

BCSDN

Belfast Community Sports Development Network

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*'Celebrating
our past!'*



REPORT 2017/19



*'Looking to the
Future!'*



COMMUNITY SPORTS NETWORK

Active | Empowered | Connected

Foreword

Time has a way of passing very quickly and it's hard to believe that BCSDN, or should I say Community Sports Network has been in existence for over 16 years.

This report has been compiled as a way of celebrating the past, providing an understanding of the present and consider potential opportunities in the future.

As with all Charitable organisations, there is much work behind the scenes that is often not recognised; so I want to initially thank all the Trustees, who give of their time and knowledge voluntarily and will continue to be the backbone and conscious of the Community Sports Network.

Secondly, we are only as good as the people we employ (paid and unpaid) to develop and deliver a broad range of projects and programmes. Over the past number of years we have established a very dedicated, skilled and innovative team, which is about quality of delivery and making a difference to the lives of individual people and particular communities.

With Stormont not functioning, Brexit creating a level of uncertainty; and the limited resources available through Government Departments, Trusts and Funders we (like other charitable organisations) have had to demonstrate resilience.

We have not chased funding and have continued to focus on partners and funders who can support our work towards achieving our thematic areas of:- building a shared future, healthier lifestyles and empowering people/communities.

We continue to generate 20% of our Sport for Development work through social enterprise, maintain existing partnerships and we are proactively developing new partnerships with statutory and other organisations.

We are positive about the future and believe that the work of Community Sports Network has the potential to impact across various communities in Belfast, Northern Ireland and/or North of Ireland.

This report will provide a snapshot of projects, programmes and products that BCSDN has been developing and delivering over the past two years. We plan to sustain and continue to develop these through Community Sports Network.

We hope that you find it interesting and please make contact if you feel you can support us with our vision of 'a healthy, shared and empowered society'. As we know this can only be achieved through community buy-in and collective working and proper resources.

Peter Shaw

Chief Executive Officer

About Us

In early 2000, a number of individuals representing Community Organisations and Sports Forums from across Belfast came together to consider ideas around sharing practice, resources and developing a more collective way of working.

In 2003, Belfast Community Sports Development Network (BCSDN) was formed as a Constituted group. In 2006, BCSDN became a Company Limited with Charitable Status and appointed its first employee.

Over the early years, the Charity provided support, mentoring and lobbying power to Community Organisations that were using Sport for Development (S4D) as part of their community regeneration strategies. From 2008 onwards, BCSDN has secured funding to deliver projects and programmes that have impacted on particular communities and the lives of many people.

Since 2017, the Charity has proactively taken the learning from Sport for Development work in Belfast to other communities outside of the city. However, the process continues to be the same and is about listening to individuals/communities, developing ideas and putting into practice.



2017-2020 Strategy

OUR VISION:

“A healthy, shared, empowered society.”



OUR MISSION:

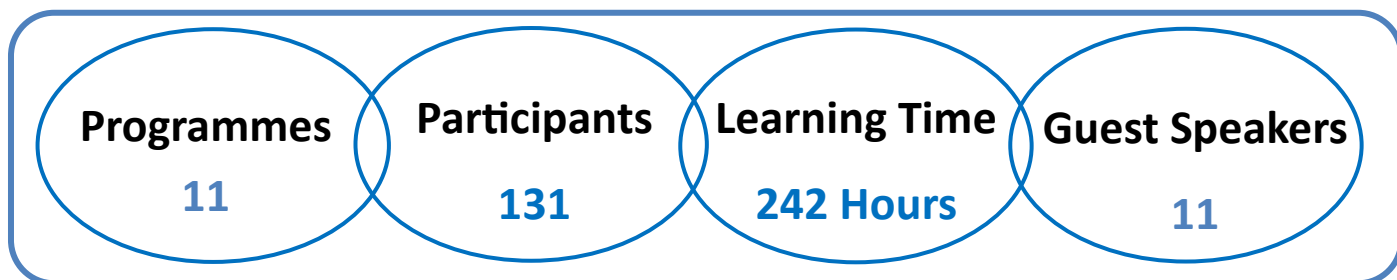
“Developing people and communities through sport to contribute to a safe, shared and healthy future across Northern Ireland.”

