



# Boys & Girls Clubs Annual Impact Report 2019/2020

Programmes

Projects

Services

Training



reach ~ involve ~ enjoy ~ achieve





## Annual Impact Report

We are pleased to present our Annual Impact Report for the period from April 2019 to March 2020 and we hope this report provides a positive impression of the work and values of Boys & Girls Clubs.

**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.

### 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;
- young people's health and well-being;
- the contribution of all who provide leadership for our shared vision to be realised; and,
- the protection & preservation of the natural and physical environments for the benefit of future generations.

### Activities (2019-2020)

Through our activities over the past year, Boys & Girls Clubs directly engaged 2,020 young people and youth workers. To achieve this, we organised and delivered a dynamic programme of youth work events, activities and club support services which are open to all member youth organisations and through which they can enjoy and achieve together.

# ANNUAL IMPACT REPORT 2019- March 2020

## Health & Wellbeing Programmes 2019-2020

### **FIVE-A-SIDE TOURNAMENT WITH MENTAL HEALTH WORKSHOPS 2020 (30/01/2020)**

Three regional competitions were held this year ahead of the UK Finals, these included the following venues: Omagh, Glen Parent and Lisburn. This year there was an added module of mental health awareness delivered by campaigner Chris Kerr to tell his story and how he overcame depression and anxiety. This was in response to an arising problem associated with that area. There were 128 participants involved in the project across six clubs that rallied in support of the programme.

Participating clubs; Glen Parent, Tullymore, Upper Springfield Development Trust, St. Agnes, Suffolk Community Centre and John Paul.



### **CULTURAL CHALLENGE – DUNGANNON YOUTH AND RESOURCE CENTRE**

#### **Cultural Challenge May 2019 – Dungannon Youth and Resource Centre – 70 Young People**

This programme focused on bringing youth clubs together using sport as a medium for health and cultural enrichment. The players participated in sport, shared experiences and got to know one another. There were 70 Young People involved across two membership organisations.

#### **Small-sided games- Newry May 2019 – 4 clubs – Newry Leisure Centre 80 young people**

This was the first time we created a new hub for activities in Newry and rolled out an extremely successful programme. Participating clubs involved included St. Marys Youth, Glen Parent, St. Johns Bosco and Ballynahinch Youth.

#### **Five- a-side North Belfast – February 2020 – 3 clubs - John Paul II Youth Club – 78 Young People**

Again, this was a first time for the organisation to create a new hub in Ardoyne to implement this programme. This feedback received was extremely positive and participation reflects and reinforces this. Participating clubs included Deanby, John Paul and New Lodge Youth Centre.



## ANNUAL IMPACT REPORT 2019- March 2020



**“Best in the West” Pool Competition –02/10/19 - 16/10/19 - Tullymore Youth Centre – 22 young people across three clubs.**

22 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 15/06/19 – 16/06/19. Corpus Christi ABC – 211 participants across 33 clubs.** Our regional boxing competition took place in Corpus Christi ABC. Over two days of competition, 65 bouts were held across seven age & weight categories. This year’s competition attracted 33 clubs who participated in two days of competition.



**Young volunteers from our Youth Council helped to deliver our youth programmes and projects throughout the year.**





## ANNUAL IMPACT REPORT 2019- March 2020

### **Golf Academy – 21/02/20 - 28/02/20 – Colin Valley Golf Centre – 38 young people across 4 membership clubs**

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. Participating clubs included St. Bernard's YC, Suffolk Community Centre, Glen Parent and Tullymore.

### **Dodgeball Coaching (8 weeks) – 04/11/19 – 159 YP across 6 participating clubs**

Dodge-ballers underwent eight weeks of rigorous physical activity & coaching, which focused on increasing physical literacy, team working strategies. Our Dodge-ball began as a pilot project but has become so popular that has become a key feature on our annual Activity Programme. Clubs expressed interest from across NI which included; Kingdom Youth Club, St. Michael's YC Magheralin, St. Bernard's YC Glengormly, Suffolk, Tullymore and Knocknagoney Community Centre.



***These Women Can- Colaiste Feirste School 10/03/20 – 92 participants across 7 schools.***

Inspired young volunteers from our **DO SOMETHING ACTIVE** programme, created and implemented a female empowerment project. This included bringing together 92 participants from across Belfast to participate in a range of sporting activities and to celebrate and encourage female participation in sport and physical activity. The project included a healthy eating workshop and a cross community dimension. Participating partners included; St. Dominic's, St. Genevieve's, Our Lady and St Patricks Knock, All Saints, Girls Model and Colaiste Feirste.





