



Community Sport Programme

End of Year Report for Year 2 (of 3) 2006-07

Making an Impact
November 2007

 **sport**
Northern Ireland
LOTTERY FUNDED

Supported by



CONTENTS

	Page
Foreword	1
Sport Northern Ireland	2
Purpose of this report	3
Background	3
Aims of the Community Sport Programme	4
Participants	6
Coaches	14
Volunteers	16
Funding Attracted/Created	17
Additional Impact	18
Challenges	20
Next Steps	22

FOREWORD



Professor Eric Saunders OBE
Chairman
Sport Northern Ireland

I am delighted to introduce Sport Northern Ireland's (SNI) Community Sport Programme IMPACT report for 2006/07. This report demonstrates the year two IMPACT of the 20 projects supported by SNI through the Big Lottery Fund investment.

It highlights, through case studies, some of the inspirational work delivered across a wide range of projects, targeting a sustained increase in participation in sport and physical recreation amongst under represented groups in areas of high social need. On reading this report you will see the difference our investment also makes to improving health and well-being, alongside the development of capacity and cohesion within communities.

I welcome the progress made by the projects involved in the programme towards the achievement of SNI's core business objectives, and meeting other key governmental targets which include alleviating community tension and increasing social capital, crime reduction, tackling obesity and addressing public health issues.

We must also continue to advocate the need for increasing levels of investment in community sport, and ensure that sport develops in a cohesive manner. This report will ensure our community sport investments are provided with a platform from which to articulate the need for additional investment, through demonstrating the impact that their project has on their community.

I believe SNI plays a crucial role in making sport an integral part of the community. We have achieved so much already and I would like to thank staff, participants, coaches, volunteers – indeed everyone involved in sport and community development– for their continued drive, passion and commitment. I look forward to continuing our sporting journey together, and to exploring the impact of the programme during its final year.

SPORT NORTHERN IRELAND

SNI is an executive non-departmental public body sponsored by the Department of Culture, Arts and Leisure (DCAL). It was established on 31 December 1973 under the provisions of the Recreation and Youth Service (Northern Ireland) Order 1973 with its main objective being the furtherance of sport and physical recreation.

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

“Through sport, to contribute to an inclusive, creative, competent, informed and physically active community”.

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.

PURPOSE OF THIS REPORT

The purpose of this document is to report on the progress made towards the Community Sport Programme Key Performance Indicators (KPIs). This report is based on data collected from the projects and submitted to SNI in the Year Two End of Year Reports 2006-07 (to 31 March 2007).

In addition a number of case studies have been included within the report to highlight the impact of projects targeting specific areas of the programme, such as disadvantaged areas, under represented groups and promoting social inclusion.

BACKGROUND

SNI believes that through targeted investment real progress can be made in developing sport and physical recreation in communities.

Traditionally, SNI has worked with a range of sporting organisations including the Governing Bodies of Sport, sports clubs, formal education and local authorities. This work has focused on:

- Increasing participation;
- Improving standards of performance; and
- Developing effective and efficient administration of sport in Northern Ireland.

In 2003 SNI 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 well-being 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.

AIMS OF THE COMMUNITY SPORT PROGRAMME

The 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:

- To increase levels of sustained participation in sport and physical activity among under-represented groups;
- To improve the health and well-being 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 an open application and assessment process, 20 investment awards were made in October 2004. These investment awards to projects cover a range of statutory, voluntary/ community organisations and charities; following project initiation meetings, permission to proceed was granted and the recruitment process for the Community Sport Development Officers began with awards live from the first day of employment. The investment awards therefore are due to end between 31 December 2007 and 30 June 2008. The 20 organisations are:

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	Brownlow Campus Sports Trust 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'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	The Greater Village Regeneration Trust 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 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 10-15 years in the promotion and coaching of field sports for young people in Omagh.
Ballymoney Borough Council	<p>In addition to investments in the community and voluntary sector organisations listed above, the Community Sport Programme also includes investments in these Borough and District Councils.</p>
Castlereagh Borough Council	
Coleraine Borough Council	
Craigavon Borough Council	
Derry City Council (2 awards)	
Larne Borough Council	
Strabane District Council	

