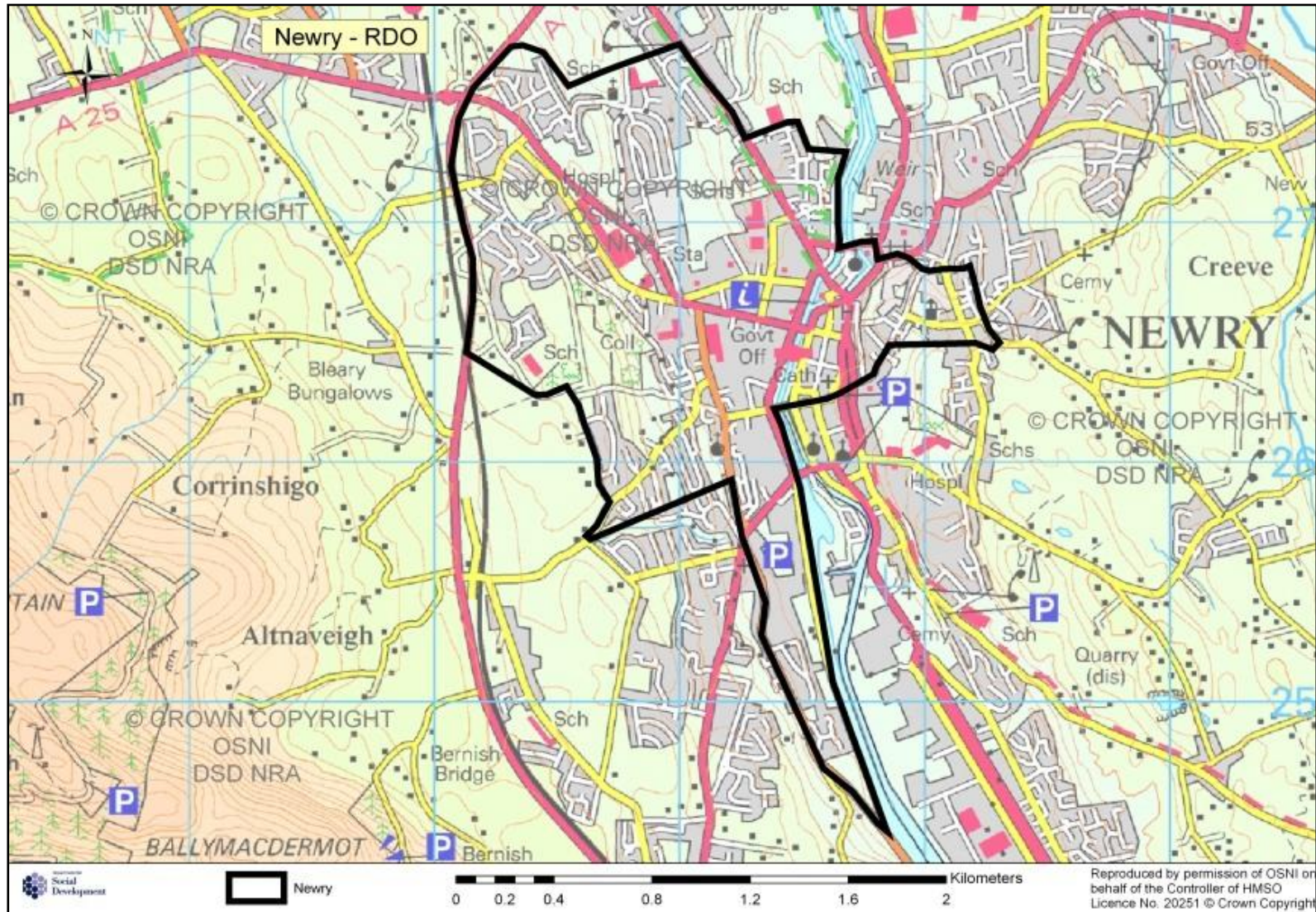


Newry Neighbourhood Renewal Area Annual Report 14/15



Newry Neighbourhood Renewal Area



Newry Neighbourhood Renewal Partnership ANNUAL REPORT – 14/15

About Newry Neighbourhood Renewal –

The Neighbourhood Renewal Programme aims to reduce the social and economic inequalities which characterise the most deprived areas. The Neighbourhood Renewal Strategy 'People and Place' was published in June 2003 to close the gap between the quality of life for people in the most deprived neighbourhoods and the rest of society. It does so by making a long term commitment to communities to work in partnership with them to identify and prioritise needs and co-ordinate interventions designed to address the underlying causes of poverty. The Strategy has four interlinking strategic objectives:

- **Community Renewal** – to develop confident communities able and committed to improving the quality of life in their areas.
- **Economic Renewal** – to develop economic activity in the most deprived neighbourhoods and connect them to the wider urban economy.
- **Social Renewal** – to improve social conditions for the people who live in the most deprived neighbourhoods through better co-ordinated public services and the creation of safer environments.
- **Physical Renewal** – to help create attractive, safe and sustainable environments in the most deprived neighbourhoods.

About Newry Partnership –

The Newry Neighbourhood Renewal area has a population of just over 10,000 and includes all the large social housing areas within Newry City. Most of these areas were built in the 1950's and 1960's and have many environmental issues.

The Newry Neighbourhood Partnership was established in 2003 to take forward the Neighbourhood Renewal Programme. It comprises 18 members from the community/voluntary, private and statutory sectors. It is defined as a non-constituted entity acting in an advisory role to the Department for Neighbourhood Renewal issues in the designated Neighbourhood Renewal area. It currently meets on a bi-monthly basis with sub groups meeting monthly (and its administration services are provided through a Co-ordinator with Newry, Mourne & Down District Council).

The Partnership has established 4 sub groups to assist it in the identification, development and where appropriate the delivery of projects which aim to address the Programmes 4 strategic objectives of community renewal, social renewal, economic renewal and physical renewal.

The Partnership and Subgroups have all signed up to and abide by the Neighbourhood Renewal Code of Practice and Guiding Principles and subsequent Subgroup Terms of Reference

Newry's Vision

The Partnership has developed the following vision for the Newry Neighbourhood Renewal area:



“The Newry Neighbourhood Renewal Area will be a safer place to live, where people respect and have pride in their neighbourhood, where education plays a central role in the development of young people, where residents have access to the best public services, where healthy lifestyles are fostered and promoted and where people develop and take full advantage of economic activity”

Neighbourhood Renewal Action Plans

The Newry Neighbourhood Renewal Partnership has a 3 year Action Plan in place. It is reviewed each year in line with the Department for Social Development guidance. The Plan sets out those revenue (service delivery type) projects that are currently being funded by the Department, together with any new revenue projects that are in development. It also sets out the capital development schemes that the Partnership has identified for delivery. This Annual Report document reports on delivery of the Neighbourhood Renewal Action Plan for the 2014/15 financial year.

Newry Partnership Projects

The Neighbourhood Renewal Investment Fund is currently supporting 12 projects in the Newry Neighbourhood Renewal Area as follows:-

1. Newry, Mourne & Down District Council – Neighbourhood Partnership Technical Assistance:

This project is managed and delivered by Newry, Mourne & Down District Council and employs a full time co-ordinator. This co-ordinator has responsibility for the day to day management of the Newry Partnership such as administration. The co-ordinator also helps with the initial stages of project development and supports the Development Manager in all aspects of the project from beginning to completion. **(Outputs set out Page 20)**

Community Renewal

2. Capacity building and community house running costs:

This project is split into two parts:

- Capacity building programme managed by Newry, Mourne & Down District Council and delivered by the Confederation of Community Groups – a community umbrella organisation. It entails one full time and two part-time community development staff working with 9 community groups to increase their capacity over a range of areas from completing annual accounts to being able to make applications for grants etc.
- Community House Running costs – managed and delivered by Newry, Mourne & Down District Council, this allows for up to 100% of certain running costs associated with community house – heat, light, insurance etc. For community centres, Newry Council pay 55% with Department for Social Development paying 45%.

