Boys & Girls Clubs aims to promote the inclusion, engagement and development of all young people regardless of their cultural, political or religious background. We deliver a wide range of programmes, projects and services to young people and those who work on their behalf.

Annual Report 2018 – 2019
We are pleased to present our Annual Report 2018-2019 and trust that it provides a positive impression of the values and work of Boys & Girls Clubs.

Vision
We envision a fair and inclusive society which values and supports the development of young people.

Mission
Boys & Girls Clubs aims to realise the personal development and social education of young people and to work in partnership with our members to realise our vision.

Values
As a voluntary youth organisation and charitable company, we value:

- the potential of all young people, our members, volunteers and staff;
- the active participation of young people in community development;
- the work of all those who support local youth provision wherever it is needed;
- effective youth work and positive activities in community-based youth centres;
- adult and young people’s health and well-being;
- the contribution of all who provide leadership for our shared vision to be realised; and,
- the protection of the natural and physical environments for the benefit of future generations.

Activities (2018-2019)
Through our activities over the past year, Boys & Girls Clubs directly engaged 2,020 young people and youth support workers. To achieve this, we organised a dynamic programme of youth work activities and club support services which are open to all young people and member youth organisations and through which they can enjoy and achieve together.
120+ Youth Clubs in Membership

- 792 Volunteers and Staff
- 963 young people involved in cross community activities
- 122 Access NI Applications
- 40 Youth Clubs Insured through BGC
- 2,020 young people participating
Regional 5-A-Sides Championships (December 2018 – February 2019)

Three regional competitions were held this year ahead of the UK Finals, these included the following venues: Omagh, Belfast and Lisburn. These venues collectively hosted 20 participating clubs, 281 young people and 57 club representatives.

“Best in the West” Pool Competition – 18/01/18 - 25/01/18 - Tullymore Youth Centre – 21 young people

21 young people from West Belfast participated in our “Best in the West” Pool competition. The pool tournament ran very successfully, and the young people enjoyed participating in the competition - we look forward to expanding this event again next year.

Regional Boxing Competition – 26th-27th May 2018, Downpatrick, Co Down - 90 young people + 65 team coaches & supporters

Our regional boxing competition took place in Pegasus Boxing Club in Downpatrick. Over two days of competition, 35 bouts were held across seven age & weight categories. This year’s competition attracted 23 clubs who participated in two days of competition.
Young people undertook golf training under the guidance of a PGA professional at Lagan Valley Golf Complex. This was a great opportunity to participate in a completely new activity and develop new skills.

National Association of Boys & Girls Clubs (NABGC) 5-A-Side UK Finals, Manchester, 9 -11th June 2018; 56 young people & 17 coaches from: Tullymore, Dungannon, Glen Parent, Ballynahinch & Dungannon.

Five regional 5-A-Side teams advanced to play in the NABGC 5-A-Side UK Final held in Manchester.

Teams participated in the weekend-long event in Manchester. This year’s competition was highly competitive, and the young people enjoyed their weekend away-from-home. Ballynahinch, Glen Parent and Dungannon all collected gold medals. Well done to all and thanks to the coaches and supporters for their time and involvement.
Cross-Border Boxing - Balmoral Hotel, Belfast – 24th November 2018 - 30 young people.

This was an event run in partnership with Irish Athletic Boxing Association (IABA). Our County Antrim Select Team trained and competed with a County Mayo team. Boys & Girls Clubs were represented at the event by six young boxers with over 100 spectators in attendance.

Club day- NI Civil Service Sports Complex, Stormont Estate- 144 young people & 24 staff & volunteers

Over 160 participants went to Stormont Estate to engage in a celebration of sport. Activities included the Game of Three Halves, a Healthy Eating workshop, Penalty Shoot-out & Club Challenge.

Dodgeball Coaching (8 weeks)– 194 young people and 12 leaders/volunteers - 4 participating clubs

Dodge-ballers underwent eight weeks of rigorous physical activity & coaching, which focused on increasing physical literacy, team working strategies. Our Dodgeball began as a pilot project but has become so popular that has become a key feature on our annual Activity Programme.

Dodgeball Competition – Suffolk Community Centre- 66 young people & 5 volunteers and 4 leaders

Upon completion of the 8-week coaching period the participating groups assembled to compete and celebrate. The event was a huge success - young people enjoyed the opportunity to meet others from different backgrounds who shared this common sporting interest, to engage in a healthy eating workshop and showcase their new skills.
Cyclewise May – September 2018 - 20 young people aged 14 – 21 years.

Cyclewise provided a structured programme of cycling and nutrition information tailored specifically for young people. This was a regular weekly programme which enabled participants to identify places to visit, cycle together as a group and to recognise the achievement of getting *out and about* on the bike for healthy physical exercise and to visit and learn about new locations off the beaten track.

The Cyclewise project aims to use cycling and nutrition to offer healthier lifestyle options to young people.

It provided an opportunity for participation in regular and fun physical exercise, including a series of ‘shared city’ cycles, healthy food, cycling education and bike maintenance programmes for local youth groups.

Volleyball Coaching- Newcastle Beach- 59 young people, 5 leaders and 5 volunteers

This is an exciting new programme that captured the interest of various membership clubs.

Volleyball has also become synonymous with our popular Adventure Camp. Clubs have requested the activity due its many benefits, i.e. focuses on physical literacy, non-traditional sport which gets young people involved in moderate to vigorous exercise.
ANNUAL REPORT 2018-2019

Adventure Camp – Tollymore Forest Park; June - July 2018

This year saw different clubs take part with 70 young people and a total of 11 leaders taking part.

Each camp lasted three days with two overnights and involved the Adventure Challenge, Sports, Camp Programme – with outdoor activities hosted around the forest park & Mourne Mountains (forest paths, lake, rivers, maze, and camping facilities).

Fun energisers, trust games, icebreakers, teamwork tasks, and challenges at Adventure Camp 2018. Each camp lasted three days with two overnight of camping and involved adventure challenges, sports, a programme of youth work & outdoor activities hosted in the forest park (forest paths, lake, rivers, maze, and camping facilities).

Hit the North

Boys & Girls Clubs took part in this year’s Hit the North Street Art Festival - Community Engagement Programme.

Hit the North has become one of the biggest street art festivals in Ireland, and this year boasted an amazing line-up of artists from across Europe.

Our project involved guided tours of the ‘Peace Walls’ and Belfast city-centre murals and artwork to inspire the young people to develop their own ideas to design their own artwork. The group went on to design and create an art installation for their youth club (John Paul II).

“Look behind you...
ANNUAL REPORT 2018-2019

Projects 2018-2019

Do Something Active – September - April 201, Belfast – 167 YP & 26 young volunteers

The *Do Something Active* project was a tremendous success, achieving and surpassing all planned outcomes. The project encouraged girls to become more physically active; to try a new activity; participate in educational workshops promoting the benefits of a healthy diet and physical exercise and develop leadership skills - all while having fun.

*Do Something Active* - young women achieving First Aid, Food Hygiene & UK Sport Leadership Awards.

Do Something Healthy – 01/09/18 - 31/03/19 Belfast – 58 YP & 15 Leaders/volunteers

This was an innovative project that focused on merging health, social action, nutrition and physical activity.

Six participating clubs took part

Outcomes of the project included developing a peer-driven after-school club, raising community awareness of health & lifestyle issues and creating mentoring programmes within local clubs.
Together- Building a United Community (TBUC)

Teen Camp – 26 young people at TNOC

The residential for the TEEN CAMP project in February 2019 involved 26 young people from John Paul II Youth Club and Suffolk Community Youth Group. Tollymore National Outdoor Centre (TNOC) was the venue for the Teen Camp programme.

TBUC – Healthy Communities Corrymeela was the venue for the Healthy Communities project with a focus on all things relating to health. Several practical food and nutritional sessions took place and the group all completed a Food Safety NVQ level 2 course facilitated by CM Training.

Causeway British Irish Exchange – June – September 2018

24 young people from Boys & Girls Clubs and Kilmore West Youth Project (Dublin) participated in a cultural exchange.

Funded through Causeway Youth Exchange Programme, the objectives were to offer educational and vocational experiences for young people which celebrate what the different parts of the island of Ireland have in common. To have increased communication and contact between young people and to empower them to initiate contacts and develop projects together.
The 'Do Something Together' project was an 8-month programme which challenged young people from both main cultural traditions and from minority ethnic communities in the Portadown & Mid-Ulster areas to improve their communities by taking part in shared social action projects which make a positive contribution to Good Relations. The programme actively addressed young people's Good Relations' attitudes, skills & knowledge.

Do Something Together involved shared social action projects delivered on a cross-community and minority-ethnic basis, aimed at increasing inclusion and cultural respect in the Portadown and mid-Ulster areas.

Young people taking part were supported and enabled to host visits in each other's neighbourhood & local community and to experience and learn more about our differences and commonalities – to experience how ‘others’ live.

The programme involved the following:

- Identify and recruit 12 young people to establish a project steering group
- Engage 60 young people in social action projects
- Deliver Good Relations training sessions
- Deliver 10 social action projects on a cross-community and multi-ethnic basis enabling young people to do something together for their community.
- Organise a Youth Residential Programme, and a Celebration Event

**Membership Services**

Boys & Girls Clubs offers a range of important support services for member youth organisations, e.g.

- Safeguarding Children & Young People – quality assured child protection training
- Thinkuknow – Child Exploitation and Online Protection (CEOP). Online safety training
- AccessNI – vetting checks for paid and voluntary staff working with young people
- Risk management Insurance services – insurance products for legal compliance
- Website & social media channels providing member information services
- Governance Training & Support – for members of Boys & Girls Clubs
**Safeguarding Young People** Training for Youth Support Workers in *Keeping Children Safe* and CEOP Internet safety was delivered throughout the year with 170 participants receiving quality assured certification. Training took place in 12 locations including Cabin Club (Co. Armagh), Cathedral Youth Club (Co Derry), St Bronagh’s Youth Centre (Co Down), Carrickfergus Community Forum (Co Antrim).

**Thinkuknow (CEOP)**

Thinkuknow is the education programme from the National Crime Agency’s CEOP unit. Thinkuknow aims to empower children and young people to identify the risks they may face online and know where they can go for support. Throughout the year 34 young people attended CEOP training. Youth leaders also attended training and have been provided with access to the latest information on internet safety.

**First aid Courses** Boys & Girls Clubs works in partnership with CM Training services and provide Emergency First Aid at Work training. 65 young people and 23 leaders received NVQ level 3 awards on completion of training.

**Food Safety** A total of 38 volunteers and staff took part in training coordinated through CM training and earned a NVQ level 2 award in food safety.

**Food Values** A programme aimed at both leaders, young people and youth leaders looked at how best to manage budgeting for better nutrition. The 9-hour programme is supported by The Public Health Agency and a total of 15 young people and leaders attended the course in Kingdom Youth club, Kilkeel.

**Food for Thought** Over 115 young people took part in several Healthy Eating training sessions designed and delivered in conjunction with the Community Nutrition and Dietetic Services. The training focus is on the importance of having a healthy breakfast and eating for energy throughout the day.
ANNUAL REPORT 2018-2019

Adventure Camp – affordable outdoor sports, activities & fun every year - £20 2xnights camping, barbeque & our own camp fire!

Adventure Camp – 100+ places open to member clubs in July every year – Book Early!