Lisburn & Castlereagh City Council’s Sports Development Unit works in partnership with community groups, sports clubs, governing bodies, schools and statutory organisations to promote physical activity and encourage groups and individuals to get active.
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Lisburn & Castlereagh City Council has a dedicated Sports Development Unit, consisting of two Sports Development Officers, one Community Sports Development Officer, one Sports Events Coordinator, one Macmillan Move More Coordinator, four Every Body Active 2020 Multi Sport & Physical Activity Leaders and one Assistant Sports Development Officer. The team work in partnership with community groups, sports clubs, governing bodies, schools and statutory organisations to promote physical activity and encourage groups and individuals to “Be Active, Stay Active”.

The Sports Development Unit work on a variety of programmes and initiatives, some of which are funded by external agencies, which help to provide a range of opportunities for all levels of ability from recreational runners to elite athletes.
Community Sports Development

The Community Sports programme addresses the low levels of sports participation by local groups and individuals, through actively engaging with community groups, residents’ associations and sports clubs to overcome many of the issues faced.

The aim is to ensure that as many residents as possible in the Lisburn & Castlereagh area have the opportunity to participate in some form of physical activity, have access to facilities and where possible, take part in developmental opportunities through quality accredited clubs.

The Community Sports programme also includes:
- Encouraging young people to be physically active by organising a variety of local after-school coaching sessions and clubs
- Providing funding information and support to groups and clubs
- Training programmes for coaches and sports clubs – see Training Programmes (page 11)
- Holiday activity and sports schemes
- Diversionary programmes such as Midnight Soccer
- Active Ageing activities for older people
- Be Active, Stay Active Grants Programme, funded by Sport NI. 31 Sports Clubs, School PTAs and Community Groups have benefited from total funding of £49,000.

Current activity programmes include:

- **Football**
  Venues: Kilmakee Activity Centre
  Grove Activity Centre
  Glenmore Activity Centre

- **Basketball**
  Venues: Lagan Valley LeisurePlex
  Lough Moss Leisure Centre
  Tonagh Primary School
  Moira Primary School

- **Recreational Running**
  Venue: Lough Moss Leisure Centre
  Wallace Park
  Moira Demesne

- **Walking Football**
  Venue: Lagan Valley LeisurePlex

- **Circuit Training and Pilates**
  Venue: Lagan Valley Island

- **Girls Futsal**
  Venue: Lough Moss Leisure Centre

- **Olympic Handball League**
  Venue: Lough Moss Leisure Centre

- **Cheerleading**
  Venue: Logic Café, Moira
Taking part in physical activity during and after cancer treatment can play a huge part in enabling people living with cancer to take back control. Macmillan Cancer Support, in partnership with Lisburn & Castlereagh City Council and South Eastern Health & Social Care, have launched the Move More Lisburn & Castlereagh project to help people affected by cancer to get and stay active at a pace to suit them.

Potential clients can be referred either by a health professional or via self-referral. Following an initial 1-1 to ascertain the needs of the client they will be given 12 weeks free use of Council facilities in order to return to or become more physically active.

Kelly Irwin, Move More Coordinator for Lisburn & Castlereagh City Council, can offer cancer specific classes, walking groups, pilates and mindfulness classes as well as provide individual gym plans. This very specific service was launched in July 2017 and to date has offered over 60 clients a range of support and physical activity programmes.

Some of the participants have said:

“This is a great service and one that I would personally recommend to anyone living with cancer. I feel like I have more energy and have gained some confidence back.” Veronica

“I started before my surgery and felt stronger going into it. I have taken a break to recover and intend on coming back under Kelly’s instruction soon.” Raymond

“The classes are great craic, I look forward to coming each week. I am doing more than I have ever done.” Margaret

“Kelly has taken time and supported me in my slow road to recovery. I trust her and do what I am told. I feel fitter and more able to do my everyday activities.” Suzanne

“I feel like a new man, I am using the gym before work 3 mornings a week.” Arnold
Every Body Active 2020 is a 4 year investment programme funded by Sport NI (1st April 2016-31st March 2020) employing 4 Multi-Sport & Physical Activity Leaders. It is an extensive sport and physical activity programme with the aim of getting everybody “more active, more often”.

The four EBA2020 Multi-Sport & Physical Leader posts specialise in the following areas:

- **People with Disabilities**
- **Children & Young People (10-18yrs)**
- **Women & Girls (14-25yrs)**
- **Adult’s (particularly men 19-49yrs)**

The EBA2020 Team organise and coordinate the delivery of numerous interventions across Lisburn & Castlereagh City Council, particularly in socially and economically deprived areas, to support inactive people in achieving a positive behavioural change, as well as to encourage lifelong involvement in sport and physical activity.

Examples of some of the interventions that have been and will continue to be delivered are:

- **Couch to 5K**
- **Buggy Blitz**
- **Disability Hub Programmes**
- **Glow Sports**
- **Community Games**
- **School Capacity Building Sports Programmes**
- **Pickleball**
- **Ultimate Frisbee**
- **Summer Sports Academy**
- **Ladies Only Fitness Boot Camps**
- **Back on your Bike**
To ensure a successful outcome based approach by achieving the programmes Key Performance Indicator targets and to assist with signposting participants into further programmes creating a behavioural change of sustained participation in sport and physical activity, EBA2020 works in collaboration with the Community Planning process to develop and establish partnerships with other sports and physical activity stakeholders and providers, including, Schools and Education Authority, Public Health Agency, PSNI, NIFRS & PCSP, Sporting Governing Bodies, Health Trusts, Sports Clubs, and Outdoor Recreation NI.

**Disability Sports Hub Project**

The Council, in partnership with Disability Sport NI, has launched a Disability Sports Hub project at Lough Moss Leisure Centre, as part of a province wide initiative.

Funded by the Department for Communities and Sport NI, the project is part of the Active Living: No Limits 2021 Action Plan to improve the health and wellbeing of people with disabilities in Northern Ireland through participation in sport and active recreation.

Lisburn & Castlereagh have received disability sports equipment packs including twelve sports wheelchairs, one rugby wheelchair, three track chairs, five hand cycles, four tandem bikes, three trikes, three boccia sets and one sensory activity pack.

For further details on the Disability Sports Hub, please call, Sports Development Officer, Faron Morrison on 028 9081 1969.

**Some of the Couch to 5k participants have said:**

“This has really motivated me to become more active and to participate in group running. I am really enthusiastic about keeping up running.”

“This programme kept me totally focused and motivated. I did not miss a single session.”

“This programme has literally got me off the couch! Great positive feeling of having achieved something.”
As part of the Community Sports programme, the Sports Development Unit organises a series of training courses for sports clubs, coaches and individuals involved in sport. The aim is to increase the capacity of sports clubs and groups, increase the employability of individuals taking the courses and help develop the sporting infrastructure in Lisburn & Castlereagh. Clubs also benefit by having an increased number of qualified volunteers.

The following table highlights participation in training courses in 2017:

<table>
<thead>
<tr>
<th>Course</th>
<th>Number of People Trained</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid for Sport x 4</td>
<td>80</td>
</tr>
<tr>
<td>Safeguarding Children and Young People in Sport x 5</td>
<td>112</td>
</tr>
<tr>
<td>Designated Officer</td>
<td>20</td>
</tr>
<tr>
<td>Disability in Sport</td>
<td>17</td>
</tr>
<tr>
<td>Defibrillator Training x 6</td>
<td>72</td>
</tr>
<tr>
<td>IFA Grassroots</td>
<td>36</td>
</tr>
<tr>
<td>IFA Level 1</td>
<td>32</td>
</tr>
<tr>
<td>Basketball Level 1</td>
<td>16</td>
</tr>
</tbody>
</table>

**Sports Performance**

- Analysis                                      12
- Sports Psychology                             10
- Managing Bullying                              20*
- Club Finances                                  20*
- Good Club Governance                           20*
- Generating Club Income                         20*
- Growing Your Club                              20*
- Strength and Conditioning                      20*
- Sports Nutrition                               20*
- Fitness and Performance                        20*
- Marketing Your Club                            20*

*Places available in 2018
The 35th Coca-Cola HBC Lisburn Half Marathon, 10K and Fun Run took place on 21st June 2017, attracting 6500 participants.

Runners of all ages and abilities competed in the three events.

Elite runners competed for over £5,000 prize money, while the majority of recreational runners competed for their own personal challenge or for charity.

£6,500 was raised for the Mayor of Lisburn & Castlereagh City Council’s nominated charities plus thousands more for other local and national causes.

Numbers participating in 2017:
Half Marathon 1507 runners
10K 2030 runners
Fun Runners 2853 Runners
The City of Lisburn Triathlon and Aquathlon took place at Lagan Valley LeisurePlex on 7th August 2017.

The Triathlon consisted of 750 metre swim (30 lengths), 24km bike ride and 5K run.

The Aquathlon was for young athletes (U15 and U12) and consisted of a 200 metre swim and 2km run.

In 2017, the following participants registered for the events:

Triathlon - 145 participants
Aquathlon - 38 young people
A number of fun events were organised throughout the year which encouraged people of all ages to get active. Events included:

**Primary School Sports Hall Athletics**
Open to all primary schools in the Council area, the event encouraged children to participate in a range of athletic disciplines. The top 16 children were then selected to compete at the Athletics NI National Finals.

22 schools participated with over 264 young people.

**Midnight Soccer**
A diversionary programme, which provided opportunities for young people to participate on Friday evenings.

10 teams of 7 young people participated at Lagan Valley LeisurePlex.

**Special Schools Sports Hall Athletics**
In partnership with Disability NI, the event encouraged young people with a variety of learning and physical disabilities to participate in fun activities.

Over 22 special schools participated with over 230 young people.

**Schools Cross Country**
Open to all primary and secondary schools in the Council area, the event welcomed boys and girls from all communities to take part in cross country races with an emphasis on participation. The top teams qualified for the Regional Final then went on to compete at the NI Finals.

17 schools entered with over 250 young people taking part.

**Business Games**
In partnership with the Health Promotion Agency and Economic Development, the event provided local businesses with the opportunity to promote fitness and team building amongst staff.

16 teams entered the Dodgeball with 160 participants. 10 teams entered the Olympic Handball with 90 participants. 8 teams entered the Tag Rugby with 70 participants.

“We had a great night at the Dodgeball event. It was very well organised and the perfect opportunity to get staff together for some team building. We will definitely get involved again!”

Kathryn Irvine, JH Turkington & Sons Ltd
‘Back in the Game’ – Football for the Over 35’s

In collaboration with the Irish Football Association, the ‘Back in the Game’ programme was set up to get men over 35 years involved in Sport & Physical Activity. A football team, Lagan City Stars, was setup through the programme, which successfully competed at three events last year and plan to compete in further competitions later this year. The programme was part of a 10 week pilot, which involved a combination of staff and members of the community taking part.

Color Run

Dubbed the ‘Happiest 5k on the planet’, the Color Run encouraged participants to walk, run and jog their way around Wallace Park, while being doused in a rainbow of vibrant colours. A specific event was also held for people with disabilities.

300 people participated in the Color Run and 165 number participated in the Disability Colour Blast.

Santa Dash

An event held at Lough Moss Leisure Centre, in aid of the Mayor’s Charity, which encouraged participants to pull on a Santa Claus suit and run, walk or jog around a choice of 1km, 3km or 5km routes.

66 people registered for the event.
The Sports Development Unit has recognised the need to identify and develop quality junior clubs in Lisburn & Castlereagh and have supported Sport Northern Ireland’s Clubmark NI Awards Scheme across the Council area.

The programme aims to identify, develop and accredit high quality junior sports clubs and recognise the contribution they make to the development of sport in Lisburn & Castlereagh. This involves working with a range of Sports Governing Bodies and Sport NI to deliver the accreditation.

Over 30 clubs across Lisburn & Castlereagh have attained the ‘Clubmark’ accreditation which includes:

- Crewe Utd Football Club
- Dungoyne Boys Football Club
- Hillsborough Boys Football Club
- Lisburn Rangers Football Club
- Lisburn Distillery Academy
- Lower Maze Juniors Football Club
- Alpha Badminton Club
- Lisburn Racquets – Squash
- Downshire Tennis Club
- Lisburn Rapid Table Tennis Club
- Pan Disability Racquets Club
- Lisburn 2Gether Special Olympics
- Lisburn Rugby Club
- Dundrod and District Motor Cycle Club
- Annadale Hockey Club
- Lisnagarvey Hockey Club
- South Antrim Hockey Club
- Salto Gymnastics Club
- Lisnagarvey Boxing Club
- Townland Boxing Club
- Hazama Judo Club
- Lisburn Judo Academy
- Murakwai Judo Club
- Aghalee Taekwondo Club
- Carryduff Junior Taekwondo Club
- Lisburn Taekwondo Club
- Maghaberry Taekwondo Club
- City of Lisburn Swimming Club
- City of Lisburn Athletics Club
- Lisburn Triathlon Club
- Lisburn Gladiators Fencing Club
- Derriaghy Cricket Club
- Castlereagh Hills Golf Club
The Sports Development Unit advises and supports Sport Lisburn & Castlereagh.

Sport Lisburn & Castlereagh is a Sports Advisory Committee made up of volunteers from affiliated Sports Clubs in the Council area. The Committee provides a forum for local sports clubs and provides financial assistance to individuals and clubs for a variety of criteria.

**2017 Financial Assistance**

- **Financial Assistance for Individuals** – 73 individuals awarded a total of £18,347
- **Financial Assistance for Clubs** – 19 clubs awarded a total of £8,200
- **Special Club Event Grants** to encourage new Members - 5 grants of £1,000
- **Elite Athlete Club** – Athletes who represent Ulster, Northern Ireland, GB or Ireland at development squad or senior squad level, receive free access to Lisburn & Castlereagh City Council gym facilities.
- **Bursary Award winners** – 48 awards of £150

Sport Lisburn & Castlereagh also organises the Draynes Farms Sports Personality of the Year Awards and the monthly sports awards sponsored by Decathlon.
The Sports Awards recognise both individuals and teams from Lisburn & Castlereagh who have excelled in their chosen sport as well as individuals who have contributed to sporting success through coaching or as Club administrators. The aim of the event is to celebrate the immense sporting talent within the Council area and encourage greater participation in sport.

