERS

The total number of coaches, leaders, instructors or teachers reported as being involved in the programme in the final year was 636. This is an increase of 68% on the figure of 379 reported in Year One and an increase of 60% on the figure of 398 reported in Year Two of the programme.

A total of 209 volunteers were reported as actively being involved in Year Three of the programme this represents an increase of 76% on figures reported in Year Two when 119 volunteers were reported. Figures for volunteers were not recorded in Year One.

Over the three years a total of 1,861 generic sports and sports specific qualifications were gained through coach education programmes delivered by projects. In Year Three, 750 sports specific qualifications were reported. This is a 60% increase on the figure of 468 reported in Year One.

In addition to National Governing Body Awards participants also gained a range of generic coaching awards including:

- Child Protection Awareness;
- First Aid for Sport;
- Sport 4 All Leaders Award;
- Skills 4 Sport Award;
- Inclusive Community Coaches Award;
- Disability Awareness Training; and
- Including People with Disabilities within Your Club.

Case Study



Inclusive Coach Education Programme Craigavon Borough Council

Craigavon Borough Council have developed a programme of 'Inclusive Coach Education' targeting staff and volunteers who work with older people, people with a disability or adults within residential, nursing home, day care or community settings.

The aim is to increase capacity within the community and to sustain longer term provision of delivery of sport and physical activity programmes for people with a disability. More than 100 coach education awards have been gained by participants through these programmes.

Examples of programmes delivered include:

- The Volunteer Walk Leader Training - This training is offered to members of the public with an interest in leading health walks for members of their community. The training enables them to plan safe and interesting walks in their local area and motivate others to participate. It provides a basic understanding of a range of medical conditions that may be affected by physical activity and identifies the main points to remember to keep walkers safe when being active. The training is targeted at people who have an interest in leading walks; the participants come from a range of different areas including local community groups, Over 50's Clubs, disability groups, rural community groups or young mothers groups. Through this, opportunities have been created for inactive members of the local community to participate in gentle activity in an effort to meet the recommended 30 minutes daily activity. It also reduces the fear associated with walking alone. Public walking groups have been established in Lurgan Park and Portadown West. Through volunteers gaining the Walk Leader award it is hoped to establish a further two public walks in the Craigavon area in the near future. This is in addition to the many other groups who are now walking on a regular basis following this training.
- Cycle Leader Training - The Cycle Leader course is delivered over two days by Tri Cycle, an on road cycle training organisation. The aim of the course is to train Volunteer Cycle Leaders to set up and lead on local cycle rides in association with their group/organisation/workplace. Up to 10 bicycles can be accessed for groups to use which are held in Newry, Armagh and Craigavon.
- Boccia Level 1 – This course provides staff and volunteers working in care settings with knowledge and practical skills to lead a game of boccia with older people or adults with limited mobility. This game can be adapted for all ability levels.
- Chair Based Exercise – This training is targeted at staff and volunteers working in care settings and equips participants with the knowledge and skills to facilitate appropriate, safe and effective chair based activity sessions for people with limited mobility in order to enhance their quality of life.

Through these programmes long-term sustained delivery of sport and physical activities to people with a disability will be sustained and additional programmes will be delivered through continuation funding from the SNI Sport in Our Community Investment Programme.

PROGRAMME AIM 3:

Developing Capacity and Building Community Participation and Cohesion

Case Study



Cross Community Coaching Education Programme Greater Village Regeneration Trust (GVRT)

GVRT delivered a 'Cross Community Coaching Education' Programme in partnership with Upper Springfield Development Trust and Grosvenor Community Complex. This community sport programme is funded through Youth, Education and Social Inclusion Partnership, and is designed to educate and create awareness levels for a career in community coaching for the youth of south and west Belfast. The programme is targeted at young people aged 16 to 21 years of age.

This pilot programme is aimed at increasing participation levels in sports and physical activity, improving the health and well-being of participants and providing a comprehensive programme of education and training to increase the knowledge and skills of people.

Each participant enrolled on the programme aims to become an established coach within their own community and to deliver sport and physical activity programmes under mentoring from senior coaches to gain relevant experience within the community sport field. Each participant underwent training in a range of coaching awards including:

- Sports Specific First-Aid;
- IFA Grassroots Award;
- Sport for all Leaders Award;
- Child Protection Awareness Training;
- Equity Training;
- Coaching and Communication; and
- What is Sports Coaching?