Significant work has been completed with community groups and that overall they have improved in terms of governance and skills. However, there are still some gaps, in particular in the fields of management and direction, and it is the intention that the 2015/16 project will be more focused on creating opportunities for further community programmes and developing associations to build for future sustainability. **(Outputs set out Page 20)**

Economic Renewal

1. Southern Regional College: Training and Employment Opportunities Programme

This programme is designed to enhance the economic opportunities of local people is delivered in three strands:

- Mentoring for students who may be experiencing difficulties and may be in danger of leaving the educational system
- Additional mentoring for those Neighbourhood Renewal residents that are taking up professional qualifications
- Training programme that responds to the needs of local people who are either unemployed or are in low waged jobs.

Since 2007, the college has been an active member of the five Neighbourhood Renewal Partnership Boards and has successfully delivered several NR projects including:

- Researching the Education and Training Needs of Residents (Armagh Craigavon & Newry)
- Steering to Success (Driving lessons/test plus job ready skills/ qualifications)
- Success to Employment in the Health Trust project (job ready skills/ qualifications that fit posts in Southern Health Trust)
- Training and Employment Opportunities Programme (Armagh, Craigavon & Newry)

The end result of this extensive engagement is that the enrolment of NR residents has increased from minimum engagement in Newry in Sept 2007 to over 6,000 enrolments in 2013/14. **(Outputs set out Page 20)**

2. OCEANS 14

The Oceans Offshore (BOSIET) Training programme which commenced in 2013 and launched in May 2014 in Newry West campus has proved to be a success.

The levels of investment in offshore oil and gas industry remains high with over £14.4 billion invested last year. In addition, Northern Ireland will see significant investments in its offshore wind farms in the coming years. The Oceans BOSIET programme, which has been funded by DSD NR funding, is designed to provide specialist skills to those residents living within the Neighbourhood Renewal Areas in the Southern Region to better equip them to seek and secure employment in offshore environments. Residents will be trained in the requisite safety and emergency response procedures such as fire fighting, first aid, helicopter safety and escape, safety induction and sea survival and on completion of the programme residents will be fully ready for employment in the offshore industry. ***(Outputs set out Page 20)***



3. Newry & Mourne Enterprise Agency: Education2Employment

This project was built on the successful elements of the “Work4You” project and specifically addresses economic disadvantage. The programme targets primary and secondary schools for pupils aged 10-18 years in the 8 schools that serve the Newry NR area. Included in this programme is an annual Champion Enterprise Seminar, programme of study visits, sector specific career events, large scale Careers Opportunities fair and work placements for year 11 pupils in a work environment.



There are 4 distinctive elements of the programme:

- Class study visits to schools by NMEA experts and Champions and from schools to various workplace settings;
- Work Placements facilitated by NMEA;
- Champions sessions in workplace settings, schools and at WIN Business Park & Down Business Centre; and
- A careers guidance event at schools and annual Careers Opportunities Fair

The programme was successfully delivered in the Newry NR Area between 2009 and 2012. ***(Outputs set out Page 21).***

4. Southern Regional College – Care4U Project

The aim of Care4U is to better equip 40 individuals within the 5 neighbourhood Renewal Areas to seek and secure employment, or improved employment through participation in accredited training in domicillary care or catering in the Health Service. Applicants followed a training programme in their chosen area (a) Domicillary care where they could obtain a C & G Level 2 Certificate in Induction into Adult Social Care, FAQ Emergency First Aid, L2 Lifting and Handling Awareness and/or (b) Catering Assistant where they could receive an ABC level 1 Certificate in Introduction to the Hospitality Industry and a CIHE Level 2 Award in Food Safety in Catering. ***(Outputs set out Page 21)***

- 5. Southern Region - The Enterprise Firm** - aims to ensure that people gain skills which are designed to inspire entrepreneurial spirit. Working in an Enterprise Firm provides different types of learners with the necessary skills and knowledge to either become an entrepreneur or find employment after they finish their work in an Enterprise Firm. Enterprise Firms do not only foster entrepreneurial attitudes and skills among young people e.g. secondary school pupils and College students but also among adults e.g. employees, unemployed people, women returning to work, adults with disabilities, etc. **(Outputs set out Page 21)**

Social Renewal – Education

1. Southern Education & Library Board: Education Renewal programme

The Southern Education & Library Board has developed this programme in consultation with the Partnership and Educational Professionals from the local schools, Southern Education & Library Board, and the Department of Education. It addressed local education and social needs through the delivery of numeracy / literacy interventions and after schools homework clubs. It also included a parental support element (Delta Project), to encourage parents to become more actively involved in their children's education, and a range of youth engagement activities undertaken in conjunction with the voluntary and community sector.

Funding was awarded from 1 January 2011 to 31 March 2015.

This is an ongoing programme which seeks to build on the successes and lessons learnt from the last 7 years of development work in Newry.

The Board also sought to improve the uptake of wider educational opportunities including after schools clubs and to create new opportunities for adults and children from the NRAs.

There are three strands to the core education programme and a fourth representing the programme design, delivery and review by SELB:

- Key Skills for parents (family learning support and curriculum advice to parents)
- Out of school hours learning opportunities (after school homework clubs)
- Youth Engagement (***Outputs set out Page 21***).
-

2. Count Read Succeed

The Count Read Succeed Strategy was launched by Department for Education March 2011 to challenge schools to raise their standards for all pupils and to narrow the current gaps in education outcomes between those pupils in the highest and lowest performing groups. The Newry programme sought to complement the schools' central role in delivering the new strategy for literacy and numeracy and this role is tailored to meet the needs of parents and children in the NR areas.

The progress achieved by individual pupils within the previous NR programme indicates that area specific intervention can be successful in helping schools to close the attainment gap for those low performing pupils in areas of greatest social and economic disadvantage. The new policy also accepts a role for additional programmes such as Extended Schools and neighbourhood renewal in helping parents and children to make best use of the additional support offered by their school under this new strategy. The following 3 areas are included:

- Parents receiving help to support their children's development of literacy and numeracy;
- Parents being kept informed about the required standards of literacy and numeracy; and

- Schools and home resources being used as effectively as possible to support raising standards in literacy and numeracy

Moreover, within the new strategy schools must use core resources in-school to address literacy and numeracy needs. Therefore additional support must be complementary and should focus on parental engagement to help raise educational standards through:

- School and community based out of schools' learning;
- In school and out of school hours' parental engagement; and
- "Twilight" sessions to empower and capacity-build the teaching and classroom assistant workforce (***Outputs set out Page 21***)

Social Renewal - Health

1. Southern Health & Social Care Trust: Health & Wellbeing Programme

This was a wide ranging programme designed to provide specific projects to residents of all ages, addressing a range of health issues including physical and mental health and well-being. **An end of year evaluation is attached at Annex A.**

Interventions delivered within the programme included the following:

- Cancer prevention
- Mental health improvement
- Physical activity/dance programmes
- Drugs & alcohol programmes
- Smoking cessation

- Health education/awareness initiative
- Healthy eating

These programmes addressed a wide range of concerns supporting the ethos of creating a happier, healthier society. Physical activity levels were increased, mental health and wellbeing addressed, use of the environment for health & wellbeing promoted, built community capacity and skills to support health improvement, developed community partnership, increasing signposting to existing services in support of health & wellbeing; and raising the awareness and profile of health and well-being at an individual, family and community level where people take responsibility for their health and wellbeing.
(Outputs set out Page 21)

2. Newry, Mourne & Down District Council: Outdoor Education Programme

This project trained up to 18 people from the Neighbourhood Renewal area in outdoor activities such as hill walking and canoeing and also brings groups out to outdoor centres in order to improve health and fitness levels.



The Outdoor Activity Programme has been instrumental in helping young people and other residents from the NR areas to engage in outdoor activities that they would not normally get the opportunity to take part in. This in turn has increased their confidence and social skills. The Southern Education & Library Board have three Board run outdoor centres within the Newry and Mourne area i.e. Killowen, Shannaghmore and East Coast Adventure Centre, which are available for community use. Historically, usage by youth clubs and community associations has been low however, under this programme Newry, Mourne & Down District Council took the lead and purchased credit time from the Southern Education & Library Board at these centres and ensured that a programme of trips / activities / events were arranged and that residents from the NR area had an opportunity to take part. The council worked with local communities to develop outdoor pursuits' activities, specifically targeting young people and in particular those who were not accessing local or main stream services and provision for local community groups and disabled people. **(Outputs set out Page 21)**

Social Renewal - Crime

1. Community Restorative Justice Newry/Armagh – Safer, Stronger Communities:

This project was delivered by Community Restorative Justice Newry/Armagh and looked at the possible effects of negative or criminal behaviour, key aims being Case Referral Work (2 per month), Community Safety Workshops (6 per year & Schools & Colleges Outreach Work (25 pupils per year). They trained local people to recognise and deal with situations in a manner that stops them from escalating into larger disputes. There is also a schools programme that delivers workshops to school children on the consequences of negative behaviour.

This project was aimed at bringing people together to resolve issues that affected the community at grass roots level living in Newry's nine NR areas. The project provides an early intervention service which supports victims, offenders and the wider community.

The project empowers communities in dealing with socially harmful incidents, to build restorative communities that are tolerant, responsive and inclusive and to build a safe and secure environment throughout the NR areas across the district. (**Outputs set out Page 22**)

Newry Partnership 2014/2015 Expenditure (by Strategic Objective)

The following table details current projects funded via the Neighbourhood Renewal Investment fund. It also details the 14/15 individual spend for each project, the total amount of expenditure by strategic objective and the overall 14/15 expenditure in the Newry Neighbourhood Renewal Area.

Programme/Project	CFF Funding Period	CFF Funding Amount (Project allocation)	14/15 Spend
COMMUNITY RENEWAL			
Newry, Mourne & Down District Council - Capacity Building and Community House Running Costs	01/04/11 – 31/03/15	£378,928.46	£83,481.15
Newry, Mourne & Down District Council - Technical Assistance	01/04/11 – 31/03/15	£193,713.75	£49,759.26
Total Community Renewal Expenditure		£572,642.21	£133,240.41
ECONOMIC RENEWAL			
Southern Regional College– Training & Employment Opportunities Programme	01/09/11 – 30/06/14	£149,735.22	£7,571.94
Newry & Mourne Enterprise Agency – Education2Employment	10/12/12 – 31/03/15	£99,185.09	£42,507.05
Southern Regional College - OCEANS 14	01/01/14 – 31/12/14	£13,757.63	£11,340.37
Southern Regional College – Enterprise firm	05/11/12 – 31/03/15	£144,124.74	£57,696.39
Southern Regional College– Care4U	01/04/14-31/03/15	£7,584.62	£7,584.62
Total Economic Renewal Expenditure		£414,363.27	£126,700.37
SOCIAL RENEWAL – EDUCATION			
The Southern Education & Library Board – Education Renewal programme	01/09/11 – 31/03/15	£452,396.00	£129,321.66

The Southern Education & Library Board – Count Read Succeed	01/09/13 – 31/03/15	£116,620.00	£58,350.09
Total Social Renewal Ed Expenditure		£569,016.00	£187,671.75
SOCIAL RENEWAL – HEALTH			
Southern Health & Social Care Trust – Health & Wellbeing Programme	18/05/11 – 31/03/15	£273,367.88	£84,998.05
Newry, Mourne & Down District Council – Outdoor Education	11/06/12 – 31/03/15	£88,900.00	£39,832.71
Total Social Renewal – Health Expenditure		£362,267.88	£124,830.76
SOCIAL RENEWAL – CRIME			
Community Restorative Justice Newry/Armagh – Safer, Stronger Communities	01/06/12 – 31/03/15	£137,008.50	£50,757.96
Total Social Renewal – Crime Expenditure		£137,008.50	£50,757.96
Total Social Renewal Expenditure		£527,016.57	£172,259.55
TOTALS		£2,055,321.70	£623,201.25

ACHIEVEMENTS OF NEIGHBOURHOOD RENEWAL FUNDING IN 2014/2015 FINANCIAL YEAR

Community/Other Output Measures* pre April 2015

PROJECT	CR1 – Number of people participating in community relations projects	CR3 Number of people volunteering for community development activities	CR6 – Number of people using new or improved community facilities
Capacity Building/Community House Running Costs	90	10	
Technical Assistance	1	1	

Economic Output Measures* pre April 2015

PROJECT	ER3 Number of people accessing careers advice	ER4 Number of people receiving job specific training	ER15 Number of FTE jobs safeguarded
Southern Regional College – Training & Employment Opportunities Programme	400	150	
Newry & Mourne enterprise Agency – Education2Employment	200		2
OCEANS		5	
Southern Region – Care4U		10	
Southern Regional College – Enterprise Firm		35	

Social (Education) Output Measures* pre April 2015

PROJECT	SR (Ed) 6 – Number of pupils directly benefitting from the project	SR9(Ed) 18 – Number of pupils directly benefitting from /being supported by the project
Education Renewal Programme	60	50
Count Read Succeed	149	

Social (Health) Output Measures* pre April 2015

PROJECT	SR(H)1 Number of people benefitting from Healthy Lifestyle projects	SR(H)5 – Number of people benefitting from new or improved health facilities
Southern Health & Social Care Trust – Health & Social Wellbeing Programme	250	100
Newry, Mourne & Down District Council - Outdoor Education	900	

Social (Crime) Output Measures* pre April 2015

PROJECT	SR(C)2 – Number of community safety initiatives implemented	SR(C)3 – Number of people who participate in community safety initiatives	SR(C)5 – Number of people participating/attending crime prevention initiatives
Community Restorative Justice Newry/Armagh – Safer, Stronger Communities	7	36	76

Newry Partnership Conclusion

In the 14/15 financial year, Newry Partnership total overall spend was **£546,579.87**

This can be further broken down into Strategic Objective spend as follows:-

Community Renewal	£133,240.41
Economic Renewal	£126,700.37
Social Renewal	£172, 259.55
Physical Renewal	£0

Breakdown of actual achievements for total expenditure

The Newry Partnership has prioritised the development of educational skills and facilities and economic development. With significant input from the local school principals, the Newry Partnership has been able to identify key areas where Neighbourhood Renewal investment will make a difference to local children in two areas: access to facilities and the availability of programmes that include extra tuition and parental intervention.

Our economic development strategy concentrates on the primary and post primary sector to advise children and youth on employment choices and pathways. In our programmes with the Southern Regional College, 3 Neighbourhood Residents took up full-time employment as a result of obtaining training under this programme. In our health programme, numerous people have taken up the opportunity to visit the cancer bus with many individuals being referred on for further diagnosis.



**Southern Regional Development Office
Banbridge Jobs and Benefits Office
18 Castlewellan Road
Banbridge
BT32 4AZ**



NEIGHBOURHOOD RENEWAL

END OF YEAR REPORT HEALTH PROGRAMME

Period 1st April 2014 – 31st March 2015

Newry & Mourne Locality

Project Ref No: RS/P/NR(AP)/38/10

Madaleine McCrink

Neighbourhood Renewal Worker

March 2015

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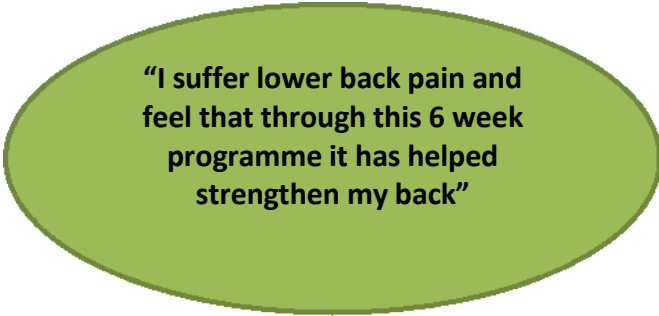
INTRODUCTION

This report has been compiled by the N R worker from Newry and Mourne Promoting Wellbeing Team (PWBT) in the Southern Health and Social Care Trust (SHSCT) on behalf of Newry Neighbourhood Renewal Health Sub Group. It outlines the vast number of activities undertaken to improve the health and wellbeing of communities living in the Ballybot, Drumalane, Drumgullion, Daisyhill and St. Patrick's electoral wards of the Newry Neighbourhood Renewal area funded by the Department of Social Development (DSD) for period 1st April – 31st March 2015. These health and wellbeing programmes delivered through NR have been designed to tackle inequalities, targeting those most in need and those at increased risk of developing or experiencing health problems.

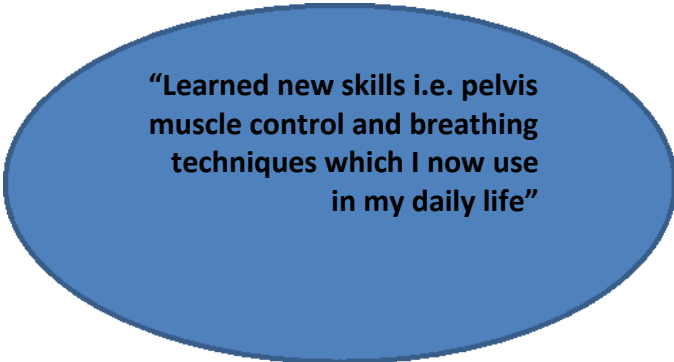
Community Associations Involvement:-

A total of 8 Health Sub Group Meetings and 2 N.R. Prioritisation Events were convened throughout the year with good overall attendance from each of the 9 community associations.

Relaxation Programme: 1 Pilates Relaxation Programme was delivered which helped raise awareness of the importance of good mental health. These were gentle forms of exercise suitable for all ages.



"I suffer lower back pain and feel that through this 6 week programme it has helped strengthen my back"



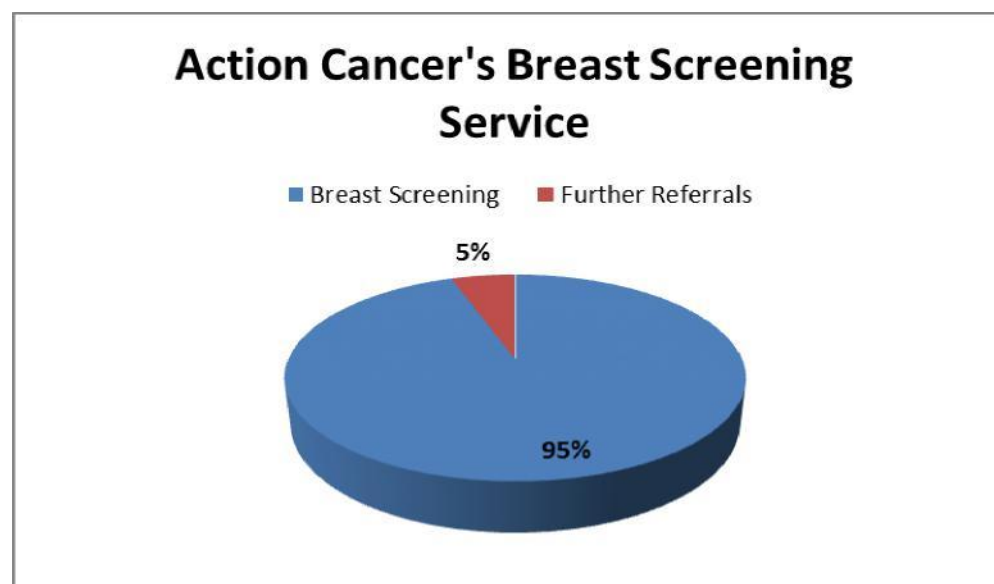
"Learned new skills i.e. pelvis muscle control and breathing techniques which I now use in my daily life"

Cancer Prevention: The most up to date statistics on the Cancer Registry for NR Ireland period 2001 – 2010 highlighted that postal code BT34 ranked the highest in N. Ireland with a total of 3193 cancer cases diagnosed; with prostate and breast cancer being No 1; and postal code BT35 was ranked number 8 with 2231 cases.

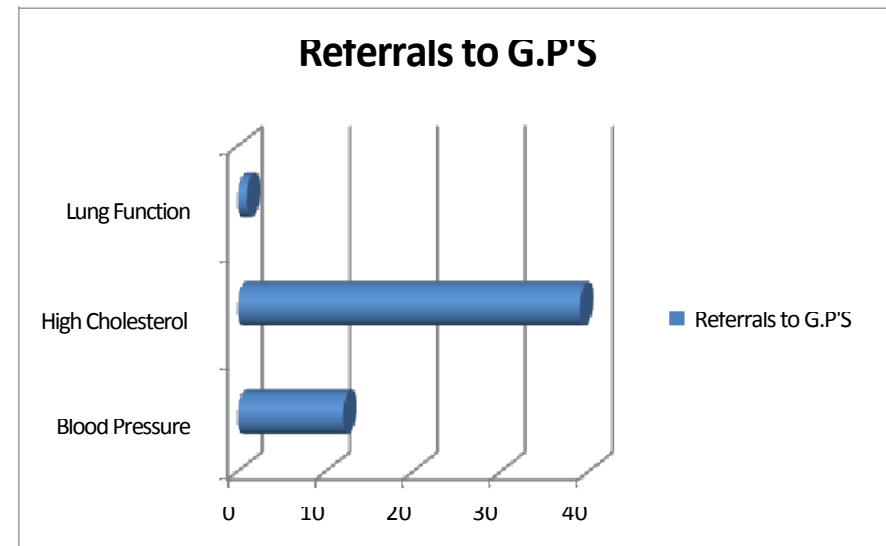
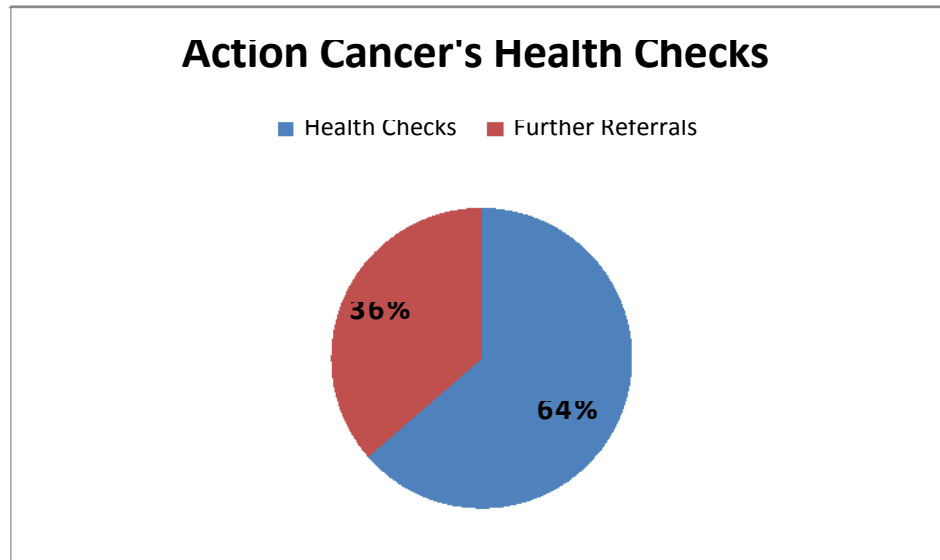
From the beginning all communities expressed their concern regarding the high levels of cancer especially breast cancer in their areas. In order to support and help address this, we engaged the service of Action Cancer's Big Bus which provided breast screening and MOT health checks targeting age groups 40 – 49 yrs. & 70+. This service is not currently available on the NHS it is only available to women aged 50 – 70 yrs. The programme has clearly demonstrated that outreach services are effective in increasing uptake; therefore cancer prevention from both a community and professional perspective should remain a top priority.