The Award Winners from the 2017 Sports Personality of the Year included:

- **Sports Personality** - Jason Smyth, Para-Olympic Athlete
- **Junior Sports Personality** - Zeno Young, Track Cyclist
- **Senior Team of the Year** - Crewe United Football Club
- **Junior Team of the Year** - Lisburn Taekwondo Club
- **School Team of the Year** - Wallace High School Girls’ Hockey Team
- **Merit Award** - Bob Colhoun, Lisburn Racquets Club
- **Coach of the Year** - Mark Spence, Ican Judo Club
- **Club of the Year** - City of Lisburn Salto Gymnastics Club

Sports Bursaries were also awarded to provide financial support to young up and coming athletes.
Over the year, the IFA, in partnership with Lisburn & Castlereagh City Council, have provided several programmes under the Grassroots Development Programme.
**McDonald’s Small-Sided Games**

1. 2 x 12 week programmes held over 8 different venues. 124 teams aged 8-11 years participated.
2. 5 week programme held in Dec/Jan indoors for 7 year olds.
3. National festival held at Mallusk in August with 130 teams.
4. 18 coaches from the Lisburn & Castlereagh Small Sided Games Clubs attended a 3 day study visit to FC Nantes Academy and the French FA Regional Academy Centre in Nantes.
5. 45 coaches attended a masterclass weekend delivered by youth coaches from FC Nantes and FC Emmen.

**McDonald’s Club Accreditation and Coach Mentoring**

1. Delivered 12 x 2 hour sessions to the clubs listed below. Included 12 hours on governance and 12 hours on mentoring 2 coaches per club to enable them to attain McDonald’s Foundation Club Mark.
   (a) Clarawood Juniors
   (b) Ballymacash Rangers
   (c) Lisburn Distillery
2. At the end of the programme each club received footballs, bibs and cones. Also each club received 2 x 50% bursaries toward IFA Level 1.
3. Re-assessment visit to the clubs who attained the McDonald’s Foundation Club Mark in 2015.

**Coach Education**

1. 4 x 3 hour IFA Grassroots Introductory Awards were held with 72 coaches attending.
2. 3 x 24 hour IFA Level 1 courses were held with 59 attending and all but 1 now qualified.
3. Worked on both National Grassroots Introductory Awards and National Level 1 held at the Dub each year.

**Holiday Camps**

1. 2 x 3 day Easter camps held at Lough Moss Leisure Centre & Ballymacash Rangers FC
2. 5 x 5 day Summer camps held at Lough Moss Leisure Centre, Ballymacash Rangers FC, Moira Demesne, Hillsborough Village Centre and Knockbreda FC.
3. 1 x 2 day goalkeeper camp held at Ballymacash Rangers FC.
4. 2 x 2 day Halloween camps held at Lough Moss Leisure Centre & Ballymacash Rangers FC.

A total of 667 children (5yrs-14yrs) attended with a gender breakdown of 618 boys and 49 girls.

**Masters Football**

1. Moira Butchers
2. Lisburn Distillers
3. TW Braga Red bullies

All the above sections were set up with boys clubs, apart from Lagan City Stars. All participated in 10 week training sessions, enjoyed a free health talk and attended both a regional and national festival.
Lisburn & Castlereagh City Council
Sports Development Unit

Adrian Baron - Sports Development Officer 028 9250 9556
Faron Morrison - Sports Development Officer 028 9081 1969
Kevin Madden - Community Sports Development Officer 028 9250 9567
Kelly Irwin - Macmillan Move More Coordinator 028 9250 9566
Robbie Geary - Sports Events Coordinator 028 9250 9556
Shane McCafferty - Placement Student 028 9250 9461

Every Body Active 2020 Multi Sport & Physical Activity Leaders

Christine Duncan - Disability 07786338030
Kevin Grieve - Children & Young People 07879994163
Aaron Irwin - Adult Population 07900053660
Dawn Millar - Women & Girls 07825147868

IFA Grassroots Development Officer

Phil Melville 07967459738

Lisburn & Castlereagh City Council

Lagan Valley LeisurePlex 028 9267 2121
Dundonald International Ice Bowl 028 9080 9100
Lough Moss Leisure Centre 028 9081 4884
Castlereagh Hills Golf Course 028 9044 8477
Glenmore Activity Centre 028 9266 2830
Grove Activity Centre 028 9267 1131
Kilmakee Activity Centre 028 9030 1545

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