This programme is a long-term approach to maximising participants' potential and their involvement in sport. It highlights the importance of having high quality coaches working with and understanding the development of children and young people as they embark upon their sporting journey. The programme also provides a platform for young coaches to encourage and support participants at every level to fulfil their potential and remain involved in sport.

In the future it is hoped that local initiatives will be established for participants to be mentored through the SNI Community Sport Programme and directed through the coaching pathway.

Case Study



Volunteer Education Programme Ballymoney Borough Council

Following an extensive community audit which identified the need to develop sustainable coaching delivery structures in rural communities, a 'Volunteer Coach Education' Programme was developed by Ballymoney Borough Council to provide local people with the opportunity to gain coaching qualifications on an annual basis. The Community Sport Liaison Committee, comprising of representatives from local community associations and Ballymoney CSDOs, planned the sports specific and generic courses delivered each year based on community need.

Over the three years of the programme nearly 200 people have participated in the Volunteer Coach Education Programme. This has given local people the opportunity to gain coaching qualifications that are relevant to the needs of their communities and to ensure that activities can be sustained by local volunteers. This has led to increased levels of participation in sport and physical activity and improved the health and well-being of communities. In addition, the coach education programme has had the added benefit of developing relationships between communities who are close neighbours but culturally divided. Courses delivered over the three year programme include:

- Including people with disabilities in your club;
- Child Protection Awareness;
- Table Tennis Initiator Award;
- IFA Mini Soccer Award;
- IFA Referee Award;
- Walk Leaders Award;
- First Aid Certificate; and
- Golf Activator Award.

Communities now have a base of qualified leaders and coaches to continue to develop sustainable structures of sport and physical activity within their respective communities. The Volunteer Coach Education Programme will be continued through the SNI Sport in Our Community Investment Programme and continue to deliver sports specific and generic coaching courses to meet community need.

PROGRAMME AIM 4: Sustaining Longer Term Provision

PROJECT LEGACY

The SNI Community Sport Programme has provided employment opportunities for 20 CSDOs.

Over the project lifespan a total of 33 individuals have been employed as CSDOs within the programme. While some projects have experienced a high turnover of staff, others have continued with the same officer over the three year term. Involvement in the programme has been beneficial for the continuing professional development of the officers, with a number being promoted, appointed to other posts within the Sports Development Network, or within Community Development, and taking their sports development experience to their new role.

The project legacy for each award is illustrated in Table 3.

Table 3

ORGANISATION

CSDO POSTS SECURED UNTIL 31 MARCH 2010 THROUGH THE SNI SPORT IN OUR COMMUNITY INVESTMENT PROGRAMME

Ballymoney Borough Council Coleraine Borough Council Craigavon Borough Council Derry City Council (Fit Futures) Derry City Council (Waterside) Derry Healthy Cities GVRT LORAG	CSDO remained in post throughout the duration of the Community Sport Investment Award.
BCST	This post has been held by two CSDOs. The first left to take up a position as CSDO in Upper Springfield Development Trust.
Castlereagh Borough Council	This post has been held by two CSDOs. The first was promoted to Community Services Manager within the Council.
Larne Borough Council	This post has been held by two CSDOs. The first left to take up a position as Sports Development Officer within Antrim Borough Council.
CSDO POSTS MAINSTREAMED OR EXTENDED	
Strabane District Council	CSDO remained in post for the duration of the Community Sport Investment Award and has now been mainstreamed.
Clarendon Development Association	CSDO post has been extended for one year.
Down Clubmark Association	This post has been held by two CSDOs. The first left to take up a position as Sports Development Manager in Larne Borough Council. The present CSDO's post has been extended with the specific remit of continuation of work with people with disabilities.
Newry and Mourne Carers	The CSDO post has been extended pending application for further funding.
North Belfast Play Forum	CSDO post has been sustained through income generated from programmes.
CSDO POSTS NOT CONTINUED	
Age Concern NI	This post has been held by three CSDOs. The first left to take up a post as SDO at Queen's Physical Education Centre, the second left to take up a post as CSDO in BCST and the third left to take up a post as CSDO at The Vale Centre in Derry. The work of the project will continue through the Actively Ageing Well Project.
PlayBoard	The CSDO has taken up a post as a Neighbourhood Development Officer in Belfast City Council. Additional funding was sourced through the Big Lottery Fund's Active Lifestyles Programme, to employ two part-time Play Rangers.
Lagan Watersports	This post has been held by three CSDOs who have moved to posts in other organisations including Sustrans and IFA.
Youth Sport Omagh	Post extended to end July 2008 pending an application for further funding which was not successful.

