



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.

14-NOW aims to consolidate impact in both communities and work with a ‘new’ community Limavady and community partner Roe Valley Residents Association. Now in its second project year, providers and community partners have restructured and consolidated the number of projects undertaken (5 in total) so that there is a single umbrella project targeting a range of participant groups. This is in comparison to 2019 where there was a separate project for each participant group (12 in total).

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)
- ▶ Engaging volunteers

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 and interviews with project leads conducted by inFocus. In September and October 2020 the next phase of data collection will involve focus groups and interviews that will be conducted online due to current restrictions as a result of the Covid-19 pandemic.

This report combines base-line 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, before the outcomes summary the report includes an analysis of how the Covid-19 pandemic has affected projects using findings collected from key informant interviews with project leaders during June 2020.

Outputs Summary

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

Project	Provider	Target Audience	No. of participants	Ethnicity	Disability	Gender
Halloween Lantern Parade	Roe Valley Residents Association (Limavady)	Pre- event activities: Children aged 5-14 years old Young people aged 15-24 years old Event – All ages	430	White: 99% Other ethnic groups: 1%	Disabled: 8% Non-disabled: 92%	Female: 63% Male: 37%
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 	664	White: 100%	Disabled: 15% Non-disabled: 85%	Female: 65% Male: 35%
Community Builder	Old Library Trust (Creggan)	The Community Builder engaged with women and girls aged 8-25 years old within our schools and community	180	White Irish: 100%	Disabled: 6% Non-disabled: 94%	Female: 56% Male: 44%
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	White Irish: 100%	Disabled: 21% Non-disabled: 79%	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.	70	White: 86% Mixed Ethnicity: 14%	Disabled: 14% Non-disabled: 86%	Female: 57% Male: 43%

Covid-19 Impact Summary

In March 2020 the Coronavirus pandemic caused the whole of 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 impact of Covid-19 on the 14-Now programme and the communities they serve.

Impact of Covid-19 on 14-Now Communities

The initial impact of Covid-19 and government lockdown measure on the 14-Now programme was that all community projects and activities had to be halted. For example, one 14-Now provider described having to cease all activities for around 2 weeks once lockdown measures were put in place, in order to assess how to run activities online and what other services needed to be offered in order to meet the impact of Covid-19 on their community.

In both Creggan and Monkstown/New Mossley 14-Now providers all characterised the impact of Covid-19 on their communities overall as a worsening of issues that their communities were already facing. These were characterised in more general terms as elevated levels of poverty which resulted in social isolation and low levels of wellbeing, preventing individuals from accessing services and opportunities. In Monkstown/New Mossley a key issue made worse through Covid-19 was educational poverty, with the project lead identifying that a lot of young people they worked with didn't have consistent access to the internet and therefore had been missing out on school during lockdown. This led them to be behind on their schoolwork, worsening the existing cycle of educational poverty that is present in the area. In Limavady, providers described how individuals who were already isolated because of living in a rural community were now even more isolated due to lockdown and social distancing measures, particularly older people who were less likely to connect with others through online services.

The project leads were also able to identify longer term impacts they expected as a result of Covid-19, including longer-term unemployment. For example, one project lead described that they expected the percentage of unemployed people to quadruple once the current UK Government furlough scheme comes to an end, also highlighting the impact on the levels of poverty this would have on the local area. Poor mental health, especially among adults, was also a common longer term impact identified as a result of being socially isolated and not being able to experience in-person social connections. One project lead also explained the knock on effect of poor mental health as a result of Covid-19 through saying:

"There's been a number of cases where parents have really struggled with their mental health over lockdown and young people have ended up in the care system because of parent breakdowns we are obviously supporting social services and caregivers in helping that young person. There are some exceptional cases out there that we are working really hard to support the young people."

Community Response to Covid-19

After initially halting their activities on the announcement of the lockdown measures, all providers were then able to offer services in a number of alternative formats; online, via the telephone, socially distanced (in accordance with government guidelines) and via the creation of paper materials. 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.

Services offered via telephone took the form of weekly calls to check in on participants that weren't able to connect via online platforms. Services carried out at a social distance included; street exercise sessions that residents could engage with from their front gardens, a weekly community clean up and a gardening service provided to residents who were shielding and unable to leave the home. Services delivered through the creation of paper materials included activity packs for young people and children, as well as care packs for adults and particularly older people who could not access services online.

14-Now providers were also involved in a wider community response to Covid-19 where they worked with other local community and public sector organisations to tackle issues resulting from the lockdown measures. All 14-Now providers carried out additional services for their communities during this time, for example, providing food and hot meals to community members. Project leads highlighted that the meal services they provided grew since the start of lockdown. For instance, one project lead explained that they initially supported ten families and this then increased to 50 families. One project lead identified that they were delivering 800 food parcels each week during lockdown.

Moving Forward from Lockdown

During lockdown all of the projects leads were able to reach and engage more individuals than they normally would. This impact was attributed to working in collaboration with wider community sector to deliver a collective community response to Covid-19, as well as being out in the community more delivering services and regularly connecting with individuals. One project lead described putting into place a colour-coded system to help them identify and reach people in their community that needed support:

"We put out an information sheet and we did a colour-coded scheme into every household in the area. It was a red and green colour code, so if they put green sheet in their window they were ok and if they were red then they needed some sort of assistance, whether that be shopping or just some sort of connection anything like that."

As a result of engaging and supporting more individuals than they had before Covid-19, project leads felt that they needed to be able to continue to this support and build upon the momentum they were able to create during this time. A number of barriers were also identified that could prevent them from supporting their existing and new participant base. One key barrier identified was the continued social distancing measures in place meant they could service a limited number of individuals at once which would increase the cost of running activities, for example, hiring more transport or facilities to enable participants to maintain social distances measures. At the time of the interviews providers had also started to offer some of activities in person again due to the easing of lockdown measures. Most of these activities were taking place outdoors with limited numbers of participants but all project leads were confident that they would continue to offer online activities for those participants who were shielding or not yet comfortable accessing in-person activities.

Impact of Covid-19 on 14-Now Evaluation

Baseline data for all but one participant group was collected despite the Coronavirus pandemic, additionally all of the project leads agreed that would be able to collect end-line data and were confident that outcomes they expected from project would still occur because of the support they have offered throughout lockdown. The only change to the evaluation currently is that field visits by inFocus will no longer take place but instead will be replaced with additional interviews and focus groups conducted online or by phone.

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 and post-event data collected in relation to one-off events.¹

Wellbeing

A summary of wellbeing levels for participants across the five projects follows in the table below. Baseline levels of wellbeing of participants in 14-NOW projects are lower by around 1-1.5% from the national average in the UK, and in some cases significantly lower, for example with participants in the Halloween Lantern Parade (Limavady) where Life Satisfaction, Life is Worthwhile and Current Happiness and Current Anxiety are an average of 2.18% lower than the national average.

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
Halloween Lantern Parade (Limavady)	5.7	5.8	5.8	5.8
Play to Grey (Limavady)	6.4	6.4	6.2	4.6
Community Builder (Creggan)	7.7	7.7	7.8	2.1
Step Forward (Creggan)	6.5	6.7	6.6	3.3
Community Thriving (Monkstown/New Mossley)	7.7	7.8	7.2	3
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

Providers and Community Partners identified a range of factors that adversely effected wellbeing in their communities. The most common factor was poverty which was cited as the cause of social isolation and lack of access to services or opportunities. In the areas of Creggan and Monkstown/New Mossley poverty was characterised in regards to education and employment. A lack of educational attainment and households with low incomes were identified as reasons for low levels of wellbeing.

