



**COMMUNITY
SPORTS
NETWORK**
Active | Empowered | Connected

PROGRAMME RANGE



ABOUT US

Community Sports Network (CSN) is a local Charity which works in communities across Northern Ireland.

We proactively use Sport for Development (S4D) as a medium to engage everyone within our communities.

S4D is defined as the intentional use of sport, physical activity and play to attain specific social development objectives.

All our programmes must fit within our charity thematics of:



**ENCOURAGING AN
ACTIVE
COMMUNITY**



**PROMOTING A MORE
CONNECTED
FUTURE**



**EMPOWERING
& EDUCATING PEOPLE**



'BUILDING COMMUNITY' STRATEGY

2024-2029

OUR VISION

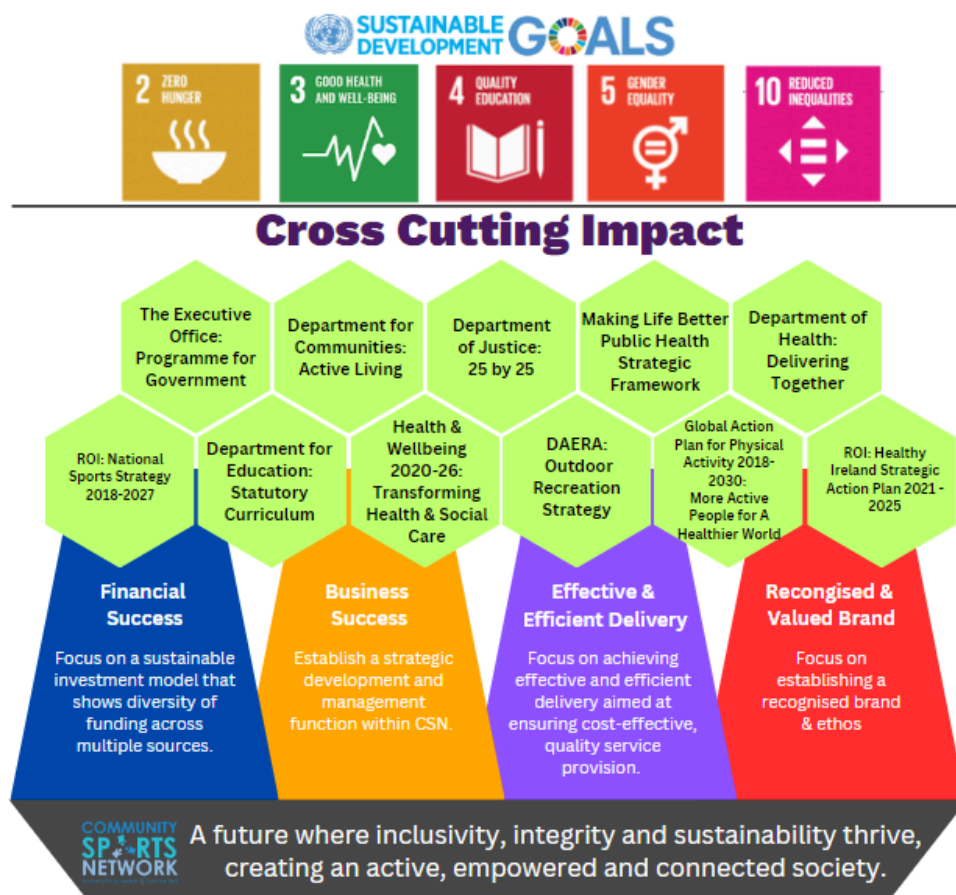
CSN envisions a future where inclusivity, integrity and sustainability thrive, creating an active, empowered and connected society.

OUR MISSION

To empower individuals and communities through inclusive participation, fostering inclusivity, integrity, and sustainability. CSN strive to create a welcoming and accessible environment where everyone can thrive, regardless of background or ability. Through transparent governance, ethical leadership, and a commitment to diversity and environmental responsibility, we aim to inspire positive change and promote holistic well-being for all.

OUR APPROACH

Using a Sport for Development methodology, all of our programmes link to greater outcomes and societal factors.



BACKED BY DATA

We have invested years of expertise into creating robust data analytics systems. For our programmes, we can design bespoke data capture systems aligned with Outcome-Based Accountability, leveraging software like Social Value Engine and Upshot to meet funder requirements and demonstrate impact.



Unlock a brighter future with our Positive Impact programme for inmates and ex-offenders. Providing the tools to establish a healthy routine through the use of physical activity and personal development courses. Fit Future provides upskilling opportunities and physical activity sessions within the prisons, whilst our dedicated Support Hub & Fresh Air, Fresh Start programmes are here to guide you towards a new, fulfilling life outside the bars. Paving the way to a brighter and better you!



Fit Future is a personal development programme within the prisons. Direct focus on physical, mental health and wellbeing.



