

Organisation Name		Reference code
Bishop Street Youth Club		2025-10-YWG04
Organisation Address		
Bishop Street Derry Derry BT486UJ Northern Ireland		
Website Address		
<a href="https://bishopstreetyouthclub.nwys.ie">https://bishopstreetyouthclub.nwys.ie</a>		
<b>How did you hear about the Triangle Trust?</b>		
Email from Triangle Trust		
<b>Please describe your organisation's purpose in one or two sentences.</b>		
Bishop Street Youth Club in Derry provides a safe, supportive space for young women and girls to grow in confidence and skills. It empowers them through education, creativity, and community activities that build positive futures		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	NIC109555	2023
Community Interest Company	Registered Companies House Number	Date Registered
Yes	NI686795	2022
Social Enterprise	Has your organisation been awarded the Social Enterprise Mark?	Year Awarded
No	No	
<b>Grant Summary</b>		
The EmpowerHER programme, as outlined in the attached proposal, is designed to support young women-particularly those from marginalized or underserved backgrounds-by fostering their personal development, leadership, and social engagement.		
<b>Please describe the specific needs of the young women and girls you work with that this project will address</b>		
<p>The young women and girls we work with in Derry's Bishop Street and Brandywell areas face a complex set of challenges that place them at heightened risk of offending, exploitation, and social exclusion. Many come from communities experiencing economic hardship, intergenerational trauma, and limited access to positive female role models or structured opportunities for personal development. Girls from the African Caribbean Community Network also face additional barriers related to cultural marginalisation and underrepresentation in mainstream youth services. Through our work at Bishop Street Youth Club, part of Northwest Youth Services, we have identified several urgent needs:</p> <ul style="list-style-type: none"> <li>• Diversion from offending and risk-taking behaviour: A growing number of girls are becoming involved in low-level criminal activity or are vulnerable to exploitation, including grooming and substance misuse. These behaviours often stem from boredom, lack of purpose, and absence of safe, structured environments.</li> <li>• Access to female-led mentoring and support: Many of the girls lack consistent, trusted adult relationships. A dedicated female youth worker provides not only guidance but also a safe space to explore identity, build confidence, and develop</li> </ul>		

resilience.

- Pathways into sport and leadership: Girls in these communities are significantly underrepresented in sport, particularly in soccer. This project addresses the need for inclusive, female-led coaching that empowers girls to participate, lead, and be visible in a space traditionally dominated by boys. Sport is a proven tool for reducing offending and promoting positive mental health.
- Employability and life skills: Many participants struggle with low aspirations and limited knowledge of how to access employment or further education. The programme's in-house workshops on CV building, job search, and interview preparation directly respond to this gap, helping girls build a future beyond their current circumstances.
- Community visibility and empowerment: There is a pressing need to enhance the footprint of women's sport in Derry and to celebrate the achievements of young women. By linking participants to local clubs, tournaments, and showcase events, the project fosters pride, visibility, and long-term engagement.

**What are the key outcomes you will be seeking to achieve for young women and girls either at risk of offending or who are already caught up in the criminal justice system? How will you track the impact you are making?**

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The EmpowerHER programme is designed to deliver measurable, transformative outcomes for young women and girls who are either at risk of offending or already involved in the criminal justice system. Through a structured, sport-led intervention rooted in mentoring, education, and employability, we aim to achieve the following:

**1. Reduction in Offending and Risk-Taking Behaviour**

- Participants will engage in weekly structured activities, reducing idle time and exposure to negative influences.
- Workshops on law, exploitation, and peer pressure will increase awareness of consequences and build decision-making skills.

**2. Improved Mental Health, Confidence, and Self-Esteem**

- Sport, especially soccer, will be used as a tool to build resilience, teamwork, and personal achievement.
- Girls will experience increased self-worth through coaching roles, tournament participation, and peer mentoring.

