



I4-NOW – Year 2 Final Report

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1. 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 community activities across fourteen communities throughout the UK. Two of the fourteen communities (Creggan & Monkstown/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 designated Community Partner within each community – Old Library Trust and Monkstown Boxing Club.

Following the three-year partnership with Spirit of 2012, Springboard was awarded an additional £450,000 in July 2018, to continue building on the success of Fourteen, via a new programme called 14-NOW. 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 year, the 14-NOW programme is focused on four main 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)

Some 14-NOW projects also engaged with volunteers as part of their activities, although for most projects, this was not a focus of their monitoring and evaluation.

2. Evaluation Methodology

In August 2018 inFocus Consultancy Ltd started a three-year evaluation of the 14-NOW programme based on a mixed methods approach combining qualitative and quantitative data. This report compares baseline and end-line data for the second year of 14-NOW, combining baseline/end-line questionnaires and post-event surveys administered by staff and/or volunteers of projects funded through 14-NOW, and interviews and focus groups with project leads conducted by inFocus (remotely, as a result of the constrictions imposed by the Covid-19 pandemic).

There were a number of limitations effecting the evaluation, mainly in relation to the Covid-19 pandemic, which effected the timing of collecting data, prevented field visits from taking place, and limited the inFocus evaluation team to conducting interviews and focus groups remotely. With restrictions on groups meeting up during the pandemic, it also wasn't possible to conduct all of the planned online focus groups.

As in each year of the evaluation, there is also a reliance on questionnaire data collected by the staff and volunteers from projects funded by 14-NOW (which could impact impartiality and the quality of the data), which is mitigated in part, through the mixed methods approach and using both quantitative and qualitative data.

It should also be noted that the sample size across projects ranged considerably. Findings from larger sample sizes will have more weighting as there is less possibility that the results are circumstantial and outliers (unusual results) will have less impact. The data may therefore have a different interpretation, dependant on the sample size.

3. Overview of Activities

This section provides detail on the different activities that were run as part of the second year of 14-NOW and the impact of the COVID-19 pandemic on activities.

3.1 Summary of projects and outputs

The five projects run as part of the second year of 14-NOW are shown in the table below, along with the breakdown of the participants they engaged with.

Project	Provider	Target Audience	No. of participants	Ethnicity	Disability	Gender
Halloween Lantern Parade	Roe Valley Residents Association (Limavady)	Pre- event activities: <ul style="list-style-type: none"> Children aged 5-14 years old Young people aged 15-24 years old Event – All ages 	430 participants	White: 99% Other ethnic groups: 1%	Disabled: 8% Non-disabled: 92%	Female: 63% Male: 37%
			18 volunteers	White: 100%	Non-disabled: 100%	Female: 61% Male: 39%
Play to Grey	Roe Valley Residents Association (Limavady)	This partnership project between the areas of Greysteel, Burnfoot, Dungiven, Glack and Limavady targeted 7 demographic groups (Pre-school/Parents & Toddlers, Children and Young people (4-18 years old), Women (25 years+), Men, Older People, Volunteers, Residents with a disability)	630 participants	White: 100%	Disabled: 17% Non-disabled: 83%	Female: 65% Male: 35%
			42 volunteers	White: 100%	Disabled: 7% Non-disabled: 93%	Female: 79% Male: 21%
Community Builder	Old Library Trust (Creggan)	The Community Builder engaged with women and girls aged 8-25 years old within schools and community	180 participants	White Irish: 100%	Disabled: 11% Non-disabled: 89%	Female: 56% Male: 44%
			3 volunteers	White Irish: 100%	Non-disabled: 100%	Female: 33% Male: 67%
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.	2,305 participants	White Irish: 100%	Disabled: 4% Non-disabled: 96%	Female: 60% Male: 40%
			3 volunteers	White Irish: 100%	Non-disabled: 100%	Female: 33% Male: 67%
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.	180 participants	White: 95% Mixed Ethnicity: 5%	Disabled: 19% Non-disabled: 81%	Female: 64% Male: 36%
			42 volunteers	White: 100%	Non-disabled: 100%	Female: 53% Male: 47%

3.2 The impact of Covid-19

In March 2020 the Coronavirus pandemic caused the whole of the United Kingdom to be placed under lockdown measures, resulting in all community programming, work, and education had to be stopped or predominantly moved online. The summary below details the impact of Covid-19 on the 14-Now programme and the communities involved. In many ways, in their responses to the lockdown, the various projects became more creative in the way they engaged participants and delivered their activities. Significantly, the temporary cessation of project activities had differentiated impact, between and within communities and individuals in them. In some cases, Covid-19 provided new opportunities, through the unplanned widening the stakeholders who were initially targeted by particular projects. The main thematic areas of the 14-NOW projects impacted on by Covid-19 were;

- ▶ Project delivery methods and activities
- ▶ Social interaction
- ▶ Education
- ▶ Employment
- ▶ Finances
- ▶ Health and wellbeing.

3.2.1 Impact of Covid-19 on 14-Now Communities

“COVID threw a huge spanner in the works.” (Play to Grey volunteer Coordinator).

Unsurprisingly, Covid-19 and the subsequent impact of government lockdown measures on the 14-NOW programme resulted in all the projects and activities being temporarily stopped. Safety considerations meant all 14-NOW providers had to revisit their project plans and explore alternative options of successfully delivering on their various project objectives. In the words of a men’s group lead in Limavady;

“We dedicated quite a few weeks to planning a nice schedule and a safe schedule and the safety was probably the most time consuming because we were doing all the risk assessments and going through all of the procedures that needed to be in place and alerting your members to this and letting them know what we are doing and what new procedures will be put in place to ensure it is safe.”

Of having to reassess their delivery methods, another project of the older people and women’s group noted that;

“We were running Luncheon clubs for our older people, we had a women’s group and they were meeting on a regular basis doing health walks, and we doing youth activity workshops as well. Then when covid happened all of those activities had to be stopped and then we had to look at how we could stay connected to the residents, we did that in the form of care packages, activity packs and hot meals.”

The need to review project plans was common across all the 14-NOW projects. All of them had to devise safer ways of working. For all projects, there is evidence of adaptations made in order to accommodate the new COVID realities and restrictions. An example of this was the Immense project, which was delivered in the Monkstown/New Mossley area.

“With Covid-19 everything changed in everyone’s lives. We needed to adapt the way we work because we are very hands on with our workshops. When Covid hit, we thought we can’t just let 3 or 4 months go by, with people not having any support that they had previously, so we went online and done loads of activities with them. We would meet up every Thursday and I would check-in with them, just talk about what is going well and what isn’t going to well.” (Immense project lead)

In some projects, it meant addressing new Covid-19 related needs and prioritising certain vulnerable groups, particularly those who were at risk of being individually and or collectively impacted on more or disproportionately by Covid-19. In Glack, this resulted in a youth led volunteering project, to support older people in the community.

“We started a community response team in Glack for our older people. We did that on a voluntary basis, just to engage with them. If someone needed something from the shop or a prescription, or they just needed something, they could contact the community response team. We would link in with them every other week by phone call, to make sure they were okay or check if they needed anything.” (Glack Youth Project Lead).

Similarly, the Play to Grey women's group identified older women in their community as being more vulnerable to isolation due to the impact of Covid -19 and placed great effort in keeping them engaged. Most of them were shielding and unable to see anyone in close proximity for a period of time. An added limitation which was identified was that the older group had relatively lower computer skills, which meant they were at risk of losing out on online activities. The Roe Valley Residents Association' project lead noted that;

“The older people might have a phone and internet but they don't know how to use tablets and that stuff. So we are hoping to try and teach them Zoom, doing online workshops and we are planning to deliver an online reading programme with them. It gives them some level of connection again.” (RVRA Project Lead).

A key issue made worse through Covid-19 was educational poverty, with the Monkston/New Mossley project lead identifying that a lot of young people they worked with either didn't have computers and or had inconsistent access to the internet, resulting in them missing out on school during lockdown. This resulted in them being behind on their schoolwork, worsening the existing cycle of educational poverty that is present in the area.

“We have kids that might have a phone but they have no internet. They've no laptop, they've no connection or support at home for their home schooling. Then you bring into that any relationship issues or breakdowns within the home, food poverty is another issue here. As an organisation we have identified that if they have phone they don't have the internet and if they have the internet they don't have the resources to be able to do the home schooling. Some of them there is low education awareness and understanding for some of our families and that's a generational thing and that is now setting them back a bit further. We are trying to source funding to buy tablets and internet dongles so we can have them here and available for the local kids, so if they have to isolate they can still access school.”

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. Loss of employment was a key factor in bringing about this situation for some. A men's group observed that;

“It's been detrimental in terms of social isolation. It's a rural enough place as it is. A lot more unemployment through especially the building trades and stuff, that just stopped going over here. We had a lot of participants who lost jobs.” (men's group lead)

Covid -19 was flagged as a key driver of the negative impact which was reflected in the health and wellbeing of communities and individuals across all 14-NOW projects. 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 interaction. Evidence from focus group discussions with 'This Girl Can Project participants' pointed to women being significantly affected by isolation. Part of this was as a result of having to adjust from the sudden loss of access to free health and fitness sessions, to no physical activities.

“Women they were really struggling with mental health and felt isolated. They felt like what they were going through no one else was and I was listening thinking, if you would have heard my last conversation you would know you're not alone. During lockdown I rang around so many families each week, top of my head around 70-80 families.”(This Girl Can project lead).

One focus participant provided insight into the individual experience of her isolation, as a result of Covid-19. She commented that;

“At the beginning of lockdown I was made redundant that was a massive change. It went from being busy to having all this time. I didn't know what to do with myself. I think if it hadn't been for Claire, the boxing club and this group my motivation would have dipped. It is definitely a lifeline for all different reasons. (P4 -Focus participant).

3.1.2 Response to Covid-19

After the Covid-19 induced hiatus of their activities, all 14-NOW providers planned and adopted creative ways of delivering their services. With few exceptions, the majority employed technology to enable them to reach and engage with the target groups. Most designed online based activities. This approach was used to address mainly education, isolation and health and wellbeing related challenges. Training went online for those who had internet and computer access. Those who didn't have, were provided with the necessary hardware they needed. This was usually in the form of internet dongles, computers and or electronic tablets.

“There were a few of them that we supported with getting online, they weren't really sure how to do Facebook live for the workouts and so we would call them and go through it.” (Women's group lead).

Like the Women's group, the Creggan, Step Forward project also employed online methods to engage and deliver their activities. This was underscored by the project lead, who noted that; “We phoned all of our clients and spoke to every single one of them and said listen we are thinking of using Facebook, do you have Facebook or do you want Facebook, do you want us to help set you up. This was a challenge in itself trying to teach people who aren't tech savvy how to work their way through Facebook and to find a private group and add us. Then talking them through Zoom, most of our clients are on Zoom and they attended the sessions via that. They are on Whatsapp and Facebook messenger now. You are made up now because they are connecting with each other.”

Online games were also initiated by some projects and these have been particularly successful at engaging young people who are part of the Burnfoot Youth Group.

