



**EVERY BODY ACTIVE 2020: STRAND FOUR-SMALL GRANTS PROGRAMME
END OF YEAR REPORT 2019-20**

Sport Northern Ireland's '**Every Body Active 2020-Small Grants Programme**' has reached the end of the funding year. Sport Northern Ireland Requires your organisation to complete an End of Year Report to note the programme outputs and to learn from challenges and lessons encountered.

Please complete this End of Year Report 2019-20 and return to Sport NI by **Friday 29 May 2020**.

Sport Northern Ireland have provided you with the targets as per your agreed Letter of Offer but should you require any assistance please do not hesitate to contact your Sport NI Development Officer.

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.

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EBA 2020-Strand 4-Small Grants Programme for Mid Ulster District Council 2019-20

Target Figures

Please see below the KPIs for the programme as detailed in your agreed Letter of Offer.

Council Area	Original LOO	Additional funding amount (in-year uplifts)	Revised LOO amount	Total Number of Participants	Total Number of Women and Girls	Total Number of people living in Areas of Social Need	Total number of participants with a disability / Long term illness.
Mid Ulster District Council	£31,701.85	N/A	N/A	1,218	609	365	183
Actual	65335.00	0.00	N/A	7108	2513	1551	399
RAG	Green			Green	Green	Green	Green

Programme Overview

Please complete the table below to give an overview of how Sport NI funding was used. This should match your final claim

<i>No. of applications received</i>	78
<i>No. of eligible applications received</i>	69
<i>No. of applications scoring above quality threshold (Funded)</i>	69
<i>No. of applications scoring above quality threshold (Not funded)</i>	69
<i>No. of applications below quality threshold</i>	9
<i>Applications received by sport (i.e. Rugby x6, Hockey x3 etc.)</i>	Hurling / Camogie x7 Sailing / Rowing x1 GAA x27 Athletics x1 Football x14 Bowling x4 Rugby x2 Boxing x3 Tug of War x 2 Cycling x3 Golf x1 Shooting x4 Tennis x1 Equestrian x1

	Handball x1 Martial Arts x1 Table Tennis x1 Triathlon x1 Community Group x2
<i>Applications that were funded by sport (i.e. Rugby x6, Hockey x3 etc.)</i>	Hurling / Camogie x6 Sailing / Rowing x1 GAA x21 Athletics x1 Football x14 Bowling x4 Rugby x2 Boxing x3 Tug of War x 2 Cycling x2 Golf x1 Shooting x4 Tennis x1 Equestrian x1 Handball x1 Martial Arts x1 Table Tennis x1 Triathlon x1

<i>Expenditure</i>	£65335.00
<i>Grants</i>	£65335.00
<i>Management Costs</i>	£0.00
<i>Total</i>	£65335.00

Breakdown by successful applicant

Please populate the table below to evidence the information/KPIs from the projects that were funded.

Name of Club/Organisation	Amount Funded	Project Title	Total Participants	Project Summary	Total Number of Participants	Number of Females	Number of People with a Disability	Number of People living in areas of Greatest Social Need
Ballinascreen Camogie Association	£1,500	Girls Physical Literacy Programme	700	0	650	350	35	0
Ballyronan Boat Club	£600	Family sailing	0	0	0	0	0	0
Bc Wolves	£900	Expanding Basketball	200	0	200	30	8	0

Brocagh Emmetts GFC	£1,350	Bring Community Together	81	0	81	29	0	0
Church Island Runners	£725	Church Island Run and couch to 5k	0	0	0	0	3	0
Clogher Eire Og GAC	£960	Health/ Fitness and volunteers	210	0	150	75	0	0
Cookstown Fr Rocks GFC	£1,500	Superheros Physical Literacy Programme	800	0	800	400	100	235
Cookstown Youth FC	£1,500	A celebration event on the last night of our Football Development Centre in May	300	0	250	50	30	170
County Tyrone Super Cup NI	£1,050	football for Tyrone for youth inclusion 2019	0	0	150	0	0	0
Desertmartin Football Club	£900	Looking Ahead	0	0	70	12	6	0
Desertmartin Parish Church Bowling Club	£1,050	Bowling to a higher level	70	0	70	30	10	0
Dungannon Bowling Club	£735	Diamond Jubilee of the Bowling Green	35	0	35	0	11	11
Dungannon Football Club trading as Dungannon Rugby Football Club	£1,200	Developing Players for the future	385	0	80	20	20	0
Dungannon Swifts FC	£1,200	Swifts Active Sporting Chances	50	0	50	25	5	20
Dungannon Thomas Clarkes GFC	£1,160	Strength & Conditioning	114	0	100	0	0	100

Dungannon United Youth CIC	£1,200	DUY Coach Development	350	0	350	50	10	150
Edendork GAC	£1,200	Mini Mals	150	0	150	65	10	80
Emmets GAC Slaughtneil	£1,200	Sports Participation Running Costs for Teams	550	0	0	0	0	0
Erins Own Lavey GAC ("Lavey GAC")	£1,350	Lavey GAC - Summer Scheme	120	0	120	55	0	0
GAA/Sports For All	£750	Sports For All Days Out & Equipment	20	0	20	0	20	20
Galbally ABC	£600	All Inclusive Sports in Galbally	25	0	25	25	0	0
Galbally Pearses GAA	£900	Pearses Easter Camp	80	0	80	0	0	0
Greenhill tug of war club	£600	Pollytunnel and lights	0	0	0	0	0	0
Island Wheelers Cycling Club	£1,050	Island Wheeler Development	100	0	100	0	0	0
Killymoon Golf Club Juniors	£750	Junior Golf Development	60	0	60	10	0	0
Killymoon Rangers FC	£750	Football for youth Inclusion 2019	20	0	20	0	0	0
Killymuck Clay Pigeon Association	£750	Community at Heart	60	0	60	6	2	10
Leo`s boys and girls tug of war club	£750	re-locating our training facilities	30	0	30	0	0	0
Logues Hill CPC	£600	Promoting participation of young	24	0	24	12	0	0

		shooters, female shooters and persons with a disability.						
Maghera Strollers FC	£600	Match Day Activities (Football Pitch Hire & Referee costs)	30	0	30	0	3	20
Magherafelt Ladies Outdoor Bowling Club	£590	Promote Ladies Bowling Within MUDC	111	0	11	11	2	0
Magherafelt Reds FC	£400	Training equipment, pitch cover and match kit	25	0	25	0	0	0
Magherafelt Sky Blues	£1,050	Car parking - pick up and drop off facilities	310	0	310	23	0	0
Magherafelt tennis club	£750	parent and child event	43	0	43	23	0	0
Mark Heagney ABC	£600	The Next level for ALL !	20	0	20	20	0	0
Michael Davitt GAC	£1,200	U14 Boys Development	25	0	25	0	0	0
Mid-Ulster Showjumpers	£600	Mum's Turn	50	0	50	50	5	5
Moneymore Clay Pigeon Club	£750	Forward to the next level	30	0	30	10	8	15
Moneymore GAC	£1,350	Moneymore Health and Well-being Challenge Event 2019	600	0	600	300	35	0

Moortown St Malachys GAC	£1,350	Ladies Involvement Project	150	0	150	0	12	150
Moy Tir na Og	£600	Moy Indoor Bowling Club	14	0	14	5	0	0
Moyola Clay Target Club	£750	Foward to success	41	0	41	8	8	10
Moyola Park AFC	£1,200	Fitness and Football Equipment Grant	110	0	30	11	0	0
Naomh Colm Baile na Scrine GLC	£1,350	Come Try It Summer Camp & Coach Development	250	0	150	0	0	0
Naomh Treasa Camogie Club Dungannon	£1,170	Indoor and Outdoor Coaching Programme 2019	100	0	100	0	0	35
Newmills Football Club	£1,050	Club Running Costs for Season 2019/20	50	0	50	0	0	0
O'Donovan Rossa GAC (Camogie)	£900	Rossa Camogie Youth - Camogie Games & Summer Camp	82	0	82	82	0	0
Pomeroy Plunketts GAC	£1,200	Gaelic Games FUNdamentals	100	0	100	50	6	100
Pomeroy Plunketts Handball	£750	Introduction to Handball	100	0	100	50	6	100
Pomeroy Plunketts Ladies GFC	£900	Gaelic for Mothers and Others	100	0	100	50	6	100
Rainey Old Boys RFC	£1,200	Rainey Rugby Academy	350	0	125	40	0	0

Ren Bu Kan Judo Club	£1,350	Judo - Beginners to Mat	105	0	105	35	0	0
Rossa Ladies Football Magherafelt	£1,050	Ladies Gaelic Football	80	0	80	80	0	0
Royal British Legion Football Club	£1,050	Train and play	80	0	80	0	0	0
St Annes Table Tennis Club	£600	St Anne's Table Tennis Coaching Camp 2019	50	0	50	25	5	45
St Finbarrs Hurling Club	£900	St Finbarr Hurling	90	0	90	30	5	30
St Johns ABC	£1,050	Administrative and running costs - St Johns ABC	60	0	60	20	4	0
St Malachy's GAC Castledawson	£1,050	Youth Games provision	212	0	212	102	10	0
St Mary's Bowling Club Killeeshil	£165	St Mary's Bowling Club Killeeshil 2019 Activities	0	0	0	2	0	0
St Patricks Camogie Club	£1,050	Purchase of New Training Equipment and to provide indoor training at local facility	0	0	0	0	0	0
St Patricks GAC Loup Co Derry	£1,050	Loup Couch to 5k Running Event / 5 Mile Run commencing in April	50	0	50	20	5	0

		2019 for 8 weeks and ending with 5K Fun Run / 5 Mile Event on 22nd June 2019						
St. Brigids (Naomh Brid) Camogie Club Brocagh	£1,200	2019 Season Club Participation and Development Initiative	123	0	80	80	0	0
ST. MICHAELS GAC LISSAN	£1,200	FITNESS & WELLBEING COURSE	70	0	70	35	0	0
St Martin's GAC, Desertmartin	£360	Health and Sports Development	0	0	0	0	0	0
Termoneeny Cycling Club (TCC)	£750	TCC Summer Cycle/Spin 2019	15	0	15	0	0	0
Tobermore Youth Football Accademy	£900	Youth Community Development	50	0	50	10	8	0
Tri Limits	£720	Tri A Bit More	35	0	35	25	1	25
Tulach Og Hurling and Camogie Club	£1,050	Hurling and Camogie Coaching programme	144	0	120	72	0	120
Upperlands Cross Community Football Club	£750	Football Funding day	400	0	100	0	0	0
TOTALS	£65335.00		8789	0	7108	2513	399	1551

Please highlight at least three participant case studies, which will help illustrate the impact of your projects in contributing to the Outcomes of Every Body Active 2020-Small Grants Programme.

To provide us with the best picture of your projects, Sport NI will use OBA (Outcome Based Accountability) to represent the successes and the outputs. Please structure your response using the following headings:-

Background

- *Provide some context to the gap the programme fills, identify any target groups to be engaged through the programme*

How much did we do?

- *How many workshops/sessions/events were carried out? What did it involve?*

How well did we do it?

- *What in particular stood out as a success in the programme? Any recommendations for the future of this programme?*

Is anyone better off?

- *Quotes from participants? Any improvements in physical health, confidence etc.? Social benefits to physical activity?*

What next?

- *What will the future of this programme look like? What will change? When will it next run?*

Case study 1 – Ballinascreen Camogie Association

Background

- *We will work with the coaches within our club and the teachers in our 4 feeder Primary Schools to focus on developing the physical literacy skills of the young girls (Primary 1 - Primary 7) in our Parish. The club will train up the coaches and teachers in the Physical Literacy Programmes, who will then deliver it continuously throughout the year. The programme has been designed as an easy to use resource for kids, teachers and coaches to develop physical literacy. It is a progressive journey through basic fundamental movement. The programme can be used as a standalone PE class or coaching session. The girls progress will be monitored at both the school and at the club.*

How much did we do?

- *Beneficiaries - 350 female pupils - 35 with a disability. Following the training, they will then begin to roll out the programme on a daily basis to Primary 1 - Primary 7's, both during and after curriculum time and in the evenings at our club. All the pupils will have their progress tracked by both teachers and coaches. Parents will also be encouraged to carry out some of the movement skills at home. Once a child has successfully achieved one module, they will then receive guidance and instruction from their teachers/coaches to move to the next level.*

How well did we do it?

- *The 350 female pupils, of whom an estimated 10% have a disability, directly benefit from being part of this inclusive programme, as well as the 300 male pupils. The females benefited the most as it is their coaches (ie Ladies Camogie & Football) also underwent the training so they can develop the girls further at the club.*

Is anyone better off?

- *Ballinascreen Camogie Association are working with all the children and their parents from all four Primary Schools in the Parish, actively engaging with the whole community, both young and old.*

What next?

- *The plan for the programme is to continue roll the programme out to the next age group.*

Case study 2 – Moneymore GAC**Background**

- *A Health and Well-being focused challenge for the whole community of Moneymore and the surrounding areas of Desertmartin, Lissan, The Loup, Magherafelt, Drumullan and Coagh .*

How much did we do?

- *The Health and wellbeing programme involved – Step Challenge, Biggest Loser, Fittest Family, Kids 2K, Adult 5K, Health and Well Being sessions including cookery demonstrations, nutritional advice, benefits of exercising, smoking cessation, drugs and alcohol advice services and mental health advice, bereavement services,*

How well did we do it?

- *The project engaged the community into taking part in exercise in a fun way through challenges geared to invite all including families. The information sessions inform people across the community of a number of ways they can improve their health and wellbeing, as well as informing them of mental health and other health and well being services available locally.*

Is anyone better off?

- *Young people experienced a sense of belonging. Older people felt less isolated through participation and volunteering.*

What next?

- *This project provide opportunities for help both young and old people to stay involved through participation and volunteering. to organise, plan and deliver the project. The project gives them that opportunity to meet with others make friends through participation.*

Case study 3 - Moortown St Malachys GAC

Background

- *The project involves getting more women and girls involved in playing gaelic football and improving their health and wellbeing through an enhanced training programme.*

Moortown GAC have had youth team for a number of years but until recently did not have an adult ladies team. This meant that there was a complete cessation of activities for girls when they reached 16 or 17.

How much did we do?

- *The entire project consists of season long programme for girls and women aged 12 years upwards throughout 2019/20. It involved health and wellbeing activities including couch to 5K, pilates sessions preseason training and challenge matches.*

How well did we do it?

- *Overall numbers exceed 150 all from the Ardboe Ward, which experiences high social need and social isolation in the Mid Ulster Council area. In addition to involvement participants were cardiac screened.*
- *It encouraged women and girls to engage in gaelic football, to participate in training and fitness programmes and to socialise.*

Is anyone better off?

- *Women and girls aged 16+ now have a range of locally based physical activities to participate in.*

What next?

- *Moortown St Malachys is in the process of finishing a new £400,000 Community Hub. This is for the use of the whole community and includes health and wellbeing, educational, social and advice programmes as well as physical activities. This enables the community to engage in more activities. Participation has increased greatly with the decision to have an adult ladies team and the new community hub will further increase participation.*

Were there any of the KPI's that you found difficult to deliver on? Please provide a brief explanation. Include any relevant details / reasons why delivery was challenging e.g. Covid 19

No

Please tell us, in your opinion, what worked well during the programme.

MUDC Grants programme is now well established within our local sporting associations and applications numbers continue to grow. The additional funding provided under EBA2020 Strand 4 is a welcome addition to the overall fund.

Please tell us about any issues or challenges that you faced during the programme e.g. Covid 19

N/A

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

N/A

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: Kieran Gordon

Signature: Kieran Gordon

Date: 1/06/20

Position / Job Title: Head of Service Leisure

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: Leigh Gilmore

Signature: Leigh Gilmore

Date: 1/06/20

Position / Job Title: Leisure Development Manager (Acting)