**3. Accredited Qualifications and Skills Development**

- Each participant will complete at least one accredited qualification (e.g. sports coaching, childcare, first aid).
- These qualifications will provide tangible assets for CVs and future employment or education pathways.

**4. Enhanced Employability and Future Planning**

- In-house workshops will equip girls with the tools to build a CV, search and apply for jobs, and prepare for interviews.
- Participants will leave with a clear action plan for next steps in education, training, or employment.

**5. Increased Participation and Visibility in Women's Sport**

- Girls will take part in soccer coaching and leadership, helping to grow the footprint of women's sport in Derry.
- Community tournaments and showcases will promote positive female representation and challenge gender norms.

**6. Stronger Community and Peer Networks**

- The programme will foster a sense of belonging and mutual support among participants.
- Girls will be linked to local clubs, mentors, and youth services for continued engagement beyond the programme.

**7. Positive Re-engagement with Services and Support Systems**

- Those already involved in the criminal justice system will be supported to re-engage with education, youth services, and community networks.
- The programme will act as a bridge between statutory services and personal development.

**What are the key activities you will undertake with this funding to achieve these outcomes?**

To achieve the outcomes of reducing offending, increasing employability, and empowering young women through sport, the EmpowerHER programme will deliver a structured, 12-month schedule of targeted activities. These will be delivered in-house at Bishop Street Youth Club and supported by Northwest Youth Services, with outreach to the African Caribbean Community Network.

The key activities include:

1. Sports Coaching & Leadership Development

- Accredited Soccer Coaching Course for all participants, delivered by qualified female coaches.
- Weekly training sessions focused on skill-building, teamwork, and leadership.
- Girls-only tournaments and community showcases to promote visibility and pride in women's sport.
- Opportunities for participants to coach younger girls, building confidence and peer mentorship.

2. Risk Awareness & Law Education Workshops

- Interactive sessions on exploitation, peer pressure, substance misuse, and online safety.
- Workshops led by youth workers and guest speakers from the criminal justice system, including PSNI and restorative justice practitioners.
- Activities designed to help girls understand legal consequences, their rights, and how to make safer choices.

3. Employability & Life Skills Training

- CV building, job search strategies, and interview preparation delivered in-house.
- Mock interviews and role-play exercises to build confidence and readiness.
- Guidance on accessing further education, apprenticeships, and local employment opportunities.

4. Childcare & Early Years Qualification

- Introductory training in childcare and early years development, offering a pathway into caring professions.
- Practical sessions and placements where possible, supported by safeguarding and child protection training.

5. Mentoring & Personal Development

- Weekly 1:1 and group mentoring sessions with the female programme worker, who is qualified in youth work and safeguarding.
- Goal-setting, emotional wellbeing check-ins, and personal development planning.
- Peer-led discussions to foster trust, solidarity, and shared learning.

6. Community Engagement & Promotion of Women's Sport

- Public events, tournaments, and showcases to celebrate female participation in sport.
- Collaboration with local clubs, schools, and media to enhance the footprint of women's soccer in Derry.
- Promotional materials and storytelling to highlight success stories and challenge gender stereotypes.

7. Transport, Equipment & Accessibility

- Transport support for girls facing barriers to attendance, ensuring consistent engagement.
- Provision of sports kits, coaching gear, and workshop materials to create a

professional and inclusive environment.

8. Monitoring, Evaluation & Legacy Planning

- Monthly tracking of attendance, engagement, and progression.
- Feedback surveys and case studies to measure impact.
- Final showcase event and legacy plan to sustain participation and link girls to long-term opportunities.

These activities are designed not only

**Does your proposed project already exist or is this a new piece of work? If this project is already operating, please describe to us how you will use this as an opportunity to build on what you have achieved to date. If this is a new piece of work, please explain what this funding will enable you to do differently.**

No, this is a new project.