Breast Screening: 161 women availed of this service of which 9 of these women (n= 5%) necessitated further investigation (**See Figure 1 below**).

Figure 1: % of women requiring further referrals from Breast Screening



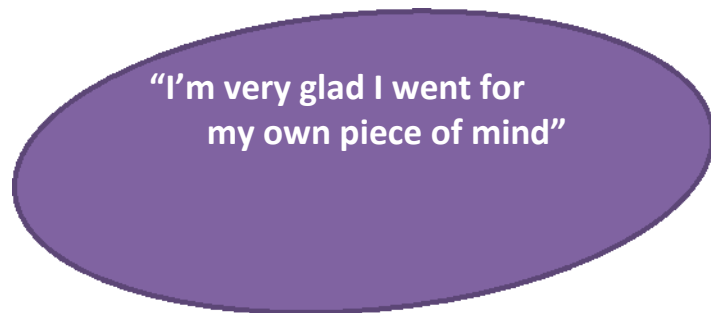
Health Checks: 91 people undertook health checks also provided on board Action Cancer's Big Bus of which 52 people (n= 64%) required further referrals to their GP's because of various health conditions as listed below: This service was available to people aged 16 yrs+ (**See Figure 2 below**).



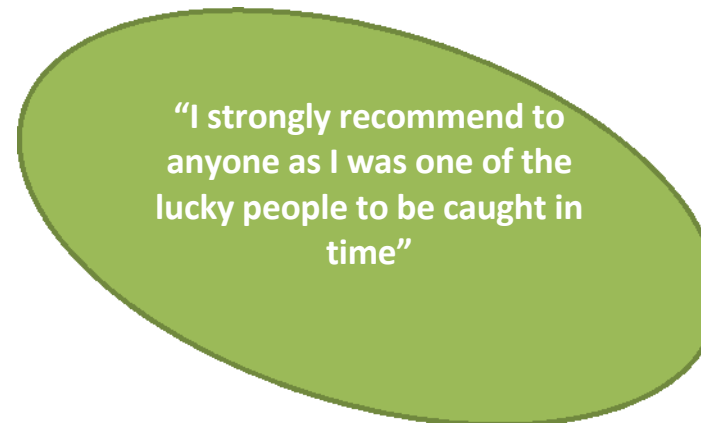
Monitoring reports were received from Action Cancer after each visit of the Big Bus and the evidence was reported to the Health Sub Group, Newry NR Partnership and at other informal meetings. Some comments from those who attended breast screening are listed below:-

“Excellent service and very happy with screening good explanations given and dignity maintained”

“It has made me aware of things that I might normally brush under the carpet and ignore”



"I'm very glad I went for
my own piece of mind"



"I strongly recommend to
anyone as I was one of the
lucky people to be caught in
time"

Physical

Activity:

Rising levels of obesity and inactivity across Northern Ireland continues to be a major health problem which contributes to a number of health conditions later in life such as strokes and cardiovascular disease. There are many benefits for physical activities not least contributing to healthy weight management.

Participation in physical activity programmes has led to communities working more closely together with some attending classes in other Northern Ireland community centres which created a greater sense of community cohesion amongst communities within Northern Ireland areas.

13 different types of physical activity programmes were delivered to encourage exercise. A total of **928** participants were targeted with ages ranging from pre-school – older people and were inclusive of B.M.E. (Black and Minority Ethnic Communities). (*See Figure 3 below*).

Figure 3: Breakdown of Physical Activity Programmes

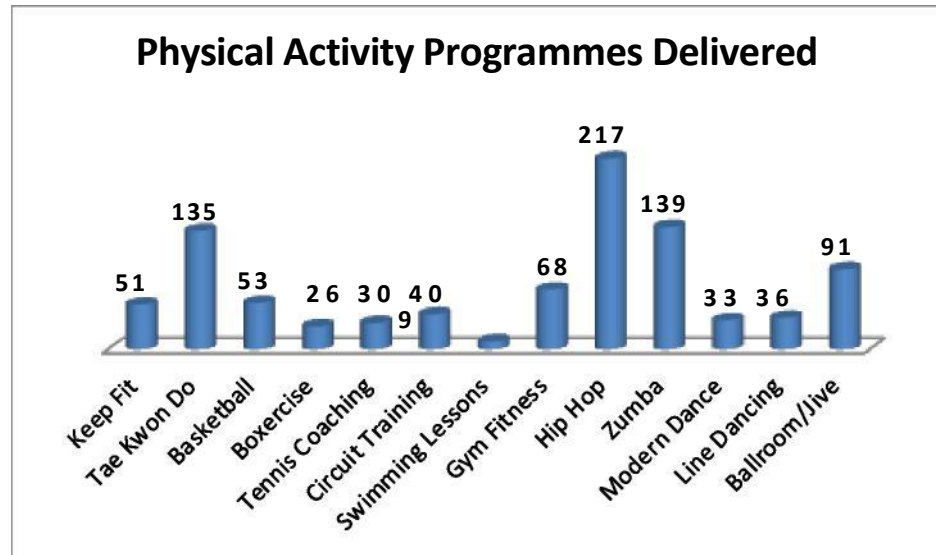




Figure 4 Breakdown of Skills Enhancement Training Programmes



Internet Safety: The explosive growth of technology and the rapid uptake of internet and mobile phone use by children and young people provide many wonderful opportunities for exploration, expression and learning. To coincide with Internet Safety Week and help raise awareness to encourage children’s safety whilst “on line” 2 E-safety sessions were delivered targeting pupils of Primary 6 & 7 classes and their teachers from 5 primary schools in NR areas. A total of **220** pupils and **10** teachers attended these sessions. **(See Appendix 1 at end of this report).**

Soccer Coaching Training: **20** people received Level 1 qualification delivered by the Irish Football Association. This course proved very popular within communities. It involved training in fitness techniques, nutrition, first aid

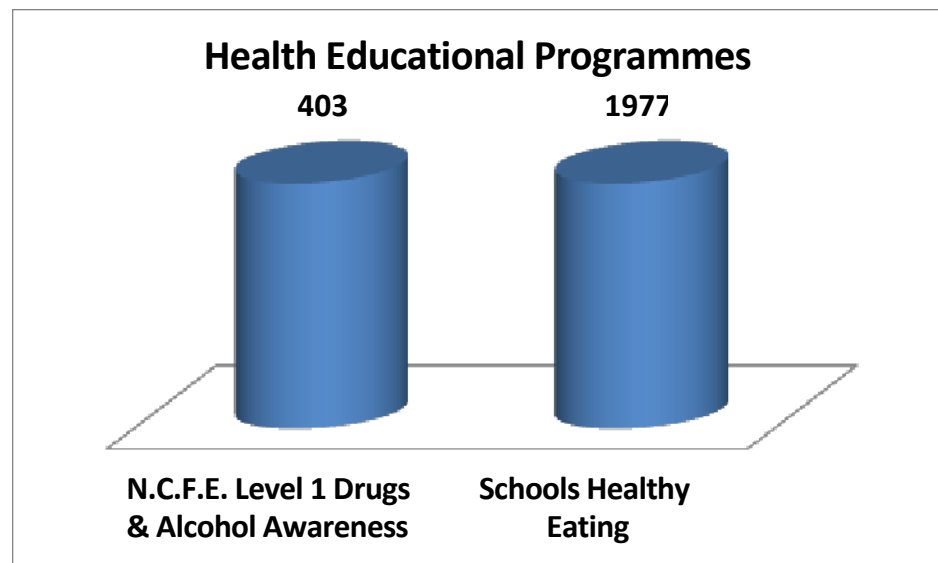
and child protection. Those trained gained new skills and knowledge which they now use with children/adults within their communities and contribute to an average of 4 hours volunteering weekly per person.

