



2014-2015 Annual Report



Mission

To make mental health a top priority for all sports groups in Northern Ireland

Vision

All sports groups in Northern Ireland have the structures and support mechanisms in place to support positive mental health

Sports Develop-Mental Approach

Promote..... Positive Mental Fitness

Raise Awareness....of issues that affect Mental Health

Tackle Stigma.... and break down barriers through Sport

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Chairpersons Comments

TAMHI has been a development focused charity, I came on board because I believed in what the founder and key driver Joe Donnelly was trying to achieve.

I would say that TAMHI is a much needed charity as the sport community has access to a wide ranging audience and we all accept that sport is a great hook to engage people especially young people.

TAMHI has come a long way in a short period of time, back in 2011 I was the Unltd project manager for TAMHI when it was a simple project working with two clubs to test the water in relation to the best way to promote mental health in clubs.

In 2014 Joe Donnelly the Co founder of TAMHI managed to hunt me down and I must admit I was very impressed by how far TAMHI had come and the fact that Joe has secured investment to put full time commitment into making it a success.

TAMHI has a clear direction now and we have helped shape that. TAMHI works with sports clubs and groups that delivery activity based services such as schools and youth centres. The focus of TAMHI's work has been refined over the duration of the year and there are challenges ahead in relation to delivery, but we will be there to support any bumps in the road in what we see as a fantastic and beneficial journey.

TAMHI main services are:

- Core Community (New Lodge Area); supporting local clubs, schools, youth centres to support participants in using sport/activity to promote positive mental health and tackle issues that impact on this
- Outreach – creating club specific resources for clubs and community groups to use are part of club mental health awareness campaigns
- Running Awareness Events/Supporting Awareness Events
- Training & Development – two courses Mental Health in Sport & Activity and Mental Health Active Learning (currently being put through OCN)

The first year of TAMHI has been challenging and rewarding; Joe Donnelly the lead Coordinator lost his step father in November 2014 and this had a knock on effect on the running of the charity which was understandable. But Joe came back stronger and more focused; we as his board had to challenge Joe to focus on North & West Belfast to start with.

Constitutionally TAMHI remit is North Belfast and there is more than enough work within this area; however as North and West Belfast are the two hardest hit areas in relation to mental illness and suicide in NI, a case was presented to show the primary focus of TAMHI's work should concentrate on these areas.

TAMHI main needs are 1. Access to a charity dedicated vehicle and 2. Access to support to deliver programmes 3. Monitoring & Evaluation; obtaining and effective system. We as a board are impressed by the time and effort that has gone into supporting groups and clubs, but it has been difficult to capture effective evaluation information. TAMHI has helped a wide range of groups secure funding to deliver mental health focused programmes and events, however many groups due to capacity or forgetfulness have not produced any valuable information to showcase the impact on mental health. TAMHI is working to address this

The economic austerity means that going forward funding will be extremely challenging to access, we as a board are supporting Joe who is the lead and at the minute the only worker to ensure that he is focusing on the delivery of all the current projects he has helped develop for the 2015-2016 year and that new projects are only accepted with the time or additional resources become available. There is a substantial volume of work in the New Lodge Sport & Wellbeing Plan alone which requires a lot of coordination.

On behalf of the board I would like to thank everyone that has helped make TAMHI a success and all the key groups who have supported TAMHI to date.

Ciara Brennan



Coordinators Report

What a year it has been, there have been lots of ups and downs and it has been an experience in terms of going from running an organisation on a voluntary/spare time capacity to a full time coordinators post.

TAMHI has started to find its feet and it has taken a year to find out what TAMHI's capabilities and limits are accounting for the fact that there is only one dedicated resource full time and that is me.

My board have been supportive of me as a manger and also me as a person during what was one of the most challenging times of my life when my step father took his own life in October 2014. I have come through the experience more resilient and committed to using the power of sport to challenge the issues that have a negative impact on mental wellbeing.

The year has been rewarding and I have seen first-hand the impact I am having on clubs, enabling them to better articulate the real impact they are having on people's lives and making them understand the vital role they play in safeguarding and championing wellbeing.

I have helped so many clubs build capacity which in turn acts an enabler to better promote mental health.

The role has been challenging; in terms of having to focus on outreach which is key, managing the day to day activities of a charity e.g. finances, reports, applications for funding as well as trying to develop an infrastructure that supports sustainability of TAMHI.

