



# New Lodge Community Sport & Wellbeing Plan

Tackling social issues through sport & physical recreation

Joe Donnelly



2014-2017

# Contents

Foreword	p2
Community Partners	p3
Context	p4
LIPSA: Lifelong Participation in Sport & Physical Recreation	p5
Community Priorities	p6
New Lodge Area: Deprivation	p7
New Lodge Area: Football/Soccer & GAA	p8
New Lodge Area: Boxing	p9
New Lodge Area: Community Centres	p10
Consultation: Overview	p11
Consultation: School Survey	p12
Consultation: Community	p14
Consultation: Key Themes	p15
Key Theme: Promotion & Capacity	p16
Key Theme: Increase the number of sports and activities on offer	p17
Key Theme: Social Impact	p19
Key Themes: Facilities	p20
Key Themes: Conclusion	p25
Key Performance Indicators	p26
Programme Ideas	p32
Alignment to government strategies	p37
Timeline	p40
Thanks & recognition	p41







The New Lodge area located in North Belfast is the 3rd most deprived community NI. For 4884 people it is their home.

The New Lodge is a great community, but has had its sense of coherence diluted by anti-community youth, unwanted bonfires, increased petty crime, incidences of anti-social behaviour and increased access to illegal drugs as well as abuse of legal highs.

These issues all need to be tackled head on, and while sport will not be the ultimate solution, it can act as a key agent to make the New Lodge community a better place to live and to address health inequalities caused by deprivation, child poverty and social exclusion.

It is well documented in a wider range of health and sport reports that physical activity and sport can be used as a tool to promote a better society. Sport and physical activity can have a positive impact on both physical and mental health and in the context of this strategic plan can be used to tackle social issues.

I myself was a product of the New Lodge sporting system, were I made so many friends, had great fun, got fit, got out of the house for training and games on a Saturday and also developed life skills in relation to respect, team working, communication and problem solving.

Now is the time to maximise the impact of the sporting community and identify and address gaps in the provision of sports/activity services, so that all people of the community have access to quality sport and activity services.

The New Lodge is home to some fantastic sports clubs stepped in history and success, and one of the local boxing clubs Holy Family Golden Gloves has produced the Olympic bronze medallist Paddy Barnes and more recently Commonwealth gold winner.

The club must also take credit for producing a silver medallist Michaela Walsh, who's legacy will inspire more young girls to take up sport and activity.

Our local football teams have produced players of Irish League standard such as Martin Donnelly from Cliftonville FC, Darren Murray from Portadown FC and Gavin Taggart from Ballymena FC. All 3 players at one stage of their career played in England.

TAMHI champions that being involved in sport and activity has positive impacts on people's mental health:

- Positive attitudes;
- Building resilience;
- Enhanced self-confidence and belief;
- Development of good communication skills;
- Making boundaries/setting limits together;
- Strong sense of community/belonging;
- Opportunities to socialise in a safe environment;
- Reduced feelings of anxiety and increased wellbeing;
- Improved mood and concentration;
- Making friends and a support network.

The main issue in the New Lodge with local clubs is capacity and facilities. A lot of clubs open the door and hope people come, however with a bit of support and "design thinking" as in outside the box and creative, I am hoping this plan will open the flood gates to getting more people active and involved in sport and activity in the local community.

In regards to facilities the area is very limited, thankfully thanks to investment from the current Sport Minister (2014) Carál Ní Chuilín, the local boxing clubs are getting a much needed upgrade, however in regards to available space for ball games, the area is sadly lacking.

This plan will explore the potential impact of new facilities and new initiatives aimed at addressing social issues and getting people physically and mentally fit.

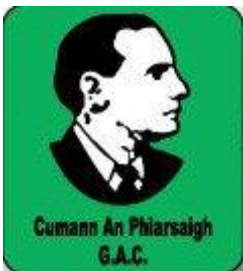
TAMHI and I have got behind this plan as we feel – better clubs with supportive infrastructures for mental health, increased participation programmes especially for those who feel excluded and better facilities can improve the mental wellbeing of people of the New Lodge community. I feel the real value of sport /activity resides in the social pillar; being involved in something positive like sport/activity has long term life benefits. This strategy will hopefully assist people in finding a sport or activity that is right for them

Joe Donnelly

Mental Fitness Officer TAMHI

(Tackling Awareness of Mental Health Issues) 2

All key groups in the New Lodge community who deliver sports and activities have fed into this strategy. TAMHI is committed to working in collaboration with each of the groups for the greater benefit of the New Lodge community and the groups are willing to work with TAMHI to achieve the objectives.



## Context

This plan has been designed by TAMHI (Tackling Awareness of Mental Health Issues) who is working in partnership with a steering group within all the main sports clubs and key community groups.

The overseeing body consists of:

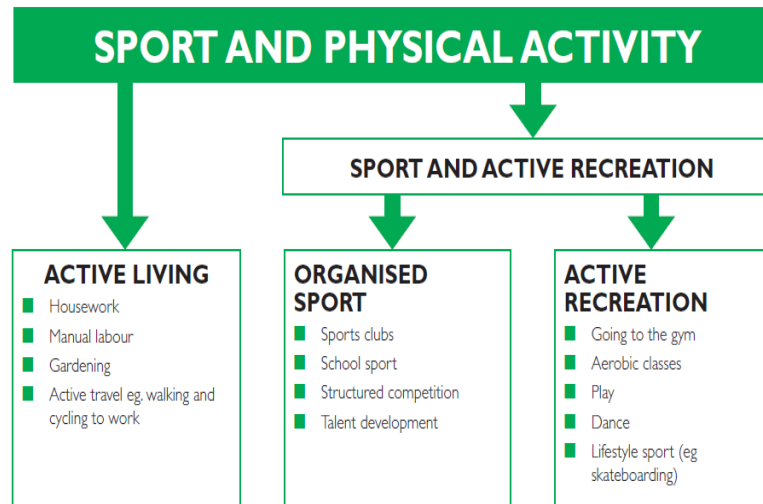
- TAMHI;
- Friends of St Patricks Primary School;
- Representatives of each of the main sports clubs;
- Representatives of each of the main community groups.

### What do we mean by sport and physical activity?

It is important to understand that sport does not suit everyone. The term 'sport' can be off-putting, as many people are not interested in traditional team sports or competitive activity. Therefore we use a broader definition which includes active recreation and informal activities such as walking, cycling and going to the gym.

Involvement in sport and active recreation has the potential to enable a wide range of people to gain access to an avenue of activity and social networks which could remain with them throughout their lives, for some it will lead to performance at the highest level.

The Council of Europe defines sport as "all forms of physical activity which, through casual or organised participation, aims at expressing or improving physical fitness and well-being, forming social relationships or obtaining results in competition at all levels".



### What do we mean by Community Sports Development?

Community Sports development is about ensuring that pathways and structures are in place to enable people to learn basic skills, participate in sport or activity of their choice, develop their competence and performance and reach their targets according to their individual aspirations.

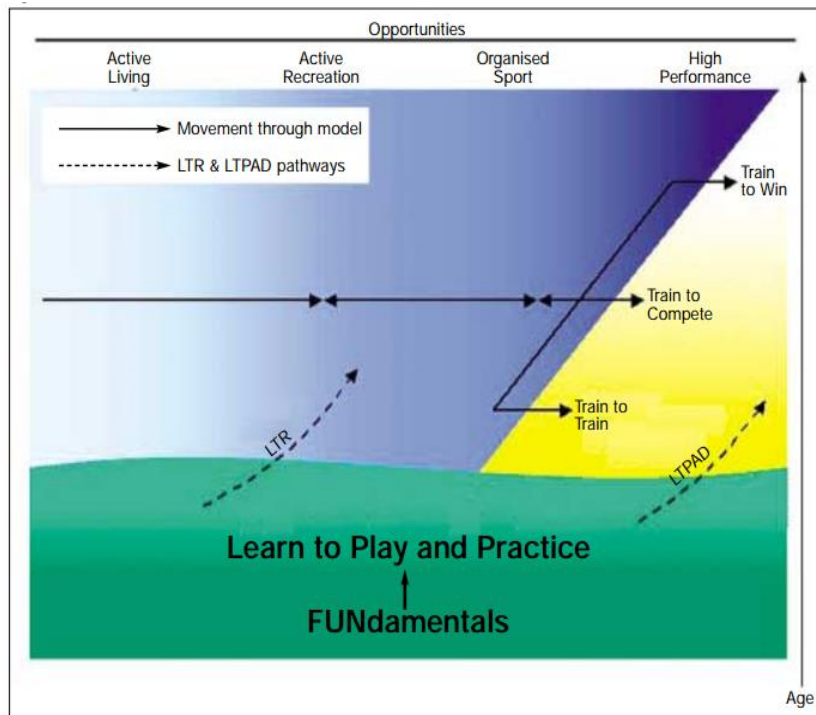
Community Sports development is about putting in place the building blocks and creating the right conditions so that sport can flourish at all levels and to ensure there is something for everyone to get active.

It introduces people to sport and activities in the community context, teaches them the basic skills and gives them the opportunity to participate at their own level, whether this is a game of football on Sunday mornings or representing their country.





## LIPSA: Lifelong Participation in Sport & Physical Recreation



In relation to Sport everyone is different, and it is vital to engage young people early; and to ensure they have a fun and positive experience of sport.

It is also vital that at a young age, participants are presented with all the options that are available to them so they don't get put in a box and classed as "not good at sport" because they cannot play soccer, GAA Football, hurling, camogie or Boxing.

Also it is now vital to explore sports and activities that enable those who can no longer play the main sports such as football due to age, so that they have something in place to keep them fit and active.

Within the LISPA model, there are two pathways (a long-term recreation (LTR) pathway and a long-term player/athlete development (LTPAD) pathway) and four opportunities (active living, active recreation, organised sport and high performance) for continued involvement in the LISPA model. School Club Links are essential to start the participation pathway – junior clubs then provide the next stepping stone, followed by senior teams /programmes for older people.

- The model suggests that the introduction to sport and physical activity should focus on both the **FUNDamental** and **Learning to Play and Practice** phases for all individuals. The **FUNDamental** and **Learning to Play and Practice** phases of the model provide the foundations for lifelong physical activity and competitive sport performances. Clubs academy programmes, school programmes and youth club programmes can all be coordinated to ensure this.
- The objective of the **FUNDamental** phase is to learn all fundamental movement skills (physical literacy) through a positive fun approach.
- The objective of the **Learning to Play and Practice** phase is to learn overall sports skills and specialised movement skills through a positive fun, multi-sport approach.
- Once individuals have experienced the **FUNDamental** and **Learning to Play and Practice** phases, there are four opportunities for continued involvement and further development in sport and physical activity: active living, active recreation, organised sport and high performance.
- The four opportunities of active living, active recreation, organised sport and high performance are pursued to differing extents through the LTR and LTPAD pathways.
- The LTR pathway accommodates those individuals who choose to stay involved in sport at a recreational level and results in participants pursuing active living, active recreation and elements of organised sport opportunities.
- The LTPAD pathway encourages individuals to specialise in sports and progress towards elite performance. This results in participants pursuing elements of organised sport and high performance opportunities. The New Lodge Boxing Community is excellent at churning out champions.

## Community Priorities

TAMHI developed this plan to better coordinate and develop the great sporting/activity services within the New Lodge community.

This work is broad and varied, ranging from curriculum support with children through to activity for older adults keen to get active and improve their quality of life.

This plan clearly sets out the aspirations of the New Lodge community in assisting in the development of a 'sporting community' and identifies a number of actions relating to key themes that emerged as part of the consultation.

The core aims of this plan is to create and enhance sporting, recreational and physical activity opportunities that lead to greater participation, tackle social issues in the community and ensure that all members of the community have a wide variety of choice to get physically active and to promote positive mental health.

Referring back to the LIPSA model on page 5, TAMHI wants to ensure that every member of the New Lodge community has the opportunity to take up sport and activity and stay engaged for the duration of their lives.



Community Priority	Definition
<b>1. Get more people Active</b>	Increasing participation for people in the New Lodge Community, with a focus on underrepresented groups in the area, Females, people with a disability and ethnic families. Achieved through community based participation programmes and better promotion of existing clubs. Focus on attracting different variety of sports into the area.
<b>2. Get more people Involved</b>	Work to ensure there is sufficient supply of high quality and motivated leaders, coaches, administrators and officials to fulfil the demand in schools, colleges, clubs, to deliver sporting activities.
<b>3. Tackle Social Issues</b>	The power of sport can be used as a tool to tackle social issues within a community. The hook of sport can be used to raise awareness of Mental Health. In relation to mental wellbeing direct links can be affiliated to educational attainment and creating employment and learning opportunities as well as crime and anti-social behaviour. Using Sport in the right way will result in making the New Lodge a better place.
<b>4. Access to Quality Facilities</b>	Improve the facilities that are currently in the community and use this plan as a platform to attract additional funds to help the community achieve aspirational goals and objectives IF there were more suitable facilities were in place.
<b>5. Increase Sport Groups Capacity</b>	Work with all key groups to improve the "Business" and "Promotion" aspects of their development. This will involve governance reviews, policy implementation, CPD training and Social Innovation and development to support the clubs long term development.
<b>6. Successful Athletes</b>	Continue to support and promote the fact that the New Lodge produces champions e.g. Paddy Barnes Commonwealth Gold Medallist, Martin Donnelly Cliftonville FC player, Darren Murray Portadown FC player – celebrate the success and use this as a platform to inspire others and attract investment to produce more successful athletes.

