



Review of the Fourteen
Programme in Northern Ireland
2015 to 2018

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Introduction

Fourteen Northern Ireland (NI) was part of a £3.5m Glasgow 2014 Commonwealth Games social legacy programme funded by [Spirit of 2012](#) (Spirit), which allocated £250,000 in 2015 to fourteen communities across the UK to deliver sports, arts and volunteering activities with the aim of enhancing social connectedness.

Between May and July 2019 the evaluation team at inFocus Consultancy Ltd conducted a summative review of Fourteen NI, combining data collected by Springboard and community partners during the three years of the programme with primary data collected by inFocus through key stakeholder and participant interviews (including detailed case-studies inFocus developed in 2016 and 2017 as a part of a wider evaluation of projects funded by Spirit, and through telephone interviews carried out in 2019). This report is the final output from the summative review, summarising the impact of Fourteen NI across the three years of the programme between 2015 and 2017.

Limitations of this report

It is important to acknowledge that the content of this report is primarily based on secondary data that was not collected directly by the inFocus evaluation team, with the exception of the qualitative data collected directly by inFocus through in-person and telephone interviews. There are some limitations noted in relation to the scope of the report and the topics covered, with data gaps where some providers had not submitted comparable data for analysis (44 of the 60 projects that were funded through the programme submitted baseline and end-line data, although a number of the projects were one-off events that were not required to collect baseline and end-line data.). The availability of data was also more limited in relation to the first year of the grant. However, overall the quantitative data available from projects funded through Fourteen NI included data from over 4500 participants, with more comprehensive data sets available covering years 2 and 3 of the programme, which explored a wider range of topics and additional aspects such as attribution and motivation to join the programme. Despite some of the data limitations outlined, the combination of quantitative and qualitative data was sufficient to confidently draw a range of conclusions regarding the impact of the Fourteen NI programme, further detailed in this report.



About Springboard

Springboard is an independent charity which was established in 1992. The organisation is committed to contributing positively to people and community development, within primarily disadvantaged communities. Springboard has an extensive track record in successfully supporting marginalised, hard to reach individuals/groups within areas experiencing high levels of economic/social deprivation. The charity seeks to:

- ▶ Build greater community cohesion through increasing mutual understanding within and across different groups and work for a shared future and sense of belonging.
- ▶ Promote community engagement and participation by encouraging active and responsible citizenship.
- ▶ Provide personal growth and capacity building opportunities which lead to sustainable, positive change.

The *Fourteen* programme

Overview

As part of the Glasgow XX Commonwealth Games legacy, Spirit of 2012 awarded grants to the UK Community Foundation (UKCF) and Springboard to support fourteen communities across the UK to allocate funding locally, over three years.

The Fourteen programme funded projects that aimed to increase the wellbeing of the people who live in those areas and create opportunities to bring people together. This £3.5m programme enabled each community to decide themselves how they wanted to increase participation in one or more of the following areas:

- ▶ Social action and volunteering
- ▶ Grass roots sport and physical activity
- ▶ Cultural activity and the arts
- ▶ Youth leadership and personal development



In total £3.5m was allocated over three years to deliver the Programme across the UK, in the following areas:

Bristol, Birmingham, Sunderland, Birmingham, Manchester, Glasgow, Edinburgh, Highlands, Argyll & Bute, Rhondda, Anglesey, Belfast and Derry/Londonderry.

It was anticipated that Fourteen would achieve outcomes across the following areas, which were informed by [Spirit's Theory of Change](#): *Wellbeing, Challenging Perceptions of Disability and Empowering Disabled People and Social Connectedness.*

Fourteen in Northern Ireland

The Fourteen NI programme was aligned with a number of key government policies and strategies, in particular the *Northern Ireland Strategy for Sport and Physical Recreation*¹, which outlines a number of objectives that are directly compatible with those of the Fourteen NI programme, including; increase in participation rates in sport and physical recreation among socio-economically disadvantaged groups; an increase in participation rates in sport and physical recreation among older people; and to have appropriately qualified, part time and volunteer coaches available to meet demand across all aspects of sport and physical recreation. Fourteen NI also aligned closely with *The Working in Partnership - Community Development Strategy for Health and Wellbeing 2012-2017*² which aimed to strengthen communities and improve health and social wellbeing by placing an increasing emphasis on community development, prevention and early intervention and *Making Life Better*³, the strategic framework for public health in Northern Ireland (2013-2023), the aim of which was to achieve better health and wellbeing and reduce health inequalities.

As the delivery body for Fourteen in Northern Ireland, Springboard worked through Community Partners to support two local communities to decide how they wanted to increase participation in one or more of the activities promoted by a number of small community-based projects. The diagram below shows Fourteen's implementation structure for Northern Ireland.

¹ Northern Ireland Strategy for Sport and Physical Recreation (2009 – 2019)

² Community Development Strategy for Health and Wellbeing (2012-2017)

³ Making Life Better (2013-2023)

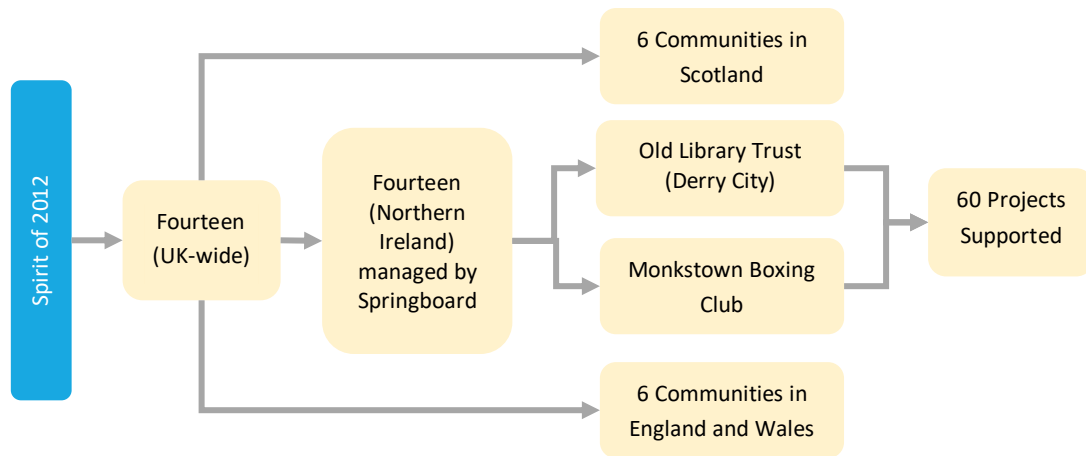


Figure 2: Fourteen’s Implementation Structure for Northern Ireland

Community Partners and community-based projects were supported by Springboard to increase community participation in ways that meet local needs, aspirations or shortfalls in their local areas. Activities were designed to be inclusive and were aimed to support local people to develop their potential and feel able to contribute to their community. The activities were determined by the communities within Spirit’s focus sectors of sport, arts & culture, volunteering and/or youth leadership and development. The two community providers that were selected by Springboard were the **Old Library Trust** (Derry City) and **Monkstown Boxing Club** (Newtownabbey).

Old Library Trust

The Old Library Trust is a Healthy Living Centre based in Creggan, a housing estate in Derry City. It provides a range of physical and mental health and wellbeing services for local people. Its’ mission is to “Improve the health, wellbeing for people of all ages, abilities and backgrounds, living in the Triax area and surrounding neighbouring communities.”

The three main wards that are serviced by the Old Library Trust (Creggan, Brandywell and Clondermot) are some of the most deprived in Northern Ireland. Of the 582 wards in Northern Ireland Creggan, Brandywell, and Clondermot rank 8th, 20th, and 114th most deprived, respectively. The areas serviced by the Old Library Trust have much higher rates of child poverty, people leaving school without any formal qualifications and unemployment rates than the Northern Ireland average, as summarised in the table below.

Area	+16YRS WITH NO QUALIFICATION (%)	CHILDREN IN LOW INCOME HOUSEHOLDS (%)	CLAIMANT COUNT ANNUAL AVERAGES (%)
Brandywell	46	54	14.0
Clondermot	38	43	15.3
Creggan	56	54	13.6
Northern Ireland	29	21.60	5.4

Socio-economic data on Old Library Trust supported communities and Northern Ireland

Monkstown Boxing Club

Monkstown Boxing Club works with 'hard to reach' young people and delivers a wide range of programmes aimed at improving educational achievement, creating pathways to employment, building healthier lifestyles, bringing communities together and reducing crime. Their mission is to "change young people's lives through sport, and inspire them to fulfil their potential in life." The club provides a diverse programme of activities focused at addressing different social and economic issues in the community. Since 2012, the organisation has worked with the hardest to reach young people in Rathcoole and Monkstown, aged between 11-25 and delivered a wide range of programmes aimed at improving educational achievement, creating pathways to employment, building healthier lifestyles, bringing communities together and reducing crime.