Fit Future is a personal development programme within the prisons. Direct focus on physical, mental health and wellbeing. Involving accredited qualifications.



Our Support Hub's are one of our flagship programmes and works in partnership with Start 360 and Prison Arts Foundation. The Hubs are used as part of a holistic programme around rehabilitation. Our Hubs run weekly throughout the year at various sites across Belfast offering opportunities to engage in physical activity.



The Fresh Air, Fresh Start programme uses outdoor spaces to help boost physical mental and social wellbeing. This weekly programme has utilised activities such as hill walking, mountain biking, footgolf, archery and orienteering.



Our engagement programme reaches out into areas of the community that may not, at first, wish to attend other programme. Within Positive Impact, this programme is delivered within hostels and participants avail of activities such as Boccia, Circuits, Boxercise and Chair Based Activity





The Amplify project is a 4 year programme investment from the Special EU Programmes Body (SEUPB) through their 3.2 PEACE PLUS Youth programme. The key objective of this investment area is to;

“Enhance the capacity of children and young people to form positive and effective relationships with others of a different background, develop their confidence and future potential, and contribute towards the creation of a more cohesive society”

The Amplify project is made up of 7 partnered youth work organisations to include; Youth Action NI (project lead), Northern Ireland Youth Forum, Princes Trust, Patrician YC Downpatrick, Youth Work Ireland (incl. Louth and Monaghan), Foróige and Community Sports Network.

Amplify will engage young people who are disadvantaged, excluded or marginalised and who are aged 14-24 years across defined regions and communities in Northern Ireland and the border counties of Ireland. This will target all 11 council areas in NI, to include border counties of Donegal, Monaghan, Cavan and Louth.

Through ongoing and persistent recruitment, Amplify will support 1350 vulnerable young people to complete programmes that develop their confidence and future potential, support positive and effective relationships with others, and support them to play an active role in building a cohesive society. It will provide meaningful cross-community and cross-border programmes, embedding the core elements of;

- Personal Development
- Good relations
- Citizenship
- Employability skills
- Positive progression

Through a co-design process, the programme will incorporate personal action plans, youth achievement awards, learning goals, group discussion, creative expression workshops, directed activism tasks, social action/volunteering, outdoor learning, residential experiences and personal mentoring.





Educate & Activate

Programmes for 5 to 11 year olds

“THE CONSISTENCY OF COMMUNITY SPORTS NETWORK STAFF HAS ENSURED CONTINUITY FOR OUR VERY YOUNG CHILDREN AND AN EXCELLENT MOTIVATIONAL INCENTIVE FOR OLDER PUPILS.”

Educate & Activate

Programmes for 5 to 11 year olds

At Community Sports Network (CSN) we deliver a wider range of programmes to children (aged 5 to 11) under our Educate & Activate theme. Within Educate & Activate our programmes are designed to provide children with the opportunity to take part in a range of sports and activities whilst delivering key educational messages.



Our Energise programme, blends together key nutritional messages and physical activity games. The programme consists of 6 1-hour sessions. Energise has been developed in partnership with the Northern Healthier Lifestyles Partnership.



Through our Primary Sports programme, children have the chance to play a range of sports. Sessions are normally 1 hour long. Sports offered include:

Dodgeball, Olympic Handball, Soccer, Rugby, Gaelic Sports, Cricket, Basketball, Multi Skill Games and more...

Programmes can involve multiple groups and include celebration events.



JagTag is a bespoke programme to CSN and is a sport created and owned by the Jacksonville Jaguars, an American Football team. JagTag is a non-contact form of American Football and is aimed at children and young people.

Programmes can involve multiple groups and include celebration events.



The Physical Activity & Wellbeing (PAW) programme combines physical activity with wellbeing messages on the below topics such as mental health, self-belief & confidence and nutrition. The programme includes 6x 1-hour session and through each session a wellbeing messages will be discussed through practical activities.



A programme which focuses on developing the leadership skills of Key Stage 2 children. The programme is a mix of leadership workshops and sports games. Children become Primary Leaders which enables them to set up and take simple activities (under supervision) to other children.

PARTICIPATE



Lead

Programmes for 12 to 18 year olds

“I’VE ALWAYS BEEN PASSIONATE ABOUT SPORTS BUT SHEERSKILL OPENED DOORS TO NEW SPORTS THAT I DIDN’T KNOW MUCH ABOUT.”

PARTICIPATE



Lead

Programmes for 12 to 18 year olds

At Community Sports Network (CSN) we deliver a wide range of programmes to young people (aged 12 to 18) under our Participate & Lead theme. Through Participate & Lead programmes, young people are encouraged to continue their participation in sports and activities. Also, young people are given the opportunity to be involved in programmes which help develop their sporting knowledge and leadership skills.



SheerSKILL is a sports leadership & personal development programme that offers a range of accredited sports coaching courses, skill based practical sessions, good relations awareness workshops as well as work experience opportunities in the community with professional coaches. Also, through this programme, young people also engage in a Mental Health Workshop designed by State of Mind Ireland & University of Ulster. SheerSKILL programmes can include all the courses listed on our Coaching Platform



Through our SportOpps programmes young people have the chance to play a range of sports. Sessions are normally 1 hour long. Sports offered:

Dodgeball, Olympic Handball, Soccer, Rugby, Gaelic Sports, Cricket, Basketball, Multi Skill Games and more...



JagTag is a bespoke programme to CSN and is a sport created and owned by the Jacksonville Jaguars, an American Football franchise. It is a non-contact form of American Football aimed at children and young people from 11 years old onwards. The game is suitable for children of all abilities. They are taught basic techniques of throwing, catching, evading and defending before upskilling as they get more experience, eventually learning how to create their own in game tactics.

Programmes can involve multiple groups and include celebration events.



Having been established in 2011, our annual U14-16s girls GAA Winter league provides the opportunity for girls to take part in regular physical activity. The league runs every Saturday throughout January and February and invites teams from around the country.



Active Life

Programmes for 18+ year olds



“EVERYONE FEELS INCLUDED AND GETS TO EXPERIENCE A WIDE AND VARIED RANGE OF SKILLS, APPROPRIATE TO AGE AND ABILITY.”

Active Life

Programmes for 18+ year olds

At Community Sports Network (CSN) we deliver a wide range of programmes for adults (aged 18+) under our Active Life theme. Our Active Life programmes are designed to offer participants a range of opportunities to improve their (and their families) health, wellbeing and knowledge. The aim of Active Life is to encourage participants to engage in a lifetime of physical activity.



As suggested, the Active Outdoors programme includes activities and sessions which happen outdoors. The programme encompasses a range of opportunities (supported by our partner organisations) which include, Mountain Biking, Cycling, Archery, Climbing, Caving and Orienteering. The Active Outdoors sessions promote Team Building by providing opportunities not often accessible to everyone.



Munch Clubs is a healthy lifestyle programme, targeting families and using practical cooking skills, physical activity, nutrition and other learning resources as the medium of engagement. Through practical sessions, families (with particular needs and/or from socially deprived localities) make informed lifestyle choices with healthier outcomes.



We acknowledge the importance of regular physical activity for health benefits. Up & Active physical activity programmes are specifically designed for adults. These programmes are adaptable to fit the needs for the groups and more importantly, are delivered where and when suits the participants. Activities include: Boxercise, Circuits, Dance, Walking, Couch 2 5km.



The CSN Multi Games Training is a CSN only programme that aims to support clubs, schools and community groups by providing training on multi skill games. The programme has been used previously to help clubs develop junior sections focusing on multi games instead of sport specific.



“HAVING CSN LEAD OUR GROUPS WITH TEAM GAMES LIKE BOCCIA, HAS LED TO A RE-ENERGISING OF GROUP MEMBERS. THEY FEEL BETTER, ARE MORE FOCUSED AND ARE BEGINNING TO INCREASE THEIR OWN FITNESS LEVELS DAILY.”



At Community Sports Network (CSN) we deliver a wider range of programmes for the older generations under our Older & Active theme. The aim of our Older & Active programmes are to encourage lifelong involvement with physical activity whilst promoting the additional benefits of continued participation such as physical, mental and emotional wellbeing



The main objective of Armchair Aerobics sessions is to encourage the journey of being physical active into later life. The session engages with seniors and are low impact activities which are delivered in a community setting. The sessions are suitable for all abilities and aim to increase lifelong physical literacy, whilst reducing social isolation and promoting mental health.



The use of Walking football to engage and increase participation in men and women over the age of 50. Danderball is used to get the older generation back into team sports which have several positive benefits on health, wellbeing and isolation.



Includes Boccia & New Age Kurling. These are fun, chair based, low impact activities that work on co-ordination. The activities are inclusive for all abilities and aim to boost participants wellbeing and tackle issues such as isolation.



Range of testing for later life and can flag up early signs of health issues. The MOT Tests different types of fitness & matches against averages. The sessions link to other Older and Active programmes, enabling us to provide participants with gradual signs of improvement throughout programme participation.



“I BELIEVE THAT ALL OF LEARNING THROUGH SKILLS I HAVE DEVELOPED AND LEADERSHIP ROLES I HAVE TAKEN ON THIS YEAR WILL BE OF GREAT BENEFIT TO ME IN MY FUTURE, WITH SELF-CONFIDENCE, ADAPTABILITY AND REMAINING SELF-ACCOUNTABLE THROUGHOUT UNIVERSITY LIFE OR IN A WORKPLACE ENVIRONMENT.”