## New Lodge Area: Deprivation

### Population

The New Lodge is a community based in the Oldpark electoral ward. The estimated population of New Lodge ward at 30 June 2013 was 4,884, of which 2,368 (48.5%) were male and 2,516 (51.5%) were female. Figure 1 provides a breakdown of the population.

**Figure 1: Population Breakdown**

New Lodge Ward	Population
<b>Total Population (2013)</b>	4,884
<b>Children (0-15 years)</b>	1,052
<b>Young Working Age (16-39 years)</b>	1,560
<b>Older Working Age (40-64 years)</b>	1,488
<b>Older (65+ years)</b>	784

### Deprivation

The New Lodge is part of the Inner North Belfast Neighbourhood renewal area. The area has two boarders located at interface areas

1. Location at the junction of North Queen Street and Tigers Bay
2. Carlisle Circus Roundabout were the community is in close proximity to the Shankill Estate.

### The area contains 3 social output areas:

- New Lodge 1 – ranked 5<sup>th</sup> in terms of deprivation
- New Lodge 2 – ranked 14<sup>th</sup>
- New Lodge 3 – ranked 15<sup>th</sup>

Collectively the area ranks 3<sup>rd</sup> overall in terms of deprivation. Figure 2 illustrates the different rankings in relation to various economic and environmental factors.

The New Lodge ward has 1903 young people aged between four and 24 years with 835 going to school. 40.9% of school leavers aged 16 & over did not achieve 5 GCSEs at grade C or above compared to the national average of 71.9%. 25.8% of which achieved two A' levels compared to the national average of 53%. At the last census in 2008 59.9% were economically inactive with 10.1% unemployed & of these 48.1% were long termed unemployed. 17.4% of households were lone parent households with dependent children.

**Figure 2: Deprivation**

Description	Rank
Multiple Deprivation Measure	3
Income Deprivation	5
Employment Deprivation	5
Health Deprivation and Disability Deprivation	3
Education Skills and Training Disability	12
Proximity to Services Deprivation	582
Crime and Disorder	19
Living Environment	8

### Impact of Deprivation on the provision of Sport & Activity

Low incomes and low employment mean that sport/activity is seen as a luxury that some parents will sacrifice. There are some families who simply cannot afford for kids to take part in sport after school.

It must be noted that in regards to the £1, £2 for training that clubs charge etc, there is no pressing issue for the majority of parents, but in regards to starting new programmes, clubs/groups need to attract investment from various sources to survive e.g. grants, donations, and fundraisers.

The area has been subjected to a recent rise in anti-community activity namely the bonfire organised by youth – which has resulted in muggings, violence and vandalism.

The living environment which has been called the “the concrete jungle” is one of the main barriers to increasing the provision of sport and activity in the area. Due to the housing need within Nationalist North Belfast, housing has always taken priority over leisure, the area houses a number of families in 7 Tower blocks and, there is little green space.

The area does have two parks suitable mainly for young kids, which are regularly vandalised by older kids. In terms of facilities for regular structured and safe sports development, the area has no suitable outdoor facilities for ball sports. The Boxing Community all have gyms, which thanks to recent investment from Sport NI will all be improved to a standard that will enable the introduction of more participation based programmes. However Holy Family Golden Gloves are in urgent need of a new facility to enable them to produce more champion boxers. They have been allocated land to develop a new facility by Ashton Community Trust.



## New Lodge Area: Football/Soccer & GAA

The New Lodge is home to seven sports clubs and four centres that facilitate youth services, child services and programmes for people with a disability and older people.

Note each club has targets in relation to their own growth and development, this strategy will be used as a tool and to plan for the overall growth of sport in the New Lodge community and to address the “gaps” in current provision and to identify and break down the barriers to participation.

### Football/Soccer

St Patricks FC (Academy & 8 Teams)	Members
Academy (Boys U6)	30
Academy (Girls U6)	5
Junior Boys (7 – 17)	130
Junior Girls (7 – 17)	5
People from ethnic community	2
Volunteers	10
Qualified Coaches	8
Hours of weekly activity	10



North Belfast United (Academy – 2 Teams)	Members
Academy (Boys U6)	10
Academy (Girls U6)	3
Junior Boys (7 – 17)	45
Junior Girls (7 – 17)	0
People from ethnic community	2
Volunteers	8
Qualified Coaches	4
Hours of weekly activity	6

St Patricks Young Men (3 Teams)	Members
Total Members	55
People from ethnic community	2
Volunteers	6
Qualified Coaches	2
Hours of weekly activity	4

### GAA

Patrick Pearse's GAC	Members
Academy (Boys U6)	0
Academy (Girls U6)	0
Junior Boys (7 – 17)	110
Junior Girls (7 – 17)	10
Senior Males (aged 18+)	50
People from ethnic community	2
Volunteers	20
Qualified Coaches	15
Hours of weekly activity	10

### Notes

TAMHI worked with all the clubs to determine New Lodge based participants approx. 70% (244) of the youth that play for local clubs are New Lodge based and 60% (63) of the seniors.

The clubs all have growth aspirations. The junior teams have aspirations to have teams at every level – Academy development programmes right through to U19 which would result in 18 teams (approx. 200-230 members) that will all require coaches, volunteers and suitable training space.

The senior teams have aspirations to have a local facility in close proximity to their area that they can call a home base.

Hours of weekly activity covers hours club is active

E.G

St Patricks FC have 2hrs of programmes Mon-Thur and matches on a Saturday take up 2hours = 10 hours

Coaches of all teams would often volunteer up to a min of 4hrs per week

St Pats have 18 coaches/volunteers x 4hrs = 72 voluntary hours

The commitment of all local clubs is a credit to all volunteer led clubs in the community.

The aim of this strategy is to work with all the local clubs to help them maximise the impact of these voluntary hours and to help each club grow membership and develop.

## New Lodge Area: Boxing

Belfast Kronk ABC	Members
Junior Boys ( 7 – 17)	15
Junior Girls (7 – 17)	0
Senior Males (aged 18+)	10
People from ethnic community	1
Volunteers	3
Qualified Coaches	3
Hours of Delivery	12

Holy Family Golden Gloves	Members
Junior Boys ( 7 – 17)	20
Junior Girls (7 – 17)	5
Senior Males (aged 18+)	15
People from ethnic community	3
Volunteers	8
Qualified Coaches	7
Hours of Delivery in the Community	15

Star ABC	Members
Junior Boys ( 7 – 17)	10
Junior Girls (7 – 17)	0
Senior Males (aged 18+)	15
People from ethnic community	2
Volunteers	6
Qualified Coaches	4
Hours of Delivery in the Community	12

### Notes

80% (36) of total junior participants are from the New Lodge Area.

70% (28) of seniors are New Lodge based.

With the development of the boxing facilities set to be completed by Summer 2015, all clubs area committed to growing their membership by developing new programmes especially for females.

Belfast City Council are in the process of implementing the Belfast Boxing Strategy which is complimenting the growth and development of the local boxing community.

TAMHI is actively engaging with the lead Belfast Council Boxing officer to ensure that all local clubs realised the full benefits of the Boxing Strategy.



## New Lodge Area: Community Centres

The New Lodge has 4 centres which cater to youth services, New Lodge Youth (includes New Lodge Arts) , Artillery Youth and the 174 Trust and Star Neighbourhood Centre . The 174 Trust & Star Neighbourhood Centre also cater to a disability group, early year’s group and they facilitate and both facilitate older peoples programmes.

There is an opportunity for activity within these centres – based on engagement with these groups they are well placed to address any gaps in provision. Already they deliver, ball sports, multisport, table tennis, pool etc.

All the youth centres would facilitate outdoor recreation programmes as part of funded schemes, which involve canoeing, climbing, hill walking and horse riding.

The New Lodge Youth and Artillery facilitate non structured activity by making pool and table tennis available mainly for fun and recreational purposes – no competitive competition. The New Lodge Youth Centre has a small hall which they use for multi-sport games.

Artillery Youth deliver weekly indoor football, gym based programmes and swimming. 174 Trust facilitate cross community youth based programmes and activities for people with a disability as well as the dance for older people.



Artillery Youth	Members
Junior Boys ( 7 – 17)	90
Junior Girls (7 – 17)	80
Seniors Males (18-25)	325
Senior Females (18-25)	225
People from ethnic community	10
People with a disability	48
Outreach Workers (who would take role in activity delivery)	2

New Lodge Youth	Members
Boys U6	73
Boys U6	70
Junior Boys (7-17)	107
Junior Girls (7-17)	108
People from ethnic community	10
People with a disability	24
Outreach Workers (who would take role in activity delivery)	11

Star Youth Centre	Members
Boys U6	6
Girls U6	6
Junior Boys ( 7 – 17)	25
Junior Girls (7 – 17)	40
People from ethnic community	0
Outreach Workers (who would take role in activity delivery)	2

174	Members
Boys U6	20
Girls U6	20
Junior Boys ( 7 – 17)	18
Junior Girls (7 – 17)	18
People from ethnic community	6
People with a disability	48
Older People	100
Outreach Workers (who would take role in activity delivery)	2

### Notes

The focus on the community groups will be:

- Address any shortfalls in sport/activity provision
- Develop new sport/activity programmes/clubs provided support is given;
- Promote Together Building a United Community projects with groups from neighbouring interface communities

There is lots of potential for these groups to work together and help ensure that a wider range of activities can be offered to people of all ages.

The plan will explore in more detail



## Consultation: Overview

The New Lodge is home to 2 schools, St Patricks Primary School and Bunscoil Mhic Reachtain, four day-care/nursery centres, 174 Trust, Mc Sweeney Day Care (Ashton Community Trust), New Lodge nursery and Victoria nursery.

At secondary level the community's main feeder schools are St Patricks College, Little Flower, Edmund Rice College and Mercy College. There are 835 young people in registered in schools.

The amalgamation of Edmund Rice (Boys School) and Star of the Sea (Girls School) has led to the establishment of one of the biggest attended schools in North Belfast, St Patricks Primary School in September 2012.

The consultation exercise carried out to determine Issues affecting sports/activity development and gaps in provision involved engagement with:

- Local Primary School
- Young People
- Community Groups
- Parents at PTA
- Clubs
- Young People in the Community

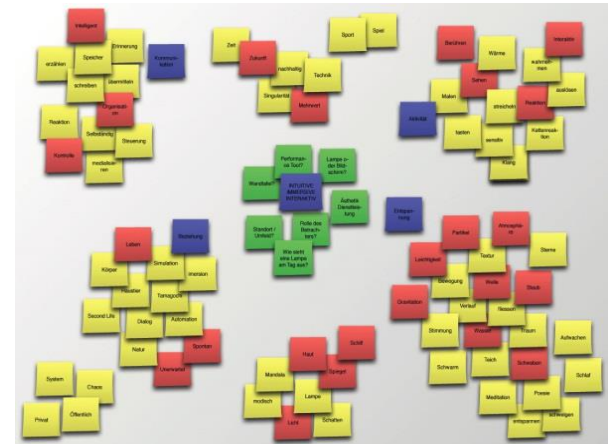
Consultation about the current provision of sport and activity started formally in May 2014.

The consultation exercise involved:

- School Survey
- Door to door outreach to discuss facility need and petition for support;
- One to one meetings between TAMHI and all local service providers who facilitate sport and activity ;
- TAMHI community development reports submitted by community groups;
- Review of all sports clubs Sports Development Plans;
- Research and engagement with programmes with successful track records such as Street Games UK and Fight for Peace UK
- Guidance and advise from Sport NI, BCC, Street Games

TAMHI adhered to 3 standards to benchmark for quality and effectiveness.

1. Planning: To develop this TAMHI mapped out a clear plan and identified all key groups who could play a vital role in delivery;
2. Explaining: From the outset the message was clear – How can we use the power of sport/activity to make the New Lodge a better place to live;
3. Involvement: All key groups have been provided with the opportunity to contribute. TAMHI could have just focused on sports clubs; however the other non-sport focused centres have a valuable role to play.



## Consultation: School Survey

TAMHI works with local New Lodge sports teams. Being involved in sport is good for your mental health. Early experiences of sport quite often influence a young's person perception and a negative experience can put young people off getting involved in sport/activity.

TAMHI carried out a simple school survey of a selection of St Patricks Primary School pupils based in the New Lodge community.

A sample of 247 pupils/600 (approx.. 41% pupils) took part in the survey.

It was considered reasonable to exclude P1-P2 due to age.

Due to school commitments P4 were not accessible at the time of the survey.

The purpose of this survey was 2 fold:

1. To plan for the new school year and explore how local clubs can better work with the school to get more young people active.
2. To identify any shortfall in provision and issues affecting young people taking up sport and activity – namely a lack of facilities in the area.

