

Fourteen Northern Ireland Spirit of 2012



Year 3

CONTENTS

Executive Summary.....	3
1. Context	5
1.1 Description of the Project.....	5
1.2 Project Outcomes.....	6
1.3 Focus of the Case Study.....	6
1.4 Broader Context.....	7
2. Mechanism	8
2.1 Delivery Structure.....	8
2.2 Funding and Current Projects.....	9
2.3 Project Processes and Challenges.....	11
3. Methodology	12
3.1 Data Collection.....	12
3.2 Limitations.....	13
4. Findings	14
4.1 Wellbeing.....	14
4.2 Disability.....	17
4.3 Social Connectedness.....	18
4.4 Empowering Young People.....	19
4.6 Engaging Volunteers.....	20
5. Building Partnerships	21
6. Conclusions	22
7. Recommendations	23
Annex 1: List of Interviewees	25
Annex 2: Spirit Thematic Outcome Areas	26
Annex 3: List of all Fourteen Projects Funded to Date	30
Annex 4: Bibliography	32

ACRONYMS

CP	Community Partner
DUP	Democratic Unionist Party
GAA	Gaelic Athletic Association
ONS	Office of National Statistics
UKCF	UK Community Foundations

EXECUTIVE SUMMARY

Context

Fourteen is a programme that seeks to deliver long-lasting social change in 14 communities throughout the UK. *Fourteen* was granted a total of £3.5 million by Spirit of 2012 (Spirit) over a three-year period, from 2015 to 2018, to increase levels of social inclusion and enhance participation in each of the communities. The programme is implemented by Springboard in two communities of Northern Ireland and by the UK Community Foundation (UKCF) in the other 12 communities in the UK. Projects are community-led. Springboard received £500,000 from Spirit to deliver *Fourteen* in Creggan and Monkstown/ New Mossely, distributed evenly between the two communities.

This case study should not be seen as an organisational evaluation of Springboard. Rather, it is an in-depth study of selected initiatives as part of the *Fourteen* project, implemented by Springboard.

Methodology

Primary data was collected for this case study through a 2-day visit to *Fourteen*, including a trip to Monkstown and Creggan. A total of twelve informants were consulted through interviews for the case study.

Findings

Qualitative evidence from this case study has found that *Fourteen* is having a significant impact on the projects in Northern Ireland covered under the scope of this case study. Quantitative data shows that *Fourteen* is contributing towards improving participants' wellbeing. *Fourteen* is also working in areas of need, as *Fourteen* its participants in 2017 rate their wellbeing as lower than Belfast city's residents in 2015¹ (the latest available data).

Qualitative evidence from the projects visited as part of the case study supports the finding that participant wellbeing has improved through their participation in the projects. The strongest evidence of this change was found in the *Long-Term Condition Management* project in Creggan and *ASPIRE* project in Monkstown. From the data collected as part of this case study, it is clear that the *Long-Term Condition Management* Project connects people to activities, and people to each other. It is a referral project, as people are referred by their GPs, and after completing the 6-week project, the participants are also signposted to other programmes and services. The participants interviewed as part of the case study stated that they enjoy the social element of the project.

1. <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/>

The social element of the ASPIRE project is also very important for the participants. There are currently 10 volunteers involved in the Monkstown Boxing Club, some of whom are young people who were engaged in previous years' projects. Various opportunities, skills development and training are offered to the young participants of ASPIRE and project staff have seen participants' confidence increase since the start of the project.

Fourteen Northern Ireland has not reported on disability outcomes. Nevertheless, 58% (35 out of 60) of *Fourteen Northern Ireland's* projects report that they contribute towards challenging the perceptions of disability. The finding from the Year 2 Case Study still holds that more monitoring data is required to understand any disability-related outcomes.

Partnerships have been strengthened through *Fourteen*; trust has been built between the Community Partners (CPs) and the two lead CPs have a good relationship. Partners consulted through this case study would appreciate further opportunities to connect with the other partners involved in *Fourteen*, both at local and UK levels. The Year 2 Case Study recommended that Spirit considers collecting information from the CPs on any additional funding that has been leveraged as a result of the *Fourteen* investment, which is now being done. As of 27th March 2017, the Creggan community had secured a total of £51,855 and the Monkstown/ New Mossley community had secured a total of £72,021 in matched funding.

Recommendations

This case study recommends that in the time available before the project ends, further opportunities should be created by Spirit to allow *Fourteen's* partners to collaborate and share ideas, and that project proposals for *Fourteen* in Northern Ireland should budget for activities that facilitate connections and the sharing of information with other CPs.

In addition, the case study has found that the local steering committees, set up by the *Fourteen* project and made up of volunteers who represent diverse groups, have been an effective structure for building partnerships. It is recommended that in the last few months of the project, Spirit and Springboard consider how the steering committees could be supported to continue after Spirit funding comes to a close.



1. CONTEXT

Spirit of 2012 ('Spirit') is a charitable trust established in 2013 to build on the positive impact of the London 2012 Olympic and Paralympic games. Endowed with £47 million from the Big Lottery Fund, Spirit aims to use national and local events across the UK as catalysts to inspire social change. Spirit encourages participation in sport, art and cultural activities and builds on the positive impact of the London 2012 Paralympic Games to challenge negative perceptions of disability and to promote social action, with a particular focus on motivating young people.

This case study is part of Spirit's external evaluation. It aims to identify the main outcomes and impacts achieved by Spirit-funded projects between the years of 2014 and 2017 and, where possible, determine a grantee's individual contribution towards those results.

1.1 Description of the Project

Fourteen is a programme that seeks to deliver long-lasting social change in *Fourteen* communities throughout the UK. *Fourteen* was granted £3.5 million by Spirit over a three-year period, from 2015 to 2018. The programme seeks to increase levels of social inclusion and enhance participation in each of the following *Fourteen* communities: Bristol, Birmingham, Sunderland, Birmingham, Manchester, Glasgow, Edinburgh, Highlands, Argyll & Bute, Rhondda, Anglesey, Belfast and Derry/Londonderry.

Fourteen is part of the Spirit of Glasgow 2014 Programme, which aims to extend the reach and legacy of the Glasgow 2014 Commonwealth Games. UK Community Foundations (UKCF) manages the programme in Scotland, Wales and England (12 Communities and £3m of investment) and Springboard manages the programme in Northern Ireland (two communities and £500,000 of investment).

The activities undertaken through the programme fall into the following strands:

- Social action and volunteering
- Grassroots sport and physical activity
- Cultural activity and the arts
- Youth leadership and personal development

Key events over the course of the *Fourteen* project are illustrated in Figure 1 below.

Figure 1: Project Timeline



1.2 Project Outcomes

The Year 2 Case Study stated that *Fourteen* aims to contribute towards the following outcomes, which have been informed by Spirit's Theory of Change:

- Wellbeing
- Challenging Perceptions of Disability and Empowering Disabled People
- Social Connectedness

Springboard provide quarterly, qualitative reports that include community status updates. These community status reports provide updates on projects and activities taking place in Northern Ireland and state which of the following outcome areas they contribute towards: wellbeing, perceptions of disability, connecting communities and overcoming isolation. These areas broadly fit with the outcome areas described in the Year 2 Case Study (as connecting communities and overcoming isolation could both fall under the area of social connectedness).

Quantitative monitoring data has been submitted in 2017 from both UKCF and Springboard but quantitative outcome data is only available for Springboard in the area of wellbeing.

1.3 Focus of the Case Study

This is the second Spirit case study of *Fourteen* in Northern Ireland. The year 2 (2016) *Fourteen* case study described the context in which the project operates and assessed *Fourteen*'s contribution to the outcome areas of wellbeing, disability and social connectedness. It found the following:



“ Fourteen was successful in improving wellbeing, creating social connectedness and challenging the perceptions of disability, as well as supporting local communities to identify issues in their area and develop solutions to these issues, thereby supporting the development of capacity within these communities. Despite Fourteen’s popularity amongst local groups and the positive monitoring data collected to date, challenges were noted around changes to the evaluation framework and it was believed that this has reduced the extent to which it has been possible to report on all the positive outcomes from the Programme. ”

This case study aims to identify the main outcomes achieved by *Fourteen* over the last year, and compare these outcomes to those identified in the 2016 case study. It focuses on the outcomes of wellbeing, disability and social connectedness, but also refers to the other Spirit outcomes of empowering young people, engaging volunteers and building partnerships, as some evidence of contribution towards these outcomes has also been found.