COMMUNITY SPORTS NETWORK



Our Active Mentoring Programme offers a variety of opportunities for those seeking experience in the Sport for Development field. We are committed to developing people and supporting their journey into the Sports for Development field.

CSN INTERNSHIP PROGRAMME:

The CSN Internship Programme is a unique one-year opportunity for individuals who are passionate about Sport for Development. Combining intensive training, hands-on experience, and professional development, the programme prepares interns to make a meaningful impact in communities.

Key Features:

- **3-Month Training Period:** Interns complete an unpaid training phase to gain comprehensive knowledge of CSN programmes and standards.
- **9 Months of Programme Delivery:** Interns deliver a variety of CSN programmes gaining real-world experience in Sport for Development. 25 hours per week.
- **Pay & Benefits:** After training, interns join the CSN team with a yearly salary of £8,000 (pro-rata), uniform, desk, laptop, and dedicated mentorship and a CPD budget of £500 to send on qualifications.

CSN COACH PLACEMENT PROGRAMME:

This programme focuses on training and mentoring the next generation of community coaches and leaders by providing aspiring Sport for Development coaches with opportunities to participate in regular volunteering or paid sessions. Placements are flexible, with varying durations and weekly hours tailored to individual needs. Participants gain hands-on work experience while being guided by experienced mentors in the Sport for Development sector.

Participants will develop new skills and take on challenges to grow personally and professionally and build a strong foundation of skills, confidence, and experience. This programme empowers future coaches to advance their careers while contributing to positive social change in local communities.

CSN WORK EXPERIENCE PROGRAMME:

The CSN Work Experience Programme offers students valuable opportunities to gain practical experience that complements their academic studies. Tailored to meet course requirements, placements can vary in duration, from one day a week to a full week or several weeks.

This flexible programme provides students with hands-on exposure to the Sport for Development sector, enhancing their skills and knowledge while supporting their educational goals. Please note that opportunities are subject to availability.

To find out more about our intern programme and how you can apply please contact us on: info@communitysportnetwork.org



The Coaching Platform is our range of qualification and support services we offer to groups, school or coaches. Often our qualifications are stacked within our SheerSKILL programme. This means that groups can choose a mixture of our qualifications to be delivered to their groups. Each course has its own specific sign up conditions and post qualification delivery requirements.

To find out more about each please contact us at Info@communitysportsnetwork.org



British Dodgeball is recognised as the National Governing Body for dodgeball in Great Britain and Northern Ireland. We work with British Dodgeball to offer courses to teachers, leaders and students. The courses we offer are:

- **DODGEBALL INTRODUCTION**
- **DODGEBALL LEVEL 1**



The Leadership Skills Foundation is a prominent awarding organisation dedicated to the development of leadership skills in young people. Through our license with the Leadership Skills Academy we offer:

- **SPORTS LEADERS LEVEL 1**
- **COMMUNITY SPORTS LEADERS LEVEL 2**
- **SPORT LEADERS LEVEL 3**



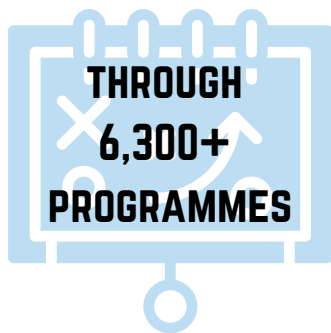
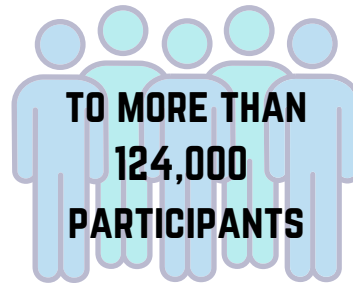
JagTag is a simplified version of tag-based American Football invented by the Jacksonville Jaguars. The game is suitable for children of all abilities. Through courses coaches are taught basic techniques of throwing, catching, evading and defending before gradually up skilling to game tactics and plays. Courses we offer:

- **JAGTAG LEVEL 1**



We are a recognised AccessNI delivery body. AccessNI provides basic, standard and enhanced checks. Depending on the level of check, different criminal records and cautions are disclosed on a person's certificate. An employer must know the check required for a job or volunteering role. If you require checks please contact us.

SINCE 2006



#BUILDINGCOMMUNITY24

INTERESTED IN BOOKING A PROGRAMME?

To find out more about our programmes and how they can be tailored to suit the needs of your group please contact us

Info@communitysportnetwork.org

028 90 297 661

Or find us on      search: **Community Sports Network**

Educate & Activate

Programmes for 5 to 11 year olds

PARTICIPATE



Lead

Programmes for 12 to 18 year olds

Active Life

Programmes for 18+ year olds



Programmes for 55+ year olds

Active | Empowered | Connected