“We're keeping that contact now over Zoom call. We're doing games with them in their age groups. One example was a salvage hunt in the house and we would say 'go and find a mask' and we would see who would do it the quickest. Then we would ask them why they got things and what made them choose that. We would play higher or lower with big cards and things like that on the Zoom calls.” (Burnfoot Youth Group lead)

Other projects, informed by government guidance, adapted their programmes and or activities to socially distanced options. One of the Play to Grey projects for instance, procured bicycles for young people who were on the project.

“We were able to secure a bit of extra funding and we bought bicycles so we were able to do a bit of cycling with our young people. It worked for a bit and then everything had to stop again. (RVRA Project Lead).

Others created paper-based materials or provided other physical materials such as seeds, cooking ingredients and plants. This made for a particularly creative mix between virtual activities and the use of physical materials.

“So we gave activity packs on a weekly basis, we knocked at the door, left the pack then went and stood at the gate to have a small chat and have conversations with them. Some of the activity packs we gave out were the sunflower seeds with the seeds and the compost and everything and gave them a height chart. We also gave them puzzles and wordsearches and stuff like that and with the weekly height chart they could see the sunflower growing. Then we had a competition and the highest sunflower got a prize, so that was one of our activity packs and they really enjoyed that because they kept sending us photos of how they were growing. So we gave activity packs on a weekly basis, we knocked at the door, left the pack then went and stood at the gate to have a small chat and have conversations with them. Some of the activity packs we gave out were the sunflower seeds with the seeds and the compost and everything and gave them a height chart. We also gave them puzzles and wordsearches and stuff like that and with the weekly height chart they could see the sunflower growing. Then we had a competition and the highest sunflower got a prize, so that was one of our activity packs and they really enjoyed that because they kept sending us photos of how they were growing.”(Burnfoot Youth Group lead).

Anxieties were also noted in the Community Thriving projects, with a group leader remarking that; “There was so much anxiety about returning into education and that’s why we done a mental health programme. We are making them do creative journals and talk about their values and what’s important to them. That’s where we currently are.” (Empower and Herizon Group leader).

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 address 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, which subsequently increased to 50 families. One project lead noted that they were delivering 800 food parcels each week during lockdown.

3.1.3 Moving Forward from Lockdown

During lockdown all of the projects leads interviewed felt that they were able to reach and engage more individuals than they normally would. This is reflected in the summary of project outcomes, which show increased numbers in participants. These increases were credited to working collaboratively with the wider community sector, to deliver a collective response to Covid-19, as well as having increased presence in the various localities, delivering services and regularly connecting with individuals. Evaluation evidence suggests that the increased presence in the communities helped to address growing anxieties to resume various project activities.

“Even now with everything starting back up again, sort of the knock-on effect of Covid I suppose is the anxiety so even though now they are allowed out and to attend things, they are very nervous to do so because they have been at home for so long say that’s a barrier now.” (Women’s group lead).

As a result of engaging and supporting more individuals than they had before Covid-19, project leads felt that they have been able to continue this support and build upon the momentum they were able to create during the lockdown. 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, which mean they can only service a limited number of individuals at once, which has cost implications. For example, buying more equipment such as laptops and or hiring more transport or facilities to enable participants to maintain social distances measures. At the time of the project end interviews, providers had also started to offer some face-to-face activities due to the easing of lockdown measures. Most of these activities were taking place outdoors, with limited numbers of participants. 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.

Some providers have hinted on building on the opportunities the lockdown presented them. For instance, some were able to widen their participant engagement through community visits. This was particularly evident in projects which involved young people. During visits, project workers had the opportunity to interact with parents and or guardians, an interaction which would have not been possible before Covid -19 took hold.

“It developed our relationships with the parents because normally at the youth club they just come and drop their kids off or they would’ve sat in the car and waited for the kids and we felt more of that connection with the parents and we found out more about that. One of the positive things about Covid and developing the activity packs was building that relationship with the parents. This will help us with finding volunteers for trips and stuff and it shows them what we are doing with their kids through the activities we were sending them. Then their parents were sending us pictures of what their kids were doing with the activity packs.” (Burnfoot Youth Group).

3.2 Barriers to participants attending activities

In this section we outline some of the main barriers that emerged for participants attending the 14-NOW projects in the second year of the programme, as identified by programme leads across the five projects:

▶ Barriers with disability

“The barriers with the disability one I suppose, is about adapting. Adapting to each individual user, because there’s 25 of them and they all have different disabilities, so it was about adapting and trying to find something that was suitable for all, sometimes we had to adapt things to make sure everyone feels included as a result of what we had planned to do with them.”

▶ Distance

“Sometimes buses also do not run on the same schedule as a programme, because there are only 1 or 2 buses running through the town. Not all of our ladies drive, so they don’t have access to a car. As well, we would find in the winter months that the number of people attending is lower because they don’t want to walk around in the dark after the class.”

▶ Apprehension of joining a project

“The start of the programme, the barriers are their mental health, the fact that they have low confidence and self-esteem. People lived in their own little bubbles. You are in such a built up area you wouldn’t think it. For some residents the only person they connect with, is the person in the shop they buy their milk from. Whenever they had to isolate or stay at home, they weren’t getting any of that. Loneliness and isolation came to the forefront. For some of them it was a major risk to come out and it was a big step for them to come in the door and do any activity. If it’s a new venue and something that is alien to them and taking on an activity they’ve never done before, there’s two big challenges there for them.”

▶ Stigma/attitudes of wider community

“I think it was maybe more fear of knowing what this project is and what people may think of them coming to it. Where we are from people would think that we are country people, they don’t do that there, they go to the bar and that’s what they do. That’s the macho attitude. Going to something like this might be seen as something that only women would go to.”

► Mental health

“This years group had a lot of pastoral needs instead of academic needs, a lot of mental health issues too. That’s become a more common theme that actually, in school it’s presented as behavioural issues but really when you peel back those layers and ask them why they are walking out of class, it’s because they can’t cope. Their anxiety is off the scale, there are serious issues at home. We’ve had young people who have family members in prison and then have come out and are back living in the house. We’ve had young people come from families who have substance abuse like alcoholism things like that, there is complex issues. What we are seeing now is that young people need the emotional and mental support, rather than the academic as well. The academic comes along with it, whenever you support them as a person. It’s really that 360 wrap around support, which is why it works and it’s not working in school. In school they just get taught a curriculum and maybe get asked if they are ok, if they are having a meltdown but really, they are not getting that listener that really wants to try and help them. They don’t have that smaller support network or that key person who is there to try and build them up. A lot of young people come to us and their self-esteem is rock bottom, their belief in their ability is little to none. So, that’s a really big part of our work from September time, building them up as a young person and then the rest follows.”

“With young women I think the self-esteem, confidence, anxiety and depression is worse than ever and I have to put that down to social media and the things they are exposed to online, with what they are watching and who they are following. We have had that as a barrier, its cliché but honestly, these people have been really affected in terms of their mental health throughout the pandemic and mental health is always something we can cover but we knew we needed to address it sooner than later. Through Covid, they were volunteering and helping out the community in leadership roles, these young women felt anxious and depressed about going back to school. I got asked for extra mentoring and these were young women, who didn’t tend to struggle, and it made even myself upset and aware of how bad the situation we are going through really is.”

► Attention Span

“No, just that I find that young men’s work, from my learning experience, changes on a daily basis, with what they find interesting. It’s just about providing a safe platform and from there, the young men can build on that and build resilience, challenge peers, and educate themselves and others.”

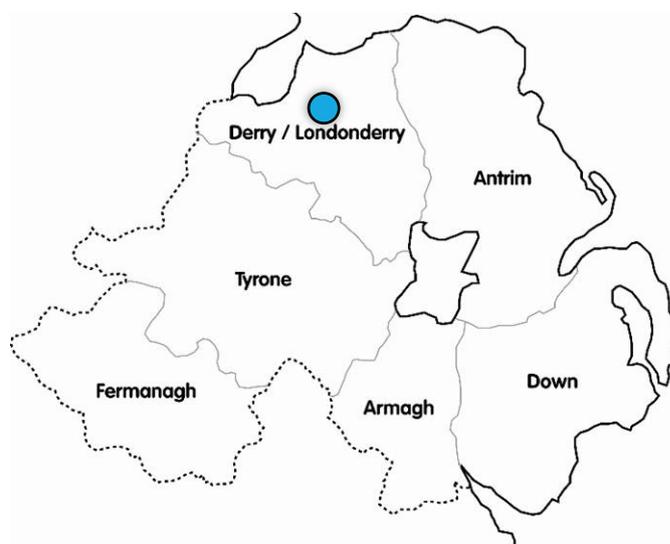
4 Findings

In this section we detail the findings for each of the five 14-NOW projects taking place across 2020. Each project collected data relating to the four Office of National Statistics (ONS) wellbeing questions, with the option to use other survey questions across other areas such as *perceptions of disability*, *empowering young people*, *social connectedness*, and *volunteering*. For four of the projects the quantitative data is also combined with qualitative data from interviews and focus groups (as described above, this was not possible to collect across all projects).

4.1 Halloween Lantern Parade (Limavady)

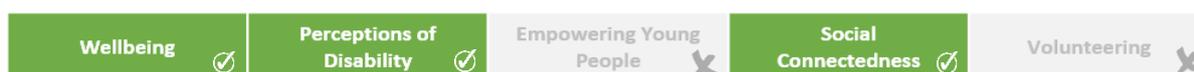
4.1.1 Description

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.

4.1.2 Outcome areas



4.1.3 Outcomes Summary: Ongoing activity

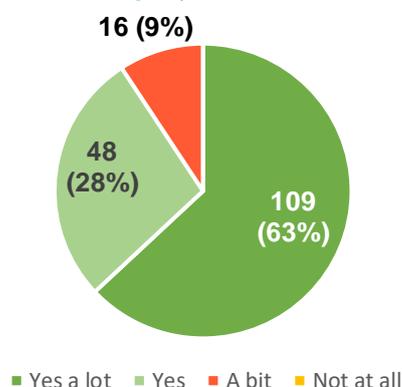
This section covers the results of the pre-event activities that took place on a regular basis, before the festival, in relation to which baseline and end-line data was collected.

