



EVERY BODY ACTIVE 2020: STRAND ONE OPPORTUNITIES  
END OF YEAR REPORT 2019/20

Sport Northern Ireland's '**Every Body Active 2020: Opportunities**' has reached the end of year 4 of funding and we require your organisation to complete an End of Year Report to note the progress your project has made and to learn from challenges and lessons encountered.

Please complete this End of Year Report 2019/20 and return to your Sport NI Development Officer by **Friday 15<sup>th</sup> May 2020**.

We have provided you with the, programme objectives, outcomes, SMART targets, indicators and need for context but should you require any assistance please do not hesitate to contact your Sport NI Development Officer. **Please use the EBA 2020 (Strand 1) Monitoring and Evaluation framework and the Outcome Based Accountability guidance note to inform you report.**

Examples of analytics from social media, project level evaluation(s), research, newspaper, web and multi-media can also be submitted as part of this report to help demonstrate the impact of your work.

Your completed End of Year report should be signed by 2 authorised individuals.

Name of organisation:	Mid Ulster District Council
Contact Name:	Leigh Gilmore
Contact e-mail:	Leigh.gilmore@midulstercouncil.org
Contact number:	028 8676 7135

**EBA 2020 established the outputs to be delivered in pursuit of the outcomes. Please insert *your* figures as a contribution to the overall programme outputs. The figures should be extracted from your Year 3 Tableau Report.**

	<i>Programme Objective: Increase quality opportunities for targeted groups to develop and sustain participation in sport across key life-course transitions.</i>				
	Outputs				
	To have 89,000 unique participants per annum.	To increase the percentage of women and girls from 55% to 59%.	To increase the percentage of people with a disability from 14% to 18%	To increase the percentage of people from areas of high social need from 31%-35%.	To increase sustained participation (11 PA) from 25,000pa to 29,000pa.
	KPI 1 – Total Participants	KPI 2 - Women/Girls	KPI 3 - People with a Disability	KPI 4 - High Social Need	KPI 5 - Sustained Participants
19/20 Targets	5,523	3,259	994	1,933	1,767
% Target		59%	18%	35%	32%
Actual Figures	5226 Covid 19 restrictions	3005	854	518	998
% Achieved	95%	54%	15%	9%	18%
RAG Rating	RED Activities suspended due to pandemic	RED Activities suspended due to pandemic	RED Activities suspended due to pandemic	RED Activities suspended due to pandemic	RED Activities suspended due to pandemic

**\*KPI 2-5 is a percentage of Actual Participant Number.**

**RAG Rating – Red = Missed Target, Amber = within 3% of Target, Green = Target Achieved**

**Please briefly outline examples of (specific programmes or projects) your achievements against the programme outputs as indicated above. These should be linked to the transition points and indicate the exit routes for participants in support of the sustainability KPI.**

KPI number	Description of activity
e.g. 1 & 2	<i>Multi- sport participation taster programme delivered in Belfast (2), Ards &amp; Antrim &amp; Newtownabbey attended by 100 women.</i>
1 & 4 & 5	Make Change Programme - targeting primarily adult participants who would typically come from areas of social need and suffering mental health conditions, participants are encouraged to continue similar activities within leisure facilities.
1 & 3 & 5	International Day of Disability – in targeting a mainstream primary school, learning support unit we provided details of locally based disabled activities and clubs to those participating to encourage sustained participation eg Junior Paralympic Club at MUSA.

***\*Exit Routes classed within 4 types of environment. 1. Other EBA 2020 Programmes/ Activities. 2. Self-Directed e.g. gym membership, walking running cycling clubs. 3. Club led activities – links to club membership. 4. School based activities – afterschool clubs.***

**Please highlight at least three participant case studies, which will help illustrate the impact of your programmes in contributing to the Outcomes of Every Body Active 2020 Opportunities. These should be linked to the transition points and indicate the exit routes for participants in support of the sustainability KPI.**