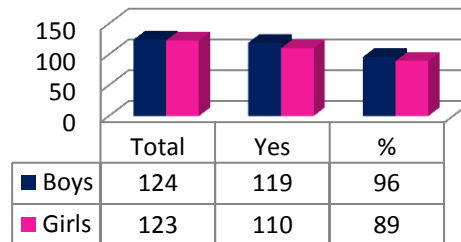
Note the figures presented are derived from a show of hands from young people.

## At the time of the survey in September 2014 the school offered:

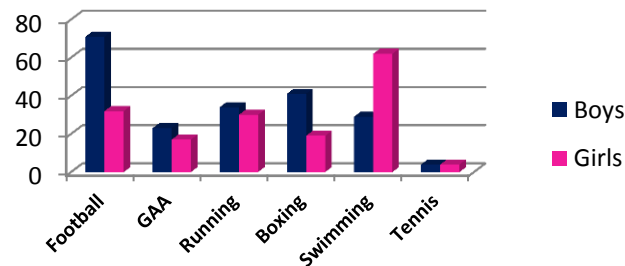
- Multi-sports
- Ju Jitsu
- Swimming
- Soccer (IFA DE programme)
- Pearses GAC Belfast Coaching

TAMHI created a simple child friendly questionnaire in partnership with Friends of St Patricks Primary School.

### Who likes getting fit and active?



### What is your favourite sport?



Football/Soccer came out as the most popular male sport while swimming came out as the most popular female sport.

### What clubs do you play for?

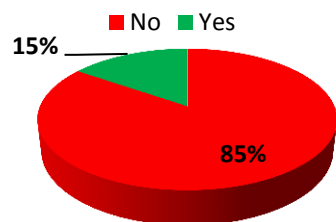
Club	Boys	Girls	Total
St Patricks FC	11	3	15
Pearses GAC	5	2	8
Star ABC	2	0	2
Belfast Kronk ABC	4	0	4
Holy Family ABC	3	0	3
North Belfast United FC	1	0	1
Ju Jitsu	1	4	5
Newington FC	7	2	9
Cliftonville FC	6	0	6
North Belfast Harriers	0	2	0
Other	11	4	15
	51	17	68

Only 27.5% of the kids surveyed were part of a club and the figures clearly show the low number of females joining sport clubs. Of this 27.5% of pupils, 41% of boys were part of a sport club and 14% of females were part of a club. The plan will look to explore ways and means to increase this %.

TAMHI found that a lot of young people did not know what clubs were based in their community and that girls had the perceptions that only boys play certain sports and this put them off things like football/soccer and GAA football. We need to challenge these perceptions for inclusivity.

TAMHI discovered through direct dialogue with young people that the lack of sport facilities contributed to the low uptake of sport and activity.

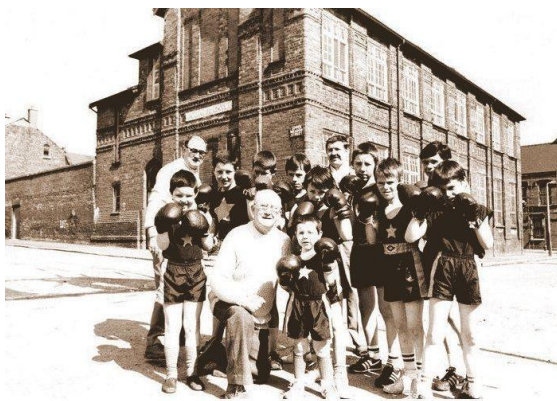
**Do you think there is enough play space in the area for sport and activity?**



The vast majority of young people felt that there was not enough play space for sport and activity.

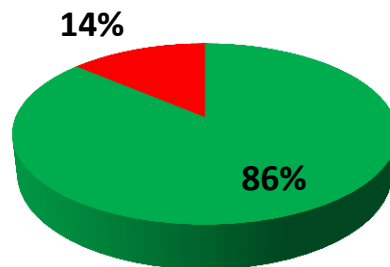
At the minute the school has limited play space considering it is the one of the biggest schools in North Belfast.

There is Barracks Park and North Queen Street Park both have limited space for sport and activity.



**Would you like to see a new sport/play facility?**

■ Yes ■ No



The vast majority of young people felt that the community needs new fit for purpose play facilities for sport/activity.

Facility must be Multi-sport and if possible accommodate running e.g. a small track area

The survey clearly identified that:

- More programmes are required for females and a bigger push needs to be made to get young males involved in clubs/activity based programmes.
- Current clubs need to better promote what they do through development of school club links.
- Better facilities are required to inspire more people to want to take up sport and activities.

**Consultation with Friends of St Patricks Primary School (FOSPPS –St Patricks Primary School PTA)**

TAMHI met with the FOSPPS to discuss what other barriers were in place that prevented kids taking part in sport and activity.

**Key things that came through were:**

**Cost to school:** The school have limited resources and a range of priorities which focus primarily on educational attainment so any funding is targeted towards expenditure related to this.

**Cost to the pupil:** The reality is that some members of the community cannot afford for their child to take part in sport or after schools activity if there is a cost associated. Referring back to the deprivation stats 17.4% of families are from lone parent households with dependants. FREE play clubs are needed.

**Capacity:** The PTA of the school are starting to focus on setting up formally to enable them to access funds for after school projects. With TAMHI support we will access all FREE programmes such as Active Communities and then work with Governing Bodies of sport to set up clubs were demand is in place.

**School club links:** Up until September 2014 there was only ever a link with the local GAA club. The FOSPPS and the school are now linking in with all groups and “friends” in the local community for the benefit of the children and subject to the clubs having all the correct vetting procedures in place they will be welcome to deliver programmes in the school environment.

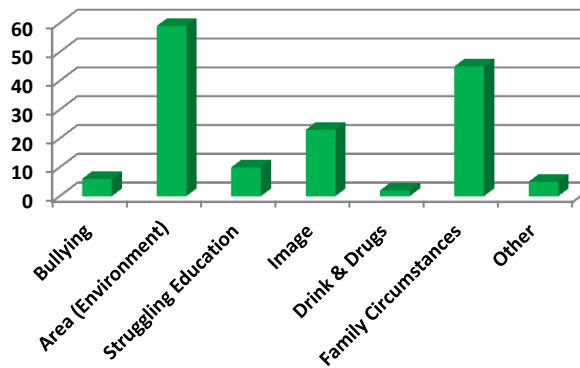
The challenge for TAMHI is to ensure all groups are fit for purpose and have quality programmes that will entice participation and provide exit routes for young people to get involved in club based programmes.



**Young People: Secondary school age**

TAMHI surveyed 140 young people (aged 12-17) through direct engagement with local clubs.

**Results of 2014 survey about what affected young people’s mental health in the community.**



This consultation with young people showed that the area needs better facilities and a wider variety of structured and coordinated programmes to deal with issues that affect young people’s mental wellbeing and to tackle social issues. The area has is very built up in relation to houses and as noted previously houses people in 7 tower blocks and has limited green space.

Young people informed TAMHI that they would like somebody to be responsible for sports development and delivery in the community over and above the GAA a football/soccer and boxing coaches, as they wanted a wider range of activities.

TAMHI met with the Friends of St Patricks Primary School group to discuss the findings of the work with the older youth and raised the point about their though on a possible sport coordinator. They saw merit in this as;

- Only the GAA programme provides exit routes; the rest do not
- With a community sport coordinator they could set up more afterschool’s programmes and create new clubs – linking back to the long term recreation and long term player/athlete pathway referenced at the start of this strategy.
- Free sport – if the community had a paid employee responsible for delivering programmes then more free play could be facilitated for kids that cannot afford to play for club.

**Community Groups**

TAMHI has met with 174 Trust, New Lodge Youth and Artillery Youth club to discuss what can be done to develop sport and activity. Each centre promotes a wide range of activities and each centre is receptive to exploring how to better facilitate sport and activity.

The main challenge faced by the centres was costs associated with having to buy in programmes. TAMHI raised the issue in relation to facilities and the possible conversation of a local park.

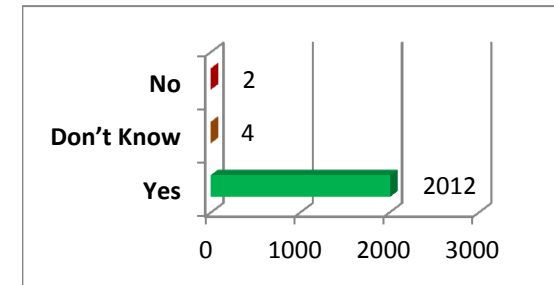
Both New Lodge Youth Club and Artillery had strong feelings about the development of any facility that would have to be managed and could only be accessed through payments.

A suggestion by Artillery Youth Club has been put forward to install a bitmac soft surface in North Queen Street Park which is open and accessible by all. This is fair point and aligns to the need to have somewhere to facilitate free play/sport.

This however conflicts with sports clubs needs to deliver structured development based programmes, so all options will need to be explored.

**Community petition for better facilities**

TAMHI and St Patricks FC petitioned the community and received the following response for fit for purpose 3G facilities



St Patricks FC and St Patricks Young Men FC both agree the lack of facilities as the biggest challenge facing their clubs, and feel with access to a facility they can affiliate to as their home, then this will provide them with the platform to grow their respective clubs and deliver wider range of programmes.

## Consultation: Key Themes

The three local boxing clubs are all set to receive funding to upgrade their current facilities with some £80,000 of investment secured through working with TAMHI.

The main challenges they now face is raising their capacity and programme offerings to maximise the usage of these new facilities.

One club Holy Family Golden Gloves has aspirations to develop a piece of land located in the Carlisle area just off the New Lodge. They have aspirations to develop a state of the art facility which will benefit the wider community e.g. accommodate gym facilities.

The local GAA club are about to embark on exciting times in terms of their development with the installation of a 3G home pitch at the Bunscoil Beann Mhadaghain site on the Cliftonville Road the main challenge they face is the promotion of volunteerism.

A new 3G pitch will allow the club to run more programmes aimed at maximising the lower North Belfast catchment area. The club are also committed to working with the only other GAA club in North Belfast Ardoyne GAC to grow the sport of GAA in the community.

TAMHI has identified key themes and sports development programmes that will help each group deliver on achieving targets set in each of the clubs sports development plan.

The consultation exercise has shown that all groups are committed to promoting sport and activity based programmes. The objectives and agendas are different across the sport focused groups and community focused groups and TAMHI through this plan is committed to bring everything together.

Four key themes have emerged from the consultation exercise:

1. **Promotion & capacity:** Need to better promote current clubs and build capacity.
2. **Increase the number of sports and activities on offer:** Need for a wider range of sports/activities to cater to all ages and abilities with a special focus on female sport and activity for older people and FREE play for young people in poverty;
3. **Social impact:** Cost of sport is a barrier for some people , more programmes needed to tackle social issues in the community;
4. **Facilities:** Need for better facilities currently the soccer clubs are limited by allocations of space in facilities outside the area. The school is also limited by facilities.

### How will the key themes impact the mental wellbeing of the New Lodge Community?

TAMHI's main priority is promoting positive mental health and using the power of sport to tackle social issues in the New Lodge Community that can lead to poor mental health.

TAMHI is working with all the local clubs to make current provision better. All New Lodge Sports clubs now have their club resources to promote positive mental health.

TAMHI shares the view that the true value of sport lies within the social pillar. Clubs provide a safe and supportive environment. TAMHI role is ensuring the social experience of taking part in sport and activity is

Having groups with supportive mental health infrastructure is good for those who participate in them. Clubs /activity Service providers with capacity and partnerships in place with key community groups allows clubs to provide **support to access** local services

Increasing the variety of sports/activities allows people to find a sport/activity that is right for them. If they find a sport/activity they enjoy this is good for their mental health as well as their physical health. The perception that “we are bad at sport” and therefore excluded, if you do not play football/soccer, GAA games or Boxing needs to be abolished.

The community needs to deliver more free sport as the reality is that in the New Lodge Community we have young people and families that cannot afford to take part in sport and activity. We also need to better harness sports ability to tackle social issues. TAMHI will support sports clubs/activity providers to promote equality, tackle poverty and social exclusion.

Better facilities will improve the living environment and open up opportunities to create and deliver new programmes. Better facilities and better services can create a positive impact in the New Lodge Community.

The next section of this strategy will explore how TAMHI and the steering group will delivery on this strategy.

There is a real need to better promote the activities of the existing clubs that are based in the New Lodge area.

TAMHI will work with all clubs;

- Strategic direction to do what they do, but better
- To maximise their impact on promoting positive mental health and tackling issues that impact on mental wellbeing;
- To work towards and to achieve Clubmark (or relevant Governing Body Quality Accreditation) by supporting policy development;
- To create and sustain school club links;
- To create a centralised “Club Near You” web and manual resource that will be promoted through the whole community;
- To support volunteer recruitment and development
- To ensure all volunteers and coaches are vetted
- To ensure all coaches qualified to deliver quality services. Apply for more top quality qualifications
- To deliver of agreed sports development plans;
- To expand the range of services to cater to under-represented groups;
- To enable them to access funding to deliver targeted strategic programmes that will enable this strategy’s KPIS to be achieved;

Note that TAMHI is committed to supporting the clubs development and ensuring they are fit for purpose and that they are maximising their community impact.