Monkstown Boxing Club delivers services across the Monkstown, New Mossely and Rathcoole, all of which are deprived areas with high levels of unemployment, as summarised in Table 2.

Area	+16YRS WITH NO QUALIFICATION (%)	CHILDREN IN LOW INCOME HOUSEHOLDS (%)	CLAIMANT COUNT ANNUAL AVERAGES (%)
Monkstown	40	27.7	6
Mossley	39	33.3	3.8
Dunanney	36	52.5	7.8
Northern Ireland	29	21.60	5.4

Socio-economic data on Monkstown Boxing Club supported communities and Northern Ireland

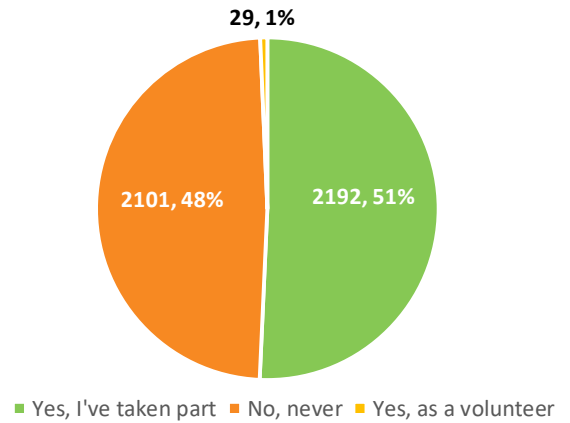


Findings part 1: Outputs

Participants

Springboard provided £500,000 to 60 projects across Monkstown (25 projects) and Creggan (35 projects), broken down further in Appendix A. Overall the projects reached 15,572 participants across three of the four participant categories from the Spirit 'participant framework', shown in the table below. In addition, 52% of the Fourteen NI project participants that completed the baseline questionnaire in 2016 and 2017 had been involved in a similar community project beforehand or had volunteered on one. The remaining 48% had never experienced a community project before and were new to the experience.

Have you been involved in a project of this kind before?



Level	Description	No. participants
Engagement Level 1: Inspire	Number of people reached by your project (e.g. gallery footfall, followers on social media)	Not recorded as part of the grant
Engagement Level 2: Engage	Number of people involved in one-off or mass participation elements of your project (e.g. festival attendees)	5229
Engagement Level 3: Enable	Total number of beneficiaries engaged in regular and/or intensive activity. 'Regular' means at least six sessions over three months. More intense activity over a shorter time will also be at this level.	5625
Engagement Level 4: Empower	Option to identify an additional group who have had sustained access to a life changing opportunity as a result of this project.	4718
		15, 572

Ethnicity

The vast majority of participants (98%) across Fourteen projects in Northern Ireland classified themselves as 'White' or 'White UK', in line with national demographics where white residents make up 98.2%⁴ of the total.

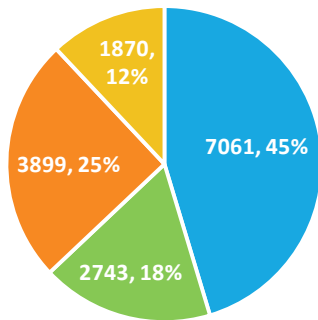
	Participants		Volunteers	
	No.	%	No.	%
Asian / Asian UK	44	0.3%	0	0.0%
Black / African / Caribbean / Black UK	36	0.2%	5	0.7%
Mixed Ethnicity	153	1.0%	27	3.6%
Other Ethnicity	85	0.5%	16	2.1%
White / White UK	15,254	98.0%	709	93.6%

⁴ www.nisra.gov.uk/statistics/census/2011-census

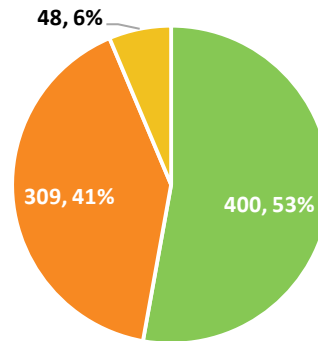
Age

The majority of participants across Fourteen projects in Northern Ireland were 25 or under (63%), although there were still a significant number of participants that were over 25 years old (37%). The volunteers were more evenly divided between the ages of 8-14 years (53%) and 26-64 years (41%).

Age of Participants across Fourteen NI



Age of Volunteers across Fourteen NI

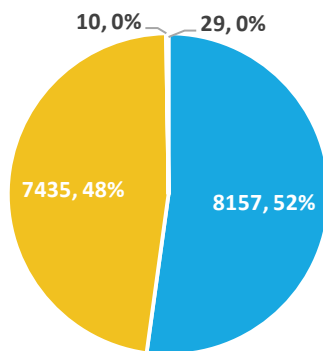


■ 8-14 years ■ 15-25 years ■ 26-64 years ■ 65+ years ■ 8-14 years ■ 15-25 years ■ 26-64 years ■ 65+ years

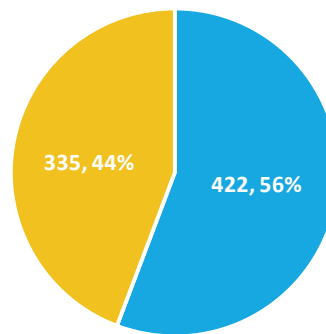
Gender

Male and female participants across Fourteen projects in Northern Ireland were relatively even (48% male and 52% female). Female volunteers were slightly more prominent than male volunteers (a 12% difference).

Gender of participants across Fourteen NI



Gender of Volunteers across Fourteen NI



■ Female ■ Male ■ Other ■ No Response

■ Female ■ Male

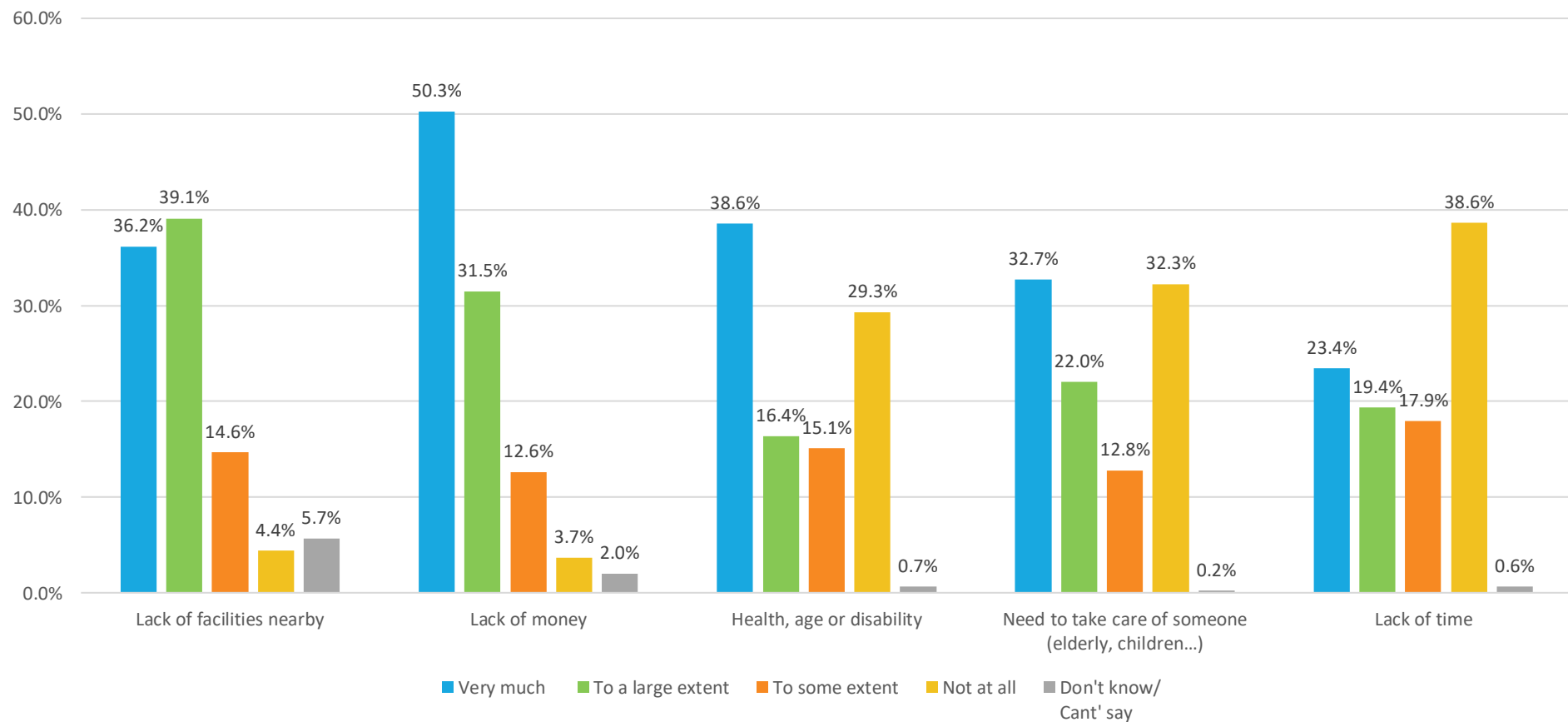
Disability

16% of participants across Fourteen projects in Northern Ireland stated that they had a disability with 5% choosing not to respond to the survey question. No data was collected for volunteers in relation to disability.

Barriers to engaging in activities

A significant proportion of participants (81.8%) across Fourteen NI projects that completed the baseline survey in 2016 and 2017 cited a lack of money, as a barrier to participation in their chosen activities. This was followed by 71.3% citing a lack of appropriate facilities near to them and health, age or disability (55%) and the need to care for someone else (54.7%). Fewer participants saw the lack of time as a barrier with 56.5% stating that it was not an issue at all or was only a minor consideration.

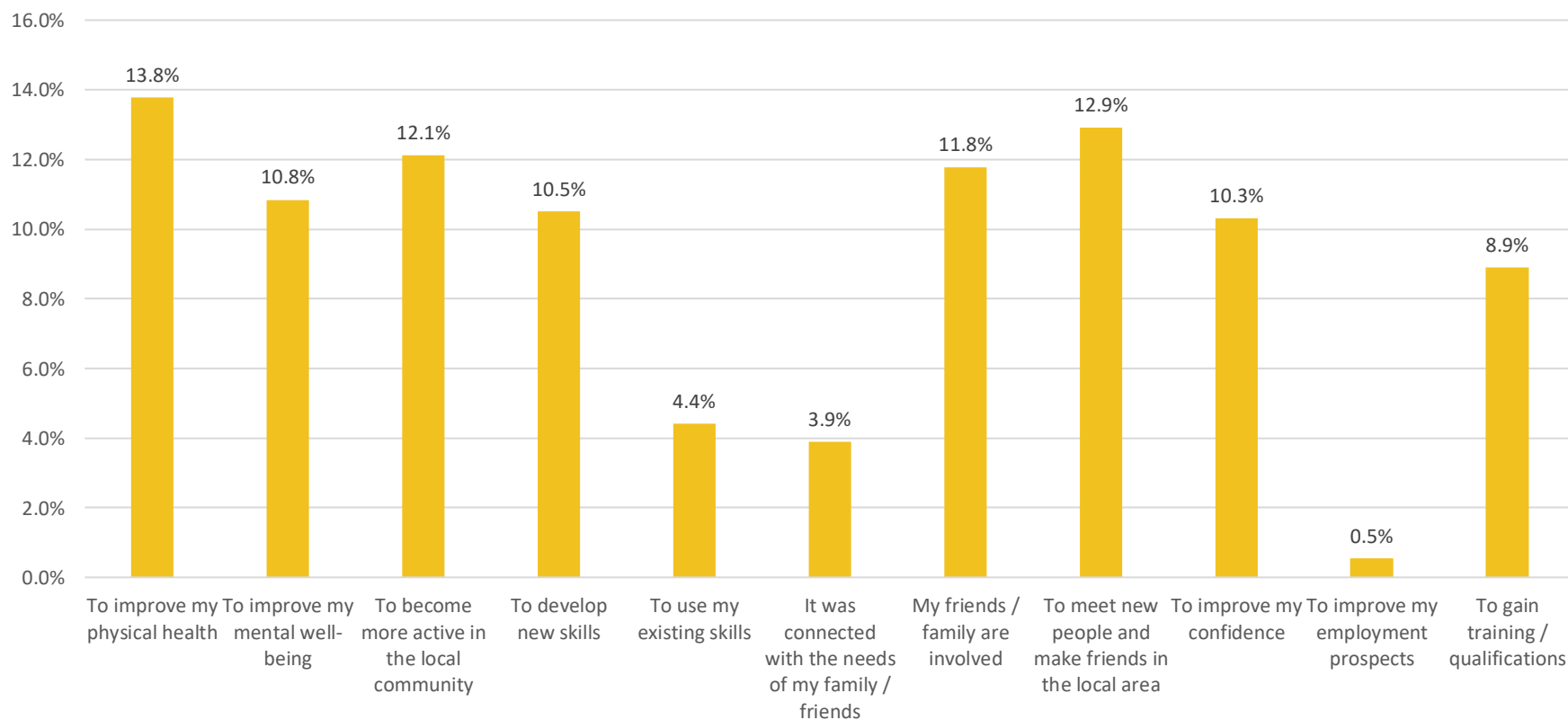
To what extent do any of the following conditions prevent you from doing the free time activities that you would like to do?



Why participants joined Fourteen NI

Over 40% of participants completing the baseline questionnaire in 2016 and 2017 explained their reasons for joining Fourteen projects across Northern Ireland, to be in part a 'social' reason – either to be a part of the community, to be with friends and family, or to make new friends. A third of participants (34.9%) stated they joined in to improve either their physical or mental health or gain confidence. Whilst 10.5% stated they wanted to develop new skills and 8.9% said they joined to get training and gain qualifications, almost no one (0.5%) claimed they were participating to enhance their employment status.

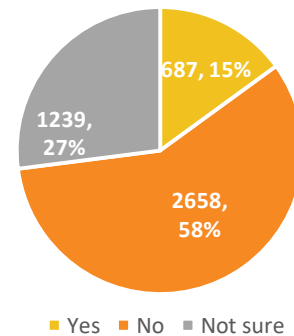
For what reasons did you decide to become involved in the project?



Findings part 2 - Outcomes

This section explores the outcomes generated across the three years of the Fourteen NI programme. The surveys completed by participants in 2016 included the question to the right, designed to explore the extent to which the participants would have had access to similar activities if Fourteen NI was not being provided. This found that only 15% of participants felt that they would have access to similar activities, with 58% identifying that they would not have any alternative to access these programme activities. While there are a range of factors that could lead to improved participant outcomes, e.g. an increase in wellbeing, the findings strengthen the case for attribution of the changes described below, to the Fourteen NI programme.

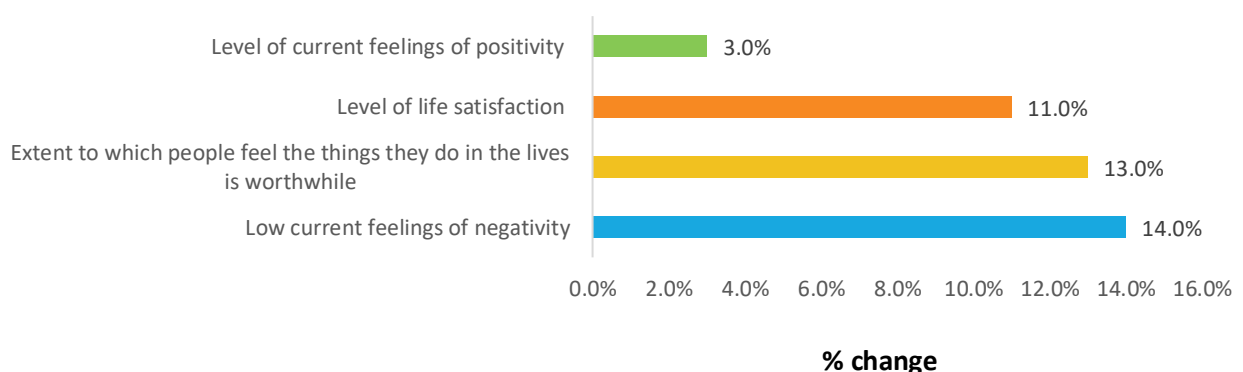
Would you say that you would have access to this type of provision or activity if this particular project was not being provided?



Wellbeing

All but one of Fourteen NI's 60 projects reported that they contributed towards the aim of increasing personal wellbeing through participation. Between 1st June 2016 and 31st May 2017, the wellbeing of participants across all projects increased in all four domains of wellbeing. The percentage change in each domain of wellbeing from 2016 to 2017 is shown in the chart below. All statistics are based on high questionnaire response rates, between 1,948 and 4,099 people. 47% of participants registered 'low current feelings of negativity' in 2016, but this increased to 60% in 2017 (a positive result); the extent to which participants felt that the things they did in their lives were worthwhile increased from 58% in 2016 to 71% in 2017; participants' levels of life satisfaction increased from 59% to 70% and; participants' levels of 'current feelings of positivity' increased from 69% to 71%.