I as the TAMHI lead am working hard to attract investment and develop new initiatives as well as trying to keep tabs on successful mental health projects delivered through the world. I accept that times are hard at the minute in terms of the economy and I am working hard to justify that TAMHI has a vital role to play in the New Lodge Community but also that the TAMHI model can be replicated in all communities to really tackle issues having a negative impact on mental wellbeing.

I look forward to 2015/2016 and believe that all the hard work put in to attracting programmes and investment will start to have a real positive impact in changing the New Lodge Community for the better and creating a model for others to follow;

Headline Figures

Number of Groups Supported	32
Information Reach (members received)	1000+
Training Sessions Delivered	3
Coaches/Volunteers Trained	22
Investment attracted to clubs	£100K+



Services

TAMHI provides support, advice and information about mental health and issues that affect mental health to sports clubs and activity service providers. TAMHI main area of benefit is the New Lodge Community where TAMHI is based and where TAMHI continues to develop and improve services to create models of best practice to share with other community groups through Belfast and NI.

Core Community

St Patricks FC

Total Members: 180

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 16 coaches'/Leaders trained in Mental Health Sport
- 40 Young People trained in Mental Health active learning pilot;
- Distributed information to 180 young people about positive mental health/promote non webpage;
- Achieved IFA Clubmark Excellence (club Governance is of high quality)
- Club Won IFA community Awards and Belfast City Council Awards with both highlighting the work of club around mental health.
- Supported application funding of £7500 from Sport NI; all programmes had mental health raising element
- Supported application for school wellbeing programme – declined; a lot of work did go into this
- Change Maker Sean Paul Mc Bride has helped TAMHI design resources and develop outreach programs

“TAMHI has been instrumental in taking our club forward – we are focused on health, community and going after the issues negatively affecting our young people”

Paul Hamilton Head Coach

Figure 1: Feedback

50 members aged 7-18

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	78	90	↑
Q2. How Confident are you in asking for help or using support services in your community?	68	71	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	73	77	↑
Q4. How much knowledge do you have on services available to you in your community?	78	84	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	84	84	↔
Q6. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	78	82	↑
Q7. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	66	68	↑



Total Members: 60

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 6 coaches' trained in Mental Health Sport
- All members took part in Drugs and Alcohol Training
- Created a Sports Development Plan with a focus on men's health
- Supported the completion of a full Governance file
- Invested £250 in change Maker Paul Irvine
- Supported the group to find access to local facilities; Girdwood, Waterworks

"Our club has one main issue we are based in Belfast but have to play in Larne – a lot of our guys are in low paid jobs – travel is a big issue, and some guy cannot afford to play; we are struggling with identity of the club – TAMHI has helped us build our profile, do more for the community and gave us a case to pitch to council for access to local facilities"

Anthony Hana

Figure 2: Feedback

(33 adults aged 18-32)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	62	89	↑
Q2. How Confident are you in asking for help or using support services in your community?	40	72	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	35	89	↑
Q4. How much knowledge do you have on services available to you in your community?	50	90	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	42	100	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	46	86	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	41	71	↑

Total Members: 30

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 4 coaches' trained in Mental Health Sport
- 3 members took part in Active Learning Pilot
- Created a Sports Development Plan which helped secure £25,000 for the development of facility
- Supported the completion of a full Governance file – near secured Cubmark Quality Mark
- Secured £5,000 for school and women's programme; positive mental health promoted s part of these.

"TAMHI has helped Star ABC grow and develop –for years, we now have a women's programme and a school programme which both champion positive mental health"

Liam Corr – Secretary

Figure 3: Feedback

(5 members aged 10-22)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	63	89	↑
Q2. How Confident are you in asking for help or using support services in your community?	33	71	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	36	88	↑
Q4. How much knowledge do you have on services available to you in your community?	49	91	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	42	100	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	48	87	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	39	71	↑



Kronk ABC

Total Members: 25

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 2 coaches' trained in Mental Health Sport
- Supported Governance Review and club obtained Clubmark
- Created a Sports Development Plan which helped secure £40,000 for the development of facility
- Supported the completion of a full Governance file –secured Clubmark Quality Mark
- Secured £500 worth of investment for Mental Health Awareness Day.

