

EVALUATION OF

Lisburn City Council's Active Lives Club

**As part of Sport Northern Ireland's Community
Sport Programme**

On behalf of Age Concern Northern Ireland

May 2008

FKB Consulting

60 Glenview Park

Newtownabbey

BT37 0TG

fkbresearch@gmail.com

Tel: 028 90853246 / 07759711515

Content

		Page
1	Introduction	3
2	Methodology	6
3	Policy and Strategic Context	7
4	Project Development and Implementation	17
5	Key Findings	24
6	Conclusions and Recommendations	34
	Appendix	39

About the authors: FKB Consulting was established in 2001 with the aim of delivering research and evaluation activities from an ethically-based approach. We engage with a number of constituencies across the public and community / voluntary sectors delivering research and evaluation on themes including sports, physical activity, equality and peace and reconciliation.

SECTION 1- INTRODUCTION

This report details the evaluation of the 'Lisburn City Council's Active Lives Club Project' ('the project') funded through **Sport Northern Ireland's (SNI) Community Sport Programme which is funded by the Big Lottery Fund (BLF)**.

The Active Lives Club is a project developed by Lisburn City Council's Sports Development Section with the assistance of Age Concern Northern Ireland.

Age Concern Northern Ireland (ACNI) is one of the leading charitable organisations working with older people in Northern Ireland. The organisation's strategic priorities include defeating ageism and recognising diversity, reducing poverty and fighting disadvantage, promoting effective public services and addressing social exclusion and community safety. ACNI's vision is of a society where older people are valued, respected and participate as active and equal citizens. In 2005 it sought funding through SNI's Community Sport Programme for a Community Sport Development Initiative (CSDI) for 7 Council areas in Northern Ireland.

The ethos underpinning the CSDI programme is that providing this opportunity for participation to older people promotes social development and health benefits to an otherwise disenfranchised and underrepresented group. A separate evaluation report will detail the overall CSDI programme. This report focuses on one of those council areas, Lisburn.

Lisburn City Council is Northern Ireland's newest City Council, representing the second largest Council area in Northern Ireland. Servicing over 108,000 residents, Lisburn spans 174 square miles of southwest Antrim and northwest Down, stretching from Glenavy and Dundrod in the north to Dromara and Hillsborough in the south and from Drumbo in the east to Moira and Aghalee in the west. A significant issue to note in terms of demographics is that aside from Belfast, Lisburn has highest number of widows claiming benefits in all of Northern Ireland¹, a factor which may impact to a greater or lesser extent on the gender profile of participation in sport and physical activities in the area.

¹ Widows' benefits claimant's data (2006) nisra.gov.uk. It should be noted that use of this statistic provides data on the gender profile of those claiming benefits and thus does not provide an overall count of all widows in Lisburn.

Within Lisburn City Council the Sports Development Section is responsible for the provision and promotion of a wide variety of sporting opportunities across the City and facilitates numerous training opportunities for sports clubs in a wide variety of areas including child protection, first-aid, club administration and coaching development.

The Sports Development Section also includes a Community Sports Development Unit which aims to work with all sections of the community across the city in an effort to promote sporting opportunities throughout all communities, clubs and organisations. Through creating local partnerships the Lisburn City Council endeavours to provide sports training, courses and physical activity for local people. It is hoped that people who are trained will in turn put something back into their communities by becoming involved in sports programmes designed to cater for the community. Lisburn City Council and Sport Lisburn² have also produced a '**Lisburn Directory of Sport**', 2008/2009 which gives residents of the borough a full breakdown of local facilities and sporting clubs as well as information of funding opportunities.

The Active Lives Project is based in Lagan Valley LeisurePlex. Its main aim is to get older people involved in physical activity, encouraging them to "forget the years and keep active".

Active Lives is open to men and women of all physical ability and aims to introduce older people to new sports they may not have tried before as well as enabling them to meet new people. Activities include Swimming, Tai Chi, Line Dancing and the use of the Gymtech 2000 fitness suite. The project operates on a Tuesday morning from 10.30 to 12.30. Members pay £2.50 per session inclusive of all activities. To date males have not attended the project in any great numbers.

The purpose of the evaluation is to document what the project has achieved, how was it achieved, the model developed, impacts, what challenges were faced, what lessons have been learnt and to discuss issues surrounding sustainability.

² Sport Lisburn, formerly known as 'Lisburn Sport Advisory Council' was formed in 1972 to ensure that the residents of Lisburn receive sports development services. It is funded by, and works closely with, Lisburn City Council.

The objectives are to:

- Examine the context of how the project was created and developed
- Define the model of practice used in the planning and delivery of the project
- Examine the way the project is supported and managed
- Assess the benefits and outcomes of the project and its impact at local level
- Highlight the key learning points and potential areas for future development

The report is structured as follows: section 2 describes the methodology used in the evaluation. Section 3 considers the strategic and policy context under which it developed. Section 4 details the development and implementation of the project, before section 5 moves on to reflect upon the views of those consulted through the evaluation. Finally section 5 presents recommendations and conclusions.

SECTION 2 – METHODOLOGY

At the outset of the project an evaluation steering group was brought together comprising representatives from the evaluation team, project members, Lisburn City Council staff and representatives from ACNI. This group provided advice on research methodology and the key questions the evaluation was to consider.

At the beginning of the evaluation we conducted a review of available documentation; this formed the starting point of the **desk research**. This included a review of the project's own internal monitoring and evaluation data as well as monitoring reports to the funder. We also considered relevant strategic and policy initiatives, these are detailed in the following section.

The evaluation team then **interviewed** key individuals who provided insight into the project and the context within which it operates. The interviewees comprised staff from ACNI, Lisburn City Council and SNI:

- Elma Greer, ACNI
- Michael Cooke, ACNI
- Jackie Mullen, Lisburn LeisurePlex, Lisburn City Council
- Jim Murray, Lisburn LeisurePlex, Lisburn City Council
- Conleth Donnelly, Sports Development Lisburn City Council
- Angharad Bunt, SNI
- Paul Donnelly, SNI

Three focus groups were planned: one for male non-members, one for irregular attendees and one for project members. Unfortunately no participants attended the non-members session or the irregular attendee session. 26 participants (25 females; 1 male) did attend the members' session.

A follow-up survey was conducted with those registered with the council for the project, with the aim of gathering data from those who did not attend on a regular basis. The questionnaire was sent to 66 individuals with 22 returning a completed questionnaire.

SECTION 3 – POLICY AND STRATEGIC CONTEXT

In this section we consider the key policy and strategic documents of relevance to the Active Lives project.