“Education and wealth, income is the two primary issues that this community faces, a poor education means young people can’t move into high skilled jobs, become socially mobile, the poverty they face is a direct indicator of future income. Without that stable job and steady income families struggles, and youth unemployment here is going to go into potentially 25% by September. Young people are leaving school and university with very little prospects in terms of employment and are going to find it difficult to get on that ladder.”

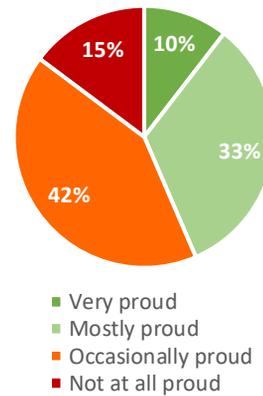
In the more rural areas in and around Limavady poverty was characterised as a lack of access to services and opportunities (e.g. employment) due to a lack of transport to access services outside of the community.

¹This does not incorporate the analysis for the volunteer participant group from Play to Grey (Limavady) project where the baseline data collection was not possible due to Covid-19 restrictions.

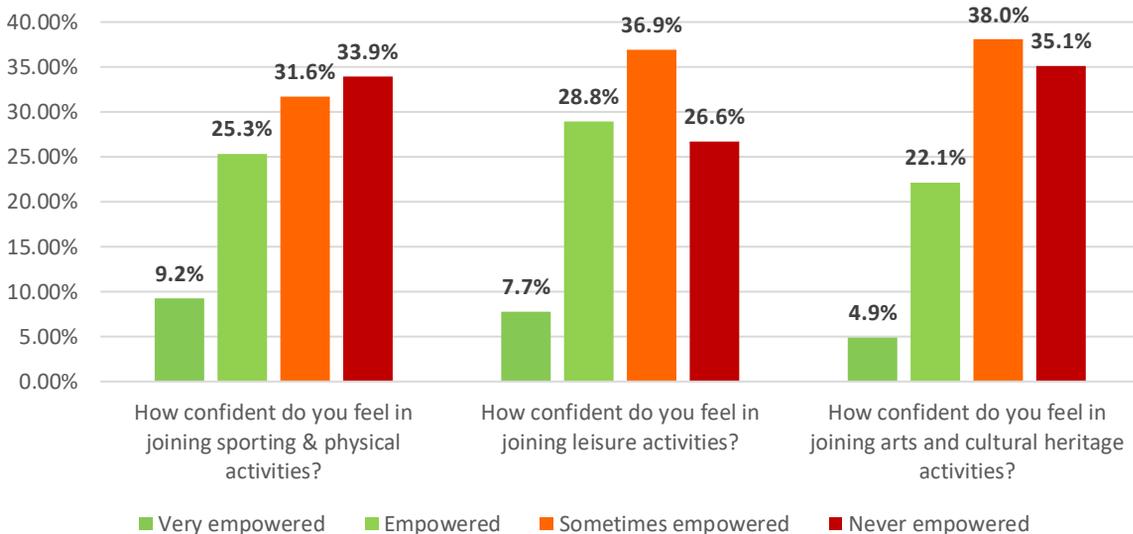
Social Connectedness

The isolation of individuals from services and opportunities within 14-Now communities was identified as a key problem being addressed and the baseline data collected so far highlights some disconnect between individuals in their communities. 57% of all participants were either occasionally or not at all proud of their contribution to the community, 40% identified that they were lonely either sometimes or often. There was some connection between individuals and their communities apparent in the baseline data with 57% of participants identifying they felt engaged with their communities. This shows a 20% increase in individuals feeling engaged with their communities when compared to the 2019 baseline data collected. As shown in the chart below, a majority of participants were less confident in joining different activities in their community, with an average of 67% of participants sometimes or never empowered to take part in activities in their community (across the three activities below), particularly in relation to arts and cultural heritage activities (38%).

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



How confident do you feel in joining the following activities



Participants in the two events that took place (the Halloween Lantern Parade and the Step Forward project event) also identified connecting with their community (particularly meeting new friends and building on existing friendships) as the main outcome or the element they enjoyed the most from the event. For example, for participants in the Halloween Lantern Parade, the event enabled them to feel engaged and involved with their community and this was the main benefit for them for participants attending the event. Across both events the proportion of participants that felt that would strongly recommend the event to friends or colleagues (selecting 5 from a scale of 1 to 5) was also high (95% and 96%)

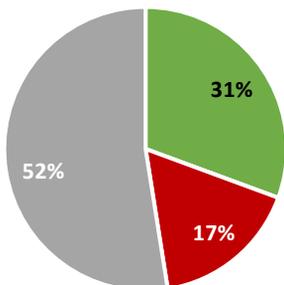
Disability

Providers used their experiences from reaching ‘harder to engage’ audiences in the first year of 14-Now to further their specific strategies in this area in the second year of 14-Now. For example, the Step Forward project used what they learnt about engaging harder to reach audience in programme year one to structure the project offering in year two, where they have included one-off events to act as ‘hook’ to engage harder to engage individuals into the ongoing project. In Limavady, the providers have restructured their project to include a specific disability participant group, where residents with a disability can meet and socialise on weekly basis run on a Friday evening where typically there was a gap in services for this group. Out of the seven participant groups in Limavady, the disability participant group had the lowest levels of wellbeing across all four areas measured. The provisions providers engage and enable the access of disabled people (and other harder to engage groups) will be explored further in online interviews and focus groups with inFocus.

Empowering Young People

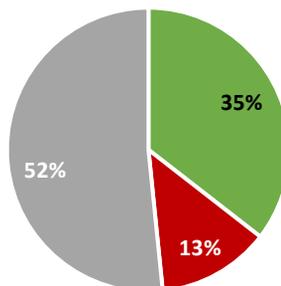
31% of participants reported that their views were heard by their community (with 52% responding that they did not know whether their views were heard or not) and 35% of respondents participants felt they were able to challenge the ideas and perspectives of other members of the community (again, with a majority proportion of participants - 52% - identifying that they did not know). Responses in relation to whether participants felt that they could make a difference in their community were more positive with the majority 41.6% agreeing that they could make a difference.

My views are heard by members of my community



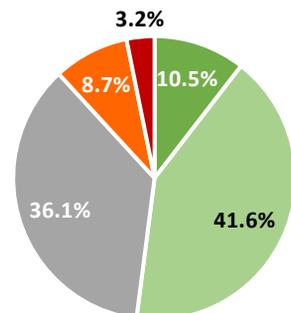
■ Yes ■ No ■ Don't know

I can challenge the ideas and perspectives of other members of my community



■ Yes ■ No ■ Don't know

I can make a difference in my community

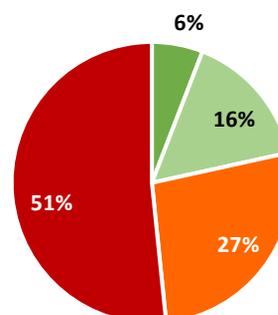


■ Strongly Agree
 ■ Agree
 ■ Neither agree nor disagree
 ■ Disagree
 ■ Strongly disagree

Engaging Volunteers

To date, from projects focused on volunteering, a small majority of participants, 51%, were never empowered to join volunteering activities. The Play to Grey project targeted a specific participant group of volunteers but due to Coronavirus restrictions it was not possible for baseline data to be collected.

