



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Every Body Active 2020 Plan Year 3 (2018-19)



**NATIONAL
LOTTERY FUNDED**

Contents	Page
Overview	3
Updated Contact Details	4
KPI's & Year 2 Results	5
Links to Community Plan	6
Partnership Organisations	11
Year 3 Action Plan	18
Conclusion	26

Overview

This report will review the performance of the Every Body Active 2020 Programme Year 2 (2017-18) and use any learning to inform the Year 3 action plan with respect to;

- Key Performance Indicators
- Partnerships Organisations
- Links to Community Plan
- Year 2 Evaluation & Delivery
- Active Clubs Involvement
- MUDC EBA 2020 Long Term
- MUDC EBA Program Management
- Planning for Year 3
- Conclusion
- Case Study examples

Updated Contact Details

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Programme Participation

AREA	Total participants Involved	women/girls	People with a disability	High social need	Sustained participants 2017/18
Mid Ulster	7510	3148	883	1822	1657
16/17	7304	3,093	829	1,768	1,614
17/18	7510	3148	883	1822	1657
18/19	7732	3203	939	1878	1712
19/20	7952	3258	994	1933	1767

Key Performance Indicators for Year 3 2018/19 year on year increase of 1%

AREA	Total participants	women/girls 58%	People with a disability 17%	High social need 34%	Sustained participants 31%
Mid Ulster	5523	3203	939	1878	1712

Key Performance Indicators for Year 2 2017/18 result

AREA	Total participants 2017/18	women/girls 57%	People with a disability 16%	High social need 33%	Sustained participants 2017/18 30%
Mid Ulster Target	5523	3148	883	1822	1657
Q1	1381	787	221	N/A	N/A
Q2	2639	1599	632	N/A	N/A
Q3	4037	2337	742	449	373
Q4 (up to 22 March)	4714	2805	845	449	373
*FULL YEAR					

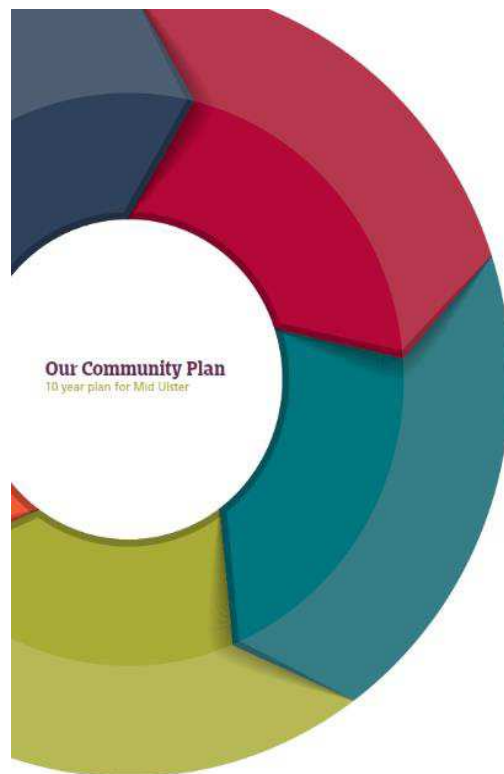
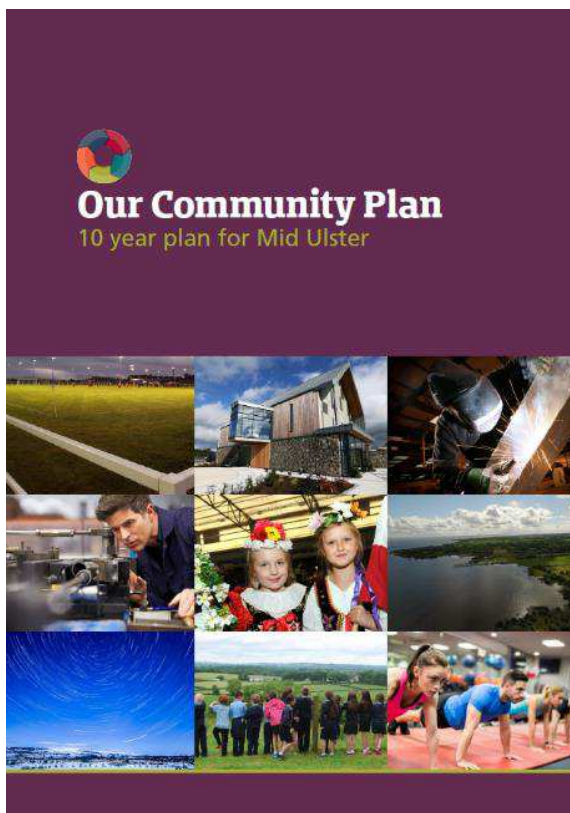
*These figures will be sent by SNI to councils in the middle of April however it is anticipated that the KPI's will be met.