Changes to Participants' Wellbeing from Baseline to Endline, Fourteen in Northern Ireland, 2016 to 2017



The table in Appendix C shows the average wellbeing scores at baseline and end-line across participants in all projects reporting back to Springboard from the three years of the Fourteen NI programme. This showed that the majority of projects showed an increase in life satisfaction (72% of projects), that life is worthwhile (60% of projects) and current happiness (57% of projects), and a decrease in current anxiety (40% of projects) and a positive change across all areas of wellbeing.

Thematic analysis of interviews with Community Partners and other qualitative data collected by Springboard indicates that the projects funded through Fourteen NI in each community have had a positive impact on the health and wellbeing of local residents. One parent of a participant in the Old Library Trust identified that *“My son enjoyed the cycling and has gone from not leaving the house or his PlayStation, to joining the Judo club, such a change in him”* while a participant in a Monkstown Boxing Club stated that *“the mental health programme really helped me a lot because there’s a lot of people I know that go through a lot of that type of stuff so that was a big impact on me and it helped me for other people”*. Providers also identified that they had observed changes in wellbeing in their participants, for example, the *Long-Term Condition Management* project explicitly targets physical and mental wellbeing. As stated by the lead CP programme manager, *“each person has a different reason to come. Some want to improve their physical health, some want to improve their mental wellbeing, others want to improve both”*. A case study on the impact of this programme on participants’ wellbeing, can be found below.

A staff member from one of the Community Partners noted that the activities that have been supported through Fourteen have allowed them to support vulnerable young people in the area, increasing their confidence and improving their attendance at school: *“From a workers point of view; you can really see the growth in them. For example, M. would never have had breakfast and she would have been late for school. Now she goes [to the breakfast club] ... and after school club. It’s been great seeing them all go through that and the potential that they have.”* 95% of participants completing the end-line survey in 2017 also identified that their thoughts and feelings about their life/future changed for the better, as a result of being involved in the Fourteen programme.

Case Study: Participants of the Long-Term Condition Management Project, implemented by the Old Library Trust in Creggan

Who did the Fourteen NI programme support?

Helen and Joan have been involved with the *Long-Term Condition Management* project in Creggan for 3 and 13 years, respectively. *“I was dead shy at the beginning”*, Helen says, but she kept coming back because she found it more difficult if she missed a session as Chris, the trainer, would give her harder exercises. Helen appreciated this motivation, stating that Chris makes the sessions fun and makes people feel comfortable – he, *“goes out of his way to support us”*. Now, Chris says, *“I can’t get rid of them!”*

How?

Helen and Joan were referred to ‘Step Forward’, a *Long-Term Condition Management* project, by their GP. Helen had had depression for two years and Joan is a diabetic. Other people in the group have Downs Syndrome, have had strokes or have other conditions. Helen and Joan received support from Chris in a small group for a 6-week period and attended two exercise sessions per week. However, Helen and Joan appreciate the fact that everything is tailored to the individual; they get one-to-one support from Chris, who plays a counselling, as well as trainer role. Joan highlighted that the participants ask Chris for advice. Upon completion of the 6-week course, Helen and Joan were fit enough to exit ‘Step Forward’ and attend the follow-on circuit class led by Chris – ‘Step Up’. Fourteen funding is now providing the same opportunity that Helen and Joan received, to an additional 60 people. Helen and Joan are currently attending the circuits exercise class with Chris, involving up to 30 people per session, twice per week.

What happened as a result?

Joan describes coming out of her shell and says, *“I’ve grown, both physically and mentally”*. The improvement in both physical and mental wellbeing is recognised by Joan, and she says that the class, *“gets me out of bed”*. This prompted an emotional response and, with a tear in her eye, she stated, *“If I hadn’t been there [to the class], I don’t know where I would be today”*. When asked whether she feels differently since starting the project, Helen said, *“God yes, I feel different”*. Both Joan and Helen have made lifelong friends through participating in the project, as they encourage each other in class and meet-up socially outside of the class. The members have, *“started up a social programme”* themselves, where they go for walks and have meals together. They also talk about the project to their friends and sometimes bring them in. Both Helen and Joan live outside of the direct Creggan area and know that it’s difficult for others to come along from these areas because there is no transport for people, so they help each other out with lifts and support others in getting there.

Finally, representatives from both Spirit of 2012 and Springboard identified that the flexibility that the fund allowed for in terms of innovation, was a key factor in addressing wellbeing:

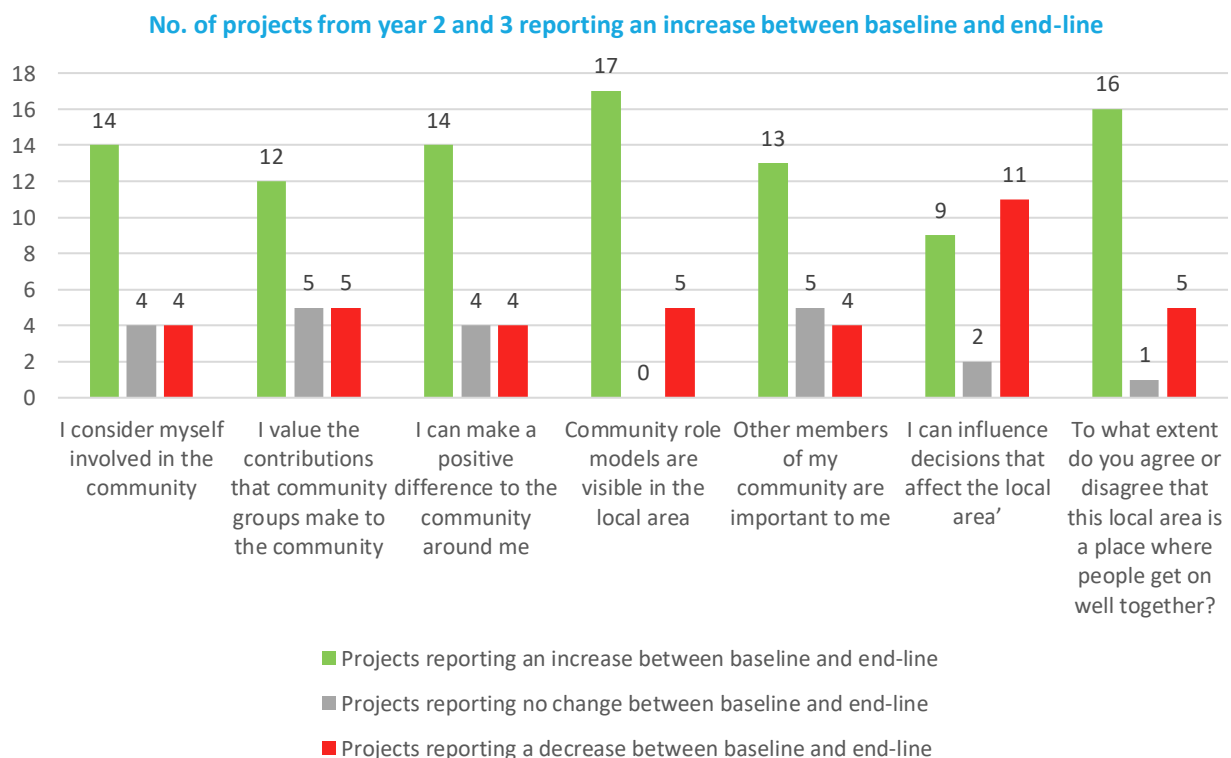
“The other thing I was struck by was the way they used some of their outdoor spaces, particularly the allotments etc. they thought about the health and wellbeing deficits of their communities and how they could address them in innovative ways. They talked to local restaurants in Derry about using local produce from Creggan. It was quite liberating programme for participants. I’m not sure that there’s many other funds that would allow you to have that scope.”

