



**Baseline Report
14-NOW**

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Introduction

14-NOW builds on the Fourteen programme (2015-2018) funded by Spirit of 2012 to increase levels of social inclusion and enhance participation in fourteen communities throughout the UK. Two of the fourteen communities (Creggan & Monkstown/New Mossley) were selected in Northern Ireland and managed by Springboard Opportunities Limited. Springboard had overall responsibility for the delivery of the Fourteen project and was supported by a designated Community Partner within each community – Old Library Trust and Monkstown Boxing Club. In year two, 14-NOW also engaged the community of Limavady and community partner Roe Valley Residents Association.

The 14-Now programme is focused on five outcome areas defined by Spirit of 2012:

- ▶ Increased wellbeing (based on ONS measure)
- ▶ Challenging perceptions of disability and enabling people to participate on equal terms
- ▶ Increasing social connectedness
- ▶ Empowering young people (including evidencing pathways to employability)
- ▶ Increased volunteering

Evaluation of 14-NOW

In August 2018 inFocus Consultancy Ltd started a three year evaluation of the 14-NOW programme. The evaluation has four main objectives:

1. Review and revise the Springboard M&E framework for 14-NOW and develop data collection tools that can be applied by both the Springboard team and Community Partners
2. Assess the extent to which activities provided by 14-NOW successfully address the social outcome areas for the programme
3. Identify lessons learnt that can be used to improve the programme and wider work of Springboard
4. Assess the effectiveness of Springboard as a programme manager in relation to 14-NOW

The evaluation is using a *mixed method* approach to data collection and analysis, utilising both qualitative and quantitative data to explore the impact of the programme. To date, this has included baseline questionnaires and post-event surveys administered by staff and/or volunteers of projects funded through 14-NOW. In April 2021 interviews with project leads were conducted online by the inFocus team due to current restrictions as a result of the Covid-19 pandemic. Endline interviews may also be conducted in this format.

This report combines baseline data from projects running ongoing activities across one or more of the four outcome areas above, with post-event forms reflecting back on one-off events. In addition to this, this report includes an analysis of how the Covid-19 pandemic is continuing to affect projects using findings collected from key informant interviews with project leaders during April 2021.

Outputs Summary

A summary of the target audiences across the projects follows in the table below:

Project	Provider	Target Audience	No. of participants	No. of volunteers	Ethnicity (incl. volunteers)	Disability (incl. volunteers)	Gender (incl. volunteers)
Play to Grey	Roe Valley Residents Association (Limavady)	This partnership project between the areas of Greysteel, Burnfoot, Dungiven, Glack and Limavady target 7 demographic groups: <ul style="list-style-type: none"> • Pre-school/Parents & Toddlers • Children and Young people (4-18 years old) • Women (25 years+) • Men • Older People • Volunteers • Residents with a disability 	376	30	White: 100%	Disabled: 15% Non-disabled: 85%	Female: 75% Male: 25%
Community Builder	Old Library Trust (Creggan)	The Community Builder engaged with women and girls aged 8-25 years old within our schools and community	160	3	White: 100%	Disabled: 6% Non-disabled: 94%	Female: 80% Male: 20%
Step Forward	Old Library Trust (Creggan)	Target group aged 26+ who are living with a life limiting long term illness, health problem or a disability.	280	3	White: 100%	Disabled: 18% Non-disabled: 82%	Female: 71% Male: 29%
Community Thriving	Monkstown Boxing Club (Monkstown/New Mosley)	Community Thriving support young people aged 11-16 years old and adults aged 40+ years old from New Mossley/Monkstown communities.	75		White: 86% Mixed Ethnicity: 14%	Disabled: 16% Non-disabled: 84%	Female: 60% Male: 40%

Covid-19 Impact Summary

In March 2020 the Coronavirus pandemic caused the United Kingdom to be placed under lockdown measures whereby all community programming, work, and education had to be stopped or moved online. The summary below details the continuing impact of Covid-19 on the 14-Now programme and the communities they serve, going into the third year of the project.

Impact of Covid-19 on 14-Now Communities

As outlined in the year two reports, the initial impact of Covid-19 and government lockdown measures on the 14-Now programme was that all community projects and activities had to be halted. The first quarter of this final project year saw another national lockdown take place, which resulted in further disruption to the delivery of projects. Project leads reported that while their experience from the first lockdown meant that they could adapt activities accordingly, there were still barriers and challenges which influenced participation levels and the types of activities conducted.

In both Creggan and Monkstown/New Mossley, 14-Now providers stressed their continuing concern of the negative impact of Covid-19, and its continuing impact, on their communities, with already prominent issues progressively worsening. Similar to the year two report, these issues were characterised as increased levels of poverty which resulted in social isolation, low levels of wellbeing, both physically and mentally, and decreased motivation to participate in services and activities.

The year two report highlighted that in Monkstown/New Mossley a key issue made worse through Covid-19 was educational poverty due to lack of internet connectivity and technological devices available. Additionally in Limavady, the project lead reported that individuals in rural areas were already isolated and so this was only exacerbated during the lockdown periods. These issues continued to be highlighted as key problems into the third year, although there was an increased level of support in both areas which will be highlighted in the 'community response to Covid-19' section of the report.

Moreover, all of the project leads interviewed predicted that social anxiety will be a longer term impact of Covid-19 due to participants not being able to mix with people within their communities for so long. In Creggan, the project lead reported that many of their target users have been shielding at home since the pandemic began in the UK in March 2020, therefore many individuals felt nervous about the prospect of returning to face to face activities:

“...there has been a lot of social isolation, mental health effects off the back of covid and a lot of fear from people” Project lead, Step Forward

Community Response to Covid-19

During the first lockdown period in 2020 activities were initially halted. However during the second lockdown (January-March 2021), project leads reported that the majority of the services they offer moved online where they could.

Online services included weekly Zoom calls with participant groups, and at-home exercise classes and physical activity sessions through online platforms such as Facebook Live. One project lead reported that they were able to secure additional external funding to purchase iPads for individuals and families during the second lockdown period (January-March 2021), which supported young people get online to complete school work and join classes. However, it was also reported that where there were multiple individuals within the household needing internet access, this issue was not completely resolved.

Similar to year two of the 14-Now programme, providers were also involved in a wider community response to Covid-19 whereby they formed partners with other local services to meet the increasing needs of the individuals in the local area. In Monkstown/New Mossley, the organisation partnered with a local food bank to help distribute meals and food packages to their members in an environment which was familiar to those who required help.

Moving Forward from Lockdown

During the year three baseline reporting period, all projects had started, or were making plans to start, reintroducing face-to-face provisions either in their centres, or in local outdoor areas. In Creggan and Monkstown/New Mossley, it was reported that participants were less likely to engage with live online sessions and activities, therefore project leads were keen to open up in person services as quickly as possible.

