

COMMUNITY SPORTS NETWORK

Active | Empowered | Connected



"CREATING AN ACTIVE, EMPOWERED & CONNECTED SOCIETY"

**ALL OUR PROGRAMMES MUST FIT
WITHIN OUR CHARITY THEMATICS OF**



Creating a healthier
society



Promoting a shared
future



Empowering people

COMMUNITY SPORTS NETWORK BACKGROUND

Est: 2006

Community Sports Network (CSN) is a local Charity which works in communities across Northern Ireland.

CSN proactively uses the Sport for Development as a medium to engage everyone within our communities. Sport for Development is defined as the intentional use of sport, physical activity and play to attain specific social development objectives. Sport for Development represents a particular approach to the design and delivery of sport & physical activity programmes that helps boost positive attributes of sport and follows a set of core principles that support the prioritisation and optimisation of social object from a S4D programme above any of the sporting outcomes.



Educate & Activate

Programmes for 5 to 11 year olds

At Community Sports Network (CSN) we deliver a wider range of programmes to children (aged 5 to 11) under our Educate & Activate theme. Within Educate & Activate our programmes are designed to provide children with the opportunity to take part in a range of sports and activities whilst delivering key educational messages.



Our Energise programme blends together key nutritional messages and physical activity games. The programme consists of 6 1-hour sessions. Programme has been developed in partnership with the Northern Healthier Lifestyles Partnership.



Through our Primary Sports programmes children have the chance to play a range of sports. Sessions are normally 1 hour long. Sports offered:

Dodgeball, Olympic Handball, Soccer, Rugby, Gaelic Sports, Cricket, Basketball, Multi Skill Games and more...

Programmes can involve multiple groups and include celebration events.



JagTag is a bespoke programme to CSN and is a sport created and owned by the Jacksonville Jaguars, an American Football team. JagTag is a non-contact form of American Football. The programme is aimed at children and young people from 11 years old onwards/

Programmes can involve multiple groups and include celebration events.



A programme which focuses on developing the leadership skills of Key Stage 2 children. The programme is a mix of leadership workshops and sports games. Children through this programme become Primary Leaders which enables them to set up and take simple activities (under supervision) to other children.





PARTICIPATE



Lead

Programmes for 12 to 18 year olds

At Community Sports Network (CSN) we deliver a wider range of programmes to young people (aged 12 to 18) under our Participate & Lead theme. Through Participate & Lead programmes young people are encouraged to continue their participation in sports and activities. Also, young people are given the opportunity to be involved in programmes which help develop their sporting knowledge and leadership skills.



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. Also, through this programme, young people also engage in a Mental Health Workshop designed by State of Mind Ireland & University of Ulster.



We recognise 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 are provided with the opportunity to be mentored and supported by CSN Sport for Development (S4D) Facilitators in actual community settings and experiencing the challenges of working with different age groups and community backgrounds.



Through our SportOpps programmes young people have the chance to play a range of sports. Sessions are normally 1 hour long. Sports offered: Dodgeball, Olympic Handball, Soccer, Rugby, Gaelic Sports, Cricket, Basketball, Multi Skill Games and more...



JagTag is a bespoke programme to CSN and is a sport created and owned by the Jacksonville Jaguars, an American Football team. JagTag is a non-contact form of American Football. The programme is aimed at children and young people from 11 years old onwards/ Programmes can involve multiple groups and include celebration events.



Having been established in 2011, our annual U14-16s girls GAA Winter league provides the opportunity for girls to take part in regular physical activity. The league runs every Saturday throughout January and February and invites teams from around the country.





Active Life

Programmes for 18+ year olds

At Community Sports Network (CSN) we deliver a wider range of programmes for adults (aged 18+) under our Active Life theme. Our Active Life programmes are designed to offer participants a range of opportunities to improve their (and their families) health, wellbeing and knowledge. The aim of Active Life is to encourage participants to engage in a lifetime of physical activity.



As suggested, the Active Outdoors programme includes activities and sessions which happen outdoors. The programme encompasses a range of opportunities (supported by our partner organisations) which include, Mountain Biking, Cycling, Archery, Climbing, Caving and Orienteering. The Active Outdoors sessions promote Team Building by providing opportunities not often accessible to everyone.



