

Organisation Name	Reference code	
Longtower Youth Club	2023-05-YO14	
Organisation Address		
Anne Street, Brandywell Derry City Derry BT48 6PB		
Website Address		
<a href="https://longtoweryc.org/">https://longtoweryc.org/</a>		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	109540	2023
Community Interest Company	Registered Companies House Number	Date Registered
Yes	NI686750	2022
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
<b>Grant Summary</b>		
This grant will be used to work with young people who have a criminal conviction and have the potential to re-offend, the main aim of the Sports for Rehabilitation programme is to give these young people an alternative to formal education with the goal of obtaining the skills needed to gain employment and refrain from re-offending.		
<b>Please describe the needs that this project will address</b>		
<p>Objective: The 12-month sports-oriented program aims to support and rehabilitate young individuals with criminal convictions, fostering their personal growth, enhancing their physical and mental well-being, and equipping them with life skills and opportunities through sports and related activities. Throughout the 12 months participants will be given the opportunity to enhance their skills through accredited training, this will lend to the participants building their CV's and enhance their overall chances of employment. All participants will undertake First-Aid training alongside Safeguarding and Child Protection training, OCN in Lawfulness, Sports coaching L1&amp;2, Sports leader L3, L2 gym instructor training and outdoor sports/education training.</p> <p>Longtower Youth Club is in an area of high deprivation (7% higher than the national average) with the highest rates of recorded crime and disorder per 1000 population with 1943 recorded incidences in 2022.</p> <p>In recent years crime and anti-social behaviour has risen in this area, there has also been a significant rise in paramilitary activity in the city. In recent years paramilitaries' have been targeting young people, this has seen a rise in young people becoming involved in criminal activity which again had led to a rise in young people being convicted for participating in riotous behaviour and other criminal activities, this is a direct result of young people being coerced by the paramilitaries' in the area.</p> <p>This programme aims to target young individuals who have already faced charges for committing an offense and have a potential risk of re-offending. It recognises the</p>		

importance of addressing their individual needs and tailoring the program accordingly to ensure the best possible outcomes for each participant.

The overall delivery of the programme will be supervised by qualified and skilled staff who are capable of meeting the program's objectives as well as the unique requirements of the participants.

The primary goal of this program is to deter young individuals from engaging in further criminal activities. To achieve this, the program takes a holistic approach that not only addresses their offending behaviour but also equips them with new skills and qualifications. By doing so, it aims to enhance their employability status and provide them with opportunities to become more socially active in a positive manner.

The programme recognises that every participant is different and may have specific challenges and needs that contributed to their involvement in criminal activities. As such, it employs a personalised approach, taking into account factors such as their background, interests, strengths, and areas for improvement. By understanding the unique circumstances of each participant, the program can develop tailored interventions and support systems to address their underlying issues effectively.

In addition to addressing the root causes of offending behaviour, the program places a strong emphasis on equipping participants with practical skills and qualifications. This focus on education and vocational training aims to broaden their opportunities for future employment and create a path towards a more stable and productive life. By acquiring new skills, participants gain a sense of accomplishment, boost their self-confidence, and develop a positive outlook for their future.

The programme recognises the importance of social integration and encourages participants to become more engaged in their communities. It promotes positive social interactions, encourages pro-social behaviours, and offers opportunities for participants to contribute positively to society. By fostering a sense of belonging and encouraging community involvement, the program aims to prevent participants from feeling isolated or marginalized, thus reducing the likelihood of re-offending.

### **What are the key outcomes that you will be seeking to achieve for young offenders?**

The key outcomes for the programme are listed below. Whilst focusing on these outcomes the participants will be introduced to new ways of thinking and how they apply themselves in everyday life, with a key focus on ensuring that re-offending does not occur. Month 1 is dedicated to orientation and goal setting. Individual assessments are conducted to understand participants' backgrounds, interests, and goals. Programme rules and expectations are introduced, and group discussions are facilitated to encourage goal setting and personal development plans.

Months 2 to 4 focus on skill development and team sports. Participants engage in various team sports and undergo regular training sessions to improve their skills, teamwork, and sportsmanship. Workshops on conflict resolution, communication, and leadership within a sports context are also offered.