Sport

In terms of the strategic environment the key document currently is **the Northern Ireland Strategy for Sport and Physical Recreation 2007 – 2017**³, (Consultation draft) which outlines the Government's commitment to sport and physical recreation. The new strategy, due to be launched on June 13th, 2008, will underpin the development of sport and physical recreation in Northern Ireland up to 2017.

The definition of sport presented in the strategy is very broad sense, taken from that employed by the Council of Europe i.e. 'All forms of physical activity which through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing, forming social relationships, or obtaining results in competition at all levels.' This definition deliberately ties together sport and physical recreation and complements well the definition employed by ACNI i.e. "Any bodily movement produced by skeletal muscles that result in energy expenditure."⁴

The Strategy, in taking action that will develop sport and physical recreation in Northern Ireland, sets out a range of commitments for Government working through Sport Northern Ireland, the lead body for the development of sport and physical recreation, and in partnership with a variety of public, private, sporting and community organisations.

The Strategy defines a new concept of physical literacy as 'the ability to use body management, locomotor and object control skills in a competent manner, with the capacity to apply them with confidence in settings which may lead to sustained involvement in sport and physical recreation', and ties the concept closely to that of 'Lifelong Physical Activity' .

³ The Northern Ireland Strategy for Sport and Physical Recreation 2007 – 2017 (Consultation draft), Department of Culture, Arts and Leisure and Sport Northern Ireland

⁴ Bouchard et al, 1990, from Age Concern, Promoting Physical Activity with Older People, 2007

For older people (aged 60+ years) and younger people (<60 years) the report suggests that while up to 64% of people under 60 years of age have participated in sport (including walking) at least once in the last 12 months, this drops to 28% for people aged over 60 years. Furthermore increasingly busy lifestyles and the ageing nature of the population suggest that we are less likely to participate in sport and physical recreation.

Sport NI's Corporate Plan 2007-2010⁵ states that it's Vision is: *"Through sport, to contribute to an inclusive, creative, competent, informed and physically active community"*. In practice, this means SNI creating and developing programmes and partnerships that will contribute to increased participation in sport and physical activity, improved sporting performances and improved efficiency and effectiveness in the administration of sport. Increased participation is not focussed on any one particular group, but is directed at those who do not participate regularly.

For SNI a key task in the forthcoming years 2007-2010 will be to develop effective relationships with key partners that deliver sport and physical recreation in Northern Ireland. In partnership with district councils, SNI hopes to develop closer working with partner organisations in relation to community based sport and physical recreation. This includes engaging with the Neighbourhood Renewal programme and using the model of community planning. SNI has also focussed on the need to overcome barriers in access to physical recreation and sport for different population groups in tandem with the need to improve personal wellbeing and reduce the number of obese and overweight people, as well as the need to create safe, secure and enjoyable sporting environments for all participants. It should be noted that SNIs strategic direction will need to take account of the new Northern Ireland Strategy for Sport and Physical Recreation 2007 – 2017 once the final version has been accepted by the Government. This will mean it will be expected to deliver on increasing target groups many of whom will fall into the Older Persons category.

⁵ Sport Northern Ireland (SNI) Corporate Plan 2007 - 2010

Overarching Strategies and Policies

In March 2005 Government launched “**Ageing in an Inclusive Society**”: **A Strategy for Promoting the Social Inclusion of Older People**”⁶.

The Vision in the Strategy is *‘To ensure that age related policies and practices create an enabling environment, which offers everyone the opportunity to make informed choices so that they may pursue healthy, active and positive ageing.’*

The Strategy was accompanied by action plans covering the period up to 2008 which translate the Strategy into a programme of work for government departments. Key aspects of the Action Plan included an Older Advisory People’s Panel which includes representatives of older people, key voluntary and community organisations, and the Equality Commission for Northern Ireland. The Strategy also outlined the role of a Champion for Older People to have a strategic responsibility for co-ordinating actions to improve the lives of older people in Northern Ireland. The post of Commissioner for Older People has just recently been advertised, with an appointment expected to be made later this year.

In the 2005 – 2006 Action Plan for this Strategy a key element had been the development of the Investing for Health Strategy (2002) to support older people to live healthy and active lives, including home safety clubs⁷, falls prevention and physical activity, as well as improvements in the achievement of targets to substantially reduce waiting times and modernise acute hospital services.

Investing for Health (If)⁸ was the cross-departmental public health strategy, published in 2002 which tackled the wide range of complex and inter-related factors that can impact on the health of the population. The Strategy was built around two overarching goals, which had been identified in pursuit of the aims of improving health and reducing health inequalities.

⁶ OFMDFM Older Peoples Strategy, ‘Ageing in an Inclusive Society’

⁷ See Investing for Health update report, 2006 – based on a project from Western Health Action Zone in which a home safety officers scheme targets households most at risk of accidents and located in disadvantaged areas

⁸ Investing for Health, 2002 – present and update reports

The IFH programme had a number of goals / objectives which are relevant to older people, including:-

- To improve the health of our people by increasing the length of their lives and increasing the number of years they spend free from disease, illness and disability.
- To reduce inequalities in health between geographic areas, socio-economic and minority groups.
- To promote mental health and emotional well-being at individual and community level.
- To offer everyone the opportunity to live and work in a healthy environment and to live in a decent affordable home.
- To reduce accidental injuries and deaths in the home, workplace and from collisions on the road.

It also contained the specific target:

- To improve the levels of life expectancy here towards the levels of the best EU countries, by increasing life expectancy by at least 3 years for men and 2 years for women between 2000 and 2010.

The IFH update reports are a good source to identify the range of initiatives, incorporating or focussing on the 50+ group, developed at regional and Council level, e.g. in May 2006 the Eastern Health and Social Services Board (EHSSB) launched **Older People, New Opportunities: The Older People's Health and Wellbeing Strategy**. This outlines Board area strategy for commissioning health and social care services for older people until 2016. The Action Plan which emerged from this process – **Healthy ageing: interaction plan- EHSSB area 2006–2009**, outlines action by a range of organisations aimed at improving services for older people and improving coordination of existing services.

Also of relevance in this context is a strategy published by The Office of the First Minister and the Deputy First Minister entitled **Lifetime opportunities**, (2006) which addresses the issues of poverty and social exclusion.

In accepting that government policy should focus on the different priority needs at different times in peoples lives, *Lifetime opportunities* defines specific goals and targets for four key stages in life: - Early years (0–4); Children and young people (5–16); Working age adults and older citizens, wherein the goal is to ensure older people are valued and respected, remain independent, participate as active citizens and enjoy a good quality of life in a safe and shared community.