PROGRAMME AIM 4: Sustaining Longer Term Provision

SPORT NORTHERN IRELAND SUPPORT TO PROGRAMMES

Following consultation with projects, SNI held a range of training sessions that have been delivered over the three years of the programme covering specific and generic work areas. Annual training programmes were developed and agreed for CSDO's. Line Managers and support staff to assist and support effective programme delivery.

These sessions were facilitated or hosted by SNI and delivered by SNI Officers or as one-off sessions delivered by CSDO's who were working successfully in the specific areas and who were able to give advice and support to those officers embarking on these areas.

Table 4

Training Programme 2005 - 2008

Marketing Community Sport Seminar	August 2005
Disability Awareness Seminar 22 Officers attended this seminar facilitated by SNI, held at Belfast Activity Centre.	September 2005
Principles of Community Sports Development Seminar 26 CSDO's attended this seminar facilitated by SNI, held at Spectrum Centre, Belfast.	September 2005
Inclusive Games Training All CSDO's attended this training, delivered by DSNI at Valley Leisure Centre.	October 2005
NIsport Training Residential 15 CSDO's attended this training residential at Lusty Beg Island, Fermanagh.	November 2005
New Start! New Vision! Seminar Held at the Hilton Hotel, Templepatrick, the seminar addressed the following areas: <ul style="list-style-type: none"> • Revisit aims and objectives of the Community Sport Programme; • Present findings from the pilot 'Baseline' and 'Participant Survey' reports; • Provide an opportunity for discussion and feedback on issues relevant to the successful delivery of the Community Sport Programme; and • Introduce and update community sport projects on the key performance indicators that need to be included in the Monitoring and Evaluation Framework. 38 CSDO's and Line Managers attended.	January 2006
Physical Literacy Seminar 11 CSDO's attended this seminar, held at the Hilton Hotel, Templepatrick.	May 2006
Community Sport Disability Action Planning DSNI facilitated a session which highlighted opportunities for further developing participation for people with disabilities. As an outcome of the session, in September 2007, SNI in partnership with DSNI hosted five regional 'Community Sport Disability Action Planning Sessions' to coordinate activities. These sessions were held in Craigavon, Omagh, Belfast, Ballymena and Castlereagh and Regional Action Plans were developed for each area enabling groups to combine resources and maximise opportunities.	January and September 2007

Table 4 continued

Midnight Street Soccer North Belfast Play Forum facilitated a training session for all CSDO's on the Midnight Soccer Programme. This included short presentations from other CSDO's detailing how they put the programme into practise, problems which arose and how they were overcome. As a result five projects funded through the SNI Community Sport Programme began delivery of a Midnight Street Soccer Programme in their area.	March 2007
Performance Pathway Training SNI's Performance Sport Manager and Talent Identification Officer delivered training highlighting methods of talent identification and effective communication with governing bodies of sport.	April 2007
Extended School Information Session This training was facilitated by SNI and presentations were made by GVRT and Derry City Council, along with an update from the Southern Education and Library Board and the Regional Training Unit.	April 2007
Effective Development Officer Training 16 CSDO's attended two days of training, delivered by SNI.	October 2007
Playing Your Part Seminar Over 140 delegates attended a two day Sports Development Conference, facilitated by SNI.	November 2007
Orienteering Workshop 12 CSDO's and others working in this field attended this workshop, delivered in partnership with the British Orienteering Federation and SNI.	January 2008
Fit for Play – Developing Fundamental Movement Skills Through Play 24 Sports Development Officers and others working in the field of developing physical literacy in young people attended this one day Seminar, delivered in partnership with PlayBoard and SNI.	February 2008
Active for Health Conference More than 160 delegates attended this conference supporting the development of physical recreation as a primary health tool delivered jointly by Health Promotion Agency (HPA) and SNI.	March 2008
Derry City Council Fit Futures – Active Schools – Yoga project 41 delegates attended this seminar where the findings from the project level evaluation were presented.	June 2008
Young People's Health Seminar Delivered by SNI in partnership with HPA.	June 2008

PROGRAMME AIM 4: Sustaining Longer Term Provision

PROJECT LEVEL EVALUATIONS

As the SNI Community Sport Programme entered its final year, SNI officers working in partnership with the projects identified the need to complete a number of project level evaluations.

All 20 projects were given the opportunity to bid for funding for evaluation, and all proposals for project level evaluations received by the closing date were assessed against the following criteria:

1. Utility – will this evaluation be useful?
2. Feasibility – is the evaluation viable and practical?
3. Propriety – is the evaluation ethical?
4. Accuracy – will the evaluation be correct?
5. Methodology; and
6. Value for Money.

Five organisations were successful in their application for project level evaluation. The successful projects were:

- Age Concern NI;
- Castlereagh Borough Council;
- Derry City Council – Fit Futures;
- Strabane District Council; and
- Youth Sport Omagh.

SNI assisted projects:

- In the completion of terms of references for all project level evaluations;
- In the procurement of an external agency to carry out the evaluation; and
- Provide(s) the successful agency(ies) with background information on the project.

These evaluations will be considered as part of the wider community sport initiative evaluation commissioned by the Big Lottery Fund.

All Project Level Evaluations are available to download from www.sportni.net

INCLUSIVE COMMUNITY COACHES

The purpose of this project was to increase the number of organised participation opportunities available to people with disabilities living in local communities throughout Northern Ireland, through the development of a new 'inclusive' coaching award and the training and deployment of a network of 15 fully trained and insured community coaches. The five project stages are:

1. The development of a new Inclusive Community Coach Award;
2. The selection and training of a network of 15 Inclusive Community Coaches;
3. The development of a central marketing and booking system;
4. The implementation of appropriate insurance and child protection procedures; and
5. The completion of 20 hours voluntary work in a local 'community sport' area by each of the newly trained community coaches.

The new DSNI Inclusive Community Coach Award was successfully developed and designed to provide trainees with the knowledge and skills required to run a range of inclusive sports, games and skills sessions for people with disabilities and their non-disabled peers. The award involved 30hrs of training and assessment.

15 coaches were selected following the recruitment process for the following nine areas:

- Ballymoney Borough Council;
- Brownlow Campus Sports Trust;
- Castlereagh Borough Council;
- Clarendon Sports Association;
- Craigavon Borough Council;
- GVRT;
- Larne Borough Council;
- LORAG; and
- Strabane District Council.

DSNI engaged with all the coaches and relevant CSDO's to assist with identifying appropriate opportunities to complete the required voluntary hours.

A direct impact of this programme has seen one of the coaches securing a one year student placement with Ballymoney Borough Council.

FUNDING ATTRACTED/CREATED

Information captured by the End of Year Reports shows a total of £1,874,877 additional revenue funding has been awarded to projects, as detailed in Table 5:

Table 5

REVENUE FUNDING REPORTED	2006-2007 £	2007-2008 £
Age Concern Northern Ireland	0	3,000
Ballymoney Borough Council	1,620	3,742
Brownlow Campus Sports Trust	100,075	4,640
Castlereagh Borough Council	172,486	128,000
Coleraine Borough Council	2,756	1,250
Craigavon Borough Council	8,000	3,500
Derry City Council Fit Futures	26,885	49,141
Derry City Council Waterside	11,792	0
Derry Healthy Cities	13,805	10,181
Down Clubmark	2,000	17,521
Greater Village Regeneration Trust	175,000	25,000
Larne Borough Council	7,217	210,000
Lower Ormeau Residents Action Group	170,000	296,000
Newry and Mourne Carers	0	5,140
North Belfast Play Forum	372,500	18,126
Strabane District Council	0	15,500
Youth Sport Omagh	10,000	10,000
TOTAL	1,074,136	800,741

Note: This information was not recorded in Year One.

CONCLUSION

A comparison of the data reported in project End of Year Reports provides some encouraging evidence of increasing participation across the range of target groups. When coupled with the case studies, this reflects the impact of projects against the aims of the programme.