“Joe has helped us increase our capacity and achieve Clubmark – we are now in a position to promote positive mental health programmes”

Pat McStravick; Secretary

Figure 4: Feedback

(5 members aged 10-25)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	25	70	↑
Q2. How Confident are you in asking for help or using support services in your community?	10	60	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	16	77	↑
Q4. How much knowledge do you have on services available to you in your community?	10	51	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	18	62	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	25	80	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	10	51	↑

Holy Family Golden Gloves

Total Members: 40

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 2 coaches' trained in Mental Health Sport
- Created a Sports Development Plan which helped secure £20,000 for the development of facility
- Supported the completion of a full Governance file – near secured Clubmark Quality Mark Silver
- Supported application for Fight For Peace Intervention Programme; sadly unsuccessful; but feedback obtained and working on developing new programme.

“Top rate job, we work at our pace which makes it easy on our club”

Patrick Barnes SNR

Figure 5 Feedback

(10 members aged 10-25)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	33	78	↑
Q2. How Confident are you in asking for help or using support services in your community?	45	82	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	30	77	↑
Q4. How much knowledge do you have on services available to you in your community?	55	55	↔
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	18	77	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	25	85	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	10	10	↔



Total Members: 200

Support

- Passed a Mental Health Policy, appointed a Wellbeing Officer;
- 1 coach' trained in Mental Health Sport
- Supported the development of full governance catalogue for Club Maith Quality mark
- Supported the Clubs Awareness Day in January 2015
- Supported an Anti-bullying Day in March 2015
- Helped club secure £5000 for a schools programme which will entail the promotion of mental health

Figure 6: Feedback

(25 members aged 12-25)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	61	88	↑
Q2. How Confident are you in asking for help or using support services in your community?	38	70	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	36	89	↑
Q4. How much knowledge do you have on services available to you in your community?	51	90	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	43	100	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	47	86	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	41	71	↑



Lighthouse FC/Belfast Suicide Awareness United

Total Members: 20 adults

- Information distributed to over 300 people in the NI Soccer 6's
- Arranged Awareness Tournaments
- Promoted Mental Health Awareness week in week out to people in the leagues and dedicated tournaments.

Figure 7: Feedback

(7 members aged 18-25)

Question	Pre %	Post %	Change
Q1. How well do you understand the role sport plays in promoting positive mental health?	63	88	↑
Q2. How Confident are you in asking for help or using support services in your community?	32	69	↑
Q3. How confident are you in terms of spotting signs of poor mental health in your club?	35	89	↑
Q4. How much knowledge do you have on services available to you in your community?	49	91	↑
Q5. How familiar are you with your clubs policies and position on safeguarding mental wellbeing?	43	100	↑
Q6. How do you rate the clubs current ability and commitment to raise awareness of mental health issues?	46	86	↑
Q7. How do you rate your understanding of the role of a participant, role of a coach, and role of family in safeguarding mental wellbeing?	40	71	↑



New Lodge Youth

TAMHI has been working with the New Lodge Youth Club to address gaps in provision for young people who feel excluded due to limited sport/activity offering and cost

Working on Street Games UK Doorstep sport programme

1. Intervention to tackle social issues in the community
2. Facilitate sport and activity for kids that cannot afford to take part in sport clubs (20% approx. in community)- evidence to suggest these guys are more likely to become disengaged and subjected to more negative choices
3. Help young people who feel excluded as they don't like the typical main sports Football/GAA/Boxing find something that is right for them – thus feeling including and realising the benefit's of being part of club with a social structure
4. Developing young volunteers – giving them confidence and belief and a chance to escape poverty

TAMHI has used links with all the Governing Bodies of sport to get them talking about coming into the New Lodge community to help support and develop new initiatives – all with a focus on positive mental health and wellbeing.

Netball NI and Table Tennis NI have Active Clubs officers whos remit is to provide support to set up clubs – all free; Orienteering are in talks with the community about Urban orienteering

Street Games UK have been trying to get inroads into NI and TAMHI has used its network to help them establish links and partnerships and they are providing a number of free training opportunities for young people in the community to act as Peer Motivators for other young people in the community.

TAMHI supported the New Lodge Youth Spring Awakening Festival attended by over 3900 people with 200+ young people taking part in TAMHI Mental Fitness Challenge and receiving information about mental health.



Friends of St Patricks PS

TAMHI has been working with the school through the PTA helping them set up a proper constituted PTA so they can access support to develop programmes for wellbeing.

Note that a 10 year old in the school tried taking his own life and thanks to the schools outreach function and partnerships that TAMHI helped develop; the school got this young lad support.

