



HOLIDAY SCHEME PROGRAMME
2023 Report

BETTER

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GLL Belfast Easter Scheme

Background

GLL in Belfast delivered an Easter Scheme programme for the first time since the Covid-19 Pandemic. After the success of the previous year’s Summer Schemes, the demand for an Easter Scheme was growing. Due to this being the first delivery of an Easter Scheme in a number of years, there were only three centres delivering a traditional scheme with a heavier focus on sport specific schemes. This allowed us to use already existing staff members such as Tennis, Swimming and Gymnastics coaches to deliver as well as being able to outsource coaches for GAA and Basketball. Overall, this meant there was less demand on us to hire new members of staff.

As mentioned above, three centres delivered a traditional Holiday Scheme model in addition to seven centres delivering a sports specific model. Gymnastics was offered at Belvoir Activity Centre, Tennis at the Indoor Tennis Centre and Ozone Complex whilst swimming was offered at Lisnasharragh, Olympia and Shankill Leisure Centres. For the first time Whiterock Leisure Centre hosted a mixed GAA and Soccer scheme with help from Ulster GAA. We also partnered with Peace Players NI to deliver a basketball scheme at Shankill Leisure Centre.

Statistics

In total the GLL Halloween Schemes catered for 251 children which was 78% utilisation of the spaces offered. Lisnasharragh Leisure Centre recorded the highest attendance figures with 92 across their traditional scheme and swimming short courses which represented 86% utilisation, followed behind by Olympia Leisure Centre with 44 (74%) and Belvoir Activity Centre with 25 (100%).

Further information can be found in figure 1 below.

Figure2: GLL Easter Scheme Statistics – Age and Gender Breakdown

Centre	5-7 Years	8-10 Years	11-14 Years	Male	Female	Total
Grove	7	11	6	14	10	24
Lisnasharragh	12	18	10	19	21	40
Olympia	7	12	6	13	12	25
Belvoir (Gymnastics)	14	8	3	8	17	25
Ozone (Tennis)	6	14	9	15	14	29
Shankill (Basketball)	3	11	2	10	6	16
Whiterock (GAA and Soccer)	7	5	1	10	3	13
Lisnasharragh (Swimming)	32	20	0	24	28	52
Olympia (Swimming)	6	4	9	10	9	19
Shankill (Swimming)	6	2	0	4	4	8
Totals	100	105	46	127	124	251

GLL Belfast Summer Scheme

Background

GLL in Belfast were delighted to once again deliver a successful Summer Scheme programme. Recruitment commenced in April and fourteen Activity Supervisors and 56 Activity Instructors were selected to support the programme during July and August.

Twelve centres delivered a traditional Summer Scheme model in addition to six centres delivering a sports specific model. Football was offered at Avoniel, Brook and Whiterock Leisure Centres, gymnastics at Belvoir Activity Centre, tennis at the Indoor Tennis Centre and Ozone Complex and basketball at Shankill Leisure Centre.

The traditional Summer Schemes offered arts and crafts, football, dodgeball, table tennis, badminton, basketball, board games, bouncy castles and swimming for those centres with pools along with Air Venture, Aqua Splash, Surf Belfast and Waterslides at specific centres.



Image 1: Participants of Avoniel and Templemore Baths joint Summer Scheme.

A variety of sporting National Governing Bodies (NGBs) supported the GLL Summer Schemes in our centres that delivered a non sports specific offering.

Ulster Boxing delivered sessions for the older children that attended our traditional Summer Schemes across Belfast. They delivered 20 sessions and attended centres from all corners of the city. Patrick Gallagher (Commonwealth Gold medallist) and Brendan Irvine (Olympian and European Silver medallist) delivered the sessions tailoring their coaching to suit the age and ability of the children.

Table Tennis Ulster delivered 10 sessions for children aged 7-14 in Lisnasharragh Leisure Centre across the 5 weeks of their summer schemes. Sessions were taken by Jing Yi Gao (former Table Tennis Olympian) with the focus to get more kids involved in the sport and teach them the basic rules of the game.