Recently the importance of regular physical activity and the benefits of it for maintaining good health and wellbeing were reemphasised by The Health Promotion Agency for Northern Ireland (HPA) and Sport Northern Ireland (SNI) when the organisations signed an agreement entitled '**The Northern Ireland charter for enhancing health through sport and physical activity**'⁹ which tasks both bodies with the aim of promoting the significance of physical activity and sport at all levels for the good health and wellbeing of the population. The Charter defines an agreed vision between the two bodies – 'we will have a fit future in which everyone will be motivated to and be supported in their desire and ability to be active.'¹⁰ It is important to note that older people are a key target group for the Health Promotion Agency.

Area Based Strategy

The Lisburn Sports Development Strategy 2004-2009¹¹ provides a framework for the development of sport and active recreation in Lisburn, incorporating the strategic vision of the Sports Development Unit which is 'to promote and provide residents of Lisburn with equitable choice to access, and participate in, sporting activities and opportunities via support for, and the active promotion of, clearly targeted and sustainable policies, programmes and structures' (P3).

⁹ The Health Promotion Agency for Northern Ireland (HPA) and Sport Northern Ireland (SNI), '*The Northern Ireland charter for enhancing health through sport and physical activity*'

¹⁰ <http://www.sportni.net/pacharter08.htm>

¹¹ Lisburn Sports Development Strategy 2004-2009, Lisburn City Council

Although much of the strategy is predictably and laudably focussed on greater engagement with the younger age groups, and particularly girls and young women, there are aspects of the strategy within which provision, or the lack of it, for older people may fit, although as a group they are not specifically highlighted in the strategy. For example within the strategic vision context there is mention of 'directly addressing inequalities in sporting provision (i.e. enhancing provision for groups/areas with identified lower levels of sporting participation)' and of 'targeting resource at areas where there is a clear and defined deficiency or shortfall. Additionally in the Strategic Focus section there is mention of the delivery of 'focused programmes targeted at key groups and areas with identified levels of low sporting participation or high deprivation' (P20).

Related Publications

ACNI, through its '**Ageing Well Factsheets**'¹² published in partnership with Health Promotion Agency, has clearly demonstrated the linkages between physical activity and a range of direct and indirect benefits including physical, social, health and well being, the prevention of falls, as well as highlighting barriers to participation and good practice guidelines for the leisure industry. Recommendations for physical activity include a total of at least 30 minutes a day of at least moderate-intensity physical activity on five or more days of the week, whilst reinforcing the message that any physical activity is better than none.

The Factsheets draw together evidence from a number of sources to demonstrate that regular physical activity can improve the physical and mental health of all older people, and can assist in the promotion of independence and wellbeing in later life. They also highlight the fact that 'whilst the benefits of physical activity for younger and middle-aged people receive public and media exposure, less emphasis is placed upon the fact that the need for physical activity does not end with later life'.

Social gains reported include enhanced social integration, the formation of new friendships and the widening of social networks, increased levels of volunteering, increased intergenerational activity and the overall promotion of a more positive and active image of older people.

¹²Age Concern Northern Ireland and Health Promotion Agency, 'Ageing Well Factsheets 1-6, <http://www.ageconcernni.org/factsheets.htm>

A range of statistical information drawn from the Northern Ireland Health and Social Wellbeing Survey in 2001 is presented which stated, inter alia, that that physical activity levels decline significantly with age. 'Among the 55–64 age group, 31% were reported as being sedentary, this number increasing to 42% among the 65–74 age range, and to 63% among the over 75 age group. Sedentary behaviour is generally higher among older women'.¹³

Also considered is the link between physical activity and mental health and wellbeing, noting a body of evidence to support the notion that 'regular physical activity can contribute to the promotion of good mental health and can be an effective element of an overall programme to treat some existing mental health problems. Both aerobic and resistance type activity have been shown to enhance mood, decrease symptoms of depression and improve wellbeing, self-efficacy and quality of life, and reduce the risks of cognitive impairment'¹⁴.

Recommendations for the leisure and recreation industry to assistance in providing high quality, safe, enjoyable and rewarding physical activity opportunities for older people include;

- Leisure and recreation providers are in a strong position to increase physical activity opportunities for older people; Listening to and involving older people in the planning and delivery of programmes will increase programme effectiveness and adherence.
- Understanding what the older person wants – the range of positive experiences, opportunities for learning and achievement, socialising, meeting friends and having fun may be more important than the activity itself; In programming activities, there is a need to take account of other commitments such as family commitments, grand-parenting, caring, and other non-active leisure pursuits

¹³ ACNI and HPA, Ageing Well Factsheet 1, Page 3

¹⁴ ACNI and HPA, Ageing Well Factsheet 2, Page 2

Factors which can assist in promoting participation include;

- Providing easy access and choice, including lifestyle activities
- Authoritative advice and education
- Skilled, experienced and sensitive teachers and leaders
- Ensuring high quality physical activity programmes, and
- The importance of increasing self-efficacy (i.e. an individual's sense of control over his or her environment and ability to function effectively)

As an educational tool the information in the Factsheets can be used in conjunction with ACNI's '**Promoting Physical Activity with Older People – A Resource for Sports Developments Teams and Leisure Centres**'¹⁵ which is the most specific publication in respect to this evaluation. Drawing on learning from the Ageing Well / Community Sport Initiative developed by ACNI, which covers six Council areas including Lisburn, the publication highlights a range of issues pertinent to this evaluation.

The report begins by presenting relevant statistics:-

- At present people of pensionable age make up 16.3% of the total population
- By 2040 the proportion of people over 60 in Northern Ireland will double.
- By 2040 there will be a 57% increase in the over-75 population as people live longer and healthier lives. (NISRA, 2007)
- Among the 55-64 age group 31% are reported as being sedentary, this number increases to 42% among the 65-74 age range, and to 63% among the over 75 age group
- In the over 70s, 25% of women and 7% of men do not have sufficient leg strength to get out of a chair without using their arms

The range of potential benefits is outlined in terms of physical, psychological and social to support the argument develop in the publication that 'exercising regularly

¹⁵ Age Concern's 'Promoting Physical Activity with Older People – A resource for Sports Developments Teams and Leisure Centres'

and attaining a reasonable degree of physical fitness would help an older person meet the demands of their daily routine'¹⁶.

Additional information is presented in terms of targeting older people, planning activities for older people, methods of engaging the older age groups, ways to make leisure facilities more accommodating, guidelines for safe programmes, marketing and training opportunities.