TAMHI helped secure a small investment to work with the PTA to create a mental health awareness day in the school for parents with kids doing sport activities – there will be talks from key children mental health experts and information distributed as a positive reaction to the negative situation that occurred. TAMHI has been instrumental in leading on this

TAMHI has been working with the school activity Coordinator Neil Privilege to support the school in accessing free programmes for kids wellbeing (we are looking at positive mental health and challenging behaviours) – great success story of the impact of boxing in the school and how TAMHI got a local club in; kids are calmer, feeling more positive about themselves and there a real buzz in the school around this. Teachers are even been trained to sustain this programme. Also TAMHI helped establish a relationship between the school and Ballysillian Secondary School to get the girls netball



Outreach

TAMHI based on board advice is working with groups in North & West Belfast. This is all based on the 4 P approach using the models of success in the core community to inspire and guide other groups.

Westland Young Men FC

Members: 50

- Mental Health Policy Approved;
- Trained 8 members
- Club Resources created, sports development plan created and webpage set up - <http://westlandymfc.btck.co.uk/>
- working to try and secure funding for a programme; in talks with the Policing with the Community team

Marrowbone Community Association (Ardoyne/Oldpark)

Members: 150

Support

- Secured £5,000 to help the group access funding for a youth engagement programme – with a positive mental health focus.
- Used contacts with Governing Bodies of Sport to help the group access better quality services and support to set up new programmes in the area
- TAMHI has helped create a small sport and wellbeing action plan for the group
- TAMHI has been signed up to deliver training to youth leaders and sports groups in the area at the end of March

Flex Fitness (Ardoyne)

Members 50

- TAMHI is supporting this great club as they are working with people who have diagnosed mental illness
- unfortunately the Come Get Fit me application was unsuccessful.
- TAMHI has helped the group set up as a Community Group; secure £1000 worth of investment to explore Social Enterprise
- explore the best model to take themselves forward.

North Belfast Harriers

Members: 200+

- Helped them develop 3 volunteers Change Makers with investment of £900 through sported Change makers
- They delivered a mental health awareness day; distributed information
- Helping TAMHI with the Great North Belfast Run this year to raise awareness – they are helping TAMHI design and active learning programme.
- They are championing that mental health be made prevalent in the Jog Belfast programme as currently it only benefit's those with physical health issues.
- They are the most forward thinking club TAMHI works with.

“Joe has helped our club to no end, we see the bigger picture and we see where our sport sits in terms of promoting mental health”

John Burns



Shankill

22nd Old Boys FC & 2nd Old Boys FC

Membership 80

TAMHI delivered the pilot Mental Health Training programme to a non-biased audience – my groups in the New Lodge helped shape it). TAMHI has helped each group with a webpage with resources.

<http://22ndobfc.btck.co.uk/>

<http://2ndobfc.btck.co.uk/>

TAMHI has helped establish links with FASA a suicide awareness and mental health charity based in the Shankill. TAMHI is looking to support each group with a programme and is talking to PSNI RE: Possible support.

Belfast Football Community (Shankill)

Members: 60

- TAMHI helped this group set up;
- helped them secure £3,000 for a programme targeting disengaged youth and those suffering from a lack of confidence and self esteem.
- TAMHI helped the group establish an infrastructure, find board members, get a bank account and set up their flagship project.
- <http://belfastfootballcommunity.btck.co.uk/MentalFitness>

Willowbank FC /Willowbank Youth Club

Membership: 200+

- TAMHI has been working with community officer Desy Carlin RE: Programme development,
- creation of resources and has helped the club
- create a programme of which they were able to access £8,000 worth of funding to deliver.
- Created an Action Plan for delivery of the programme. This programme entails additional outreach over the summer months and the development of club leaders. TAMHI will be supporting this programme with a catalogue of resources and training.

Sacred Heart ABC

TAMHI has helped support the Re-establishment of this club; Constitution, Governance and Development Plan with focus in protecting mental wellbeing.

Old Park Reds FC

TAMHI helped this group set up to address the gaps in provision in the Oldpark area of North Belfast. TAMHI has supported this group with obtaining sponsorship and equipment; they have delivered mental fitness programmes in partnership with TAMHI and two coaches have attended Mental Health Training delivered by TAMHI.

Linfield Youth FC

TAMHI worked with one of the clubs programme directors to create resources which were distributed to 300 young people.