Annadale Hockey Club delivered multiple sessions in Olympia Leisure Centre and Lisnasharragh Leisure Centre through their coach Philip Wilson. The sessions were delivered once a week to all summer scheme participants with the main focus being on having fun whilst learning basic hockey skills.

Statistics

The traditional Summer Scheme offered an early drop off option at four of the centres. The uptake was once again low with only 109 slots being booked, a small increase of 7 from last year. Overall, the early drop off only had a 37.8% occupancy rate. In total the GLL Summer Scheme catered for 1,861 children which was 96.3% utilisation of the spaces offered. Compared to 2022, this was an increase of 407 children and 19.2% increase in utilisation of spaces.

With the early drop off included 1,970 children were involved in GLL programmes this summer, representing 88.7% utilisation of the 2,220 spaces offered. 49.7% of the spaces take were from males and the remaining 50.3% from females. Lisnasharragh Leisure Centre recorded the highest attendance figures with 319 which represented 99.7% utilisation, followed behind by Olympia Leisure Centre with 227 (97.8%) and Indoor Tennis Centre and Ozone Complex 204 (89.9%). These figures do not include early drop off.

Further information can be found in figure 2 and 3 below.

Figure 2: GLL Traditional Summer Scheme Statistics – Age and Gender Breakdown

Centre	5-7 Years	8-10 Years	11-14 Years	Male	Female
Andersonstown	99	77	24	98	102
Ballysillan	19	10	3	12	21
Belvoir	12	3	1	5	11
Brook	74	38	6	69	51
Falls	85	46	17	74	74
Grove	84	80	33	96	104
Lisnasharragh	115	123	81	130	189
Olympia	107	87	23	127	100
Ozone	25	105	74	112	92
Shankill	79	55	9	94	49
Templemore	50	51	20	56	65
Whiterock	67	53	10	55	75
Totals	816 (44.2%)	728 (39.5%)	301 (16.3%)	928 (49.9%)	933 (50.1%)

Figure 3: GLL Traditional Summer Scheme Statistics – Capacity and Utilisation

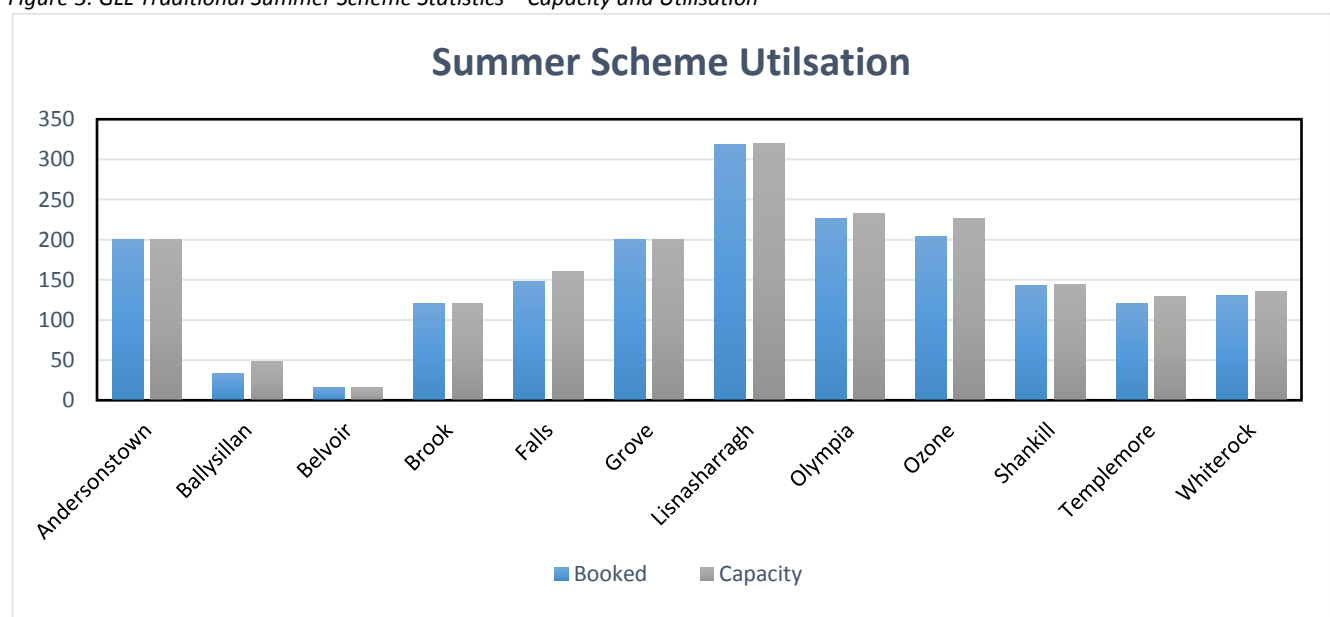




Image 2: Children learning to play football at Brook Leisure Centre.



Image 3: Children learning to box with Patrick Gallagher at Olympia Leisure Centre..

Sports Specific Summer Schemes

Belvoir Gymnastics Summer Scheme

The Belvoir Activity Centre Gymnastics Summer Scheme was delivered between 17th – 21st July, 31st July – 4th August and 7th – 11th August. The weeks involved 5 x 2 hour sessions delivered by a current GLL Level 1 gymnastics coach and supervised by a Group Activity Instructor. The children had a range of ability so the sessions were structured in such a way that participants could be introduced to new skills, play fun games and develop core skills through instruction and play.

59 participants attended the scheme which represented 92.2% utilisation. 75% of the participants were female and 25% male, this was a 7% increase on male participation from the previous year. The age range of participants was from 5 to 12 years of age.

The scheme was designed to provide a sports specific option for those either current enrolled on GLL gymnastics programmes or who would be keen to enroll in September. The gymnastics programme at Belvoir Activity Centre took a break over the summer period and resumed on Monday 4th September.

Avoniel Football Summer Scheme

Avoniel delivered a football specific Summer Scheme from 14th - 18th August. The programme ran from Monday to Friday for three hours each day. The scheme was delivered by Irish FA qualified GLL staff who used age specific drills and fun games to help participants improve their skills and techniques.

The scheme was open to 5 to 14 year olds with the participants being split into age groups. In total 13 children attended the scheme which represented 81.3% utilisation. The participants were split evenly between the 5 to 8, 8 to 11 and 11 to 14 age groups. There were 3 participants aged between 5 to 7 with the rest being 8 to 11. 62% of these participants were male and 38% female, a 23% increase on female participation than the previous year.

Brook Football Summer Scheme

Brook Leisure Centre also delivered a football specific Summer Scheme from 31st July - 4th August. The programme ran from Monday to Friday for three hours each day. The scheme was delivered by Irish FA qualified GLL staff who used age specific drills and fun games to help participants improve their skills and techniques.

The scheme was open to 5 to 14 year olds with the participants being split into age groups. In total 20 children attended the scheme which represented 100% utilisation. The participants were split evenly between the 5 to 8, 8 to 11 and 11 to 14 age groups. There were 3 participants aged between 5 to 7 with the rest being 8 to 11 and 60% of these participants were male and 40% female.

Whiterock Football Summer Scheme

Whiterock Leisure Centre also delivered a football specific Summer Scheme from 7th - 11th August. The programme ran from Monday to Friday for three hours each day. The scheme was delivered by Irish FA qualified GLL staff who used age specific drills and fun games to help participants improve their skills and techniques.

The scheme was open to 5 to 14 year olds with the participants being split into age groups. In total 26 children attended the scheme which represented 100% utilisation. The participants were split evenly between the 5 to 8, 8 to 11 and 11 to 14 age groups. There were 14 participants aged between 5 to 7, 10 were aged 8 to 11 and only two aged 11-14. 81% of these participants were male and only 19% were female.

Ozone Tennis Short Courses

The Indoor Tennis Centre and Ozone Complex delivered small group tennis lessons throughout the summer for seven weeks from 3rd July to 25th August. These lessons were for children aged 5-14 with sessions being split 5 to 7 and 8 to 14 age groups. The lessons were aimed at giving children an accelerated learning experience as

oppose to the regular one session a week, they received daily tennis lessons with the qualified tennis coaches at Ozone. In total 76 children participated in the short courses, representing 45% utilisation.

Shankill Basketball Summer Scheme

Shankill Leisure Centre in conjunction with Peace Players NI delivered a basketball camp from 14th to 18th August. This scheme was aimed at getting children involved in basketball and learning the basic skills and rules of the sport. The scheme was open to children aged 5-14 years old. In total there were 10 participants in this scheme, representing 63% utilisation. The gender split was 50% each with 2 being in the 5 to 8 age group, 4 in the 8 to 11 age group and also 4 in the 11 to 14 age group.

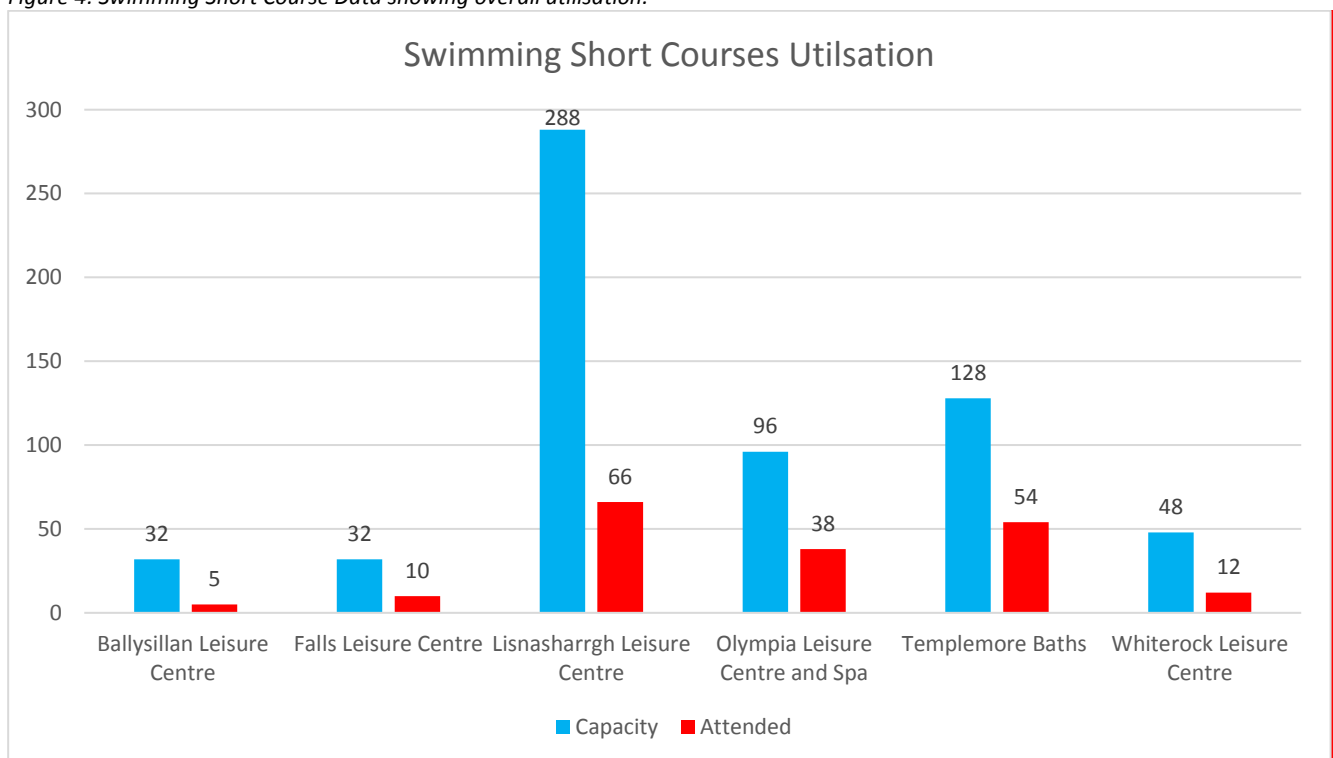
Aquatics Short Courses

During the months of July and August a selection of Swimming Short Courses were delivered in Belfast. The venues included Ballysillan Leisure Centre, Falls Leisure Centre, Lisnasharragh Leisure Centre, Olympia Leisure Centre, Templemore Baths and Whiterock Leisure Centre. The aim of these courses is to help beginners feel comfortable in the water as accelerate their learning by providing them with a lesson each day instead of the usual weekly lesson as part of our Swim School programme.

Overall 185 children attended these courses throughout the summer, representing a 30% utilisation rate. This was down by 55 participants from the previous year. Due to the increase in Swim School members and capacity, this can explain why there is a decrease in numbers. The need for complete beginners to avail of short Swimming Courses has declined as we are now in a better position to meet the demands of lessons and courses throughout the entire year in comparison to the previous year.

Lisnasharragh Leisure Centre delivered to 66 children which showed an increase of 3 from the previous year and was the most of any centres this summer. However, Templemore Baths recorded the highest utilisation rate of 42% and delivered to 54 children. All the data can be viewed in figure 4 below.

Figure 4: Swimming Short Course Data showing overall utilisation.



Summer Scheme Celebration Event

On Thursday 3rd August the Indoor Tennis Centre and Ozone Complex was host to a Summer Scheme Celebration Day to mark the success of the Summer Scheme programme. The day welcomed over 300 children from across 9 centres. Each centre split their groups into age sections and were all given a specific centre colour Better t-shirt.



Images 4 and 5: Children showcase the sports on offer at the celebration event.

At the beginning of the day each group were sent to a sports activity station, either in the indoor tennis courts or on the 3G Multi Sports Pitch. GLL enlisted the support of a number of sporting NGBs and clubs to deliver coaching sessions throughout the day. The participants rotated stations every 20 minutes so they could experience of all the sports on offer.

The NGBs and clubs included the Irish Athletic Boxing Association, Peace Players NI and NI Fencing. East Belfast GAA, Knockbreda FC and Annadale Hockey Club also supported by providing coaches for the specific sports. All other stations were delivered by qualified GLL staff including tennis, rugby, fitness, dodgeball, cricket and athletics stations.



Images 6 and 7: Children with Johnny Davis from NI Fencing and Aidan Walsh, Jacqui Pope and Councillor Ryan Murphy, Lord Mayor of Belfast with participants.

GSF Athlete and Commonwealth Games Gold medallist Aidan Walsh was present to support the children, provide expertise coaching the boxing sessions and be an overall inspiration to all children. The event also welcomed the new Lord Mayor of Belfast, Councillor Ryan Murphy. Speaking about the event he said, “The Summer Scheme programme is brilliant, it’s a great opportunity to bring kids together, help them make new friends and also give them a bit of an insight into the different sports and try to promote an active healthy

lifestyle. It's fantastic to be able to bring people together from all across the city to celebrate the success of the Summer Schemes."

The celebration event was a wonderful way to celebrate the summer of activity to a close and showcase the good work that had been delivered across the city in July and August. The Community Sports team in Belfast will review all aspects of delivery and consider feedback from participants, staff and partners as they formulate their summer plans for 2024.

The remainder of this report will highlight some of the other projects that were delivered across Belfast during June, July and August that formed part of our wider community engagement this summer.



Images 8 to 11: Images of children and coaches at the Summer Scheme Celebration at Ozone.

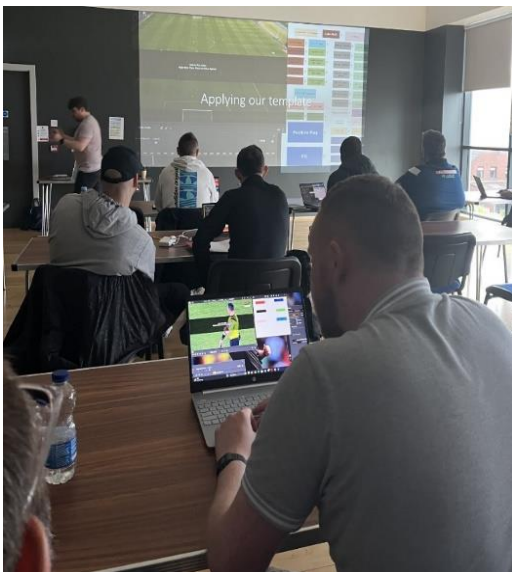
Local Community Group Summer Programmes

GLL have supported numerous organisations and community groups throughout the summer in all of our centres to deliver community events and sports programmes. Below are just some of the most significant events that took place in some of our centres.

Andersonstown Leisure Centre

On 27th June, Andersonstown hosted a Performance Analysis and Talent Identification workshop which was delivered by Terence O'Hara. Terence currently works for Ajax FC and has previously worked with Leicester FC AND Nottingham Forest FC. This event was open to all local football coaches who wanted an insight into how professional clubs operate within this department. Over 50 people registered their interest in this event with 29 actually attending the event. The attendees' ages ranged from 21-56 with both senior and junior coaches in attendance. The coaches were a mix of male and female and came from all corners of the city.

On 22nd August, a Health and Fitness Fair was organised and hosted by the team at Andersonstown. The aim of the fair was to promote awareness around the benefits of physical activity for your mental wellbeing and physical health. As well as how a well-balanced diet can help you improve your health for the better. This included Cooper's Pharmacy, Avonmore, Marie Shaw (dietician), Olympia Spa team, Better Healthwise team and Anthony Nolan charity all having dedicated stalls and information points throughout the centre. This was open to anyone and attracted many non-members into the centre for the first time whilst also helping current members discover more on how to improve their wellbeing.



Images 12 and 13: Local coaches take part in a Performance Analysis and Talent Identification workshop at Andersonstown and Olympia Spa Experience team at the Health and Fitness Fair hosted by Andersonstown.

Avoniel

Galactico Soccer hosted their Primary School tournaments at Avoniel on Friday 2nd and 9th June. The first day was an all-girls tournament whilst the boys competed the week after. With over 300 children in attendance both days and 22 schools, it was a very successful event.

On June 16th seen the return of the Annual Men's Health event in collaboration with Community Sport Network. It kicked off the morning, beginning with an 8 team Danderball tournament. Clubs from across Northern Ireland were invited to represent their team and compete. Avoniel won the tournament themselves however it was a great day for everyone involved.

Alongside this there was a Men's Health Fair in the studio space which allowed men to gain more information on health related topics. This included 15 stalls and information points including our own Healthwise team, Prostrate Cancer and Men's Shed along with many others. Both events drew over 300 men to Avoniel on the day.

Avoniel again hosted Elmgrove Primary School's end of year Sports Day on 16th June. With 600 pupils in attendance and having a fantastic day, this is now a staple venue for the school due to the standard of the facilities.

Clonduff Football Club hosted their end of season awards and fun day at Avoniel. This included over 200 children in attendance to celebrate their season past.

Avoniel hosted an Ethnic Minority 11 a-side football completion in collaboration with EMSONI Foreign nationalities, whom reside in Northern Ireland each represented their countries to battle it out to find out the overall champion. Teams from Nigeria, Sudan, Northern Ireland, Senegal, Romina, Poland, Portugal, Ghana, Benin, South African and Syria all took part.

Every Monday and Wednesday in August Women in Sport and Physical Activity held a Boot Camp style class at Avoniel. The sessions were delivered by fully qualified female instructors who specialise in a range of exercising methods such as Pilates, Yoga, Zumba, Circuits and Chair based aerobics.

Avoniel hosted multiple sports camps during the summer including the Irish Football Association, Clonduff FC, TW Sports Group, Eastside Partnership and Healthy Kidz.



Images 14 and 15: Danderball participants and the Men's Health Fair at Avoniel.

Brook Leisure Centre

Brook Leisure Centre hosted a community fun day on 8th August. This event had been run by the Feile festival in 2022 as a diversionary day to help detract from the anti-social behaviour associated with the festival. Funding cuts in 2023 meant they couldn't deliver this event themselves, however, the centre delivered a community fun day allowing for all activities to be discounted to £1.

Kelly's Roller Disco repeated their successful event from 2022 once again on 4th August this year with around 150 people in attendance.

Local school's held end of term fun days at Brook with a combined pool party and air venture session with Scoil Na Fuisseoig and St Colm's both choosing to celebrate their end of school year at Brook Leisure Centre.

Football clubs also chose to hold fun days at Brook Leisure Centre during the summer with the aim of tackling anti-social behaviour. The sessions hosted over 250 children.

Better Gym Connswater

On 4th June, Connswater hosted a member walk in which they trekked up Cavehill. At the top they enjoyed some buns along with tea and coffee. In total, they had 7 members join them on this walk and plan to continue hosting walks in the future.

Girdwood Community Hub

Girdwood hosted multiple summer schemes delivered by outside organisations, these included; Our Club Our Community; TAMHI; Belfast Trust; Cliftonville Community Regeneration; St Malachy's Youth FC; New Lodge Arts; and Open Arts.

They also facilitated Fun Days during the summer for Cruse Bereavement and Pathways Project on 26th July and 25th August respectively. Both events were well attended and received by well by all involved.

The NHS hosted a Wheelchair Skill Event at Girdwood on Tuesday 1st August. This was aimed at young people and was attended by people from all over Belfast.

Lower Old Park Community Association held their roller skating event at Girdwood in the main hall on 5th August to conclude their fun day.

Belfast City Council also facilitated an end of summer disco for young children. This was attended by 60 young people on 18th August. They also held a bird box making event in centre on 21st August to support mindfulness and senior activities

The Aston Centre ran a health and wellbeing day on 8th August. This was supported by TAMHI and a colour run also took place around the centre to conclude the event.

TAMHI also delivered a programme called Girdwood 4 All summer intervention which was delivered every Monday to Thursday from 6pm to 10pm between 31st July to 25th August.

On 22nd August Girdwood hosted a cultural heritage event which was attended by 200 people to enjoy a range of African music and cuisines.

Lisnasharragh Leisure Centre

Lisnasharragh Leisure Centre hosted Aqua Splash sessions on 9th and 30th July and 13th and 27th August. This is an increase on the usual timetable in order to cater for the school holidays. Several hundred children and adults attended the wet inflatable sessions.

Whiterock Leisure Centre

Springfield Trust organised their annual Fun Day at Whiterock Leisure Centre. As part of this fun day they booked the main hall, multi sports pitch and front car park. They had bouncy castles set up along with free taster sessions on electrical go-karts and offered free treatments and massages. Sainsbury's food bags were also given out and a barbecue was set up for people to enjoy some burgers and hot dogs in the community garden.

GLL Halloween Programme

Background

GLL in Belfast were delighted to deliver a successful Halloween Scheme programme for the first time. After the success of the Easter and Summer Schemes, the demand for a Halloween Scheme was growing. Due to this being the first delivery of a Halloween Scheme, there were only 30 Children’s Activity Instructors and Supervisors hired. This was also due to the Halloween holidays not being as long in duration or in line with regular University holiday times, therefore the pool of potential workers was decreased.

Six centres delivered a traditional Holiday Scheme model in addition to three centres delivering a sports specific model. Football was offered at Avoniel and Brook Leisure Centre as well as gymnastics at Belvoir Activity Centre. The traditional Schemes offered arts and crafts, football, dodgeball, table tennis, badminton, basketball, board games, bouncy castles and swimming for those centres with pools along with many other fun activities.

Statistics

In total the GLL Halloween Scheme catered for 156 children which was 75% utilisation of the spaces offered. Shankill Leisure Centre recorded the highest attendance figures with 31 which represented 96.9% utilisation, followed behind by Lisnasharragh Leisure Centre with 30 (75%) and Andersonstown Leisure Centre with 22 (91.7%).

Further information can be found in figure 5 below.

Figure5: GLL Halloween Scheme Statistics – Age and Gender Breakdown

Centre	5-7 Years	8-10 Years	11-14 Years	Male	Female	Total
Andersonstown	12	8	0	10	12	22
Falls	12	7	0	9	10	19
Grove	5	7	3	9	7	16
Lisnasharragh	15	9	5	16	14	30
Shankill	13	12	4	18	13	31
Whiterock	4	1	0	0	5	5
Avoniel (Football)	2	1	1	2	2	4
Belvoir (Gymnastics)	10	5	0	4	11	15
Brook (Football)	8	5	1	9	5	14
Totals	81	55	14	77	79	156

Holiday Scheme Performance

The total participant numbers, gender split and age split of the combined programmes can be viewed in figures 6 to 8 below.

Figure 6: Belfast Holiday Scheme - Total Participation Numbers

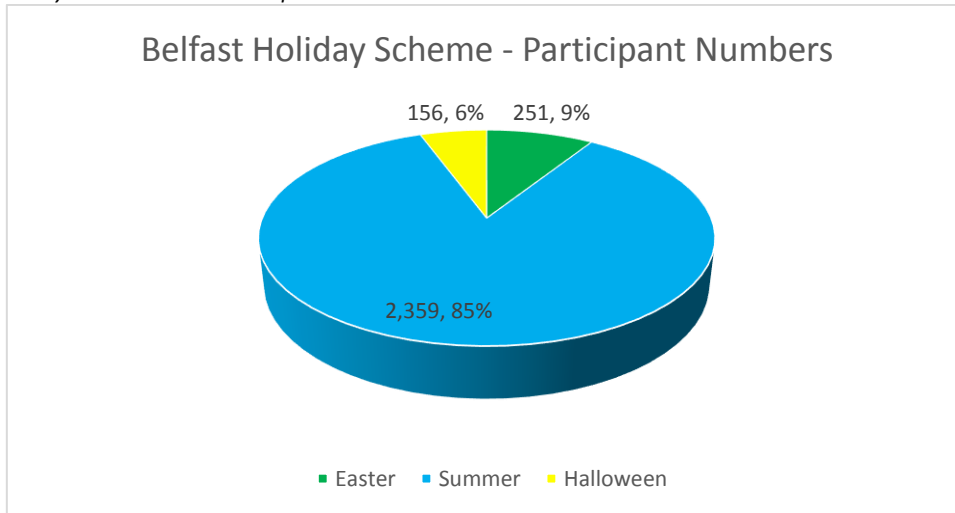


Figure 7: Belfast Holiday Scheme - Gender Split

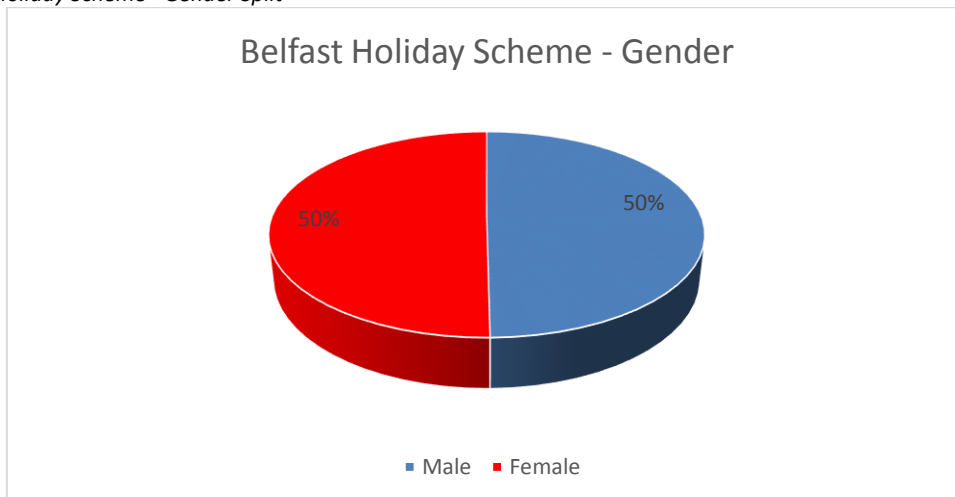


Figure 8: Belfast Holiday Scheme - Age Split