1.4 Broader Context

At the time of writing, there is no working local government in Northern Ireland. According to a staff interviewee, the lack of government is a challenge for both Springboard and its Community Partners (CPs) on the *Fourteen* project. Springboard does not have a budget from the government for this year and there is a gap in funding for life skills projects, such as *Fourteen*. Therefore, it may be seen that Spirit is filling a gap in funding.

Whilst Northern Ireland is considered a post-conflict country, 109 peace walls currently exist in the country, separating predominantly Protestant and predominantly Catholic areas.² It was important in the design of the project that the organisation funds activities in one predominantly Protestant area (Monkstown/New Mossley) and one predominantly Catholic area (Creggan), from its neutral base in Belfast.

2. <http://www.belfasttelegraph.co.uk/news/northern-ireland/one-peace-wall-down-109-across-northern-ireland-still-to-go-34486822.html>, accessed on 13/06/2017

2. MECHANISM

This section will describe the delivery structure for *Fourteen*, its funding from Spirit and current projects being implemented.

2.1 Delivery Structure

In Northern Ireland, *Fourteen* funds are administered by Springboard to two communities, in Monkstown/New Mossley in Newtownabbey and Creggan in Derry/Londonderry. Springboard has overall responsibility for the delivery of the programme, but is supported by a designated lead CP within each community. The two lead CPs that were selected by Springboard are Monkstown Boxing Club (Newtownabbey district) and the Old Library Trust (Derry/Londonderry).

Lead Community Partner: Monkstown Boxing Club, Newtownabbey

Monkstown Boxing Club works with hard to reach young people and delivers a wide range of programmes aimed at improving educational achievement, creating pathways to employment, building healthier lifestyles, bringing communities together and reducing crime. The website states: ***“Using the power of boxing, Monkstown Boxing Club works in partnership with local communities to empower individuals to improve their lives and their environment”***.³ Since 2012, Monkstown Boxing Club has worked with the, ***“hardest to reach young people, aged between 11-20”***⁴, in Rathcoole and Monkstown.

Lead Community Partner: Old Library Trust, Derry/Londonderry

The Old Library Trust is a healthy living centre based in Creggan, a housing estate in Derry/Londonderry. It provides a range of physical and mental health and wellbeing services for local people. The website states, ***“Our aim to make it easier for people to improve health and well being”***.⁵ It serves people of all ages, abilities and backgrounds living in the Triax area and surrounding neighbourhoods.

Fourteen’s implementation structure in Northern Ireland is shown in Figure 2. The projects supported by *Fourteen* are either implemented by the lead CP or other CPs. Therefore, projects are community-led. Each community has a local reference group, which develops a 3-year plan to reflect the needs of the community and assesses project funding proposals. The membership of the local reference groups is designed to be representative of the diversity of the community. The programme manager from a lead CP stated, “I have been surprised at how well the stakeholder group has stuck together. People come from different communities and this project brought the opportunity to bring people together to share information. We make sure that we are not stepping on each others’ toes”.

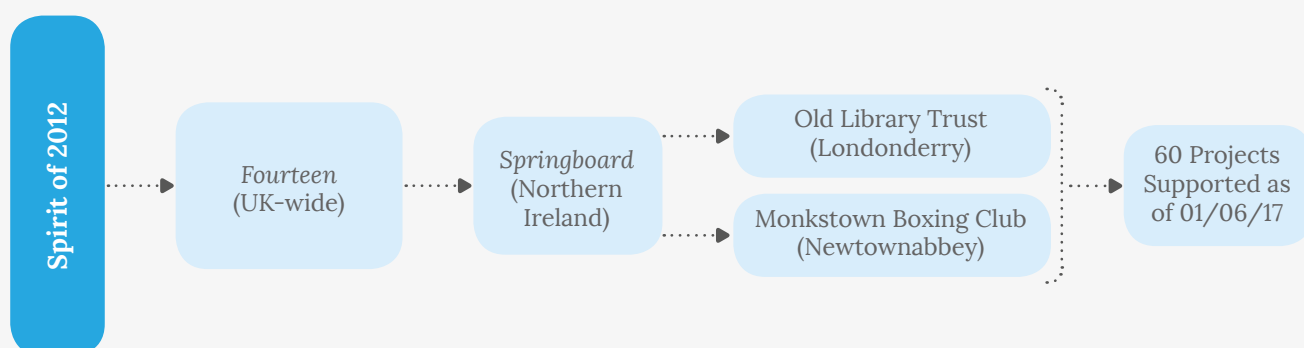
3. http://www.monkstownboxingclub.com/?page_id=226, accessed on 14/06/2017

4. Ibid

5. <http://www.hlcalliance.org/project/old-library-trust/>, accessed on 14/06/2017



Figure 2: Fourteen's Implementation Structure for Northern Ireland



2.2 Funding and Current Projects

Springboard receives £500,000 from Spirit to deliver the *Fourteen* project in Northern Ireland. Each of the two communities, Monkstown/New Mossely and Creggan are allocated up to £250,000 over the project's lifetime. Organisations within the two specified communities can apply to Springboard for small grants up to £20,000. All applications are assessed by both the local reference groups and then Springboard. Springboard has established a process whereby grant applications are required to complete participant surveys as a requirement for the release of the second (of three) tranches of funding. Completion of the re-interview survey will lead to the release of the third tranche of funding. CPs are encouraged to use the Spirit investment to leverage money from other funders or local authorities to increase the potential impact.

A list of all current (2017) projects may be found in Figure 3 below. A list of all *Fourteen* projects funded to date may be found in Annex 3.

Figure 3: Fourteen Northern Ireland 2017 Projects

Community Project		Organisation	Grant Period	Total Costs	Beneficiaries*	Outcome Areas			
						Wellbeing	Disability	Connecting Communities	Overcoming Isolation
Monkstown	Supporting Families, Supporting Achievement 2	Barnardo's	04/01/17-30/06/17	£8,041	75	X	X	X	X
	Community Garden - Youth Project 2	Monkstown Village Initiatives	06/01/17-30/06/17	£10,327	22	X	X	X	X
	ASPIRE Project 2017	Monkstown Boxing Club	01/01/17-31/10/17	£20,000	300	X		X	X
	Primary School FUNDamentals 2017	Monkstown Boxing Club	01/01/17-31/10/17	£5,313	150	X		X	X
	Active Older 2017	Monkstown Boxing Club	01/01/17-31/10/17	£4,025	200	X	X	X	X
	Family Liaison Service 2	Hollybank Primary School	01/01/17-31/10/17	£12,133	450	X	X	X	X
	Be Well Stay Well	Monkstown Village Initiatives	01/02/17-31/10/17	£6,946	118	X	X	X	X
	Summer Fun 2017	Hillcroft School PTA	01/05/17-31/10/17	£14,858	60	X	X	X	X
	CAMPFEST 2017	St Mary's Youth Club	03/03/17-21/07/17	£19,596	132	X	X	X	X
	Grow Your Own 3	Bogside & Brandywell Initiative	01/04/17-31/10/17	£2,735	150	X	X	X	X
Creggan	Creggan Festival Extravaganza	Bogside & Brandywell Initiative	01/04/17-31/10/17	£6,452	600	X		X	X
	Long Term Condition Management	The Old Library Trust HLC	01/03/17-30/09/17	£6,327	60	X			X
	Health for Life for Older Residents 2017	Health for Life	06/03/17-30/10/17	£2,818	300	X		X	X
	Sean Dolans GAA Capacity Building Project 2017	Derry GAA	01/03/17-31/10/17	£8,655	825	X			X
	Totals			£128,225	3,442				

* Projected total number of beneficiaries, not actual, as projects have not all finished

2.3 Project Processes and Challenges

The year 2 (2016) *Fourteen* case study noted challenges around changes to the Spirit evaluation framework, and it was believed that this has reduced the extent to which it has been possible to report on all the positive outcomes from the project. Therefore, it was recommended that Springboard and its CPs should encourage funded projects to collate as much data as possible to provide further evidence of the impact of Spirit's funding. This case study was able to utilise strong outcome data for *Fourteen Northern Ireland* in relation to wellbeing, but reiterates the need for outcome data in other areas; this data should be forthcoming within the appropriate lifecycle timeframe of the project.