PARTICIPANTS

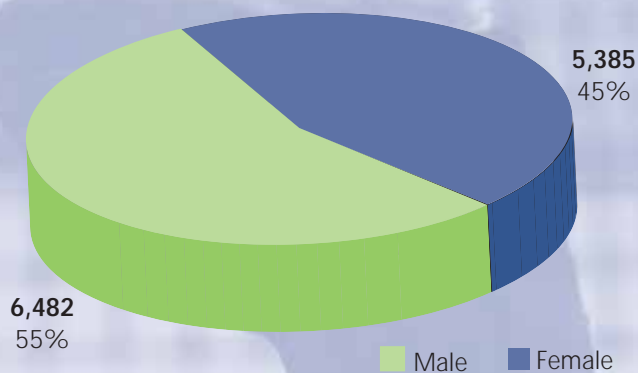
The programmes delivered by the projects are all aimed at increasing participation rates in sport and physical recreation amongst under-represented groups such as young people, people with a disability, women, ethnic minorities and people in areas of high social need.

The total number of individuals impacted upon by the Community Sport Programme in 2006-07 was 12,107. This demonstrates a 14.5% increase on the baseline figures provided at the end of 2005-06, and equates to an additional individual 1,755 participants during the year.

This is particularly pleasing given the declining levels of participation in Northern Ireland. The most recently available data indicates that 53% of the population (aged 16 years and over) claim some level of participation in sport and physical recreation in the last 12 months. This contrasts with previous data (1999) that put participation at 59% - a decline of 6% in as many years.

The male/female split of the 12,107 participants is 45% female and 55% male. This therefore depicts that despite specific interventions designed to increase women's participation, there remains an overall disparity amongst participation in sport and physical recreation by men and by women.

Participation by Gender 2006-07



The total number of participants; expressed in percentage terms, for the programme are broken down into age categories as follows:

AGE	%
Under 16	69
16-24	9
25-44	9
45-65	7
65+	6

The largest group of beneficiaries were the under 16 age group with 8,267 participants (69%); however there were 1,599 participants aged over 45+ (13%).

The greatest number of male participants was in the under 16 age groups due to the nature of programmes provided e.g. crime diversion and programmes targeting 'at risk' young people.

A total of 3,152 young people were reported as being 'at risk' and referred on to their Community Sport Development Officer. A range of crime diversion programmes were developed to help prevent antisocial behaviour and in some cases alleviate tension for communities in interface areas, examples of which include:

- Midnight Street Soccer programmes were run by North Belfast Play Form, Coleraine Borough Council, LORAG, Castlereagh Borough Council and Brownlow Campus Sports Trust;
- Derry City Council in conjunction with the Western Education and Library Board provided a targeted Waterside Area Diversionary Summer Programme for the marching season of July targeted at 38 identified young people aged 14-18; and
- The Clarendon Development Association ran a cross-community football programme during the summer; a time of heightened tensions in this area. Two local junior clubs came together to train and play together. Building on the success of this programme they hope to increase the number of teams participating next summer.

Of the 20 projects in receipt of investment awards, 18 delivered programmes to young people. This supports the high percentage of individuals who are under 16 reported as participating in the programme.

CASE STUDY

Fit for Life Club – Ladies Morning, Larne Borough Council



Larne Borough Council piloted this scheme in Larne Leisure Centre where the need and desire for a regular physical activity programme for women was identified. The programme has grown from a six week programme to a permanent fixture and a showcase for activity groups becoming sustainable.

The programme aims to offer group members the opportunity of high quality, guided and affordable physical activity in an environment that is welcoming to all - regardless of age, fitness and ability. The programme now has 40 female members from young mothers to the 50+ age group.

Activities on offer include aerobics, badminton, weights, swimming, as well as use of the gym and the health suite. A major factor is not only the high quality physical activity opportunity but the social aspect accomplished through guest speakers and the provision of fresh fruit, tea and coffee at the end of participation.

Whilst the group is still dependant on funding it is hoped that the group will be formalised to become sustainable in its own right. It is also hoped to roll out similar projects in other target areas within the borough.

CASE STUDY

Midnight Street Soccer, North Belfast Play Forum

Midnight Street Soccer is a crime diversion programme targeting young people aged 14-17 years old. Initially delivered by North Belfast Play Forum and Brownlow Campus Sports Trust, the programme uses soccer as an alternative to antisocial activities within the local communities.