Barn Utd FC

TAMHI worked with the club to create a mental health resource which was used to showcase the clubs commitment to mental wellbeing.

500 people received these through club programmes.

Clarawood FC

TAMHI supported Clarawood FC with advise and guidance on proper governance and the role of Mental Health Awareness in making the club more attractive to advisors. The key worked here centred around policy development.

Manor Hearts

Helped develop a mental health programme for them; which they are looking for funding support for; helped them with policy and support.

Ballea GAC

Supported key contact Aidan Creamer to develop and Action Plan for Mental Wellbeing. Also supported two applications. 1 was successful for £5,000 the other for a Ball Wall was successful but fell through due to planning permission.

Other Achievements

The following are good news stories that I feel need to be told as they highlight how TAMHI's reach is catching people's attention and also at the forefront of developing new approaches to engagement especially with young males who would not otherwise ask for advice around mental health.

Impact NI

TAMHI is one of 20 pilot programmes working with Sported to establish a better way to measure and showcase impact. TAMHI is taking part in various workshops around how to effectively measure and record impact and report this to key stakeholders.

Building Change: Social Innovation Camp

TAMHI was awarded £2000 to develop a technology based solution to a community problem. My problem was that I identified that TAMHI works with great groups but they don't showcase their impact; they deliver lots of great work but don't report on it – the main reason being they are volunteers and asking them to spend extra time reporting and uploading data after every session is unreasonable. I worked with students to come up with a number of solutions and we presented our Live Feedback concept to the SI camp (supported through building change) and won a package of support. This is under development.

Talk About Mental Health Issues Campaign

The week of my step father's death one of the clubs main contacts who appreciated all the help that I gave helped with the TAMHI: Talk About Mental Health Issues campaign were they got Irish League Footballers ; Boxers Professional and Commonwealth to write TAMHI Talk About Mental Health Issues and raise awareness on Facebook – with 1187 people reached over the week. I had started this before anything that happened; and because the club main contact had established a friendship with myself they stepped in so it would not loose momentum and this to me as the lead meant so much and will never be forgotten.

TAMHI Goes West

TAMHI was contacted by groups linked to sported from Derry & Strabane and created mental health resources which were distributed to over 300 members of both Sion Swifts and Tristar Boys FC – with a lovely thank you from Danny Gallagher the Sion Swifts Manager

"thank you very much for taking the time to send us the information, everyone that I show it to is very impressed and I would really like to promote Mental Health issues within the Club and wider community as it affects us all"

Danny Gallagher; Sion Swifts Chairman



Crusaders FC Forward:
Diarmuid O'Connell



Cliftonville FC Captain:
George McNullan



Cliftonville FC Midfield:
Ryan Catney



Commonwealth Silver Boxer
Joey Fitzpatrick



Pro Boxer
Dan "Insane" McShane



Commonwealth boxer
Ruslin Rock Daltonator Dalton



Belfast City Council Boxing
Officer
Liam Connolly



Professional Boxer
Gerard Healy



Professional Boxer
Paul Hayland Jr.

Belfast Diverse Programme

In August 2014 TAMHI provided resources that were used to promote mental health to a North Belfast Play Forum Cross Community Project Belfast Diverse. 20 young people took part in this programme.

Men's health Programme in FASA Eden Village

TAMHI attended Men's Health Train the Trainer and in partnership with FASA delivered a mens health programme in Eden Village to 8 people in June 2014. This received a score of 96% in terms of overall satisfaction

Communities United for Mental Health

This was a creative way to engage with young males aged 16-18 around what they wanted to see done in relation to mental health in sport. This was a funded project by Belfast City Council and provided TAMHI with the platform to capture information about what Young males want and don't want to see in relation to mental health. – 80 young people fed back

- St Patricks FC
- Dean Clarke Foundation
- Albert Foundry FC
- Glencairn FC
- Shankill Untd FC
- St Oliver Plunkett FC

Mind Your Mind (Canada Blog)

Group contacted TAMHI via twitter and wanted to blog about TAMHI work – which was really rewarding

<http://www.mindyourmind.ca/expression/blog/positive-benefits-sport-and-looking-after-your-mental-fitness>

Advise & Guidance to See Change in Republic of Ireland

I have been providing advice and guidance on TAMHI's approach to promoting mental health in sport to see Change in the Republic of Ireland – they have carried out a lot of research on TAMHI's material and model and used some of the learning to help influence their campaign.

"TAMHI provided advise and guidance in relation to how to effectively engage with sports groups; this information was very valuable in relation to helping us at See Change design a programme for clubs affiliated to the Football Association, TAMHI coorintaor Joe Donnelly is a credit to the field and the passion and enthusiasm he shows in inspiring"

Scott Ahern

Street Games UK

TAMHI main focus is on using Street Games model in the core community the New Lodge. TAMHI main contact Joe Donnelly has used his network to allow Street Games UK to expand theirs within Northern Ireland providing them with a platform to grow. Note that a number of groups and sporting governing bodies eyes are now on the New Lodge looking to replicate the model of success which will help realise positive mental health benefits.

“Joe has a been absolutely fantastic to work with to date, he has seen the true value of Street Games in his community in terms of addressing gaps in provision and empowering volunteers, he has helped us build our name in Northern Ireland we are excited about the New Lodge Pilot”

John Downs Street Games Network Manager

Sport Northern Ireland Mental Health Pilot

TAMHI supported the Sport NI Mental Health Pilot being delivered in Co Down area of Northern Ireland. TAMHI's role was to create a catalogue of resources for clubs and provide practical advise and guidance about how clubs can embrace mental wellbeing and deliver creative and engaging programmes for their members.

TAMHI supported the creation of resources for:

- NI Veterans
- Downpatrick FC
- Tollymore United FC
- Saul GAC
- Downpatrick Golf Club
- Ballynagross FC

“I have worked with Joe Donnelly from TAMHI. Joe has always been very informative, approachable and knowledgeable in the area of Mental Health. Jo is always willing to help and understands the greater need of tackling mental health in local areas using the power of sport to reach out to all people, all ages and all backgrounds. We need more of Joe in Northern Ireland.”

Emma Bohill – Project Lead Sport NI

Committees

TAMHI is represented on the following committees:

1. New Lodge Community Empowerment Programme: Central Team of all key community services that support the New Lodge Community; TAMHI is resprsenting the sport and wellbeing community and linking in with community partners to develop and deliver on programmes.
2. New Lodge Summer Festival Committee – planning for summer activities

3. New Lodge Intervention Committee – looking at issues affecting the community and working collaboratively to try and tackle these
4. North Queen Street Park Committee: The “Living Environment” is seen as the biggest thing that get young people down in the New Lodge Community; there are limited play or activity facilities for sport and recreation; TAMHI manager Joe Donnelly sits on the committee for the development of a Multi-use Games area in the community; to address some of the issues in relation to lack of play.
5. Girdwood Forum – TAMHI represents the New Lodge Sport Community on the forum. Girdwood is a new state of the arts leisure and sport facility being built at the top of the New Lodge; this will go a long way to improving the living environment and enabling better community development programmes to be delivered.
6. Girdwood Good Relations Sub Group – TAMHI lead Joe Donnelly is represented on this committee; championing mental health awareness as part of all programmes going forward in Girdwood.

New Lodge Sport & Wellbeing Plan

This plan that looks at mental wellbeing and all the issues within the core community and brings all key groups together to tackle these; a large focus of TAMHI’s time will be managing the delivery of this plan, and using success stories to inspire other communities.



Challenges & Development

Monitoring and Evaluation

This has been difficult in terms of resources, identifying best approach and being able to showcase true value. In 2015/2016 reporting year TAMHI will work activity with sported, and building change trust SI Camp to find a better system and approach to better showcase the true impact of TAMHI’s work.

Currently working with Seamus Carlin Cruinn Associates to plan and implement a pilot monitoring programme. Also actively engaging with other technology focused system developers to find a technology based Monitoring system that fits TAMHI’s needs.

Core Funding

While supporting groups to access funding has been productive with a pass rate of 3 in 4 applications, raising funds for TAMHI has been extremely difficult. TAMHI is currently funded by

Lloyds TSB for running costs, this expires in June, TAMHI will have one annual fundraiser, which will raise approx. £800, however it has been difficult to raise funding due to time and lack of staff resources.

TAMHI is setting up a CIC and training programme to try and sustain the charity long term, but this has been slow as lead coordinator is managing the charity business end, the charity outreach and trying to set up a CIC. TAMHI will work hard to try and get the funds needed to run the organisation.