I'm confident in joining volunteering activities

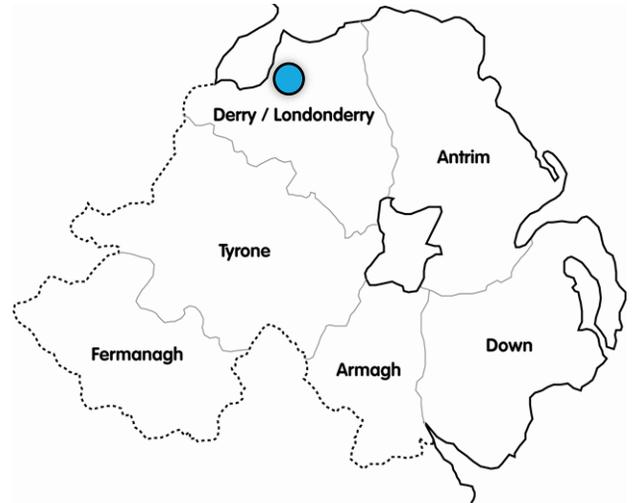


■ Very empowered ■ Empowered
 ■ Sometimes empowered ■ Never empowered

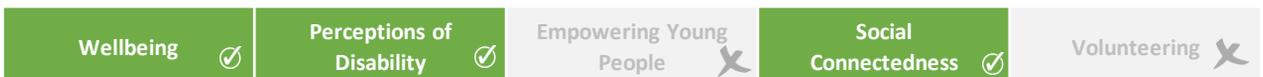
Project : Halloween Lantern Parade (Limavady)

Description

The Halloween Lantern Parade was a multi-partnership event which included all community partners across the steering group for 14-Now Limavady. Following the same format as the first year of 14-NOW, before the event there were Halloween themed workshops and activities which were then showcased at the festival in Limavady Town. The Halloween Themed workshops engaged children and young people aged 5-24 within each community. The project culminated with a festival of activities for the wider community whereby the children, young people and their families participated in a lantern parade around Limavady Town, finishing up with the Causeway Coast & Glens annual fireworks display.



Outcome Areas



Results

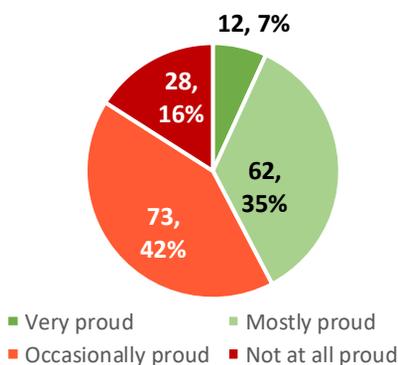
This section is split into two parts to reflect both the pre-event activities that took place on a regularly before the festival and the results from the event itself. This first section (pages 7-8) covers results from the Halloween workshops and the second section (pages 9-10) explores the results for the RVRA Halloween Lantern Parade event from the post-event questionnaire.

Average levels of **Wellbeing** amongst participants are lower than the national average and the 14-Now projects average across all four areas measured.

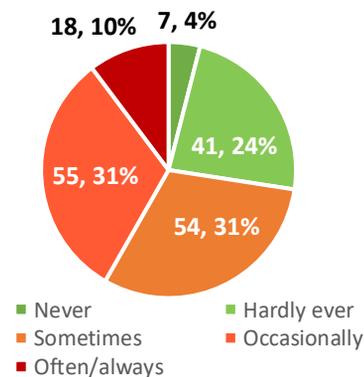
	Life Satisfaction 0 = not satisfied at all/10 = completely satisfied	Life is Worthwhile 0 = not at all worthwhile/10 = completely worthwhile	Current Happiness 0 = not happy at all/10 = completely happy	Current Anxiety 0 = not anxious/10 = completely anxious
Average score	5.7	5.8	5.8	5.8
NOW-14 Average	6.6	6.7	6.5	4.1
National Average	7.7	7.9	7.5	2.9

In relation to **Social Connectedness** the majority of participants identified that they were not at all or occasionally proud of their community and often or occasionally felt lonely.

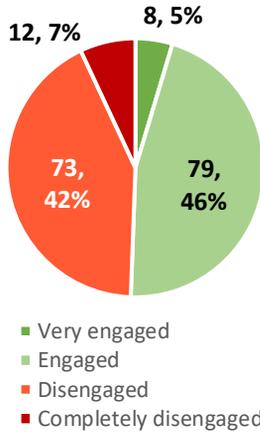
Please rate how proud you feel of your contribution to the community.



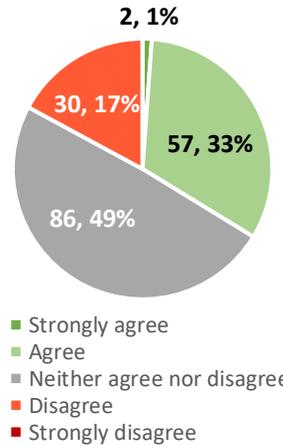
How often do you feel lonely?



Please rate how engaged you generally feel with your local community

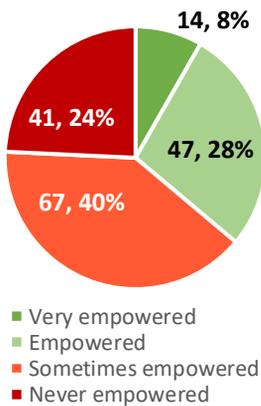


To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together?

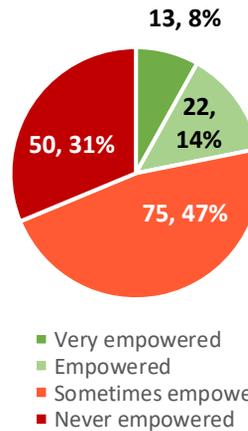


Furthermore, in relation to *Social Connectedness* the majority of participants identified that they were disengaged from their community, couldn't agree or disagree that in the local area people from different backgrounds got on well together, and were not confident in joining community activities.

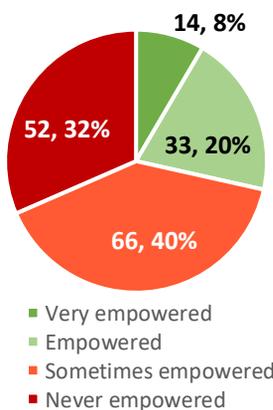
How confident you feel in joining the following activities: Leisure



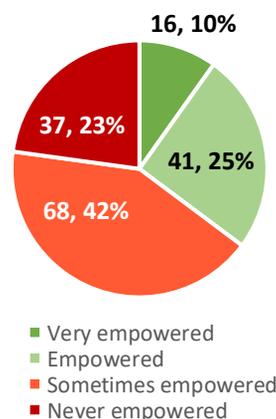
How confident you feel in joining the following activities: Arts and Cultural Heritage



How confident you feel in joining the following activities: Volunteering



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



Results

This section explores the results for the RVRA Halloween Lantern Parade event from the post-event questionnaire.

Why did participants attend?

The most common reason for attending the event was the opportunity to participate in a community event. The second most common reason respondents attended was because they wanted to have fun. Others mentioned they wanted to celebrate Halloween. One participant took part in the event as they saw it advertised in their local youth club.

What did participants enjoy the most?