This success led to the North Belfast Play Forum and Brownlow Campus Sports Trust supporting the development and introduction of Midnight Street Soccer within many projects through out the Programme. Teams were established in local areas and played in a local late night league with many going to the National Midnight Street Soccer finals in the JJB Soccer Dome in Dundalk. Midnight Street Soccer has also been successful in attracting an additional £350,000 to the project through an award from Sport Relief.

While the majority of participants were young males, spin off programmes such as hip hop dance were delivered to young females who had started to come along to watch the boys. Midnight Street Soccer continues in development with a number of projects also targeting young females in 2007-08.

This particular programme was selected as the top BLF project in Northern Ireland and was runner up in the UK at the 2006 National Lottery Awards.

PlayBoard, which focuses on delivery to those aged between four and 14, has secured additional funding to employ two part-time play rangers to facilitate play in community settings throughout North Belfast. This enables the project to provide staffed, supervised open-access community play provision to encourage more young people to make better use of community spaces through play and physical activity. Over 240 young people participated in the programme and were given the opportunity and confidence to use community spaces more constructively through the use of play equipment to encourage the users to develop and build fundamental movement skills.

At a strategic level the 'Fit Futures' project established at Derry City Council has designed and delivered a curricular-based physical and health programme for young people. Designed in partnership with University of Ulster the project is aimed at enabling children to understand the relationship between what you eat, what you do physically and how your body works and moves. This programme will provide a baseline to roll out the programme in the area, and additional funding has been applied for to assist the delivery of the programme next year.



CASE STUDY

Contemporary Dance Workshops Programme for Girls, Derry City Council



Facilitated by the Community Sports Development Officer at Derry City Council, an eight week dance programme was established culminating in a performance for people in the local community. The programme, established in partnership with Caw Youth Club and Echo Echo Dance Company, led to further funding becoming available for an additional 16 weeks delivery. At the end of the initial programme, participants provided a showcase performance at a local theatre to an audience of over 300.

This programme provided an opportunity to participate in a non-mainstream physical activity and led to an increase in the girls' self-esteem and confidence. As a result, some of the participants have joined other dance classes and are therefore expected to sustain their increase in physical activity.

Arsenal Neighbourhood Renewal School of Soccer was delivered by Coleraine Borough Council in partnership with the Department for Social Development. Ninety-six young people from targeted areas of social need in Coleraine from the wards of Ballysally, Churchlands and Cross Glebe participated. Coaching sessions were delivered by professional coaches highlighting the benefits of sport and physical activity.

A wide range of programmes were run specifically for older people to increase their participation in physical activity and to help combat social exclusion. Craigavon Borough Council, Castlereagh Borough Council and Age Concern NI have delivered successful programmes for older people which recorded 13% of the total number of participants over the age of 45. These organisations have also noted a number of participants who are over 80, and in some cases over 90 years old.

Craigavon Borough Council delivered a Chair Based Exercise Level 1 Coaching Programme to 11 care staff and Sports Development Assistants who then delivered activity sessions within Care Homes, Day Care Centres and to disability groups. To facilitate programme sustainability, care staff were trained to deliver the programme themselves within the residential care homes, and through this shorter sessions are able to be delivered on a more regular basis. A Dietician from Craigavon Area Hospital was also trained to enable delivery to obese patients who were unable to take any other form of exercise.

CASE STUDY

Intergenerational Project, Newry and Mourne Carers Association



Newry and Mourne Carers Association provided support services for carers from as young as eight years old. The project delivers sport and physical activities to carers of all ages.

An intergenerational Activity Weekend was held at Tollymore Mountain Centre giving both adult and young carers an opportunity to interact whilst enjoying many of the activities provided away from their caring role. The activities included bouldering, kayaking, wall and rock climbing, abseiling and night line.

The weekend promoted the health benefits that sport, active living and physical exercise can offer. By experiencing the health benefits physical activity offers carers expressed willingness to increase their involvement in sport through the project in the future.