In addition, both monitoring reports submitted by the two communities to Springboard and quarterly monitoring reports submitted by Springboard to Spirit portray key activities implemented, targets numbers of participants and outcomes achieved by some of the projects. However, they do not provide numbers of current participants and volunteers per project. The quarterly monitoring reports submitted by Springboard to Spirit are generalised and it is difficult to get a sense of the projects. For example, none of the four projects visited as part of the case study are mentioned in the latest available quarterly monitoring report (Jan-March 2017). It was stated by a Spirit staff interviewee that the new quarterly reports have been designed to respond to this issue and that Springboard and Spirit have discussed and agreed the new format.

According to the latest available Springboard quarterly monitoring report (January – March 2017), the Creggan community partners were concerned about the feasibility of implementing the questionnaires to collect monitoring data. It was stated by the lead CP programme manager that the questionnaires can be difficult for those adults who struggle to read or are partially sighted. In response to this, Springboard has informed the local partners that they can be creative in soliciting responses from participants, such as using games and flip-charts to collect information.

This case study considers the provision of feedback and queries on funding proposals to represent good practice, as it helps to strengthen future proposals and to build the local partners' capacities. According to a Springboard staff interviewee, two out of *Fourteen* applications received from community partners have required support, so these have been sent back to the community partners with clarifications from Springboard and it is anticipated that the proposals will be re-submitted in the second round of applications.

3. METHODOLOGY

3.1 Data Collection

Primary data was collected for this case study through a 2-day visit to *Fourteen*, including a trip to Monkstown and Creggan.

Four projects were visited to collect information for this case study and description of each project may be found below.

ASPIRE Project 2017, Monkstown Boxing Club

ASPIRE is an education support project for young people who are at risk of dropping out of school or who have already been suspended or excluded. The current project started on 1st January 2017 and is due to end on 31st October 2017. A flexible learning programme is offered to Key Stage 4 students and each student is assigned a youth mentor. The learning programme caters to people on the autism spectrum, as well as those with other social, emotional and behavioural difficulties. Homework and breakfast clubs are offered to 11-20 year olds, which are services not available at school. The active parents element provides practical lessons to parents through an essential skills tutor, to encourage them to become more involved in the child's education and understand the new curriculum.

Community Garden – Youth Project 2, Monkstown Boxing Club

Led by Monkstown Village Initiatives, this project uses a community garden space to work with young people. The current project started on 6th January 2017 and is due to finish on 30th June 2017. Young people are taught new skills around horticulture and the environment, while also incorporating a number of transferable skills, such as communication, dealing with conflict and planning. Young people are given responsibility and ownership over certain spaces, which allows for the skills that they have learnt to be put to practical use. The young people are also offered qualification options through participating in the project.

Gaelic Athletic Association (GAA) Capacity Building Project 2017, Sean Dolans

The Derry/Londonderry Gaelic Athletic Association (GAA) is a community-based volunteer organisation promoting Gaelic games, culture and lifelong participation in sport/physical activity. The capacity building project is a sports development project for the promotion of Gaelic Games. In 2011, there was an arson attack on the club, but it re-opened in 2016 and has been building itself up again since then.⁶ The current project started on 1st March 2017 and is due to end on 31st October 2017.

6. <http://www.bbc.com/news/uk-northern-ireland-foyle-west-37503657>, accessed on 16/06/17



Long-Term Condition Management Project, Old Library Trust

The Long-Term Condition Management project targets people in the Creggan community aged 16+ years of age who are living with a life-limiting long term illness, health problem or a disability. The current project started on 1st March 2017 and is due to end on 30th September 2017. It provides one-to-one or small, likeminded group support in the form of exercise and nutritional advice. It also signposts participants onto other available programmes and services to improve the physical, social, emotional and mental health and wellbeing of the individual.

3.2 Limitations

This case study should not be seen as an organisational evaluation of Springboard. Rather, it is an in-depth study of selected initiatives as part of the *Fourteen* project, implemented by Springboard. *Fourteen* is being evaluated by Wavehill. The function of the case study is to fit the project within the context of Spirit's programme strategy.

Time constraints limited the number of projects that could be visited and interviews that could be conducted. It was possible to visit four projects within the available time period, which represents around 35% of the combined value (£128,225) of the 2017 *Fourteen* Northern Ireland projects to date.

Unfortunately, no participants were present and available to interview at either the Community Garden - Youth Project 2 in Monkstown or GAA Capacity Building Project 2017 in Creggan, as the project visit took place during a weekday when the young participants would have been at school. Therefore, in this case study, views of project participants are only represented by those people interviewed on the ASPIRE project in Monkstown and Long-Term Condition Management project in Creggan.

Some interviews were group interviews and organised by the programme managers of the lead CPs (please see Annex 1). This meant reduced time for each individual to speak within the group, and introduced different dynamics to that of individual interviews. Views expressed by respondents in this case study are not necessarily representative of other participants of the project.

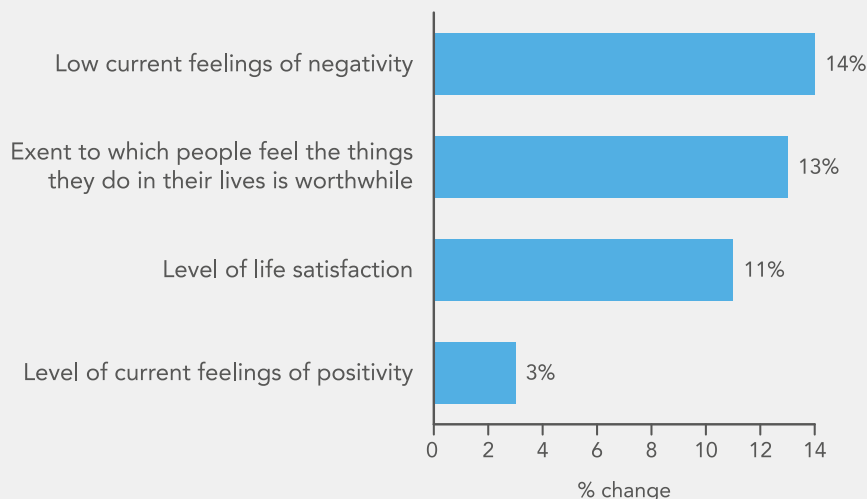
As stated under section 1.2, Springboard has provided quantitative monitoring data for 2017 for the outcome area of wellbeing only. Qualitative evidence (from secondary reports and primary interviews) was available for the outcomes of engaging volunteers, empowering young people, social connectedness and disability. Therefore, evidence for improvements in wellbeing from *Fourteen* Northern Ireland is stronger than the limited evidence presented under all other outcome areas in this case study.

4. FINDINGS

4.1 Wellbeing

All but one of *Fourteen Northern Ireland's* 60 projects report that they contribute towards the aim of increasing personal wellbeing through participation (lacking for the project 'Football v Homophobia').⁷ As reported in this years' monitoring data⁸, between 1st June 2016 and 31st May 2017, the wellbeing of participants in *Fourteen Northern Ireland* increased in all four domains of wellbeing. The percentage change in each domain of wellbeing from 2016 to 2017 is shown in Figure 4. All statistics are based on high questionnaire response rates, between 1,948 and 4,099 people. 47% of participants registered low current feelings of negativity in 2016, but this increased to 60% in 2017 (a positive result); the extent to which participants feel that the things they do in their lives are worthwhile increased from 58% in 2016 to 71% in 2017; participants' levels of life satisfaction increased from 59% to 70% and; participants' levels of current feelings of positivity increased from 69% to 71%. Therefore, it appears that *Fourteen* is contributing towards improving participants' wellbeing.