Eleven projects funded through the SNI Community Sport Programme secured funding through SNI's Sport in Our Community Investment Programme, which will continue to contribute to the achievement of SNI's corporate objectives.

The Northern Ireland Strategy for Sport and Physical Recreation 2008-18 (hereinafter the Strategy) proposes a vision of 'a culture of lifelong enjoyment and success in sport'. To achieve this vision, the Strategy recognises the importance of increasing participation in sport.

The Strategy proposes a target of increasing the number of women who regularly participate in sport and physical recreation by 6%. This figure is based on a 3% increase for the total population and the need to close the gap between male and female participation in sport which is currently estimated at 13%. This therefore equates to a 0.5% increase per annum from 2011-2018. Information in the End of Year reports, indicate an increase in the number of female participants from 4,244 to 6,087, an increase of 43%.

Participation amongst those with a disability has increased by 2%, but remains low at 11% of the total participants, in comparison to the 20% of the population who have a disability. Sustaining the drive to increase the number of participants with a disability and closing the gap in participation rates between those with and those without a disability has proved challenging. The Strategy has set a target of a 6% increase in the total number of people with disabilities participating in sport. SNI, in line with the Disability Mainstreaming Policy, will continue to support projects with the development of opportunities for people with disabilities to participate in sport and physical recreation.

Recent research examining the barriers to participation has highlighted the lack of an available, qualified and competent workforce to deliver opportunities for participation.

The Review of Public Administration (RPA) articulated a clear desire that SNI, along with other public bodies, should

actively pursue opportunities for closer working relationships with district councils. This affords a valuable opportunity to demonstrate how this is being actioned while also aligning SNI investments with locally identified needs through a community plan. It is envisaged that under RPA, the new district councils will have a new power of well-being with a requirement to formalise the issues and interventions in a community plan. The new councils will be responsible for leading, developing and delivering a community plan. Community planning will facilitate and encourage the development of effective working relationships between district councils, statutory organisations, community and voluntary organisations, governing bodies of sport and sports clubs.

In this changing strategic context and building on the success of the SNI Community Sport Programme, SNI has secured enhanced funding from the Northern Ireland Assembly to implement the Active Communities Investment Programme.

Active Communities is an ambitious programme which seeks to make a significant contribution to many of the participation targets within the Strategy. With an anticipated investment fund in excess of £13m over the next five years (2009-2014), the 'Active Communities Investment Programme' represents the largest, single, revenue investment in community sport in Northern Ireland in recent years.

Delivering the 'cultural change' envisaged by the Strategy will require that sport, and SNI, do some things differently. Active Communities will afford SNI the opportunity to demonstrate its commitment to innovative approaches which will contribute to arresting and reversing the decline in sports' participation.

At a strategic level, the Active Communities Investment Programme will contribute towards the corporate objectives of SNI. Active Communities will also support the development of effective partnerships with district councils and will reaffirm SNI's commitment to aligning investments in sport with community planning.

The Strategy states that "by 2018, physically active lifestyles will be the 'norm', regardless of age, gender, disability, ethnic or social background. The value of sport and physical recreation in contributing to improved health will be understood, accepted and supported", and therefore

proposes a number of key targets within 'Participation', which are particularly relevant to public health.

The benefits of a physically active society extend beyond the health sector, bringing economic benefits in terms of reduced health care costs, increased productivity, healthier physical and social environments, better performing schools and worksites, stronger participation in sport and physical recreation and greater sporting achievement. There is recognition within the Strategy that in the long-term, a cultural shift in how we experience sport is required to realise its vision, but there is an equal 'expectation that each of us must assume a greater degree of personal responsibility for our health and well-being'. Achieving this may also involve 'the widespread use of physical recreation as a primary health improvement tool within the healthcare profession'.

Collating participant data from specific groups has proved challenging, specifically for projects working with minority ethnic communities, traveller communities and people with learning difficulties. A number of projects have stated that additional numbers of individuals have participated in programmes that have not completed registration forms due to a language and/or literacy barrier. While some projects have translated their participant registration forms, others have adopted a variety of other methods to collate data, for example group forms from special schools.

SNI will therefore continue to assist in developing the workforce through the continuing support of CSDOs and through an ongoing programme of training, and the implementation of the Active Communities Investment Programme.



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