Case study 1		
Organisation Name		
Input <i>Overall description/intent of programme</i>	Output <i>Programme activities organised</i>	Outcomes <i>What impact/results did it have?</i>
EBA 2020 Community Physical Activity Classes in partnership with MUDC 'Make a Change Programme'.	<p>Jan/Feb 2020 saw a partnership with Mid Ulster Councils Everybody Active 2020 Disability Coach and the Councils 'Make a Change Programme'.</p> <p>The MUDC 'Make a Change Programme' enables people who want to improve their diet or get more active achieve their goals.</p>	<p>These classes allowed the users to take part in physical activity at their own pace and target level. The classes were all individually tailored for each group and their ability levels.</p> <p>Equally important for many participants was the weekly social interaction, addressing of social isolation and mental health issues.</p>

	<p>A dedicated Health Support Officer works closely with each individual over a period of weeks or months.</p> <p>As part of this, community groups availed of 4 weeks physical activity classes. These classes took place in Knocknagin, Ballyronan, Lissan and Lisnahull communities.</p>	<p>Since these classes have taken place, many of the participants have requested if the classes could continue on a weekly or twice weekly basis.</p> <p>Further links where also made with the local council leisure facilities and the classes that they put on, in which the participants could also attend.</p>
<p><b>Is Anyone Better Off?</b>  <i>Feedback and statements from programme users; also include any details about media/social media feedback</i></p>		



Is the participant willing to participate in focus group/ follow up interviews? No

## Case study 2

Organisation Name		
Input <i>Overall description/intent of programme</i>	Output <i>Programme activities organised</i>	Outcomes <i>What impact/results did it have?</i>
EBA 2020 'International Day of People with a Disability'	<p>'International Day of People with a Disability' occurred in Mid Ulster District Council on Tuesday 3rd December 2019.</p> <p>This celebration day aims to increase public awareness, understanding and acceptance of people with a disability and celebrate their achievements and contributions.</p> <p>As part of this day, the Chair of Mid Ulster District Council attended an Everybody Active 2020 Disability session in Cookstown P.s Learning Support Centre.</p> <p>The sessions take place on a weekly basis from 9.30am-11.30am.</p>	<p>The day highlighted the ongoing work within Mid Ulster District Council for people with a disability.</p> <p>The weekly classes in Cookstown P.s 'Learning Support Centre' focuses on fun based participation where all can take part regardless of ability.</p> <p>Links were made with other disability and main stream sports clubs within the council area, to show and detail what they have on offer for people with a disability.</p>

### Is Anyone Better Off?

*Feedback and statements from programme users; also include any details about media/social media feedback*



Is the participant willing to participate in focus group/ follow up interviews? No



## Case study 3

Organisation Name		
Input <i>Overall description/intent of programme</i>	Output <i>Programme activities organised</i>	Outcomes <i>What impact/results did it have?</i>
Youth Action NI Programme (Education Authority)	<p>6 week physical activity/ exercise programme</p> <p>Weekly sessions</p> <p>Health and Wellbeing Talk</p>	<p>This programme was aimed at 16-25 year olds to improve their physical and mental wellbeing.</p> <p>More participants taking part week on week</p> <p>Young people feeling better about themselves</p> <p>Participants joining local gyms</p>

### Is Anyone Better Off?

*Feedback and statements from programme users; also include any details about media/social media feedback*



This six week programme was delivered in partnership with Youth Action NI and was aimed at getting those participants in their programme aged between 16-25 years old more physical healthier. The programme was a great success and really benefitted the participants and numbers increased each week.

"Before Steven came along and delivered the programme, all our participants would have been against physical activity and thought it wasn't for them. Once Steven explained the benefits of physical activity and why it would help them they became more open to it and decided to give the programme a go. Since then they haven't looked back and everyone really enjoyed the exercise programme and really embraced it."

Brenda Mc Elroy, Youth Action NI Co-Ordinator

" Before we did our physical activity programme I would hardly ever had done any form of exercise. Once I heard the benefits of exercising I decided to give it a go. The Coach, Steven, was very good and helped us out a lot by explaining the exercises and keeping everything nice and simple. I really enjoyed it each week. I enjoyed it so much that I decided to go to my local gym more often."