**What expertise and track record do you have to be able to deliver this work successfully? Please specifically mention your expertise linked to gender and trauma informed approaches.**

Northwest Youth Services, and in particular Bishop Street Youth Club, has a long-standing and proven track record of delivering high-impact, community-rooted programmes for young women and girls in Derry. Our work is grounded in a deep understanding of the complex social, emotional, and structural challenges faced by girls at risk of offending or exploitation - and our approach is shaped by both gender-specific insight and trauma-informed practice.

All our staff are trauma-informed trained, and this is not a box-ticking exercise - it is a foundational lens through which we design, deliver, and evaluate every aspect of our work. From how we structure group sessions to how we respond to disclosures, trauma-informed principles guide our decisions, ensuring that our spaces are safe, empowering, and responsive to the lived experiences of the young women we serve. Our expertise includes:

Gender-Specific Youth Work

- We have years of experience working with girls aged 13-21, particularly those from marginalised communities including the African Caribbean Community Network.
- Our programmes are designed to address gendered pathways into offending, recognising the role of coercion, exploitation, and unmet emotional needs.
- We create female-only spaces that foster trust, confidence, and peer solidarity - essential for girls who have experienced trauma or exclusion.

Trauma-Informed Practice

- All staff are trained in trauma-informed approaches, safeguarding, and child protection.
- We use this training to make informed choices about programme design, communication styles, and support structures.
- Our mentoring model prioritises emotional safety, consistency, and empowerment - helping girls build resilience and reframe their narratives.

Diversionary & Preventative Programmes

- Our track record includes successful delivery of accredited qualifications in leadership, equality and diversity, and now sports coaching - all used as tools for diversion and empowerment.
- The attached St Mary's report highlights our ability to engage hard-to-reach young people, maintain high retention rates, and deliver meaningful outcomes in areas such as employability, wellbeing, and community engagement.

Community Integration & Multi-Agency Collaboration

- We work closely with schools, PSNI, social services, and local clubs to ensure wraparound support.
- Our programmes are embedded in the community, with Bishop Street Youth Club acting as a trusted hub for girls and families.

Promoting Women's Sport as a Vehicle for Change

- Through the EmpowerHER programme, we are expanding our expertise into

sports coaching, using soccer as a gender-responsive tool to reduce offending, build leadership, and enhance the footprint of women's sport in Derry.

- We are committed to challenging gender norms and creating visible, aspirational pathways for girls in sport.
- In short, we have the experience, the relationships, and the trauma-informed, gender-aware framework needed to deliver.

#### **Please explain how the grant will be spent**

The grant will be used to deliver the EmpowerHER programme - a 12-month, trauma-informed, sport-led intervention for young women and girls at risk of offending or exploitation in Derry's Bishop Street, Bogside, and Brandywell areas, including those from the African Caribbean Community Network. The funding will be allocated across staffing, training, equipment, and operational costs to ensure the programme is safe, empowering, and impactful.

Staffing - £13,290

A qualified female part-time programme worker will be employed for 15 hours per week at £15/hour. She will hold qualifications in sports coaching, youth work, childcare, safeguarding, and first aid. Her trauma-informed training will be central to how she builds trust, delivers sessions, and supports girls through mentoring and personal development.

Accredited Training - £12,500

Training will be delivered to 20 girls, with a focus on:

- Sports coaching (soccer-focused) to promote leadership and visibility in women's sport
- Childcare and early years for vocational pathways
- Youth work and safeguarding to build peer mentoring capacity
- Law and order awareness to understand consequences and rights
- Employability workshops including CV building, job search, and interview prep
- Basic first aid certification to enhance life skills
- Risk awareness workshops addressing exploitation, peer pressure, and substance misuse

All training will be delivered in-house at Bishop Street Youth Club, with trauma-informed principles embedded throughout.

Transport - £3,000

Transport support will be provided to ensure consistent attendance, particularly for girls facing financial or geographic barriers. This is essential for inclusion and retention.