In its 2008 Review¹⁷ ACNI assessed the impact of older people's issues in the public policy arena, concluding that the restoration of the Assembly and local accountability had led to improved outcomes for older people. In its assessment of the policy environment ACNI concluded that there were areas where real progress had been made e.g. debates on free personal care, an older person's commissioner and free public transport for everyone over 60. ACNI also set out a number of challenges to the Comprehensive Spending Review; stressed the need to address systematic inequality and age discrimination; and noted the lack of progress in Promoting Social Inclusion, Lifetime Opportunities the Review of Public Administration.

A successful ACNI Programme with direct relevance to this evaluation is the '**Actively Ageing Well**' initiative developed as a five year programme by ACNI and the Health Promotion Agency for Northern Ireland in 2002 which aimed to promote better health and wellbeing for older people through "adding years to life and life to years". Funded by the Big Lottery Fund, the Initiative was recently evaluated by Community Evaluation Northern Ireland¹⁸.

The evaluation added to the body of research based evidence that shows that physical activity can have direct physical, psychological and social benefits for older people; research also shows that a more active lifestyle in later years can

¹⁶ Promoting Physical Activity with Older People, Age Concern, P7

¹⁷ Age Concern 'Public Policy for Older People – The Age Agenda for Northern Ireland 2008'

¹⁸ Evaluation Report of the Actively Ageing Well Initiative, Community Evaluation Northern Ireland, May 2007

enhance quality of life in other ways, including improved self esteem, a sense of wellbeing, better capacity to cope with stress and improved mental health¹⁹.

The Actively Ageing Well Initiative was developed as a direct response to the Northern Ireland Physical Activity Strategy. A key factor highlighted in the evaluation was that Actively Ageing Well has begun to develop links with key strategic stakeholders including policy-makers, leisure and sports professionals, health professionals, the community and voluntary sector and the media to promote more positive attitudes and information to, and about, older people and physical activity.

In terms of future development the evaluators of Actively Ageing Well suggested that the ACNI and HPANI raise the profile of the benefits of more active lifestyles for older people by further promotion and dissemination of the evidence and practice learning and continue to challenge negative attitudes to ageing. Both organisations were encouraged to undertake ongoing development of programmes to promote more active lifestyles amongst older people in response to the most up-to-date evidence of the benefits to be gained. ACNI and HPANI were also encouraged 'to use their influence to encourage further development of a well-informed and well-resourced approach to providing safe opportunities for more older people to participate in active pursuits on an ongoing basis across Northern Ireland'²⁰.

¹⁹ Physical Activity: An Investment in Public Health: The Northern Ireland Physical Activity Strategy Action Plan, 1998-2002.

Evaluation Report of the Actively Ageing Well Initiative, Community Evaluation Northern Ireland, May 2007, P12

SECTION 4 PROJECT DEVELOPMENT AND IMPLEMENTATION

Background to Funding Programme

In 2003 Sport Northern Ireland secured £2.4 million from the Big Lottery Fund (BLF) to deliver the Community Sport Programme with the specific aim of improving the health and wellbeing of those communities most at risk of low levels of participation in sport and physical recreation.

The BLF funded Community Sport Programme builds on a pilot of six projects that were jointly funded by SNI and DCAL, and is designed to create, develop and manage opportunities that enhance the development of community sport and physical recreation within disadvantaged communities. The Programme aims to improve the health and wellbeing 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:

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

Following the open application and assessment process, 20 investment awards were made in October 2004. The investment awards to projects covered a range of statutory, voluntary/community organisations and charities and following project initiation meetings, the recruitment process for the Community Sport Development Officers began, with awards live from the first day of employment²¹.

²¹ SNI (2007) Community Sport Programme- End of Year Report, Year 2 (of 3) 2006-2007

The ACNI Community Sport Programme

The Age Concern CSDI programme received its funding in 2005, with the current funding due to end in June 2008. The funding included small programme costs for each centre as well as funding for a Development Officer as a central resource, giving support in relation to the types of activities suitable for older people, an important aspect to the work as many of the sports officers had not previously been involved in working with older people. The Development Officer therefore had a key support and advisory role in the initial stages of the programme, advising on, for example, appropriate activities for particular age ranges.

Year one of the programme entailed developing partnerships in each of the 6 council areas that had agreed to take part in the programme (in the seventh area, Derry Age Concern withdrew at an early stage). Year 2 was aimed mainly to continue programme development and to provide support to the development officers in each area. In Year 3 the focus shifted to include considerations on making the programme sustainable and assisting Councils maintain the work developed to date.

The format for development was similar for each area. A multi agency **Steering Group** was established, drawing its membership from various sectors including Sport, Leisure/Recreation and Health. Two meetings were held in the first year of operation. The Steering Group was tasked with a wide range of responsibilities in relation to the management of the project; it was responsible for the design and delivery of the programme including ongoing project monitoring and evaluation and target setting, ensuring that all the partners are actively involved in the design and delivery of monitoring and evaluation. The Steering Group also leads a range of work designed to tap into local initiatives, to foster collaborative working relationships, and the development of partnerships between community and voluntary, statutory and local business sectors. As part of this engagement a Terms of Reference was devised for the Steering Group.

In terms of strategic outcomes it was expected that the Steering Group would give the 50+ age group a much needed voice in each area, to assist with appropriate community interventions, to increase the levels of user involvement from this age

group, to build greater confidence in the older age group and greater engagement between the older citizens and sport and leisure providers with a view to increasing social capital, increasing networking opportunities and maximising community empowerment.

Having established a steering group in each area a **needs analysis and mapping out of services** already in existence was carried out. Following consultation with the steering group a programme of **taster events** was then organised which was promoted in the local media and through each council's list of community and over 50's groups. In total 16 centres held taster events with over 2,000 people attended these sessions. Information and good practice on development of safe sustainable physical activity programmes was provided at the taster events alongside a photo exhibition displaying creative and inclusive images of older people participating in physical activity and sport. Information included clubs already in existence such as walking and swimming clubs to help promote their services and avoid duplication of services requested by the target groups. Following completion of the taster events in each area a report was compiled with details on activities, participants, follow-up activities and programme development opportunities. (Monitoring reports indicate an increase of 30% participation in leisure centres following taster events)

Following these planning stages a programme was launched in each area. In the following section we consider Lisburn in further detail. Before that, however, it is important to note two outputs from the Community Sport Programme.

To facilitate the development of the wider CSDI, ACNI delivered a **training programme**, 'Promoting Physical Activity to Older People' to nominated staff in Councils leading on the initiative in each area. The training programme was designed and implemented by ACNI, with delivery occurring in autumn 2007. The aim of the training was to provide staff with skills and increasing their knowledge of dealing with the target group. It was also expected that the training would then be delivered to those working directly with the participants from the programme in partnership with the councils own training staff. Whilst this has not happened to date in Lisburn it is anticipated that the training will be delivered to relevant staff in due course.

As noted in Section 3 another key element of the CSDI programme has been the production of a good practice guide **Promoting Physical Activity with Older People – A Resource for Sports Developments Teams and Leisure Centres**²² drawing on lessons learned from the programme and further afield. This was produced in 2007. Information has also been made available on access for small grants to assist with the development of Physical Activity programme

The CSDI end of year reports to SNI note the following strategic outcomes facilitated by the programme:

- Creating more opportunities for older people
- Increasing leisure centre activities
- Programme development led by local council
- Developing new partnerships
- Building on existing partnerships
- Needs led approach incorporating service user involvement
- Supporting work on local SDO and CSDO and adds value
- Supporting and developing confidence of LC staff to work with older people

Development of the Lisburn Active Lives Project

Following the development and implementation of the CSDI programme the Lisburn Active Lives project was established in partnership with Lisburn City Council Sports Development Unit, in 2006. As noted above in relation to the overall CSDI programme Lisburn City Council gave both support and commitment to the project, which commenced with preliminary development work including a needs analysis exercise and a set of priorities being drawn up. Council commitment is also evidenced by an 'in kind' contribution.

The Active Lives pilot was introduced into the Laganvalley LeisurePlex on Wednesday 8th March, 2006 at an event called the 'Age Concern NI Activity Taster Day' which ran from 9.30 a.m. to 1.00 p.m. The event included an opportunity to

²² Age Concern's 'Promoting Physical Activity with Older People – A resource for Sports Developments Teams and Leisure Centres'

register with the project as well as a series of introductory sessions on a range of activities including:-

- Light Exercise
- Tai Chi
- Line Dancing
- Archery
- Bowls
- Boccia
- Short Tennis
- Table Tennis
- New Age Curling
- Swimming
- A tour of the Fitness Suite

Following a review of the pilot, planning then commenced of the next stage. The full project then commenced in March 2007 in the Lisburn LeisurePlex, running every Tuesday morning and targeting the 50+ age range in the council area. Local engagement with the project was strong from its inception with over 45 individuals registered in Year 1, and an increase to 63 in Year 2 and 73 in Year 3 with on average 30 attendees per session in year 1 and 45 in year 2.

Promotion and Management

Whilst formal promotion of the project has taken place through the media and the councils list of community groups and over 50's groups, a clear factor too has been the role of Greater Lisburn Ageing Well. One of the participants within the Active Lives project is described as the main recruiter for the project, a champion for the need to and benefits of participating in physical activity. The project has operated from the standpoint of being 'self managed' from its earliest days, in that the participants have had the freedom and the opportunity to define project activities rather than be dictated to by the Centre or Council i.e. members inform staff of what activities they want to have delivered, an aspect which has helped maintain group interest.

Activities

The main activities in the project included line dancing, yoga, Tai Chi, swimming, the gym and use of the sauna. The Active Lives group was offered the opportunity to take part in a wider range of activities in the LeisurePlex but indicated a preference to continue with the large group activities rather than break into small group/individual activities. This has remained their preference since the project began. Of particular interest has been line dancing, which is currently running and more so the Tai Chi. Participants are keen to see Tai Chi classes resuming although this has proved difficult following the tutor's absence due to injury. An alternative tutor has yet to be identified.

To date, whilst the Main Hall has been booked for project activities (e.g. badminton), it has rarely been used. Participants appear to be much happier in a group setting within a structured format of activities rather than moving into activities alone or in pairs. This might explain lack of male involvement in the project as staff in the LeisurePlex noted that there were many 50+ males who availed of the gym in the Centre as individuals but these individuals showed no interest in being part of the Active Lives group. As noted earlier in the report the high percentage of widowers in the area suggests there are less males in the area from which participants are drawn.

It is significant to note that a number of participants stay on in the LeisurePlex after the club has finished, for example to attend the gym.

Participants

An analysis of registration details indicated that participants to the project are drawn from most parts of the borough including Lisburn city, Ballynahinch, Dromore and Aghalee, as well as a small number from further afield in Belfast.

In terms of previous experience of participation an internal monitoring report completed in year 1 noted that the majority of the members were new to the Leisure Centre, and although a number were members of Greater Lisburn Ageing Well Group, many participants were not part of any group and had been made aware of the project via the advertising in the local press.

Formal participant feedback in year 1 was made available through the employment of evaluation forms which indicated that the Tai Chi sessions (not least due to the popularity of the tutor) and the fitness suite very popular with participants. The participants indicated that the project had been very well received and the majority were keen to see the project return. Comments included:-

'Found the company and the atmosphere very stimulating'

'Enjoyed it very much'

'The social aspect was very good – meeting others, getting out of the house. Able to practice Tai Chi in home and garden'

'Great way to spend a Tuesday morning'

'Course was very enjoyable, hope it continues to September'

The feedback also generated a range of suggestions for, and potential amendments to, the programme of activities, including:

- Develop a directory of local community and older peoples groups in the Lisburn area who can be consulted and targeted in the development of the project
- Project to commence again in September 2007
- Work closely with council Sport Development Officer
- Project to be promoted through the representative in Greater Lisburn Ageing Well
- Consider developing committee to help project become sustainable

Due to the planned external evaluation of the project an internal review of year 2 has not been conducted, meaning that no evaluation information has been collected from participants on a formal basis in the second year by the Council.

SECTION 5 KEY FINDINGS

In this section we consider the key findings from our consultation with all stakeholders. These findings are themed under the following headings:

- The extent to which aims and objectives have been met
- Key achievements
- Key challenges
- The role of ACNI
- Views on sustainability

We then move on to consider the views of Project participants.

Meeting Aims and Objectives

For all the key stakeholders the project has achieved its aims and objectives. For Lisburn City Council the project is viewed as successfully meeting its aims and objectives in that it has encouraged many individuals in the target group to become involved in the project and Leisure Centre activities for the first time. The key to this success has been to empower project members, through the use of the steering group and ongoing management of the project and activities. The strong working relationship between the Sports Development Unit and staff at the LeisurePlex has also enabled successful delivery of the project, with a seamless approach to communication and management evident.