Figure 4: Changes to Participants' Wellbeing from Baseline to Endline, Fourteen in Northern Ireland



Fourteen Northern Ireland participants' scores for all four domains of wellbeing in 2017 are lower than that of Belfast residents in 2015 (the most recent available data), according to data from the Office of National Statistics (ONS), as shown in Figure 5.⁹ Participants score

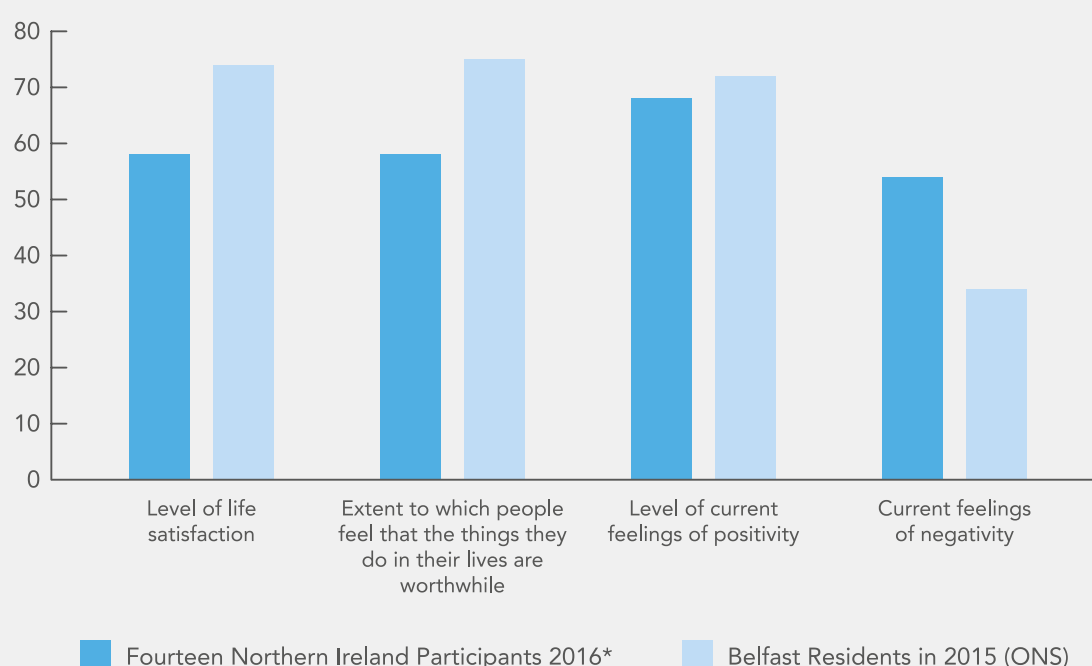
7. *Fourteen* Project Overview document, 01.06.17

8. 2017-06-02 SIM Workbook – Springboard *Fourteen*

9. <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/localauthorityupdate2015to2016#how-do-people-rate-their-personal-well-being-in-your-area>, accessed on 15/06/17

their levels of life satisfaction, extent to which they feel that the things they do in their lives are worthwhile, current feelings of positivity and low current feelings of negativity as lower than the averages for Belfast in 2015. It may be concluded that *Fourteen* is working in areas of need, where people rate their wellbeing as lower than the averages for the city's residents.

Figure 5: Fourteen Northern Ireland Participants' Wellbeing Compared to ONS Data for Levels of Wellbeing in Belfast



Qualitative evidence from *Long-Term Condition Management* and *ASPIRE* supports the finding that participants' wellbeing has improved through their participation in the projects, which is described below.

Creggan

The *Long-Term Condition Management* project explicitly targets physical and mental wellbeing. As stated by the lead CP programme manager, ***“each person has a different reason to come. Some want to improve their physical health, some want to improve their mental wellbeing, others want to improve both”***. A case study on the impact of this programme on participants' wellbeing can be found below.

According to a staff member of the *GAA Capacity Building Project 2017*, ***“the success has been immeasurable”***. The interviewee goes on to state, ***“I’ve noticed that as they get more involved in sport, they get further away from anti-social behaviour”***. However, as the visit took place during school hours it was not possible to support this finding by interviewing young people.

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

Who did Spirit support?

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

How?

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

What happened as a result?

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

Monkstown

ASPIRE aims to develop the young participants' life skills by working on areas such as mental health, positive relationships, nutrition, and drugs awareness. It has been piloted since September 2016 in partnership with Abbey Community College.

The ASPIRE application form states that parents, **“have also seen a tangible change in attitude, behaviour and mood of their child at home”**. Breakfast club starts at 9.30 am, later than school, which makes it easier for the young people to arrive on time. The youth workers will tailor the activities according to the mood of the group. As Charlotte (a youth worker) states, **“it’s a de-stressing time”**. Whilst not a direct measure of wellbeing, the two participants interviewed as part of this case study could not think of anything they didn’t enjoy about the project: **“there’s nothing that we complain about”**.

The *Community Garden – Youth Project 2* explicitly aims to develop self-esteem and resilience in the young participants. The proposal states that the project will help participants to learn ways to express feelings and emotions in a safe and supportive environment and, through developing regular contact with the young people, it will aim to allow the participants the space they need to talk about issues that are affecting them. No outcome information is available for this project and no participants were present on the day of the project visit to interview, so this case study comment on whether the stated aims of the project are playing out in practice.

4.2 Disability

Fourteen Northern Ireland has not yet reported on disability outcomes, either through the quantitative monitoring data or through the qualitative quarterly monitoring reports. Nevertheless, 58% (35 out of 60) of *Fourteen Northern Ireland's* projects state that they contribute towards challenging the perceptions of disability. Of the four projects visited as part of this case study, only the *Community Garden – Youth Project 2* in Monkstown explicitly addresses this outcome. However, all four projects visited state that a proportion of participants will be disabled, as follows:

Project	Disabled Participants
Long-Term Condition Management project	20%
GAA Capacity Building Project 2017	10%
ASPIRE project 2017	30% (learning difficulties)
Community Garden – Youth Project 2	30%

Some examples of the participation of disabled people in project activity are as follows:

- Project staff stated that disabled people may participate in the *GAA Capacity Building Project 2017*. There is currently a wheelchair user who is participating in the group and has a voice on the team. A project staff member stated that it is important that the club is accessible and that staff are aware of any access issues.

- There is a specific Downs Syndrome group that has been set up to play Gaelic football as part of the GAA Capacity Building Project 2017 (staff interviewee).
- Participants of the Long-Term Condition Management project have different long-term illness and health problems, such as bone disorders, diabetes or have suffered strokes, but there are also some members of the group with disabilities e.g. Downs Syndrome.

However, no information is available regarding the outcomes of engaging disabled people in activities. The finding from the Year 2 Case Study still holds that more data is required from the supported projects to understand whether perceptions of disability have changed and whether disabled people feel more integrated in society as a result of the project's activities. Spirit has been working on its disability indicators and how to support projects to collect outcome data on disability through both qualitative and quantitative methods.

4.3 Social Connectedness

As stated under section 1.2, whilst UKCF submitted quantitative monitoring data for this year for the outcome area of social connectedness, Springboard did not. Therefore, there is no available quantitative data on social connectedness for *Fourteen Northern Ireland*. Nevertheless, 93% of projects (56 out of 60) report that they address the outcome area of connecting communities, where organisations connect people to activities and role models inspire others to do more and better.

Long-Term Condition Management connects people to activities and people to each other. It is a referral project, as people are referred by their GPs, and after completing the 6 week project, the participants are also signposted to other programmes and services. The two participants interviewed as part of the case study stated that they enjoy the social element of the project. Joan said, **“now, I have friends”** and Helen agreed, **“I wouldn’t have the friends I have if it wasn’t for this”**.

The social element of ASPIRE is also really important. As stated by the programme manager of the lead CP, **“The Boxing Club’s doors are always open for young people. It is important that we are working right in the community”**. Indeed, one young person interviewed, Louise, completed the project last year but said that she often still comes to the centre to ‘hang out’. For Louise, the attitudes of the staff and atmosphere of the centre is important. She says that the staff are, “really nice, you can talk to them”. Sometimes, she brings her friends into the centre, thus helping to market it to others. Louise also stated that she has made a lot of friends through the project. Staff explain that meeting and interacting with people from different communities is important for the cross-community working groups.



4.4 Empowering Young People

Fourteen is not required by Spirit to report on the outcome of empowering young people. Nevertheless, it is considered that some of the 2017 *Fourteen* projects contribute towards this area.