Curtis Herron, Group Participant

Is the participant willing to participate in focus group/ follow up interviews? Yes

## Case study 4

### Organisation Name

#### Input

*Overall description/intent of programme*

College Connect(South West College) Programme

#### Output

*Programme activities organised*

Six Week Circuits Programme

#### Outcomes

*What impact/results did it have?*

Improved physical wellbeing

Improved mental wellbeing

Participants improving fitness

Participants using College Gym

### **Is Anyone Better Off?**

*Feedback and statements from programme users; also include any details about media/social media feedback*



This programme was run in partnership with College Connect Programme in South West College. It was aimed at 16-25 year olds and was a six week circuits programme.

"This project was well received and Steven did a great job interacting with the participants and delivering the exercises each week. A lot of the participants had never used our college gym and Steven made them feel welcome, feel safe and helped with improving their overall physical and mental wellbeing."

Niall Marlow, Student Participation Officer

"I loved every minute of this programme. The exercises made me feel good about myself and helped with my overall wellbeing."

Jonathan Campbell, Participant

"I had never been in the gym before, however I felt comfortable with the instructions of the coach. The exercises were different each week which made it enjoyable. I hope we can do it again."

Agostinha Pereira, Participant

Is the participant willing to participate in focus group/ follow up interviews? Yes

**Stake Holder Mapping: Please highlight the extent of the reach of the EBA programme by providing a stakeholder map. This should include all partner organisations involved in the delivery of the programme and demonstrate where the links have been established.**

Southern Trust	Northern Trust	Tobin Community Centre	Holy Trinity PS, Cookstown	Indirect Stakeholder
Netball DLC	National Autistic society	Newmills P.S	Castledawson PS	
Ardboe Community Projects	Disability Sport NI	CDE Workplace, Cookstown	Northern Regional College	
St Brigids PS Mayogall	Cedar Foundation (Dungannon)	Mid Ulster Parkinson's Branch	St Patricks Academy Dungannon	
Ulster Hockey	Ms Society (Cookstown)	Buggy Fit, Aughnacloy	Cookstown PS	
Cookstown Fr Rocks GAA	Empower NI (Magherafelt)	Buggy Fit, Dungannon Park	Youth Annexe Fivemiletown	
Rainey Hockey Club	Integrated College Dungannon	Buggy Fit/mother toddler CLC	Action Mental Health	
Heron Bros, Draperstown	Cookstown PS	Holy Trinity's PS C'Town	Coalisland Fianna GAC	
Stewartstown PS	Primate Dixon PS	Ballylifford P.S.	Roan St Patricks PS Eglish	
Killyman PS	St Patrick's Dungannon	St Puis College M'Felt	Superstars Cookstown	
St Marys PS, Pomeroy	Orritor PS, Cookstown	Moneymore Rec Centre	ST Malachy's PS	
Howard PS, Dungannon	Willowbank (Dungannon)	Aughnacloy P.S.	Action Mental Health	
Tobormore PS	Woodland Beacon (Cookstown)	Aughnacloy College	Coalisland Fianna GAC	
Tyrone GAA	Desertmartin PS	Gaelscoil an Tseanchai M'Felt	Loughry Campus Workplace	
Kilross PS	Sky Club (Fivemiletown)	Dungannon Youth Resource	MUDC Env. Health	
Ballysaggart Dev Assoc Dgn	Special Schools (Kilronan & Sperrinview)	Willowbank @ The Junction Dungannon	Phoenix Integrated PS, Cookstown	
St Marys PS, Stewartstown	Moortown Com Assoc	Tobermore Community Group	Bush PS, Dungannon	
Carefully yours project (M'Felt)	Adult Centre (C'Town & M'felt)	Marvels Special Olympic Club M'Felt	Lough Shore Community Assoc, Moortown	
St Mary's Grammar M'Felt	Fit 4 U x2 (physical and learning)	Ulster Wheel Chair Hurling	Arthritis Care	
Woods PS, Ballyronan	Laghey PS, Killyman	Mid Ulster Ladies	Culnady PS, Maghera	
St Marys PS Cabragh	Roan St Patricks PS Eglish	Eoghan Ruadh Hurling Club	Cookstown Royal British Legion	
St. Brigids Brocagh	Superstars Cookstown	Magherafelt HS	St Malachys PS Glencull	
Moneymore PS	Clintyclay PS	Stewartstown PS	Royal School Dungannon	
Sperrin Integrated M'Felt	St Marys PS Ballygawley	Ballylifford PS	St Josephs PS Caledon	
Derrychrin PS	St Macartans PS	Kilross PS	St Patricks PS Glen	
Crossroads PS	Killyman PS	Magherafelt PS	Ulster GAA	
St John's Swatragh	Howard PS	Knocknagin PS	St Eoghans PS Moneyneena	
Holy Trinity HS	Magherafelt HS	New Row PS	Cookstown Hockey Club	
St Josephs Coalisland	Keystone Workplace	Rainey Endowed	St Marys PS Glenview Maghera	
St Patricks Maghera	Cookstown HS	Workspace Draperstown	Windmill Integrated PS	
Education Authority	Aughnacloy College	Moneymore PS	St Marys PS, Dunamore	
Slatequarry Com Assoc, Rock	Base Groups (Cookstown & M'Felt)	Kilcrounaghan & Tigran Comm Assoc M'Felt	St Marys PS Pomeroy	
Amptaine PS	Augher PS	Clonoe Community Group	Washingbay Community Group	
Youth Action EA	Otago Group	Ballyronan Community Grou	Lissan Community Group	
Open Doors Swatragh	Knocknagin Community Group	Kilcrounaghan Community Group		
	EA	DSNI	MUDC Leisure Facilities	Direct Stakeholder
MUDC	Sport NI	EBA Coaches	EBA Management	Core Stakeholder

**Were there any of the KPI's that you found difficult to deliver on? Please provide a brief explanation.**

Attracting participants from HSN continues to be difficult.

Sustained engagement also continues as the coaches can often only schedule 6 weeks of activities.

Covid 19 was detrimental to all of the MUDC KPI's this year and in particular caused the failure to achieve KPI's which have always been met in previous years.

**Please tell us, in your opinion, what worked well during Year 4 of the programme.**

Giving the coaches the opportunity to be part of larger scale events was a positive for the coaches especially in a time of transition both within the programme and at Council.

These larger events allow the coaches an opportunity to use skills developed over the time of their employment and allows them to interact with non-traditional participants and carry out non-traditional activities

**Please tell us about any issues or challenges that you faced during Year 4 of the programme.**

Like most areas outside of Belfast and Derry, we continue to find it difficult to establish ourselves in areas of HSN.

Internal Council restructuring did unsettle the coaches, resulting in one taking up an offer of employment elsewhere within Council.

Latterly Covid did stall our 4<sup>th</sup> quarter numbers affecting both day to day sessions and large scale events, which would have ensured that we past our targets of participation women and girls and increased disability, HSN and sustained participation.

**Have you learned any lessons from Year 4, and if so, will this change how you work in the future?**

Year 4 saw the coaches continue to use their experience to lead larger EBA events. As host Council we are very confident in the abilities of our coaches to lead on and organising larger events.

Year 4 has been a very uncertain year in many ways from internal restructuring, EBA programme legacy issues and latterly the pandemic. Our expectation for Year 5 is to put in place some form of access to continued support measures to local groups.

How that will look will depend on the new Leisure Department structure and Covid 19 recovery plans. Not yet developed.

**Were there any planned activities that did not take place due to Covid-19? Please outline details below, and indicate whether these activities can be delivered in 20-21 (budget permitting).**

The months of Feb & March was particularly badly affected by Covid 19 pandemic.

Two of our annual events were affected by the lockdown and restriction of movement -

- Year 8 Colour Run
- Recreational netball competition

Yes, social distancing and budget permitting both events will take place in 20/21



I confirm that the information in this document and any material provided in support of it is true and correct. I confirm that I am duly authorised and empowered to sign this document.

Name

Signature

Date

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