FIT FUTURE



Over the last 24 months the Charity has been developing a partnership with the Department for Justice, Personal Development Unit (PDU) Maghaberry and working primarily in HMP Maghaberry and Hydebank Wood College. Over this time, eleven OCNNI 'Healthy Living for the Individual' Level One Awards have been delivered. Each 22 workshop programme involved a 'structured conversation' around mental resilience, personal hygiene, nutrition, sexual health and the benefits of physical activity. It combines theory and practice workshops and completes with a Q&A session with a sporting personality.

After completing the 6 day Fit Future programme, the graduates are encouraged to continue their structured physical activity through the 'Bodyworks' programme. This is an internal programme designed around the personal fitness and nutritional needs of individuals and encouraging participants to develop good 'habits'. This is a developing programme that will potentially offer additional OCNNI qualifications; such as, Community Sports Leaders and be a natural pathway to the Community Sport Support Hub when individuals leave prison.



Community Sports Support Hub



With support from Assets Recovery Community Scheme, the Charity has been able to establish the Community Sports Support Hub (CSS Hub). The CSS Hub is an informal, structured and regular programme of activities for ex-offenders based at Girdwood Community Hub in North Belfast. It provides a regular programme of activities, where participants can come and engage in various sports and activities, such as; danderball, boccia, football, dodgeball, boxing and fitness programmes. In addition, each individual is offered mentoring and support and encouraged to recognise other potential opportunities, such as leadership qualifications or volunteering in the community. Although still in its early stages of development, numbers of participants regularly attending is growing and referrals from key support organisation is developing.

Community Sports Network plan to continue to develop, deliver and evaluate the CSS Hub over the next two years. By 2020, through ongoing consultation with participants and support from key organisations, the plan will be to have an agreed outcome based Sport for Development model of practice for ex-offenders.

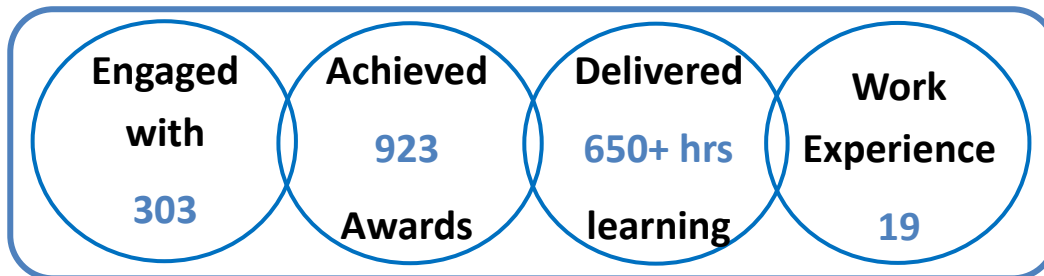
SHEER Skill



SheerSKILL is a sports leadership & personal development programme that offers a range of accredited sports coaching courses, skill based practical sessions, good relations awareness workshops as well as work experience opportunities in the community with professional coaches. SheerSKILL has been running for 10 years capturing the values of modern youth work and empowering learners to achieve their goals through the opportunities provided.

The SheerSKILL programme engages the young people in learning opportunities that includes activities & qualifications in a range of sports, such as Dodgeball, Cricket, Futsal, Disability Inclusion, Rugby & Heart Start. The activities & qualifications are supported through Sport Leaders qualifications, which guide the young people through the leadership role. The programme not only provides local schools, sports clubs & community organisation with new energetic leaders but it is also a fantastic stepping stone for many young people, as the programme enhances their opportunities to gain access to higher and further education as well as employment.

Over the past 2 years the SheerSKILL programmes has:



“So happy I took part in this programme! It definitely helped build my confidence by pushing me out of my comfort zone!”

“It was great to interact with new people from different areas and backgrounds. The celebration event allowed me to put my new coaching skills into practice and I’m looking forward to using these new skills and qualifications at my local club! I’d definitely recommend anyone taking part on the programme as its free, doesn’t take up too much time and offers so much for your CV.”



Maghera

S4D Hubs Project - Re

Phase one began with the delivery of the Energise Programme to local primary schools. The Energise Programme concentrates on delivering national health messages through interactive activity sessions. Fifteen pupils from both St Patricks College and Magherafelt High school actively participated in the SheerSKILL Programme. Through SheerSKILL pupils engaged in leadership training, coaching qualifications and facilitated a multisport event for the local primary schools.



"It was a big positive to conclude phase one with the young leaders continuing their cross community work by organising and delivering the celebration event to the local primary schools."