ASPIRE aims to reach 300 participants across all elements of the project¹⁰, 90% of whom will be young people aged 13-18. The project is at an early stage, so there was insufficient data to make a judgement about whether ASPIRE is on track to reach this target.

The case study found that 10 young people are currently enrolled in one strand of the project, the flexible learning programme, 8 boys and 2 girls. Various opportunities, skills development and training are offered to these young people. For example, Kelly and Louise just got back from a trip to Poland, where they learnt about anti-sectarianism. They also participated in courses on sign language and mental health, which they will receive UCCAS points for. The young people are required to participate in three work experience placements as part of the project; they would only have a one-week opportunity for this at school. The programme manager of the lead CP states that all 10 young people are on track to achieve a minimum of 2 Bs in their GCSEs, and although this cannot be directly attributed to the project, it is highly likely that the ASPIRE project is contributing towards this result. Project staff have also seen participants' confidence increase since the start of the project. A youth worker stated that the two young people interviewed were introverts to start with, but are now happy to participate in an interview.

Skills development is also taught as part of the *Community Garden – Youth Project 2*. The project works with young people from years 10, 11 and 12 of Abbey Community College. Taster sessions are offered to year 10 pupils, aiming to inspire them to join the project. A total of 22 young people are expected to be involved, 12 of whom are working towards a GCSE qualification. As well as the ultimate aim of gaining a GCSE qualification, the young people are taught new skills around horticulture and the environment, while incorporating a number of transferable skills such as communication, dealing with conflict and planning. The proposal notes that the cost per head is high, but that this is justified through an in-depth engagement with the young people, such as, for example, bi-weekly contact with trained youth workers who will help support the young people as they build their self-esteem and confidence. However, it was not possible to interview any young people involved in this project in order to understand from them whether the project is having its intended impact.

¹⁰. Young people attending breakfast and after school clubs, young people enrolled in the flexible learning programme and parents.

4.5 Engaging Volunteers

Three out of the four projects visited as part of this case study engage volunteers. In addition, the members of the local steering committees are volunteers, therefore, *Fourteen Northern Ireland* is underpinned by volunteers making funding decisions.

The GAA Capacity Building Project 2017 aims to engage 20 volunteers for the summer activities between July and August. The CPs will put in place a volunteer recruitment strategy, as they are responsible for their recruitment. Last year, 20 volunteers undertook a foundation football and child protection course and, in 2017, it is expected that the club will offer a training/coaching foundation and level 1 GAA course to the volunteers as a development opportunity.

ASPIRE is projected to engage 30 volunteers this year, both young people and adults. It was reported by a member of staff that there is an Easter and summer scheme for the volunteers, and that there are currently 10 volunteers involved in the Monkstown Boxing Club. Some of the volunteers are young people who were engaged in a previous years' project, such as Louise, who have returned to the club to help out as volunteers. As stated by the lead CP programme manager, ***“we couldn't do what we do without volunteers”***.

5. BUILDING PARTNERSHIPS

The way in which *Fourteen* in Northern Ireland is set up involves numerous organisations working together to implement the project, as described in section 2. This case study has found that partnerships have been strengthened through *Fourteen*. The steering committee is composed of stakeholders representing different interests and it is asserted by the lead CP programme manager to be, **“a model of good practice”**. It is hoped by a *Fourteen* member of staff that the steering committee will continue to function after *Fourteen* funding comes to a close.

Currently, Springboard, Monkstown Boxing Club and the Old Library Trust are working with 14 other community organisations within Monkstown/New Mossley and Creggan. A good relationship has been developed between staff at the two lead CPs, and they often share information between themselves. In addition, a lead CP programme manager stated that the networks that the organisation has built with the providers (CPs) has been brilliant. Forging partnerships is not always a smooth process, especially when so many organisations are involved, but it was reported that now, two years into the projects, the CPs are much more open (*Fourteen* staff member). A *Fourteen* staff member stated, **“it’s amazing the difference in the organisations between year 1 and year 2”**. As described by the same *Fourteen* staff member, *Fourteen* utilises a completely different management structure to other projects, as the CPs are given the flexibility to respond to local needs, which empowers them and builds trust.

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

The Year 2 Case Study found that *Fourteen* has supported the development of community capacity within the two communities in which it works. It also recommended that Springboard considers collecting information from the CPs on any additional funding that has been leveraged as a result of the *Fourteen* investment, which is now being done. As of 27th March 2017, the Creggan community had secured a total of £51,855 and the Monkstown/New Mossley community had secured a total of £72,021 in matched funding. This case study finds that both lead CPs do not appear to have shortfalls in funding. Both have state of the art facilities and other donors. There is also no shortfall in proposals from local groups to implement projects, and, as this case study demonstrates, positive results have been demonstrated by *Fourteen* projects in Northern Ireland.

At the time of writing, an interviewee stated that *Fourteen* has not been provided with information from Spirit as to whether funding will continue after October 2017, which makes planning difficult.

6. CONCLUSION

Quantitative data collected by Springboard over the last year shows that *Fourteen* is contributing towards improving participants' wellbeing. For example, participants' feelings that the things they do in their lives are worthwhile increased by 13% and low levels of negativity increased by 14% (a positive result). *Fourteen* is also working in areas of need, where *Fourteen's* participants in 2017 rate their wellbeing as lower than Belfast city's residents in 2015.

Qualitative evidence from the participants interviewed as part of the case study supports the finding that participants' wellbeing has improved through their involvement in the projects. For example, a participant of the *Long-Term Condition Management* project said, **"I've grown, both physically and mentally"** and that the project, **"gets me out of bed"**. *Long-Term Condition Management* connects people to activities and to each other. It is a referral project, as people are referred by their GPs, and after completing the 6-week project, the participants are also signposted to other programmes and services. The two participants interviewed stated that they enjoy the social element of the project.

The social element of the *ASPIRE* project is also very important. As stated by the lead CP programme manager, the Monkstown Boxing Club works right in the community and its doors are always open. One young person interviewee completed the project last year but can often still be found at the club, stating that the staff are, **"really nice, you can talk to them"**. There are currently 10 volunteers involved in the Monkstown Boxing Club, some of whom are young people who were engaged in previous years' projects. The lead CP programme manager asserted, **"we couldn't do what we do without volunteers"**. Various opportunities, skills development and training are offered to the young participants of *ASPIRE*. Project staff have seen participants' confidence increase since the start of the project.

Fourteen Northern Ireland has not yet reported on disability outcomes, either through the quantitative monitoring data or through the qualitative quarterly monitoring reports. Nevertheless, 58% (35 out of 60) of *Fourteen Northern Ireland's* projects report that they contribute towards challenging the perceptions of disability. The finding from the Year 2 Case Study still holds that further data is required from the supported projects to understand whether perceptions of disability have changed and whether disabled people feel more integrated in society as a result of the projects' activities.

Partnerships have been strengthened through *Fourteen*; trust has been built between the CPs and the two lead CPs have a good relationship. Partners consulted through this case study would appreciate further opportunities to connect with the other partners involved in *Fourteen*, both at local and UK levels. The Year 2 Case Study recommended that Spirit considers collecting information from the CPs on any additional funding that has been leveraged as a result of the *Fourteen* investment, which is now being done. As of 27th March 2017, the Creggan community had secured a total of £51,855 and the Monkstown/New Mossley community had secured a total of £72,021 in matched funding.

7. RECOMMENDATIONS

Year 2 *Fourteen* Case Study recommendations are provided below, along with responses from this case study.

Year 2 recommendation: Increase the profile of *Fourteen* across Northern Ireland and/or the communities in which it works through a number of low-or no-cost activities, such as inviting local newspapers to cover *Fourteen* funded activities/events.

Year 3 response: Qualitative evidence sourced through this case study indicates that much *Fourteen*-funded activity is taking place. It is suggested that marketing does not need be the highest priority for *Fourteen* going forwards, especially given that the project is due to close at the end of the year.

Year 2 recommendation: Opportunities should be created that would allow the Community Partners to share good practice and lessons learnt with each other.

Year 3 response: This recommendation still holds, as this case study found that all partners interviewed have benefited from the opportunities that there have been to collaborate and share information through the project, and would appreciate further opportunities. These further opportunities could be developed, to the extent possible within the time available, before the end of the project.