Spirit of 2012 representative

“In terms of output, definitely the wellbeing strand was an important one. The Fourteen project was quite a unique one when it started. Communities were given ownership of any idea, regardless how big or small. That sense of ownership helped a lot. Increased cohesion as well, especially in the Creggan community. They were working with young people and senior people.” Springboard Staff Member

Social Connectedness

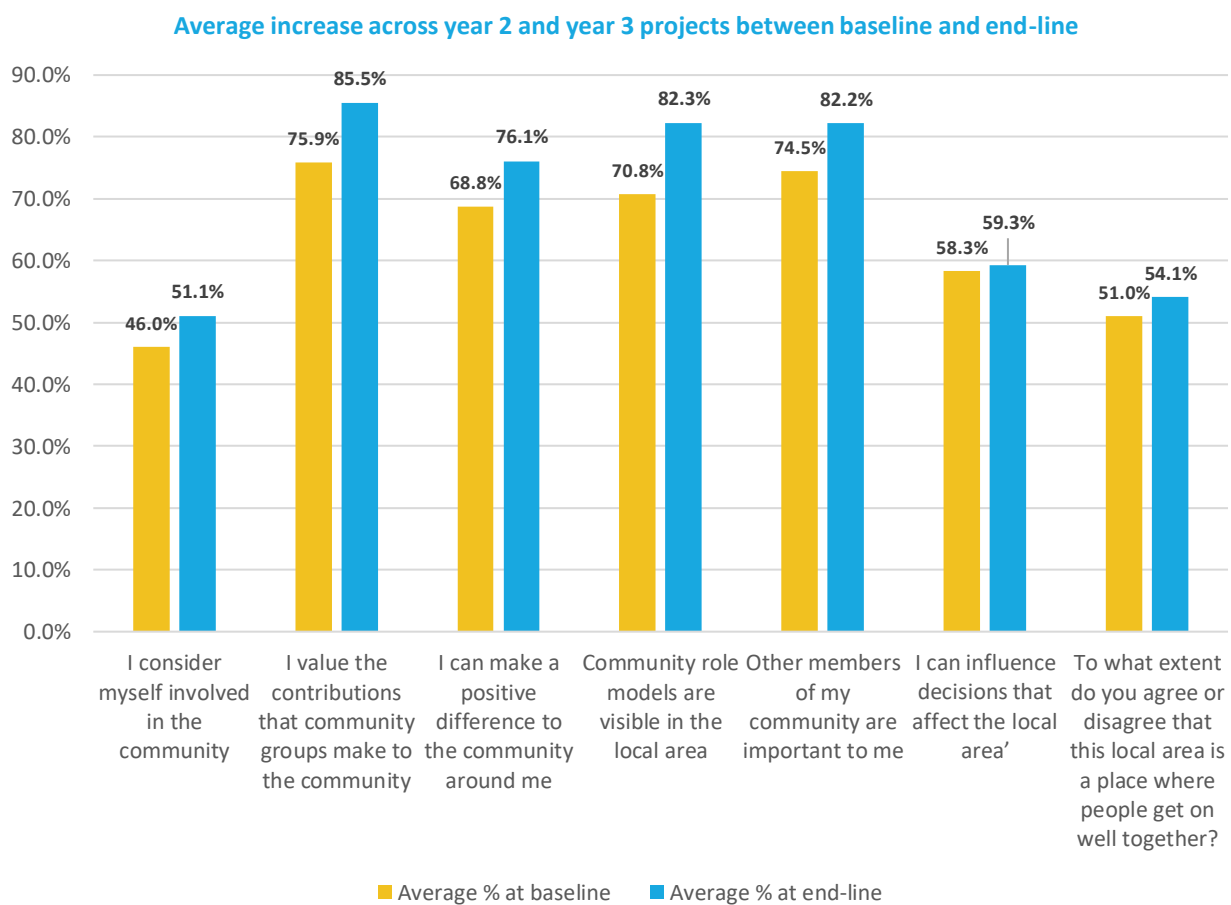
A range of outcomes emerged from the Fourteen NI programme in relation to *Social Connectedness*. In 2016 and 2017 participants completing the baseline and end-line survey were asked to rate statements about how they felt in relation to the local community and their involvement and connectedness. As shown below the majority of Fourteen NI projects taking part in the survey reported an increase at the end of the project from baseline to end-line, across questions relating to social connectedness.



However, participants in half of the projects, felt that they could not influence decisions that would affect the local community. The timing of capturing the data at the end of specific projects may have contributed to this,

As between 2015 and 2018 Northern Ireland experienced a series of events on both a national and international level, including the ‘Brexit’ vote, border disputes and some sectarian fighting across the country that may have affected or distorted perceptions at a local level and influenced how participants were feeling, in part as a response to these wider events. Despite this seemingly negative outcome in relation to *inspiring communities to achieve and do more*, when the results were analysed as an average result across all participants, they demonstrated a slight positive increase of 1%, rather than a decrease.

As shown in the chart below there was also an increase in the average response rate between baseline and end-line across all of the questions relating to social connectedness.



Providers also provided a number of examples in relation to Social Connectedness outcomes. The project *Long-Term Condition Management* connected people to activities and people to each other. It was a referral project, as people were referred by their GPs, and after completing the 6 week project, the participants are also signposted to other programmes and services. The two participants interviewed as part of the case study in 2017 stated that they enjoyed the social element of the project. Joan said, *“now, I have friends”* and Helen agreed, *“I wouldn’t have the friends I have, if it wasn’t for this”*.

The social element of *ASPIRE* was also noted to be an important factor. As stated by the programme manager of the lead CP, *“The Boxing Club’s doors are always open for young people. It is important that we are working right*



in the community". Indeed, one young person interviewed, Louise, completed the project in 2016 but said that she often still came to the centre to 'hang out' in 2017. For Louise, the attitudes of the staff and atmosphere of the centre were important. She also identified that the staff were, "really nice, you can talk to them" and sometimes she brought her friends

into the centre, thus helping to market it to others. Louise also stated that she has made a lot of friends through the project. Staff explained that meeting and interacting with people from different communities is important for the cross-community working groups.

The Fourteen NI programmes allowed volunteers to make changes and improve life chances for themselves and others by becoming positive and visible role models within the community. Both Springboard's Project Coordinator for Fourteen NI and the Project Manager at Monkstown Boxing Club, described the role of and impact of, volunteers:

"One of the biggest outcomes was that they had volunteers joining the project. People from year one were keen to come back in year two, give a bit of their time or expertise to help out." Springboard Staff Member

"At an individual level, participants are part of a health and wellbeing programme, be they at a young age or more senior. They become role models for other people in the community." Fourteen Community Partner

Springboard staff also described how the programme encouraged wider community involvement to allow for organisations and community members to meet and for participants to be more confident and celebrate success:

"Some of the events were key outcomes as well. A winter event or a Halloween event had a massive impact. Because [it's a] very deprived area in the UK, Halloween parade or something, took a lot of pressure off families financially. We were able to hold them in and the expenses were covered by, the organisations. And these events are intergenerational as well. That gave a sense of pride in these communities. Some of these events had taken place previously but nowhere near the scale that it was during Fourteen. Community-wide events, with a large number of groups." Springboard staff member

Springboard staff highlighted that the approach taken by the Fourteen Programme and its structure allowed for the direct engagement of local, grassroots organisations who otherwise may not have had the opportunity to contribute towards addressing the issues identified in their area. The structure facilitated the development of community capacity and allowed participants to value the contributions that community groups make to the community.

Community Partners were an important element of the Fourteen NI structure and were key to engaging and animating local groups to make a positive difference to the community around them. This meant the programme created a network, allowing organisations within the community to engage and take part, ensuring the focus remained on the issues that were most important to local people. One community partner described how, in structural terms and personal terms, organisations and individuals came and worked well together:

“[We] were much more connected, in terms of being aware of who did what – who did youth, who did people with disabilities etc. These organisations started being much more connected in terms of working together. At a participant level, most of the participants had an improved quality of life, increased support within their community. Both at an organisational level and at a people level, it had really positive outcomes. [The stakeholder group] is probably more informal than it was. It is probably more needs-based, ad hoc. Clinic consultations for social housings etc. We all know each other now and we know who needs to be round the table, so we’re able to get the needed people there.”