In response to the Maghera 'Local Action Group' an older and active programme has been designed. The programme provides physical activity for local men. The benefits are that it creates the opportunity for participants to meet regularly and improve their physical, social and mental wellbeing.



Ballyclare

The Company has been shaping the future generations of young leaders by engaging with the students of Ballyclare High School. Through the **SheerSKILL** Programme, thirteen pupils aged between 12 and 15 years have been given the opportunity to develop their leadership potential. They have gained actual awards in Dodgeball Leadership, Inclusive Games and Sports Leaders UK Level 1 qualification. In addition, the young leaders were mentored through the delivery of a multi sports morning for pupils from Ballyclare primary schools.



"We recognise how important it is to up skill young people and hopefully this will also help to develop further links between the schools within the community."



Also in Ballyclare Hub the local community were able to take part in the **Active Life** community walking programme & the **Older & Active** Danderball Programme. These programmes have been used as a tool to get people together and provide opportunities to get fitter whilst boosting overall mental and physical wellbeing.

ear pilot S4D hub model was created to work in 4 areas of identified need.

supported by Northern Healthy Lifestyles Partnership.



Armoy

Responding to local needs

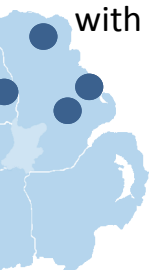
The **Older & Active** programme in Armoy has linked to the Over 55's Club. Starting with a cup of tea and a chat, the participants are encouraged to move onto the general activity for the session. This starts with gentle mobility exercises followed by either a game of Boccia or New Age Kurling. This programme has been a great way for these women to engage with each other and help to prevent social isolation.



"I've enjoyed being with other people and having the 'craic' that goes on! It's good to see people who normally don't get out, participating!"



SheerSKILL worked with pupils from Ballycastle and Cross & Passion Secondary Schools. The pupils have gained a number of qualifications including Inclusive Games, Cricket, Dodgeball and Sports Leaders. Upon completion, the young leaders designed and delivered a celebratory event in Ballycastle for 40 pupils from Armoy's two primary schools. Pupils from Armoy & St Olcan's Primary Schools have taken part in the **Playground Leaders Programme** that has provided them with skills in leadership but more importantly it has helped to develop confidence and self belief.



Larne

Focusing on the Craigyhill Estate in Larne, 3 key programmes have been delivered. Firstly, Linn Primary School and St. Macnissi's Primary School have benefitted from the **Energise Programme**. Pupil's have been engaged in learning about health & nutrition through activity sessions. In addition to this, 33 Larne High School pupils have completed the SheerSKILL Programme and in doing so have achieved several national governing body qualifications.



"The kids understanding of a balanced diet has increased with 98% of children now bringing a healthy break everyday to school!"



Developing participant learning from the SheerSKILL Programme, Upper 6th Pupils from Larne High School have taken part in our **Active Mentoring** programme. Through this pupils undergo practical work experience whilst being mentored by the S4D Facilitators. The Active Mentoring programme has delivered ongoing sessions within Linn PS, St Macnissi's PS and Roddensvale School as well as hosting a Primary School Football Tournament with over 100 local pupils.

Danderball

BCSDN host two weekly sessions of Danderball on a Wednesday morning at Shankill Leisure Centre and Thursday morning at Avoneil Leisure Centre. This form of walking football is perfect for those with physical limitations who still enjoy playing the beautiful game. The programme aims to reduce isolation of older people in the community by creating regular activity that people get into the habit of attending. These activities can have both physical and mental health benefits for the individuals involved.

The programme started back in 2017 and has grown in numbers since, with both teams now regularly competing in tournaments across Northern Ireland and beyond. They even have kits to play in at tournaments thanks to AgeNI's funding!

The Charity plan to develop more sites outside of Belfast and have recently developed Danderball in Ballyclare and Maghera S4D Hubs. They too enjoy the friendly, yet at times

"BCSDN have shown us that you are never too old to get involved and try new things. The Danderball team in Avoneil leisure centre has become a part of my weekly routine and I wouldn't miss it. We have great fun!"



Active Mentoring



The Charity recognises the importance of young people gaining 'leadership' qualifications but putting the skills into practice is of equal, if not of more importance. Through the Active Mentoring programme, young people have been provided with the opportunity to be mentored and supported by the Companies Sport for Development (S4D) Facilitators in actual community settings and experiencing the challenges of working with different age groups and community backgrounds. Over the past two years a number of young people have availed of these opportunities.