Months 5 to 6 emphasise individual sports and personal growth. Participants are introduced to individual sports like swimming, gym training, and martial arts, and receive specialised coaching to develop their skills and discipline. They also take part in assessments to enhance personal growth, and mentoring sessions are incorporated to encourage self-reflection and personal development. Participants also have the opportunity to earn NPLQ or fitness instructor qualifications.

Months 7 to 8 focus on outdoor education/sports and team building. Activities such as hiking, camping, kayaking, and rock climbing are arranged to promote teamwork, problem-solving, and resilience. Workshops on decision-making, risk assessment, and overcoming obstacles are conducted. Participants are encouraged to support and motivate each other during these activities. Participants also have the opportunity to achieve Level 1 qualifications in outdoor sports such as paddlesports and climbing.

Months 9 to 10 involve community engagement and volunteer work. Participants collaborate with local organisations and engage with other community teams and projects, such as sports coaching for underprivileged youth. Charity events and sports tournaments are organised to give back to the community. The focus is on promoting empathy, social responsibility, and social engagement among participants, who can apply their new skills and qualifications through volunteering in their communities.

Months 11 to 12 centre around career exploration and transition. Career exploration workshops are organised to introduce different professions in sports. Mentorship and guidance are provided for vocational training or educational opportunities. Networking events connect participants with potential employers or educational institutions to help them progress in their chosen paths. The program concludes with a graduation ceremony to celebrate participants' achievements.

**What are the key activities you will undertake with this funding?**

Month 1: Orientation and Goal Setting

- Ø Conduct individual assessments to understand participants' backgrounds, interests, and goals.
- Ø Introduce program rules, guidelines, and expectations.
- Ø Facilitate group discussions to encourage goal setting and personal development plans.

Month 2-4: Skill Development and Team Sports

- Ø Engage participants in a range of team sports, such as basketball, soccer, football, hand ball and any other team sports that may interest the participants.
- Ø Organise regular training sessions focusing on skill development, teamwork, and sportsmanship.
- Ø Promote healthy competition through friendly tournaments and matches, across the Triax area and also City Wide.
- Ø Offer workshops on conflict resolution, communication, and leadership within a sports context.

Participants to take part in L1 & L2 in GAA coaching, enhancing their skill set and also their chances of reintegration into positive community activity through sports delivery.

Month 5-6: Individual Sports and Personal Growth

- Ø Introduce individual sports like swimming, track and field, and martial arts (BJJ, Boxing).
  - Ø Provide specialised coaching to develop participants' individual skills and discipline.
  - Ø Encourage participants to take part in mini-competitions to enhance personal growth and self-improvement.
  - Ø Incorporate mentoring sessions to encourage self-reflection and personal development.
- Participants to take part in their NPLQ or fitness instructor qualifications, enhancing their skills and chances of employment.

Month 7-8: Outdoor Adventure and Team Building

- Ø Arrange outdoor adventure activities, such as hiking, camping, kayaking, and rock climbing.
  - Ø Promote teamwork, problem-solving, and resilience through challenging outdoor experiences.
  - Ø Conduct workshops on decision-making, risk assessment, and overcoming obstacles.
  - Ø Encourage participants to support and motivate each other during these activities.
- Participants to achieve L1 in an outdoor sports, Paddlesports, Climbing etc.

Month 9-10: Community Engagement and Volunteer Work

- Ø Collaborate with local organisations to provide volunteer opportunities for participants.
- Ø Engage in community service projects (social action), like sports coaching for underprivileged youth.
- Ø Organise charity events or sports tournaments to give back to the community.
- Ø Promote empathy, social responsibility, and social engagement among participants.