Feedback provided from staff members regarding the funded projects, highlighted how they engaged those who would normally be isolated or lonely, and encouraged them to take part, ensuring all members of the community were important and included:

“We engage with local schools to look at barriers to participation and started holding quarterly student support group meetings. We have received very positive feedback from schools who have told us that attendance and attitude have improved and detentions and exclusions have reduced.” Community Partner Staff Member

Disability

Thirty projects funded across the two communities reported that they contributed towards challenging the perceptions of disability. This included projects that provided a range of sporting activities that were intended to be accessible to all young people in the local community. A number of projects ran activities specifically for disabled people, including:

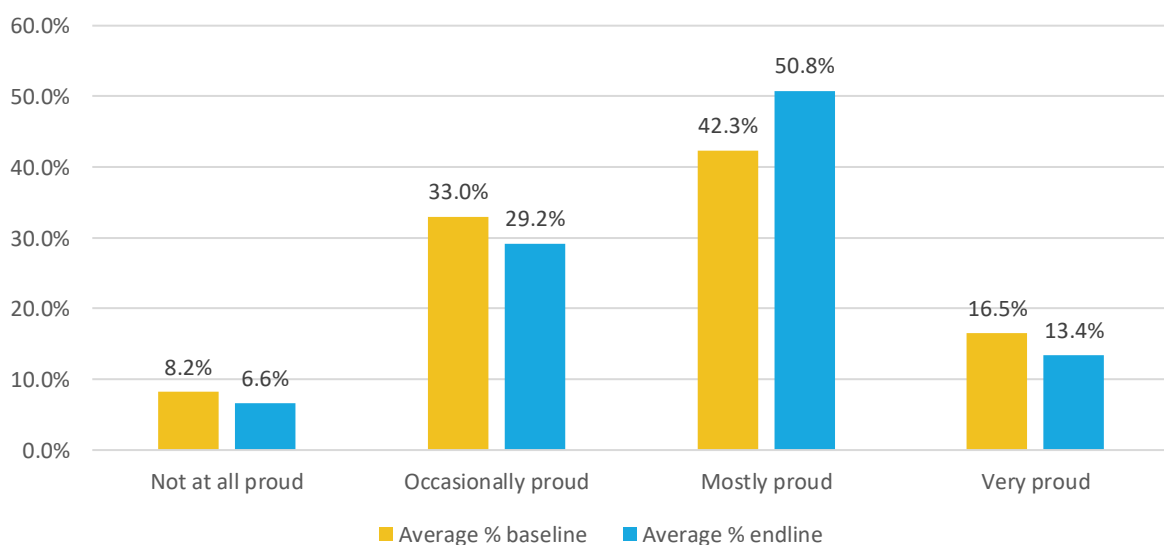


- ▶ Development of a sports-centred summer scheme for disabled children attending a local special school. The programme also supported disabled children to engage in other local activities.
- ▶ Supporting Families Programme: working with local schools and Special Education Needs Co-ordinators (SENCO) to support families to address home-related barriers to educational achievement. Support for the young people included individual and group sessions on promoting emotional wellbeing, dealing with anxiety and stress, and life skills.
- ▶ There was also a specific Downs Syndrome group that was set up to play Gaelic football, as part of the *GAA Capacity Building Project 2017*
- ▶ Participants of the *Long-Term Condition Management* project have different long-term illness and health problems, such as bone disorders, diabetes or have suffered strokes, but there are also some members of the group with disabilities e.g. Downs Syndrome.

Youth Empowerment

Fourteen was not required by Spirit to report on the outcome of empowering young people, however, a number of the Fourteen NI projects contributed towards this area and collected relevant data through baseline and end-line surveys in 2016 and 2017. 16 of the 22 projects whose participants completed the baseline and end-line survey saw an increase in participants who felt 'engaged or very engaged' with the local community (with an average increase of 13.2%). As shown in the chart below, there was also an increase of 8.5% in participants across all projects who felt 'mostly proud' about their contribution to their local community.

**Please rate how proud you feel of your contribution to your local community:
Average across all year 2 and 3 projects**





Unintended Outcomes

This section explores the unintended outcomes that emerged as a result of the Fourteen NI programme:

A Winning funding formula

Whilst it was recognised that the Fourteen NI programme is innovative and responsive to local needs, staff from Springboard highlighted from the outset several challenges associated with the delivery of the programme, noting the most significant challenge to be related to the focus on grassroots level activities, involving work with very small or relatively inexperienced organisations. Another challenge related to the often very difficult circumstances that many local organisations and community workers were operating in. In addition to being highly deprived areas and thereby addressing a wide range of issues associated with socio-economic disadvantage, community workers in Creggan and Monkstown were often working in threatening and insecure environments due to the legacy of the troubles in Northern Ireland. In both areas, community workers have been threatened by paramilitaries and one community worker in Creggan had been attacked. It was therefore important to community partners that they could access flexible funding that could be provided within a relatively short period of time and re-purposed to address immediate, new issues as they emerged.

The Fourteen NI project was considered unique when it started. Communities were given ownership of any idea, regardless how big or small. Organisations were able to look at their communities and think what they wanted to focus upon. The funding was concerned with output, impact and benefits to the community. The perception of other funders was that they tended to be very prescriptive and Fourteen NI was much more open and responsive. The funding model of Fourteen NI therefore addressed the challenges and needs of Creggan and Monkstown from the outset, but was still met with some scepticism:

“There was some disbelief that the funding model was what it was. It’s usually very structured and strict guidelines with funding. So Fourteen was a bit unusual and people started to realise that it wasn’t just talk. It gave a sense of confidence in the funding.” Springboard Staff Member

Despite many changes in its administration and how data was collected over the three years, the approach the Fourteen NI programme has adopted towards its partners and providers did not change across the course of the programme. Having access to small amounts of funding, within relatively short time scales, allowed small organisations to deliver highly focused projects to meet specific, locally identified needs. Feedback from the Community Partners also indicated that the supporting role provided by Springboard was important. Many of the organisations who applied for funding were very small and had no previous experience of working with funders. Springboard often assessed applications and provided organisations with feedback on where more detail or information was required to make a decision, rather than a straight rejection.

Creating Networks

The recruitment and retention of beneficiaries was managed by the stakeholder group members. Each stakeholder group member targeted those people isolated within their sector and most organisations were aware of the need to consult with beneficiaries on what the projects would involve and how they should be structured to ensure maximum attendance and retention. Recruitment and retention focused on engagement with a whole cross-section of the community, with local people involved in the project design, so that their needs were addressed too.

The success of these stakeholder groups was a key factor in the successful recruitment of participants, as they formed a supportive network for the community, as well as the project. After the first year, organisations had developed a portfolio of successful projects that involved a wide range of individuals from the community. These individuals now assist in the development of and recruitment into new activities, through initial stakeholder meetings; leaflets; social media campaigns; networking; and engaging with advocacy type work.

The inFocus case study found that partnerships had been strengthened through *Fourteen*. Springboard, Monkstown Boxing Club and the Old Library Trust worked with 14 other community organisations within Monkstown/ New Mossley and Creggan.

A good relationship developed between staff at the two lead Community Partners, and they often shared information between



themselves. In addition, a lead Community Partner programme manager stated that the networks that the organisation has built with the providers has been 'brilliant'. All *Fourteen* and CP staff interviewed as part of the 2017 case study appreciated opportunities to connect with other partners on the project and share information. In fact, Springboard interviewees would have appreciated more opportunities to learn about other projects in the wider *Fourteen* portfolio managed by UKCF. Apart from the yearly event with the 14 communities across the UK, and Spirit learning events, it was reported that there have not been many other formal or informal opportunities for Springboard to network and share challenges and good practice. In addition, a lead Community Partner programme manager stated, *"if I were to do it again, I would bring the partners together at the beginning, and hold an end-of-year event. It would be good to have more opportunities to connect"*.

Ensuring High-quality Projects

Involvement of communities in the decision / grant making processes was highlighted by all stakeholders as one of the biggest strengths of the *Fourteen* NI programme. A consensus amongst Springboard staff and stakeholders is that projects were enhanced by including beneficiaries in the design and development stage of all projects from the beginning. Although not formally used, an informal needs analysis was undertaken in each community to establish gaps in provision and seek contributions for new ideas. Input from communities, combined with grassroots knowledge of their needs, has resulted in three years of targeted interventions and has provided the opportunity for smaller organisations, who often struggle to access traditional funding streams, to demonstrate their ability.

Volunteering

Feedback from Community Partners and participants indicated that the *Fourteen* NI funding also had a positive impact on both 'attitudes to volunteering' and 'participation in volunteering':

"I've never volunteered before, but in doing this I feel that I am able to give something back to my community."





“My son talks about nothing else but the team. It’s nice to feel welcome and I like how everybody is helpful and it’s all for the kids. I’d like to help out next season in some way.”

Capacity Development

Springboard noted that they also supported the development of capacity amongst local groups by supporting

them through the process of providing quarterly and end of year reports; providing advice on the collection of outcomes data and financial reporting. Staff noted that they often engaged with individual projects to advise where additional detail was required in order to report against the three thematic outcomes. This process allowed local groups to understand in detail what data was required and how they contribute to the evaluation of the overall programme and the administration that is involved in managing a grant.

“Working in partnership with Old Library Trust and Springboard has been a great asset, having administration and management support has enabled us to focus on the programme delivery.”

Learning

This section outlines the key learning that emerged from the Fourteen NI programme, as identified by Springboard, Spirit of 2012, Community Partners and Providers:

Recruiting Stakeholders, Volunteers and Beneficiaries

It was apparent that making direct contact with organisations to put out open calls for volunteers tended to work best. When sports clubs were involved, parents of the children within the setting were approached and utilised, as they already have an affinity with the organisation.

Initially both the Community Partners and Springboard noted that the Fourteen NI programme, as a new concept, did not have a high profile in either community and that it was difficult to get across the aims and objectives of the programme. Whilst the Community Partners noted that they had undertaken marketing activities of their own (such as engaging with the local press and establishing a Facebook page) it was believed by many that a more centralised approach to marketing should have been taken, in order for communities to better understand the aims and objectives of the programme.

“Marketing and promotion has been a challenge; we have tried making our own Facebook page... but people say what is Fourteen. It’s hard getting the message across.”

It later emerged that establishing the Fourteen NI brand was not as challenging as expected, as all advertising came from the organisations themselves, so name recognition was not an issue in this regard. Due to the make-up of the stakeholder forums, awareness of the project within the community was widespread and covered all relevant age groups. The use of social media was employed to keep volunteers engaged during gaps in the projects and to keep everyone up to date, helping to create a sense of belonging to the project.

Using a consistent message that has been designed in partnership with other organisations and the target groups, helped in recruitment. Press in NI were hard to engage with and most stories coming from the communities tended to focus on negative stories of anti-social behaviour or crime.

Capacity building and training

There is a desire to provide continuing professional development, as well as initial training for volunteers. It is seen by Springboard staff as essential to their long-term engagement, rather than one off events. Activities provided during 2015-2017 was reported to increase confidence amongst volunteers; help individuals gain the skills needed to become more involved in their communities; and to create a sense of belonging / ownership in relation to the project. The types of training received by volunteers included:

- ▶ Child Protection / Safeguarding training
- ▶ Level 1 Water Safety
- ▶ GAA Foundation Level Coaching
- ▶ IFA Referee course
- ▶ Dementia Friendly Communities Training

“The thing is, I really enjoy what we do and to get the IFA coaching award is great.” Fourteen Project Volunteer

The Project Manager at Monkstown Boxing Club stated that training of this nature should be expanded and organisations applying for funding should build in a capacity-development element to receive grants. Training should be a requirement for those applying for support and should be in progress before grants are transferred.

This approach would not only make the management of projects more professional, it would also assist in the recruitment of volunteers wanting to gain new skills, and the retention of existing staff, as they see the benefit to them personally, as well as their project and the wider community.

Monitoring and Evaluation

Springboard and the Community Partners highlighted that the data they were asked to collect against the overall Fourteen evaluation framework by Spirit 2012 had changed at least twice. They believed that because of the changes, valuable information was lost and that collecting data retrospectively was not effective and was resource intensive. The initial wellbeing questions were not liked by grant organisations or beneficiaries, but they did provide clear results in terms of how the projects have increased community wellbeing and the results have

been shared with the communities. This feedback from projects in year one indicated the need for a consistent use of metrics. Having an agreed approach to evaluations prior to a project's start date that continued throughout was essential. Spirit of 2012 recognised that they had offered limited assistance to Springboard in this regard with the Director of Policy for Spirit 2012 noting:

"It was a really experimental programme, so we were all learning as we went. They needed more support to get those systems in place, to understand why they were doing it and develop that reflective practice, that having an evaluator allows you to do. I have no doubt that they got enthusiastic about the data. It could've been stronger had they had that support."

The future: 14-Now

Following the conclusion of the three years of the Fourteen programme, Spirit of 2012 awarded Springboard an additional grant of £450,000 to support an ongoing programme of activities in the two communities that were part of Fourteen – Creggan and Monkstown & New Mossley – as well as in a third, new community in Limavady. The new programme, called 14-NOW, started in 2018, enabling people across the three communities to plan and lead on local activities that improve their neighbourhoods and create better connections. The programme is intended to build on the successes and learning of the Fourteen programme highlighted in this report.



Conclusions

Working with over 15,000 community members, in communities with high levels of deprivation in Northern Ireland, the Fourteen NI programme achieved a range of results with participants, only 15% of whom⁵ felt they would have had access to similar provision had the Fourteen NI project not been in place.

Springboard also collected key learning from projects regarding the *motivation of participants* to join the project and *barriers to attending*. For example, the main reasons for participants joining projects were social, either to be part of a community or to be with friends and family and make new friends, and the main barriers to joining was a lack of money and lack of facilities close to participants.

Both qualitative and quantitative data collected by providers showed an *increase in wellbeing* with increases between baseline and end-line for individual respondents across all four ONS wellbeing areas (feelings of positivity, level of life satisfaction, extent to which life is worthwhile and feelings of negativity) and increases in average wellbeing scores across all projects. Qualitative evidence from the participants interviewed as part of the case study supports the finding that participants' wellbeing has improved through their involvement in the projects. For example, a staff member from one of the Community Partners noted that the activities that have been supported through Fourteen have allowed them to support vulnerable young people in the area, increasing their confidence and improving their attendance at school.

Social Connectedness was one of the main areas in which Fourteen NI could demonstrate social changes for participants. Data collected from projects in years 2 and 3 of the programme, showed average increases across all baseline and end-line questions relating to the topic, for example, whether participants felt they could make a positive difference to the community around them or whether other members of the community were important to them. As with the wellbeing outcome area, qualitative data also highlighted outcomes in relation to social connectedness, particularly in relation to an increase in friendships between participants and participants going on to be involved further in communities as volunteers. Community partners also described how the project helped to create a network that allowed organisations within the community to engage and take part and the focus to remain on the issues that were most important to local people.

Although there was no data available to demonstrate a change in *perceptions towards disability* (which was a common challenge across Spirit-funded projects), thirty-five projects funded across the two communities reported that they contribute towards challenging the perceptions of disability. This included projects that provided a range of sporting activities that are intended to be accessible for all young people in the local community and projects that were specifically tailored to support people with disabilities.

Springboard was not required by Spirit to report on the outcome of *empowering young people*, however, a number of the Fourteen NI projects contributed towards this area with 16 of the 22 projects (whose participants completed the baseline and end-line survey) seeing an increase in participants that felt engaged or very engaged with the local community (with an average increase of 13.2%) and an increase of 8.5% in participants across all projects that felt 'mostly proud' about their contribution to their local community.

There were also a range of unintended outcomes that emerged from the data available for this summative review. This included communities and partners feeling ownership of the project, due to the flexible and innovative

⁵ Extrapolated from a sample of 4,584, 29% of the total population engaging in Fourteen NI activities

funding structure, the development and strengthening of partnerships and networks between stakeholders, the successful involvement of beneficiaries in the planning and design of projects, increased levels and positive attitudes towards volunteering, and increased capacity of Community Partners and the providers running the projects to deliver effective projects.

There was also **key learning** that emerged from the project that has now been applied to 14-NOW (the continuation and expansion of the Fourteen programme in Northern Ireland that started in 2019), this included the need for the use of consistent monitoring and evaluation tools across all the projects, continuing to build capacity of projects through the personal development of staff and volunteers, and how best to promote projects to relevant stakeholders, volunteers and beneficiaries.

Appendix A: List of Fourteen NI projects

Monkstown

Project	Organisation
Kids Gloves & Active Parents Project	Monkstown Boxing Club
Community Champions Monkstown Boxing Club	Monkstown Boxing Club
Healthy Heart Monkstown Boxing Club	Monkstown Boxing Club
Rethink	Monkstown Village Initiatives
Performing Arts	Monkstown Village Initiatives
Fourteen Festival of Football	18th Newtownabbey Youth
Good Morning Newtownabbey	Good Morning Newtownabbey
Family Liaison Service Hollybank Primary School	Hollybank Primary School
Supporting Families, Supporting Achievement	Barnardos
Fighting Chance, New Mossley Project	Monkstown Boxing Club
Active Older Project	Monkstown Boxing Club
Supporting Families, Supporting Achievement	Barnardos
Hillcroft PTA Summer Fair	Hillcroft School PTA
ASPIRE Project	Monkstown Boxing Club
Family Liaison Service	Hollybank Primary School
Community Garden	Youth Project Monkstown Village Initiatives
Primary School FUNdamentals	Monkstown Boxing Club
Supporting Families, Supporting Achievement 2	Barnardo's
Community Garden - Youth Project 2	Monkstown Village Initiatives
ASPIRE Project 2017	Monkstown Boxing Club
Primary School FUNdamentals 2017	Monkstown Boxing Club
Active Older 2017	Monkstown Boxing Club
Family Liaison Service 2	Hollybank Primary School
Be Well Stay Well	Monkstown Village Initiatives
Summer Fun 2017	Hillcroft School PTA