Fit Future is a personal development programme within the prisons. Direct focus on physical, mental health and wellbeing. Involving accredited qualifications.



Our Community Sport Support Hubs are one of our flagship programmes. The Hubs aim to provide opportunities for ex-offenders to link into sports and activity opportunities. The Hubs are used a part of a holistic programme around rehabilitation. Our Hubs run weekly throughout the year at various sites across Belfast. Weekly the Hubs offer Boxing, Circuits, Gym Training, Football and upskilling courses to participants.



Munch Clubs is a healthy lifestyle programme, targeting families and using practical cooking skills, physical activity, nutrition and other learning resources as the medium of engagement. Through practical sessions, families (with particular needs and/or from socially deprived localities) make informed lifestyle choices with healthier outcomes.



We acknowledge the importance of regular physical activity for health benefits. Up & Active physical activity programmes are specifically designed for adults. These programmes are adaptable to fit the needs for the groups and more importantly, are delivered where and when suits the participants. Activities include: Boxercise, Circuits, Dance, Walking, Couch 2 5km.



The CSN Multi Games Training is a CSN only programme that aims to support clubs, schools and community groups by providing training on multi skill games. The programme has been used previously to help clubs develop junior sections focusing on multi games instead of sport specific.





At Community Sports Network (CSN) we deliver a wider range of programmes for the older generations under our Older & Active theme. The aim of our Older & Active programmes are to encourage lifelong involvement with physical activity whilst promoting the additional benefits of continued participation such as physical, mental and emotional wellbeing



The main objective of Armchair Aerobics sessions is to encourage the journey of being physical active into later life. The session engages with seniors and are low impact activities which are delivered in a community setting. The sessions are suitable for all abilities and aim to increase lifelong physical literacy, whilst reducing social isolation and promoting mental health.



The use of Walking football to engage and increase participation in men and women over the age of 50. Danderball is used to get the older generation back into team sports which have several positive benefits on health, wellbeing and isolation.



Chair Based, low impact bowling activities that work on co-ordination. Boccia is inclusive for all abilities, helps to boost participants wellbeing and reduces social isolation. Additionally this programme can include New Age Kurling.



Range of testing for later life and can flag up early signs of health issues. The MOT Tests different types of fitness & matches against averages. The sessions link to other Older and Active programmes, enabling us to provide participants with gradual signs of improvement throughout programme participation.





COMMUNITY SPORTS NETWORK: INTERN PROGRAMME

We believe in developing people, and as part of our Active Mentoring Programme, we offer 1 year internship opportunities to students. The Intern Programme includes the below;



The Intern Programme offers:

£9,000 salary plus expense (after completion of 3 month training period)

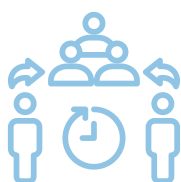
£1,000 CPD Budget

Training programme which includes a range of accredited qualifications



3 months training;

Over the 3 months training period there will be no payment. During this period Intern's will learn all CSN programmes and expected standards of work.



Mentoring & gear:

After successful completion of the 3 month training period Intern's will receive their own uniform, desk and laptop and become a member of the CSN Team. Intern's will also be allocated with a dedicated mentor.



9 months of Sport for Development work;

During this period Interns will begin to deliver on CSN programmes. Programmes will range greatly in term's of content, location and participants. This part of the programme is paid on a monthly salary.



£1000 CPD budget

During the year Intern's will have the chance to discuss with their mentor around specific training they want to do totalling up to £1000.

Applicant Terms & Conditions;



Applicants must be over 18 and currently studying at a recognised College or University
Applicants must complete an application form and be prepared to interview for the programme
Applicants must have access to own transportation

To find out more about our Intern Programme and how you can apply please contact us on;

john@communitysportnetwork.org





15 YEARS OF WORKING IN THE COMMUNITY

Since Community Sports Network (Previously Belfast Community Sports Development Network) was established in 2006 we have:



#15yearsinthecommunity

INTERESTED IN BOOKING A PROGRAMME?

To find out more about our programmes and how they can be tailored to suit the needs of your group please contact us

Info@communitysportnetwork.org

028 90 297 661

Or find us on



search Community Sports Network