Growth

TAMHI will focus energy on attracting investment for

1. Full Time Mental Fitness Activity Coordinator – to head up the delivery and design of all programmes in the New Lodge Sport and Wellbeing Plan
2. P/T admin post, to support with the administration tasks and keep on top of the work flow of TAMHI – as currently Joe is always trying to catch up
3. Car, currently car sharing is not viable with wife due to work/home life commitments, a dedicated vehicle is needed.

Training & Development

TAMHI has designed and delivered two mental health pilots.

50 kids have taken part in an Active Learning Programme based on teaching young people about mental health through play.

Mental Health in Sport has been a great success delivered to teams in the New Lodge who helped design it, and then delivered to teams from Shankill area with live feedback review carried out. This was well received, TAMHI is working on having these courses accredited.



Close

2015-2016 promises to be a challenged year, but rewarding, TAMHI to me a founder and lead is not a job but a passion, I am committed to making this a success. Year one was hard but was not helped by the personal challenges that I faced, this year with my network the focus will be on dedicating time to ensuring projects I have helped stat up are delivered effectively. TAMHI has divided the 2015/16 year into 4 main work areas.

<p>Core Community:</p> <p>Oversee the delivery of the New Lodge Sport & Wellbeing Plan (includes all clubs in area)</p> <p>Act as lead Coordinator for the New Lodge Youth Street Games Project – working with Seamus Carlin Cruinn Associates (supported by SI Camp); On pilot NPC Wellbeing Tool to measure Wellbeing Impact on participants</p> <p>Committees</p> <p>North Queen Street Park – Supporting Better Facilities; improve services and Living Environment</p> <p>CEP – Community Change Community</p> <p>Girdwood – Fourm; Better facilities, improved Living environment</p> <p>Girdwood – Good Relations; Champion Mental Health</p> <p>Friends of St Patricks – Championing Mental Health and early Intervention</p> <p>Clubs: St Patricks FC, St Patricks YMFC, Lighthouse FC/BSA, Star ABC, Kronk ABC, Holy Family ABC, Pearses GAC, North Belfast Harriers, New Lodge Youth Club, Friends of St Patricks PS</p>	<p>Outreach Support/Advice – Extended</p> <p>Communities United for mental Health – Take 5 A Sport Resource</p> <p>Target is to help 50 clubs/groups ; each to return 5 bits of feedback “Give me 5”</p> <p>Take 5/A Sport supported by Belfast Boxers</p> <p>Training & Development – Cost Associated with any training going forward;</p> <p>Resource creation will be FREE for any group</p> <p>Closure of SNI Downpatrick Pilot Created resources for: Saul GAC, Tollymore FC, Downpatrick FC , Downpatrick Golf Club</p>
<p>North/West Belfast Outreach (Constitution)</p> <p>Supporting small projects in:</p> <p>Shankill – Legacy work with teams trained to help set up Programmes – 22nd OBFC, 2nd OBFC, Westalnd YMFC,</p> <p>Willowbank – Summer Programme</p> <p>Marrowbone Community – Facilities Programme</p> <p>Links with: Old Park Reds FC, Flex Fitness, St Pauls GAC, Shamrock FC, Bean Madigan FC</p>	<p>TAMHI Charity/Business Development</p> <p>Working towards setting up a CIC to sustain the charity</p> <p>Working on having courses accredited</p> <p>Creating New resources</p> <p>Working on Funding applications for staff and running costs</p> <p>Full Time Outreach Part Time Admin Access to a vehicle</p>

Pictures





Communities United For Mental Health



Positive Benefits of Sport

- Positive Attitude
- Enhanced self-confidence and positive self-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 well-being
- Reduced stress and depression
- Improved mood and concentration
- Opportunity to make new friends
- Developing social skills



Supported by:



Looking after your Mental Fitness

Talk to your Friends: If you have something on your mind; get it off your chest and talk to a mate – don't bottle things up

Eat well: Try and eat a balanced diet and avoid sugary food and drinks which can pick you up short term but have no health or energy benefits. Good Food can = Good Mood

Take "Time Out" for yourself: You time is important – be it an activity, a run, chilling out watching a DVD or your favourite show – Try to have something to look forward to each day – no matter how big/small

Get Active: Its great if you are part of a club, but you don't have to be. You can join a gym, going running with friends, go walking – do an activity were you set your own goals and objectives – boost your self-esteem and confidence

Be aware of all the services on your doorstep: Northern Ireland has lots of great groups who can help with a range of things from Mental Health, Debt Management/Benefit Entitlement, CVs, Employment & Learning, Education,



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