Year 2 recommendation: Springboard and the Community Partners should encourage funded projects to collate as much data as possible in order to provide further evidence of the impact of the funding.

This case study was able to utilise strong outcome data for *Fourteen Northern Ireland* in relation to wellbeing, but reiterates the need for outcome data in other areas. This data should be forthcoming within the appropriate lifecycle timeframe of the project.

Year 2 recommendation: Springboard should consider collecting information from funded groups on any additional funding that has been leveraged as a result of the *Fourteen* investment.

Year 3 response: A list of matched funding secured by CPs to implement projects is now being collected by Springboard.

This case study has found evidence that *Fourteen* is having a significant impact upon participants of some of *Fourteen*'s projects in Northern Ireland. The question now is how to sustain this impact after the project comes to a close and whether the impact would be greater if *Fourteen* continued its sustained engagement in Creggan and Monkstown/New Mossley or replicated the model and expanded to new communities. It is a recommendation of this case-study that Spirit and Springboard thoroughly consider these options going forwards.

In addition, the case study has found that the local steering committees set-up by the *Fourteen* project and made-up of volunteers who represent diverse groups, have been an effective structure in place to build partnerships. The Wavehill process evaluation of *Fourteen* states that there is a perceived low likelihood from stakeholders that the steering committees will be sustained after the *Fourteen* project finishes. It would be a shame to lose these platforms. Therefore, it is recommended that the last few months of the project concentrates on considering how the steering committees could be supported to continue after Spirit funding comes to a close.

ANNEX 1

List of Interviewees

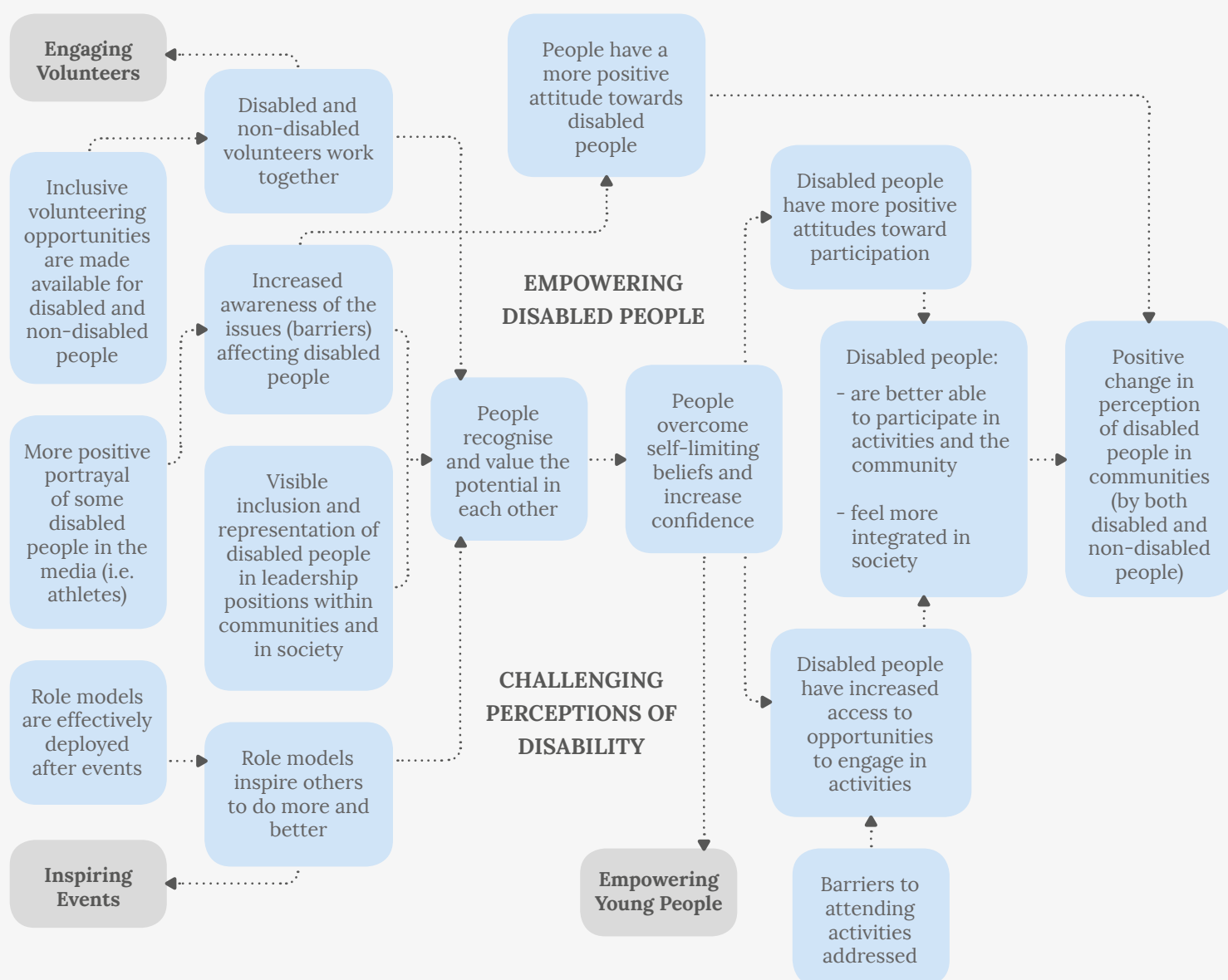
In addition to participants in funded projects the following individuals were consulted with.

Name	Role and Organisation	Data Collection Method	Date
James Magee	Manager, Springboard	Individual interview	31/05/17
Paul Johnston	Youth Programmes Manager, Monkstown Boxing Club	Group interview with Amy and Chelsea	31/05/17
Amy	Youth Worker, Monkstown Boxing Club	Group interview with Paul and Chelsea	31/05/17
Chelsea	Youth Worker, Monkstown Boxing Club	Group interview with Paul and Amy	31/05/17
Courtney	Young person, ASPIRE project, Monkstown Boxing Club	Group interview with Amy, Chelsea and Molly	31/05/17
Molly	Young person, ASPIRE project, Monkstown Boxing Club	Group interview with Courtney, Molly, Amy and Chelsea	31/05/17
George	Programme Manager, Old Library Trust	Individual interview	01/06/17
Brian	Games Officer, Sean Dolans, Creggan	Group interview with Brian	01/06/17
Danny	Club Treasurer, Old Library Trust	Group interview with George	01/06/17
Jonathan	Long-Term Condition Management trainer, Old Library Trust	Group interview with Pauline and Joy	01/06/17
Pauline	Participant, Long-Term Condition Management, Old Library Trust	Group interview with Jonathan and Joy	01/06/17
Joy	Participant, Long-Term Condition Management, Old Library Trust	Group interview with Jonathan and Joy	01/06/17