Community Health Champions Pilot Programme: 14 adults were selected by open recruitment from across the geographical area of Newry & Mourne of which 8 of these resided in NR areas but due to other commitments this number has now been reduced to 5. Their first training to develop their roles was delivered by Community Development & Health Network. This training looked at the social determinants of health and wellbeing and explored a community development approach to health and wellbeing and now with NR in its final year this is a good legacy for a lasting future for families and communities.

Home Secure Pilot Programme: This programme in partnership with the Confederation of Community Groups, recruited, supported and trained 19 volunteers which enabled the installation of 728 home safety devices in 200 homes of vulnerable people living in the 9 NR areas.

Green Gym: In partnership with T.C.V. (The Conservation Volunteers) 5 environmental friendly programmes were delivered to a total of **91** recipients from the 9 N.R. areas and were available to all age groups. Participants learnt about environmental conservation and ways to improve local surroundings. It also benefited their mental health, boost self-esteem and confidence through learning new skills and completing new tasks.

Figure 5 Breakdown of Health Educational Programmes



Drugs and Alcohol: The P.W.B. Drug and Alcohol Trainers delivered N.C.F.E. Level 1 accredited training award in Alcohol Awareness and Award in Substance Misuse Awareness. These accredited Drug and Alcohol training/awareness programmes were delivered to **70** participants aged 13+ who were recruited from within the 9Newry NR areas. Upon completion the participants has the potential to partake to a higher level qualification and it also enhanced their C.V.

This training was also delivered in a community setting to a total of 13 inclusive of adults and teenagers. (**See Figure 5 below**).

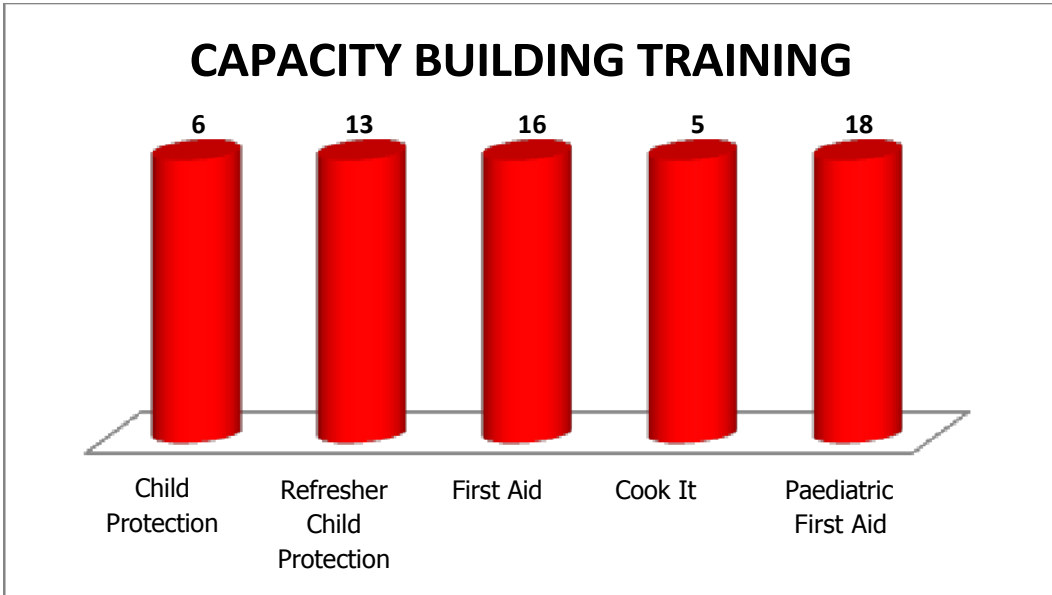


Healthy Eating: 2 Programmes were funded and delivered:

- Greater Linenhall Community Association (G.L.H.C.A.) provided a children's healthy eating programme for a 6 week period which targeted **55** children.
- Through the schools programme delivered in partnership with NR education a total of **1922** students participated and this was delivered in 7 schools for a 3 month period: . (**See Appendix 2 at end of this report**).

Capacity Building Training: As part of our partnership working 5 courses as illustrated below in **Figure 7** were delivered by CCG and R.E.A.C.H. (who delivered the Cook It Course). A total of **58** individuals who reside in the 9 N.R. areas availed of these.

Figure 7: Capacity Building Training delivered by C.C.G. and R.E.A.C.H.



Network of Facilitators: Over the life of project we have established a bank of over 30 facilitators who delivered a range of health programmes within all NR areas. All were checked annually to ensure their insurance certificates and qualifications were up to date. They established a good working relationship with all communities, and it is hoped that they will continue to work together when funding ceases.

To summarize overall the health programme has proved very popular offering a vast range of activities as listed above. It has targeted all ages ranging from children to older people to help address health inequalities, and through delivery of these programmes has increased the health and wellbeing capacity of those living in NR areas.

Over the life of NR Health Programme partnerships has been established with the voluntary and statutory sectors namely Confederation of Community Groups, P.I.P.S, R.E.A.C.H, Sure Start, Carers Matter, Newry & Mourne Senior Citizens Consortium, Newry & Mourne Young Carers, Womens Aid, Action Mental Health and Citizens Advice Bureau all of which are critical for building strong, effective relationships within and across organisations.

Appendix 1: Internet Safety Evaluation Report

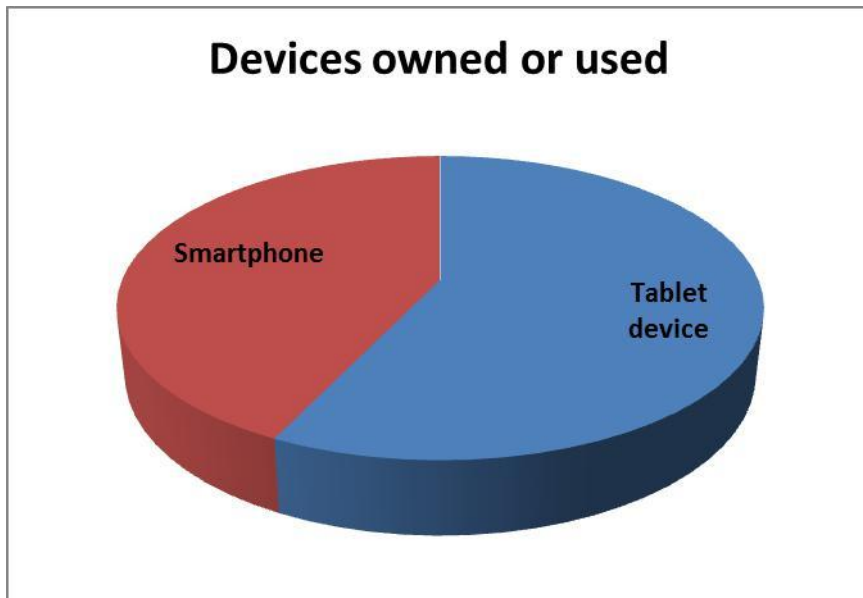
EVALUATION REPORT - INTERNET SAFETY WEEK

The explosive growth of technology and the rapid uptake of internet and mobile phone use by children and young people provide many wonderful opportunities for exploration, expression and learning. To coincide with Internet Safety Week and help raise awareness to encourage children’s safety whilst “on line” two events were delivered by Wayne Denner Digital Ninja. These were delivered in 5 Primary School in NR areas targeting Primary 6/7 students. A total of **220 pupils** and **10 teachers** attended.

1st EVENT: Took place on Monday 9th February 2015 delivered in St. Patrick’s Primary School to children from three schools namely;- St. Patricks, St. Malachy’s and St Clare’s Primary Schools. The events commenced with a Question/Answer session with responses from pupils % approximately estimated by show of hands as illustrated in **Figures 1 & 2** as listed below:-

Question 1: *What devices do you use on a daily basis?*

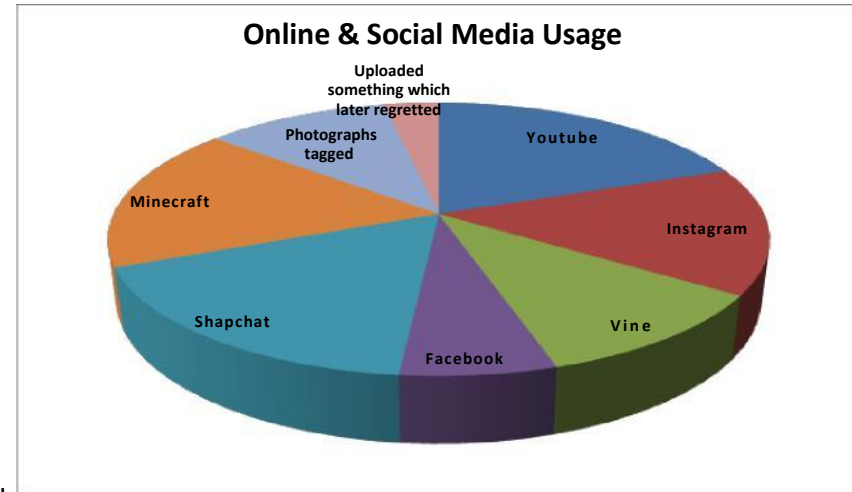
Figure 1:



Which revealed: 80% own tablet devices
60% own smartphone

Which revealed: 90% use Youtube
 70% use Instagram
 50% use Vine
 30% use Facebook
 80% use Snapchat
 80% play Minecraft
 50% have been tagged in photographs online
 15% admit to uploading something they later regret

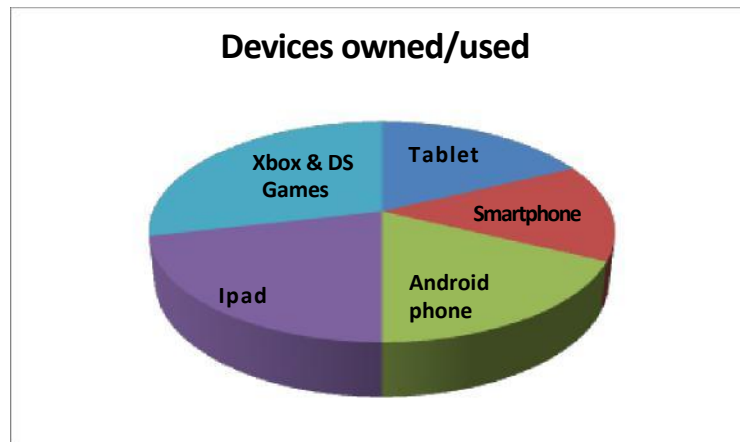
Figure 2:



2ND EVENT: Took place on Friday 13th February 2015 delivered in W.I.N. Enterprise Centre Newry to children from schools namely:- St. Joseph's and Bunscoil and Iur Primary Schools. Again the event commenced with a Question/Answer session with responses from pupils % approximately estimated by show of hands as illustrated in **Figures 3 and 4** as listed below:

Question 1: What devices do you use on a daily basis?

Figure 3:



Which revealed: 50% own a tablet device
 40% own smartphone
 50% use an android phone
 60% use an ipad
 80% use Xbox & DS games

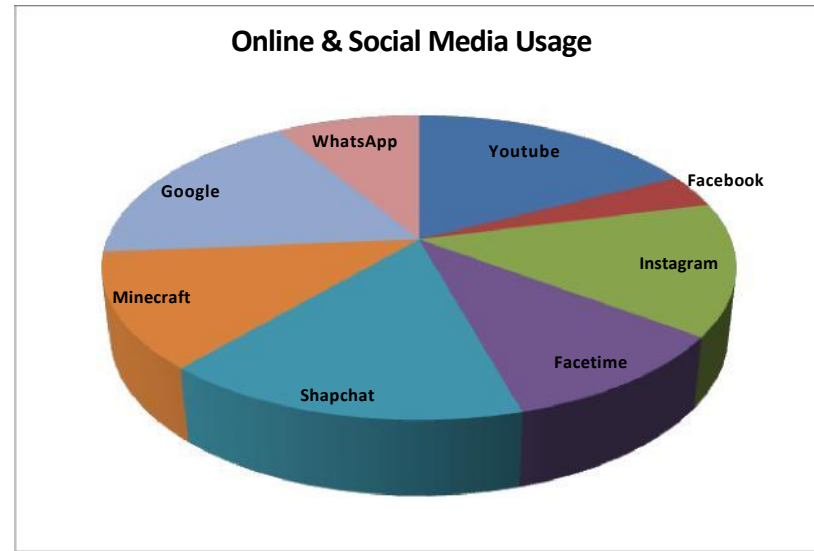
Question 2:
you use?

**What Online and Social Media Apps do
Figure 4:**

Which revealed:

100% use Youtube;
20% use Facebook;
90% use Snapchat;
80% use Instagram;
50% use WhatsApp;
60% use Facetime
80% play Xbox and DS games;

70% play Minecraft



Sample of Pupils Comments: *'Wayne Denner did a very good presentation because he showed us to be safe on the internet, on apps like social media, Snapchat and Instagram. He also showed us some videos and stories about people not getting or getting fired from their jobs. He told us that what goes on the internet stays on the internet and what you put on the internet can be traced down to your phone and you have to be very careful what you put on the internet'. Ciaran – aged 11*

"On Monday a man called Wayne Denner came to talk to use about internet safety. He talked to us about social media, he say you have to stop, think and then post. He said if you 're not 100% happy wit it then don 's click send because if you wouldn 't want it on a billboard at the side of the Quays then don 't send it. I learnt about the four Ts Take Time To Think. We learnt that not all things you find on the internet are true and showed us a video where a little girl was tricked into thinks a grown man was the same age as her. At the end he was arrested because she hit the abuse button. Now I know how careful you have to be on the internet". **Conor – aged 11**

'I thought that Wayne Denner's presentation was very good and very interesting. I thought that maybe he could make that presentation a little shorter. I think he explained everything very well, he explained that every photo, message or comment can be traced back to the person who sent it even if you sent it on someone else's phone, tablet or laptop. He also explained that social media can be dangerous. He said that someone could say they are someone who they are not and that you should block these people'. Josh – aged 11

"I have learnt a lot of things because I thought that as soon as I deleted something you could never see it again but I think it is a really good thing because you can trace it back to their phone so they can't deny it. I think that children should be allowed on Snapchat, Instagram and everything else if their parents allow them but the parents should be regularly check it. I know now that no matter even if you get bullied on the internet it will be sorted out". Caithlin – aged 10

"The talk was very good and I liked the way that he showed us that if you apply for a job and if you had said something bad to someone you can't delete it because it will always be there and the employer can hack you and see it and you won't get the job. I learnt that you don't put personal info up because strangers could hack you" Erinn – aged 11

"I thought it was good. It was good that everyone saw the videos because now everyone knows not to go online and put up inappropriate photos that everyone can see and now they know how to report it and if you don't know someone we learnt how to block them off our phone, laptop, tablet and iPhone'. Cameron – aged 11

*"I thought it was good of Wayne Denner to come in and talk to us about Snapchat, Instagram, Facebook and Twitter. I feel more confident on the websites now that he has talked to us.
Joshua - aged 11*

Sample of Teachers Comments:

St. Patricks Primary School

This was a very informative programme which was really well delivered. It was very beneficial to the pupils as it made them aware of the fact that "What goes online stays online" and the impact that comments can have on employability in the future. The children were made aware that many employers now check out candidates' profiles on social networks and examples were given of situations where people were really well qualified for a job and interviewed well but negative comments/bullying on social networks going back a number of years meant they didn't get the job, as employers were able to quote this.

Children were also advised never to post or send pictures online and they were shown examples of paedophiles/groomers who are constantly looking to befriend young children. It was stressed that all information can be traced and police monitor social sites. Although this was a very serious topic it was delivered in a fun and child friendly way.

Appendix 2: EVALUATION OF HEALTHY EATING PROGRAMME 2014/2015

Throughout the period April – June 2014 the following seven schools participated in the second year of the Neighbourhood Renewal Healthy Eating Programme:

- + St. Malachy's Primary School

- + St. Clare's Convent Primary School, Newry

- + St. Colman's Abbey Primary School

- + St. Joseph's Convent Primary School

- + St. Patrick's Nursery and Primary School

- + St. Joseph's Boys' High School

- + St. Mary's High School.

Each of the schools received funding of **£1,500.00** to promote healthy eating within their schools. In total **1,922** pupils from the seven schools benefitted from this Neighbourhood Renewal Funding.

Below is a summary of the activities undertaken by each of the schools to promote and encourage healthy eating;

- > **St. Malachy's Primary School** - targeted the whole school (**225 pupils**) and promoted "**Fruit Breaks.**" Fresh Fruit was obtained on a weekly basis and each class had its own fruit tray delivered by the school council to their classroom each break-time. The fruit on offer included apples, oranges, bananas and pears. This was provided 3 days a week and the family and pupils were encouraged to provide their own fruit on the other two days. To

encourage the uptake of this initiative each class was provided with a chart which the pupils ticked each day when they had eaten their fruit break and at the end of term the class who had consistently ate a healthy break every day received a prize of a large fruit hamper. Due to the success of this programme running within the school they have now introduced a Healthy Lifestyle Term and within the term they held a Healthy Lifestyle assembly which was used to introduce a Healthy Lifestyle week. Within this Healthy Lifestyle week KS1 and KS2 classes participated each morning in a “Wake up, Shake up” fitness program involving music and dance. Also each class received a box containing a vast variety of fruits and these were used to make fruit salads, fruit jellies, “smoothies” and the teachers used this time to teach the pupils about the countries that certain fruits came from and also numeracy activities e.g. cutting fruit up into fractions etc. The selection of fruit on offer during this week included pineapples, melons, kiwis, strawberries, blueberries, raspberries, passion fruits, pomegranates, grapes and mangos. At the end of this programme the principal and staff alike commented that it had been a great success.

- **Clare’s Convent Primary School** –they too targeted the whole school (**205 pupils**) using a variety of different methods and school events to encourage healthy eating. After the annual sponsored walk the girls were provided with fresh fruit and staff explained to the pupils the importance of eating vitamin rich foods, especially when engaging in exercise and fruit platters were again provided on sports day to the whole school. They continued to implement the fruit platters to P1 and P2 pupils each day and for the other classes within the school they introduced this year **“Fruity Fridays”**. Each Friday they ordered the fruit and vegetables that they wished to enjoy in the incoming week. Classroom assistants worked with the groups of pupils to show them how presentation can be used to make fruit and veg look a very appealing snack as well as tasting good and having lots of health benefits. At four school functions involving parents and pupils healthy sandwiches and snacks were provided instead of cakes and buns. The aim of this was to show that celebratory food need not be unhealthy. All were pleasantly surprised as the platters were cleared and new tastes formed.

- > **St. Colman's Abbey Primary School** – targeted the whole school (276 pupils) and continued to work with a FRUIT BREAK INITIATIVE. This was made a fun, social occasion. A survey was undertaken to ascertain the fruit that the pupils enjoyed and then an agreement was made with a local fruit supplier to deliver the fruit to the school each day. This was delivered to each class by the school council and the school prefects. The children were encouraged to try different varieties of fruit. The teachers of the older children took the opportunity to teach the pupils about the nutritional value of different fruits and what countries these fruits were grown in. The teachers reported that this programme helped to improve children's concentration, learning and behaviour and the children spoke openly about their fruit preferences.
- > St. Joseph's Convent Primary School Newry – organised a healthy break initiative in term three which was targeted at pupils from different year groups on different days e.g. P.3's on Mondays, P.4's on Tuesdays etc. A total of (274 pupils) benefitted from this programme. The fruit was delivered fresh to the school each day and the teachers reported that the pupils looked forward to their day and enjoyed the fruit. The teachers were also able to use these days to encourage discussion around healthy eating. Parents reported that the scheme was very beneficial and had a positive effect on the children and they talked at home about different fruits that they had eaten. The school felt that this was a very worthwhile and successful programme.
- > **St. Patrick's Nursery and Primary** – decided this year to run a healthy eating programme for the whole school P.1-P.7, at total of (340 pupils) participated and benefitted from this programme. This was rolled-out to each class over the three week period by two classroom assistants and members of the student council. This approach allowed the pupils an opportunity to sample a range of fruits and vegetables that would not normal be on offer to them at home. The uptake from the pupils was fantastic and there was a willingness to try something new. The programme also afforded a number of teachers the opportunity to use the fruit and vegetables as a teaching and learning tool

e.g. pupils were given information on the origins of the different fruits and vegetables. The feedback from parents indicated a high degree of satisfaction and enjoyment for their children from this programme.

- > **St. Joseph's Boys' High School** – Used the funding to continue to offer the breakfast club 5 mornings a week. Each morning between 45-50 pupils availed of the breakfast club. 70% of those pupils attending the breakfast club were in KS3. This breakfast club provided a vital source of food and ensured that they had a satisfactory start to their day, free from hunger and able to work to their full potential. The pupils in turn had an improved level of healthy eating and in doing so had a greater opportunity for a more fulfilled and enjoyable school experience. The breakfast club provided a nutritious alternative to junk food for many pupils and the school reported that there were increased attendance rates for high-frequency absentees and reduced behavioural issues.
- > **St. Mary's High School** – Through a number of different approaches the school targeted the whole school (552 pupils). The school has a schools nutritional action group and through this group they used the funding to provide the following to the pupils; “ Fruity Friday” – which consisted of making fresh fruit smoothies and these were distributed to all pupils in years 8-12. The pupils enjoyed tasting the fresh fruit smoothies and as a result they would like to see more fruit available in the canteen. Free bottled water and bananas were offered to pupils in years 12-14 as the action group felt that it was vital that pupils received energy / brain boosting food before they sat exams. Pupils were re-energised by the drinking water. The schools also dedicated a cooking week for year 10's and through the Home Economics department prepared healthy snacks. Girls who never before had prepared healthy snacks or tasted them really enjoyed this new experience. Oranges and water were distributed during sports day and netball tournaments. The outcomes from all of the above events were extremely positive.

In summary then the funding for the Healthy Eating Programme proved to be a tremendous success for each of the schools and it allowed each of them to promote healthy eating in a very positive way. Pupils were able to experience a

range of learning opportunity on the importance of eating a healthy diet and following a healthy lifestyle. Teachers reported that it helped to improve children's concentration, learning and behaviour. Parents felt that this was an enjoyable programme and the children were willing to try out fruit and vegetables at home.

Below are a few illustrations of healthy eating in operation in the various schools:

