



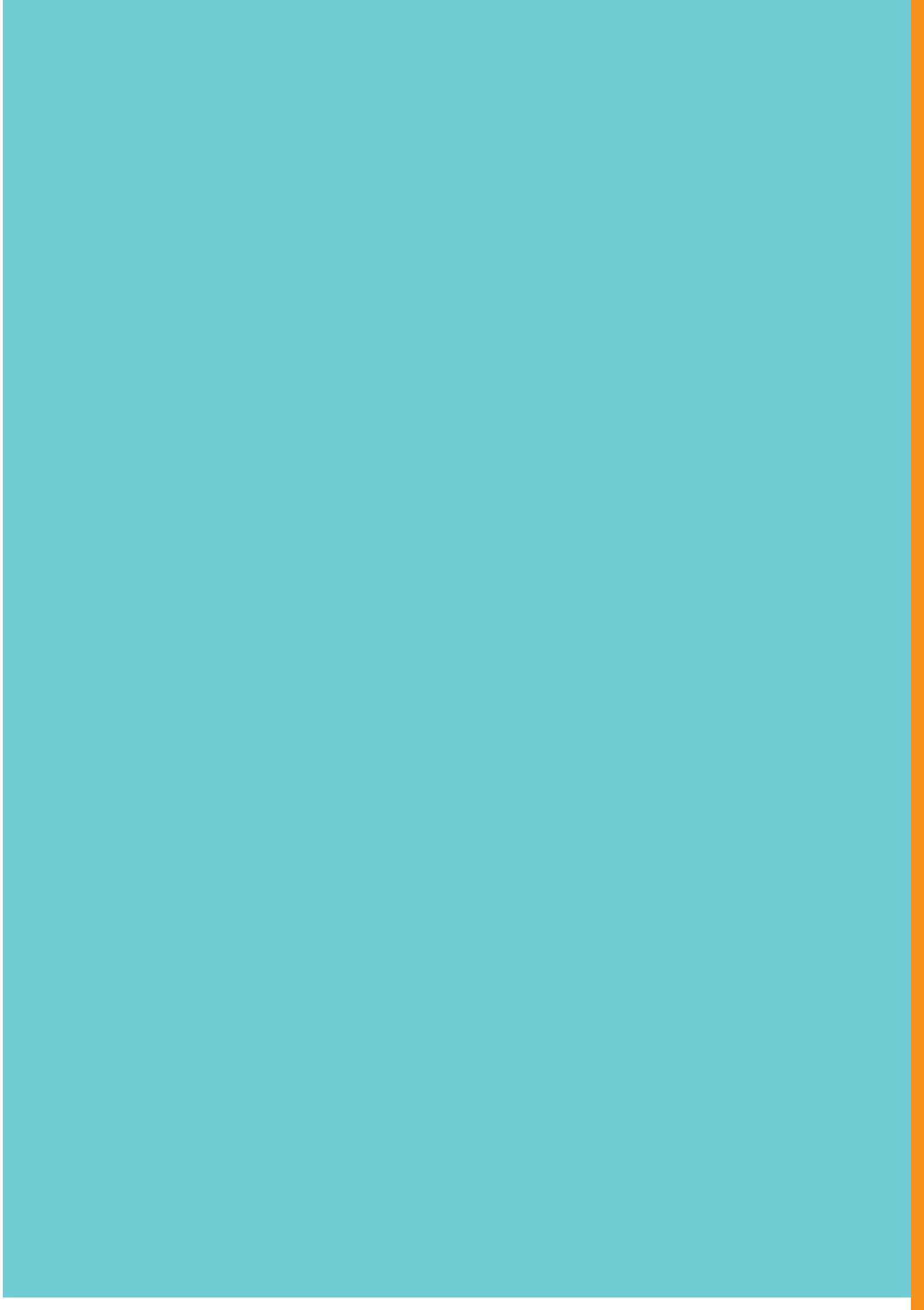
THE
IRISH SPORTS
COUNCIL



AN CHOIMHARLE SPÓIRT

LOCAL SPORTS PARTNERSHIPS

Annex to SPEAK Report 2010



LOCAL SPORTS PARTNERSHIPS (LSPs)

Annex to SPEAK Report 2010

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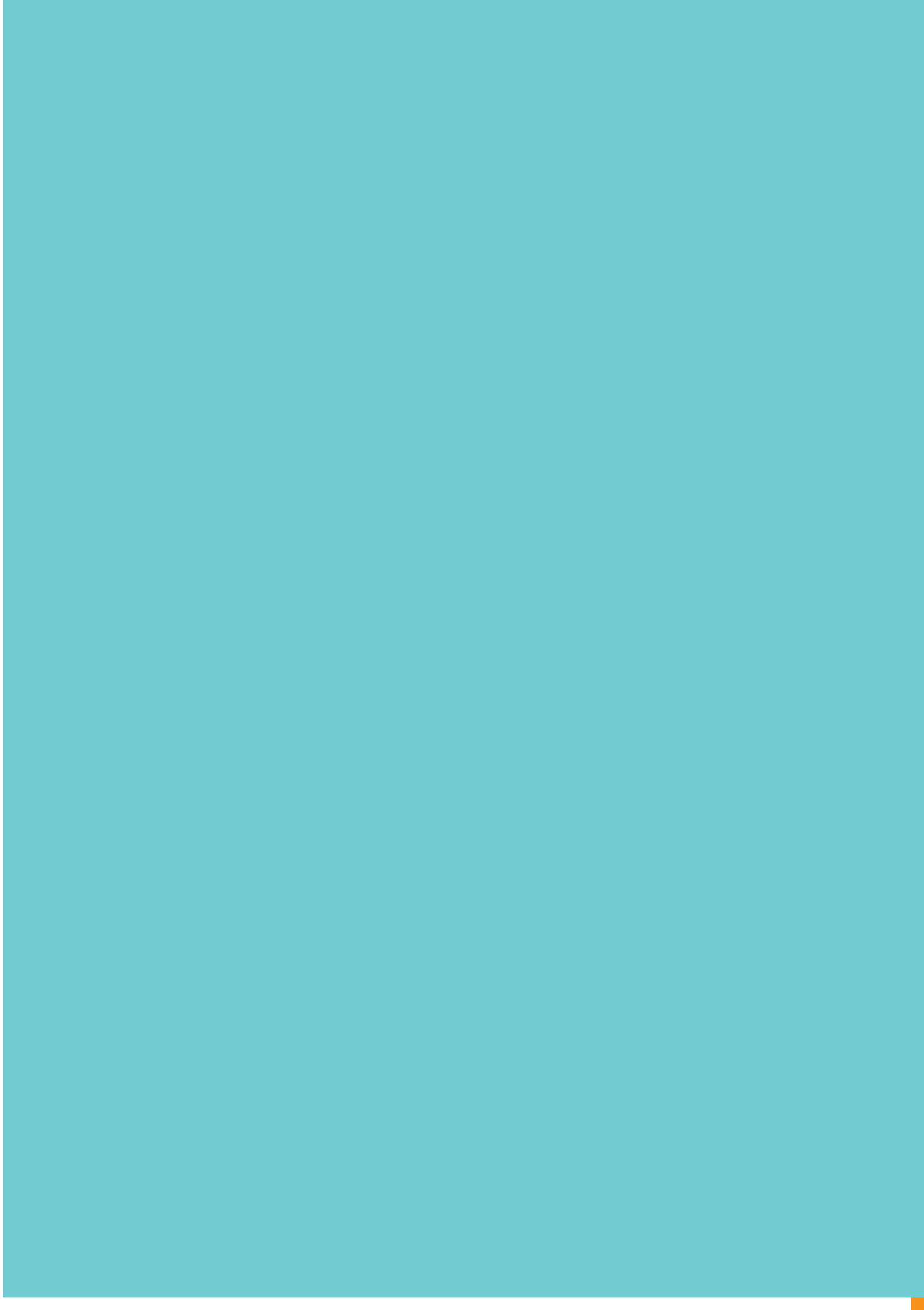
Achievements of the LSP Network in 2010

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Context

This document has been produced to accompany the 2010 SPEAK Report. It expands on the main achievements of the LSP Network which are included in the SPEAK Report, providing further details of the programmes the LSPs ran and the impacts these programmes have had at local and national level.