ACNI considers the project to be very successful in creating the right environment through which the Active Living Project was established and developed, making physical activity more comfortable and more accessible for older people to engage in, even with the caveat that male participation in Lisburn is very low. Success for ACNI was also evident in the development of the partnerships throughout the project, particularly with the councils, Sport NI, Greater Lisburn Ageing Well, tutors and coaches.

Achievements

In terms of key achievements for Lisburn City Council there is no doubt that the level of engagement with the target group has been considerable with 90 individuals registered with the project and a very impressive average attendance of 45 individuals. Success is not just measured in terms of numbers attending as there is evidence of a strong social dynamic at play, a strong group ethos and friendships formed within and beyond the confines of project activity. The quality of the coaching staff has also been excellent. In terms of profiling members there is evidence from year 1 that many members were not involved in organised physical activities before.

Staff from Lisburn LeisurePlex stated that the project's impact on participants had been considerable, though it is beyond the remit of the evaluation to measure the physical impact of the programme of activities on participants. In terms of social and psychological impact there is substantial anecdotal evidence to suggest improved wellbeing, for example the group had itself organised a walking tour in Donegal (n=40). The social dynamic e.g. a cup of tea and a chat with friends after project activities was also highlighted as a key indicator of success as is the evidence of friendship extending beyond the confines of project activity and the leisure centre. Tutors were identified as key to the project's success.

For ACNI the key achievements of the overall CSDI programme are the success in getting more older people involved in physical activity and developing local groups to the point where many are now becoming sustainable groups. The Lisburn Active Lives Project, as one of the strongest groups in the CSDI programme, is a prime example of this success. Additionally, the Lisburn Active Lives project is seen as successful in terms of the ownership by the Council and the older people in the borough. The Lisburn participants regard it as 'their' project; a project primed and developed by ACNI and its partners, now owned by the local members.

Challenges

For Lisburn City Council a key challenge facing the project, which has not been overcome to date, is the general absence of male participants. Discussions have occurred informally within the project and also at Steering Group level on this issue

with suggestions that male only sessions be run or that a new campaign of engagement with males be organised locally with other groups. A visit to centres outside of Lisburn which have drawn in male participants has also been suggested. The council have adopted a variety of approaches to promote the project including leaflets to a variety of groups and also placing promotional material at key points such as in local health centres. Unfortunately the local media has expressed little interest in community sport projects generally in the area and cannot be relied upon to help promote specific initiatives such as this.

Lisburn LeisurePlex reported no significant challenges for the project, indeed the project delivered is described as 'straightforward and successful', and probably the only weaknesses were the lack of interest from participants in activities in the Main Hall and the reluctance of males to engage in project activities. It was also suggested that the numbers going to the gym had also been reducing, perhaps due to recent good weather. It was noted that there is a general reluctance in the group to change a successful format, for example in December there was a reluctance to move away from the Tai Chi programme which had been very popular; now there is a reluctance to move away from line dancing which has also become a favourite. However as the group as a whole were happy to continue with programmes the staff were happy to support them in doing so.

In terms of the overall CSDI key challenges faced by it undoubtedly had some impact on the Lisburn Active Lives Project, a view echoed by SNI and ACNI. Delays to the training programme for instance occurred following the departure of the second Development Officer. The challenge of being geographically spread over many parts of the Province meaning that the programme took longer to get through the initial development phases. In overall terms however whilst these challenges may have impacted on issues such as staff training, the overall delivery of the project in Lisburn has not been affected to any great extent.

In terms of the project's relationship to the other CSDI projects no real networking was apparent although there was a clear interest in swapping experience with counterparts in other areas, for example, as noted above Lisburn would be keen to see how successful other areas had been in terms of attracting male participants. There was support for the idea that at some stage there might be a half day event

organised to bring together all the programme areas to share learning. Additionally it was noted that there would be some value in networking opportunities for participants and co-ordinators.

The Role of ACNI

As noted in the previous section ACNI's role was to develop the CSDI programme in 6 council areas and produce both training and resource material appropriate to those working with over 50s in relation to sport and physical activities.

Advice and guidance on appropriate engagement with older people resulted in the publication of the good practice guide 'Promoting Physical Activity with Older People – A resource for Sports Developments Teams and Leisure Centres'. The Development Officers also developed relationships with each of the Councils, drawing on their support and expertise and in turn providing ACNI's expertise. Whilst there was a local Steering Group in each of the operational areas, at which the ACNI Development Officer had an input, there was no single overall Steering Group to manage the CSDI programme. It is important to note however that ACNI had a positive engagement with SNI and the local councils and there is support within these key stakeholders for developing closer links in the future.

In terms of the role of ACNI has played in the Lisburn Active Lives Project it is viewed by Lisburn City Council as essentially managerial and advisory, in that ACNI was the catalyst to get the Community Sports Programme up and running in terms of interest in the Lisburn area, following which the project was developed and managed at the local borough level with ACNI in an advisory role. It was evident from discussions with staff at Lisburn City Council and the Lesiureplex that ACNI was not viewed as having any ownership of the project. This had been a clear result of the success of the project in garnering a strong sense of local ownership of this project. This outcome will likely continue in the post-funding period when the link to ACNI will be primarily based on ACNI's role as a specialist training and information provider. Specifically from the point of view of project delivery, staff at the LeisurePlex suggested that the ACNI input into the project could be broadened beyond the role of funder, suggesting that there is a role for ACNI to provide

specialist advice and information to the Active Lives project, in the form of talks and information sessions.

Sustainability

For ACNI each project within the wider programme has now achieved some level of sustainability and the Lisburn project has been as successful as any in this regard.

It is the view of Lisburn City Council that the project is financially sustainable so long as the current level of participation is maintained. The LeisurePlex believes that participant numbers currently are sufficient in the project to sustain the Active Lives project i.e. should the current levels of 40 plus regulars be maintained, indeed it was suggested that the Leisure Centre may consider plans to expand the project, possibly adding another day to the project, with the caveat that there would be no point splitting up the core group of 40 into two days of 20 core participants, rather the aim is to keep the core of 40 participants on Tuesday and try to establish a core of a minimum of 20 on a Friday. Whilst ACNI funding is viewed as having been very useful, the success of the project has meant that key players now consider it should be self sustaining. It was also suggested that a walking club could be held every other Wednesday, so as not to clash with another club in the area. This would be of interest to many members if access to transport could be secured.

In the following pages we consider the views of participants in relation to preferred activities, barriers to participation and overall views on the project.

Lisburn Active Lives Focus Group

Respondents reported that they were in the main regular attendees, whilst one participant cited family commitments as the reason for not being able to attend more often. The **main activities** currently undertaken in the project included line dancing, swimming, the gym and the sauna. Quite a few in the group indicated that they swam in the Centre most mornings in addition to attending the Project on Tuesday mornings. One noted that housework was a form of keep fit. Whilst the

group were very happy with the activities that they were involved in some stated that they were not fully aware of all the activities available in the Leisure Centre. When asked if they attended **other fitness based projects** a number reported that they went to a bowling club on Saturdays, other participated in aqua swimming, Pilates and some go to dancing clubs.

The **main impediments** to becoming more active generally were family commitments in terms of child minding and other time constraints. The **key motivations** for being active were both physical and mental health, whilst one respondent suggested it was 'to live longer'. For all the respondents the main impact of the project was the extension of their group of friends, the fun and social aspects of the project. One participant commented that after years nursing a close relative that attending the project had 'helped me get my life back'.

When considering **how the project could be improved**, in the main respondents indicated a desire to keep to the format they had become familiar with, with keep fit, yoga and line dancing still firm favourites.

There were no clear views on why **male participation** had been so low, with the group joking that men were lazy, although the sole male participant indicated that there was plenty of exercise to be had in the project, he felt that men would think the project is mainly for women. Some thought that as soon as men heard the words 'line dancing' they would refuse to attend. The group noted that within the Centre generally there were plenty of men who swam, with the majority of the swimming club being men; men also went to the spinning classes and to the gym. As a response to low male participation the group felt that amending the programme of activities to those more physically demanding might be a step towards attracting males.

In the **overall comments** the impact of family responsibilities was highlighted by almost all of the participants; most had a role to play in child minding so school holidays and particularly the summer holidays curtailed opportunities to engage in the project. Two participants felt that the project needed to be better advertised because they had friends who had never heard of the project. Initially they reported that even some staff members in the Centre had not been fully aware of

the project though the Council had corrected this quickly. If the project was offered twice per week about half the participants indicated that they would avail of the opportunity though it would depend on the activities being offered; half indicated that once per week was sufficient.

With a view to ACNI the group felt the organisation could do more in terms of information sessions and specialist advice, e.g. in terms of recent price increases and rates etc. as there was currently nowhere in Lisburn to get this advice (though others felt this information was available in CABs).

Additional activities suggested included trips outside the Lisburn area similar to the recent trip to Donegal. Coached activities would also be welcomed, for example archery and bowls and it was noted that this again might help to attract male participants. Some felt health advice would be useful though most preferred to get this from their own doctor. One person thought hair and beauty advice (pampering) would be useful.

Overall the respondents confirmed in their final comments that for them this was a very successful and very popular project; some would be interested in a second weekly session particularly if it was a yoga class; line dancing is very popular; and family commitments are a main defining issue for group participation.

The group was also very vocal in stating that the success of the Project was as a result of 'the wonderful tutors' and the staff involved in the project.

The views of the group were also echoed in the survey of participants completed in May 2008, details of which are found in the next section.

Lisburn Active Lives Participant Survey

Sixty six questionnaires were sent to participants in the survey and 22 were completed and returned.

Respondents had been attending the project over a range of time periods: with nine joining in the first months of 2008, six in 2007 and five in 2006. Two respondents indicated that they joined five years ago. The majority of respondents (19) reported that they attended the centre every week, whilst others stating that whilst they usually attended very week that illness or other commitments have prevent them from doing so of late.

Project activities participated in to date are listed in the table below:

Activities	Number of participants
Line Dancing	20
Tai Chi	9
Swimming	8
Gym	7
Bowling	3
Badminton	3
Aerobics	2
Sauna	2
Yoga	1

When asked about barriers respondents experienced in relation to regular attendance the following reasons were stated:

Barriers to regular attendance	Number of participants
Other commitments	7
Family commitments	4
Other activities / other clubs	2
Distance / travel	1
Holidays	1
Health issues	1
Because Tai Chi ended	1
Dislike line dancing	1

Of the other activities that respondents would like to see on offer yoga, keep fit and Tai Chi were the most popular:

Other Activities participants would like to do	Number of participants
Yoga	6
Keep fit	5
Tai Chi	4
Aerobics	3
Archery	3
Badminton	2

The range of single responses included walking, mental activity, line dancing, Pilates, water aerobics, bowling, cycling, first aid, ballroom dancing, rambling, excursions and gym.

There appeared to be good interest amongst participants for running two sessions a week, with 11 stating that they would attend second session and 6 stating that they might (this was often dependent on what the activity was and when the second session would occur).

The survey also indicated that a number of respondents had very active lives outside of their involvement with the project. As noted below:

How often attend leisure centre each week	Number of participants
Twice	3
Once	3
Five	1
Twice or three times	1
Once or twice	1
In summer with grand kids	1

Other activities at the Centre included	Number of participants
Swimming	9
Gym	4
Walking	1
Yoga	1
Jacuzzi	1
Bowling	1

Seven respondents were also involved in the Lagan Valley Walking Club and two stated that they participated in indoor bowling. A range of individuals are involved in the Lisburn Ageing Well Initiative, sailing, badminton, Sarah Crothers Hall, cycling, dancing, yoga, aerobics in Harmony Hill, as well as church and a drop in centre.

Additional comments made by respondents noted that “the Project and the staff are great”; two that “it is a great Project but fees need to be kept to a minimum” and two thought “the line dancing is great”. Single comments included:-

- Prefer six week rotation of main activities
- Need more male participants
- Moved rooms too often
- Sometimes Project need more organisation / planning
- Need more information
- Need Project to run all year round

SECTION 6 CONCLUSIONS AND RECOMMENDATIONS

In approaching our conclusions we have taken into account the overall Terms of Reference for the evaluation, as detailed in the project specification. The purpose of the evaluation was to document what the project has achieved, how was it achieved, the model developed, impacts, what challenges were faced, what lessons have been learnt and to discuss issues surrounding sustainability.

The objectives of the evaluation were to:

- Examine the context of how the project was created and developed
- Define the model of practice used in the planning and delivery of the project
- Examine the way the project is supported and managed
- Assess the benefits and outcomes of the project and its impact at local level
- Highlight the key learning points and potential areas for future development

In this section we shall take each objective in turn and summarise the key elements identified in the evaluation.

Context

In sections 3 and 4 of this report we considered in detail the strategic, policy and general context under which the Lisburn Active Lives Project was created and developed. It is evident from the review of key documents that Government has recognised the need to encourage those who do not regularly take part in sport and physical activity to do so. Research points to not only the physical and mental benefits of this but also the social benefits. It is within this context that the Lisburn project developed, within the overall CSDI programme and with significant support from both the council and key stakeholders such as Greater Lisburn Ageing Well.