49

These opportunities range from a 3 day to 9 month placements. The young people

3

Over the last 2 years, three young people have been supported by The Rank Foundation. They have been employed by BCSDN for 12 months, agree individual action plans, gained qualifications and experience of S4D work. They have also met up with other young people supported by The Rank Foundation and share their practice and learning. One of these young people has gained F/T employment with

Winter League

Having been established in 2011, the Annual U14-16s girls GAA Winter league entered its eighth year in 2019. Over the years the number of teams have increased from 7 to 36 teams in 2018 and offer a practical and positive example of women's sport by providing structured and safe activity every Saturday over the months of January and February.

Every week each team gains 60 minutes of playing time, accumulating 720 minutes of activity each week. Whilst not only developing fundamental and core skills, the league is also a great way of improving health, well-being and socialisation in the younger generation of girls. Since 2017, the Winter League has been spearheaded by the Young Whistlers programme. This programme is made up of past players who now volunteer to referee games each week.

Moving forward, the Charity will be working more collaboratively with Antrim LGFA and Gaelfast, providing various workshops on Nutrition and Mental Health for parents, coaches and players.

"I'm so proud to be a part of the league! Its an amazing experience to see how its grown and see so many girls playing football"



Munch Club



BCSDN Munch Clubs help parent's up-skill in cooking and nutritional knowledge whilst working within a family's budget. Parallel to this, parents and children are provided with opportunities to take part in physical activity sessions. At the end of each session the families sit down together to enjoy a healthy meal. The aims of the programme is based on implementing sustainable behavioural change and empowering participants to increase their own knowledge of health and wellbeing. Munch Clubs provide a platform to motivate and incentivise participants to make small and sustainable behavioural changes and achieve a healthier lifestyle. The focus is on eating more healthily and becoming more physically active by making simple, practical and cost-effective lifestyle changes.

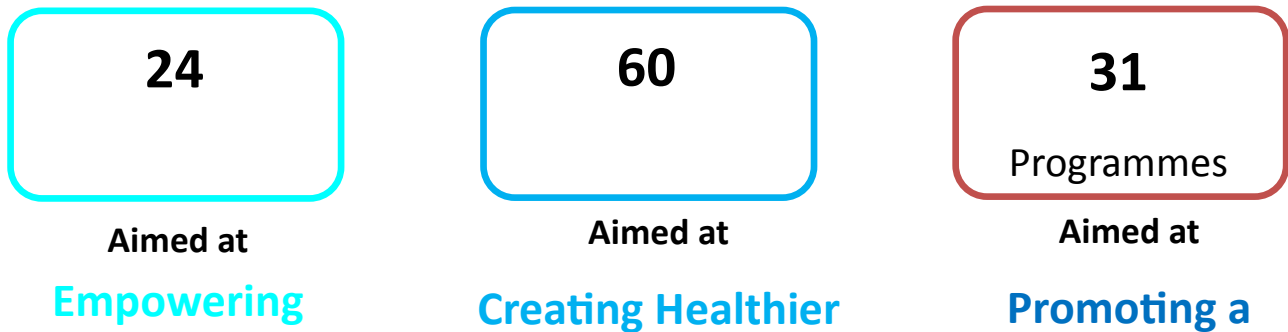
"The BCSDN Munch Club is an interactive and knowledgeable programme that has taught me and my family quick and easy ways to cook healthier meals as well as becoming more physically active."