Average levels of *Wellbeing* increased by just under 3 percentage points amongst participants, from baseline to end-line, across the ONS measures of *Life Satisfaction*, *Life is Worthwhile* and *Current Happiness*, with a similar level of decrease in *current anxiety*. This took the end-line wellbeing results above 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		
	Baseline	End-line		Baseline	End-line		Baseline	End-line		Baseline	End-line	
Average score	5.7	8.5	↑	5.8	8.5	↑	5.8	8.6	↑	5.8	2.8	↓
NOW-14 Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.4
National Average	7.7		N/A	7.9		N/A	7.5		N/A	2.9		N/A

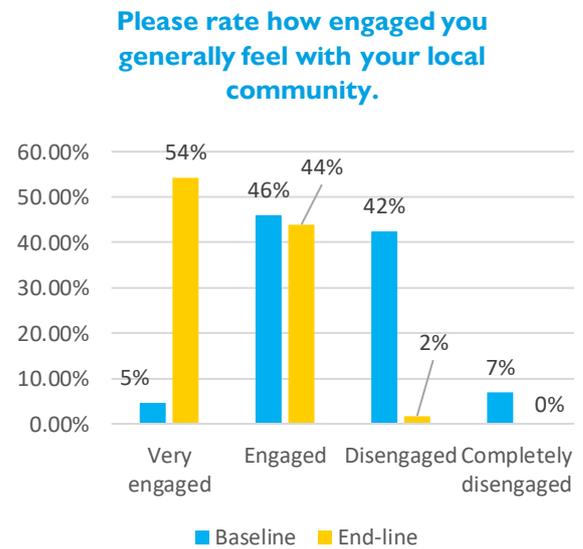
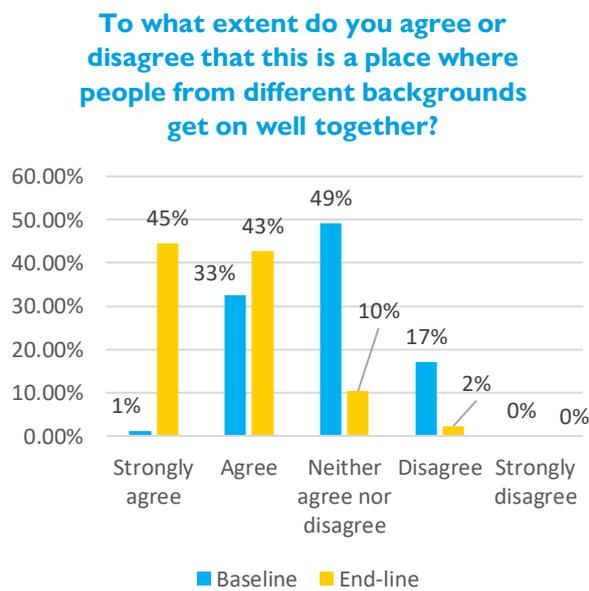
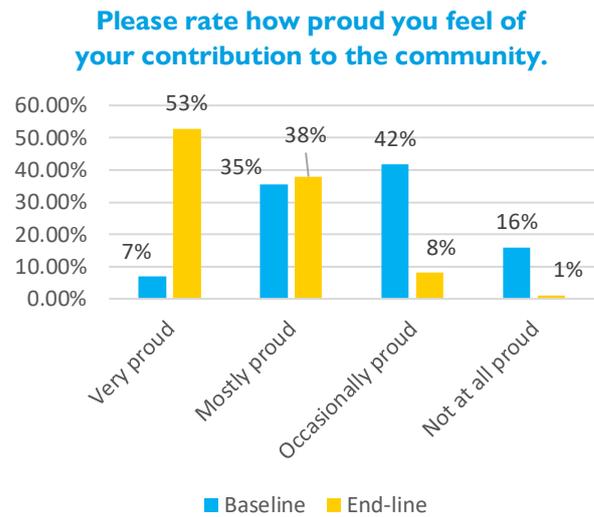
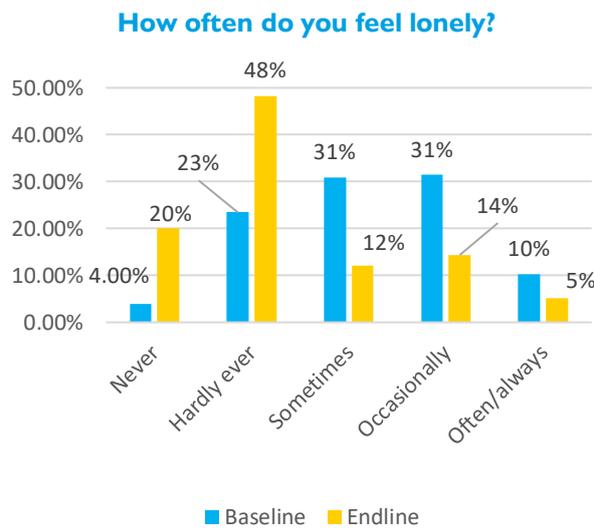
84% of participants also identified that they had seen an improvement in their confidence, and 88% reported improvement in their self-esteem, as a direct result of participating in the project. As shown in the chart to the right, 63% of respondents also identified that they felt better about their life and future as a result of being involved in the project.

Do you feel better about your life and future as a result of being involved in this project/event?



62% of participants also indicated that they enjoyed the project very much, with 38% confirming this to be the case.

As shown in the charts below, in relation to *Social Connectedness*, there were significant increases in participants feeling less lonely (from 4% to 20% never feeling lonely, and from 23% to 48% hardly ever feeling lonely), feeling proud of their contribution to the community (an increase from 7% to 53%), agreeing whether there is a community in which people from different backgrounds get on well together (an increase from 1% to 45% strongly agreeing) and in how engaged they felt in their local community (from 5% to 54% feeling very engaged).



When asked at end-line, 60% of respondents felt that they belonged to their project, while 35% felt they belonged most of the time. 55% of respondents felt very proud of their contribution to the project, while 39% felt mostly proud of their contribution when asked at end-line. As shown in the table below, there were also increases within all categories; arts and cultural heritage, leisure, sport and physical activity and volunteering, between baseline and end-line in participants feeling very empowered to take part.

How confident do you feel in joining the following activities?

	Arts and cultural heritage		Leisure		Sport and physical activity		Volunteering	
	Baseline	End-line	Baseline	End-line	Baseline	End-line	Baseline	End-line
Very empowered	8%	57%	8%	44%	10%	49%	8%	52%
Empowered	14%	31%	28%	44%	25%	40%	20%	35%
Sometimes empowered	47%	8%	40%	11%	42%	11%	40%	11%
Never empowered	31%	4%	24%	1%	23%	1%	32%	1%

4.1.2 Outcomes Summary: The event

This section covers the results from the event itself, collected through the post-event questionnaire conducted at the end of the RVRA Lantern Parade event.

- 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?

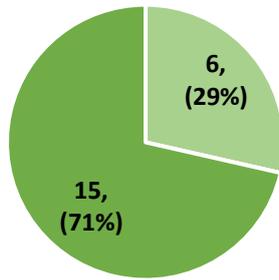
The element that participants enjoyed the most this year was the entertainment elements which included the disco and party games as well as activities such as face painting and lantern making. Many of the participants also highlighted the parade itself as the element they enjoyed the most. A few participants 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!” Participant in the RVRA Halloween Lantern Parade event

- What did participants enjoy the least?

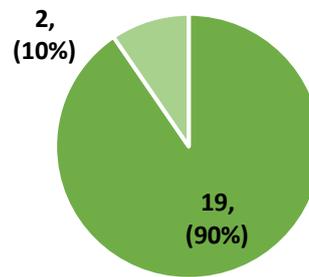
The majority of respondents reported that there wasn't anything about the event that they enjoyed the least. A handful of respondents stated that the weather was the factor that they enjoyed the least out of the event, with most individuals reporting that it was cold. Two respondents mentioned that the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

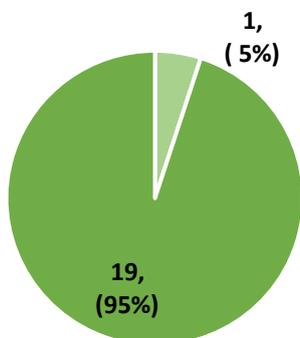
How would participants improve the event?

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 felt they benefitted from the event?

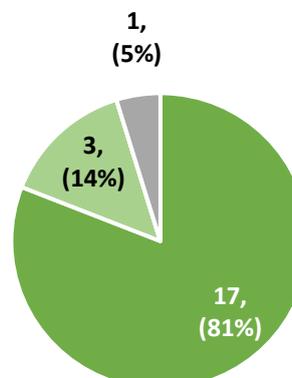
For the majority of participants, the event was an opportunity to socialise where they could meet with existing friends and make new friends. Several respondents felt they benefitted because the event made them feel involved and a part of the community. Other respondents reported building their confidence 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)



■ 1 ■ 2 ■ 3 ■ 4 ■ 5

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



■ A lot ■ A little
■ Hardly any ■ None

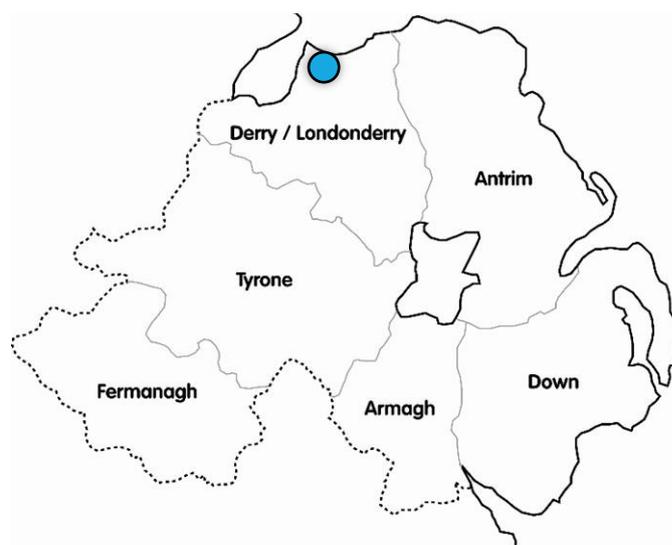
Respondents felt the event met their expectations with all respondents rating this element a 4 or 5 out of 5. Respondents also felt the event was run properly. The majority of

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.

4.2 Play to Grey (Limavady)

4.2.1 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 of the rural communities in these areas, which all share a common challenge of limited access to services and activities.



4.2.2 Outcome areas



4.2.3 Outcomes Summary

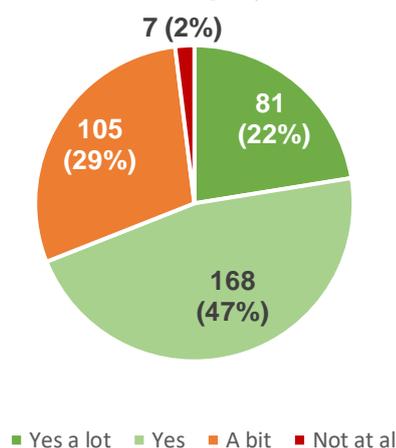
Average levels of *Wellbeing* increased by just over 1 percentage points amongst participants from baseline to end-line, across the ONS measures of *Life Satisfaction*, *Life is Worthwhile* and *Current Happiness*, although overall *current anxiety* went up across all but one of the groupings below.

	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		
	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change
Average score across all groupings	6.4	7.5	+1.1	6.4	7.6	+1.2	6.2	7.5	+1.3	4.6	5.4	+0.8
Parents and Toddlers	6	7.6	+1.6	5.7	8.1	+0.4	5.7	8.2	+2.5	4.2	8.3	+4.1
Children and Young people (4-18 years old)	6.6	7.8	+1.2	6.7	7.8	+1.1	6.5	7.6	+1.1	4.3	4.9	+0.6
Women (25 years+)	6.9	7.6	+0.7	7.0	7.8	+0.8	6.7	7.6	+0.9	4.8	4.2	-0.6
Men	7.5	8.5	+1.0	7.3	8.7	+1.4	7.6	8.9	+1.3	3.3	5.3	+2.0
Older people	5.7	6.8	+1.1	5.7	6.7	+1.0	5.5	6.8	+1.3	4.7	6.6	+1.9
Residents with a disability	5.1	6.9	+1.7	5.0	6.8	+1.8	5.2	6.9	+1.7	6.1	6.1	+0.0
NOW-14 Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.32
National Average	7.7			7.9			7.5			2.9		

The following pages present the results in this project, which have been analysed together and not by specific participant group. However, for results concerning empowering young people, these relate only to the answers provided by the relevant participant group, that is, young people.