Age Concern NI delivered a number of six week physical activity programmes in partnership with five Council areas. Over 200 participants were provided with the opportunity to take part in a range of activities or sports in a safe and sociable environment. A steering group was established within each area to organise events and activities. These programmes will recommence in September 2007 and it is hoped to establish a committee for each of the clubs involved to become constituted therefore enabling them to secure their own funding to continue activities.

The Older and Active Programme was developed by LORAG as a direct result of consultation with Engage with Age, Greater Village Regeneration Trust, South Belfast Highway to Health, Castlereagh Borough Council and Lagan Watersports. An eight week programme was delivered specifically targeted at older, isolated people in socially disadvantaged areas. 25 people aged 80+ participated in the programme which aims to increase participation in sport and physical activity in areas of social need, in order to improve movement and sport skills in older people.

A total number of 1,605 (13% of participants), were recorded as having a disability. This demonstrated a 3% increase in the total number of people with disability taking part in 2005-06.

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:

- Training;
- Information;
- Advice and support; and
- Programme delivery.

CASE STUDY

Castlereagh Boccia League, Castlereagh Borough Council

The Castlereagh Boccia League established by Castlereagh Borough Council was specifically targeted at people with disabilities and older people. The League ran for six weeks from late October 2006 and culminated in a final tournament.

Contact was made with local care centres, day groups and disabled access providers who brought participants to the community facility to take part. Over 40 participants attended on a regular basis. The league will now be held on an annual basis and feeds into the DSNi boccia competition.

To further develop the sport an inclusive games course was held with 19 people becoming qualified coaches. This will encourage the uptake of boccia back in the home and day care centre and provide opportunities for people with disabilities to take part in sport alongside able bodied participants.



Specific opportunities for people with a disability were provided by 15 of the 20 projects ranging from pan disability to specific impairment groups (e.g. deaf football) 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. Several projects were targeted at specific groups including:

- Down Clubmark Sports Association ran a physical activity programme for young adults with a learning disability. In partnership with Down Lisburn Trust, the programme was hosted in the Patrician Youth Centre and ran for 20 weeks. There were 30 participants in total - 24 young adults with a learning disability and six mainstream young people acting as 'buddies'. Through the programme and buddy system some of the young adults have developed the self confidence to regularly attend the youth club on additional nights with mainstream young people. Down Clubmark are now working with Down Lisburn Trust to set up an inclusive Gaelic Football Club team.
- Youth Sport Omagh reported a total of 145 participants with a learning disability through the provision of a Special Olympics Football Club for 11-18 year olds, and sessions in a range of sports at Arvalee Special School. A sub-committee has been established to run an inclusive summer scheme for children with special needs and their families to participate in a range of inclusive sports.
- Brownlow Campus Sports Trust in partnership with VOTE (a member of Action Mental Health) delivered a programme of activities to meet the group's needs. 15 members of the VOTE Project participated and four volunteers were trained to deliver this programme of physical activity. In consultation with the VOTE Project Co-ordinator an annual programme of activities for various ability ranges has been developed and delivered.

CASE STUDY

Family Fit and Well, Craigavon Borough Council



The Family Fit and Well Programme is a partnership between Craigavon Borough Council and Craigavon and Banbridge Community Health and Social Services Trust. This is an ongoing exercise referral programme for individuals and families. Referred clients are offered a 12 week exercise programme to improve their health and make long-term changes to their lifestyle.

Adults are guided by an Exercise Referral Qualified Instructor within the fitness suite at Craigavon Leisure Centre and families are offered alternative activities and given advice on being more active in their daily routines

The programme aims to promote activity and highlight its importance through prescription, and includes:

- Introducing inactive people to the leisure centre;
- Developing safe and effective programmes to benefit their health;
- Providing opportunities for families to be active together; and
- Promoting lifelong participation.

396 patients were referred to the scheme during the year 2006-07. From the records returned to date 45% of referrals participated in the programme to some degree.

It is evident from the figures returned that there are people from the ethnic minority community participating in some of the programmes delivered through the Community Sport projects; these figures reflect the small, but growing percentage of the population these communities represent within Northern Ireland. While over 90% of the total participants recorded are white, of the other communities which were recorded, Irish Traveller, Chinese, Indian and 'other' were the significant numbers of other communities represented.