Model of Practice

The model of practice in the design and implementation of this project flowed from the model promoted by ACNI:

- construction of a steering group comprising members of the target group and key stakeholders

- carrying out of needs analysis
- use of taster days alongside promotional material showing positive images of older people being active
- review of taster days
- design and implementation of programme
- training of staff on age appropriate activities
- provision of relevant resource material
- regular reviews of programme
- clear communication between staff and participants
- engendering a sense of ownership amongst participants
- engendering a sense of ownership in the council

All of these factors combined to make a highly successful programme.

Programme Support and Management

As discussed previously in the report the overall CSDI programme had to at times deal with problematic issues as a result of staff changes within the programme and management of it. This had little direct impact however on the Lisburn Project, which was able to deliver the project in the LeisurePlex alongside developing and maintaining good relations between all involved in the steering group. As noted above the participants developed a model of self-management, seeking advice from the Council as and when necessary. The one weak point in the project has been the lack of opportunity to train Centre staff using the programme developed by ACNI, although this is expected to happen in the coming months.

Outcomes and Impacts

As evidenced in the report the project has successfully reached both those who were active members of other clubs and those who were not part of any club. This last factor suggests that it was able to reach some of those who might be considered socially excluded. Whilst we have no concrete evidence of improvements to physical or mental wellbeing, it is clear that on a social level all of those we spoke to stated that they had made new friends and widened their social circle as a result of being involved in the project.

In addition the Council have gained from engaging in a meaningful and productive way with the target group, developing a project to meet their needs and providing staff with the opportunity to improve their skills in working with over 50s age group.

Key learning points and potential areas for future development

This evaluation has demonstrated that increasing participating amongst the over 50s age group can be achieved by adopting a model of good practice. The role of ACNI in providing not only funding from the SNI programme, but also the provision of specialist advice and resources, has helped raise the profile of the initiative in Lisburn and helped council staff develop the project. The enthusiasm of staff, tutors and coaches was evident throughout the evaluation. Their commitment to working with the over 50's age group resulted in a strong partnership approach to development and delivery of the project. A local champion within the area clearly helped with recruitment and helped engendered a lasting sense of ownership of the project.

It is evident that networking between the other programmes would have benefited both staff and participants. Sharing good practice, discussing ideas for reaching those who do not attend clubs and seeking ideas for developing joint funding applications are all opportunities which could be maximised further. Whilst opportunities for networking were suggested by SNI and explored by ACNI, logistical problems and delays to the timetable following staff changes prevented this from happening.

Recommendations:

1. ACNI should explore utilising SNIs Sports Development Network to promote good practice throughout Northern Ireland.
2. Continued focus on developing the programme at Council level should occur alongside identifying new opportunities in Council areas where provision for the target group is poor. The council should maintain its promotional approach utilising a variety of access points for the target group such as local community groups and health centres.

3. The Council should explore links with the local Health and Social Services Trust to inform key staff such as health development workers, social workers and health visitors about the project.
4. Networking opportunities should form a key part of any future programme, enabling sharing of good practice, sharing of ideas for reaching hard to reach groups and ideas for developing joint funding applications
5. The LeisurePlex is currently considering a number of possible changes to the programme of activities, including amending the main activity to 12 week cycles. This will be implemented following consultation with the participants. We would recommend that the format used at the start of the projects inception, of taster days and review of taster days should be used. We would also suggest that this is done on a 2 yearly basis.
6. Also under consideration by the LeisurePlex is a new feature whereby the Centre staff would 'push through' new activities to widen the range of activities. We would recommend that this be done using some of the new activities suggested within the focus group and survey with participants (yoga, keep fit, Tai Chi, archery, aqua fit etc).
7. When considering ways of attracting males to the project it was suggested that there was potential to introduce some coaching-based activities e.g. bowling with a new focus on acquiring new skills plus perhaps a new circuits-based programme catering for men. We recommend that this be explored further.
8. In terms of the overall picture in the LeisurePlex it was reported that there was good participation from both the 50+ and 60+ age groups and that the focus should now probably be on the 60+ age group – most of the Active Lives project are 60+ (It was noted that the Centre offers the 60+ age group free swimming and the use of the gym at half price). We recommend that this be explored further and would refer the steering group to ACNI's guide - Promoting Physical Activity with Older People – A resource for Sports Developments Teams and Leisure Centres.

9. From the point of view of project delivery, it is evident that stakeholders and participants felt that the ACNI should have input into the project to provide specialist advice and information to the group, talks and information sessions perhaps once a month. We recommend that ACNI consider this and seek resources to implement this action, perhaps through links between the Project and ACNI's Ageing Well initiatives.
10. We would recommend that the steering group should consider using the councils list of local community and older peoples groups in the Lisburn area to consult and targeted in the development of the project.
11. Additionally it was suggested that there might be scope for the project to consider catering for those participants who are isolated and for the project to consider referrals from other agencies such as from the local health and services Trust.
12. In terms of future development it was also suggested that it would be worthwhile amending the monitoring forms to assess levels of physical activity pre-engagement with the Project with a view to assessing the impact on participants' physical wellbeing.
13. As a number of respondents highlighted the issue of child minding as an impediment to increased / on-going participation it is recommended that consideration be given to the viability of setting up crèche facilities at the same time as older people's programmes or that an intergenerational component is considered for the programme. Additionally, consideration needs to be given to the timing of programmes.

APPENDIX



COMMUNITY SPORT LISBURN

EVALUATION FORM

Adults

(Sports Council NI have requested the following information.
Please complete all questions where appropriate.)

Course/Event: _____

Venue: _____

Date: _____

Name: _____

Address: _____

1. Male Female

2. Registered disabled? Yes No

Type of disability _____

3. Member of sports club/community group? Yes No

Name of club/group _____

4. Religion? Catholic Protestant Other _____

5. Nationality/Ethnic group? _____

6. Occupation? _____

7. How did you find out about the course? (please tick)

leaflet from Council school local leisure centre

word of mouth newspaper community group/club other _____

8.Married ? Yes No

9.What did you think of: (please tick)

Very good Good Average Poor Very poor

- the course/event?
- the coaches/tutors?
- the venue/facilities?
- the value for money?

10. What other sports courses/events would you like to attend?

Thank you for your time. All information will be treated confidentially.

Please contact Lisburn Community Sports Development Officers for any further information – 028 92 509566