61% of participants also confirmed that they had seen an improvement in their confidence, with 31% not sure and 8% responding that they had not seen an improvement. This was also similar in relation to self-reported increases in self-esteem, with 62% identifying that this had increased 30% not sure, and 8% feeling that their self-esteem had not increased. As shown in the chart to the right, 63% of respondents also reported that they felt better about their life and future as a result of being involved in the project.

Do you feel better about your life and future as a result of being involved in this project/event



Changes in self-esteem and confidence were also observed by project leads in the project working with children and young people:

“Yeah some of them at the start were really quiet. They were kind of withdrawn. We have a couple of them that have autism in our wee group. And, I found that they have overcome their fears and have grown more confident in themselves. They are more outgoing than they were before, (before) they wouldn’t have took part, they would’ve just stood back, but with encouragement and taking your time and doing 1-1 with them, and encouraging others to get involved with them, I have found that they have really come out and their mum has really praised the organisation. They have seen a difference in the kids and the youth club and when we were delivering their packages, they were waiting for us and waving at us because they knew we were coming every Thursday to deliver a wee package.” Play to Grey Project Lead

65% of participants also responded that they enjoyed the project very much, with 34% identifying that they enjoyed it.

Project leads across the Play to Grey programme also observed an increase in the mental and physical health of participants, for example, the project lead of the women’s project observed female participants taking steps to make changes to nutrition or increase their exercise:

“You can see the ladies definitely taking a more particular interest in their health, so there’s that. When we suggested classes and stuff, we would suggest cooking classes and they would ask for

nutrition classes, because they want to know how to cook in a way that is going to benefit them and help them to manage their weight or their blood pressure. They are getting very open with these things now. Ladies that were struggling with their weight before, maybe have it a bit more under control now and that's maybe because we didn't see them for so long and there was someone who came back, who just said they got into the habit of walking and going for a walk every week. And now, when we go out on walks, I don't know if I have got less fit or they have got more fit but they are flying ahead of me. Before we would've walked for about 50 minutes and now we are walking for 1hr15/1hr20. Their stamina has improved and their cardiovascular fitness." Play to Grey Project Lead

Other project leads also observed participants feeling less tired and lethargic, with increased rates of physical exercise.

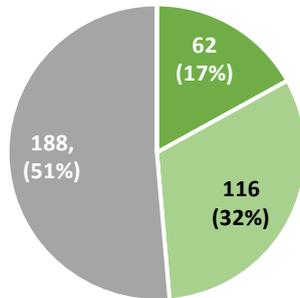
In relation to *perceptions of disability*, the volunteer coordinator described specific activities set up to support disabled people at the Valley community hub. These took place every Friday night, with disability discos and trips before the first Covid-19 lock-down in March. Post lockdown, contact maintained through group messaging, wellbeing checks and providing activity packs. Outside of specific disability programmes, project leads worked to address the needs of participants, for example, participants with autism:

"If we had noticed they were struggling, we would change their activity, and give them something that matched their needs and not make them do something that they didn't feel comfortable and were getting agitated about. It depended on their mood when they came, one of the things was noise, sometimes they couldn't stand the noise. You just took them away for a minute and got them settled." Play to Grey Project Lead

Overall, project leads found that the isolation from Covid-19 'took its toll' on those with disabilities through a lack of social interaction, and they worked to address this through remote activities. Across Play to Grey participants, 49% felt they had a more positive view of disabled people as a result of the project.

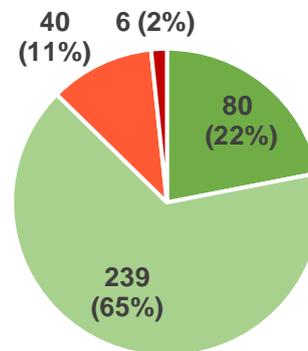
As shown in the charts below, in relation to *Social Connectedness*, there were small reductions in participants feeling less lonely (the proportion feeling lonely stayed broadly

In light of your response to the above question would you say that the project/event that you have taken part in/attended has caused you to have a different view of disabled people?



- Much more positive
- More positive
- Stayed the same
- More negative
- Much more negative

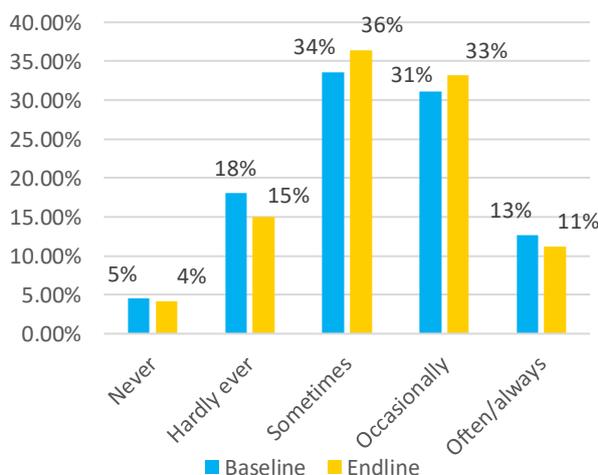
Would you say your view of disabled people was positive or negative before this?



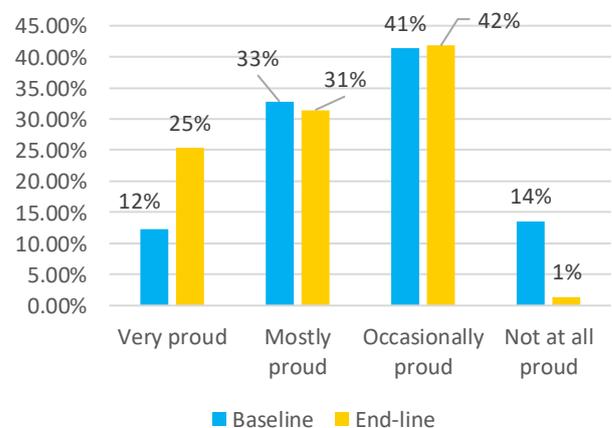
- Very positive
- Positive
- Negative
- Very negative

the same, with those reporting hardly ever feeling lonely, changing from 18% to 15%). There was an increase in participants feeling proud of their contribution to the community (an increase from 12% to 25% feeling very proud), and feelings of engagement in the local community (from 6% to 19% feeling very engaged). The proportion of respondents agreeing that their community “is a place where people from different backgrounds get on well together”, stayed broadly the same between baseline and end-line.

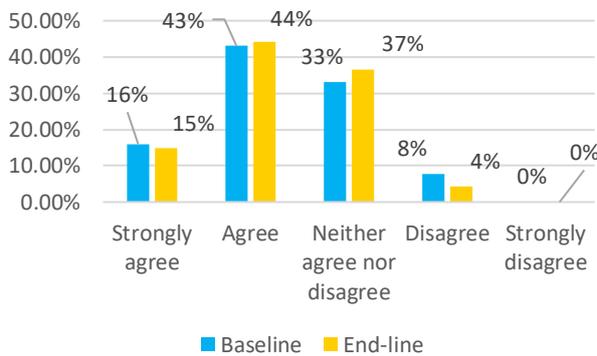
How often do you feel lonely?



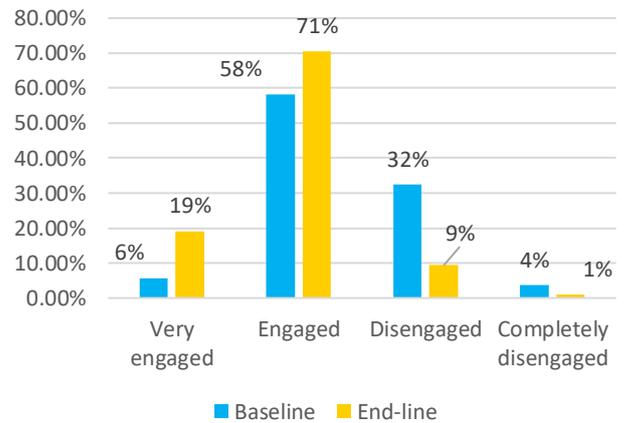
Please rate how proud you feel of your contribution to the community.



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



Please rate how engaged you generally feel with your local community.



When asked at end-line, 25% of respondents felt that they always belonged at their project, while 33% felt they belonged most of the time and 42% some of the time. 14% of respondents felt very proud of their contribution to the project, while 40% felt mostly proud and 45% occasionally proud when asked at end-line. As shown in the table below, there was also an increase within all categories; arts and cultural heritage, leisure, sport and physical activity and volunteering, between baseline and end-line in participants feeling very empowered to take part.

	Arts and cultural heritage		Leisure		Sport and physical activity		Volunteering	
	Baseline	End-line	Baseline	End-line	Baseline	End-line	Baseline	End-line
Very empowered	3%	16%	5%	14%	6%	16%	7%	19%
Empowered	20%	25%	24%	28%	22%	19%	17%	19%
Sometimes empowered	41%	39%	40%	32%	34%	36%	25%	33%
Never empowered	36%	20%	31%	25%	38%	29%	51%	29%

In interview feedback with project coordinators across the Play to Grey project, there were also a range of observations regarding how social connectedness had improved amongst volunteers and participants. The Volunteer Coordinator found that volunteers from different backgrounds connected together, as part of working on the project and going through the same experience:

“So you had a completely different dynamic of volunteers coming through as well and I think that interaction was great for wellbeing as well. They have people to connect with that would be doing the same thing or maybe people that were experiencing the same thing as them and maybe the

barriers they have come up against and they are sharing that experience and they also do that through social media like WhatsApp and support each other like that as well.” Play to Grey Project Lead

Project leads across also observed positive changes in social interaction between participants, even though this was affected by the Covid-19 lockdowns across 2020:

“I think maybe the newer ladies haven’t had a chance to integrate as well lately but that’s because we were in lockdown, then came out then went into another 4 week lockdown and we were still able to run our walking club but not inside classes. But the other ladies, definitely! Ladies that you wouldn’t imagine speaking together and having a friendship, even myself. As I live locally, I see them in the shops or out walking together outside of the group. People that you never would’ve seen, have those friendships and are just trying to expand their networks locally. The conversation with them isn’t forced now. They know more about each other’s backgrounds and interests and it’s been nice to see that too.” Play to Grey Project Lead

“Zoom calls with the young people were really for the social element. I think it worked out ok. It wasn’t for everybody, but we are so used to having large groups whereas we were offering something virtually and it was about 8-10 young people on it at a time. For some of them, it would be the people they connect with outside of youth group. So the making of connections with others that they normally wouldn’t, was a bit more limited. In youth group, we would try and challenge the young people and get them outside of their comfort zones in terms of social connection but you struggle to do that online.” Play to Grey Project Lead