In Craigavon, programmes have been provided by Brownlow Campus Sports Trust to allow more opportunities for these communities to participate in sport and physical activities. These programmes have increased access and awareness of local sporting facilities as well as social inclusion of these communities. While in Belfast, the Greater Village Regeneration Trust has established an Inter-Cultural Community Football Cup. Local community leaders met with the Police Service of Northern Ireland and the Northern Ireland Council for Ethnic Minorities

to investigate ways to improve good relations between ethnic minority communities; and sport was identified as a tool to increase contact between both communities and begin to break down barriers. Coaching sessions were held with members of the local community buddying up with members of the Polish community. Teams then took part in the Inter-Cultural Community Cup, which has become an annual event.

A total of 97 participants were reported as being referred to projects by a health professional as part of a treatment programme. A range of projects were delivered; some working in partnership with specific health groups such as Derry Healthy Cities working with Foyle Multiple Sclerosis and Foyle Chest, Heart and Stroke to identify and deliver programmes tailored to individual participants requirements.

CASE STUDY

Men's Only Beginners Swimming Programme, Derry Healthy Cities



Having identified a need through a pilot project, this programme was delivered in partnership with Ageing Well Roe Valley.

The target group was men aged 55-65+ who had a disability and their carers. Some of the men on this programme were referred by their GP to help with a number of health conditions, such as arthritis, joint replacements, heart attacks and heart surgery.

Through increased participation in physical activity participants not only increased their levels of fitness and flexibility but also experienced improved mental health.

The programme increased the participant's knowledge of the benefits of physical activity and promoted social inclusion of people with a disability and their carers in healthy lifestyle and physical activity programmes.

COACHES

The total number of coaches qualified, unqualified and volunteers who took part in the programme during the reporting year was 618, a 50% increase from the figure reported in 2005-06 of 313; and of these 413 (69%) were reported as actively coaching.

A total of 809 sports qualifications and awards were reported as 'achieved', in comparison with 441 reported 'course completed' in 2005-06, which demonstrates an increase of 54%. These awards included a range of leadership qualifications, officiating, sports specific coaching awards and generic education awards, such as:

- Sport for All Leaders Award;
- IFA Referee Award;
- Tri-Golf Activators Certificate;
- Child Protection Awareness;
- First Aid; and
- 1 Star Canoe Award.



CASE STUDY

Beyond Leisure,
Youth Sport Omagh



This programme is delivered by Youth Sport Omagh in partnership with Omagh College, and offers a wide variety of coaching and self-development workshops to unemployed women. This is a very successful ongoing programme with courses ranging in length from four – 19 weeks.

The project is designed for women who are looking for a new, enjoyable challenge where they can gain nationally recognised awards and build their confidence to enable them to give something back to the community. The course content includes confidence building, diet and nutrition awareness, disability awareness, first aid, equity in sport and a generic coach education course. During the course participants were able to select one of the following coaching courses: Sport For All Leaders Award, Grassroots Soccer, Grassroots GAA or Level 1 Athletics.

As a result of this programme the number of available qualified female coaches in Omagh and the surrounding area has increased, with a few regularly coaching on the Community Sport Programme. Through this programme one participant, who is profoundly deaf and had very little interaction with other people, has now developed the confidence to enter full-time education and is a coach on the summer scheme for people with disabilities delivered by Youth Sport Omagh. Another participant had been unemployed for 20 years and as a direct result of the qualifications gained on the programme is now in full-time employment with Omagh Leisure Centre.

Lagan Watersports ran a coaching programme targeting local community workers from the East Belfast area providing eight individuals with a 1 Star Canoe Award enabling the community workers to bring their groups to participate in water based activities at the centre. Visiting groups have included a 'Lads and Dads' group from Sure Start, and groups from the Short Strand Community Association and East Belfast Area Project.

Strabane District Council developed and delivered a programme providing coaching qualifications, work experience and mentoring to aspiring local teenage coaches. The programme established a pool of young qualified coaches in the area and provides them with work experience opportunities through sporting events and sports camps in Strabane.

VOLUNTEERS

The number of people reported as providing voluntary, non coaching support to the project was 119 with 72% of these volunteering regularly. Many of the volunteers gained sports qualifications to enable continued and sustained delivery of programmes.