TAMHI is currently exploring innovative ways in which the administrative function of clubs can be centralised. TAMHI is currently exploring how existing community based educational programmes can be developed to accommodate “live” work which will demonstrate valuable contribution to communities.

Example – currently New Lodge Youth Club deliver computer programmes; rather than just completing tasks and filing these in an assessment file, people could for manage club live webpages for example and have practical experience of applying what they have learnt for community benefit.

TAMHI will

- Use positive relationships in both Belfast City Council and Sport NI to support the capacity building of all the local clubs;
- Use positive links with IABA NI officer to support boxing clubs;
- Use positive working relationship with Belfast City Council Clubmark coordinator to ensure all clubs meet the relevant quality mark;
- Use positive relationship with IFA Club Excellence coordinator to support local soccer teams in achieving quality mark
- Use positive relationships with North Belfast Enterprise hub to explore capacity building opportunities

**TAMHI has helped build the capacity of all clubs since May 2014:**

St Patricks FC: only need 6 new coaches to go through the IFA coaching badge which incorporates the IFA vetting. Funding secured. They are waiting on IFA date for delivery.

Holy Family Golden Gloves: Currently they are Belfast Clubmark Bronze standard. We are reviewing Silver and Gold as well as registered charitable status – due to success of Paddy Barnes and Michaela Walsh and status of Gerry Storey their coach and Olympic trainer they should achieve both quality marks in next 6 -12 months.

Star ABC: Have everything in place for Clubmark, TAMHI has full policy file passed, certain paperwork to be submitted and award will be issued.

Belfast Kronk ABC: All policies in place and file reviewed. One coach has to undertake safeguarding training and one to undertake designated officer training.

Pearce’s GAC : Club Maith; file ready, the club have a number of tasks to complete in order to be eligible.

St Patrick Men Young FC: No quality mark available as they are senior team but TAMHI has supported them in relation to policy development.

Every club thanks to TAMHI has their own mental health policy and resources. TAMHI also supported clubs to create their own webpages which will act as reference points.

Aligned to priorities:

- Get more people active
- Get more people involved
- Increase sports groups capacity
- Successful athletes



**Key Themes: Increase the number of sports and activities on offer**

The school based consultation exercise showed that in relation to the activities offered these tended to focus on 2 main sport disciplines, Football/soccer, GAA (Football, Hurling and camogie). Only the GAA programme provided direct club exit routes for participants.

Referring back to the LIPSA model on page 3; early experiences of sport and activity, play a big role in ensuring lifelong participation. At the minute due to limited sports on offer young people are falling into trap of thinking they are bad at sport if they do not excel in GAA games of soccer/football. This must be challenged.

Young people listed a number of sports they wanted to see delivered and TAMHI through Governing Body of Sport contacts has identified actions which can be taking to introduce these activities.

<b>Tennis</b>	Contact Tennis NI RE: Outreach/ Active Communities
<b>Cricket</b>	Contact Cricket Ireland RE: Outreach/Active Communities
<b>Netball</b>	Contact Netball NI RE: Outreach / look at local club
<b>Gymnastics</b>	Contact GB RE Programmes/look to set up club
<b>Basketball</b>	Contact Basketball NI /Active Communities
<b>Running</b>	Contact: active communities / athletics – link with NB Harriers
<b>Girls Soccer</b>	Billy White North Belfast Play Forum
<b>Boxing</b>	Planned for Sept / Council Programme to tap into
<b>Swimming</b>	St Kevins Development/Girdwood – potential club
<b>Athletics</b>	Contact North Belfast Harriers

TAMHI met with the school activity coordinator in September 2014 to identify programmes that can be set up that will present the opportunity to create opportunities for lifelong participation in sport.

To develop programmes that will result in exit routes TAMHI will work with the primary school and youth service providers and in some cases the clubs to expand the variety of sports offered to young people.

Based on consultation the following sports will be implemented and reviewed with aspirations to create new clubs and activity programmes:

**Netball:** TAMHI has contacted Netball NI who have indicated they will through Sport NI Active Clubs programme may support the development of a Netball Club in the New Lodge. TAMHI has laid the foundations by creating a link between St Patricks PS and Mercy College for a Netball Development school based programme with the New Lodge Youth Club willing to explore the creation of a new club.

Also Artillery Youth club would be interested in setting up a senior girls netball programme, they have in the past facilitated a Netball based programme and have a platform to build from – so there a real appetite for this sport to address the shortfall in female provision.



**Swimming:** The local primary school takes females swimming, the local youth club takes females swimming also – but there is no coordination. TAMHI will explore if it is viable to create a swimming club linking both groups together to create a swimming team.



**Boxing:** In the context of the school and female sport there is demand for fitness focused initiatives. TAMHI is working with clubs and key community groups to get these programmes set up.

In relation to afterschool’s TAMHI has helped 2 clubs secure funding to deliver the programme in school; so this will introduce a new sport to the school



**Athletics:** Running is very popular among young people, but they have limited opportunity to take part in structured programmes. Encouraging running at an early age could have long term benefits as this is the one activity that can be free and support a wide range of personal health benefits including positive mental health. TAMHI has been working with North Belfast Harriers the local athletics club to explore the development of a satellite programme within the school.



**Outdoor Sports:** As part of youth service providers summer schemes and leadership development programmes they facilitate walking, canoeing and climbing but there is no club in place to sustain participation. These activities tend to be “one off delivery” to different sets of young people each year.

All groups who are involved value the contribution these type of short term programmes make. TAMHI is happy to support the development of any initiative and will explore possibilities of setting up a more coordinated and structured long term programmes.

**Cycling:** The Sprocket Rocket programme from Cycling Ireland is working really well with the Glendale and Phoenix clubs in Belfast and many clubs from other towns – in particular getting participation from young females and using parents as coaches. TAMHI will engage with these groups to capitalise on the “Outside is Free” campaign run by Cycling Ireland. A recent announcement about Girdwood has suggested that a cycling path will be installed around the perimeter which presents a great opportunity.



**Older & Active:** Other than a local dance and a previously delivered armchair aerobics through Belfast Active Communities – there is limited sports/activities on offer for older people aged 50+; from a mental health perspective TAMHI sees sport as a tool to tackle social exclusion and to provide older people with an activity based social outlet. TAMHI has engaged with men in this category and they have presented ideas such as walking football, new gym facility in the area and darts as ideas for programmes they would like to get involved in.



**Disability Sport:** 174 Trust run a disability youth group and a senior group; TAMHI has helped secure funding for a pilot Box-ability (Disability Boxing Programme), but there is a desire to explore a wider variety of programmes. Artillery Youth Centre also have large volumes of people with a disability – through engagement with Disability Sport NI we may be able to explore the creation of new teams/programmes.

**Other Sports** – Youth centres in the area facilitate recreational table tennis, pool and snooker – TAMHI has held early discussions about setting up clubs specialising in the sports and arranging cross community and inter community challenge games.

TAMHI aims to bring in Active Communities coaches to give people a taste of the tennis, basketball and Olympic Handball. Based on feedback TAMHI will explore how best to set up and create programmes to accommodate these sports.

TAMHI will work with all groups in the New Lodge to identify their ability to take the lead on taking on the challenge of creating new sport/activity based programmes and teams.

Aligned to priorities:

- Get more people active
- Tackle Social issues

Through the consultation exercise TAMHI has learnt that there are families in the New Lodge community where sport and activity is seen as a luxury and they physically cannot afford to take part in any activity unless it is free.

Within St Patricks Primary School 75% of young people are in receipt of free school meals. Referring back to the deprivation statistics on page 7, the New Lodge is the 3<sup>rd</sup> most deprived community in Northern Ireland – we have 17.4% of families who are long parents with dependants.

Unless the school offer free sport the young people will avail of limited activity and never experience structured club based activity.

With reference back to the New Lodge deprivation stats, these would support the fact that for many families and members of the community costs is a barrier to participation.

Building on this, with area ranked in the top 10% of most deprived areas in relation to health and crime there is a real need especially from youth service centres to use the social pillar of sport and activity to contribute to tackling issues which are having a negative effect on the community.

Put simply, if all key community groups can pull together their knowledge and resources, this in turn can produce more effective intervention based programmes.

The need for more volunteer led intervention programmes and the appointment of a dedicated sport and activity offer would have a great impact on the community.

### Volunteer led intervention programmes:

**Street Games:** TAMHI will support a network of projects which give sports and volunteering opportunities to young people in across the community. Doorstep sport is Street Games' delivery method, whereby we bring sport close to the home in our disadvantaged community at the right time, for the right price, to the right place and in the right style.

The aim of each Street Games project, will be to create projects that are sustainable and become part of the fabric of our community. This leads to stronger and safer communities, a championing of social action and volunteering, as well as improved health and wellbeing.

**Fight for Peace:** Fight for Peace uses boxing & martial arts combined with education and personal development to realise the potential of young people in communities that suffer from crime and violence. New Lodge Youth worker Katrina Newell has been working with Fight for Peace to establish a programme of activity in the New Lodge area.

TAMHI will support the development and delivery of the above programmes. Both present a fantastic opportunity to change people's lives and this in turn promotes positive mental health as well as inspirational stories.

### Sport & Activity Coordinator

The vast majority of groups involved in the consultation exercise agreed that having a paid employee who would coordinate sport and activity and deliver a number of targeted FREE Play hours was an aspirational goal they would all support TAMHI on achieving. TAMHI will work to secure funding to appoint this position for community benefit.

#### Activity & Sport Coordinator Role:

- Assists in planning, promoting, implementing, supervising, and coordinating sports programs, day camps, and special awareness themed events;
- Promote the activities of local clubs and deliver afterschool's programmes from 3pm-5pm on their behalf;
- Deliver 30 hours of activity per week with 5 hours admin;
- Create a free play club which will operate 4 hours a week targeting kids that cannot afford to participate in sport;
- Promotes interest and participation in sports through public relations and informational programs;
- Assists in administration of the youth and adult sports and recreation classes;
- Actively researches new sports programs;
- Develops Summer Camps, Easter Camps and Halloween Camps and working in collaboration with all New Lodge community groups.

#### Aligned to Priorities

- Get more people active
- Tackling social issues



## Key Themes: Facilities

The New Lodge is one of the most densely populated areas in Northern Ireland. In regards to green space and suitable play space for structured sport and activity the area is lacking in comparison to other neighbouring communities.

St Patricks Primary School is one of the biggest school in North Belfast, yet has no suitable play facilities for structured sport based activities. The playgrounds are small and limit the activities that can be delivered .

However there are potential exiting times ahead with the development of facilities in the area.

This section will explore the facility needs of the sporting community;

1. Current Facilities – ideas for development and better usage
2. Facilities under development within the community
3. Future facilities – aspirational ideas for development



## Boxing

### Boxing

Local boxing thanks to investment from Sport Minister Carál Ní Chuilín will soon benefit from upgrades to their facilities in 2015. TAMHI has supported 3 local clubs Star ABC, Belfast Kronk ABC and Holy Family Golden Gloves to secure £80K worth of investment to improve their clubs premises.

These new upgrades will allow the clubs to deliver additional programmes especially targeting young people at risk, females and people with a disability.

Holy Family Golden Gloves have been given land by the Ashton Community Trust to create a new boxing gym facility on old piece of wasteland in close proximity to Clifton Street, which is part of the New Lodge area. There are aspirations in place to create a centre that combines education with boxing and fitness.

### Community Halls

A lot of sports/activities identified can be delivered indoor. The New Lodge Community is home to 6 small halls:

- New Lodge Youth Club
- St Kevins Hall
- 174 Trust
- North Queen Street Community Centre
- St Patricks Primary School -2 assembly halls

TAMHI will work with groups to ensure that sufficient equipment provision is in place in each centre for targeted sports initiatives

Subject to the new sports taking off; TAMHI will work with the owners of the respective halls to ensure the facilities are fit for purpose to accommodate the respective sports e.g. Netball, Basketball etc.

TAMHI will engage with Belfast City Council and Belfast Education Library Board if any changes to hall markings are required.

### GAA

Thanks to investment from Belfast City Council, Department of Education and the GAA Governing Body of Sport – the Crickey located on the Cliftonville Road will be the home of North Belfast GAA.

This facility will enable the local GAA club Pearce’s GAC to grow and develop Gaelic games within the New Lodge community as well as their wider catchment area of lower North Belfast.

### Football/Soccer

The biggest obstacle to growth and development of soccer teams is lack of suitable facilities in the area; the nearest facility is St Malachy’s college which has a 3G pitch but due to demand, New Lodge soccer club programmes are scattered throughout different areas.

However with the development of new facilities within the area this has the potential to be an exciting time for ball playing sports.



## **Girdwood: Address the Football/Athletics Need**

Plans have been approved for a multi-sport pitch within the Girdwood Development which will be complete by June 2015. The consultation exercise was completed and records will show that St Patricks FC fed into this. St Patricks Young Men FC hope the pitch meets IFA standards.