Data collected from the key informant interviews found that project were increasingly concerned about moving on from lockdown at a similar time where the funding for this programme will end. It was highlighted that the communities involved in the 14-NOW programme have been, and continue to be, impacted in a disadvantaged way by the pandemic, with existing issues such as poverty being exacerbated. Therefore, all projects were prioritising time to focus on receiving additional funding from external sources to continue to support their participants beyond the pandemic.

Impact of Covid-19 on 14-Now Evaluation

As was the case with the second year of the evaluation, inFocus field visits could not take place. All interviews for the year three baseline report were conducted online via a video call. There are continued uncertainties in regards to the endline data collection, and whether this will take place in-person by inFocus, or continue to be collected via online tools.

Outcomes Summary

This section details the outcome data collected to date across all projects where data is available, combining baseline data for participants that regularly attend projects.

Wellbeing

A summary of wellbeing levels for participants across the four projects follows in the table below. The average baseline wellbeing levels of participants in year three of the 14-NOW projects are either the same or slightly lower than in the year two baseline report, and are still significantly lower than the national average. However, the average level of anxiety has decreased from 4.1 to 3.9 between the year two and three baseline reports.

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
Play to Grey (Limavady)	6.1	6.1	6.0	4.4
Community Builder (Creggan)	8.2	8.0	7.9	1.7
Step Forward (Creggan)	7.4	7.5	7.1	2.9
Community Thriving (Monkstown/New Mossley)	7.0	7.3	6.3	3.9
NOW/14 Average Baseline Year 3	6.6	6.6	6.3	3.9
NOW-14 Average Baseline Year 2	6.6	6.7	6.5	4.1
NOW-14 Average Baseline Year 1	6.78	6.84	6.7	3.86
National Average	7.7	7.9	7.5	2.9

In regards to each project specifically, the wellbeing levels across the Creggan increased between the year two and three baseline scores, with the average levels of anxiety in the Community Builder project decreasing from 2.1 to 1.7, and from 3.3 to 2.9 in the Step Forward project.

However across the projects in Limavady and Monkstown/New Mossley, the average wellbeing scores decreased between the reporting in the year two and three baseline surveys. The wellbeing scores were also significantly lower than the National Average. Although the average levels of anxiety across the 14-NOW have decreased in year three, scores were significantly higher than the National Average in Limavady and Monkstown/New Mossley, suggesting that participants in the Play to Grey and Community Thriving projects are experiencing high levels of anxiety.

Project leads reported a range of factors which had a direct affect on participants wellbeing in their communities. All leads reported that their participants had high levels of anxiety due to the lockdown periods enforced in the country due to the Covid-19 pandemic. It was highlighted that many participants in the Step Forward project in Creggan have been shielding and self isolating for the past year, therefore they were experiencing social anxiety due to the lack of in person contact they have had since March 2020.

“People are still tentative to get out and socialise and some people are excited but some still will be nervous.” - Project lead, Step Forward

Similarly to the year two baseline report, high levels of poverty was also mentioned in Limavady and Monkstown as a factor to influencing wellbeing levels within the community. Lower levels of employment due to redundancies and individuals being put onto the government’s furlough scheme has consequently contributed to an increase in families using the foodbanks in these communities.

“There was enormous inequalities before covid, so the health, wealth and education disadvantage is quite profound so those are have been exacerbated so people from disadvantage background” – Project manager, Monkstown Boxing club

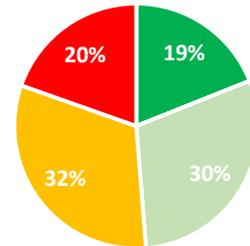
Social Connectedness

Interview responses found that projects are currently focused on reintroducing in person activities within their communities. Project leads in Creegan and Monkstown/New Mossley described that although individuals were facing a lack of motivation for online activities, there was a lot of interest in face to face sessions returning, with many participants in both communities already engaging in volunteering activities within the local area.

The survey responses found that 49% of all participants were either very or mostly proud of their contribution to the community, with 52% reporting they were occasionally or not at all proud. Of those who were asked to record their levels of loneliness, 63% of participants stated they sometimes, occasionally or often felt lonely. It is important to note however that some surveys were completed before the second lockdown was implemented whilst others were conducted during this time period, therefore this could have had an influence on responses.

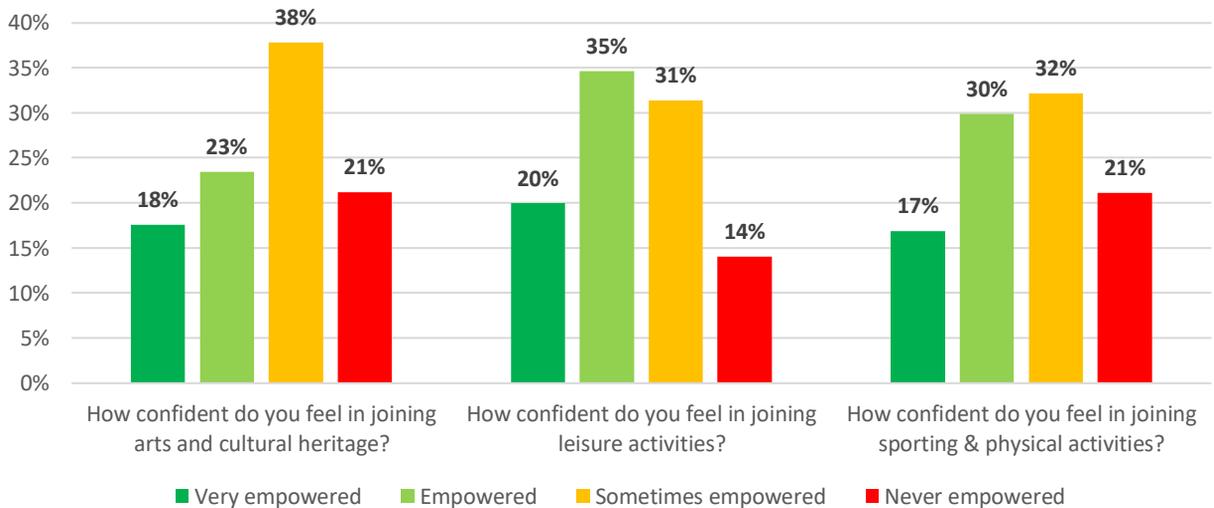
Moreover, there was an increased sense of connection between individuals and their communities apparent through the baseline data with 64% of participants identifying they felt engaged or very engaged with their communities. This is 20% higher than individuals feeling engaged with their communities when compared to the 2019 baseline data collected. As shown in the chart below, there is a diverse range of responses in relation to participants confidence levels in joining different activities in their communities. There was an average of 52% of participants who were sometimes or never empowered to join activities. Participants reported they were most confident in joining leisure activities (55% empowered or very empowered), and least confident in joining arts and cultural heritage activities (41% empowered or very empowered).