CASE STUDY

Volunteer Education Programme,
Ballymoney Borough Council



Ballymoney Borough Council have delivered soccer and tri-golf programmes to community associations who are close neighbours but from different backgrounds and beliefs. The objectives of the programmes were to improve community participation, cohesion and relations, the health and well-being of participants, increased and sustained participation and development of sustainable structures.

Following the success of these programmes in which nearly 100 young people participated, a Volunteer Education Programme was developed to provide local people with the opportunity to gain coaching qualifications to ensure that these activities can be sustained by these communities.

- 32 volunteers successfully completed the IFA Referee Course.
- 12 volunteers gained the Tri-Golf Activators Award.
- 20 volunteers had Child Protection Training.

These achievements build on the qualifications awarded through this programme in 2005-06 when 21 volunteers gained IFA Mini Soccer Awards and 21 Walk Leaders Awards.

FUNDING ATTRACTED/ CREATED

The information captured by the End of Year Reports demonstrates that applicants have been very successful (14/20 projects) in attracting additional funding to their projects as a direct result of the Community Sport Programme and the initial investment award.

Examples of these include:

- North Belfast Play Forum which has secured funding of £350,000 over five years from Sport Relief, £12,500 from the Youth Justice Programme and £10,000 from Belfast City Council to continue to develop the Midnight Street Soccer Project in Belfast.
- The Lower Ormeau Residents' Action Group has been seeking funding for a major capital build project at Shaftesbury Recreation Centre. The project will involve a complete revamp and modernisation of sporting facilities in the Inner South Belfast area. £134,241 has been secured through the Belfast Local Strategy Partnership for the project; this has led to major upgrading of the infrastructure of the site. An application to the Building Sport Programme has been granted Stage II approval for £1.8m subject to securing additional partnership funding. An additional £125,000 has been secured from the Building Sport Programme to fund a Community Sports Development Officer for three years.

From an investment of £700,000 in the programme 2006-07 an additional £1,074,135 of revenue funding was generated, i.e. £1.54 for every £1 invested. Table 1 shows the amount of additional revenue funding generated by the projects for their continued work in Community Sport.

TABLE 1

APPLICANT	FUNDING (£)
North Belfast Play Forum	372,500.00
Greater Village Regeneration Trust	175,000.00
Castlereagh Borough Council	172,486.00
LORAG	170,000.00
Brownlow Campus Sports Trust	100,075.00
Derry CC Fit Futures	26,885.00
Derry Healthy Cities	13,805.00
Derry CC Waterside	11,792.00
Youth Sport Omagh	10,000.00
Craigavon Borough Council	8,000.00
Larne Borough Council	7,216.90
Coleraine Borough Council	2,756.00
Down Clubmark	2,000.00
Ballymoney Borough Council	1,620.00
TOTAL	1,074,135.90

ADDITIONAL IMPACT

The Community Sport Programme has helped to establish and strengthen links between a wide range of partners, who are working to build communities. Good linkage with networks and partnerships formed has assisted in overcoming some community division.

Programmes have been delivered to groups that are, in some cases, becoming constituted; and thus will be able to become sustainable and benefit the community as social structures are developed and participants become involved in decision making structures. Many programmes have trained local representatives who have gained coaching awards allowing them to deliver programmes; increasing the number of available qualified coaches within an area.

Research being undertaken by the University of Ulster through the Derry Fit Futures Schools Programme will take baseline measurements and attitudes to physical activity, fitness and nutrition and compare those taken at the beginning to those taken at the end of the programme. Results of this research project will provide lessons for others and additional learning points for future programme development and delivery; and if they show a significant improvement they could offer a model that could be developed and rolled out. Additional pieces of bespoke research carried out within projects on specific programmes will add to quantifying the impact of the programme overall and may lead to further investment from other sources.

Eleven of the twenty currently funded projects have been successful in securing additional funding from SNI to ensure continuation of posts for 2008-2010 through the Sport in our Community Programme – see Table 2.

