

The Belfast Local Community Action Plan is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

ACTIVE COMMUNITIES NETWORK



TPC 4 Plus Sport
Vicky Moore

activecommunities.org.uk

Plus Sport

Plus Sport is a collaborative programme delivered by four leading community and sport development organisations, working together to create positive opportunities for young people and communities through sport. The Project is part of The Belfast Local Community Action Plan, supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

The partnership brings together:

- Active Communities Network (Lead Partner)
- Sport Changes Life
- PeacePlayers Northern Ireland
- Community Sports Network

Running from April 2025 to December 2027, Plus Sport is built around five interconnected pillars that support participation, education, personal development, employability, and evidence-based learning. Through community engagement, coach development, and research, the programme aims to strengthen communities, improve opportunities for young people, and share best practice across the sport and community sectors.



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Outcomes

The Project aims to work with young people across the following pillars;

Pillar 1: 16-18year olds.

160 young people to be engaged in coach development programmes across the City, with the aim of making individuals more employable by giving them real life coaching training and experience, building their portfolio of relevant qualifications and encouraging their passion for sport and the community.

Participation includes: 40 Hours sustained engagement, 3 Twinning Sessions (cross community) .

Qualifications: Safeguarding, Dodgeball Level 1, Basic First Aid & OCNNI L1 Diversity & Inclusion

Groups included: Bryson Pathways, Malone College, PP LDP, St Mary's Grammar.

No. Completed by June 2026: 88 Young People



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Pillar 2: 11-16 year olds

1440 young people to engage in positive sporting activities across the City. This provides young people the opportunity to meet new peers, establish relationships, visit areas they would not usually, try out a new hobby and build their confidence.

Activities have included: Team games, American Football, Tag Rugby, Basket Ball, Cricket, Netball, Pickle Ball & Football.

Participation includes: 36 Hours sustained engagement, 3 Twinning Sessions.

Groups Included; Bridge n Divide, St Joseph's Primary, Black Mountain Action Group, St Anne's Primary, Nettlefield Primary, Albert Foundry Football Club, St Malachy's Youth Club.

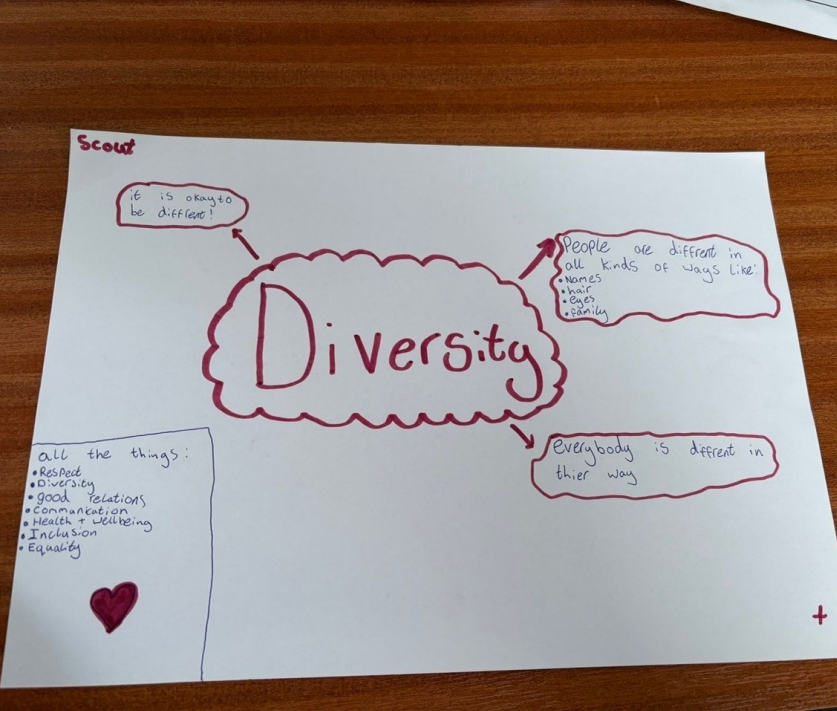
No. Completed by June 2026: 466 young people.



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“PlusSport has been a great opportunity for young people from different backgrounds to come together in a positive and inclusive environment, allowing them to work together as a team, putting their differences aside. By taking part in the programme it allowed the participants to build on their team work skills, learn more about respect, not only towards their peers, but themselves too. It was great to see the different friendships form especially with kids who would've never got the chance to meet with people from other areas/communities. This alone made me delighted we participated in the Project.”



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Pillar 3: 16+ Years Old

20 young people will become directly more employable through Pillar 3. They will be mentored within one of the 4 organisations and build up their coaching skills with various groups across the project.

- Coaching qualification related to their skill set & Interests
- Opportunity for employment
- Personal development and understanding of organisations and the sector.
- Small personal enhancement to be paid directly to individuals.

Engaged to Date: 13 Young People
9 gained part- time employment.



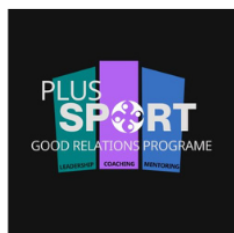
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- **Sami**
- **Malone Integrated College**
- **Pillar 1 participant**



My name is Sami, I am a young man from Syria and came to Northern Ireland 8 years ago. I was fortunate to get the chance to study at Malone Integrated College and gain both my GCSE'S & A Levels. It was through Malone that I got the chance to get involved with the programme.

During the programme I had the opportunity to work alongside amazing people from Sport Changes Life. In the last 3 months I have gained experience and built a lot of confidence.

I can now comfortably take sessions and really enjoy engaging with the participants, the idea of doing something that focuses on making others happy really motivates me.

I'm looking forward to learning a lot more in the coming months as I believe this is something that I would like to do in the future.

Sport Changes Life Quote

Sami was part of our Pillar 1 project who has now moved onto Pillar 3. Moving forward we hope that Sami can now take the next step and move into future employment.

Sami has since completed the IFA NCC and is employed through Job Start at Sport Changes Life.



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Pillar 4: Research

Research Objectives

Explore the relationship between adversity, emotional expression, wellbeing, and participation in sport and positive activities.

Examine participants' perceptions of how sport and positive activities support coping, resilience, confidence, and personal development.

Explore how sport and positive activities contribute to peacebuilding, social connection, and intercultural understanding.

Examine the role of collaborative partnership working in supporting positive outcomes and sustainable programme delivery



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Scope of the Research

The research will evaluate three programme pillars:

Pillar 1 – Young Leaders (Aged 16–18): Approx. 160 participants; survey data collection and focus group interviews.

Pillar 2 – Community Participants (Aged 11–16): Approx. 1,440 participants; survey data via Belfast City Council Monitoring & Evaluation forms. Teachers/coaches/YW asked for feedback in relation to young people's attitudes & behaviour.

Pillar 3 – Advanced Leaders (Aged 16–18+): Approx. 20 participants; one-to-one in-depth interviews.

Additional input will be gathered from five organisations representing a mix of funders and direct Sport for Development (S4D) delivery partners. These interviews will explore their approaches, priorities, and perspectives on S4D:

Sport NI

BCC Sport Team

DFC

TEO

Good Relations Council



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Pillar 5: Employability, Cross border & Best Practise

This Pillar is designed to ensure the young people engaging in Pillar 1 & Pillar 3 have the opportunity to put their learning into practise. Through developing employability, leadership and coaching skills, the programme aims to host employability fairs throughout the year with genuine opportunities for young people hoping to gain regular part time job roles.

Best Practise events, these have been carried out through presentations, forums, events with the partners. Displaying the work of the project and the positivity the consortium approach is having across the City and sector.

Cross Border: Opportunities through the programme are to engage with potential partners or activities in the ROI. This quarter young people from Dublin came and engaged in some ice hockey and American football sessions with our project participants.



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Thank you for listening



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**ACTIVE
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**Tackle Inequality.
Create Opportunities.
Inspire Change.**

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