Please rate how proud you feel of your contribution to the community.



■ Very proud ■ Mostly proud
■ Occasionally proud ■ Not at all proud

How confident do you feel in joining the following activities



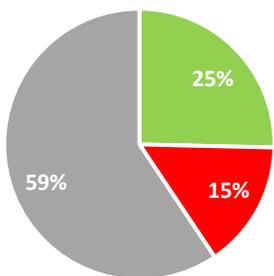
Disability

In Limavady, the Play to Grey project has continued the provision of support and services to the residents with disability participants group into the third year of the programme. During year three of the project a monthly session has been established which engages individuals with disabilities to participant in a range of social activities. It has been highlighted that the COVID-19 lockdown measures directly impacted this group particularly in regards to the weekly connections that took place prior to restrictions occurring, thus the project will turn its focus on reintegrating residents with disabilities into community activities in this third year. In Creggan, the Step Forward project expressed their concern for the wellbeing of their participants with disabilities and long-term health conditions, as many of them have been self isolating and shielding since March 2020. Therefore the focus during the final year will be on engaging their vulnerable participants in outdoor activities and facilitating opportunities to socialise with their peers in the local community.

Empowering Young People

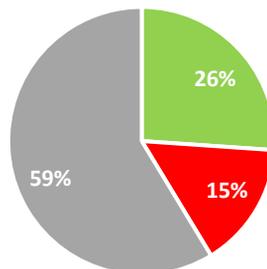
25% of participants reported that their views were heard by their community (with 59% responding that they did not know whether their views were heard or not) . This is slightly lower than the year two baseline report where 31% of respondents felt their views were heard. 26% of respondents participants felt they were able to challenge the ideas and perspectives of other members of the community (again, with a majority proportion of participants - 59% - identifying that they did not know). In relation to making a difference in their communities, 35% of respondents agreed to some extent with this statement. These figures are slightly lower than those in the year two baseline report, however many community interactions and activities were severely disrupted since the third year funding period began in September 2020.

My views are heard by members of my community



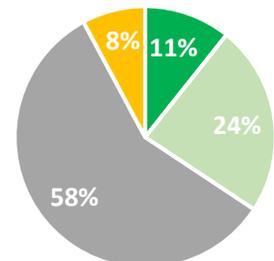
■ Yes ■ No ■ Don't know

I am able to challenge the ideas and perspectives of other members of your community



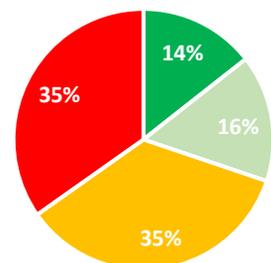
■ Yes ■ No ■ Don't know

I can make a difference in my community



■ Strongly Agree
 ■ Agree
 ■ Neither agree nor disagree
 ■ Disagree
 ■ Strongly Disagree

I'm confident in joining volunteering activities



■ Very empowered ■ Empowered
 ■ Sometimes empowered ■ Never empowered

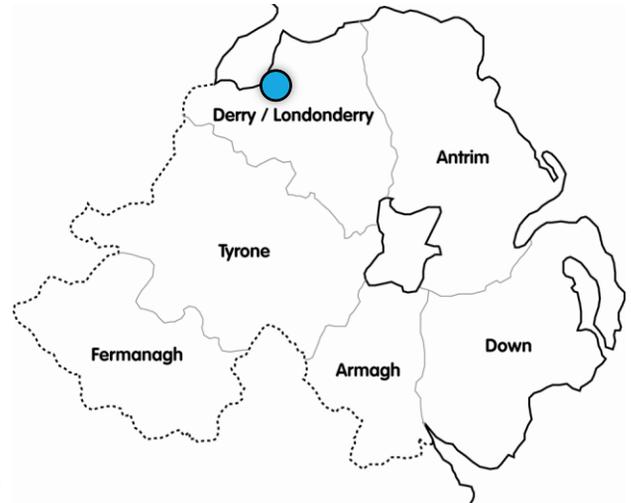
Engaging Volunteers

From those projects which involve participants taking part in in volunteering activities, 30% of respondents were very empowered or empowered to join in with volunteering activities in their communities. 35% of respondents were sometimes empowered and 35% were never empowered. These figures slightly conflict with the interview responses, whereby project leads in Creggan and Monkstown reported there being an increase in interest from young people and adults wanting to volunteer.

Project : Play to Grey (Limavady)

Description

The Play to Grey programme is a 10-month partnership project between the areas of Greysteel, Burnfoot, Dungiven, Glack and Limavady. The overall aim is to provide services which encourage inclusion, personal well-being and social connectiveness. Additionally, going into year three, the programme will aim to address arising issues which impacted their participant groups from the COVID-19 pandemic. The Play to Grey project targets seven demographic groupings with bespoke services for each grouping. Each grouping was identified and chosen based upon the needs the rural communities in these areas which all have limited access to services and activities.



Outcome Areas

Wellbeing	Perceptions of Disability	Empowering Young People	Social Connectedness	Volunteering
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Results

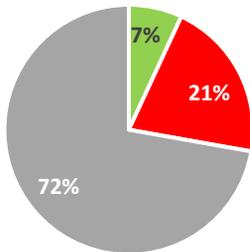
Average levels of **Wellbeing** across all participants groups are significantly lower than the national average and the 14-NOW projects average across all four areas measured. The participant group with the lowest levels of wellbeing across life satisfaction, life is worthwhile and happiness level is the men's group, although this group previously had the highest scores in the year two baseline. The men's group however had the second lowest levels of anxiety. During the project lead interview it was noted that some of the men-only sessions were halted as a result of the national lockdown.

The women's and residents with disability participant groups had the highest levels of wellbeing across the life satisfaction, life is worthwhile and current happiness scores, nevertheless these groups are still below the national average on three areas measured. The women's group were found to have the highest level of anxiety, with the residents with a disability and parents and toddler groups also reporting high levels. The children and young people participant group was found to have the lowest levels of anxiety.

	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
Average score across all 6 demographic groups	6.1	6.1	6.0	4.4
Parents and Toddlers	7.9	5.75	5.7	4.25
Children and Young people (4-18 years old)	5.7	5.8	5.36	2.3
Women (25 years+)	6.5	6.5	6.3	4.8
Men	5.4	5.2	5.2	2.9
Older people	5.4	5.6	5.5	3.9
Residents with a disability	7.45	6.35	6.95	4.2
NOW-14 Average	6.6	6.6	6.3	3.9
National Average	7.7	7.9	7.5	2.9

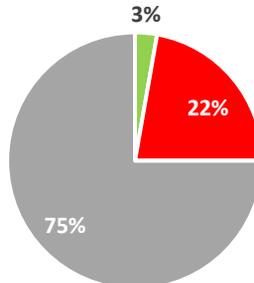
Only the children and young people participant group responded to the following questions around their involvement in the community. In relation to *Empowering Young People* only a small percentage of participants felt that their views were heard by members of their communities and that they could challenge their community. The majority of young people however did feel that they could make a difference in their community.