### IFA Requirements

- Full spec IFA pitch
- Changing Home/Away and Ref
- Side entrance for ref to enter pitch
- Dugouts
- Fenced perimeter
- Flood Lights

Then surround the pitch with a running track. With a flood-lit athletics track, the sport can grow and develop in the community as late night training can be offered in a safe environment.

This facility would meet the needs of local football/soccer and local athletics community.

### **St Patricks Young Men FC**

Subject to the facility meeting IFA requirements the club would put forward a formal request to use the facility as a home base. They play as an intermediate level club and cannot progress within their leagues as they do not have primacy in any facility. Currently they share with Crumlin Star FC at the Cliff in Larne but cannot progress within their league.

**St Patricks FC (Junior Team):** The club has to deliver some programmes in Manor Street MUGA which is a barrier to growth; as it is outside their catchment area. The fact that the training is in another electoral ward all together and not part of the New Lodge is off putting for kids; and parents with no access to a car will not travel to this facility. Access to a facility on the clubs doorstep will support the clubs aspirations for growth and development.

The club is also limited to use within St Malachy's College and Waterworks 3G due to high demand. The club has dreams and aspirations to have a facility in the New Lodge that although they will not own the pitch, they will feel part of something and have something that will provide them with the opportunity to fulfil their full potential and were young people will have an affiliation to the facility as a home pitch.

The club incur large travel bills every week having to bus young people to various venues through Belfast, if Girdwood was allocated as South Belfast Boys league venue, and St Patricks FC teams could take it in turns to play there every other week, then this would provide a huge boost for the club in terms of overcoming challenges faced by the burden of travel.

### **School**

St Patricks Primary School since the amalgamation of Star of the Sea and Edmund Rice Primary School is now one of the most populated school in North Belfast. It is also one of the worst catered for schools in relation to access to sport facilities. The school has two assembly halls and a few concrete playgrounds, every year they have to incur vast costs to take the kids away for sports days to better facilities.

The School have no suitable facilities for afterschool sport and the Girdwood facility could support the school to better provide sport and activity for the 600 young people they serve year on year. A pitch with an athletics track would be the ideal place for all ball games and sports day type events.

Girdwood is in the pipeline, so the local ball playing sport community of the New Lodge want to make an active contribution to the future development of the facility and if this is allowed they are confident we can make the facility a success.

The Department of Social Development DSD who are responsible for the site asked for community input into what potential users would like to see on the site 00(Over and above the 3G and Hub).

TAMHI submitted recommendations for:

- Swimming Pool
- Indoor 3G
- Athletics Track
- New home of NI Boxing

Football is the most popular sport in the New Lodge community and the football community area excited about Girdwood and have been thinking about ideas that will help make Girdwood a success.

This will all be subject to pricing which must account for high deprivation levels and empowerment to become involved in future Girdwood sports development planning.

## St Patricks FC/St Patricks Young Men FC proposed use of Girdwood

St Patricks FC: 170 Young People at the minute; growing year on year with successful academy programme; but affected by lack of facilities.

St Patricks Young Men: 3 Teams (55 players) – 2 Intermediate and a Belfast and District Team – Note that two teams can share the pitch as a home facility – the plans were always to team up with a local protestant team to really promote a symbol of a shared future and send a message of hope and reconciliation

The block bookings for training will allow for mid-week matches to take place so that teams can manage their calendars.

Now is the time to engage with the wider community about Girdwood – with the developments of the Hammer, Marrowbone and the recent news about Loughside development; the New Lodge Sport Community in terms of need is under catered for – and can ensure Girdwood is a great success.

Pricing must account for the fact that the surrounding areas are all areas of high social deprivation.

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9-2						South Belfast League – St Patricks FC Home Pitch	
2-5					After Schools	St Pats Young Men/Neighbouring Team – Match Day (alternate)	(2hr) Academy
5-6						<b>NOTE THAT IF FLOODLIGHTS IN PLACE _ LATE KICK OFFS</b>	Community
6-7	St Pats – 8s,9,10s	Neighbouring Youth Team	St Pats – 8s,9,10s	Neighbouring Youth Team	Walking Soccer		Community
7-8	St Pats – 11s 12s 13s 14s	Neighbouring Senior Team	Neighbouring Youth Team	Veterans Soccer	South Belfast League		Community
8-9	St Pats Young Men	Neighbouring Senior Team	St Pats – 11s 12s 13s 14s	St Pats Young Men	South Belfast League		Community
9-10	St Pats Young men	Neighbouring Senior Team	Community	St Pats Young Men	Community		

## Summer/ School leave periods

### Good Relations: Ideas for development

The following are summer interventions that can be run to tackle social issues in the community if the clubs had the right facilities

- Ward Cup: Cross community football tournament; were teams from all the main Belfast wards compete. A social theme can be selected to raise awareness e.g. drink and drugs, crime prevention, mental health.
- Summer Camps: Aimed at getting young people active in the respective sports who book the facility around the programme.
- Game of three halves: GAA/Rugby/Football matches held to build good relations.
- Coaching Courses delivered to NEETs (Not in Education, Employment and Training)
- Outdoor boxing shows
- Festival of sport to showcase the facility and the symbol of hope and a shared future



## Facilities in surrounding communities

There are existing sport facilities or facilities under development in all the communities surrounding the New Lodge. The surrounding local ball playing communities are or will be catered for due to these developments.

The fact that St Patricks Young Men FC have to play their home games in Larne is testimony to the urgent need of more fit for purpose local facilities in North Belfast.

Shankill: Hammer 3G (Home of Shankill Utd/Lower Shankill FC , New City Church 3G, Woodvale Park, Albert Foundry FC , Clarendon Playing Fields (home of Woodvale FC/Shankill JRS), Springfield Star 3G MUGA, Berlin Swifts FC have been allocated an old school field.

Ballysillian: 3G pitch and grass playing fields – Ballysillian Swifts need home pitch they play in East Belfast– Ballysillian YM play on their home turf. Boys Model 3G – Privately run. Also the well published Ballysillian blueprint agreed by DSD shows an upgrade to pitches and leisure services.

Ligoneil: 3G pitch under development, plus they have two old pitches at the back of the estate.

Cliftonville: Solitude 3G, Crickey GAA 3G pitch under Development; Manor Street MUGA.

Oldpark: Belfast Royal Academy, St Malachy's College , Carrs Glen are teaming up to convert Joanmount Site to a soccer/GAA/Rugby pitch. Also the Girls Model has excellent facilities but these are privately run.

Ardoyne/Marrowbone: Have a 3G pitch, home of Shamrock FC. Ardoyne Youth FC/Oldpark Reds FC use this as a home pitch and it has had an amazing impact on the growth and development of sport and club in the Ardoyne/Marrowbone area.

Waterworks: Has a 3G MUGA

Waterworks Top Pond/Westland – only known team that use the pitch is Westland Old Boys FC.

Tigers Bays/Shore Road: Malgrove 3G development of two pitches approved . Grove playing fields. Seaview 3G. Loughside 3G development has been passed which will incorporate Newington FC and Crusaders FC youth teams.

New Lodge/Carrickhill: Has St Malachy's 3G which is a school and not public access . Girdwood under development.

The Newlodge Sport community deserve to have something they can call a home base and affiliate to just like the rest of the surrounding areas. The recent development in the Ardoyne/Marrowbone 3G has seen the rapid growth of the Ardoyne Youth Football team, because kids are saying that's OUR pitch, we have somewhere to go and OUR community did that for us.

The New Lodge Soccer/football community would like the same opportunity.

### Waterworks Top Pond/Westland Pitch

In the event that Girdwood cannot accommodate an IFA standard facility that can be used on match day, TAMHI will work with local soccer/football clubs to prepare a proposal for the use of the Waterworks/Westland pitch.

Belfast City Council have approved the £600,000 investment in the upgrade of car parking facilities and installation of changing facilities. The venue would require dugouts and a few minor modifications to meet IFA requirements.

This is a facility located in shared space and St Patricks Young Men FC will lodge a formal request to use this as their home base. At the minute the pitch with no changing facilities is used by the Belfast Boys Brigade league and they have allocated this to the Westland Old Boys Football Team to use as their home pitch.

A fair and reasonable request by neighbouring nationalist teams will be submitted for dual usage of the facility that will then benefit both the main Northern Ireland communities.

Cross community collaboration could provide a strong case to have floodlights installed to maximise the use of the facility. Also this has the opportunity to promote a positive shared future success story.

### St Malachy's 3G

TAMHI met with the school in October 2014. They are receptive to putting on football markings which would enable local soccer teams to play home games on a Saturday, provided funding secured for markings and soccer goals.

### North Queen Street Park

If Girdwood meets all the sports development requirements for the New Lodge ball playing community in terms of providing a safe and quality space for structured sport and activity then the need for a 3G MUGA at North Queen Street park will be superseded. There is still merit in exploring possible sources of funding to convert the existing concrete surface into a soft play surface, to enable the facilitation of more free sport and free play.

Clubs are happy to explore funding applications for the installation of a 3G MUGA within the park – but are committed first and foremost to trying to become involved in Girdwood as noted this is a facility that is being installed.

### St Kevin's Hall/Girdwood Swimming Pool

Plans in relation to the installation of a swimming pool within the St Kevin's hall were circulated within the New Lodge community. Recently local political leaders have suggested that requests have been made to install a swimming pool within Girdwood.

The installation of any pool in any of the centres would go a long way to providing additional recreational activities as well as supporting the possible establishment of a school club and afterschool's club.

Note TAMHI is committed to supporting all the local groups to set up and establish programmes to maximise the usage of any facility.

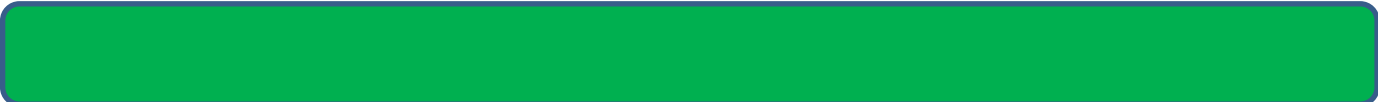
### GAA Clubhouse

Pearse's GAC have Aspirations to have their clubhouse with gym facilities which they will use as a platform to grow and develop in North Belfast. This is aspirational and depends on space becoming available to enable this opportunity to be realised. With the new 3G GAA pitch being developed for North Belfast – the Clubhouse would support the club to grow GAA in the community.





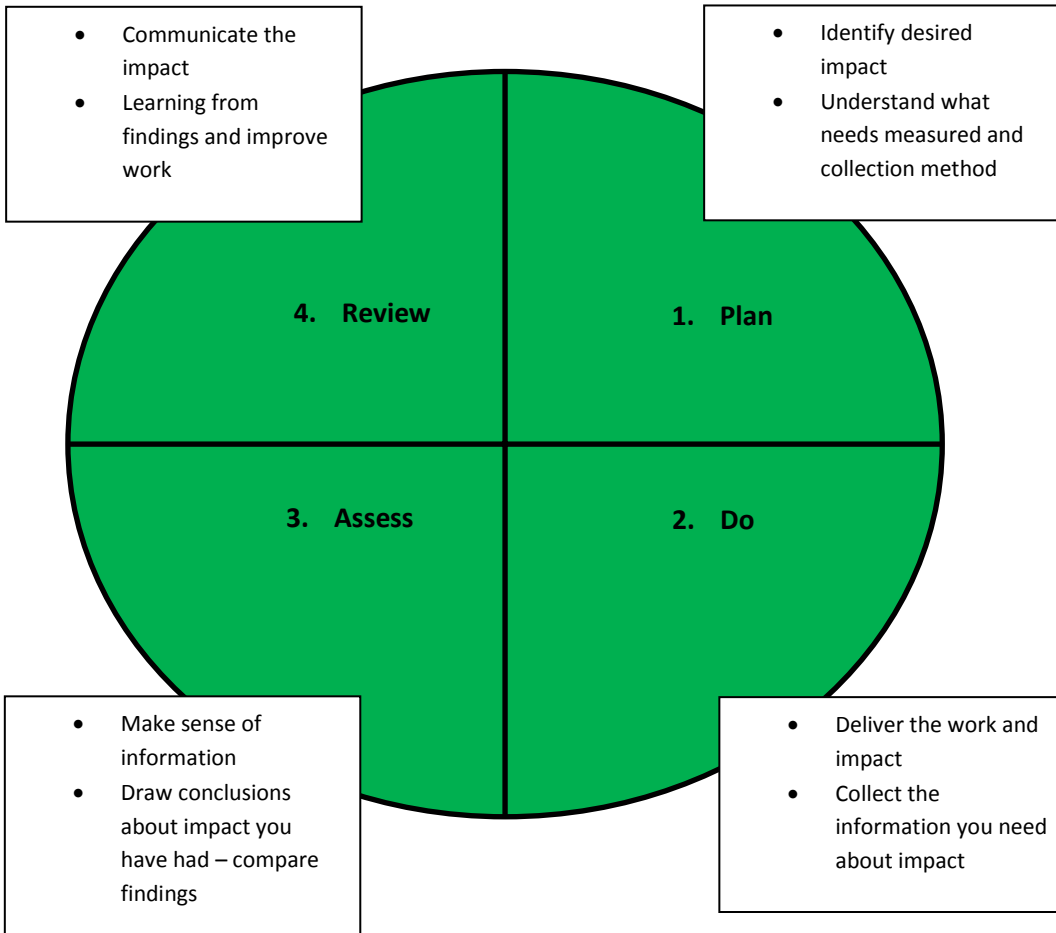
## Key Themes: Conclusion



To ensure effective delivery of this strategic plan, TAMHI will ensure that each and every project delivered is put through the cycle of impact practice.