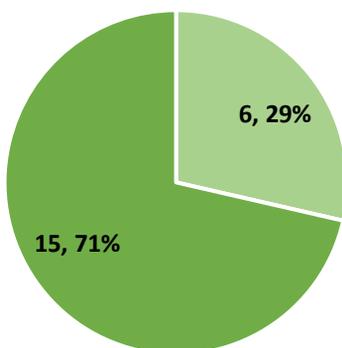
The element that participants enjoyed the most this year was the entertainment elements which included the disco and party games as well as activities such as face painting and lantern making. Many of the participants also highlighted the parade itself as the element they enjoyed the most. A few participants mentioned that socialising at the event was the part they enjoyed the most, one respondent encapsulated this by saying:

“Our children loved it, meeting friends and family there and bringing their own part to the event made them feel included and important. We got a mention!”

What did participants enjoy the least?

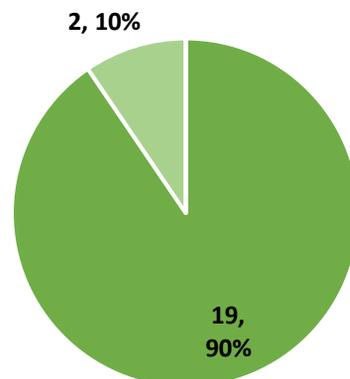
The majority of respondents reported that there wasn't anything about the event that they enjoyed the least. A handful of respondents stated that the weather was the factor that they enjoyed the least out of the event, with most individuals reporting that it was cold. Two respondents mentioned that the length of the walk was too long.

To what extent did the event meet your expectations (1=did not meet expectations, 5=fully met expectations)



■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Did the event run promptly?



■ Yes ■ Somewhat ■ No ■ Don't know

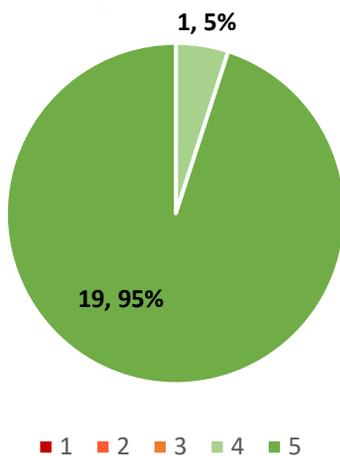
How would participants improve the event?

Similar to the Baseline report in year one, the majority of participants that responded felt that nothing could be improved. A few respondents suggested improving the event by incorporating a haunted house activity. One participant suggested making the parade walk shorter. One other suggestion was that the event itself could be shorted in length.

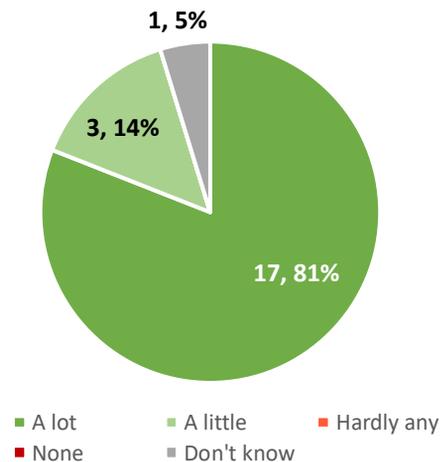
How did attendees feel they benefitted from the event?

For the majority of participants the event was an opportunity to socialise where they could meet with existing friends and make new friends. Several respondents felt they benefitted because the event made them feel involved and a part of the community. Other respondents reported building their confidence through participating in the event. Finally, one participant highlighted that they learnt about other youth services on offer to them in their community through the event.

How likely is it that you would recommend the event to a friend? (1= not at all likely, 5= extremely likely)



To what extent do you feel you benefitted from the event?



Respondents felt the event met their expectations with all respondents rating this element a 4 or 5 out of 5. Respondents also felt the event was run properly. The majority of respondents, 95%, felt they benefitted a little or a lot from attending the Halloween lantern parade. Finally, all participants would be very likely to recommend the event to a friend with the majority rating 4 or 5 out of 5 on the likelihood of them recommending the event.

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. 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

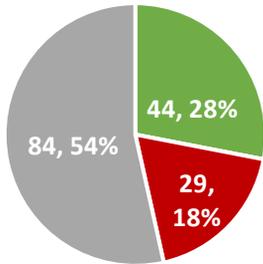
Average levels of **Wellbeing** across all participants groups are significantly lower than the national average and slightly lower than the 14-Now projects average across all four areas measured. The participant group with the lowest levels of wellbeing across all four areas measured is the residents with a disability. The participant group with the highest levels of wellbeing across all four areas measured is the male participant group, nevertheless this group is still below the national average on three areas measured.

	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	6.4	6.4	6.2	4.6
Parents and Toddlers	6	5.75	5.7	4.25
Children and Young people (4-18 years old)	6.65	6.71	6.47	4.29
Women (25 years+)	6.89	7.02	6.75	4.78
Men	7.5	7.29	7.57	3.29
Older people	5.68	5.66	5.51	4.73
Residents with a disability	5.07	5.03	5.17	6.1
NOW-14 Average	6.6	6.7	6.5	4.1
National Average	7.7	7.9	7.5	2.9

The results in this project have been analysed together and not by specific participant group. However for results concerning empowering young people have only been answered by the relevant participant group i.e. young people.

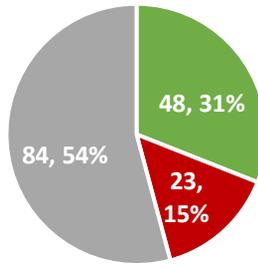
In relation to *Empowering Young People* only a small percentage of participants felt that their views were heard by members of their communities and that they could challenge their community. The majority of young people however did feel that they could make a difference in their community.