Summary

- Performance 2017/18 – Total Participants, Women & Girls and People with a Disability targets are expected to be achieved. HSN and Sustained are still proving difficult to achieve. Specific programme work will continue to target these KPI's.

- Performance 2018/19 - there is no indication why the 2018/19 targets will not be achieved.
- Staffing has been consistent and is expected to remain.
- MUDC Community Plan targets more active lives and the high level of participation based physical activity programmes will continue to target – women and girls, people with a disability and those living in areas of high social need as a driving force behind achieve the Community Plan headline theme of Health and Wellbeing

Mid Ulster Community Plan



Our Vision for Our Place

Mid Ulster... a welcoming place where our people are content, healthy and safe; educated and skilled; where our economy is thriving; our environment and heritage are sustained; and where our public services excel.

Strategic findings are as follows:

Mid Ulster is currently made up of more Under 16s and fewer Over 65s than the Northern Ireland (NI) average. Population projections show this trend is set to continue.



What do we want to achieve for Mid Ulster?

We have identified 15 outcomes we want achieve in Mid Ulster over the life of this plan. These are:

We prosper in a stronger and more competitive economy.

We have more people working in a diverse economy.

Our towns and villages are vibrant and competitive

We are better connected through appropriate infrastructure.

We will increasingly value our environment and enhance it for our children.

We will enjoy increased access to affordable quality housing.

We are better enabled to live longer healthier and more active lives.

We give our children and young people the best chance in life.

We are more entrepreneurial, innovative and creative.

We are better enabled to live longer healthier and more active lives.

We have better availability to the right health service, in the right place at the right time.

We care more for those most vulnerable and in need.

We are a safer community.

We have a greater value and respect for diversity.

We have fewer people living in poverty and fewer areas of disadvantage.

These outcomes will be achieved through a number of actions that we have structured into 5 themes. However, in the essence of Community Planning, all the themes, actions and partners will work together to achieve these outcomes collectively.



Theme 4 Health and Wellbeing



It is clear that responsibility for growing healthy communities ranges far beyond the traditional health and care services and structures, and that better balances can and must be achieved between prevention and treatment. We need to continue to work together across agencies to focus on early intervention and prevention and to reduce health inequalities.


It is recognised that Health Inequalities are impacted by a wide range of determinants including, gender, age and ethnicity, as well as adequate disposable income; living and working conditions; level of education; access to services; and the environment. It will be important in the development and delivery of services, that we give consideration to the whole, not just individual elements.

A community-based and multi-agency approach to health and well-being programmes, projects and activities, aimed at all ages, communities, needs and lifestyles, and targeted to those most in need, should be sustained and built upon. This should be done through collaborative and cohesive working, incorporating a wider focus on mental health-related issues and social care provision.


The local availability, effectiveness and efficiency of Health and Social Care services needs to be reviewed and enhanced to meet the needs of our community. This will require investment in our infrastructure, attention to our emergency ambulance response times, along with the reconfiguration of existing services and facilities. The importance and role of Primary care, as provided by our General Practitioners (GPs), as the entry point to the Health and Social Care system for the majority of people, must be central to a future co-designed service.




We are better enabled to live longer healthier and more active lives
We have better availability to the right service, in the right place at the right time
We care more for those most vulnerable and in need




9:41 minutes
Mid Ulster has the worst
Emergency Ambulance
response in N.I.
 (NINIS)



29%
Highest proportion of deaths
from circulatory diseases in NI.
(24%)
 (NINIS 2012 - 2015)



Elderly
Percentage of 65+ is
estimated to double by 2037



Health Inequalities
Top 20%
Seven wards ranked in the
top 20% of health deprived
wards in N.I.
 (NINIS)

What are we going to do?

An 'Ageing Well' initiative.

A 'Healthy for Life' strategy, team and portal, coordinating all health initiatives, programmes and literature available in the District.

Deliver a Recreation and Active Lifestyle Plan which will provide formal and informal recreation and play opportunities.

Develop and deliver a 'Healthy Towns and Villages' initiative.

Develop and implement an integrated response to mental health and wellbeing.

Optimise the provision of co-located health and social care wellbeing services in each of our three main towns.

Develop enhanced access to ambulatory and acute care for the Mid Ulster population, ensuring equitable access to safe and appropriate services.

Investigate the Mid Ulster district as a potential location for the delivery of a regional service.

Develop a Centre of Excellence for Public Safety at Desertcreat and potential provision of an Ambulance Service hub for Mid Ulster.

Develop Adult Learning initiatives across Mid Ulster, including a new-build for the Oakridge Social Education Centre in Dungannon.

Extend and enhance supported and independent living provision across Mid Ulster for adults with Learning disabilities.