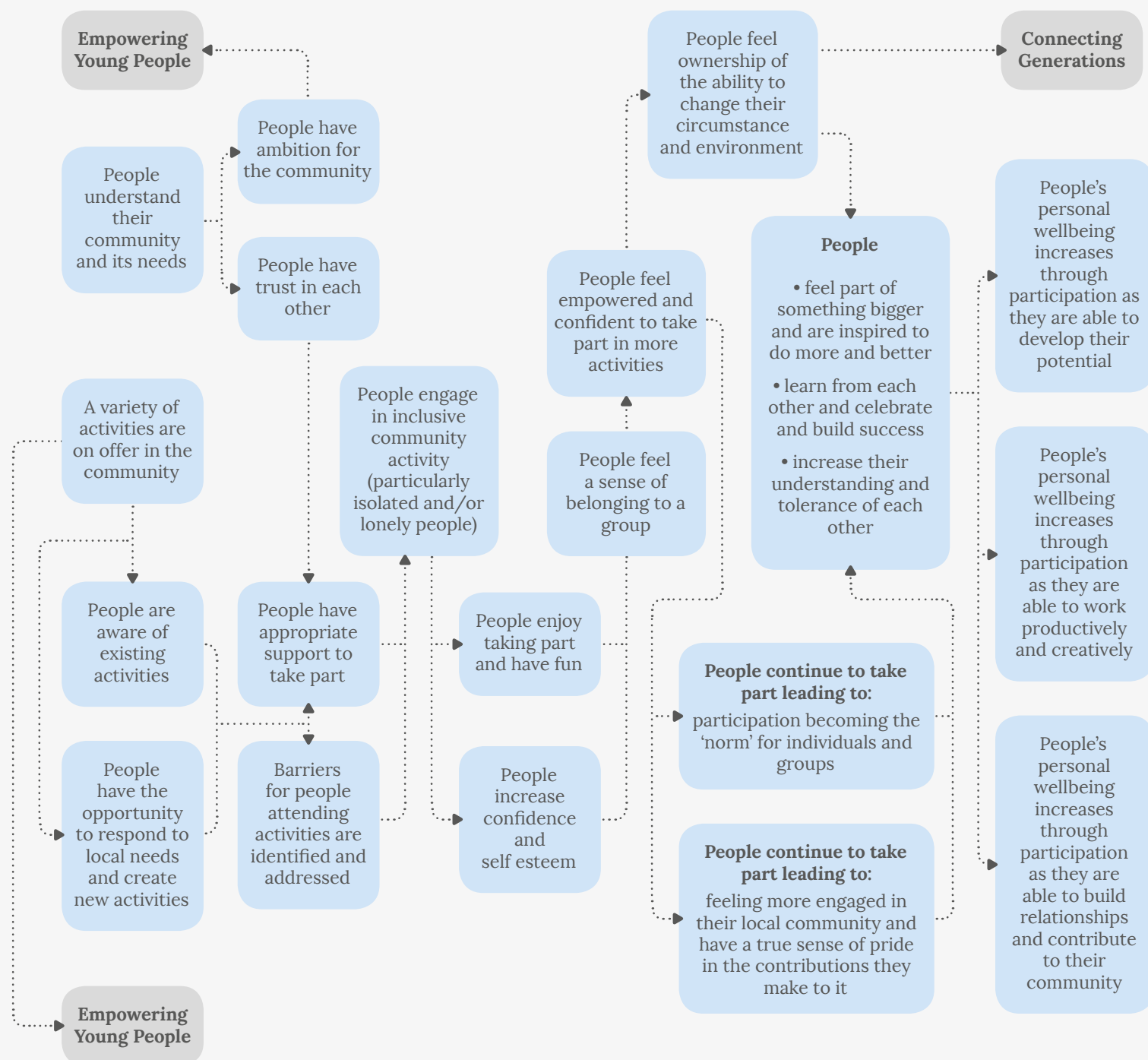
ANNEX 2

Spirit Thematic Outcome Areas

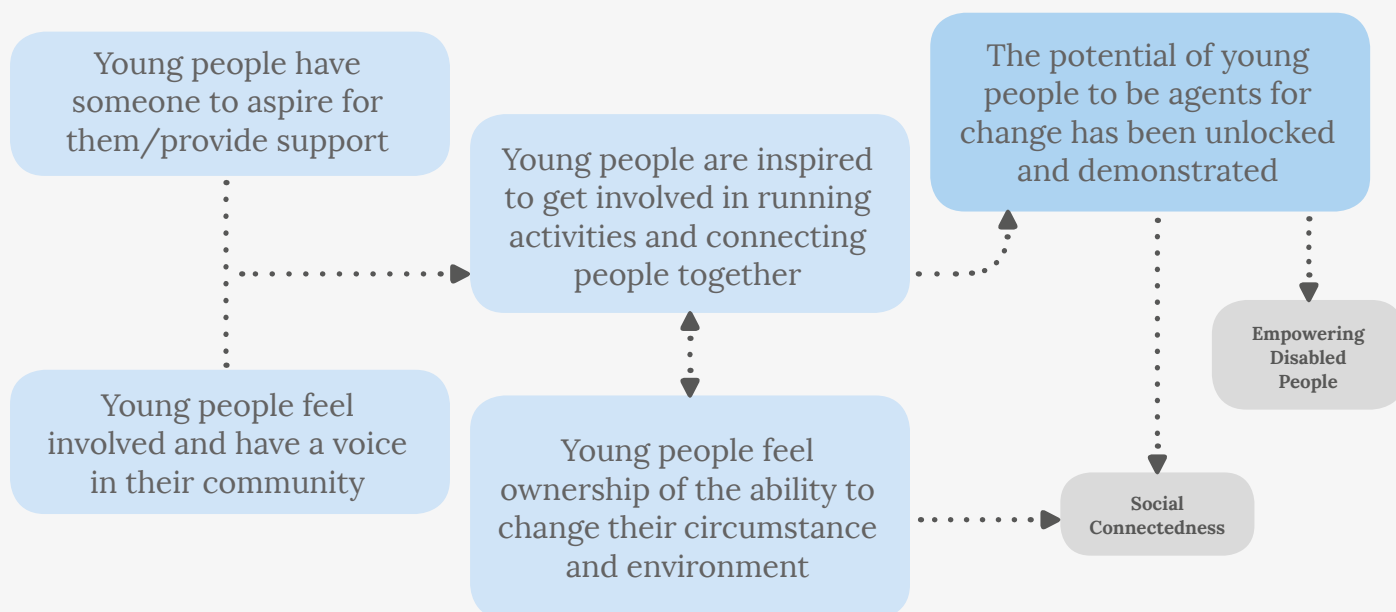
Spirit of 2012 Theory of Change – Empowering Disabled People and Challenging Perceptions of Disability Pathways



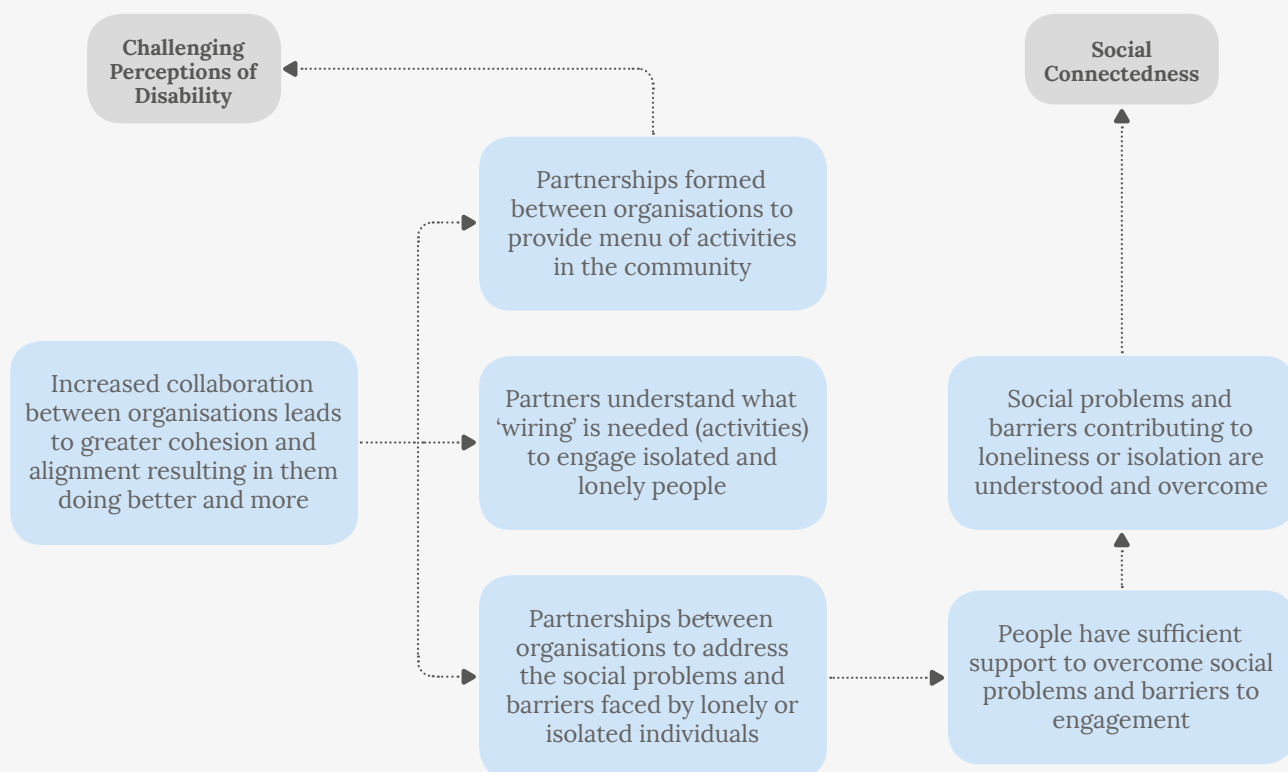
Spirit of 2012 Theory of Change – Social Connectedness Pathway