**Volleyball Coaching- Newcastle Beach- 04/07/19 - 42 young people across 3 clubs (North Belfast Harriers, Tullymore and Upper Springfield Development Trust)** Volleyball is part of our popular Adventure Camp. Clubs have requested the activity due its many benefits – it focuses on physical literacy, non-traditional sport which gets young people involved in moderate to vigorous exercise. An exciting new programme which captures the interest of membership clubs

**UK Sport Leadership Award – Dungannon Youth and Resource Centre – 03/03/2020 – 17/03/2020**

20 YP successfully completed and submitted their evidence portfolios to obtain the award. This has acted as a catalyst for further development and now they group are currently working towards obtaining the more prestigious award. This award was delivered to 200 YP with various schools and youth centres participating.







## OCN – Diversity and Good Relations

The OCN NI qualifications in Diversity and Good Relations was designed to provide learners with an understanding of the importance of diversity and good relations in our communities and to help learners become more aware of diverse groups and the importance of respect within them. Learners will have a better understanding of what is meant by prejudice and discrimination and will recognise the value of equal opportunities legislation. Congratulations to the 20 young people achieving their awards

## Cyclewise Project



**CYCLE WISE** uses cycling and nutrition info to support improved lifestyle options for young people. It's all about participation in regular, fun physical exercise, including a series of 'shared city' cycles, healthy food, cycling education and bike maintenance programmes for local youth groups.

**Cyclewise** provides a structured programme of cycling, nutrition & health information tailored specifically for young people. Cyclewise is a regular weekly programme which enables participants to identify places to visit, cycle together as a group and to feel the benefits of getting *out and about* on the bike for regular healthy exercise and to visit and learn about new locations off the beaten track



## ANNUAL IMPACT REPORT 2019- March 2020

### Adventure Camp – Tollymore Forest Park; June - July 2019

This year's Adventure Camp hosted six clubs with a total of 90 young people and 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!** Energizers, Icebreakers, trust games and teamwork tasks and challenges at Adventure Camp 2019.



# ANNUAL IMPACT REPORT 2019- March 2020

## Projects 2019-2020

**Do Something Active – September - April 2020, Belfast – 177 YP participants across 6 organisations (John Paul II YC, Tullymore Youth, Girls Model, Dundonald High School, Colaiste Feirste and Glen Parent Youth)**

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



## Together: Building A United Community 2019/20

**Sports Camp (August – October 2019)** A total of 27 young people took part in the Sports Camp. Young people came together from three of our member clubs within Portadown; Scotch Street Youth & Community Centre, Oasis Youth Centre and Clonmore Youth Club. Young people took part in good relations workshops, first aid, outdoor activity and a two-night residential at Greenhill YMCA, Newcastle.



## Young people enjoying enviro camp residential at Tollymore Forest Park

**Enviro Camp (July – December 2019)** 25 young people came together from Suffolk Community Centre and Tullymore Youth Club to participate in the Enviro Camp. Young people enjoyed a two-night camping experience at Tollymore Forest Park, a trip to the Titanic Quarter and good relations workshops and activities.



# ANNUAL IMPACT REPORT 2019- March 2020

## Community Relations Council/ Belfast City Council Good Relations Fund 2019/20

**Do Something for Change (Oct 2019 – March 2020)** Do Something for Change was a Community Relations, Equality and Diversity (CRED) Programme, providing training and support to young people to promote the values of CRED within their local youth clubs and schools. Do Something for Change brought together 21 young people from Hospital Road Youth Club, St Agnes Youth Club, Girls Model and Dundonald High School. Participants took part in a two-night residential in Rostrevor alongside weekly workshops and social action activities. Through hard work and commitment on the programme young people further completed an OCN Award in Diversity & Good Relations.



**First aid Courses** Boys & Girls Clubs works in partnership with CM Training services and provide Emergency First Aid at Work training. 70 young people and 18 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 for Thought** Over 130 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 IMPACT REPORT 2019- March 2020

Boys & Girls Clubs held their annual **YOUTH CONFERENCE & AGM** in Farset International, attracting over 30 young people and youth leaders across 10 different member youth organisations. Young people engaged and participated in workshops in Mental Health Awareness, Stress Management, Good Relations and Mental Health & Wellbeing workshops.



**Youth Conference (December 2019) organised by young volunteers on our Youth Council.**



**Chair of Boys & Girls Clubs, Donal Kennedy presents the Vice Presidents Memorial Awards at our Youth Conference**

Congratulations to three young leaders who were awarded the Paddy Duffy and Jackie Maxwell bursaries by the Chair of Boys & Girls Clubs to acknowledge their dedication to youth work and youth sports



## Membership Services

Boys & Girls Clubs offers a range of important support services to support for member youth organisations, for example:

- 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, Supervision & Appraisal and Fund-raising Training



**Safeguarding Children & Young People** training through the Keeping Safe initiative and Thinkuknow through **Child Exploitation Online Protection (CEOP)** was delivered throughout the year to our member clubs. 71 adults and 40 young leaders under 25 participated in the quality assured **Keeping Children Safe** training across 9 locations.

**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. - 30 young people attended CEOP training. Youth leaders also attended and were provided with access to the latest information on internet safety.

Boys & Girls Clubs has been registered with **AccessNI** since 2009 and support our member clubs as an umbrella body for processing criminal record checks. 55 clubs have signed service level agreements and 186 applications have been processed in this current year.





## BOYS & GIRLS CLUBS (NI)

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2020

		Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £
Notes							
<b>Income and endowments from:</b>							
Donations and legacies	3	28,581	-	28,581	24,561	-	24,561
Charitable activities	4	-	196,169	196,169	970	230,021	230,991
Investments	5	21	-	21	47	-	47
Other income	6	598	-	598	180	-	180
<b>Total income</b>		<b>29,200</b>	<b>196,169</b>	<b>225,369</b>	<b>25,758</b>	<b>230,021</b>	<b>255,779</b>
<b>Expenditure on:</b>							
Raising funds	7	-	100	100	1,900	1,250	3,150
Charitable activities	8	37,084	196,069	233,153	24,990	228,771	253,761
<b>Total resources expended</b>		<b>37,084</b>	<b>196,169</b>	<b>233,253</b>	<b>26,890</b>	<b>230,021</b>	<b>256,911</b>
<b>Net expenditure for the year/</b>							
<b>Net movement in funds</b>		(7,884)	-	(7,884)	(1,132)	-	(1,132)
Fund balances at 1 April 2019		26,021	-	26,021	27,153	-	27,153
<b>Fund balances at 31 March 2020</b>		<b>18,137</b>	<b>-</b>	<b>18,137</b>	<b>26,021</b>	<b>-</b>	<b>26,021</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.



## BOYS & GIRLS CLUBS (NI)

### BALANCE SHEET

AS AT 31 MARCH 2020

	Notes	2020 £	£	2019 £	£
<b>Fixed assets</b>					
Tangible assets	12		1,464		2,016
<b>Current assets</b>					
Debtors	13	21,866		25,359	
Cash at bank and in hand		23,302		33,405	
		45,168		58,764	
<b>Creditors: amounts falling due within one year</b>	15	(28,495)		(34,759)	
Net current assets			16,673		24,005
<b>Total assets less current liabilities</b>			18,137		26,021
<b>Income funds</b>					
Unrestricted funds			18,137		26,021
			18,137		26,021



# ANNUAL IMPACT REPORT 2019- March 2020



Activity	Date	Young People				Adults	Total Attendees
		No of Clubs	Females	Males	Total		
Access NI	Apr-March	55				186	186
Adventure Camp	July	2	40	35	75	6	81
Boxing (NI Competition)	June	33	36	175	211	60	271
Best In the West (Pool)	Oct	3	11	11	22	6	28
Club Insurance	Apr-March	34					
Club Visits	Oct-March	3	1	2	3	5	8
Cycling proficiency	Oct	1	10	15	25	5	30
Cyclewise	June - Sept	3	7	23	30	4	34
Dodgeball	Nov	6	76	83	159	10	169
Do Something Active	Sept- April	6	191		191	16	207
Do Something for Change	Oct-March	4	27	20	47	1	48
First Aid Training	April- March	7	34	37	71	9	80
Food Safety	July – Oct	3	32	37	69	16	85
Food Hygiene	Feb	1	12	10	22	2	24
Football	Feb	4	13	145	158	22	180
Football & Mental Health Workshop	Jan	5	24	87	111	9	120
Football & Cultural Challenges	May	1	15	55	70	8	78
Golf	July	4	22	16	38	3	41
Keeping Safe Training	Apr-March	13	23	17	40	71	111
OCN Training	Apr- March	1	12	2	14	2	16
Staff Training events	Apr- March	3				27	27
TBUC – Enviro Camp	July- Feb	2	17	8	25	4	29
TBUC – Sports Camp	July - Feb	2	21	6	27	2	29
These Women Can	July - Dec	7	92		92	10	102
Thinkuknow – Introduction	Aug-Sept	2	16	14	30	6	36
UK Leadership Awards	Jan – March	1	19	1	20	2	22
UK 5-a-side	June	5	17	74	91	15	106
Volleyball	July	5	32	10	42	9	51
Vice Presidents Bursaries	Dec		1	2	3		3
Youth Conference	Dec	9	18	12	30	5	35
<b>TOTAL</b>		<b>225</b>	<b>819</b>	<b>897</b>	<b>1716</b>	<b>521</b>	<b>2237</b>