Put in place a targeted Healthy Living Initiative for disadvantaged communities.

Target Surestart provision to those most vulnerable within the '20% most disadvantaged' communities.

Through research into health and wellbeing it is recognised that health inequalities are impacted by a wide range of determinants including, gender, age and ethnicity, as well as adequate disposable income; living and working conditions; level of education; access to services; and the environment.

It will be important in the development and delivery of services, that we give consideration to the whole, not just individual elements.

Our community based and multi-agency approach to health and well-being programmes, projects and activities, aimed at all ages, communities, needs and lifestyles, and targeted to those most in need, should be sustained and built upon. This should be done through collaborative and cohesive working, incorporating a wider focus on mental health-related issues and social care provision.

There is clear linkage between the themes of the MUDC Community Plan and Everybody Active 2020 program in particular through the themes of Health and Wellbeing and Education and Skills. Within our Year 1 program we underpinned these links, in the second year these have been extending and moving forward into Year 3 we will refocus and target the areas that have been under represented and difficult to interact with. The management team has better links to and understanding of the Community Plan now that our Sport NI rep sits on the Health and Wellbeing Group.

Targeting women and girls, people with a disability and areas of high social continues.

Our Community Plan outcomes are being actioned through our EBA program and our team of coaches as they tackle: health inequalities and limited access to services.

Offering opportunities / developing support mechanisms for women and girls to continue with an active lifestyle during recognised transition points in their life that have been identified as having adverse effects on their sustained participation.

Equally important is the opportunity for women and girls to recommence an active lifestyle after a period of absence by tailoring our programs to target those most in need of opportunity, support and assistance.

Inactivity amongst people with a disability is highly documented, and EBA offers the opportunity to take part in regular structured physical activity programmes.

In addition, the opportunity for social interaction to combat loneliness and mental health issues is also an important factor.

Increasingly important to overall success is the positive aspects of socialisation and the experience of active lifestyles choices which will allow the residents of the District to live longer and healthier which is a key principal of the MUDC Community Plan

In all, achieving MUDC Community Plan a vision of **Healthier People, Living Longer** all the while **Being More Active**.

Project Partnership Organisations

Southern Trust	Northern Trust	Tobin Community Centre
Bush PS, Dungannon		
Netball DLC	National Autistic society	Newmills P.S
Ardboe Community Projects	Kilcronaghan & Tirgan Comm Assoc M'Felt	CDE Workplace, Cookstown
Bellaghy Operation Transformation	Cedar Foundation (Dungannon)	Mid Ulster Parkinson's Branch
Ulster Hockey	Ms Society (Cookstown)	Buggy Fit, Aughnacloy
Cookstown Fr Rocks GAA Club	Empower NI (Magherafelt)	Buggy Fit, Dungannon Park
Slatequarry Community Association, Rock	Integrated College Dungannon	Buggy Fit/mother toddler CLC
Heron Bros, Draperstown	Cookstown PS	Holy Trinity's PS C'Town
Stewartstown PS	Primate Dixon PS	Ballylifford P.S,
Killyman PS	St Patrick's Dungannon	St Puis College M'Felt
St Marys PS, Pomeroy	Orritor PS, Cookstown	Moneymore Rec Centre
Howard PS, Dungannon	Willowbank (Dungannon)	Aughnacloy P.S,
Phoenix Integrated PS, Cookstown	Woodland Beacon (Cookstown)	Aughnacloy College
St Patricks Academy Dungannon	Base Groups (Cookstown & Magherafelt)	Gaelscoil an Tseanchai M'Felt
Cookstown Royal British Legion	Sky Club (Fivemiletown)	Dungannon Youth Resource
Ballysaggart Dev Association Dungannon	Special Schools (Kilronan & Sperrinview)	Willowbank @ The Junction Dungannon
St Marys PS, Stewartstown	Lough Shore Community Association, Moortown	Tobermore Community Group
Carefully yours project (Magherafelt)	Adult Centre (Cookstown & Magherafelt)	Marvels Special Olympic Club Magherafelt
St Mary's Grammar M'Felt	Fit 4 U x2 (physical and learning groups)	Ulster Wheel Chair Hurling
Woods PS, Ballyronan	Laghey PS, Killyman	Mid Ulster Ladies
Culnady PS, Maghera	Arthritis Care	Moortown Com Assoc
Holy Trinity PS, Cookstown	Youth Annexe Fivemiletown	Loughry Campus Workplace
Tyrone GAA	Action Mental Health	MUDC Env. Health
Castledawson PS	Coalisland Fianna GAC	Tobormore PS
Northern Regional College	Roan St Patricks PS Eglis	Eoghan Ruadh Hurling Club
Kilross PS	Superstars Cookstown	Magherafelt HS
Cookstown PS	Clintyclay PS	Stewartstown PS
St Marys PS Cabragh	St Marys PS Ballygawley	Ballylifford PS
St. Brigids Brocagh	St Macartans PS	Kilross PS
Moneymore PS	St Malachys PS Glencull	Magherafelt PS
Sperrin Integrated M'Felt	Royal School Dungannon	St Brigids PS Mayogall
Derrychrin PS	St Josephs PS Caledon	St Patricks PS Glen
Desertmartin PS	St Marys PS Pomeroy	St Marys PS, Dunamore
Crossroads PS	Killyman PS	Knocknagin PS
St John's Swatragh	Howard PS	New Row PS