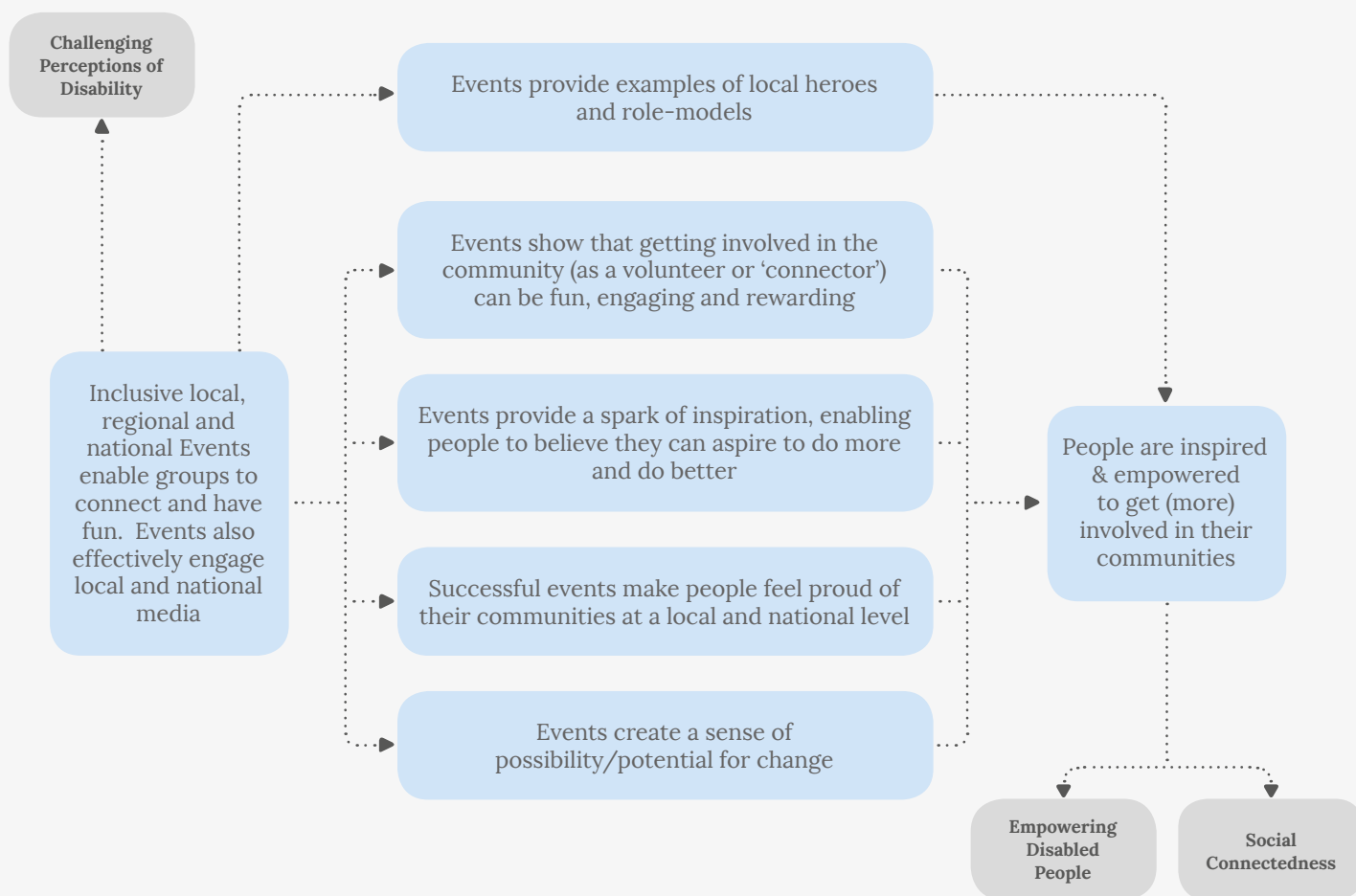
Spirit of 2012 Theory of Change – Empowering Young People Pathway



Spirit of 2012 Theory of Change – Building Partnerships Pathway



Spirit of 2012 Theory of Change – Inspiring Events Pathway



ANNEX 3

List of all Fourteen Projects Funded to Date

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

Community	Project	Organisation
Creggan	Spring to Health	Old Library Trust
	Community Champions	Old Library Trust HLC
	Creggan Food Health	Sure Start Edenballymore
	Celebrating Creggan Sports	St Marys Youth Club
	Cycling Crazy	St Marys Youth Club
	Festival of Sport	St Marys Youth Club
	Culture & Music Festival	St Marys Youth Club
	Creggan Olympics	St Marys Youth Club
	A Summer in Creggan	St Marys Youth Club
	Winter Wonderland Extravaganza	Bogside & Brandywell Initiative
	Grow Ur Own	Bogside & Brandywell Initiative
	Intergenerational Ballroom	Creggan Neighbourhood Partnership
	Bear Grylls	St Mary's Youth Club
	Schools Connecting & Challenging	St Marys Youth Club
	Winter Well Project	Creggan Neighbourhood Partnership
	Football v Homophobia	The Rainbow Project
	Summer in Creggan	Creggan Neighbourhood Partnership
	Culture Festival	St Marys Youth Club
	Fourteen Fit Club	Old Library Trust HLC
	Interactive Youth / Adult Spin Provision	Old Library Trust HLC
	Sean Dolans GAA Capacity Building Project	Derry GAA
	Health for Life for Older Residents	Health for Life
	Festival of Sport	St Marys Youth Club
	Local Sports Building Capacity	Old Library Trust HLC
	Grow Your Own	Bogside & Brandywell Initiative
	Creggan Festival Extravaganza	Bogside & Brandywell Initiative
	Winter Well	Creggan Neighbourhood Partnership
	Fundamentals - Connecting Schools	St Marys Youth Club
	The Shori Open	Shori Judo Club
	CAMPFEST 2017	St Mary's Youth Club
	Grow Your Own 3	Bogside & Brandywell Initiative
	Creggan Festival Extravaganza	Bogside & Brandywell Initiative
	Long Term Condition Management	The Old Library Trust HLC
	Health for Life for Older Residents 2017	Health for Life
	Sean Dolans GAA Capacity Building Project 2017	Derry GAA

ANNEX 4

Bibliography

ASPIRE Project 2017 Application Form

Community Garden Youth Project 2 Application Form

Community Status Update, January – March 2017

Community Status Update, October – December 2016

Fourteen LSG Monitoring Report Creggan, October – December 2016

Fourteen LSG Monitoring Report Monkstown/New Mossley, October – December 2016

Fourteen Northern Ireland Actual Beneficiaries

Fourteen Northern Ireland, Beneficiaries Overview

Fourteen Northern Ireland Project Overviews

Fourteen Northern Ireland, Matched Funding as of 27th March 2017

Fourteen Quarterly Monitoring Report, 1st January to 31st March 2017

Gaelic Athletic Association (GAA) Capacity Building Project 2017 Application Form

Long-Term Condition Management Project Application Form

Projects per Thematic Area Current 2017, provided by Spirit

Springboard Fourteen Social Impact Measurement Workbook, May 2017

<http://www.bbc.co.uk/news/uk-wales-politics-40238283>, accessed on 13/06/2017

<http://www.belfasttelegraph.co.uk/news/northern-ireland/one-peace-wall-down-109-across-northern-ireland-still-to-go-34486822.html>, accessed on 13/06/2017

http://www.monkstownboxingclub.com/?page_id=226, accessed on 14/06/2017

<http://www.hlcalliance.org/project/old-library-trust/>, accessed on 14/06/2017

<http://www.bbc.com/news/uk-northern-ireland-foyle-west-37503657>, accessed on 16/06/17

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/localauthorityupdate2015to2016#how-do-people-rate-their-personal-well-being-in-your-area>, accessed on 15/06/17