Do you feel that your views are heard by members of your community?



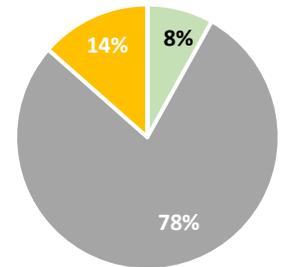
■ Yes ■ No ■ Don't know

Do you feel that you are able to challenge the ideas and perspectives of other members of your community?



■ Yes ■ No ■ Don't know

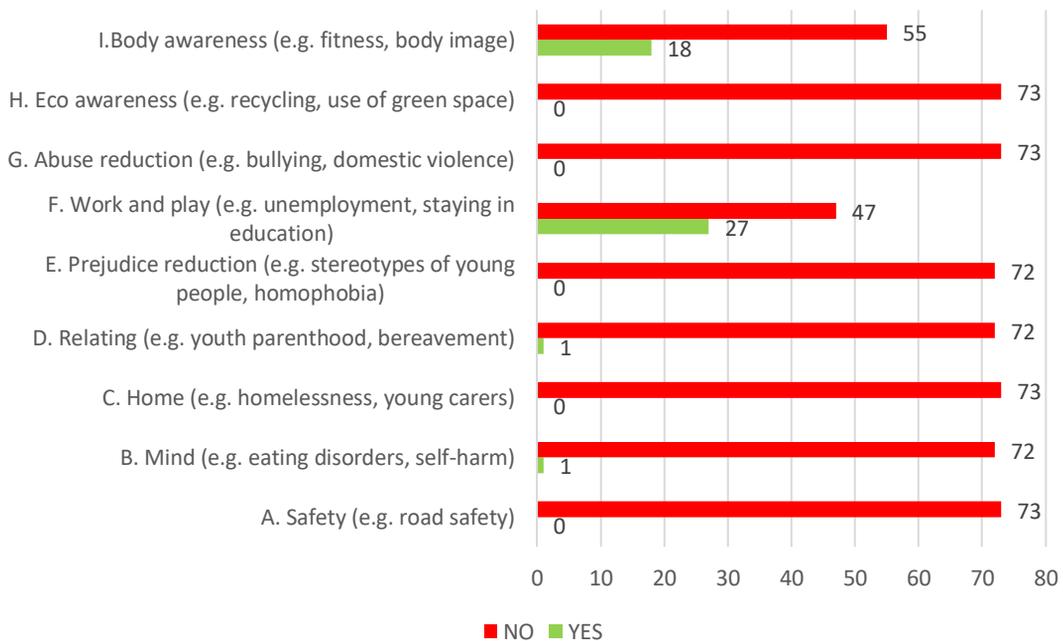
How much you agree/disagree with the following statement: I can make a difference in my community



■ Strongly Agree ■ Agree
 ■ Neither agree nor disagree ■ Disagree
 ■ Strongly Disagree

In relation to *Empowering Young People* only one participant reported that they had been involved in leadership activities. As evidenced in the chart below, a small number of participants had been involved in any type of community activities before the baseline survey was conducted during the third year of the Play to Grey project. This could be contributed to the national COVID-19 restrictions enforced during 2020.

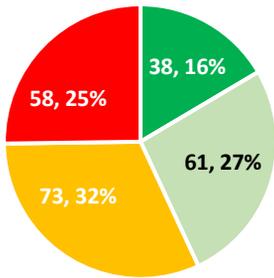
In the last month, have you been involved in any community actions/initiatives/ activities outside of this project to address the following areas?



■ NO ■ YES

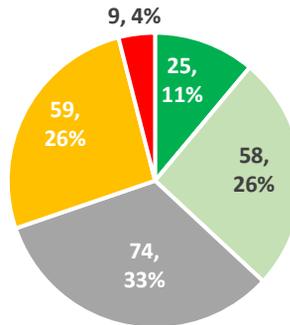
The following figures are representative of all participant groups from the Play to Grey project. In relation to **Social Connectedness** the majority of participants identified that they were proud to some extent of their contribution to the community and felt engaged with the local area. However a significant amount of participants felt lonely often, occasionally or sometimes. 42% of respondents agreed that the local area is a place where people from different backgrounds get on well, with 42% nor agreeing nor disagreeing and 16% disagreeing with this statement.

Please rate how proud you feel of your contribution to the community.



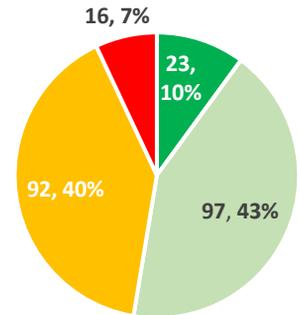
- Very proud
- Mostly proud
- Occasionally proud
- Not at all proud

How often do you feel lonely?



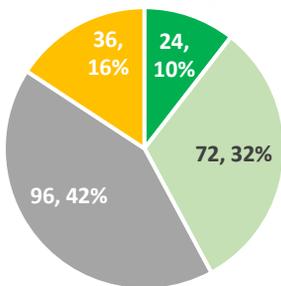
- Often/always
- Occasionally
- Sometimes
- Hardly ever
- Never

Please rate how engaged you generally feel with your local community



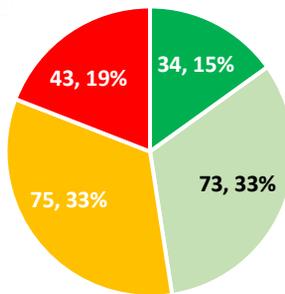
- Very engaged
- Engaged
- Disengaged
- Completely disengaged

To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together?



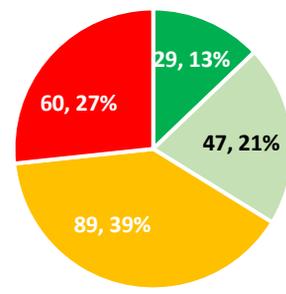
- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

How confident you feel in joining the following activities: Leisure



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

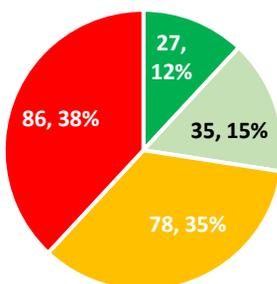
How confident you feel in joining the following activities: Arts and Cultural Heritage



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

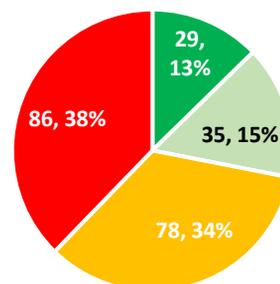
Participants also did not feel confident joining **volunteering**, sporting and physical, arts and cultural or leisure activities.

How confident you feel in joining the following activities: Volunteering



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

How confident you feel in joining the following activities: Sporting & physical



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

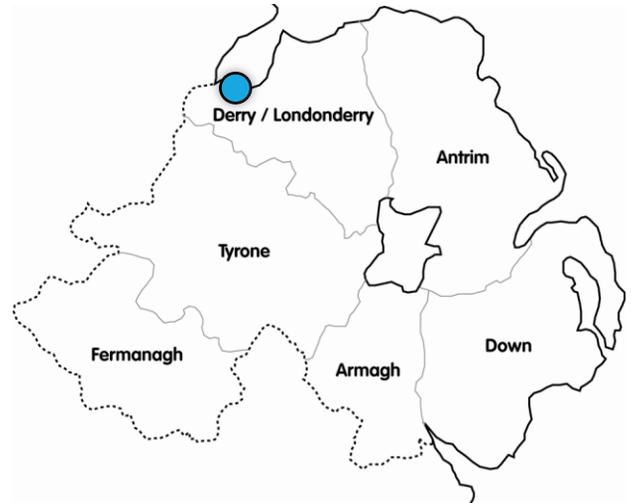
Staff on the Play to Grey project implemented various online activities for the community to promote *Social Connectedness*. One example of this was the live music sessions which took place online and engaged local musicians as part of the Hands and Health programme.

“It (live sessions) was local musicians who haven’t been able to do anything for the past 12 months, and it was great to be able to get them connected with their audiences again. The feedback that we were getting was that it was really good for boosting people’s moral, and in the middle of the week everyone talks about hump Wednesday but this also made people feel really good about themselves and its amazing what music can do.” - Project lead, Play to Grey

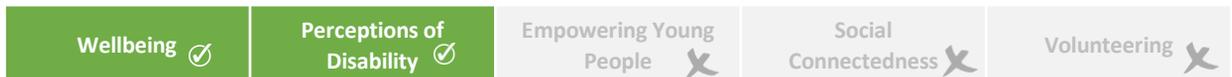
Project : Community Builder (Creggan)

Description

This project targets women and girls aged 5-25. The organisation has employed a Community Builder who is familiar with the local community to liaise across all groups in the area, encourage collaboration and partnership working and assist with grant aided activity, and support the local steering group. The community builder also works with Sean Dolans GAC to increase capacity of young girls and women to take part in Gaelic football within school and community settings. This project aims to increase community cohesion and wellbeing levels. In the third year of the project, there will be a focus on sustainability and future funding.



Outcome Areas



Results

Average levels of **Wellbeing** amongst participants are significantly above the 14-NOW average across all four areas measured, and the national average. The respondents from the Community Builder project reported the lowest anxiety levels across all 14-NOW participants.

	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
Average score	8.2	8.0	7.9	1.7
NOW-14 Average	6.6	6.6	6.3	3.9
National Average	7.7	7.9	7.5	2.9

The wellbeing measure were the only baseline data measurements collected for the Community builder project due to the young age of participants for which current evaluation tools were not appropriate to utilise. The endline data collection tools will include age-appropriate questions to provide evidence for the other outcomes.

During the key informant interview with the project lead, three predominant outcomes were highlighted. The first outcome is to increase participation in sport and physical activity amongst girls and young women in Creggan. Unfortunately due to COVID-19, no sessions have been able to take place during the second lockdown period, however there were plans to start services again within schools once restrictions were lifted. Nevertheless, before the lockdown was imposed, the project lead reported that they had an increased number of girls taking part in Gaelic football, and currently had the support of a high-level female player, who acts as a role model for the participants, and increases their aspirations and motivations in the sport.

“They have got a girl that is spearheading a lot of the girls stuff at the minute who is funded through 14 who would normally do the school stuff, and she represented Derry at county level and the girls look up to her.”- Project lead, Community Builder

The second outcome identified was an increase in volunteering and training opportunities for young people and adults. The project lead reported that some participants had completed training in safeguarding and first aid, and were currently in the process of completing their coaching qualification with the national governing body.

“...they have increased their coaches in terms of putting them through training courses like Safeguarding, and vulnerable adults and first aid and basic entry level coaching qualifications. They have increased their number of volunteers as well.”- Project lead, Community Builder

The third outcome mentioned was developing partnerships and community infrastructure across community organisations. Data collected from the key informant interview found that this outcome is progressively being achieved, with the project lead reporting that the community infrastructure has improved as a result of the 14-NOW funding.

“The community infrastructure across the community organisations has definitely improved over the years which is partly down to the initial 14 community forum and the stakeholders involved in that. The partnerships have now been formalised and are what I would call the Creggan community forum so all of the organisations including schools and sporting organisations are working a lot more collectively together as a result of the journey of this project.”- Project lead, Community builder

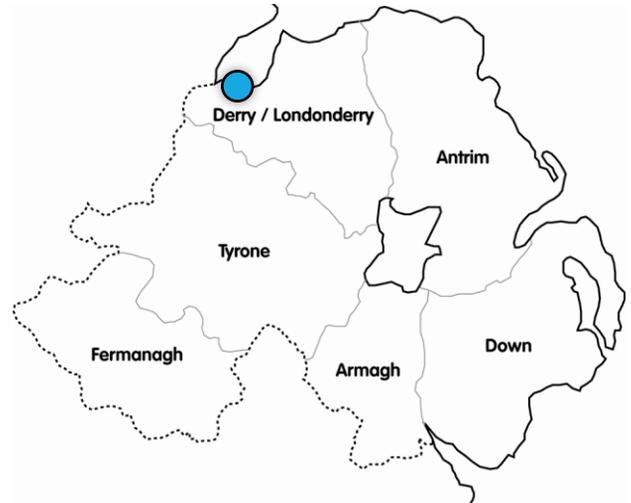
The project lead expressed concerns regarding the sustainability of the project beyond the 14-NOW funding. Due to in person activities being limited between year two and three of the project, it was highlighted that beneficiaries were not able to experience the same impact as they would have, had the project run as originally planned.

