

## EVERY BODY ACTIVE: OPPORTUNITIES

### YEAR 4 REPORT CARD (2019/20)

<b>Programme for Government Outcome (#)</b>	<p>#4 : We enjoy long, healthy &amp; active lives</p> <p>#5: We are an innovative, creative society, where people can fulfil their potential</p> <p>#8: We care for others &amp; we help those in need</p> <p>#9: We are a shared, welcoming &amp; confident society that respects diversity</p>																								
<b>Community Planning Outcomes</b>	<p>Community Planning is a process led by each of the 11 Councils in Northern Ireland in conjunction with partners and communities to develop and implement a shared vision for their area, a long term vision which relates to all aspects of community life and which also involves working together to plan and deliver better services which make a real difference to people’s lives.</p> <p>The <b>Every Body Active Programme</b> mainly contributes towards the achievement of local priorities agreed under the Social Well-being theme.</p>																								
<b>Sport NI Sporting Outcomes</b>	<ul style="list-style-type: none"> <li>• Sporting Communities - People are adopting and sustaining a sporting lifestyle</li> <li>• Sporting Clubs - People reach their sporting goals through a structured environment.</li> </ul>																								
<b>Background to the Project</b>	<p><b>Every Body Active: Opportunities</b> invested £6.2m over four years (2016-2020) into the 11 District Councils. The programme aims to increase sustained participation amongst women and girls, people with disability and people in areas of greatest need. 2019-20 is <b>Year 4</b> of the programme.</p>																								
<b>How much did we do?</b>	<p>Total investment = <b>£1,580,293</b> for 2019/20</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #D9D9D9;">Key Performance Indicators</th> <th style="background-color: #D9D9D9;">Target</th> <th style="background-color: #D9D9D9;">Achieved</th> <th style="background-color: #D9D9D9;">% achieved</th> </tr> </thead> <tbody> <tr> <td>Total Participants engaged in EBA programme across Northern Ireland</td> <td style="text-align: center;">89,000</td> <td style="text-align: center;">95,712</td> <td style="text-align: center;">108%</td> </tr> <tr> <td>Female participants</td> <td style="text-align: center;">52,509</td> <td style="text-align: center;">55,658</td> <td style="text-align: center;">106%</td> </tr> <tr> <td>Participants with a disability</td> <td style="text-align: center;">16,020</td> <td style="text-align: center;">15,027</td> <td style="text-align: center;">94%</td> </tr> <tr> <td>Participants living in areas of greatest need (top 25%)<sup>1</sup></td> <td style="text-align: center;">31,150</td> <td style="text-align: center;">27,337</td> <td style="text-align: center;">88%</td> </tr> <tr> <td>Participants engaged in sustained activities (11 activities or more over the reported year)</td> <td style="text-align: center;">28,480</td> <td style="text-align: center;">28,156</td> <td style="text-align: center;">99%</td> </tr> </tbody> </table> <p>An analysis of the sports/activities on offer through EBA 2020 in 2019/20 across the five KPIs shows that multi-skills (multi-sport), athletics, football, running/jogging and basketball were the top 5 of the 41 sporting activities provided through EBA2020 by total participant numbers. However, there were</p>	Key Performance Indicators	Target	Achieved	% achieved	Total Participants engaged in EBA programme across Northern Ireland	89,000	95,712	108%	Female participants	52,509	55,658	106%	Participants with a disability	16,020	15,027	94%	Participants living in areas of greatest need (top 25%) <sup>1</sup>	31,150	27,337	88%	Participants engaged in sustained activities (11 activities or more over the reported year)	28,480	28,156	99%
Key Performance Indicators	Target	Achieved	% achieved																						
Total Participants engaged in EBA programme across Northern Ireland	89,000	95,712	108%																						
Female participants	52,509	55,658	106%																						
Participants with a disability	16,020	15,027	94%																						
Participants living in areas of greatest need (top 25%) <sup>1</sup>	31,150	27,337	88%																						
Participants engaged in sustained activities (11 activities or more over the reported year)	28,480	28,156	99%																						

<sup>1</sup> \*% of population of NI living in the top 25% of areas of greatest need is 24% (NI Multiple Deprivation Measure 2010)\*

noted differences in their top 5 sports/activities when analysed by the proportion of participants according to each KPI group.