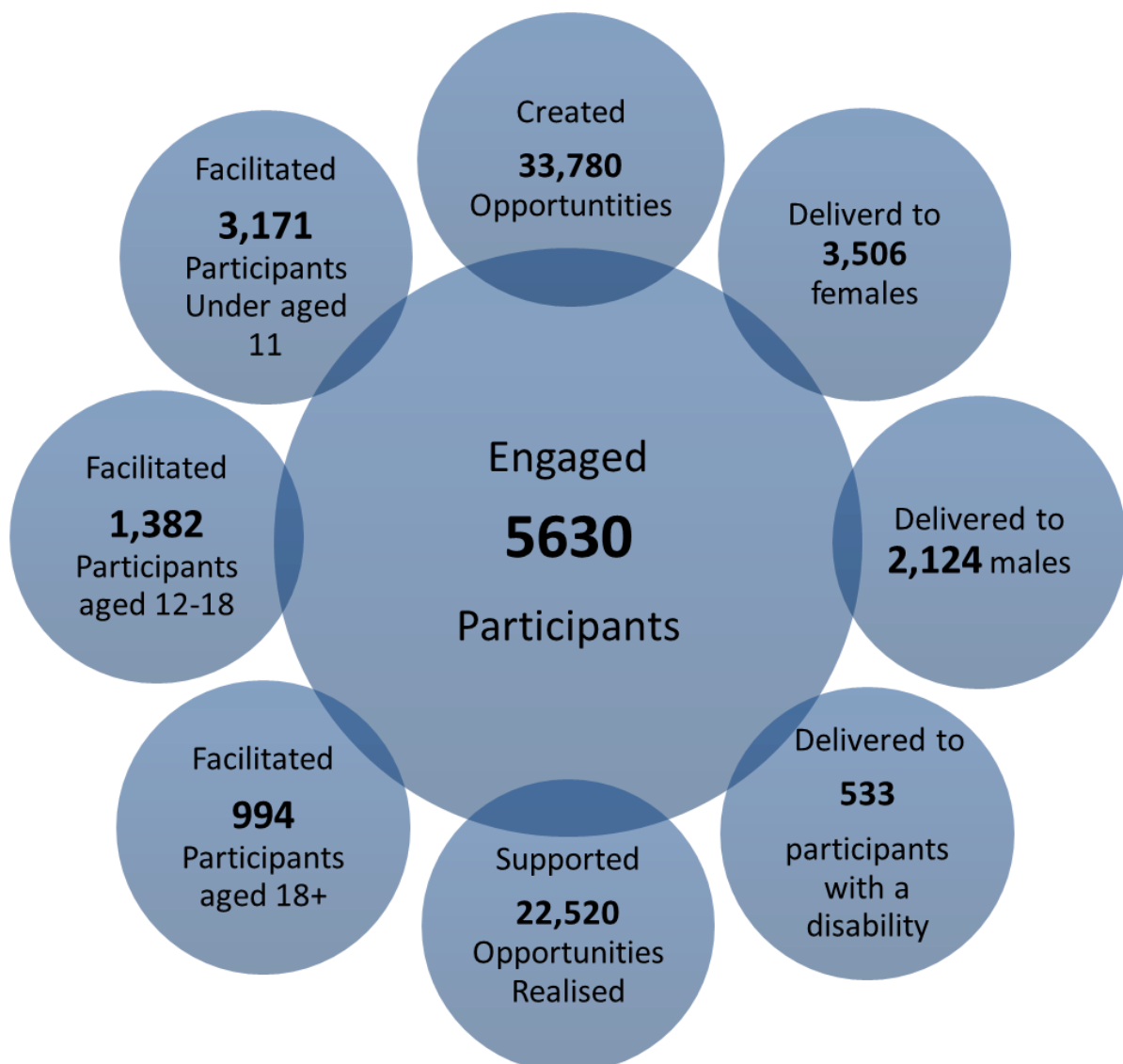
Key Highlights

The Charity has focused on making a positive impact on the lives of the individuals within particular communities. The simple yet effective delivery model is to listen to the people within the community and to develop programmes based around their needs. They are pleased with the impact of the programmes and honoured to work with people from many different backgrounds.

Between 2017—2019 they have delivered



Through the **115** Sport for Development programmes, we have



What's Next?

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With BCSDN branching its services across the whole of Northern Ireland, the organisation has outgrown its Belfast name.

This new name sets no barriers to the future development and progression of the Charity and the potential development and delivery of sport for development programmes in other communities of social and economic need.

Coinciding with the name change, the Charity will also be structuring their programmes under new exciting *Programme Areas* that will link the three organisational strands of;

Promoting a Shared Future

Creating Healthier Lifestyles

Empowering People

These new *Programme Areas* are described below:

Educate & Activate

Aimed at younger children within primary schools and community groups. Programmes link to the curriculum, whilst introducing a range of sports and structured activities.

Participate & Lead

Aimed towards teenagers in secondary education and community groups. Programmes will encourage participation, skills development and qualifications.

Active Life

Aimed at targeting adults including parents, sports leaders and over 50s. Provide a range of physical activity programmes and access to qualifications.

Older & Active

Aimed at tackling the issue of social isolation and inactivity amongst our older generation. Programmes span a range of sports and activities but have socialising at the core.

THANK YOU!

Community Sports Network would like to thank all the groups that got involved in their programmes, community partners and the following organisations that helped to fund their sport for development projects;



Accredited centre of



Community Sports Network

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