<p>Participants to give back by applying new skills and qualifications through volunteering in their communities.</p> <p>Month 11-12: Career Exploration and Transition</p> <ul style="list-style-type: none"> <li>Ø Organise career exploration workshops to introduce different professions in sports.</li> <li>Ø Provide mentorship and guidance for vocational training or educational opportunities.</li> <li>Ø Facilitate networking events to connect participants with potential employers or educational institutions to help progress their individual potential.</li> <li>Ø Celebrate program completion with a ceremony</li> </ul>	
<p><b>Who will be responsible for overseeing and delivering this work?</b></p>	
<p>The implementation of the program will be carried out by the qualified staff members of Longtower Youth Club, who will take responsibility for organising the logistics of the accredited programming and managing the necessary travel arrangements to and from training locations. These staff members possess the expertise and experience required to ensure the smooth running of the program.</p> <p>One specific aspect of the program is the delivery of the Sports Leaders Level 2 (L2) program, which focuses on developing leadership skills through sports-related activities. This training will also be facilitated by the appointed staff members from Longtower Youth Club, who are knowledgeable and skilled in delivering this specific program.</p> <p>Longtower Youth Club places great importance on maintaining the highest standards in program delivery. To ensure this, the organisation will appoint a competent staff member who will oversee the program and ensure that it is executed to the highest quality. This appointed staff member will have the necessary qualifications, experience, and dedication to ensure that all participants have the best opportunity to fully complete the program and achieve their goals.</p> <p>Throughout the program, the well-being and safety of the participants are of utmost importance to Longtower Youth Club. Therefore, designated Child Protection Officers will be available to the participants at all times. These officers will ensure that the participants are safeguarded and their rights are protected. In addition, first aid provisions will be made available, and participants will have access to confidential support services, allowing them to seek help or guidance whenever necessary.</p> <p>The SMYC staff member assigned to work with the participants will dedicate 6 hours per week to their support and development. This staff member will serve as a point of contact, offering guidance, mentorship, and assistance as needed. Additionally, Longtower Youth Club will engage with external training providers to contribute to the program, working alongside the Longtower Youth Club staff member to ensure comprehensive and diverse training experiences for the participants.</p>	
<p><b>Will you be working within the prison estate?</b></p>	<p>No</p>
<p><b>How will you engage with YO? (Through HMPs or YOIs or in the community)</b></p>	
<p>Longtower Youth Club works closely with the youth justice agency, social services, psni and the court service. This alone will provide the necessary links needed to engage with relevant participants. Longtower Youth Club also currently works with a vast number of young people who have already committed a crime, this too will provide great links to the young people needed to take part.</p>	
<p><b>Would you describe yourself as a Sport 4 Development organisation?</b></p>	<p>No</p>
<p><b>Please tell us about your Sport 4 Development projects or approach</b></p>	
<p><b>How will your organisation continue to sustain this project after the grant ends?</b></p>	
<p>Longtower Youth Club places great importance on the role of the participants in becoming mentors for other young people who may be at risk of engaging in criminal activities. Recognising that the program participants have gained valuable skills and experiences</p>	

«Ref\_Code»

through their own journey, Longtower Youth Club believes in harnessing their potential to make a positive impact on others.

By becoming mentors, the participants have the opportunity to serve as role models and sources of support for at-risk youth who may be on the verge of committing offenses. They can share their personal stories, lessons learned, and the strategies they have developed to overcome challenges and make positive choices. Through this mentorship program, the participants not only provide guidance and support but also inspire hope and resilience in those they mentor.

The mentorship program has multiple benefits. First and foremost, it provides at-risk youth with positive influences and a support system they may lack in their lives. The participants, having undergone similar experiences, can offer empathetic understanding and practical advice. By establishing meaningful connections with these at-risk individuals, the participants can help steer them away from criminal behaviour and toward healthier alternatives.

Additionally, serving as mentors empowers the participants themselves. It reinforces their own personal growth and reinforces their sense of responsibility and accountability. By sharing their knowledge and experiences, they gain a deeper understanding of their own journey and the progress they have made. Being able to positively impact the lives of others further strengthens their confidence and belief in their ability to make a difference. To ensure the effectiveness of the mentorship program, Longtower Youth Club provides support and guidance to the participants in their roles as mentors. They receive ongoing training and supervision to enhance their mentoring skills and ensure they are equipped to address the specific needs and challenges of the at-risk youth they work with.

Longtower Youth Club also fosters a supportive network where mentors can seek guidance and share experiences, further enhancing their effectiveness and personal development.

#### **What expertise and track record do you have to be able to deliver this work successfully?**

Longtower Youth Club has been dedicated to working with young people between the ages of 5 and 25 for several decades. One of the notable aspects of Longtower Youth Clubs work is its successful engagement with young individuals who have criminal convictions or those who are at risk of committing criminal offenses. This long-standing track record is a testament to the organisation's commitment to supporting young people and preventing them from entering or re-entering the justice system.

Longtower Youth Club adopts a collaborative approach in its work with young people involved in the justice system. It establishes strong links with various agencies such as the PSNI community team, social services, and the youth justice team based in Derry. By fostering these connections, Longtower Youth Club ensures a comprehensive support network is in place for young individuals. The organisation acknowledges that a stable environment and access to necessary support links are crucial in deterring young people from engaging in criminal activities or re-offending.

As part of its wraparound service, Longtower Youth Club offers viable alternatives to young people who may be facing the prospect of time in a juvenile detention centre. Instead, they are provided with opportunities to volunteer with Longtower Youth Club or within alternative community organisations. By engaging them in these activities, Longtower Youth Club aims to redirect their energy and focus toward positive outcomes, helping them develop valuable skills and a sense of purpose.

Longtower Youth Clubs impact extends beyond individual interventions. Longtower Youth Club has been actively involved in diffusing and managing contentious situations that arise in the Brandywell and Bogside areas and throughout the city. With skilled and qualified staff members on the ground, Longtower collaborates with other community and statutory partners to intervene and de-escalate potentially volatile situations. By addressing these incidents promptly and effectively, Longtower Youth Club and its

«Ref\_Code»

partners prevent further involvement of young people in criminal activities, ensuring a safer and more peaceful community.  
 Overall, Longtower Youth Clubs work with young people involved in the justice system and those at risk of criminal behaviour demonstrates a holistic and proactive approach. By providing comprehensive support, offering alternatives, and actively intervening in volatile situations, Longtower Youth Club strives to create a stable and supportive environment that steers young individuals away from crime and towards positive futures.

**Explain how the grant will be spent**

**COSTINGS**

GAA Coaching Foundation & Safeguarding (Dolans) - 9 hours £125 pp x 10 - £1250  
 NPLQ (DCSDC)- 1 week intense £250 alex.wilson@derrystabane.com x 10 - £2500  
 L2 Gym Instructing (NWRC) 16 weeks - £191 x 10 - £1910  
 Paddlesports L1 & Foundation safety and rescue (Willie) - £1000 x 10 - £10,000  
 Climbing (Willie) - 30hours £300 (hall hire?) x 10 - £3000  
 Staffing 6hours per week @ £11.50 x 48 weeks - £3312  
 First aid (1day) - £45 x 10 - £450  
 Training & Facilitation £22,422

Assault bike - £760  
 Fold away racks - £770 x 2  
 Barbells - £250 x 2  
 Bar clips - £7 x 8  
 Weight plates - 150kg £370 x 2  
 Weight bench - £300 x 3  
 Hex dumbbells - 5kg to 30kg £1640  
 Gym floor mats - £40 x 20  
 Kettle Bells - 4 x 4kg, 4 x 8kg, 4 x 12kg - £356  
 Team sports pack, balls, bibs, cones, multiuse nets - £1500  
 Equipment = £8792

Transport = £3500  
 Administration = £2500  
 Promotional materials = £1000  
 Total = £38,214

**Will you be receiving funding from any other sources for this project?**

No

**Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.**

Yes

**Reason why not all staff have DBS checks.**

**Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)**

£38214

<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
----------------------------------	--

08/01/2024	12
------------	----

**How much funding is required each year?**

<b>Year 1</b>	<b>Year 2</b>
---------------	---------------

38214	£0
-------	----

<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
--	--

£578438	£588438
---------	---------

«Ref\_Code»

**What value of unrestricted reserves did your organisation have at the end of the most recent financial year?**

£

«Ref\_Code»