TAMHI through Sported has signed up the Inspiring Impact NI initiative, which aims to support groups to showcase their true impact.

There are four main areas of activity that make up the impact practice which will be applied to any project or club activity involved in delivering this strategy.



Based on all the consultation with all local clubs and service providers who deliver activity based programmes TAMHI agreed 6 desired priorities

- Getting more people active
- Getting more people involved
- Tackling social issues
- Access to quality facilities
- Increase sports groups capacity
- Successful athletes

It is widely accepted

- that the key performance indicators set are challenging but achievable;
- Programmes developed may cut across all the key priorities- programme concepts have been discussed with groups (P32)
- Better access to facilities would enable greater growth in participation
- More programmes are needed to address gaps in provision
- This is a living document and will be subject to change;
- All programmes from October 2014 will be monitored and evaluated by TAMHI in terms of their community impact with a special focus on participants mental wellbeing

TAMHI's goal is to make the New Lodge a better place through successful delivery of this strategy. There is a strong focus on not only raising awareness of mental health, but taking on the issues that can have a negative effect on wellbeing. The successful delivery of this strategy will increase the number of positive choices that people can make, resulting in the realisation of positive mental and physical health for those that engage in programmes.

TAMHI also feels that due to the focus on tackling issues in the community through focused sports provision that delivery of this strategy could save lives.

\*regular sport and activity: involvement in a club or structured ongoing programme

# 1. Get more people active

KPI	2014 Baseline	2015	2016	2017	Actions required	TAMHI's Role	Community Lead
1.1. The number of young males (u6) involved in regular sport or activity	20	30	40	50*	Better promote the communities current clubs by arranging club outreach programmes and try it events through schools and nursery centres;  Expand the range of sports in school– currently GAA (camogie, hurling, football), Soccer and Multi-sport offered in school. Demand in place for athletics, boxing, Netball, Fitness; as well as setting up new clubs  Develop enjoyable introductory activities that will improve people's health and well-being at community events/tie in and support existing community programmes. Festival of Sport as part of the Flaih Summer Programme – "Sport of the Week"  Design and deliver building resilience through sport programmes in partnership with Mental Health Charities  Create opportunities and initiatives which encourage increased participation in sport and physical activity for non-active and low participating groups of people e.g. women and older people – Fitness Programmes/Camps – in partnership with key partners  Create opportunities and initiatives which encourage young people to take part in sport and physical activity.  Deliver and develop Sport In the Community Summer Programme/Scheme in partnership with all key groups – focus on all target groups  Organise Street Games development programmes. Pop Up/Door step sport/Existing clubs delivering, US Girls and youth centres taking on non-traditional sports in the community.  Active Communities Coaches – brought in to start programmes  *Organise mass participation events are sports days and fun days with activity focus.	<ul style="list-style-type: none"> <li>Design club marketing materials &amp; resources;</li> <li>Support development of new initiatives and programmes;</li> <li>Support fundraising activities;</li> <li>Support groups to apply for grant aid;</li> <li>Provide capacity building support for new clubs</li> <li>Work with relevant committees to establish partnerships that will enable delivery of successful programmes;</li> <li>To take an active role with supporting school sport development as a member of Friends of St Patricks Primary School Committee</li> </ul>	<ul style="list-style-type: none"> <li>TAMHI</li> <li>Clubs</li> <li>Community</li> <li>Youth Centres</li> <li>Schools</li> <li>BCC</li> </ul>
1.2. The number of young females (u6) involved in regular sport or activity	8	10	10	20			
1.3. The number of junior (6-17) males involved in regular sport or activity	200	220	240	260			
1.4 The number of junior (6-17) females involved in regular sport or activity	20	30	40	50			
1.5 The number of adults (18+) males involved in regular sport or activity	100	150	200	250			
1.6. The number of adults (18 +)females involved in regular sport or activity	No baseline	20	40	50			
1.7. The number of older people (50+) taking part in regular sport or activity	20	25	30	35			
1.8 The number of people from ethnic community background taking part in regular sport or activity	15	15	15	15			
1.9 The number of people with a disability taking part in regular sport or activity	24	24	24	24			
1.10 Mass participation events (one off events)	500	520	540	560			

Who: Pearce's GAC

What did they do?: St Patricks Primary School got a 2013 Active Schools Grant that enabled us to deliver an afterschool's programme – which is now sustainable as we have a commitment from University based students to use spare time to coach for the club.

Testimonial: "We have tapped into a resource through school club links that will support the growth and development of our club" – Martin Hill (Chair Person)



## 2. Get more people involved

KPI	2014 Baseline	2015	2016	2017	Actions required	TAMHI role	Community Lead
2.1. Increase the number of general volunteers in the community to support sport clubs	61	65	70	75	Link with initiatives and programmes that assist personal development eg Step into sport, Community sport leaders;  Improve the quality and standard of the coaching workforce ensuring all clubs and activity providers have access to the right skill sets for programme delivery;	<ul style="list-style-type: none"> <li>Funding – Collectively the community and clubs will bid for funds and explore social innovation/enterprise to attract investment.</li> <li>Commitment – Target NEETS and those subjected to the Working Benefits system – were they work to support club development.</li> <li>Support the development of volunteer schemes that provide good incentives to get involved.</li> </ul>	<ul style="list-style-type: none"> <li>Centres responsible for Employment &amp; Learning ,</li> <li>PSNI,</li> <li>Clubs,</li> <li>Youth Groups</li> </ul>
2.2. Increase the number of qualified coaches in the community	43	46	50	55	Establish an initiative that attracts specialised skills to clubs in relation to ICT and administrative personal.		
2.3. Create and develop links with other community groups who can support the development of sports clubs in the community  Memorandums of Understanding in place with community partners.	0	8	10	12	Support the delivery of Sport Leaders Awards across the area – develop our own scheme to recognise local sporting volunteers.  Develop a local coach development programme – Were those with free time during the day facilitate school based/after school programmes on behalf of clubs.  Support sports clubs to provide a progressive and effective pathway to sustain lifelong participation eg LTAD		
2.4. Implement one annual programme targeting NEETS and people on the new working benefits schemes	0	1	1	1	Work with National Governing Bodies of Sport to develop grass roots opportunities and training in the area  Deliver and develop a School / Club Links programme across the area  Explore probation board links and programmes e.g. Community Service		

Who: St Patricks FC/North Belfast Play Forum

What did they do?: Thanks to investment from Sport NI/TAMHI the groups ran an IFA level 1 course over the month of November (3 consecutive Sundays , which has now put 17 new qualified coaches into the community with 8 St Pats Coaches

Testimonial: Accredited Coaches = Better Quality Coaching experiences , Seamus Heath IFA had nothing but good positive things to say about all those who took part

Billy Whyllie: NBPF – Manager



### 3. Tackle Social Issues

KPI	2014 Baseline	2015	2016	2017	Actions Required	TAMHI's Role	Community Lead
3.1. Deliver 4 annual Intervention Programmes to tackle issues around Anti-social Behaviour	0	8 (Groups involved )	10 (Groups Involved )	12 (Groups Involved )	Deliver intervention based programmes such as midnight street soccer, midnight boxing when young people are on school leave- Easter, Summer, and Halloween. Also deliver a programme during August of each	<ul style="list-style-type: none"> <li>Support the development of programmes – planning, organising and evaluating;</li> <li>Support funding applications;</li> <li>Collaboration with leading local mental health groups to arrange effective campaigns;</li> <li>Championing cross community links and programmes</li> </ul>	<ul style="list-style-type: none"> <li>TAMHI</li> <li>School,</li> <li>Safer Streets, Clubs,</li> <li>Youth Groups</li> <li>Health Groups</li> <li>Mental Health Charities</li> </ul>
3.2. Establish a sport and education Programme and deliver within the local clubs / New Groups	0	8	10	12	Support the delivery of Street Games and Fight for Peace type initiatives		
3.3. Deliver an annual Mental Health Awareness Campaign through sport Clubs /New Clubs & Groups	0	8	10	12	Support the development and delivery of Mental Health Awareness campaigns in the community;		
3.4. Deliver School Health and Wellbeing Programme – targeting 600 kids annually	600	600	600	600	Work with local health groups to deliver a successful health campaign within the community involving key groups/teams;		
3.5. Take part in sport related cross community events/programmes	2	4	5	6	Support the development and delivery of cross community sport programmes		

Who: St Patricks FC



What did they do?: Paul Hamilton Wins Justice Awards 2013 – for recognition of using sport to tackle social issues

Testimonial: The real power of sport is tackling issues, this reward was for the club, I ensure as lead coach that our programmes develop the person, not just the player.

Paul Hamilton (Secretary)

Who: St Patricks FC

What did they do?: In Summer 2014, we run a summer camp for kids that resulted in the creation of an additional U10 team and an additional 5 females joining the club.

Testimonial: Investment makes a difference to small clubs likes ours, but we maximise every penny to get more people involved in our activities and into a socially supportive club.

Paul Hamilton (Secretary)





## 4. Access to Quality Facilities

KPI	2014 Baseline	2015	2016	2017	Action Required	TAMHI Role	Community Lead
4.1. Upgrade the 3 main Boxing Facilities	0	3	0	0	Boxing Investment Programme – upgrade 3 facilities with fit for purpose changing facilities.	Coordinate all activities and paperwork management to ensure smooth and effective delivery of the 3 schemes – all taking a role in ensuring effective monitoring.	<ul style="list-style-type: none"> <li>TAMHI/</li> <li>3 local boxing clubs</li> </ul>
4.2. Affiliating to Girdwood as a “Home Base” for local primary school St Patricks PS and 2 local St Patricks Football Teams. – Benefiting from other affiliated projects	0	2	0	0	St Patricks FC and St Patricks Young Men FC have expressed interests to use Girdwood as a home base – both are local teams that are based in close proximity to the new installation.  Both clubs to develop coaching development programmes that will maximise the use of the facility.  Cycling Path presents opportunity for running/cycling	<ul style="list-style-type: none"> <li>Lobbying Government;</li> <li>Using sports development knowledge to help each club build a case to justify and allocation of facilities for training and for match day use;</li> </ul>	<ul style="list-style-type: none"> <li>TAMHI</li> <li>School</li> <li>2 Soccer/Football Teams</li> </ul>
4.3 Aspirational: Convert North Queen Street Park * St Macs 3G to allow teams to play sport on these	0	2	0	0	The park has lights which need fixed.  There is merit in the installation of either a 3G surface or a Bitmac.  St Macs – Football Markings and Goals	<ul style="list-style-type: none"> <li>Support the delivery of free play programmes for kids that cannot afford to take part in sport or activity;</li> <li>Lobby government to install a suitable playing surface;</li> <li>Help source funding if the 3G option is taking forward.</li> </ul>	<ul style="list-style-type: none"> <li>Clubs</li> <li>Community Groups</li> <li>St Patricks FC</li> <li>School</li> </ul>
4.4 Need for Boxing/Fitness Facility to enhance the offering and sport provision for producing Olympic and Commonwealth champions;	0	0	1	0	Holy Family Gym have been allocated land beside the Mc Sweeney Centre in Clifton Street to develop a new facility – due to the success of the club in terms of producing champions - funding needs to be sourced to build this new facility.	<ul style="list-style-type: none"> <li>Funding - the key strategic community groups will collaborate for this facility</li> <li>Development of programmes if this facility gets the green light</li> </ul>	<ul style="list-style-type: none"> <li>Holy Family Golden Gloves</li> <li>Ashton Community Group</li> </ul>
4.5. Ensure all halls selected for the facilitation of new proposed sports are fit for purpose;	0	1	0	0	Need halls upgraded/made fit for Netball, Indoor Multi-games and Basketball	<ul style="list-style-type: none"> <li>Funding - the key strategic community groups will collaborate for this facility</li> <li>Developing relationships with hall owners to enable this</li> </ul>	<ul style="list-style-type: none"> <li>Hall owners (Belfast Council, BELB)</li> </ul>
4.6. The Development of the swimming pool in the area	0	0	0	1	Need for a swimming pool – two sites have been discussed Girdwood and St Kevins Halls	<ul style="list-style-type: none"> <li>Support any development of this project</li> <li>Develop programmes to complement any installation of a swimming facility.</li> </ul>	<ul style="list-style-type: none"> <li>TBC</li> </ul>
4.7. Development of a Pearce’s Clubhouse	0	0	1	0	Need for the local GAA club to have a home base and a gym facility for development.	<ul style="list-style-type: none"> <li>Find space and possible development opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Pearce’s</li> </ul>

Who: New Lodge Boxing Clubs

What did they do?: With Support from TAMHI they were able to create achievable sports development action plans that enabled them to attract the £80K worth of funding to develop the 3 clubs.