Creggan

Project	Organisation
Spring to Health	Old Library Trust
Community Champions	Old Library Trust HLC
Creggan Food Health	Sure Start Edinballymore
Celebrating Creggan Sports	St Marys Youth Club
Cycling Crazy	St Marys Youth Club
Festival of Sport	St Marys Youth Club
Culture & Music Festival	St Marys Youth Club
Creggan Olympics	St Marys Youth Club
A Summer in Creggan	St Marys Youth Club
Winter Wonderland Extravaganza	Bogside & Brandywell Initiative
Grow Ur Own	Bogside & Brandywell Initiative
Intergenerational Ballroom	Creggan Neighbourhood Partnership
Bear Grylls	St Mary's Youth Club
Schools Connecting & Challenging	St Marys Youth Club
Winter Well Project	Creggan Neighbourhood Partnership
Football v Homophobia	The Rainbow Project
Summer in Creggan	Creggan Neighbourhood Partnership

Culture Festival	St Marys Youth Club
Fourteen Fit Club	Old Library Trust HLC
Interactive Youth / Adult Spin Provision O	ld Library Trust HLC
Sean Dolans GAA Capacity Building Project	Derry GAA
Health for Life for Older Residents	Health for Life
Festival of Sport	St Marys Youth Club
Local Sports Building Capacity	Old Library Trust HLC
Grow Your Own	Bogside & Brandywell Initiative
Creggan Festival Extravaganza	Bogside & Brandywell Initiative
Winter Well	Creggan Neighbourhood Partnership
Fundamentals - Connecting Schools	St Marys Youth Club
The Shori Open	Shori Judo Club
CAMPFEST 2017	St Mary's Youth Club
Grow Your Own 3	Bogside & Brandywell Initiative
Creggan Festival Extravaganza	Bogside & Brandywell Initiative
Long Term Condition Management	The Old Library Trust HLC
Health for Life for Older Residents 2017	Health for Life
Sean Dolans GAA Capacity Building Project 2017	Derry GAA

Appendix B: Average wellbeing scores per project

Organisation	Life Satisfaction 0 = not satisfied at all/10 = completely satisfied				Life is Worthwhile 0 = not at all worthwhile/10 = completely worthwhile			Current Happiness 0 = not happy at all/10 = completely happy			Current Anxiety 0 = not anxious/10 = completely anxious		
	Yr	Start	End	+/-	Start	End	+/-	Start	End	+/-	Start	End	+/-
Bear Grylls-Family activity challenge	1	7.2	8.2	1	7	7.4	0.4	6.8	7	0.2	6.8	6.2	-0.6
Bear Grylls-Family Activity Centre	1	6.2	8.2	2	6.2	8	1.8	6.2	8	1.8	N/A	N/A	N/A
Celebrating Creggan Sports	1	6.7	6.7	0	6.6	6.6	0	6.9	6.9	0	N/A	N/A	N/A
Culture and Music Festival	1	6.5	7.1	0.6	6.9	7	0.1	6.9	7	0.1	3.2	1.6	-1.6
Creegan Olympics	1	6.6	6.8	0.2	7.2	6.9	-0.3	7.2	7.1	-0.1	N/A	N/A	N/A
Culture and Music Festival (8-14 Years)	1	7.4	6.75	-0.6	6.5	7.5	1	6.4	7.6	1.2	N/A	N/A	N/A
Culture and Music Festival (Adults)	1	6.7	7.1	0.4	6.7	7	0.3	6.5	7.7	1.2	N/A	N/A	N/A
Cycling Crazy	1	6.3	7.5	1.2	7.2	7.4	0.2	6.8	7.3	0.5	3.1	1.7	-1.4
Festival of Sport	1	6.6	7.1	0.5	6.8	9.1	3.1	7	8.9	1.9	2.2	1.4	-0.8
Fighting Chance	1	6.5	8.6	2.1	6.3	6.8	0.5	5.3	5.8	0.5	N/A	N/A	N/A
Grow Your Own Evaluation	1	6.3	7.1	0.8	6.1	8.1	2	5	7.8	2.8	3.9	3.8	-0.1
Healthy Heart	1	5.3	7.6	2.3	6.7	6.5	-0.2	6.6	6.6	0	N/A	N/A	N/A
Intergenerational Ballroom	1	6.8	7	0.2	6.7	8.7	2	7.2	8	0.8	N/A	N/A	N/A
Kid Gloves	1	7.3	8.1	0.8	6.6	6.6	0	6.9	6.9	0	N/A	N/A	N/A
Schools Connecting and Challenging (Adults)	1	7.2	5	-2.2	6.9	4.5	-2.4	5.5	6.5	1	3.7	5.1	1.4
Schools Connecting and Challenging (8-14)	1	7	6.8	-0.2	4	6.6	-2.6	6.8	7.2	0.5	N/A	N/A	N/A
Spring to Health	1	6.4	7.3	0.9	6.6	7.6	1	6.5	7.7	1.2	3.6	1.8	-1.8
Winter Wonderland	1	6.5	6.8	0.3	6.4	6.8	0.4	6.3	6.3	0	3.7	3.6	-0.1
Aspire Project	2	7.3	9.1	1.8	7.2	7.8	0.6	7.2	7.7	0.5	1.5	1.8	0.3
Family Liaison Service	2	6.6	6.4	0.2	6.6	6	0.6	6.2	4.1	2.1	4	4.3	0.3
Fourteen Fit Club	2	7.3	7.4	0.1	7.2	7.3	0.1	7.2	7.7	0.5	2.1	1.8	-0.3
Fundamentals - Connecting Schools 2016	2	6.6	6.4	-0.2	6.6	6	-0.6	6.2	4.1	-2.1	4	4.3	-0.3
Grow Your Own Evaluation	2	7.5	7.2	-0.3	7.1	6.8	-0.3	7.3	7.6	0.3	3.2	3.2	0
Health for Life 2016	2	6	6.2	0.2	7	7.4	0.4	6.4	6.6	0.2	3.5	3.2	-0.3
Hillcroft PTA Summer Fair 2016	2	7.4	7.4	0	5.5	7.7	2.2	8	7.3	-0.7	2.7	2	-0.7
Local Sports Building Capacity 2016	2	7.7	7.8	0.1	7.6	7.6	0	8.3	8.1	-0.2	2.1	2.5	0.4
Sean Dolan's GAA Capacity Building Project 2016	2	5.7	5.8	0.1	5.8	5.9	0.1	6	6.2	0.2	3.8	3.9	0.1
Supporting Families, Supporting Achievement 2016	2	7.4	7	-0.4	7.4	7.5	0.1	7.8	7.8	0	1.5	1.7	0.2
Youth.Adult Spin Provision 2016	2	7.4	7.9	0.5	7.6	8	0.4	8.6	8.4	-0.2	1.3	1.3	0
Aspire Project 2017	3	7.5	7.9	0.4	7.6	8	0.4	8.5	8.4	-0.1	1.3	1.3	0
Campfest	3	7	7.2	0.2	7.2	7.7	0.5	7.7	7.6	-0.1	3.1	3.1	0
Community activity programme 2017	3	6	6.3	0.3	7	7.4	0.3	6.4	6.6	0.2	3.5	3.2	-0.2
Grow Your Own 2017	3	7.5	7.2	-0.2	6.8	6.9	0.1	7.5	7.6	0.1	3.3	2.8	-0.6
Health for Life 2017	3	6.1	6.2	0.1	6.4	6.4	0	6.3	6.3	0	3.4	3.4	0
Long Term Condition Management 2017	3	6	5.8	-0.2	6	5.9	-0.1	5.6	6.9	1.3	4.1	2.7	-1.4
Primary School Fundamentals 2017	3	7.7	7.8	0.1	7.6	7.6	0	8.3	8.1	-0.2	2.1	2.5	0.4
Sean Dolans GAA Capacity Building Project 2016	3	5.7	5.8	0.1	5.8	5.9	0.1	6	6.2	0.2	3.8	3.9	0.1
Shori Open 2017	3	6.4	6.5	0.1	6.1	6.1	0	6.8	6.7	-0.1	2.3	2.1	-0.2
Summer Fun 2017	3	7.5	7.5	0	8	7.9	-0.1	7.9	7.8	-0.1	2.6	2.6	0
Supporting Families, Supporting Achievement 2017	3	7.4	7.2	-0.2	7.4	7.3	-0.1	7.8	7.5	-0.3	7.8	7.5	-0.2
Average score		6.7	7	0.3	6.7	7	0.3	6.8	7.1	0.3	3.2	3	-0.2
% of projects that reported an increase in average score				72%			60%			57%			40%