Administration - £2,500

Covers programme coordination, monitoring, safeguarding compliance, and reporting. This ensures the programme is well-managed, accountable, and aligned with best practice.

Promotional Materials - £1,000

Used to raise awareness of the programme, celebrate achievements, and promote the visibility of women's sport in the community. This includes flyers, social media content, and showcase event materials.

Equipment & Materials - £7,710

Investment in sports kits, coaching gear, workshop supplies, and learning resources. This creates a professional, inclusive environment and ensures girls have the tools they need to participate fully.

Total Grant Request: £40,000

This funding will allow us to deliver a trauma-informed, gender-responsive programme that not only diverts girls from offending but builds their confidence, qualifications, and visibility in sport and society.

#### **Who will be responsible for overseeing and delivering this work?**

The Empower HER programme will be delivered by a dedicated and experienced team

based at Bishop Street Youth Club, supported by the wider infrastructure of Northwest Youth Services.

If funding is successful, a new part-time female programme worker will be recruited to lead the day-to-day delivery of the project. She will be responsible for engaging participants, facilitating sessions, and coordinating training and mentoring activities. She will hold qualifications in sports coaching, youth work, childcare, safeguarding, and first aid, and will be fully trauma-informed trained - ensuring that all interactions with young women and girls are safe, sensitive, and empowering.

She will work alongside the existing full-time and part-time staff at Bishop Street Youth Club, who bring extensive experience in youth engagement, programme delivery, and community development. This includes staff who have built long-standing relationships with local families and who understand the specific challenges faced by girls in the Bishop Street, Bogside, and Brandywell areas.

Oversight of the programme will be provided by senior youth workers within Northwest Youth Services, who will ensure that the project aligns with organisational standards, safeguarding protocols, and strategic goals. The programme will also benefit from access to the Northwest Youth Services safeguarding team, who will provide guidance, supervision, and support in managing disclosures, risk, and wellbeing.

Together, this multi-layered team offers a robust and trauma-informed framework for delivery - combining frontline expertise, strategic oversight, and a deep commitment to the safety and success of every girl involved. The collaborative structure ensures that the programme is not only well-managed but also deeply rooted in the values and strengths of the local community.

#### **How do you plan to continue this work once the grant ends?**

The EmpowerHER programme is designed not just as a one-off intervention, but as a sustainable model for long-term impact. Once the grant period ends, we plan to continue this work through a combination of strategic partnerships, embedded staffing, community integration, and legacy planning - all rooted in the trauma-informed, gender-responsive framework that defines Bishop Street Youth Club and Northwest Youth Services.

##### **Staff Integration and Continuity**

If funding is successful, the new part-time female programme worker will be recruited and embedded within the Bishop Street Youth Club team. Our intention is to retain this role beyond the grant period by integrating it into our core staffing structure, supported through future funding applications, local authority partnerships, and youth development grants. She will continue working alongside our existing full-time and part-time staff, ensuring continuity of relationships and programming.

##### **Support from Northwest Youth Services**

The programme will remain under the guidance of senior youth workers and the safeguarding team within Northwest Youth Services. Their ongoing support ensures that the work continues to meet high standards of safety, accountability, and trauma-informed practice. This infrastructure allows us to maintain delivery even as external funding cycles shift.

##### **Embedding Activities into Core Youth Club Offer**

Key elements of the programme - such as sports coaching, mentoring, employability workshops, and risk awareness sessions - will be absorbed into the regular weekly schedule at Bishop Street Youth Club. This ensures that girls continue to access support, training, and safe spaces without interruption.

##### **Partnerships and Pathways**

We will strengthen partnerships with local sports clubs, schools, and community organisations to create ongoing pathways for girls into coaching, volunteering, and employment. By linking participants to external opportunities, we extend the impact of the programme far beyond its original scope.

#### Legacy Through Leadership

Girls who complete the programme will be encouraged to return as peer mentors, volunteers, or junior coaches. This creates a self-sustaining cycle of leadership and empowerment, where past participants help shape the future of the programme.

#### Future Funding and Expansion

We will use the outcomes, data, and case studies from this grant period to apply for further funding - including sport development grants, youth justice initiatives, and community empowerment funds. The success of PlayHER Power will serve as a compelling foundation for scaling the programme to other areas and age groups.

#### **Is your organisation led by women and are at least 80% of your organisation's total beneficiaries' women and girls? Please provide a breakdown of your beneficiary numbers for the past 2 years.**

While our organisation does not work exclusively with women and girls, over 80% of our service users are female, and our programmes are intentionally designed to meet their specific needs. At Bishop Street Youth Club, part of Northwest Youth Services, we have built a strong reputation for delivering gender-responsive, trauma-informed support to young women and girls - particularly those facing complex challenges such as exploitation, offending, and social exclusion.

Our team has extensive experience in creating safe, empowering spaces for girls to build confidence, develop skills, and access opportunities they may not find elsewhere. From mentoring and accredited training to leadership in sport and employability workshops, our work consistently prioritises the voices, experiences, and aspirations of young women.

While we remain inclusive and open to all young people, our staffing, programme design, and outreach efforts reflect a clear and sustained commitment to supporting girls - especially those from marginalised communities. This includes our current focus on promoting visibility in women's sport, reducing gendered pathways into offending, and fostering long-term leadership among female participants.

#### **Does your organisation have existing knowledge and expertise working across the criminal justice system?**

Yes - our organisation has extensive, long-standing experience working across the criminal justice system, particularly in supporting young women and girls who are either at risk of offending or already involved in it. At Bishop Street Youth Club, part of Northwest Youth Services, we have developed a trusted, trauma-informed, and gender-responsive approach that brings together statutory and voluntary partners to deliver meaningful interventions.

We work closely with a wide range of agencies involved in youth justice, including:

- Youth Justice Services
- PSNI and community policing teams
- Social services and safeguarding teams
- Restorative justice practitioners
- Education welfare officers and schools
- Voluntary organisations supporting young offenders and vulnerable girls

Our team is deeply embedded in these networks, and we are regularly called upon to support and advocate for young girls during court proceedings and throughout their journey through the justice system. Our youth workers have attended court with young women, liaised with solicitors and probation officers, and provided emotional support and practical guidance during some of the most difficult moments in their lives. This advocacy is grounded in trust, consistency, and a trauma-informed understanding of the gendered pathways into offending.

We recognise that many girls involved in the justice system have experienced coercion, exploitation, and trauma. Our staff - all of whom are trauma-informed trained - respond with empathy, professionalism, and a commitment to helping girls reframe their experiences and rebuild their futures. We don't just offer programmes - we offer

presence. We stand beside girls when systems feel overwhelming, and we help them navigate those systems with dignity and hope.

Our expertise includes:

- Delivering accredited qualifications that support diversion and employability
- Facilitating risk awareness workshops that address exploitation, peer pressure, and substance misuse
- Providing mentoring and emotional support to girls navigating the justice system
- Collaborating with statutory agencies to support early intervention and reintegration
- Designing programmes like EmpowerHER, which use sport as a tool for leadership, visibility, and crime prevention

We are known for our ability to engage hard-to-reach girls, build trust where others have struggled, and create safe spaces where young women can begin to heal, grow, and lead. Our relationships with justice partners are strong, and our reputation for delivering impactful, trauma-informed youth work is well established across Derry and beyond.

This expertise, combined with our deep community roots and multi-agency collaboration, positions us to deliver this work successfully - and to continue supporting young women and girls long after their contact with the justice system ends.

<b>Will you be receiving funding from any other sources for this project?</b>	
No	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)</b>	
£80000	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
1/5/2026	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£40000	£40000
<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>
£144338	£149821
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£16877	