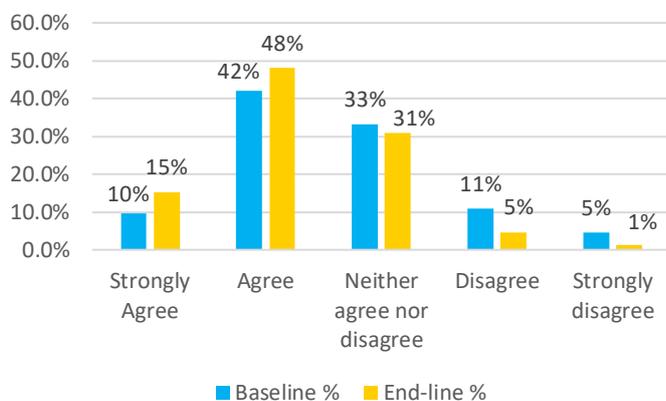
Some coordinators found that participants initially kept to themselves or in the small social groups they arrived at the project in, but then opened up over time, such as in the men’s group:

“They were getting on well, they maybe came in groups of three, no one really came on their own in the first week and it was just they would stand with the person they know only. But as the weeks went on they all got involved and even in terms of sitting down after, they would be sitting down with the coach giving feedback about what they thought of the session and what they could do better and if there was anything else they wanted to see.” Play to Grey Project Lead

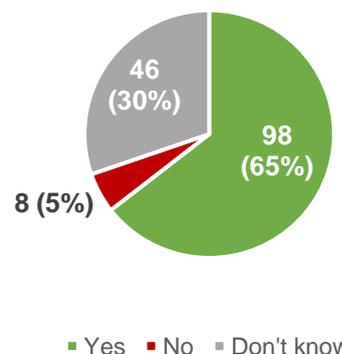
As shown in the charts below, in relation to *Empowering Young People*, there were increases in young people that felt they could make a difference in the community (an increase of 10% to 15% that strongly agreed and between 42% and 48% that agreed, that felt their views were heard by members of the community (from 28% to 55%) and felt that they were able to challenge the ideas and perspectives of other members of their community (from 31% to 53%). When asked at end-line, 65% of participants felt that the

project had given them a voice in their community, while 54% of participants felt very or mostly proud of their contribution to the community (with 45% feeling occasionally proud).

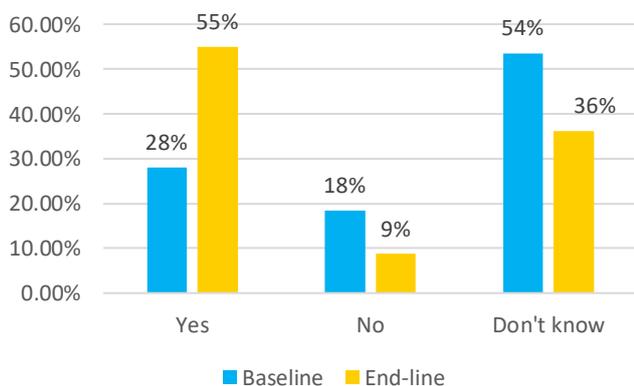
How much do you agree/disagree with the following statement: I can make a difference in my community



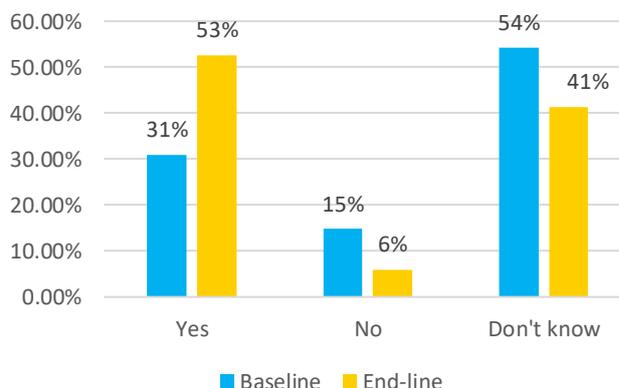
Do you feel that your project/activity has given you a voice in your community?



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



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



In the children and young people activities, older members of the youth club did get involved with delivering craft packs to older people during the Covid-19 lock-down, and project leads noticed that these older members of the youth club would interact in the community more.

“I noticed that the seniors would say hello people in the community more. I’ve noticed that they feel that they maybe respect our community a wee bit more and realise that actually we do need things in the Glack area and we do need to get involved a bit more.” Play to Grey Project Lead

Older participants in the Burnfoot Youth Group also took more responsibility as peer leaders in their groups, working with younger participants:

“We had some of the older ones come and be peer leaders for us with the juniors and intermediates, to encourage them to want to also be one of the people in these roles. They love to have these roles and to have the responsibility. They used to arrive half an hour before their youth club time even started and we were still working with them, to work with the juniors. So, we used to give them things to do, like helping with the arts and crafts and set small tasks for them. It has shown them about roles and responsibilities too.

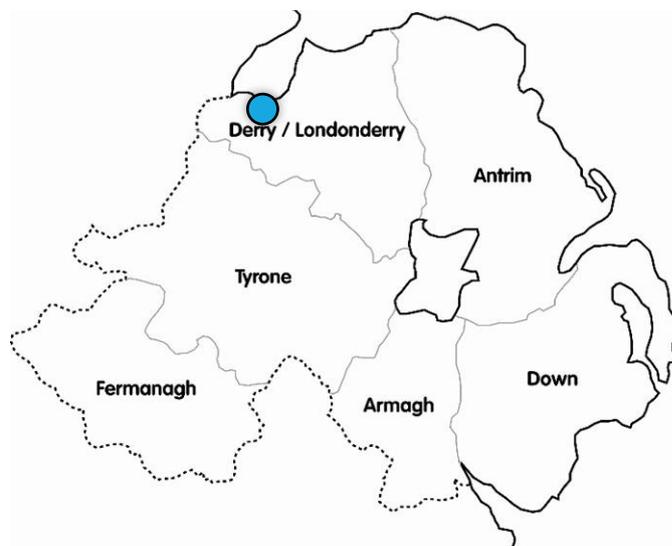
There were a couple of the peer leaders, after a couple of weeks, they started coming up with things to do as part of the role. So they wouldn't be coming to us and asking us what they could do, I didn't have to ask them to do it, they would've just done it, so that showed us that they had grown as peer leaders.” Play to Grey Project Lead

In relation to *volunteering*, other outcomes observed by project leads across Play to Grey included an increased enthusiasm for volunteering from existing volunteers, and increased interest in volunteering in the community.

4.3 Community Builder (Creggan)

4.3.1 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.



4.3.2 Outcome areas

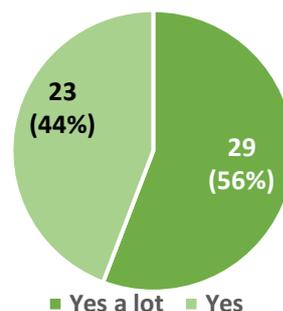


4.3.3 Outcomes Summary

	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		
	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change
Average score	7.7	8.6	+0.9	7.7	8.7	+1.0	7.8	8.6	+0.8	2.6	1.1	-1.5
NOW-14 Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.3
National Average	7.7		N/A	7.9		N/A	7.5		N/A	2.9		N/A

Average levels of **Wellbeing** increased by just under 1 percentage points amongst participants from baseline to end-line across the ONS measures of *Life Satisfaction*, *Life is Worthwhile* and *Current Happiness*, with *current anxiety* levels also decreasing by 1.5 percentage points. As shown in the chart to the right all participants felt better about their lives and future as a result of being involved in the project.

Do you feel better about your life and future as a result of being involved in this project?



The project lead saw increases in their fitness from the start, and also found that girls were able to speak about issues relating to their sexuality, bullying and self-harm.

“We have another girl who comes from 30mins away in the country, her dad got in touch with me, she has cognitive delay quite bad. At the start she wouldn’t get out of the car and she would be hanging onto her dad. She had no basic fundamental handling skills. But she has just come in unreal, and it’s been really great for her and her family. It’s like a life changing improvement for her. I think part of that change was because of the girls themselves, the girls were looking out for her and knew her abilities.” Community Builder (Creggan) Project Lead

In relation to *social connectedness*, the project lead also identified that new friendships were formed with children from different schools and different areas as a result of playing together. In the online focus group with young people taking part in the project, ‘getting out of the house’ and socialising with other young people was one of the main benefits from taking part, although they found the Zoom sessions during Covid19 lockdowns more challenging (while at the same time enjoying producing a video together). Participants also identified that they had learnt new skills (e.g. coaching and refereeing), improved their physical fitness and learnt about healthier eating.

In relation to *volunteering* and *youth empowerment* the project lead also described how some girls within the project took on additional responsibilities:

“We could have 10 or 12 of the girls coming along and helping on a Friday night. Anytime we had home games for the men’s senior team, the girls would help out with the hand sanitizing and directing supporters. They were checking tickets too. We had a tea shop and a tuck shop and the girls ran all that as well. The girls offer to do everything and they go support all the men’s and the boys matches. They are a fantastic group.” Community Builder (Creggan) Project Lead

In the focus group, some of the girls advised how they felt like they were acting as a role model for younger participants:

“The younger ones come up to you in the street and ask for pictures thinking you are a celebrity or whatever. They think you’re class.” Focus group respondent

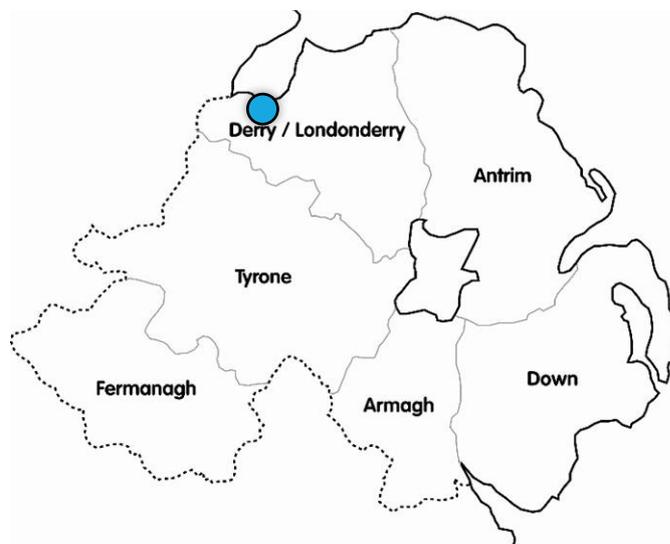
4.4 Step Forward (Creggan)

4.4.1 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.



4.4.2 Outcome areas



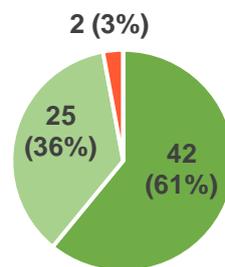
4.4.3 Outcomes Summary

Average levels of *Wellbeing* increased by between 1.5 to 2 percentage points amongst participants from baseline to end-line across the ONS measures of *Life Satisfaction*, *Life is Worthwhile* and *Current Happiness*, with *current anxiety* levels also decreasing by over 2 percentage points.