“They are still missing out of a year and they are not getting what they would normally get so we are leaving them in a limbo now after what has been already a really challenging year for them all”- Project lead

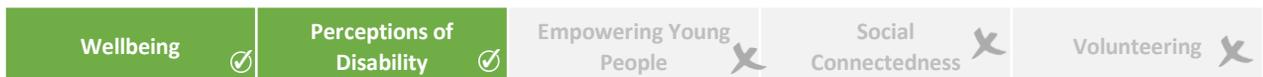
Project : Step Forward (Creggan)

Description

The Step Forward programme will support local people living with a long-term condition to live better within their community by providing tailored opportunities to improve their overall wellbeing. The learning from year one of the programme indicated that people living with a long-term condition need a particular 'hook' or focus to get them engaged in programmes and services. As part of year two, the project then offered one-off sessions to people living with long-term conditions to entice them onto the programme and to assist with their journey. In year three, the project is now focused on re-engaging its participants into outdoor community activities and social events once COVID-19 restrictions are reduced from May 2021. The target group is adults over 16 that are living with a life limiting long term illness, health problem or a disability.



Outcome Areas



Results

Average levels of **Wellbeing** amongst participants are significantly higher than the 14-NOW projects average, however they are still below the national average across three of the four areas measured. The current level of anxiety amongst participants is lower than the 14-Now average, and the same as the national average.

	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
Average score	7.4	7.5	7.1	2.9
NOW-14 Average	6.6	6.6	6.3	3.9
National Average	7.7	7.9	7.5	2.9

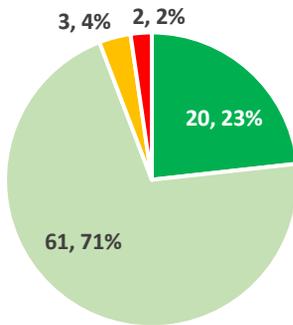
Data collected from the key informant interview found that there were some concerns from staff in relation to the physical wellbeing of participants.

“We’ve stopped being as physical, and so even though we’re doing as much as we can to keep them active, there’s going to be an impact on their own physical fitness in the end”- Project lead, Step Forward

project staff were already observing improved mood amongst their participants since some face-to-face sessions were being reintroduced after the COVID-19 restrictions eased in April 2021.

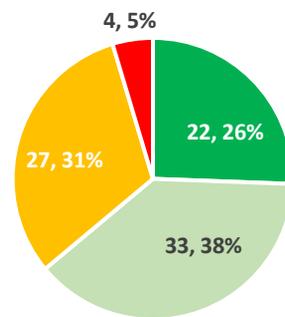
In relation to *Social Connectedness* a majority of participants reported they felt either very engaged or engaged with the local community, with more than half of the respondents feeling proud of their contribution to the local area.

Please rate how engaged you generally feel with your local community



- Very engaged
- Engaged
- Disengaged
- Completely disengaged

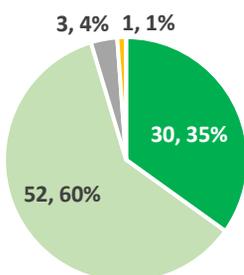
Please rate how proud you feel of your contribution to the community.



- Very proud
- Mostly proud
- Occasionally proud
- Not at all proud

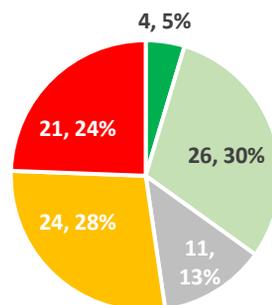
In relation to *Social Connectedness* a majority of participants agreed that people with different backgrounds from the local area get on well together. 35% of participants reported feeling often or occasionally lonely when the baseline survey was conducted.

To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together?



- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

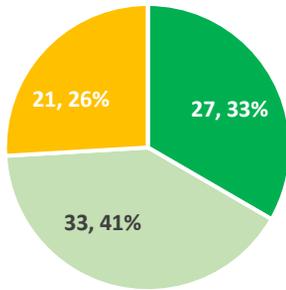
How often do you feel lonely?



- Often/always
- Occasionally
- Sometimes
- Hardly ever
- Never

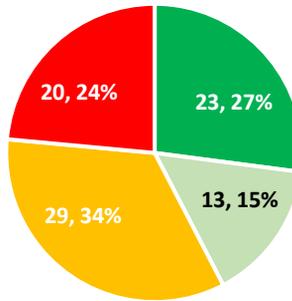
Participants were confident overall in joining leisure and arts and cultural heritage activities in the community. Respondents were least confident to join sporting and physical activities. The project lead noted that more opportunities for sporting and physical activities will become available after the lockdown period to encourage more local individuals to become active.

How confident you feel in joining the following activities: Leisure



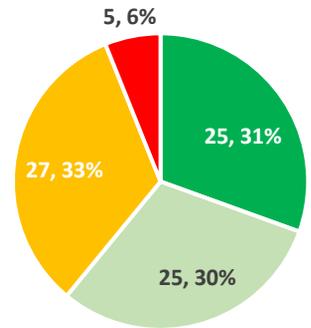
- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

How confident you feel in joining the following activities: Sporting & physical



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

How confident you feel in joining the following activities: Arts and Cultural Heritage

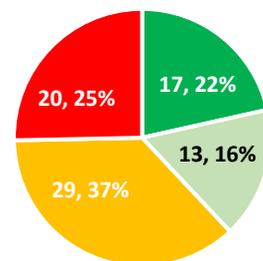


- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

While **volunteering** is not a main outcome area of the Step Forward project, over a third of respondents felt very empowered or empowered to join volunteering activities in the local area.

As part of the projects initiative to get more participants active and spending time outdoors, after many individuals shield over the past year, the project lead reported that they are trying to engage participants in volunteering at the local country park and connect this back with the local environment. The current uptake and engagement of this initiative has been positive so far, with the project lead hoping for an increase in volunteers during the second half of this third year.

How confident you feel in joining the following activities: Volunteering



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

“We recently reached out to some of our members and said that they (country park) need help with support and maintenance within the country park so we got together 20 volunteers just off of Step Forward...and they signed up to do some painting and plant potting and litter picking and just helping to maintain the park”- Project lead, Step Forward

Project : Community Thriving (Monkstown/New Mossley)

Description

The Community Thriving project will support existing and potential participants within the Monkstown/ New Mossley communities. The activities will run across the three key programme areas. The first programme area is young men and women's (HERizon, imMense, EmpowHER, Mpact and Lads Group) for young people aged 11 – 13 years olds where they will receive one to one mentoring where required as well as having external facilitators being brought in to deliver specific topics. The second programme area is an education support programme (In Your Corner) for young people excluded from mainstream education. The third programme area is a health & wellbeing programme (This Girl Can) for women aged 30+ from the local community.



Outcome Areas



Results

Average levels of **Wellbeing** amongst participants are lower than the national average across all four of the areas measured. The average levels amongst participants were higher compared to the average levels for Life Satisfaction and Life is Worthwhile, with the current average levels of happiness being slightly lower than the 14-NOW average. The imMENse programme area had the highest average levels of wellbeing across three of the four areas measured, and had the lowest average level of anxiety. The This Girl Can programme area had a significant higher average level of anxiety and also had the lowest average wellbeing scores across the other three areas.