TABLE 2

ORGANISATION	ADDITIONAL FUNDING 2008-2010 (£)
Derry City Council	76,894
Derry City Council	72,376
Brownlow Campus Sports Trust	69,195
Coleraine Borough Council	68,133
LORAG	67,440
Derry Healthy Cities	67,040
Greater Village Regeneration Trust	65,310
Ballymoney Borough Council	62,995
Castlereagh Borough Council	56,786
Larne Borough Council	53,283
Craigavon Borough Council	48,686

Coleraine Borough Council has indicated its intention to mainstream the post of Community Sport Development Officer beyond this additional investment 2010 period. This indicates the growing importance attached to the post and the outcomes of the initial investment.

Additionally, a total of 19 positions of paid employment were reported as being created during 2006-07 – see Table 3.

TABLE 3

ORGANISATION	NO OF POSITIONS CREATED
LORAG	8
Castlereagh Borough Council	5
Brownlow Sport Campus Trust	2
Coleraine Borough Council	1
Down Clubmark	1
Greater Village Regeneration Trust	1
North Belfast Play Forum	1
TOTAL	19



CHALLENGES

There have been a number of challenges both collectively as a programme and individually as projects. These challenges are summarised below:

- Some of the programmes delivered by the projects had difficulty in attracting a large number of participants to specific programmes. These were particularly in areas of community division and in crime diversionary programme. While it has been stressed that the emphasis of the programme is not on attracting mass participants, it is felt that an additional person working on the programme within these communities would enable greater progress to be made through developing partnerships and establishing a trust base which is crucial if activities in these areas are to be successful.
- Collating participant data from specific groups has proved challenging for some projects, specifically projects working with minority ethnic communities, traveller communities and people with learning difficulties. A number of the projects have reported 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 e.g. group forms from special schools.

- Accessing minority ethnic communities and especially migrant worker communities, has presented a challenge to the projects. Many migrant workers from Eastern Europe have a hard work ethic and have relocated with the intention of saving money for their families and therefore participating in sport and physical recreation is low on the list of priorities. Projects have overcome this challenge by working directly with the employers to sanction participation in activities during the working day.
- As a Northern Ireland wide project the Age Concern Community Sport Development Officer is covering a wide area and is therefore spread very thinly over the six areas targeted. Another co-ordinator post would have enabled engagement with more partners. A bigger discretionary budget would have attracted and engaged partners more readily as well as opening up other possibilities for activity. However, effective partnership working with the other Community Sport Development Officers and local authority Sports Development Officers within the six areas has facilitated the delivery of the project.
- During the reporting year a number of officers have been successful in gaining other positions both within the programme and external to the programme. The officers lost to the programme have all progressed within sport and/or community development which is testament to the programme of training provided by SNI and the officer's employer. These staff changes have been managed well which has minimised the potential disruption to the individual project, and programme as a whole.
- There are a number of barriers which may be historical, cultural, physical or psychological, actual or perceived which restrict female participation in sport. Other societal factors, outside the sporting sphere of influence affect female participation in sport. This means that sporting organisations must work in partnership with other influencing organisations to increase and sustain female participation in sport. These will include education authorities, local authority service providers and health promotion professionals. SNI recognises the challenge and opportunity presented of increasing female participation in sport and physical recreation.
- The Draft Strategy for Sport and Physical Recreation 2007-2017 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 2011–2017.
- Data collated from the End of Year Reports provides some evidence of changes in participation. While this information has proved challenging to collect from individuals, and has not been collected consistently across all projects, the information supplied in the reports demonstrates that the Community Sport Programme is successful in increasing participants' regular levels of physical activity.



NEXT STEPS

As the Programme enters its final year, this report demonstrates that the projects are all making an impact on communities through sport. The programmes delivered by the funded projects through the Community Sport Programme show increased levels of participation in sport and physical activity among under-represented groups in hard to reach communities and are helping to develop the capacity of local communities to sustain this activity beyond the initial investment period.

There is scope for the completion of evaluation research with individual projects and specific initiatives within these projects, which will highlight best practice and provide an indication of the key indicators of success. These indicators will be useful in informing any future direction of community sport in Northern Ireland.

The provision of equality of opportunity in accessing quality sports development remains an important consideration for sport, and especially for those communities currently under-represented in sport. The Draft Strategy for Sport and Physical Recreation recognises that disparities still exist in rates of participation among particular population groups, and will seek to address this through the inclusion of specific SMART targets aimed at redressing this imbalance.

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