	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		
	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change
Average score	6.5	8.2	+1.7	6.7	8.3	+1.6	6.6	8.4	+1.8	3.3	1.1	-2.2
NOW-14 Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.3
National Average	7.7		N/A	7.9		N/A	7.5		N/A	2.9		N/A

As shown in the chart to the right, 61% of participants felt a lot better about their lives and future, as a result of being involved in the project, with 36% feeling better. 79% of participants very much enjoyed taking part in the project, with the remaining 21% enjoying the experience. All participants identified that their self-esteem and confidence had increased as a result of the project.

Do you feel better about your life and future as a result of being involved in this project/event?



■ Yes a lot ■ Yes ■ A bit ■ Not at all

The Step Forward project lead also saw

changes in the physical health of participants

between September and the New Year, with participants walking and using the gym, which was particularly valuable for participants that were obese or had existing health issues :

“With the respiratory groups we have a gentleman that comes with ambulatory oxygen, when he started we was very limited to what he was doing and now he’s on the exercise bike and at home he’s still doing his exercise bike, and doing weights. You definitely see the benefits to people’s health. To be honest, they wouldn’t come back if they didn’t see the physical changes themselves.”
Step Forward Project Lead

The project lead also described some of the challenges faced by participants in taking part in activities:

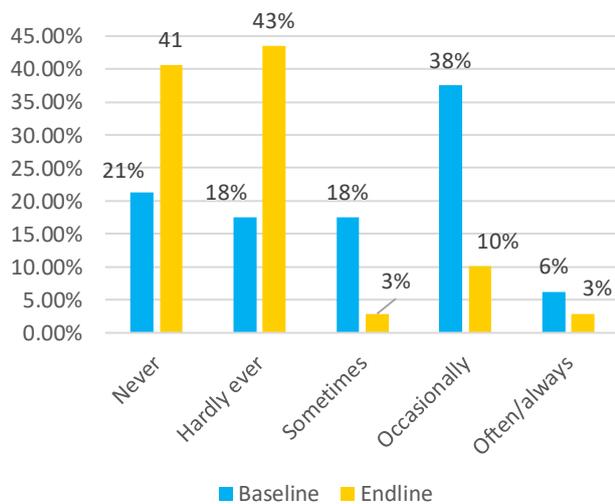
“For the majority, some barriers relate to mental health and social isolation. Once that becomes a habit, it can be hard to integrate again. It can also be a physical health barrier, their doctor tells them to take some medication and there’s not much they can do, they don’t know there’s a service out there. Where they live and how easy it for them to get to the centre is also a factor. Let’s take the GP referral for instance, they are referred for a 6-week programme that takes two taxi journeys to get there and back, and they don’t have the budget for that at the minute. We have to contact local organisations that can get them on a free bus. Financial wise, if it’s a young person as well, we do take referrals for young people. It might be their mental health, it might be financial, it might be lack of confidence. Most of people who get referred here, who are under 25 it’s confidence. There’s a number of challenges and barriers for people to coming along. We try to identify and say listen, how can we break that barrier down?” Step Forward Project Lead

As shown in the charts below, in relation to *social connectedness*, there were increases in outcomes, which were reflected in responses to the range of questions, relating to this theme, between baseline and end-line. There were increases in participants never feeling lonely (from 21% to 41%) and hardly ever feeling lonely (from 17% to 43%), those that felt

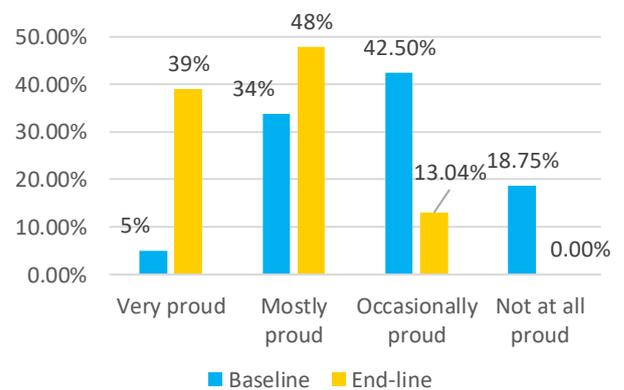
very proud (from 5% to 39%) and proud (from 34% to 48%) of their contribution to the community, those that strongly agreed (from 16% to 45%) that their community was a place where people from different backgrounds got on well together, and finally, those that felt very engaged (from 12% to 42%) with their local community.

When asked at end-line, 69% of participants were also very proud in their contribution to the project, with 31% proud of their contribution, and 74% felt that they always belonged to the project, with 26% feeling this most of the time.

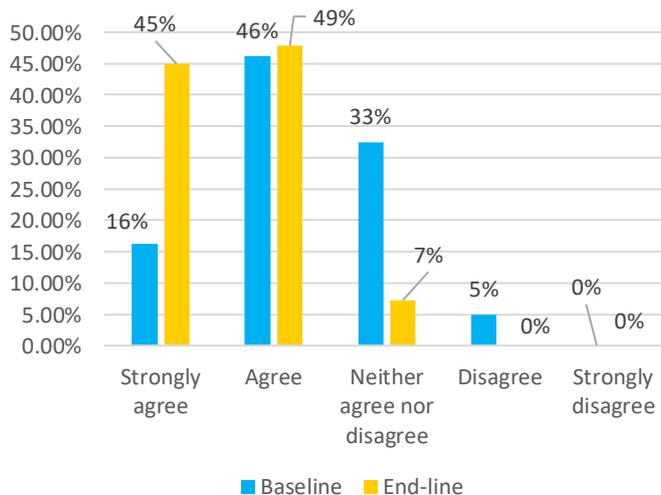
How often do you feel lonely?



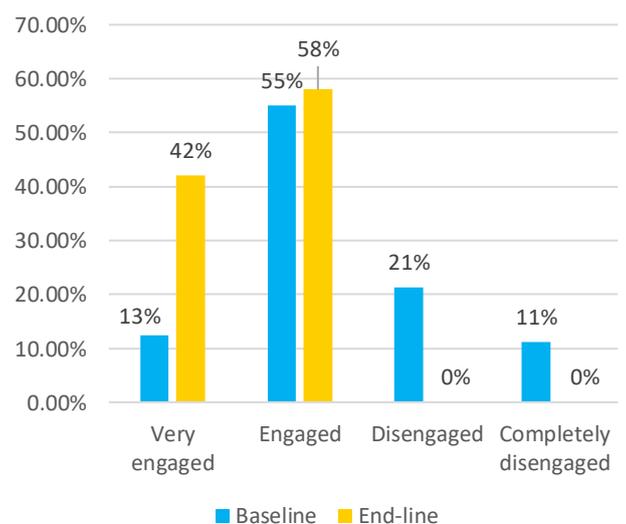
Please rate how proud you feel of your contribution to the community



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



Please rate how engaged you generally feel with your local community.



As shown in the table below, there was also an increase within all categories; arts and cultural heritage, leisure, sport and physical activity and volunteering, between baseline and end-line in participants feeling very empowered to take part.

	Arts and cultural heritage		Leisure		Sport and physical activity		Volunteering	
	Baseline	End-line	Baseline	End-line	Baseline	End-line	Baseline	End-line
Very empowered	10%	18%	16%	45%	16%	47%	3%	33%
Empowered	28%	51%	44%	49%	36%	53%	10%	46%
Sometimes empowered	29%	23%	26%	6%	24%	0%	32%	13%
Never empowered	33%	7%	14%	0%	23%	0%	55%	8%

In interviews with the project lead, they also identified that participants felt comfortable in the sessions and developed new friendships:

“When people get older they go from being social butterflies to very rarely leaving the house unless they have families. I think the space we provide and the environment we provide allows people to grow friendships.” Step Forward Project Lead

4.5 Community Thriving (Monkstown/New Mossley)

4.5.1 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.

4.5.2 Outcome areas



4.5.3 Outcomes Summary

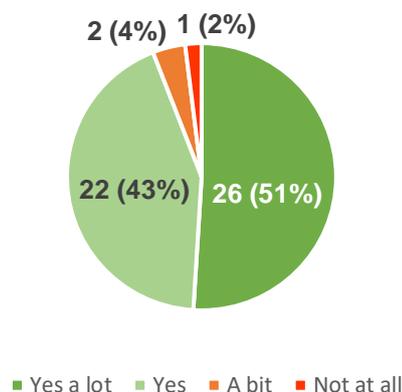
Average levels of *Wellbeing* increased by an average of 0.5 percentage points amongst participants from baseline to end-line across the ONS measures of *Life Satisfaction*, *Life is Worthwhile* and *Current Happiness*, with *current anxiety* levels also decreasing by 0.7 percentage points. In Your Corner saw the lowest changes in wellbeing across the course of the project, although levels of wellbeing were already higher than the national average at baseline.

	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		
	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change	Baseline	End-line	Change
Average score across all three groupings	7.7	8.2	+0.5	7.8	8.0	+0.2	7.2	7.8	+0.6	3	2.3	-0.7
This Girl Can	7.1	8.5	+1.4	7.1	7.4	+0.3	7.2	7.5	+0.3	2.9	2.4	-0.5
HERizon & imMENse	7.9	8.1	+0.2	7.9	8.3	+0.4	7.1	7.8	+0.7	3	2.5	-0.5
In Your Corner	8.2	8.2	0.0	8.4	8.1	-0.3	7.3	8.2	+0.9	3	1.7	-1.3
NOW-14 Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.3
National Average	7.7		N/A	7.9		N/A	7.5		N/A	2.9		N/A

When asked at end-line 51% of participants strongly agreed that they felt better about their life and future, as a result of being involved in the project, with 43% generally feeling better.

Project leads identified improvements to physical and mental wellbeing in participants across the project:

Do you feel better about your life and future as a result of being involved in this project/event?



“In terms of physical health and change, some of the young people would have played sport and some wouldn’t have, sort of 50/50. It was just about finding the right activities for them. We try to do table-tennis, basketball and other activities that aren’t just football and boxing. It was more for me, about finding what they enjoy and not forcing any sport upon them. They were motivated to do any sport and now they play sports like table-tennis and basketball regularly.” Project Lead, Community Thriving

The project lead for In Your Corner also described how they encouraged participants to adopt a healthier diet alongside boxing activities:

“Healthy eating is our main policy. So we don’t allow any energy drinks and we really try and encourage physical activity. One of our Princes Trust units, is a health and wellbeing, so we look at what you put into your body and how it fuels your body and how it affects your mind. Paul and Daryl are the coaches and they really take control of the boxing and gym elements. The cooking is a really big hit. It becomes a bit of a competition, this year we’ve actually started doing it once a week, its teaching them life skills they can use after the programme, how to cook a healthy meal instead of going to a takeaway.” Project Lead, Community Thriving

Interviews with project leads and focus groups with participants also identified a range of benefits to emotional wellbeing as a result of the Community Thriving project, for example, Project Leads in the HERizon & imMENse project described teaching participants the ‘body scan’ meditation method, which participants used to help fall asleep and the impact of the project on mental wellbeing when Covid-19 first appeared:

“At the very start of Covid when we had to go online we weren’t doing any online activities. We were just having conversations about their wellbeing. They had a lot of anxiety and uncertainties and it got the better for them. When speaking to them, you could see the fear and sense of deflation, they missed being at school and the boxing club, as that got taken away from them. It really did have an impact on their mental health. When we started, they were anxious and they did have a lot of questions. Sadly, we sadly couldn’t provide the answers for them at the time. We had to look forward to getting back to normality and that’s what I tried to share in the workshops on Zoom,

helping them think positive and see the light. As the weeks went on, they were less anxious and less scared, looking forward to coming back and that they are in a better place. As the workshops went on, you could see a real improvement in their mental health.” Project Lead, Community Thriving

Participants in the HERizon & imMENse project also advised that the project helped them learn about mental health topics and relationships, and the activities were a source of happiness and helped to relieve stress and install a positive mindset.