	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
Average score across all 7 programme areas	6.98	7.28	6.28	3.89
This Girl Can	5.6	6.3	4.4	6.3
HERizon	7	7.57	6.57	2.86
imMENse	8.7	8.3	8.0	2.7
Lads Group	6.8	6.8	6.8	2.8
EmpowHER	7	7	6	3.75
Mpact Youth Empowerment	7.5	7.9	6.5	4.2
In Your Corner	6.8	6.6	6.2	4
NOW-14 Average	6.6	6.6	6.3	3.9
National Average	7.7	7.9	7.5	2.9

Data collected from the key informant interview with the project lead found that external factors around the protests and riots in the local area were having a direct impact on their local community, particularly the younger participants.

“The people in the community feel like their identity and culture is being stripped from them. The young people are being manipulated, we still have Paramilitaries in the area, and they are being manipulated by older community representatives to get out on the street and fight so that’s one of the main issues right now.” – Project lead, Community Thriving

It was also reported that there was a double-homicide/suicide in the local area which directly impacted two of young participants, and Monkstown staff were providing intense wellbeing support to these individuals. Due to this circumstance, staff supporting the two young individuals are also receiving outside support for their mental health and wellbeing.

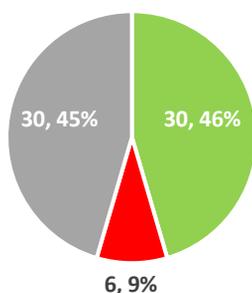
“It’s the worst example of trauma and heart break that I’ve seen. We have support and supervision informally and formally throughout the year with staff but with this it’s a very different situation so I identified that we needed a counsellor for supervision, so I brought in a clinical psychologist who specialises in trauma situations”- Project manager

Baseline data additionally found that participants from the local communities of Monkstown and New Mossley were more susceptible to experience issues with their mental health and have low levels of mental wellbeing due to their limited access to support services. However, data collected from the interviews indicated that the Community Builder project was implementing additional services throughout COVID-19 and beyond the restriction period to support their participants in all programme areas.

“People from disadvantage background like ours struggle more with mental health, struggle with social mobility, don’t have access to the range of support services and networks that their more affluent peers would have access to.”- Project manager

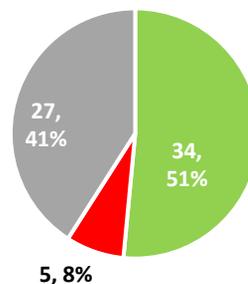
In relation to *Empowering Young People* 46% of participants felt that their views were heard by members of the community. Additionally, over half of the respondents felt that they are able to challenge the ideas and perspectives of other members of their community, with the majority of individuals agreeing that they can make a difference in their community.

Do you feel that your views are heard by members of your community?



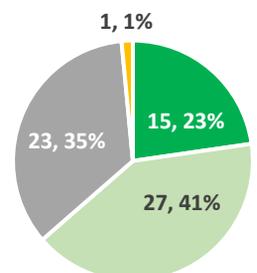
■ Yes ■ No ■ Don't know

Do you feel that you are able to challenge the ideas and perspectives of other members of your community?



■ Yes ■ No ■ Don't know

How much you agree/disagree with the following statement: I can make a difference in my community



■ Strongly Agree
 ■ Agree
 ■ Neither agree nor disagree
 ■ Disagree
 ■ Strongly Disagree

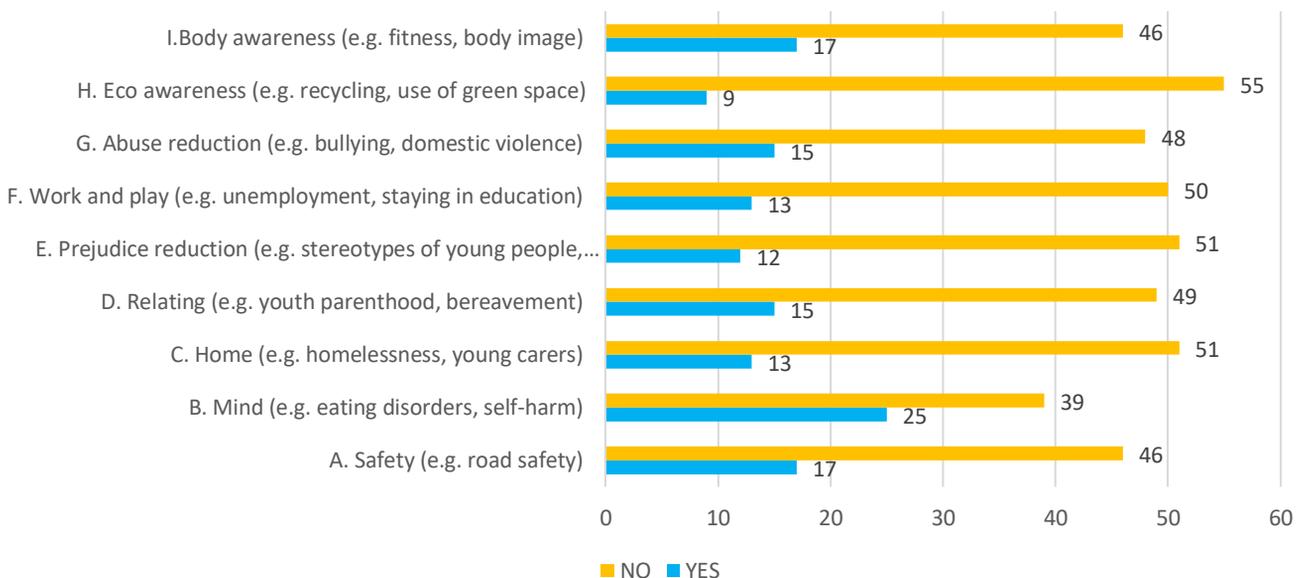
In relation to *Empowering Young People* the majority of participants had not been involved in recruiting and talent spotting volunteers, setting up social ventures or running their own social action project. However, there was an increased involvement in organising community events, providing first aid and helping with the running of sports events reported amongst participants.

Please indicate (by ticking relevant boxes) if you have been involved in any leadership activities before this project such as:



In regards to community activities, most young people had only been involved in community activities addressing the areas of body awareness (e.g. fitness, body image), safety (e.g. road safety) and mind (e.g. eating disorders, self-harm). The project lead did report that there were plans to re-engage young people in sessions revolved around different key issues and topics in the community.

“We do a consultation with the young people to see what was needed after the lockdown to see what they want and a lot of them are wanting more mental health programmes, positive relationship programme, disability and inclusion programme came up a lot” - Project lead, Community Thriving



In addition to empowering young people, it was found that there was low self esteem, confidence, and aspirations amongst the older women involved in the programme, therefore the project will also introduce new 12-week project called STEPS for this participant group which will focus on increasing confidence, affirmations and aspirations.

Conclusion

In this third year of the 14-NOW programme Springboard has worked with over 1,600 community members, in communities with high levels of deprivation in Northern Ireland. This baseline report explored what the life for participants was like before and during the first quarter of the project in relation to five key outcome areas; wellbeing, social connectedness, empowering young people, changing perceptions of disability, and engaging volunteers. This section of the report draws conclusion from the Covid-19 impact summary, outcomes summary and findings section.

Impact of Covid-19

As outlined in the year two reports, the initial impact of COVID-19 and government lockdown measures on the 14-NOW programme was that all community projects and activities had to be halted. The first quarter of this final project year saw another national lockdown take place, which resulted in further disruption to the delivery of projects. Project leads reported that while their experience from the first lockdown meant that they could adapt activities accordingly, there were still barriers and challenges which influenced participation levels and the types of activities conducted. The challenges that community members normally face (poverty, high employment levels, low wellbeing), were found to have been exasperated as a result of the COVID-19 national lockdown and restrictions.

All projects activities (aside from the Sean Dolans sessions as part of the Creggan Community Builder project) were moved online during the second lockdown period, with some 1-1 services being available face-to-face where social distance measures allowed. It was evident that all four projects had plans in the near future to move back to a full in-person service once restrictions allowed. There was also a focus on using outdoor activities to re-engage participants back into the community in a safe environment due to many individuals self-isolating for long periods of time since March 2020.

Wellbeing

Aside from the Community Builder programme in Creggan, for all other 14-NOW projects the baseline levels of wellbeing of participants are lower than the national average in the UK, and in some cases significantly lower.

In Creggan, wellbeing scores were higher than the year two and three baseline scores, with the average levels of anxiety in the Community Builder project lower, from 2.1 to 1.7, and from 3.3 to 2.9 in the Step Forward project. However in Limavady and Monkstown/New Mossley, the average wellbeing scores were lower between the reporting in the year two and three baseline surveys.

Data collected through the key informant interviews found that high levels poverty and COVID-19 were the main contributors to the low wellbeing levels of participants. In Monkstown/New Mossley, project leads reported that there was a quadruple uptake of their food bank service, with redundancies and the furlough scheme being main factors of this, predominantly due many individuals in the local community working in jobs that were adversely effected by the pandemic.

In Limavady, it was highlighted that individuals in rural areas were further isolated with the COVID-19 restrictions which was having a direct impact on their mental health. However, the project were able to obtain additional external funding to provide these participants with broadband and other technical equipment such as tablets to support residents in accessing online services, and connecting with others.

It was evident from the baseline data that all projects are aware of the long-term impact of the pandemic on participants wellbeing, and have strategic measures in place to provide additional support and services where needed. The year three endline report will seek further understanding of how projects will support their beneficiaries, and the likelihood sustainable impact occurring beyond the funding period.

Social Connectedness

Overall, the findings highlighted that participants felt some connection with their local community with 49% of participants reporting that they were proud of their contribution to the community. Levels of engagement were significantly higher with 64% of participants identifying that they felt engaged or very engaged with the local community, which is a 20% increase in comparison to the baseline data collected in 2019.

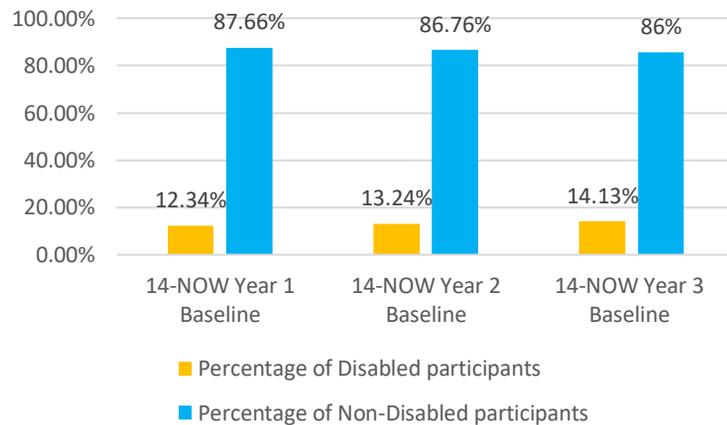
There were high levels of loneliness reported in the baseline surveys with 63% of respondents stating they sometimes, occasionally or often felt lonely. Interview data further confirmed that project leads had experienced high levels of feedback from their participants reporting that they felt isolated, particularly in Limavady.

In Creggan and Monkstown/New Mossley some in-person services were being reintroduced in an outdoor environment to get participants re-engaged with the local community and socialising with their peers. At the start of this year three funding period, the Step Forward project created a partnership with the local country park to provide the opportunity for its participants to volunteer in maintaining the park, whilst also encouraging them to spend time outside after over a year of self-isolation and shielding.

Disability

Projects were continuing to use their experience gathered in the first two years of 14-NOW to engage vulnerable individuals in this participant group. Upon comparison with year one and two of the project, there has been a slight increase in the percentage of participants with a disability engaged (chart right). Project leads expressed an interest to continue to develop and engage more participants with a disability into their programmes.

Percentage of Participants with a Disability
Year on Year Comparison



In Limavady, providers highlighted that they have introduced a monthly meeting for residents with a disability which will facilitate opportunities for individuals to socialise and engage in community activities.

Empowering Young People

Children and young people (aged 4-25 years old) make up 38% of participants in the 14-Now programme. On the basis of our baseline findings, it was evident that young people did not feel connected with their communities; with 25% of participants reporting that their views were heard by their community (this is a slight decrease from the year two baseline which was 31%), and 26% of respondents participants felt they were able to challenge the ideas and perspectives of other members of the community (down from 35% in the year two baseline).

Project leads described a number of services that they were providing for young people to support them and engage them with their local community, both during the COVID-19 lockdown period and after. For example, the provider in Monkstown/New Mossley reported that many young people engaged in providing covid response services to members of the local community by volunteering in their food bank and meal provision services.

The endline findings will be significant in observing how young people are engaged back into projects and community activities after the reduction in national restrictions.

Engaging Volunteers

Survey data from the projects that focused on volunteering showed that 30% of participants felt either very empowered or empowered to join volunteering activities, compared to 22% in the year two baseline report. There was no significant evidence to explain why there was an increase, however this could be attributed to the opportunities provided to volunteers during the covid responses in the communities, for example the food bank service in Monkstown/New Mossley.

In Creggan, providers created opportunities for their participants to volunteer in the local park as part of their initiative to encourage individuals to re-engage back into the community and connect with their peers. The endline reporting will be used to examine the affect of this activity both on the wellbeing of the participants, but also the level of social connectedness.