KPI Groups	Top 5 Activities				
	1	2	3	4	5
Total Participants	Multi-skills	Athletics	Football	Running/Jogging	Basketball
Women and Girls (by % female participants)	Fitness class	Circuits	Netball	Running/jogging	Football
People with a Disability (by % disabled participants)	Chair based exercises	Boccia	New Age Kurling	Walking	Dance
People from Areas of High Social Need (by % HSN participants)	Boxing	Badminton	Boccia	Athletics	Fitness class
Sustained Participation (by % 11+ sessions participated)	Basketball	Chair based exercises	Gymnastics	Rugby	Gym session

### **2019/20 Participant Survey Results**

**3,931** participant surveys completed across NI in 2019/20. **1,899** were completed by participants aged **4-11**, **914** by young participants aged **12-17**, and **adults** completed **1,118**.

### **How well did we do it?**

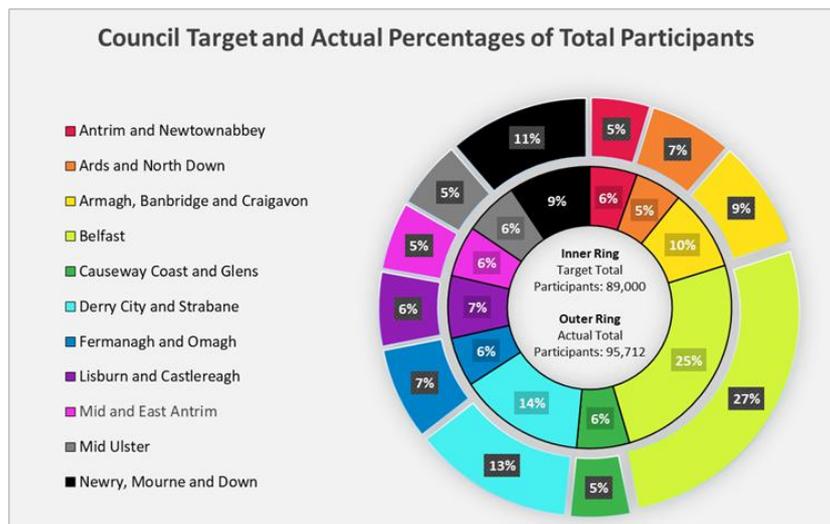
Target for total NI participants (89,000) was exceeded (108%) in Year 4 (2019/20).

Key Performance Indicators	Target %	Actual %
Female Participants	59%	58%
Participants with a Disability	18%	16%
Participants Living in areas of greatest need (top 25%) <sup>2</sup>	35%	29%
Sustained Participants (i.e. 11 times+ during reporting year)	32%	29%

The impact of Covid-19 on the 2019/20 on figures was limited, but it did undoubtedly have an impact on programme delivery in the last month of the year (March 2020).

Several Councils reported that events, including some with anticipated large attendances, were cancelled in response to the Covid-19. Programmes scheduled for delivery in schools were inevitably lost in light of the necessary closure of schools across Northern Ireland. A number of councils reported that participants were unable to complete scheduled activities in March that would have allowed them to report sustained participation (11+ activities) across their programme activities.

<sup>2</sup> \*% of population of NI living in the top 25% of areas of greatest need is 24%\*



### **Enjoyment & Sustained Participation**

**68%** of adult participants reported that they either *'never engaged in sport or physical activity or only engaged once a week'* before taking part.

**95%** of adult participants *'enjoyed' the programme or thought it was great.* Positive enjoyment of the programme was also reported by participants aged 4-11 (**98%**) and 12-17 (**96%**).

**95%** of adults and **87%** of 12-17 year old participants indicated that they wished to continue taking part in the activity/sport they engaged in.

Since taking part, **49%** of adult participants have joined a **sports club**, team, or organised physical activity group. Alternatively, **58%** report that they engage in sport/physical activity on their own; and **62%** take part in sport/physical activity with friends in a non-club setting.

**42%** of participants aged 12-17 reported that they had become a member of sports club or team at school since taking part in the programme. **38%** of the same age group report that they have become a member of a sports club or team away from school since taking part.

### **Is anyone better off?**

#### **Impact on Frequency of Participation – People are active more often.**

**76%** of adults reported that their **frequency** of taking part in sport or physical activity had **increased**.

**77%** of **female** respondents indicated their frequency of participation in sport or physical activity had **increased** since taking part (compared to **76%** of males). **68%** of respondents with a **disability** indicated that their **frequency** had **increased** since taking part. Of the respondents (aged 12-17) who had a **disability**, **64%** indicated that their **frequency** of taking part in sport and physical activity had **increased**.

### **Health Impact – People feel healthier.**

**51%** of adults indicated that taking part has made their health and fitness '*much better*' with **35%** reporting that their health and fitness is '*slightly better*' after taking part.

**Females** reported figures of **51%** and **35%** respectively for these categories, whilst male participants reported 53% and 35% respectively. Participants **with a disability** reported figures of **39%** and **40%** for these categories.

### **Impact on Self-confidence – People are more self-confident**

**81%** of adults reported that taking part has given them '*slightly more*' or '*a lot more*' self-confidence.

**82% of females** indicated that taking part in Every Body Active had given them more self-confidence. Comparatively, **80%** of male participants reported feeling more self-confident after taking part.

**75%** of adult participants **with a disability** indicated that taking part had given them more self-confidence (compared to **87%** of non-disabled participants). A similarly high figure for increased confidence, **75%**, was noted amongst young people with a disability) compared to non-disabled young people (62%).

### **Case Studies**

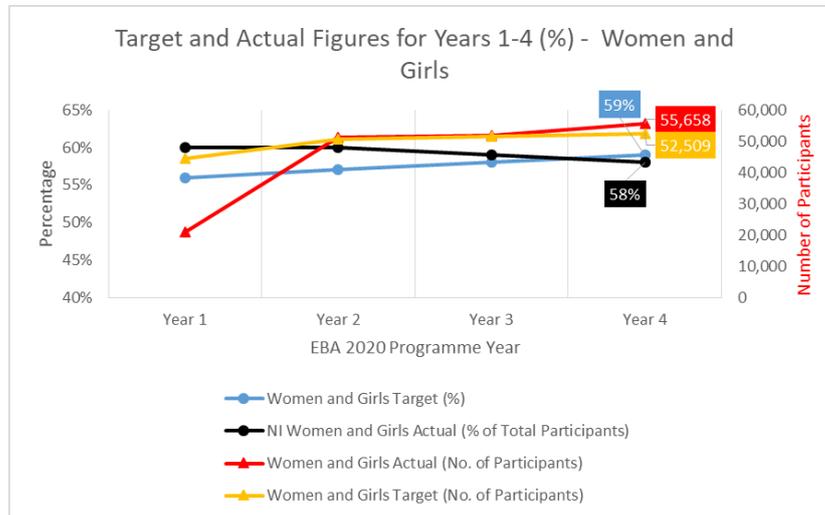
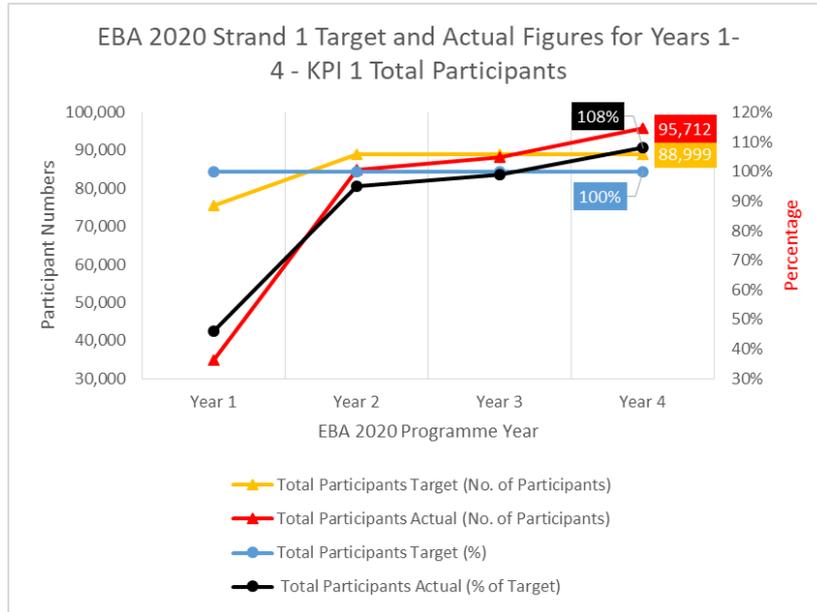
The examples below have been selected from a range of case studies highlighted across all of the 11 councils throughout Northern Ireland.

1. Yogalates is an Every Body Active programme that has been running for 12 weeks in Ards and North Down Borough Council. The session is open for all genders and ages (18-80) and utilises a mixture of pilates and yoga. The programme is very popular and classes are regularly full. Participants commented that the programme was helpful for those with existing injuries looking to get more active.  
<https://www.youtube.com/watch?v=DTkieAig1Q4&t=8s>
2. The SENSE project (Mid and East Antrim) is a programme designed for participants with sight loss, hearing loss, and learning difficulties. The sessions encourage participants to get active through a range of sports and activities, such as boccia and Basketball. Participants, and their carers, welcome the session for the opportunity to engage in new activities that they enjoy with other people.  
<https://www.youtube.com/watch?v=8pL769YdCvc&t=64s>
3. The Ulster Rugby Schools Tournament in Belfast City Council had disability officers working with schools across the city as part of the Every Body Active programme delivering rugby sessions. This culminated in a large get together for a number of schools encouraging participants to meet and engage in rugby skills with other children from across Belfast. The programme has been particular successful in introducing rugby to people in the community that had never played it before and making it more accessible in the future.  
<https://www.youtube.com/watch?v=EBcRzJZNBm0>

Further case studies can be found on Sport Northern Ireland's YouTube channel - <https://www.youtube.com/channel/UC3WpCNExxjCDxY1-JA52yppg>

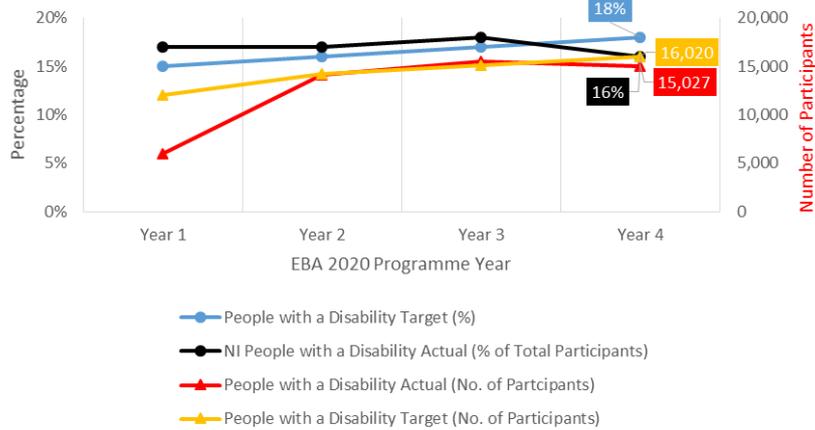
**Performance Data**

**Tracking Annual Progress<sup>3</sup>**

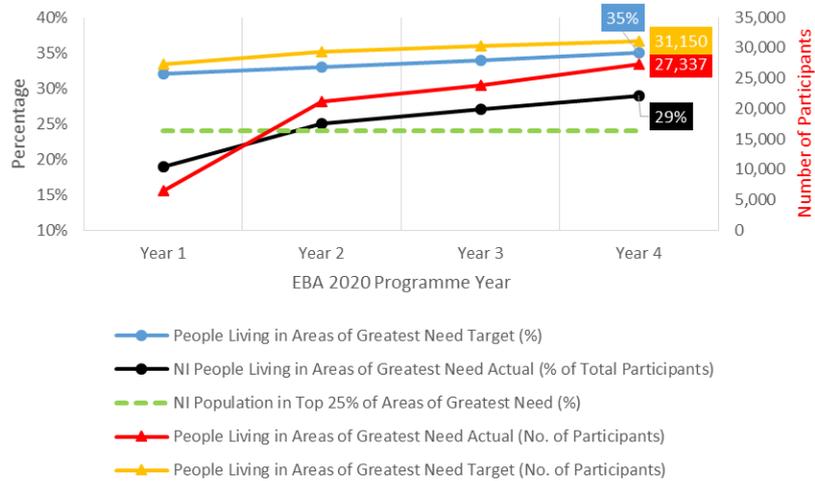


<sup>3</sup> Year 1 figures taken from Year 1 Tableau reports and are based on partial figures due to varied starting dates which affected overall participant figures.

Target and Actual Figures for Years 1-4 (%) - People With A Disability



Target and Actual Figures for Years 1-4 (%) - People Living in Areas of Greatest Need



EBA 2020 Strand 1 Target and Actual Figures for Years 1-4 (%) - Sustained Participants