“They give you a bit of everything. Say you were having a stressful day in school, you could go in the boxing club after and sit with the leaders and you would forget about school and it would take the stress away. Then there’s the gym you can use, so you were killing two birds with one stone” Focus group participant, Community Thriving

The In Your Corner project lead also described how they supported participants on a 1-to-1 basis to support them emotionally:

“We had a young person who had suffered a bereavement, their father, from suicide and that was something that was really raw at the beginning, I saw a change in her ability to process things. We had a sit down conversation once a week and talked through grief and bereavement and all the different family aspects of it. Having that space and being able to talk to someone without the label of a counsellor as that can be quite scary for young people sometimes.” Project Lead, Community Thriving

All project leads also saw increases in participant’s confidence and self-esteem across the Community Thriving project, which was also echoed by feedback from focus group participants. Project leads from the HERizon & imMENse project felt that over 80% of their participants improved their confidence and self-esteem from attending the project and described the impact of providing mentoring, 1-to-1 support to participants. Participants in the focus groups also felt that the project had pushed them ‘out of their comfort zone’ and helped with their confidence, especially interacting with other people:

“It’s definitely helped me with my confidence, when I first started the boxing club I came in and barely spoke two words but now I’m able to speak and interact with the group P3: mine is the same as P6, when I first came I was really shy and now I’m able to speak in front of people who come in.” Focus group participant, Community Thriving

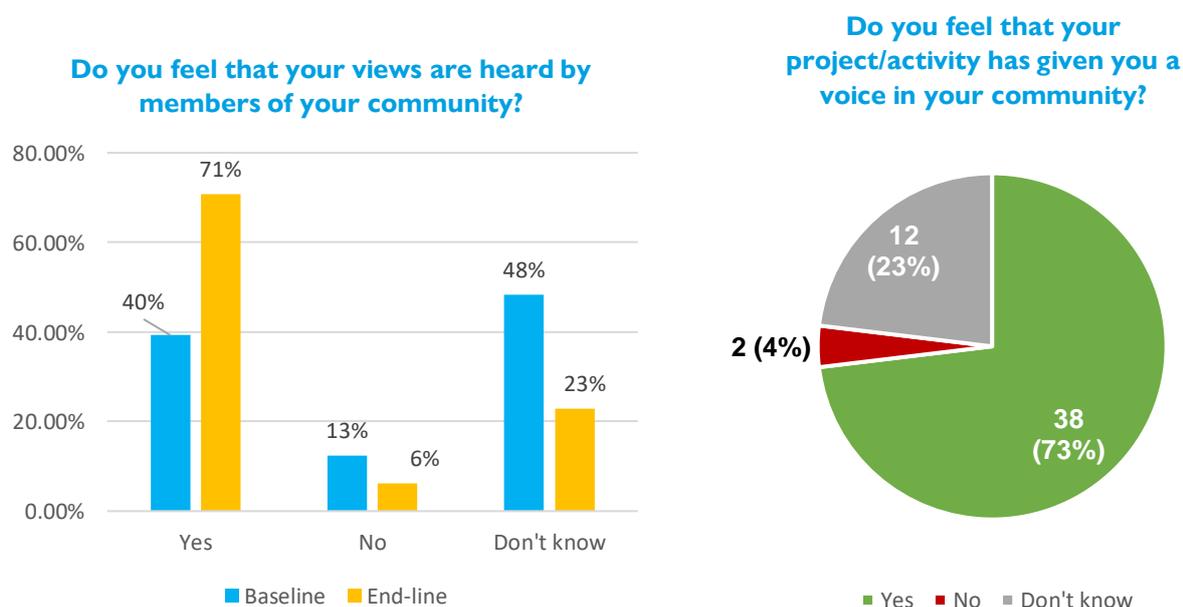
The project lead for This Girl Can also observed that several of the participants in the activities adopted a more positive outlook as the project progressed, particularly when they learnt about self-care and the importance of a healthy mind-set, and how this can impact on every day life:

“They are starting to go down that path of mindfulness and meditation and things like that. Off the back of that, I’ve seen some of them in the gym and that would never normally happen. I have seen an improvement in people’s attitudes and mindset, especially their happiness levels. We are still a very fresh group as well but in that short space of time, things have improved from my observations.” Project Lead, Community Thriving

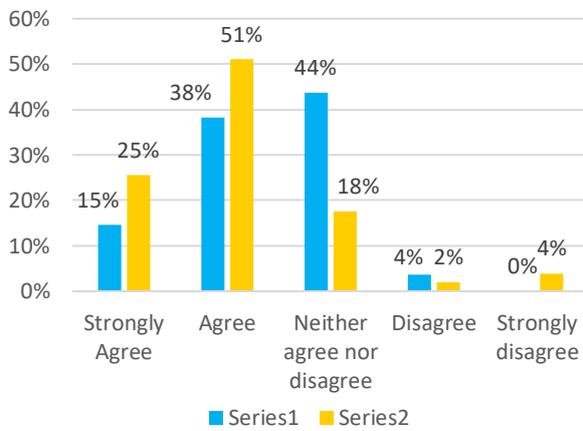
Participants in the focus group for the This Girl Can activities also felt that their confidence had increased, particularly in relation to being encouraged and supported to leave their comfort zone:

“I love the fact that everything we are doing is pushing people out of their comfort zone and the encouragement it gives. Nobody is left out and everybody is pushed to do it and everyone has the support behind them to do things that you otherwise wouldn’t dream of doing. One of the activities we did was going into the sea and a lot of people had a fear of water but every single one of us did it. Everyone was encouraging each other, you hear us winding each other up and all but that is just the way the group goes. There’s no offence taken, it’s just banter and encouragement. I’ve enjoyed being pushed out of my comfort zone, like archery I never thought I would do but I really enjoyed it.” Focus group participant, Community Thriving

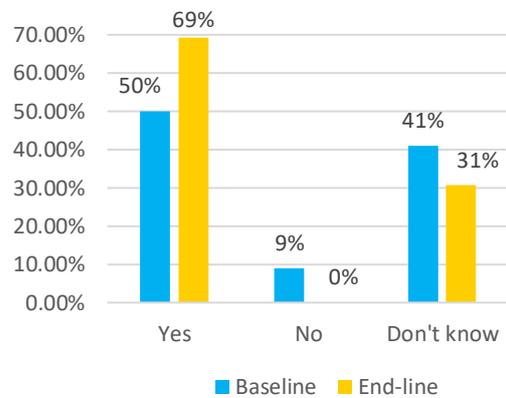
In relation to *Empowering Young People* there was an increase between baseline and end-line (from 15% to 25%) between participants strongly agreeing that they could make a difference in their community, while there were also increases in participants feeling that their voices would be heard by members of the community (from 39% to 71%), that they could challenge the ideas and perspectives of other members of the community (from 50% to 69%). When asked at end-line 73% of participants felt that the project had given them a voice in their community, with 23% not sure. At end-line all participants felt that they would be more likely to help their community in future as a result of the project, while 53% felt that they would have the ability to run a project in their community.



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



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



There was multiple feedback from both interviews with project leads and focus groups with participants describing how young people had taken a more active role in the community as a result of the project. Participants in the HERizon & imMENse project supported with the packaging and delivery of support parcels during Covid-19, while others made wreaths for pensioners at Christmas, and they felt this made them feel more positive and improved the view of young people in the community. One of the project leads also observed participants feeling more comfortable in the community as a result of the project:

“The young people were more confident, so they were able to challenge their peers whenever they went out on the streets. They were able to signpost if someone was drinking too much and so they are looking out for each other. They have started to have a positive outlook on their community. To the community I think they are seen as positive young people now, helping with the clean ups and food parcels. It really has changed the perception of others in the community in a positive manner.” Project Lead, Community Thriving

Another project lead also described that their intention is always to upskill and empower the young people to become successful contributors to their community, particularly through team building activities, where they focused on team building and time management:

“I know during the clean-up you could see that they felt proud in what they were doing, there was a group of young people drinking in an underpass and they left loads of mess, the girls were fuming. They do have more pride in their area I would say, I haven’t always been at Monkstown and I feel coming out of COVID-19 as a community, we have worked so well together and I’m proud of that, and I know the young people feel that too. They feel acknowledged and that their efforts in the community are getting recognised.” Project Lead, Community Thriving

The In Your Corner project lead also described how young people delivering food parcels helped to change perceptions in the wider community:

“I think young people are often misunderstood by the older generations of the community, and that’s something we’ve really changed this year and COVID was the main reason for that because we had young people volunteering delivering food parcels, making soup, cutting pensioners gardens and mending fences and walking peoples dogs. It really just changed perceptions and some of those young people were from our education programme. The young people love it, sometimes they’ll sit there and pretend they are too cool and have no interest but when it comes down to getting involved they just love it. They are doing something good for the community and I think a lot of the young people have soft spots for the older generations in the community. The one positive out of the COVID-19 pandemic has been the possibility to build that relationship with the older and younger generations. There’s been a new positive connection between the community. I had a young person who came into the club and said he was painting one of the pensioners fences at the weekend because they had asked him and they had that connection from over COVID. It’s built new relationships and new social cohesion. It’s been special in that sense.” Project Lead, Community Thriving

While **social connectedness** was not a focus of the project, evidence of this outcome did emerge from project lead interviews and participant focus groups, particularly in relation to This Girl Can, where the project lead described how participants came together from different communities came together and supported each other:

“Well some of them knew each other before they joined, I would say 40% of them were friends. A lot of them had no idea and didn’t know each other and that’s why it is so special. They aren’t all from Monkstown, they are all from different communities and now they are sharing personal experiences with each other and that just shows how amazing this project can be.” Project Lead, Community Thriving

This was echoed by the focus group participants who described that meeting new people, and being able to share with other people, was one of the main outcomes from the project, particularly because of the impact of Covid-19:

“I have 3 children and I went to the boxing club because during lockdown it was madness not being able see or talk to anyone. It really did help to get out of the house and being amongst other mums who were going through the same thing. My oldest girl, she attends the summer schemes and the girls groups and I’ve been using the gym there myself for years.” Focus group participant, Community Thriving

“I joined the group because I work with all men in a factory, I’m coming home, I’m a single parent and I also care for my mum who is waiting on a heart transplant. So I wasn’t getting anytime to myself. When I see the post about the mums group I thought I’m going to give that a try and give

myself an hour a week, just to give it a crack and for some female company. I already knew about the boxing club because my son had been to the summer schemes and the Easter camp and he had done a young men's project. We've really fell on our feet because there is a great bunch of people and everyone gets on so well. It's amazing the fun we have, all the projects we've done so far have made me aware of other people's circumstances and realise you are not on your own, everyone has their own battles they are dealing with." Focus group participant, Community Thriving

5 Conclusions

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 final section explores the overall results across all five 14-NOW projects across Limavady, Creggan and Monkstown/New Mosley.

