

Project & Funder LGFA Talk Project	Staff Lead Phil Glennon	Support staff Natalie Corbett	Report Date 18.08.2022	Next funder report date: N/A	
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Context:

In May 2022, the LGFA revealed on social media the clubs who would be participating in the LGFA Talk Project, including clubs from Antrim, Armagh, Derry, Down, Fermanagh and Tyrone over a 6-week programme that would be delivered by the NIYF. This project would build on the successes of the project in 2021, increasing the number of clubs participating from 4 to 6 clubs. Some meetings took place with LFGA / NIYF to discuss steps moving forward and the following time line was agreed in terms of delivery:

<i>Project Team Training Part 1</i>	<i>25th May (7-10pm) – Glenavon Hotel, Cookstown</i>
<i>Project Team Training Part 2</i>	<i>1st June (7-10pm) – Online Webinar</i>
Week 1	6 th – 12 th June
<i>Start Week Check In</i>	<i>8th June (7.30pm-8.30pm) – Online Webinar</i>
Week 2	13 th – 19 th June
Week 3	20 th – 26 th June
<i>Project Team Training Part 3</i>	<i>28th June (7-10pm) – Kelly’s Inn Omagh</i>
Week 4	4 th – 10 th July
Week 5	11 th – 17 th July
Week 6	18 th - 24 th July
Certificate Presentation to Successful Clubs	Sunday 31 st July at TG4 All Ireland Finals – Croke Park

*Next Steps Evening and
Evaluation*

Wednesday 10th August (7.30-9.30pm) – Kelly's Inn, Omagh

Following an evaluation with staff and volunteers from the perspective clubs some feedback was provided. It should be noted that NOT all clubs were in attendance for the evaluation.

Do you think the training was beneficial for the young people you work with?

- ✓ Yes
- ✓ Yes, I think long term they will benefit
- ✓ I think the overall idea was positive – I'm not sure about the specific training as it didn't always translate easily
- ✓ Yes, I feel that given time it will continue to grow
- ✓ The activities we carried out with the young people were beneficial. The training helped us to understand how to carry it out
- ✓ Training gave us the knowledge to impart to the young people
- ✓ I think that the training was beneficial for the under-17's team, however there were challenges getting in incorporated into training sessions with coaches as the focus within our club is more about playing football and less about health and well-being.
- ✓ Yes, overall beneficial to the teams and club
- ✓ Yes, the girls are a lot more confident, there is a greater bond not only between the girls but also with the leaders

How would you rate the content, design and activities descriptions and key messages in the training booklet?

- ✓ Clear and concise, lots of useful suggestions and activities
- ✓ The content of the booklet was excellent with lots of good ideas to support implementation
- ✓ Very good for ideas, although some only useful at the start of the season
- ✓ Clearly outline, simple language, good ideas
- ✓ I feel the activities were very helpful and age appropriate and can be built upon as time goes on
- ✓ I'm not convinced that the full lifemaps idea was necessary, I would have preferred to focus on a smaller number of key themes
- ✓ Good ideas, gets people thinking and relate to their own club
- ✓ Good but more ideas would be good
- ✓ More online?

- ✓ Great concept
- ✓ The format didn't really work for me, too much time checking in & out and not enough focus on specific ideas, could it all have been done online?
- ✓ Project too intense, need to really look at a longer programme
- ✓ First night was a lot, very far away, a lot of information, people were tired and hungry
- ✓ It was difficult to incorporate this into training sessions. Not sure that there is currently an appetite for health & well-being in our club. There is a need to change the 'culture' within the club to be able to take this forward. I wonder would it be different if facilitators were not volunteers within the club with lots of other commitments, families, work, coaching, playing, studying etc.

What challenges did you face?

- ✓ Buy-in from some coaches, will be an issue, especially males
- ✓ Time
- ✓ Getting correct activities sorted
- ✓ Time
- ✓ Buy-in from coaches and parents
- ✓ Working with coaches to get them to buy-in at the beginning
- ✓ Finding time to run all the activities
- ✓ Not being able to roll it out to all groups in the club
- ✓ Time
- ✓ Time commitment for the training, getting the wider club on board
- ✓ Girls opened up a lot more with younger leaders
- ✓ Lack of commitment regarding project team
- ✓ Finding a time that suits everyone
- ✓ Busy – time consuming
- ✓ Timing, difficult to start some of the activities mid-season. Some teams finished
- ✓ Suggestions for improvement, link with clubs to deliver these talks at the club or on a day & time mutually suitable for club & NIYF. Project team having time to attend talks by NIYF as they were on Wednesday nights when girls had training, matches or were playing (NIYF did not establish any dates or times for this project)
- ✓ Lack of commitment from project team on reflection, the project team was 'nominated' and did not 'volunteer' onto the project team

which is learning going forward. The project was dependent on 1 or 2 people to drive it forward which impacts on the success of the project.

- ✓ Timing of the project for U-17 team and their coaches was not ideal as girls had exams and coaches are 18, 20 & 23 and could probably benefit from participating in lifemaps training before trying to introduce it to U-17's.

Following the training do you feel confident in your ability to facilitate the training with young people?

- ✓ Yes – 100%
- ✓ Definitely
- ✓ Yes, though there maybe could be more focus on how to engage young people
- ✓ Yes
- ✓ Yes, getting more confident each week
- ✓ Yes
- ✓ Yes
- ✓ Yes
- ✓ Yes – feel able to 'support' facilitation of training, however on reflection it would be helpful to have a clubhouse as a 'cosy space' instead of trying to incorporate it into training session where coaches main focus was on playing football and less on lifemaps

How would rate your overall experience on the LFGA Talk Project?

- ✓ I didn't get to meetings as much as I wanted to due to other commitments of football for seniors and things happening in the club but the impact it has had on the girls is amazing
- ✓ Fantastic experience, made me more aware
- ✓ Mixed – Some good take aways
- ✓ It was good to be prompted to focus on the girls, not sure about the format
- ✓ I found it very enjoyable, I feel I learned so much and hope to be able to continue to participate in the club
- ✓ The project was a very positive experience but required a lot of commitment especially as a busy mum of 6 & working fulltime
- ✓ Good experience in terms of opening conversations for the whole of the club
- ✓ Great project and very rewarding

- ✓ Very positive for the Talk Project team & for the girls themselves
- ✓ Initially getting coaches to buy in
- ✓ We didn't focus on specific terms, kept it fun, less 'learning'. Didn't send out the survey for this reason, maybe this was wrong?

Moving forward will you make use of this training?

- ✓ Yes
- ✓ Yes
- ✓ Yes absolutely
- ✓ Yes
- ✓ We have already started a project with a new group and got new leaders involved
- ✓ I am trying to roll this out at training sessions, check in and out, random acts of kindness, however this is challenging with the focus being football
- ✓ Want to have an information night with coaches
- ✓ Yes, I hope to continue to use this in the club and continue to help & grow
- ✓ Yes, we plan to roll out to our club teams, during Autumn/Winter into pre season
- ✓ Absolutely
- ✓ Yes

Moving forward how can NIYF staff support you?

- ✓ Welcome support / guidance regarding 'sexuality' and confusion around the same
- ✓ Signposting for issues such as 'drugs'
- ✓ Provide signposting
- ✓ More professional support
- ✓ I need more information on this
- ✓ Getting girls together from different clubs would be a good idea
- ✓ Come to individual clubs, support with rolling out across the club
- ✓ From feedback from coaches, I think that NIYF coming to support implementation within the club would be helpful
- ✓ We would like NIY staff to visit our club and work with our U-14's girls

- ✓ Maybe if a small fund was available to run some activities – such as day trips
- ✓ Come run some sessions
- ✓ Not sure
- ✓ Continue to maybe add new activities or advice

What were your highlights?

- ✓ Painting the container
- ✓ Feeling the girls were being given a voice if they had something to share
- ✓ Girls going to Croke Park – all great reports
- ✓ Bringing the girls together
- ✓ Painting the container and seeing the girls work together as a group
- ✓ Speaking about how people were feeling at the end/start of matches/training
- ✓ Croke Park trip – seeing young peoples faces that had never been there before
- ✓ Getting new club members involved in club activities
- ✓ Seeing results and impact on girls
- ✓ Real buy in from the girls
- ✓ Seeing the girls enjoying each other's company
- ✓ Trip to Croke Park – real sense of belonging for the group
- ✓ Croke Park
- ✓ Blindfolded obstacle course, making letters with their bodies
- ✓ A buzz around our ladies
- ✓ Hopes & Fear jar, collecting 'seaglass' for butterfly project
- ✓ Hopes, Fears, Dreams, fun day at the beach, flat wheel, games, barbecue, learning that almost everyone in the team has similar hopes and fears
- ✓ Bonds created between girls, between leaders and between girls and leaders

Do you understand the term 'languishing' and can you communicate this with young people?

- ✓ Yes – not necessarily a word young people might use

- ✓ I understand the word but not the need to use it with young people
- ✓ Yes, although from reflection, a talk about this at the start of the project would have been beneficial (this was covered on the first session but not enough time on it)
- ✓ Yes and I feel they are starting to follow it more
- ✓ Yes
- ✓ Yes I think so
- ✓ Didn't focus on terms, equations etc, just did the activities
- ✓ Yes
- ✓ Just about

Do you understand the term 'flourishing' and can you communicate this with young people?

- ✓ I understand it however not sure all the girls do yet!
- ✓ Yes
- ✓ I understand the term, I'm not sure it is necessary to focus on the word and it's meaning in order to help young people to flourish
- ✓ Yes I understand and feel that the girls are definitely starting to as well
- ✓ Yes we have had a very positive experience of the girls achieving this
- ✓ Yes
- ✓ Yes
- ✓ Yes

Evaluation report produced for LGFA
Evaluation report sent on 16/08/2022