

Impact Of Programme



95%

of teachers saw a positive impact on pupils' resilience, with all teachers reporting improvements in happiness and connectedness



81%

of Student Mentors improved their leadership skills



75%

of Student Mentors reported stronger resilience and connectedness; 62% felt happier



73%

of Student Mentors increased their confidence to take part in sport



59%

of Peer-to-Peer participants improved their resilience, happiness, and connectedness



65%

of Peer-to-Peer participants enjoyed sport more, and 61% increased their confidence in taking part

“I learnt that mental health isn't something to be embarrassed or ashamed about – it's good to be open about it, and that makes me feel stronger.”
Peer-to-Peer Group

For more information email:
sportforgood@youthsporttrust.org



Sport for Good



Lidl Sport for Good is a programme delivered by Youth Sport Trust in partnership with Lidl Northern Ireland to promote positive mental health and increase engagement in physical activity. The programme is delivered by Youth Sport Trust athlete mentors alongside a cohort of student mentors.

The programme aims to improve students' resilience, self-esteem and confidence, and also provides sporting equipment to participating schools.



Delivery And Implementation



Wellbeing of 11-year-olds has declined over time – The KIDSCREEN-10 index (used annually since 2016 in the Kids' Life & Times Survey) shows the lowest wellbeing scores since 2016 among primary-aged children



Very few pupils meet full physical activity guidelines – A NI study (2025) found only ~11% of post-primary (secondary) pupils and ~20% of primary pupils reported meeting recommended physical activity levels



Almost half of 16-year-olds may have probable mental ill-health – In the 2023 Young Life & Times Survey, 45.2% of 16-year-olds in Northern Ireland screened positive for probable mental illness (GHQ-12) (females ~52.9%, males ~32.8%)



100%

of teachers reported improvements in young people's enjoyment and confidence to take part in sport and physical activity



72%

of Sport for Good participants reported an increase in enjoyment of sport and physical activity

“Playing sports with my friends and learning about mental health more made me feel happier and less stressed.”

Student Mentor

“Being able to share goals helped me realise what I have to do to achieve them – it made me more positive and resilient.”

Peer-to-Peer Group

”

Purpose Of The Programme



To be the catalyst for more young people to get involved in physical activity



To use physical activity and sport as a tool to improve mental wellbeing



A fun way to increase self-confidence, self-esteem and resilience



To engage the disengaged



To help improve lifestyles and make the changes required to do so



Raise awareness and de-stigmatise mental illness



Highlight the importance of wellbeing for everyone



Exercise, Nutrition, Hydration, Sleep and Breathing

Self-talk, Mindfulness, Resilience



Connection, Coping strategies

“Our Athlete Mentor was very inspiring – the children responded very well to him and really enjoyed the training days. It gave them a real boost in confidence and positivity.”

Teacher