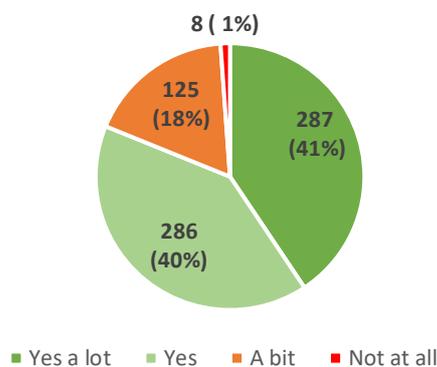
Wellbeing

Wellbeing increased across all 14-NOW projects in 2020 in each of the four ONS wellbeing areas; *Life Satisfaction*, *Life is Worthwhile*, *Current Happiness* and *Current Anxiety*. In relation to the first three areas, the baseline average for 14-NOW started lower than the national average, and increased to above the national average, with an average increase of 1.4 percentage points across the programme. In relation to the final thematic area, of anxiety, there was an average decrease in anxiety of 1.3 percentage points, starting with levels of anxiety higher than the national average and finishing with levels lower than the national average. The only anomaly was in relation to the Play to Grey project, where anxiety levels slightly increased. Further exploration of this figure could be helpful going forward but in a year in which Covid-19 had a significant impact on the wellbeing of the UK population, this aspect may have been a contributory factor.

Project	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		
	Baseline	End-line	Increase/Decrease	Baseline	End-line	Increase/Decrease	Baseline	End-line	Increase/Decrease	Baseline	End-line	Increase/Decrease
Halloween Lantern Parade (Limavady)	5.7	8.5	↑ +2.8	5.8	8.5	↑ +2.7	5.8	8.6	↑ +2.8	5.8	2.8	↓ -3
Play to Grey (Limavady)	6.4	7.5	↑ +1.1	6.4	7.6	↑ +1.2	6.2	7.5	↑ +1.3	4.6	5.4	↑ +0.8
Community Builder (Creggan)	7.7	8.6	↑ +0.9	7.7	8.7	↑ +1.0	7.8	8.6	↑ +0.8	2.6	1.1	↓ -1.5
Step Forward (Creggan)	6.5	8.2	↑ +1.7	6.7	8.3	↑ +1.6	6.6	8.4	↑ +1.8	3.3	1.1	↓ -2.2
Community Thriving (Monkstown/New Mossley)	7.7	8.2	↑ +0.5	7.8	8.0	↑ +0.2	7.2	7.8	↑ +0.6	3	2.3	↓ -0.7
14-NOW Average	6.8	8.2	+1.4	6.9	8.2	+1.3	6.7	8.2	+1.5	3.9	2.5	-1.3
National Average	7.7			7.9			7.5			2.9		

Overall, looking across all five projects, over 81% of participants advised that they felt better, or a lot better, as a result of being engaged in the project, and participants across three projects that collected end-line data in relation to confidence and self-esteem identified that they had increased in both areas as a result of their project (79% in self-esteem and 76% in confidence). This was also indicated in the results from interviews with project leads and focus groups with participants across four of the projects where this data was collected, including an increase in physical health (e.g. improvements in exercise and nutrition), mental health (e.g. improving coping mechanisms, feeling less isolated – particularly during lockdown) and increases in self-esteem and confidence (including gaining a more positive outlook on life and feeling supported to leave their comfort zone).

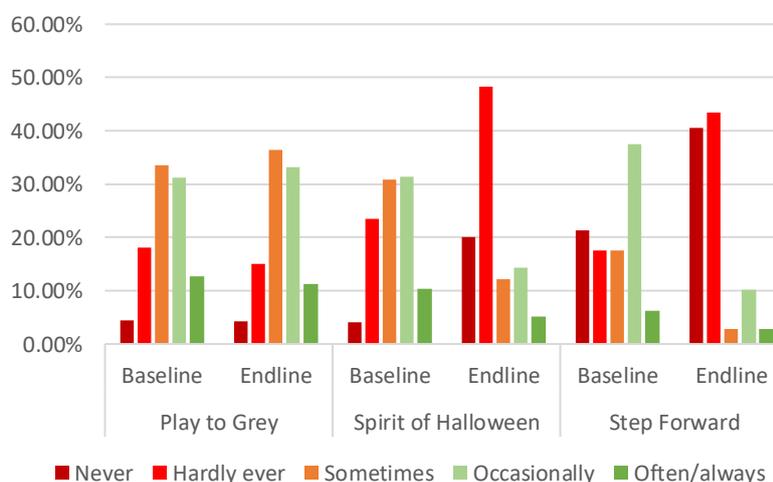
Do you feel better about your life and future as a result of being involved in this project?



Social Connectedness

Overall projects collecting quantitative data in relation to social connectedness recorded increases between baseline and end-line, as shown to the right with the survey question relating to how often participants felt lonely. While, generally, the Play to Grey project recorded small increases in most cases, there were bigger increases in the other projects and there

How often do you feel lonely?

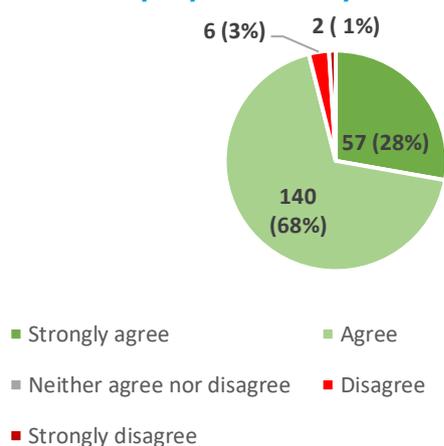


was generally an increase between baseline and end-line positions in outcomes for the four questions. These are to what extent participants felt lonely, agreement as to whether people from different backgrounds got on well in the community, how proud participants felt of their contribution to the community, and how engaged they generally felt with the local community. Across all four projects, where qualitative data was collected, social connectedness was one of the main outcomes to emerge, even when this was not an outcome area that the project was planned to focus on (Community Thriving). This took a number of forms across the four projects, including participants finding mutual support and understanding from other participants (particularly during

the Covid-19 lockdowns), getting 'out of the house', meeting new people from their community/other communities and developing friendships, and improving social interaction.

Empowering Young People

Please rate how much you agree/disagree with the following statement: Because I was a part of the project/activity, I am more likely to help my community in the future.



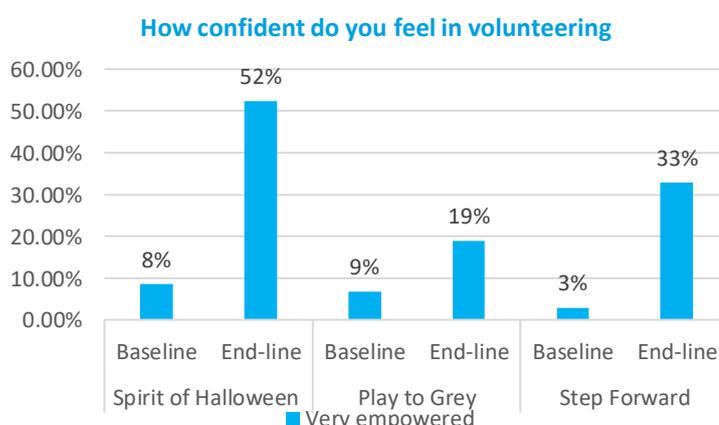
Both projects collecting quantitative data in relation to empowering young people, saw increases across participants that felt their views were heard by members of the community. This was also true in respect of feeling able to challenge the ideas and perspectives of other members of their community. In this respect, Play to Grey also saw an increase in participants who felt they could make a difference in the community. The combined end-line data for both projects shown to the right, also indicated that participants would be more likely to help their community in future. Interviews and focus groups with both projects highlighted different

ways in which young people became more empowered as a result of the project, for example, in both the Play to Grey and Community Thriving projects young people helped to provide packages to older people in the community during Covid-19, and they and the project leads noticed a change in perception of the young people in the community as a result.

Engaging Volunteers

While not specifically focusing on the volunteering outcome area in relation to 14-NOW, the three projects collecting data in relation to social connectedness all identified that participants felt more confident in volunteering. This is clearly demonstrated by significant changes between baseline and end-line data.

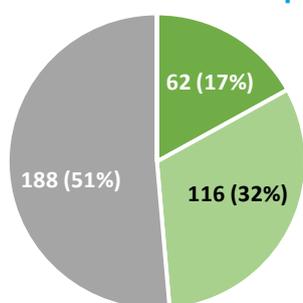
The Play to Grey project, specifically focused on volunteering as one of their outcome areas for 14-NOW, also observed that there was an increased enthusiasm for volunteering from existing volunteers, and increased interest in volunteering in the community, as a result of their project.



Disability

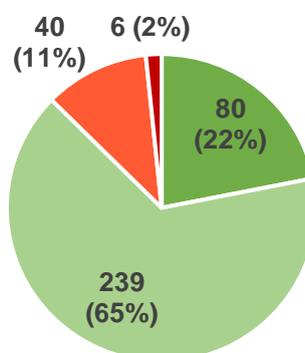
While most projects did not include a specific disability element to their programme, several projects detailed how they took a more inclusive approach and adapted their projects to enable disabled people to access their activities. The volunteer coordinator for Play to Grey also described how they ran specific activities to support disabled people at the Valley community hub every Friday night before the Covid-19 lockdown, and how they maintained contact through group messaging, checks on wellbeing and providing activity packs during the lock-down. Survey results for Play to Grey also showed that participants took a more positive view of disabled people as a result of the project.

In light of your response to the above question would you say that the project/event that you have taken part in/attended has caused you to have a different view of disabled people?



- Much more positive
- Stayed the same
- Much more negative
- More positive
- More negative

Would you say your view of disabled people was positive or negative before this?



- Very positive
- Positive
- Negative
- Very negative

Final Summary

Overall, 14-NOW demonstrated strong results for a second year running across the areas of wellbeing, social connectedness and empowering young people. Across all projects in the second year of the programme, ONS wellbeing measures started below the national average at baseline and increased to above the national average at end-line (or went from above the national average to below it in relation to anxiety) and overall there were strong increases in measures relating to social connectedness (e.g. participants feeling more engaged in the community), with strong qualitative evidence to support this, and empowering young people (participants feeling that their views were heard by members of the community). While less of a focus for projects, there were also positive outcomes in relation to engaging volunteers (e.g. participants feeling more confident in volunteering) and with projects taking a more inclusive approach and engaging with disabled people.