Testimonial: “When we have new facilities, we will be better placed to deliver more programmes, clubs like ours thank TAMHI for its support and direction and we will not let the organisation down in delivering our targets” Liam Corr (Star ABC Secretary)



## 5. Increase Sport Groups Capacity

KPI	2014 Baseline	2015	2016	2017	Actions required	TAMHI's role	Community Lead
5.1. Ensure that all 6 Junior Groups (New Groups) have the relevant Quality Mark	1	4	6	8	Identify projects which promote social enterprise. Links established with Social Innovation Camp RE: Improving access to technology for clubs	<ul style="list-style-type: none"> <li>Develop new programmes aimed at building capacity;</li> <li>Develop partnerships that will enable clubs to build capacity and add value to their services;</li> <li>Review and amend all club policies in line with Clubmark accreditation guidelines;</li> <li>Develop a scheme in partnership with youth centres aimed at centralising club administrative tasks – NEETS and those on job seekers scheme take active role in managing club websites, and supporting club marketing and promotion</li> <li>Support funding applications for all key CPD courses e.g. safeguarding, first aid.</li> </ul>	TAMHI – Clubs
5.2. Full Governance Review of All Groups	0	6	6	8	Work with local clubs to help them achieve Clubmark accreditation (quality standard) and to ensure they have all the relevant policies and procedures in place.		
5.3 Ensure all Groups have undergone all relevant CPD courses	1	6	0	-			
5.4. Support the Development of Social Innovation Projects in collaboration with groups with capacity	0	3	6	8	Set up a "Capacity" programme targeting young people on schemes that involved website and publication design – were they work with clubs.		
5.5. The number of groups/clubs who deliver their sport focused targets as per their development targets.	0	0	0	6	Work with all key partners to establish a "Club Near You" app/webpage and booklet to raise awareness of all clubs in the area and to provide a platform for members of the community to put forward suggestions to address gaps in provision.		
5.6. Awareness Campaign – to promote local clubs, events and programmes – support development of better Marketing and PR	0	1	1	1	Deliver and run key club/education programmes to develop the skill sets of club members.		

## 6. Successful Athletes

KPI	2014 Baseline	2015	2016	2017	Action required	TAMHI Role	Community Lead
6.1 Number of Commonwealth Boxing Medals	2	0	0	0	<ul style="list-style-type: none"> <li>Maintain the current level of Boxing Training being delivered by Holy Family's Gerry Storey</li> <li>Through IFA training programmes continue to produce Young Football/soccer players of a high quality</li> <li>Review Elite Boost Membership</li> </ul>	<ul style="list-style-type: none"> <li>Facilities – with better facilities the club will be better placed to produce more champions / Working to secure funding</li> <li>Support the coach education requirements of local volunteers who wish to avail of higher level coach qualifications who are committed to investing this knowledge in enhancing the performance of local athletes.</li> </ul>	Holy Family  Soccer/football Clubs
6.2 Number of Olympic Boxing Medals	1	0	2	0			
6.3 Number of players progressing to Irish League clubs /NI Youth Level	2	4	4	4			

Who: Holy Family Boxing Club

What did they do?: In 2014 two fighters Paddy Barnes and Michaela Walsh, both brought home medals from the Commonwealth Games, putting NI on the world map and raising the profile of Boxing in the country – both are products of New Lodge Sporting System.

Testimonial: “We produce champions, we have Gerry Storey one of the most recognised and respected trainers in North and South of Ireland” Paddy Barnes SNR



The following section lists a number of projects/ideas put forward for development to help achieve the plans objectives. Note full programme specs would be drawn up to detail what each project entails in order to bid for any support.

Programme	Summary	Delivery Agent	Target Contribution	Approx. Cost
<b>Outreach Programmes/Taster Sessions</b>	<p>7 Local Clubs deliver simple taster sessions in partnership with community groups and youth centres.</p> <p>Focus will be on showcasing –</p> <ul style="list-style-type: none"> <li>• who the club are</li> <li>• what they are about</li> <li>• where they are located</li> <li>• price</li> <li>• programmes on offer</li> </ul>	7 Sports Clubs currently in the area	Target 1. ALL	<p>£500 per club for equipment</p> <p>£100 per club flyers</p> <p>Time: Voluntary</p> <p>£600 per club</p>
<b>School Programmes</b>	<p>After Schools: Demand in place but clubs must find resources.</p> <p>P1-P3: FUNdamentals P4-P7: Junior Development</p> <ul style="list-style-type: none"> <li>• Focus will be on:</li> <li>• Fun activities</li> <li>• Increasing club membership</li> <li>• Promoting the clubs role in the community</li> <li>• Establishing programmes that directly link to learning delivered in schools which provides an opportunity to enhance participant ability e.g. school teaches 1 thing club teaches it another way</li> </ul>	Clubs /School /Youth Groups	Target 1. All Target 3.4	<p>10 week Programmes</p> <p>10hrs x 2 coaches @ £20p/h (Sport NI rate) =£400</p> <p>Equipment: £500</p> <p>= £900 per club</p> <p><b>Tap into FREE Active Communities Support</b></p>
<b>Community Events /Campaigns</b>	<p>Events provide a great opportunity to showcase the powerful role of sport.</p> <p>Simple ideas that can be achieved are:</p> <p>Outside Boxing Fights – great way to get lots of people to one location and showcase boxing in the community as part of the New Lodge Festival.</p> <p>Michael Collins Cup – Annual tournament in memory of a young man from the area who passed away</p> <p>Looking at Designing – Festival of Sport, Club Awareness Days (like in USA where kids sign up for programmes on offer), and the Club Near you resource for every resident to showcase</p> <p>What the community has to offer and how it all links – the partnerships need to be in place and understanding of what expectations are and how they will work.</p>	Community Groups/Clubs	Target: 1 All. 3.1, 3.5, 5.6	<p>£200 Equipment</p> <p>£200 Refreshments</p> <p>£200 Venue Hire</p> <p>Approx. £600 per small event</p>



	Tucker and Titch Cup – Annual Tournament in memory of young men from the area who passed away			
<b>Box-ability</b>	Disability Boxing Programme were boxing clubs work with carers to teach them how to engage people with a disability in the sport of boxing; focus is on pad work and fun	174 Trust	1.8	10 week blocks @ 1hr x £20p/h coach = £100 Equipment: £500  £600
<b>Street Games : Doorstep Sport</b>	<p>A Doorstep Sport Club provides a vibrant and varied sporting offer to young people in disadvantaged communities that is designed to grow their motivation and ability to adopt a sporting habit for life.</p> <p>The coaches who run the clubs will be special people - skilled in leading sport as well as in supporting young people to make the best of them. The coaches will be local and know the communities they work in. The young volunteers who co-run the clubs will gain new skills and qualifications and grow as they learn to lead.</p> <p>In the New Lodge we need coaches to take on the non big 3 sports – we need; Netball, Basketball, Golf, Tennis, Badminton, Fitness, handball etc</p>	Youth Clubs	Target 1.All, 2.1, 2.2, 2.3, 2.4, 3.1	Coach Education: £500 per coach  Equipment: £1000 -£2000 per sport
<b>Playing Out – Pilot</b>	<p>Playing Out started with a residents’ association opening up one street for play. They received a small amount of funding from NHS</p> <p>Bristol in 2010 to expand and have since gone on to secure core funding from public health and project monies from the Local</p> <p>Sustainable Transport Fund and Play England. Children and residents are provided with the opportunity to be physically active on their street through play by limiting vehicular traffic during the after school period for a 2 hour period up to once a week.</p> <p>Evaluation was carried out by the University of Bristol. 66 children aged 2 to 13yrs wore GPS and accelerometers during playing out events on 2 residential streets after school</p>	Youth Clubs (Seal off streets during the New Lodge Festival – which as been done in the past)	Target 1. All	Equipment only  Health & Safety – Road Barriers and Stewards Bibs - £500  Multi-purpose equipment £1,000  OR  Ask clubs to bring what they have – FREE

	<p>between 4 and 5pm.</p> <p>Children were outside approximately 70% of the time during the street closure monitoring period.</p> <p>This compares to less than 20% usually spent outdoors during this time period on an average school day by Bristol children of a similar age. Children spent 30% of their time outside during</p> <p>Playing Out sessions in moderate to vigorous physical activity (MVPA) and another 15% in light activity. This compares to on average 5% of time indoors spent in MVPA during this time of day for children of a similar age. – Great Case study to articulate what the programme will cover</p>			
<b>Street Games: Us Girls</b>	<p>Based on a successful programme run by Street Games UK – this initiative empowers females aged 14-25 to create programmes that meet their needs.</p> <p>Females from the community have put forward suggestions for Boxercise, Fitness Programmes, Netball, Swimming – and single gender soccer – suggestion put forward to develop the St Patricia multi-sports club</p> <p>Currently reviewing how best to take Female sport forward in general</p>	Youth Clubs, Girls	1.4, 1.6	<p>Equipment: £1000 per sport</p> <p>Coach Education: £500 per person</p> <p>Governance Training: £500</p>
<b>Developing Young Leaders</b>	<p>This can be incorporated into the Street Games Model – or developed independently as part of general club programmes. It is vital that all groups think about their future and by development Youth leader programmes they are creating a culture of Peer-Peer Support and mentors that will provide a platform for growth and development.</p> <p>Various Awards and support programmes exist such as Street Games – Co-op Street Games Volunteer wards which can be tapped into as well as princes trust</p>	Youth Clubs/Clubs	2.1, 2.2	<p>Coach Education: £500</p> <p>Resources flyers, equipment: £1000</p>
<b>Midnight Street Soccer/Boxing</b>	<p>Good Relations/ Community Development and Intervention Programme designed to keep young people aged 14-18</p> <p>The programme brings together street teams from various roads – while the New Lodge will not</p>	Clubs	1.3, 1.4, 3.1,	<p>City Council provide up to £1000</p> <p>Street Tournament would</p>

	<p>deliver Street games at a top level, a simple community street games were teams represent their streets is achievable and will create a positive bizz in the community.</p> <p>Belfast City Council as part of the Boxing Strategy are supporting clubs in setting up late night boxing classes to provide intervention</p>			be approx. £1000
<b>Fight 4 Peace</b>	<p>One of the leading Youth Workers has been developing this programme in the area of the New Lodge.</p> <p>The programme entails taking disengaged young people and those NEETS and putting them through an education based programme and health and wellbeing programme through the sport of boxing with the aim of changing lives. Currently under development and being reviewed</p>	New Lodge Youth, Holy Family GG	1.5, 1.6 , 3.2	Pilot cost - £10,000
<b>Walking Football/Soccer</b>	A new version of soccer designed for older people which involves walking with the soccer, also be identified as suitable for those with disabilities and limited movement ability – seen as a natural progression for St Patricks Young Men to create a participating pathway.	St Patricks Young men YM	1.7, 1.8	£2500 – Coach Education and Equipment , venue Hire
<b>Creation of new clubs</b>	<p>US girls under review as a programme to create a broad range of activities and female leaders – but based on current demand there is a need ti create two new clubs:</p> <p>New Lodge Netball – School and Youth Club: Strategy shows lack of female sport in the area; need to address this and Netball is in demand –</p> <p>New Lodge harriers – Satellite club created in partnership with NB Harriers and the school; currently developing this – the aim would be to get kids running recreationally and identifying kids that can compete – big focus on addressing shortfall in female sport offering.</p> <p>Street Games – Pop Up Multi-sport Clubs</p>	School, NB Harriers, Netball NI, Youth Centres BCSDN: Active Communities	1.3, 1.4, 1.5, 1.6	Approx.. £5000 per club to get started up and ensure sustainability
<b>Capacity</b>	<p>This is a simple project – clubs lack the right skills and those committed to the “Business” and admin side of the club which is vitally important, however most coaches get into sport to do sport and are very good at it, but the club does not promote or sell itself well as in market what it offers or showcase the role they play.</p> <p>The capacity programme will take on people who are NEET and were they get put through qualifications they do so in a live environment were they manage club events media, webpages and create publications etc – and thus be able to showcase the impact their work has on the community.</p> <p>Explore social enterprise – TAMHI recently met with SI camp and put forward a suggestion for development and support were clubs will have access to apps. Systems that will allow for Instant Admin – so they don’t have to go back to houses to do additional voluntary hours.</p> <p>Bring in groups to help develop governance of all clubs to ensure all clubs are at Clubmark Standard or that of their respective GB.</p>	Youth Groups Employment and learning programmes	5- All	TBC – Under Review