Holy Trinity HS	Magherafelt HS	Rainey Endowed
St Josephs Coalisland	Keystone Workplace	Workspace Draperstown
St Patricks Maghera	Cookstown HS	Moneymore PS
Education Authority	Aughnacloy College	Windmill Integrated PS
Disability Sport NI	Ulster GAA	RNIB
St Marys PS Glenview Maghera	St Eoghans PS Moneyneena	Mid Ulster Community Department
Rainey Hockey Club	Cookstown Hockey Club	Dungannon Hockey club

The programme's list of its partner's and its wider community involvement continues to expand as the EBA 2020 program evolves and develops right across District. A geographically large area, predominantly rural with 3 large town based populations.

This wide and varied list of groups and organisations highlights the scope of the program across the whole District and how EBA2020 has become intrinsically linked to the MUDC Community Plan as it pursues its target for a healthier population becoming more active and living longer.

Year 2 Evaluation

Year 2 would be seen as very positive.

Unique participant numbers have been much improved and the 3 reported on KPI's have been achieved

All parties (Coaches, MUDC Management and Sport NI) feel more connected to the program.

The closer working relationship with the Sport NI Officer has improved key areas of the program.

- Issues relating to Sport NI management are being rectified in a timely manner.
- I.T. issues that had been ongoing were identified and were possible resolved.
- On the ground involvement enabled the Sport NI Officer to see first-hand the difficulties the coaches were having with the database.
- Identifying and sharing KPI data is much improved.
- Data from Sport NI on areas of greatest need and sustained involvement is still lacking.

Highlighted Issues and Solutions

Issues Highlighted	Solutions / Outcomes	2018 onwards
At the half way point overall marketing is still in need of being developed fully. Program branding is still limited.	Corporately Marketing and Branding for the entire programme is still an issue.	The Corporate Marketing and Branding group has recommenced meetings and there is clear linkage between the Council EBA team, the SNI

Locally a greater presence online has been introduced through the Council social media platforms.		representative and both marketing sections
Getting participants to register online still proves difficult – Coaches are once again taking on the responsibility for the registration of participants and the uploading of questionnaire responses.	With coaches having taken over responsibility for the majority of registrations – this has impacted on workload.	Yet, with the increased workload of registration coaches feel better connected to the program and its performance. There are time implications and carrying out of questionnaires is time consuming
School involvement is still dependant on the value the school places on the program.	After schools	Lottery restrictions on replacing curriculum PE may result in lower numbers.
Programs designed for people with a disability were very well received however with this group there is a significant amount of repetition of the same individuals – This will continue due to a limited population, but the programs continue to actively target new participants	New participants have been targeted. Many of these groups require sustained involvement from coaches.	The Disability hub is an excellent addition to the program and opens new avenues to participation.
Developing further community links within areas of High Social Need – Year 2 has already seen closer working ties being formed with our Community Services Department	A close working relationship with MUDC Community Services Department has been developed and the coaches worked solely in areas of most need during the summer months with the support and assistance of the Community Services Department.	More specific programs will be taking place in areas of greatest need.
Identifying unique participants	Still difficult to identify participants from HSN and sustained participation.	The reintroduction of dashboards has been very helpful. Working with the Sport NI Officer highlighted difficulties in accessing and analysing information and has

		improved the sharing of KPI data.
Tableau reader	More interactive	More up to date data is required.

Delivery Plans Showing Year on Year Programme Development.

Year 1 Plan

Multi Sport Programme	Participants	Weeks	Locations C, D, M
Football for Women	15	8	3
Walking Programme	15	8	3
Recreational Netball	20	8	3
Gaelic for Mothers	20	8	3
Recreational Hockey	20	8	3
Ladies only Physical Activity Classes	15	8	3
Sports Specific Camps	30	8	3
Multi Sports Schools Programme 10-14 yrs.	20	8	3
HSN Programme	Participants	Weeks	Locations C,D,M
Multi Sports Outreach Programme	15	8	7
Get Active Adult Programme	15	8	7
Danderball	10	8	7
Go Walking Programme	15	8	7
Inclusive Games Programme	10	8	7
Recreational Sports Programme	15	8	7
Ladies Specific Leisure Programme	15	8	7
Disability Programme	Participants	Weeks	Locations C, D, M
Get Active 6-11yrs	15	8	3
Boccia & New Age Kurling	15	8	3
Special Schools Programme	15	8	3
Learning Support Schools Active Programme	10	8	3
Sports Specific Disability Programme	10	8	3

Year 2 Plan

EBA 2020					
Disability Coach					
Program	Partners	Target Group	Participant Numbers	Timescale	District Area

Get Active 6-11yrs	Local Schools	Children with Autism (6-11yrs)	10-15 Per week	Sept-Dec Feb-March March- June	Cookstown Dungannon Magherafelt
Boccia & New Age Kurling	DSNI, Ms Society, RNIB, Fit 4 U,	All Disabilities (Adults) (18+yrs)	20-30 Overall	2x a year	Cookstown Dungannon Magherafelt
Special Schools Programme	Kilronan School	All Disabilities (Kids) (5-19yrs)	30-60 Overall	School term	Cookstown Dungannon Magherafelt
Special Schools Programme	Sperrinview School	All Disabilities (Kids) (5-19yrs)	30-60 Overall	School Term	Cookstown Dungannon Magherafelt
Learning Support Schools Active Programme	Local Schools	Children with Autism, MLD, SLD (5-10yrs)	60-100 Overall	School Term	Cookstown Dungannon Magherafelt
Sports Specific Disability Programme	IFA, DSNI, GAA, Local Clubs Local Disability Groups Local Schools	All Disabilities (5-18+yrs)	60-100 overall	3x a year	Cookstown Dungannon Magherafelt
Boccia Club	Fit 4 U, Ms Society, RNIB, Adults Centres	All Disabilities (13+ yrs)	12-10 Per week	Sept-Dec Feb-March	Cookstown
Adults Learning Support Programme	Adult Centres, Base Groups, Satellite Groups, Carefully Yours Project, Parkinson's NI	All Disabilities (18+yrs)	60-100 Overall	3x a year	Cookstown Magherafelt

Physical Activity Programme - RNIB	RNIB Local Schools	Blind/ Visually impaired	20-30 Per program	3x a year	Cookstown Magherafelt
Physical Activity Programme - NAS	NAS, Empower project, Local Schools	Autistic Spectrum	12-30 Per program	3x a year	Cookstown Dungannon Magherafelt
Physical Activity Programme - Mencap	Mencap, NAS, Empower project, Local Schools	Autistic Spectrum, LD, SLD, PD	12-30 Per program	1x a year	Cookstown Magherafelt
Physical Activity Programme – Fit 4 U	Fit 4 U Fit 4 U (2) Southern Trust HSCT	Learning Disability, Physical Disability	15-30 Per week	Feb-March April-June Sept-Dec	Dungannon
Dodgeball	DSNI Dodgeball UK Local Schools	All Disabilities	10-20 Per week	2x a year	Cookstown Dungannon Magherafelt
Disability Specific Walking Programmes	Council Local Disability Clubs Care Homes Day Centres	All Disabilities	10-30 Per week	May-Sept	Cookstown Dungannon Magherafelt

EBA 2020					
Multisport Coach x 2					
Program	Partners	Target Group	Participant Numbers	Timescale	District Area
Get Active Recreational Football for women (EBA)	Local Clubs IFA	Adults Females	30 participants	6 weeks x 2 times per year	Cookstown
Get Active Recreational Netball (EBA)	Clubs Netball NI SNI Active Clubs	All groups Females HSN	30 participants	6 weeks x 2 times per year	Dungannon

Get Active Christmas Programme	Schools Community Groups Council	8-14 year olds	45 participants	Once a year	Cookstown Dungannon Magherafelt
Get Active Multi Sports Schools Programme (EBA)	Primary Schools Secondary Schools	10-14 year olds	480 participants	12 schools 6 weeks x twice a year	Cookstown Dungannon Magherafelt
Get Active Workplace Events (EBA)	Factories Environmenta I Health Council Facilities	All groups	15-20 participants	6 weeks x twice a year	Cookstown Magherafelt
Get Active Danderball (EBA)	Community Groups Clubs Community Services	Adults HSN	20 participants	6 weeks x twice a year	Cookstown
Get Active Couch to 5K (EBA)	Community Groups Running Clubs Athletics NI NPPA	Adults Females HSN	90 participants	9 weeks x 4 programmes	Cookstown Dungannon Magherafelt
Get Active Kids Physical Activity After schools Programme (EBA)	Community Groups Youth Clubs Schools	10-14 year olds HSN	90 participants	6 weeks x twice a year	Cookstown Dungannon Magherafelt
Get Active Gaelic for Mothers (EBA)	Clubs Ulster Council GAA Tyrone County Board Derry County Board	Adults	20 participants	6 weeks x twice a year	Cookstown
Get Active Recreational Ladies Hockey (EBA)	Clubs Ulster Hockey SNI Active Clubs	All Groups HSN	20 participants	6 weeks x twice a year	Dungannon
Get Active Ladies Only Physical Activity Classes (EBA)	Community Groups Council Facilities	Adults Females HSN	30 participants	6 weeks x twice a year	Cookstown Dungannon Magherafelt

Buggy Fit	Community Groups Community Services Council Facilities	Adults Females HSN	60 participants	6 weeks x twice a year	Cookstown Dungannon Magherafelt
Walking programmes	Community Groups Clubs Community Services	Adults Females HSN	90 participants	6 weeks x twice a year	Cookstown Dungannon Magherafelt
Get Active Recreational Dodgeball	Community Groups UK Dodgeball Clubs	All Groups Females HSN	10-20 participants	6 weeks x twice a year	Dungannon
Estates summer programme	Community Groups Good Relations Community Services	7-14 year olds Females HSN	100 participants	Once a year	Cookstown Dungannon Magherafelt
Easter Dodgeball Camp	Community Groups Schools Community Services	7-14 year olds HSN	15 participants	Once a year	Dungannon

Year 3 Proposed Plan 2018/19

EBA 2020 Proposed Program						
Disabled						
Program	Partners	Target	Numbers	Timescale	Area	Com Plan
Boccia & New Age Kurling	DSNI, Ms Society, RNIB, Fit 4 U,	All Disabilities (Adults) (18+yrs)	20-30 Overall	2x a year	CDM	Health and Wellbeing More Active Life
Get Active 6-11yrs Autism Club	Local Schools	Children with Autism (6-11yrs)	10-15 Per week	Sept-Dec Feb-March March-June	C	H&W More Active Life
Boccia & New Age Kurling Comps	DSNI, Ms Society, RNIB, Fit 4 U, Insight Group	All Disabilities (Adults) (18+yrs)	20-30 Overall	2x a year	CDM	H&W More Active Life

Special Schools Programme	Kilronan School	All Disabilities (Kids) (5-19yrs)	30-60 Overall	School term	M	H&W More Active Life
Special Schools Programme	Sperrinview School	All Disabilities (Kids) (5-19yrs)	30-60 Overall	Outside curriculum time	D	H&W More Active Life
Learning Support Schools Active Programme	Local Schools	Children with Autism, MLD, SLD (5-10yrs)	60-100 Overall	Outside curriculum time	CDM	H&W More Active Life
Disability Hub Programme Inc. Tandems Wheelie Active	DSNI, Local Clubs Local Disability Groups	All Disabilities (5+yrs)	60-100 overall	As per Disability Hub Plan	C	H&W More Active Life
Boccia Club	Fit 4 U, Ms Society, RNIB, Adults Centres	All Disabilities (13+ yrs)	10-12 Per week	Sept-Dec Feb-March	C	H&W More Active Life
Adults Learning Support Programme	Adult Centres, Base Groups, Satellite Groups, Carefully Yours Project, Parkinson's NI	All Disabilities (18+yrs)	60-100 Overall	3x a year	CM	H&W More Active Life
Physical Activity Programme - RNIB	RNIB Local Schools	Blind/ Visually impaired	8-15 Per program	3x a year	CM	H&W More Active Life
Physical Activity Programme – Fit 4 U	Fit 4 U Fit 4 U (2) Southern Trust HSCT	Learning Disability, Physical Disability, Sensory	15-30 Per week	Feb-March April-June Sept-Dec	D	H&W More Active Life
Disability Specific	Council	All Disabilities	10-30 Per week	May-Sept	CDM	H&W

Walking Programme	Local Disability Clubs Care Homes Day Centres					More Active Life

EBA 2020 Proposed Program						
Multi Sport						
Program	Partners	Target	Numbers	Timescale	Area	Com Plan
Boccia & New Age Kurling	DSNI, Ms Society, RNIB, Fit 4 U,	All Disabilities (Adults) (18+yrs)	20-30 Overall	2x a year	CDM	Health and Wellbeing More Active Life
Get Active Recreational Football for women	Local Clubs IFA	Adults Females	30 participants	6 weeks x 2 times per year	C	H&W More Active Life
Get Active Recreational Netball (EBA)	Clubs Netball NI SNI Active Clubs Active Club	All groups Females HSN	30 participants	6 weeks x 2 times per year	D	H&W More Active Life
Get Active Multi Sports Schools Programme	Primary Schools Se. Schools	10-14 year olds	480 participants	12 schools 6 weeks x twice a year	CDM	H&W More Active Life
Get Active Workplace Events (EBA)	Local Employers Env. Health Council Facilities Health Day	All groups	15-20 participants	6 weeks x twice a year	CM	H&W More Active Life
Get Active Danderball (EBA)	Community Groups Clubs	Adults HSN	20 participants	6 weeks x twice a year	Cookstown	H&W More Active Life

	Community Services					
Get Active Kids Physical Activity After schools Programme (EBA)	Community Groups Youth Clubs Schools	10-14 year olds HSN	90 participants	6 weeks x twice a year	CDM	H&W More Active Life
Get Active Gaelic for Mothers (EBA)	Clubs Ulster Council GAA Tyrone County Board Derry County Board	Adults	20 participants	6 weeks x twice a year	C	H&W More Active Life
Get Active Recreational Ladies Hockey, Inc. Indoor Hockey	Clubs Ulster Hockey SNI Active Clubs	All Groups HSN	20 participants	6 weeks x twice a year	D	H&W More Active Life
Get Active Ladies Only Physical Activity Classes	Community Groups Council Facilities	Adults Females HSN	30 participants	6 weeks x twice a year	CDM	H&W More Active Life
Buggy Fit	Community Groups Community Services Council Facilities	Adults Females HSN	60 participants	6 weeks x twice a year	CDM	H&W More Active Life
Walking programmes	Community Groups Clubs Com Services	Adults Females HSN	90 participants	6 weeks x twice a year	CDM	H&W More Active Life
Estates summer programme	Community Groups	7-14 year olds Females HSN	100 participants	Once a year	CDM	H&W More Active Life

	Good Relations Com Services					
Easter Camp	Community Groups Schools Com Services	7-14 year olds HSN	15 participants	Once a year	CDM	H&W More Active Life

Active Clubs Programme

As the Active Clubs program enters its final stages the Council is concerned as to what is being planned to replace this program as like EBA 2020 these programs sit equally within the Community Plan Health and Wellbeing theme of living longer and being more active.

The Mid Ulster District Council EBA program has worked with –

- Athletics
- Disability Sport
- Hockey
- Netball

This has been a mixture of management discussions and on the ground activities

- Athletics – continued CPD training for the Coaches and close involvement with the Couch to 5K programme.
- Disability Sport – continued support for CPD, boccia clubs and associated programs. Also closely linking to the DSNI Disability Hubs for new continued participation with the availability of new equipment wheel chairs and cycles.
- Hockey – continued recreational activities for females and linkages to the local ladies club.
- Netball – recreational activities both in a local school providing after school facilities free of charge and local leisure centre program that targets young women and a ladies recreational program with the long term objective to re-establish the Dungannon Netball Club. Netball NI have worked in partnership to establish this club. Netball NI have worked in partnership to establish this club. Netball has been a one of the successes of EBA 2020 and will leave an excellent legacy in the Mid Ulster District. A more sustained support from the governing body may be required to ensure the long term success of this venture.

EBA 2020 Long Term (Exit Routes, Club Establishment, Regular Participation)

Case study 1 (Women and Girls)

MUDC EBA management continue to strategically target certain activities as drivers to target specific groups and achieve specific outcomes.

Netball was one of these activities and the plan was to

- target girls for recreational play
- target women to encourage return to sporting activities
- establish regular activity program
- create links with governing body (active clubs coordinator)
- establish a club (leaders and volunteers)
- develop recreational club (children)
- develop recreational club (women)
- develop coaches
- develop talent

Attracting 20 – 25 girls. Weekly

Netball continues to be ideally positioned and the increased activity shows what is achievable.

The reintroduction of the sport to Dungannon Leisure Centre is proving to be successful and sustainable.

The involvement of the EBA 2020 Coaches, Netball NI, Dungannon LC, local schools and neighbouring netball clubs have all contributed to the creation of -opportunities to play netball, establishment of a club, the development of players and committee members.

MUDC Sports Development unit continues to support the program through facility hire as well as club management, volunteer, coach and talent development, partnership through the MUDC Coach Development Program offering safeguarding, first aid and sports specific training opportunities to this newly formed club.

Netball NI through their Active Club Coordinator continues to assist with the plan to establish a competitive netball club.

Case Study 2 (Women and Girls)

Our second strategic program is Pram Fit.

The Pram Fit plan is

- target females with recreational activity
- target women to encourage a return to a recreational activity after childbirth
- establish regular activity program
- create links with local mums groups (Mid Ulster Mums)
- establish a links to Council Leisure facilities

- develop exit routes to other activity programmes (Couch to 5K, recreational club (children)
- develop links to Leisure Centre programmes (Mother and toddlers swimming and fitness classes
- potential membership opportunities

Pram Fit has become an excellent activity to attract participants, interchangeable between areas and can be developed to offer additional services when located within Leisure Centres.

The programme has been introduced across the District and has proved to be both successful and sustainable.

MUDC Sports Development is working in partnership with our Leisure Facilities to offer additional services including access to the soft play areas, reduced rate swimming and preferential rates for tea and coffee for after program social element.

Case Study 3 (People with a Disability)

Developmental Coordination Disorder or DCD Club

The DCD plan is

- target children with a disability with recreational activities
- target people with a disability and creating opportunities to create friendships and social interaction.
- establish regular activity program were traditional clubs are not suitable.
- create links with EBA coach and programme
- establish links to specialised Council programmes

This multi skills programme takes place in Dungannon LC and is for children with Developmental Coordination Disorder (Dyspraxia is the other name).

The class as increased in popularity, now in its second year the numbers have grown from around 6 to over 20 and initial group has now been spilt into primary school aged and post primary school aged sessions.

Parents and OT's have welcomed its introduction and both have seen the improvement in the children's skills.

Case Study 4 (Areas of Greatest Need)

Summer 2017.

The Estates Programme plan is

- targets children living in areas of greatest need with recreational activity
- working in partnership with MUDC Community Department

- establish activity program during summer months
- establish a links to other Council programmes

The Estates program targets those areas identified as of greatest need in the Mid Ulster District area.

Working in partnership the MUDC Community Department the EBA coaches organised weekly summer programmes in the Dungannon, Cookstown and Magherafelt areas during the summer months.

Exciting new activities e.g. portable climbing wall along with traditional summer activities were organised over the week. Local community facilities were used to host the weekly programmes.

At the end of August 2017 each of the areas that had hosted an EBA summer week were invited to attend a fun day which was hosted at Mid Ulster Sports Arena and financial supported by MUDC Community Development.

Numbers attending the schemes ranged from 20 per week in the small rural location of Pomeroy to 100 at Dungannon Youth Resource Centre.

EBA 2020 Strategic Management Group

The Performance Management Group membership now consists of the Senior Leisure Development Officer, Sports Development Officer Community Sports Co-ordinator, EBA coaches and were applicable strategic partners i.e. Sports GB's - Disability Sport NI.

This group monitor's monthly performance against key performance indicators through its established reporting structures.

The Management Group approves requests for CPD and equipment requests.

It also approves future program planning.

The EBA Coaches and Sports Development are continually building new relationships with groups and community representatives that support the programme and provide access too hard to reach groups.

EBA 2020 Forum Group

Due to the increasing scale of the MUDC EBA program and sheer amount of partnership organisations it was decided that a new direction would be taken with the Forum.

To continue to include ever increasing partnership organisations was becoming disjointed from the overall plan and its management dysfunctional.

It was felt that a narrowing of the group membership would allow for a more focused approach.

The new forum members have close links to the range of EBA KPI's. Specific to local groups across the Mid Ulster District with the emphasis on creating greater knowledge of the program and creating greater involvement.

This new grouping now meets monthly and has representation from local sports clubs, disability organisations and the youth service.

Estimated Income

Year 1	£17138.00
Year 2	£11500.00 (9 months)
Year 3	Not Available
Year 4	Not Available

To date the program has generated approximately £30k since its introduction. This income is reinvested into the EBA Programme to support new and sustain current programmes and together with the Community Plan and the Health and Wellbeing group is able to target groups and activities.

EBA 2020 Budget Year per Year

EBA2020	Year 1	Year 2	Year 3	Year 4
Year	16/17	17/18	18/19	19/20
SNI / Lottery Funding	96,195	96,195	96,195	96,195
Salary 3 Coaches	77,400	77,400	77,400	77,400
CPD / Equipment	6,000	6,000	6,000	6,000
Travel	9,000	9,000	9,000	9,000
Programme Support	3,795	3,795	3,795	3,795
Total	£96,195	£96,195	£96,195	£96,195

Conclusion

Year 2 has seen an overall good performance. Year 1 had created a good foundation which the coaches were able to build on.

With specific data from Sport NI on areas of greatest need and sustained exercise participation now to be made available quarterly this should improve the situation to date when it was only available yearly.

At a strategic level, discussion need to take place with regard to

- Future programme funding
- Post 2020 is there an opportunity to retain EBA 2020 staff
- How will MUDC continue to achieve the Community Plan theme Health and wellbeing if EBA 2020 coaches or similar programme is not available?.

We continue to ensure a good geographical spread of programmes.

Sustaining participation and program work within areas of high social need will continue to be challenging but these are well identified nationally and not just specific to Mid Ulster.

None of the above challenges are unsurmountable, with the continued support from Sport NI and the wide range of partners, council are confident of achieving the Key Performance Indicators for the incoming year thus having a positive impact on people lives across the district.