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



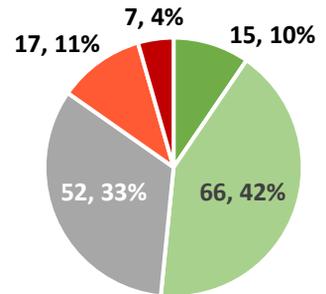
■ Yes ■ No ■ Don't know

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



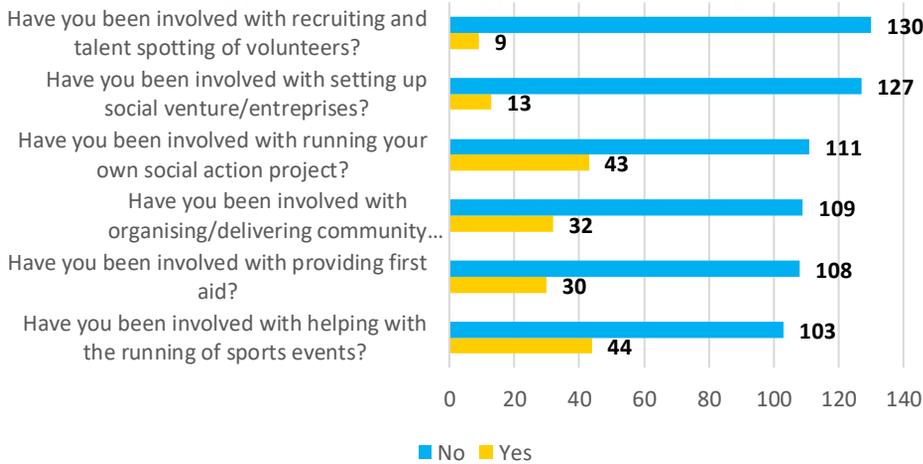
■ Yes ■ No ■ Don't know

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



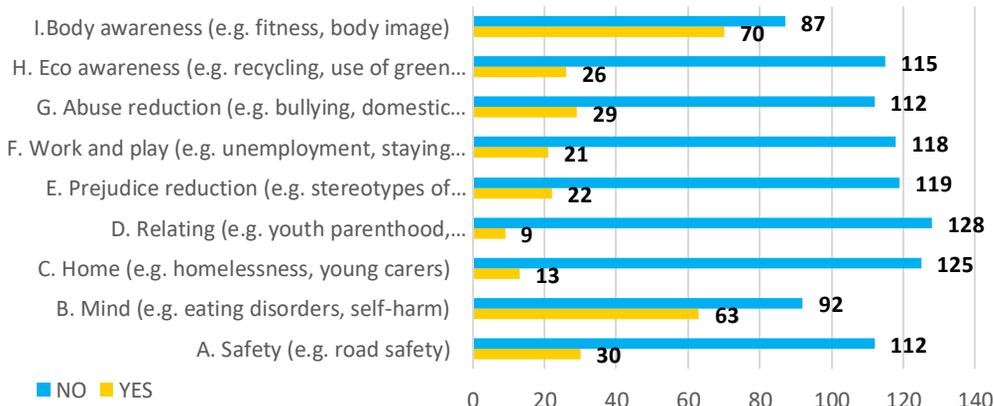
■ Strongly agree
 ■ Agree
 ■ Neither agree nor disagree
 ■ Disagree
 ■ Strongly disagree

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



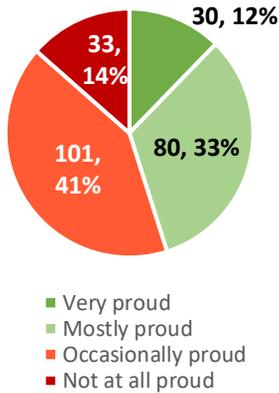
In relation to *Empowering Young People* only a small number of participants had been involved in any type of leadership or community activities before the Play to Grey project.

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

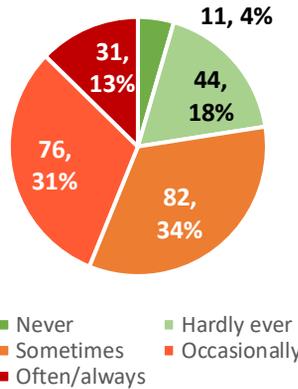


In relation to *Social Connectedness* the majority of participants identified that they were not proud of their community and often felt lonely but did feel engaged with their local community and felt people from different background got on well together.

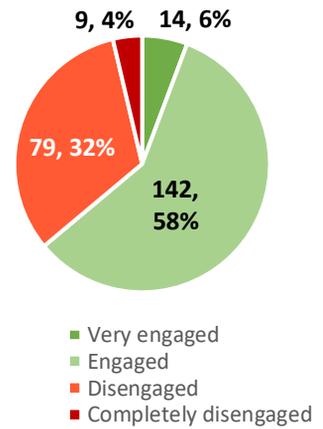
Please rate how proud you feel of your contribution to the community.



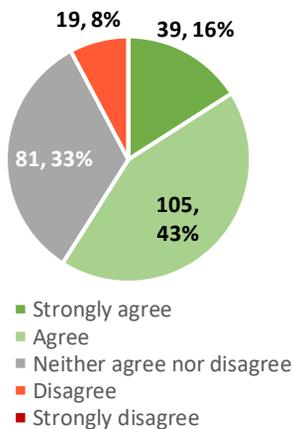
How often do you feel lonely?



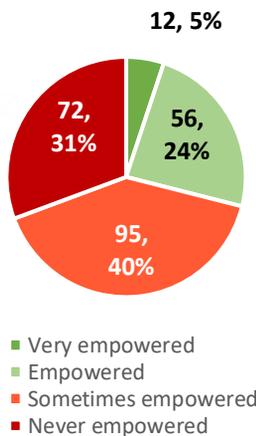
Please rate how engaged you generally feel with your local community



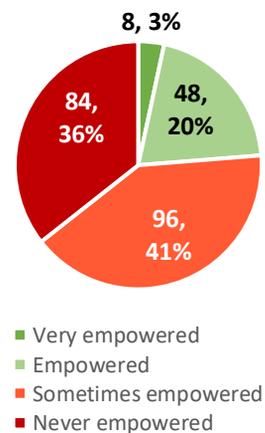
To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together?



How confident you feel in joining the following activities: Leisure

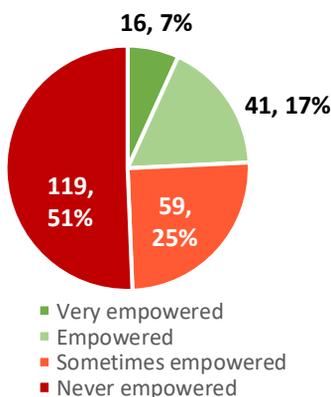


How confident you feel in joining the following activities: Arts and Cultural Heritage

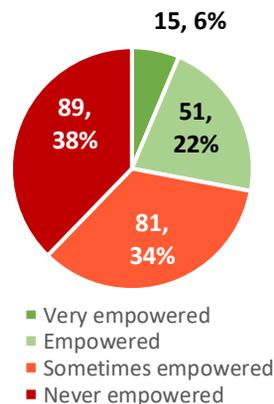


Participants also did not feel confident joining *volunteering*, sporting and physical, arts and cultural or leisure activities.

How confident you feel in joining the following activities: Volunteering



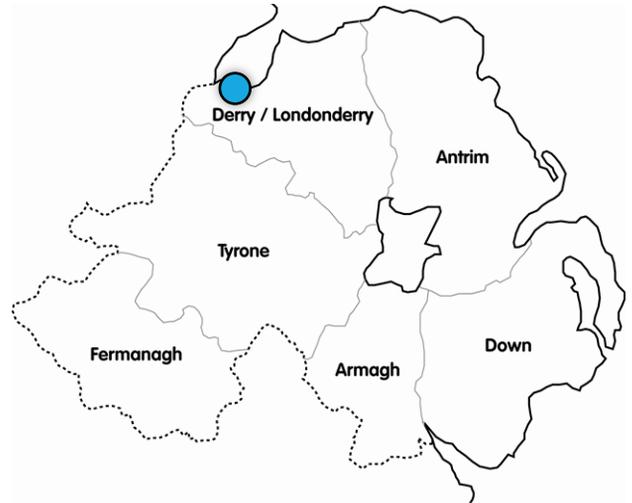
How confident you feel in joining the following activities: Sporting & physical



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.



Outcome Areas

Wellbeing ✓	Perceptions of Disability ✓	Empowering Young People ✓	Social Connectedness ✗	Volunteering ✗
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Results

Average levels of **Wellbeing** amongst participants are above the 14-Now average across all four areas measured. Compared to national averages of Wellbeing, three areas measured wellbeing amongst participants are equal or above the national average where on the other area measured wellbeing amongst participants was slightly lower than 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	7.7	7.7	7.8	2.6
NOW-14 Average	6.6	6.7	6.5	4.1
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. For the end-line data collection inFocus will have adapted current tools to be appropriate for this age group.

From data collected through a key informant interview with the project lead two key outcomes for this project were identified. The first outcome identified was an increase in number of females playing Gaelic football and being physical activity. The number of girls participating in Gaelic football continues to grow from the first year of the project. Increasing the physical activity of girls was a key outcome for the project due to the increasing sedentary lifestyle and obesity levels among young people in the area:

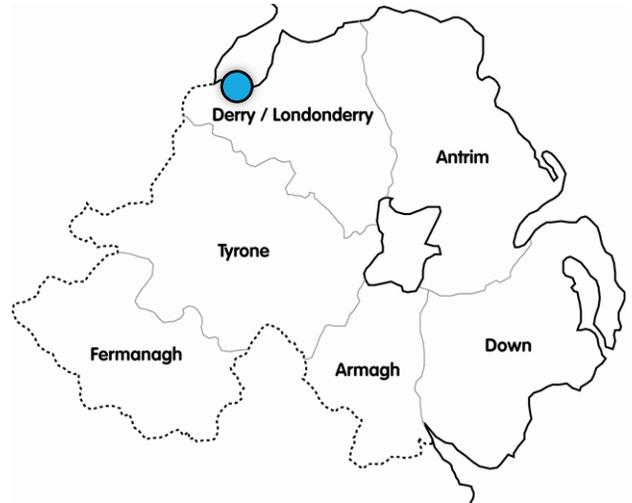
“For the young people, traditionally obesity is 1 in 3 young people that lack of physical activity is having an effect on their overall health and wellbeing.”

The second outcome identified was an increase in social cohesion between girls participating in the project and the community. The project lead found that girls were making new friends and increasing their connection to the community because they feel part of Gaelic football club and as a result the community, particularly as they are representing their community in matches.

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. Therefore, as part of year two, the project will be offering one-off sessions to people living with long-term conditions to entice them onto the programme and to assist with their journey. 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

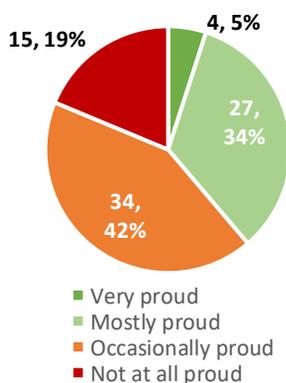
This section is split into two parts to reflect results from both the ongoing Step Forward programme and the large one-off event sessions utilised to engage people into the main programme. This first section covers results from ongoing Step Forward programme (pages 15-16) and the second section (pages 16-17) explores the results the large one off sessions from the post-event questionnaire.

Average levels of **Wellbeing** amongst participants are lower than the national average across all four areas measured and higher or same than the 14-Now projects average across three of the four areas measured:

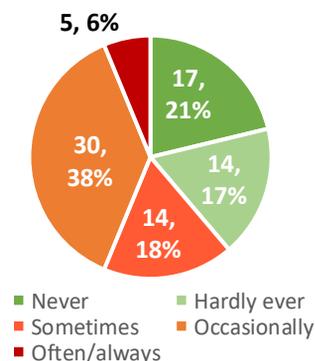
	Life Satisfaction 0 = not satisfied at all/10 = completely satisfied	Life is Worthwhile 0 = not at all worthwhile/10 = completely worthwhile	Current Happiness 0 = not happy at all/10 = completely happy	Current Anxiety 0 = not anxious/10 = completely anxious
Average score	6.5	6.7	6.6	3.3
NOW-14 Average	6.6	6.7	6.5	4.1
National Average	7.7	7.9	7.5	2.9

In relation to **Social Connectedness** a majority of participants identified that they were occasionally proud of their community and occasionally felt lonely.

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

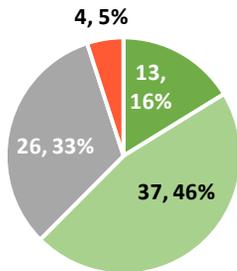


How often do you feel lonely?



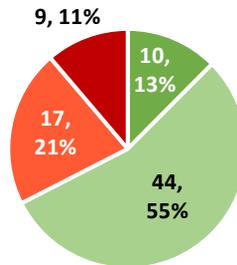
In relation to *Social Connectedness* a majority of participants identified that they felt engaged with their local community and also agreed that people with different backgrounds from the local area get on well together.

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



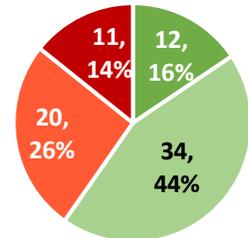
- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Please rate how engaged you generally feel with your local community



- Very engaged
- Engaged
- Disengaged
- Completely disengaged

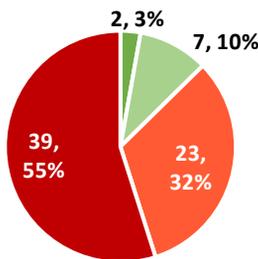
How confident you feel in joining the following activities: Leisure



- Very empowered
- Empowered
- Sometimes empowered
- Never empowered

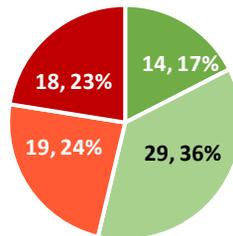
Participants were not at all confident joining *volunteering* or arts and cultural heritage activities, but were confident joining leisure and sporting & physical activities.

How confident you feel in joining the following activities: Volunteering



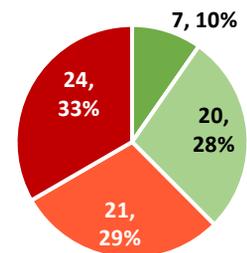
- Very empowered
- Empowered
- Sometimes empowered

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

This next section explores the results the large one off sessions from the post-event questionnaire.

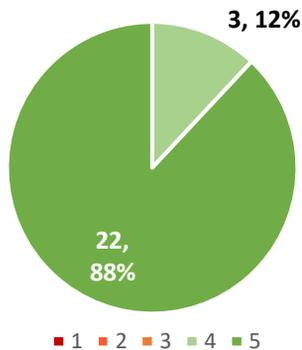
Why did participants attend?

The most common reasons for attending the event were all in regards to socialising, this included interacting with others and forming friendships. Another popular reason for attending was the opportunity to have a day out of the house. A few participants responded that they attended the event because it they liked the subject matter of the event e.g. they liked animals and the event was attending an animal sanctuary.

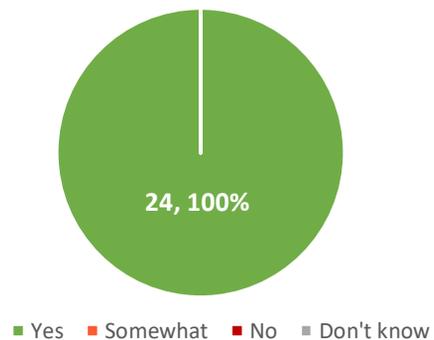
What did participants enjoy the most?

The most common element reported as the most enjoyable was seeing the animals. Another popular response was enjoying socialising with the rest of the group and spending time with friends. A few respondents also cited the event's positive atmosphere and the way in which the event was organised as the most enjoyable part.

To what extent did the event meet your expectations (1=did not meet expectations, 5=fully met expectations)



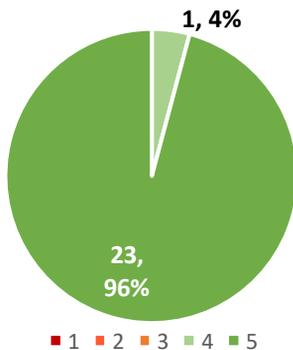
Did the event run promptly?



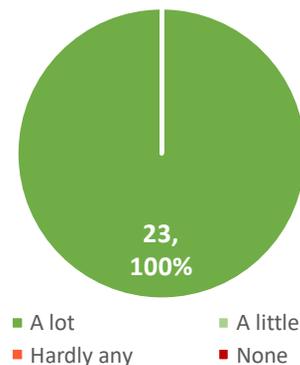
What did participants enjoy the least?

Some respondents felt that the length of the event was too short, with one respondent advising that they would have preferred the event to last the whole day. A few participants responded that the weather was the part they enjoyed the least due to it being cold on that day.

How likely is it that you would recommend the event to a friend? (1= not at all likely, 5= extremely likely)



To what extent do you feel you benefited from the event?



How would participants improve the event?

Respondents suggested increasing the length of the event. A few participants recommended checking the accessibility of the venue with wheelchair access being highlighted as an issues. One participant recommended changing the time of year that this event was held to the summer.

How did attendees felt they benefitted from the event?

For the majority of participants the event provide an opportunity to learn about the animals at the sanctuary. Several respondents felt they benefitted from having a day out and being outdoors. Other respondents reported benefitting from socialising with the rest of the group and highlighted forming new, and building upon existing, friendships.

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 youth groups (HERizon & imMENse) 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 40+ from the local community.



Outcome Areas

Wellbeing ✓	Perceptions of Disability ✓	Empowering Young People ✓	Social Connectedness ✗	Volunteering ✗
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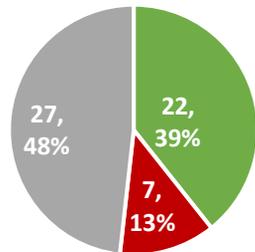
Results

Average levels of **Wellbeing** amongst participants are equal to or lower than the national average across all four of the areas measured. The average levels amongst participants were higher compared to the average levels of wellbeing across all 14-Now projects. The In Your Corner programme area had the highest average levels of wellbeing across three of the four areas measured. The anxiety measured highlighted that two of three programme areas had an average score of 3, with the This Girl Can programme area having a slightly lower level of anxiety with 2.94. The This Girl Can programme area had the lowest average levels of wellbeing across three of the four areas measured.

	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 3 programme areas	7.7	7.8	7.2	3
This Girl Can	7.06	7.06	7.25	2.94
HERizon & imMENse	7.86	7.93	7.14	3
In Your Corner	8.2	8.4	7.3	3
NOW-14 Average	6.6	6.7	6.5	4.1
National Average	7.7	7.9	7.5	2.9

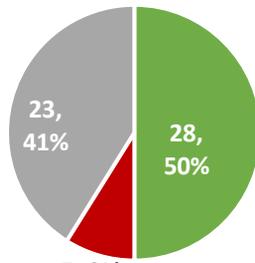
In relation to *Empowering Young People* only a small percentage of participants felt that their views were heard by members of their communities and a small majority felt that they could challenge their community. There was more agreement in regards whether young people felt they could make a difference, with the majority agreeing that they could.

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



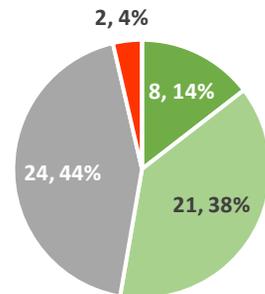
■ Yes ■ No ■ Don't know

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



■ Yes ■ No ■ Don't know

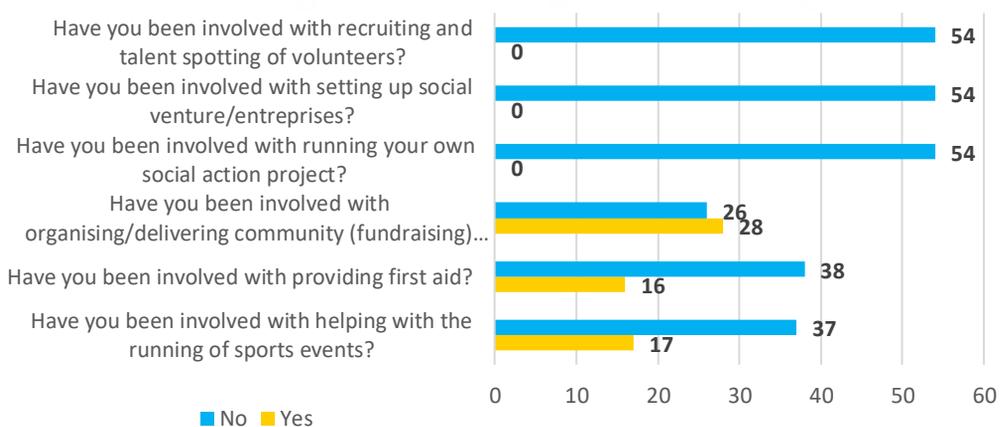
How much you agree/disagree with the following statement: I can make a difference in my community



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

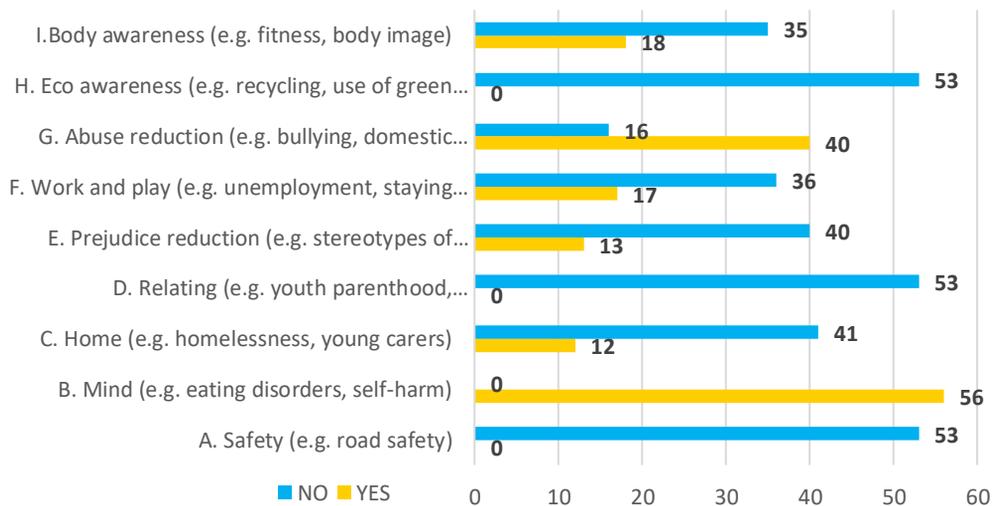
In relation to *Empowering Young People* the majority of participants had not been involved any leadership activities, with a small majority of 28 (out of a total of 54) participants detailing that they had been involved in organising/delivering community events.

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



■ No ■ Yes

In regards to community activities most young people had only been involved in community activities addressing the areas of abuse reduction (e.g. bullying, domestic violence) and mind (e.g. eating disorders, self-harm).