<b>Sport &amp; wellbeing officer – young people</b>	<p>Aspirational and a goal to work towards. Through Consultation and engagement with groups there is nobody coordinating sports development – TAMHI founder Joe Donnelly is overseeing the strategic development of an infrastructure and has identified that, in order to address the gaps in provision for young people due to barriers such as cost, travel and awareness an appointed officer is required to design and deliver programmes to tackle community issues and set up and oversee the design and delivery of programmes – to tackle childhood obesity, promote positive mental health and ensure all young people have a wide variety of sports and activities.</p> <p>This officer will work between School, Youth Clubs and Sports Clubs to help achieve a clear participation and community pathway.</p>	Youth Clubs/	1.1, 1.2, 1.3, 1.4,	£22,000 - £24,000 p/a
<b>Adult &amp; older peoples sport and wellbeing officer</b>	<p>Aspirational – based on engagement it became apparent that there is a lack of coordination for programmes for adults (other than soccer, GAA, Boxing) especially females, as well as older people.</p> <p>A dedicated officer would enable programmes to be designed and monitored and again provide a good platform for sustainability.</p>	Clubs, Community Centres	1.7	p/t: £10,000
<b>Facilities: Upgrade of halls to ensure they are fit for purpose for sport</b>	Halls may need basketball nets, netball posts, new hall markings to enable delivery of respective sports.	Community Groups/ Owners of the Halls	4.5	£10,000- £20,000
<b>Upgrade of North Queen Street Park</b>	<p>Review conversation to a 3G MUGA if structured sports development is required OR</p> <p>BITMAC sift surface for free play/access for general use</p>	Community Groups/Council	4.3	<p>3G - £295,000</p> <p>BITMAC - £100,000</p>
<b>Upgrade St macs Surface with Football Markings and Goals</b>	St Malachy's College will allow football markings to be installed on the pitch, which will then allow local Soccer teams at recreational level to use the facility as a home base.	St Patricks Young Men FC	4.3	£20,000
<b>Outside is Free</b>	<p>Based on recent information Girdwood will have a cycling track – there is now an opportunity to explore encouraging people to use the track provided so that young people can cycle in a safe and secure environment.</p> <p>TAMHI will engage with the school and the local youth clubs to explore how best we can maximise the use of this cycling patch.</p>	School  Youth Centres	4.2	<p>FREE</p> <p>May have to look at Bike Schemes were kids do not have them.</p>

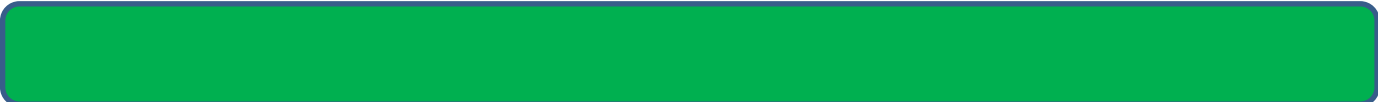


POLICY/STRATEGY	KEY PRIORTIES	NEW LODGE SPORT FOCUS
<p><b>PROGRAMME FOR GOVERNMENT 2011-15</b></p>	<p>This strategy aligns to the Programme for Government:</p> <p>Priority 1: Growing a sustainable Economy and Investing in the Future ;                      Priority 2: Creating Opportunities, Tackling Disadvantage and Improving Health &amp; Wellbeing;                      Priority 3: Protecting Our People, the Environment and Creating Safer Communities;                      Priority 4: Building a Strong &amp; Shared Community; and                      Priority 5: Delivering High Quality and Efficient Public Services</p>	<p>The successful implementation of this strategy will touch on all the priorities.</p> <p>The strategy has a specific role to play in Priority 2 , by creating new volunteer opportunities, increasing services in the community to cater to everyone especially females, older people and those from an ethnic background.</p> <p>In relation to Priority 3, the community aspires to improve the sporting infrastructure and facilitate more collaboration between all key groups to use the power of sport, to make the community safer.</p> <p>In relation to Priority 4: By improving the sporting/activity infrastructure of the community and by implemented a shared community focused strategy as a collective, this will in turn create a Strong and Shared Community.</p>
<p><b>Sport Matters Strategy for Sport and Physical Recreation 2009-19</b></p>	<p>Sport Matters advocates a vision of a “culture of lifelong enjoyment and success in sport” and the Council of Europe inclusive definition of sport as a Basis of Action.</p> <p>Alignment with is strategy will contribute to the successful delivery of this plan.</p> <ul style="list-style-type: none"> <li>- Remove and overcome existing barriers</li> <li>- Empower the clubs and the community to assume greater control and responsibility</li> <li>- Result in improved efficiency, effectiveness and sustainability in the use of existing and future resources</li> </ul>	<p>PA4: Stop Adult decline: Although a historic target – The New Lodge Sport Community is working hard to stop current participants from losing interest and leaving the clubs; facilities and capacity needs to be addressed to stop this</p> <p>PA5: Increase Club Membership: A key focus of the strategy is to recruit new members to existing clubs and to establish clubs to address gaps in provision .</p> <p>PA6: 2hrs extra-curricular activity; Schools are working hard to increase the offering to all children, this is limited by lack of space and facilities – also there is now a focus on increasing the sport offering.</p> <p>PA7: The vast majority of clubs/groups in the area catering to young people, this plan aims to get more adults involved in sport or activity; through community based fitness programmes.</p> <p>PA8: Female Participation: At the minute the offering for females is limited – The boxing clubs will be able to facilitate female programmes when they have fit for purpose facilities. The GAA club is making a push to promote camogie and girls soccer and the local teams incorporate females until they are 14. There is ongoing work to introduce new programmes specifically for girls – Active Communities; Girls Soccer, Talks with local athletics club and Netball NI.</p> <p>PA9: Socio-economically disadvantaged groups: Based on Deprivation stats provided the New Lodge has a large population who are on benefits and in low income jobs, cost is a barrier to participation, this strategy aims to make sport/activity more accessible and to introduce volunteer development opportunities as well as new free programmes.</p>

		<p>PA10: People with a Disability: Through targeted programmes with 174, programmes like Box-ability and other Multi-sport activities will be delivered. The local primary school is also committed to facilitating programmes for young kids with autism and behaviour disorders.</p> <p>PA11: Older People: The 174 Trust is the only community group to facilitate an activity for older people in the form of a dance. Ideas have been presented to develop a veterans soccer team and to explore other sports and activities.</p> <p>PE19: Qualified Volunteer Coaches: A large focus of this strategic plan is to increase the number of qualified coaches in the community to ensure that those that participate in the clubs have a quality experience.</p> <p>PE20: World Class System: The New Lodge boxing club Holy Family Golden Gloves is producing world class athletes = this plan explores how quality coaching already in place could be improved with better facilities.</p>
<p><b>Together Building a United Community</b></p>	<p>This strategy outlines how the Government, community and individuals will work together to build a united community and achieve change in relation to the following key priorities:</p> <ul style="list-style-type: none"> <li>- Our Children &amp; Young People;</li> <li>- Our Shared Community;</li> <li>- Our Safe Community</li> <li>- Our Cultural Expression</li> </ul>	<p>The community can contribute to this via many existing programmes;</p> <ul style="list-style-type: none"> <li>- Game of three halves programmes</li> <li>- School Good Relations Programmes</li> <li>- IFA Camps and internally organised friendly's – St Pats/Springfield Star alliance</li> <li>- Youth Club Good Relations Programmes – currently lots of positive work with neighbouring Tigers Bay/Shore Road community groups</li> <li>- Boxing clubs all have fantastic relationships with clubs from neighbouring communities – we can build on this and promote it better.</li> <li>-</li> </ul>
<p><b>Lifetime Opportunities: Governments Anti-Poverty and Social Inclusion Strategy for Northern Ireland</b></p>	<p>Lifetime opportunities is Government's Anti-Poverty and social Inclusion Strategy for NI. The strategy is structured around a number of general challenges which become priorities for future policy and action.</p> <p>These include:</p> <ul style="list-style-type: none"> <li>• Eliminating Poverty;</li> <li>• Eliminating Social Exclusion</li> <li>• Tackling Area Deprivation</li> <li>• Shared Future</li> <li>• Tackling inequality in the Labour Market</li> <li>• Tackling Health Inequalities</li> <li>• Tackling Cycles of Deprivation</li> </ul>	<p>The focus of this plan is to use the power of sport to tackle various social issues, around health, education, employment and learning in what is the 3<sup>rd</sup> most deprived area in NI.</p> <p>By increasing activities of existing clubs and establishing new clubs then more health benefits both physical and mental can be achieved.</p> <p>By addressing the shortfall in the provision of sports for underrepresented groups more females, older people and people with a disability can have the opportunity to take part in sport thus addressing social exclusion.</p> <p>The area is the 3<sup>rd</sup> most deprived area in NI – cost for getting new programmes set up and facilities is a barrier – the community needs to seek funding to address these issues – TAMHI and the overseeing body will explore all avenues of support to ensure successful delivery.</p> <p>Shared future – as above</p> <p>Tackling inequalities in Labour Market – Proposed programmes based on Education and Sport, Leadership Development, Mentor &amp; Peer-Peer Programmes will be aimed at</p>

		<p>increasing the skill sets of young people and NEETS.</p> <p>More programmes and better facilities will allow for better options to get involved in sport thus tackle health inequalities.</p>
<b>Inner North Belfast: Neighbourhood Renewal Area</b>	<p>Outstanding issues/actions:</p> <ul style="list-style-type: none"> <li>· Developing community infrastructure and capacity building</li> <li>· Environmental clean-ups including graffiti removal</li> <li>· Tension at interface and good relations</li> <li>· Community safety and dealing with antisocial behaviour.</li> <li>· Development of the North Foreshore.</li> </ul>	<p>The infrastructure of the New Lodge is lacking in contrast to the areas within the NRA area. Better access to facilities will help contribute to outstanding issues presented as part of the strategy for this area.</p> <p>Better facilities and an expansion of a range of programmes and introduction of new clubs will help with good relations and improve community safety and help tackle anti-social behaviour in the area.</p>
<b>Belfast City Council Active Belfast</b>	<p>The Active Belfast project aims to promote healthy living and increase physical activity.</p> <p>Council work with the Public Health Agency and Belfast Health and Social Care Trust and a number of statutory, community and voluntary groups to form the Belfast Strategic Partnership (BSP) to build a healthier city, address life inequalities and to make a difference to peoples' lives. Active Belfast is one of the BSP's key projects.</p> <p>Council Encourage range of activities to encourage a healthier lifestyle under the following categories:</p> <p>Active Living Active Leisure Active Sport:</p>	<p>The Strategic plan presented will encourage more people to get Active through all programmes.</p> <p>The project concepts presented will all facilitate. structured organised play based activities and with the better facilities e.g. Boxing gyms, Girdwood we as a community will be better placed to promote active leisure.</p> <p>This plans articulate the communities commitment to Active Belfast. We will seek advise from Belfast Strategic Partnership about possible avenues for support.</p>
<b>PSNI: North Belfast Policing Plan</b>	<p>Objective</p> <ul style="list-style-type: none"> <li>• Reduced crime and anti-social behaviour</li> <li>• Reducing the harm caused by drugs</li> <li>• Improved confidence in the police</li> <li>• Continued implementation of the Policing with the Community Strategy</li> <li>• Improved service to vulnerable groups</li> </ul>	<p>To work in partnership with the PSNI and other agencies, to reduce the number of incidents of Antisocial Behaviour; through the identification of hotspot areas and targeting local intervention initiatives e.g. Fight for Peace. Street Games</p> <p>Use all programmes as a means to create awareness of negative community influences</p> <p>Work actively with the PSNI to design and deliver programmes targeting the communities vulnerable people – older people and disengaged youth.</p> <p>Work actively with PSNI and probation board to use sport as a tool to rehabilitate offenders and install the sense of community.</p>

# Timeline



Sept 2014- December 2014 Consultation:

Launch Officially Jan 14

School /Clubs support Mental Health Campaign for 600 kids

Sports Development Forum Set up

5 Clubs in New Lodge Clubmark/GB Governing Body Accredited

Boxing Facilities Completed

500 people active over the Summer Months

– Launch of Street Games

Late Night Intervention Programmes in place in all clubs

Football Clubs have Home Grounds

**JAN/FEB  
2015**

**MAR/APR**

**MAY/JUNE**

**JULY/AUG**

**SEPT/OCT**

**NOV/DEC**

Evaluation o impact of Intervention Pilots – Attract Investment

Dully Established Netball Club & Athletics Satellite Club

Full time Sport & Activity Coordinator

Ward Cup – aimed at teams and 200 participants

Programmes in place for the whole New Lodge Community – Juniors, seniors, older people, females, people with a disability, ethnic community

All clubs have respective quality marks

600 people regularly active

**JAN/FEB  
2016**

**MAR/APR**

**MAY/JUNE**

**JULY/AUG**

**SEPT/OCT**

**NOV/DEC**

Access to a swimming pool

Volunteer development programme in place to manage clubs admin

Delivery of wide variety of establishe programmes aimed at tackling issues

Full Impact Assessment

700 people regularly active

**JAN/FEB  
2017**

**MAR/APR**

**MAY/JUNE**

**JULY/AUG**

**SEPT/OCT**

**NOV/DEC**



The New Lodge Strategy for Sport was created by TAMHI (Tackling Awareness of Mental Health Issues). TAMHI is supported by:



TAMHI would like to thank the following groups for their advice and input:

