

<p><b>Title of Report:</b></p> <p><b>Everybody Active 2020 Programme Year 4 2019/2020</b></p>	<p><b>Officer Presenting: Director of Health &amp; Community</b></p> <p><b>Author: Head of Community Development &amp; Leisure</b></p>
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## **1 Purpose of Report/Recommendations**

- 1.1 The purpose of this report is to inform Members of the performance and outcomes of year 4 of the Everybody Active 2020 programme.

## **2 Background**

- 2.1 Every Body Active: Opportunities has invested £6.2m over four years (2016-2020) into the 11 District Councils.
- 2.2 An investment of £889,128 was approved for Derry and Strabane District Council over the four year period, to increase the number of people in the district adopting and sustaining a sporting lifestyle in line with the published Council's Community Plan.
- 2.3 During 2019/2020 £204,064 was awarded to Derry City and Strabane District Council to deliver this programme.
- 2.4 The programme aims to increase sustained participation amongst women and girls, people with disability and people in areas of greatest need. 2019-20 is Year 4 of the programme.
- 2.5 Council currently employs 6 full time coaches to deliver the programme in a wide variety of settings including Community buildings, schools, leisure centres and sports clubs.

## **3 Key Issues**

- 3.1 The Every Body Active Programme mainly contributes towards the achievement of local priorities agreed under the Social Well-being theme.
- 3.2 In 2019/2020, 12,345 participants took part in the programme, of which 7,316 were females, 1,325 people with disabilities and 6,791 of total participants came from areas of high social need.
- 3.3 5,173 people who participated took part in at least 11 sessions throughout the year.

- 3.4 55% of adult participants reported that they either *'never engaged in sport or physical activity or only engaged once a week'* before taking part. 100% of adult participants *'enjoyed the programme or thought it was great.'*

Positive enjoyment of the programme was also reported by participants aged 4-11 (100%). 99% of adults indicated that they wished to continue taking part in the activity/sport they engaged in during the Every Body Active programme. Across NI, 87% of 12-17 year old participants indicated a similar wish to continue.

- 3.5 Impact on Frequency of Participation – People are active more often

- 92% of adults reported that their frequency of taking part in sport or physical activity had increased.

Health Impact – People feel healthier

- 79% of adults indicated that taking part has made their health and fitness *'much better'* with 20% also report that their health and fitness is *'slightly better'* after taking part.

Impact on Self-Confidence – People are more self-confident

- 95% of adult participants in DSDC also reported that taking part has given them *'slightly more'* or *'a lot more'* self-confidence.

- 3.6 Full report template is attached at Appendix 1.

## **4 Financial, Equality, Legal, HR, Improvement and other Implications**

- 4.1 The programme is currently in its final year and due to finish in March 2021. Currently there is no indication of further funding from Sport NI.

## **5 Recommendations**

- 5.1 It is recommended that Members review the attached report templates for Derry City and Strabane District Council which detail the success and outcomes from the programme. A video link which highlights some of the successes of the programme is also included below.

## **Background Papers**

Appendix 1: EBA Year 4 Report Card

Everybody Active video link:

[https://www.youtube.com/watch?v=dqS27\\_pnnBQ&feature=youtu.be](https://www.youtube.com/watch?v=dqS27_pnnBQ&feature=youtu.be)