Conclusion

In this second 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 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

In March 2020 the UK government put in place lockdown measures to stop the spread of Coronavirus. These lockdown measures have affected, and will continue affect, the delivery of the 14-Now programme as well as impacting the 14-now communities. The 14-Now providers characterised the overall impact of Covid-19 on 14-Now communities as a 'worsening of issues' such as; poverty, social isolation and low level of wellbeing, that already existed in their communities. The initial impact of Covid-19 and government lockdown measure on the 14-Now programme was that all community projects and activities had to be halted, in order to assess how to run activities online and what other services needed to be offered in order to meet the impact of Covid-19 on their community.

After initially halting their activities on the announcement of the lockdown measures, all providers were then able to offer the planned services in a number of alternative formats; online, via the telephone, socially distanced (in accordance with government guidelines) and via the creation of paper materials such as activity packs. 14-Now providers were also a part of a wider community response to Covid-19 where they worked with other local community and public sector organisations to tackle issues resulting from the lockdown measures. For example, addressing food poverty by providing food and hot meals to community members.

On the basis of our interview findings with providers it has been identified that as a result of being able to offer their planned services, additional services and being visible in the community where they regularly connected with community members, all providers had been able to reach and engage with more individuals than they normally would strengthening their support and position within the communities. As lockdown eased and some activities were being offered in person again providers wanted to be able to continue to this community support and build upon the momentum they were able to create during lockdown. There were however a number of barriers identified by providers which could prevent them from providing this continued support. One key barrier identified was the continued social distancing measures in place meant they could service a limited number of individuals at once which would increase the cost of running activities.

Wellbeing

Overall across all 14-Now project the baseline levels of wellbeing of participants are lower by around 1-1.5% from the national average in the UK, and in some cases significantly lower.

In Limavady, average levels of wellbeing for participants who participated in the Halloween Lantern Parade event were significantly lower than the national UK averages across all four areas measured (Life Satisfaction, Life is Worthwhile and Current Happiness and Current Anxiety are an average of 2.18% lower than the national average). While, in the Play to Grey project, average levels of wellbeing are lower by around 1.3-1.7% from the national UK averages, with the Current Anxiety average being the lowest compared to the national average at -1.7% lower.

On the basis of our interview findings with the 14-Now provider in Limavady poverty was a key factor that adversely effected wellbeing in the area .. The 14-Now provider in Limavady characterised poverty as a lack of access to services and opportunities (e.g. employment) due to a shortage of transport to access services outside of the community.

In Creggan, average levels of wellbeing for participants of the Step Forward project are lower by 0.4-1.2% than the national average across all four areas measured. The participants of the Community Builder project experienced average levels of wellbeing equal to or higher than national averages across three areas measured, with the life worthwhile measure being the only measure slightly below (by 0.2%) the national average. The Community Builder project also has the highest average levels of wellbeing across all the 14-Now projects.

Similar to Limavady, on the basis of our interview findings with the 14-Now provider in Creggan poverty was also a key factor that adversely effected wellbeing in the area which could be attributed to the low levels of wellbeing found in the Step Forward project. A sedentary lifestyle was also identified as contributing to low levels of wellbeing particularly for those living with long term medical conditions which is the key participant group for the Step Forward project.

“A sedentary lifestyle here and poor physical and mental wellbeing, particularly mental wellbeing and particularly people with long term conditions, because once they have a long term condition it tends to be accompanied by a mental illness as well.”

In Monkstown/New Mossley, average levels of wellbeing for participants of the Community Thriving project are lower by 0.1-0.3% than the national average across all three areas measured, with the life satisfaction measure being equal to the national average. Our interview findings with the Monkstown/New Mossley provider outlined that poverty again was the key factor that adversely effected wellbeing. Poverty in Monkstown/New Mossley was characterised in regards to a lack of educational attainment and low-income households. The This Girl Can programme area is made up of participants who are adult women aged 40+ years old and there is the possibility that the lower average levels of wellbeing could be linked to their age as the other two programme areas focus around young people where average levels of wellbeing are higher. In Community Builder (Creggan) young people also had higher levels of wellbeing when compared to the Step Forward project made up of adult participants.

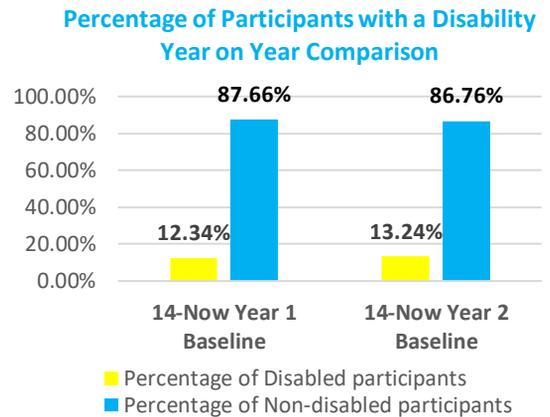
Social Connectedness

Overall, the findings highlighted some disconnect between individuals and their 14-Now communities. 57% of all participants were either occasionally or not at all proud of their contribution to the community, 40% identified that they were lonely either sometimes or often. However in the majority of cases individuals and their communities felt a connection with their community with 57% of participants identifying they felt engaged with their communities.

Providers in Creggan and Limavady utilised events to generate outcomes associated with increasing social connectedness. Participants from events in both communities outlined that they benefitted from the event as they were able to socialise where they met new and existing friends. This was also reflected in the event survey data where 81% of participants said they benefitted from attending the Halloween Lantern Parade and 100% of participants felt they benefitted from the Step Forward event.

Disability

Our interview findings with providers highlighted that they used their experiences from reaching 'harder to engage' audiences in the first year of 14-Now to further their specific strategies in this area in the second year of the programme. When comparing the first and second year, there has been a slight increase in the percentage of participants with a disability engaged (chart right). This increase may provide further evidence of providers utilising specific strategies to engage residents with a disability who are traditionally considered a 'harder to engage' audience.



In Limavady, the providers have restructured their project to include a specific disability participant group, where residents with a disability can meet and socialise on weekly basis run on a Friday evening where typically there was a gap in services for this group. On the basis of our survey findings the need to provide services to residents with a disability was clear; out of the seven participant groups in Limavady, the disability participant group had the lowest levels of wellbeing across all four areas measured. 87% of participants with a disability in Limavady felt either completely disengaged or disengaged from their local community, and 50% of participants felt lonely either often/always or sometimes.

Empowering Young People

Children and young people (aged 4-24 years old) make up 40% 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; only 31% of participants reported that their views were heard by their community and 35% of respondents participants felt they were able to challenge the ideas and perspectives of other members of the community.

Providers explained a number of services that they were providing for young people to support them and engage them with their local community. For example, the provider in Monkstown/New Mossley explained how they have engaged young people in providing a local community gardening service which not only builds young people's transferable skills but also engaged them with local residents and enables them to contribute to their community.

The end-line findings and report will explore further the outcomes and impact generated for young people as a result of the services providers have delivered.

Engaging Volunteers

Survey data from the projects that focused on volunteering showed that 22% of participants felt either very empowered or empowered to join volunteering activities whereas 51% of participants were never empowered to join. The Play to Grey project targeted a specific participant group of volunteers but due to Coronavirus restrictions it was not possible for baseline data to be collected. As a result the end-line findings and report will explore the outcomes generated for participants who engaged in volunteering activities. Although there was limited baseline data on volunteers available, our interviews with providers did highlight that volunteers had been an integral part of their community response to Covid-19. For example, the provider in Limavady described volunteers increasing the amount of time they spent volunteering in order to support the organisation during Covid-19.