The 2010 SPEAK Report is available to download on www.irishsportsCouncil.ie



1 Introduction

The extensive work of the LSP network is characterised as falling under four main headings:

- Acting as a provider of information about sport and physical activity at a local level
- Promoting the sustainability of the local sporting infrastructure
- Working to increase levels of local participation, especially amongst specific target groups
- Building partnerships and influencing policy

This annex sets out detailed examples of the manner in which LSPs have continued to develop into a sustainable network, through meeting the needs of target groups in their communities, as well as developing working relationships with their partners. Evidence of a wide range of impacts is also detailed, presenting a clear understanding of the work of LSPs in 2010.

2 LSP Maintenance Work

LSPs have on average been spending some 50% of their overall time on operational tasks, a marginal increase on the average of 49% in 2009.

LSPs have a central focus on improving their organisational capacity and internal efficacy. In 2010, LSPs continued to facilitate staff training, actively recruit new board members, ensure the ongoing development of internal policies and procedures, as well as engaging in strategic planning and review exercises. Other internal tasks include reporting on financial matters and the management of websites and databases.

As LSP Boards become more embedded in the work of the LSPs, co-ordinators report that their support needs reduce.

With the board in place since 2009, working well and contributing to the work of the Partnership there were less maintenance tasks in 2010. (Mayo LSP)

In order to ensure best practice in relation to standard governance issues, LSPs have actively sought to examine management structures and internal processes.

2011 will bring new training for the board as in 2010 we had a new chairperson elected and we embarked on research into the board structure and training requirements. (Clare LSP)

Staff management, development and support are central elements of the work of LSP co-ordinators.

In my role as mentor I have been involved in interviews and advising new staff members and this includes managing Development Officers meetings on a weekly basis. (Limerick City LSP)

LSPs are committed to ongoing self evaluation and strategic planning.

2010 was a year of review and reflection for the Offaly Sports Partnership in the development of a new strategic plan for the period 2011 - 2015 inclusive - this was in addition to normal planning that would happen in other years (i.e. annual work plans, staff planning etc). (Offaly LSP)

2010 was a strategic planning year; therefore a large portion of my time was spent on reviewing and planning. Towards the end of the year, the board did participate in training, a first for the Partnership and hopefully a trend that will continue. (Westmeath LSP)

In 2010, a lot of time was spent planning which included the review of the STSP 2007 - 2010 Strategic Plan and the development of a new Strategy along with the implementation of the 2010 operational plan. (South Tipperary LSP)

The development and monitoring of internal policies continued in 2010.

Internal Policy includes Waterford Sports Partnership Disability Policy and Volunteer Policy drafted in 2010. Other policy work was completed in 2009 re Staff Handbook and Finances. (Waterford LSP)

In order to ensure efficient communication and promotional strategies, LSPs continue to develop their ICT capacity through employing new internal systems, websites and databases.

We are trying to develop a more manageable CRM system and systems such as text messaging. Hopefully with this and an updated website and database it can lead to more productive time spent on communications. (South Dublin LSP)

LSPs are also employing new ways of ensuring more efficient contact time with board members: Donegal LSP have used the option of teleconferences to reduce the amount of time spent travelling to meetings.

The importance of ongoing liaison with partners and dealing with a variety of reporting requirements continued to be time consuming elements of the maintenance work within LSPs.

3 Information Provision

Over 139,500 individuals contacted the LSP network in 2010 in order to access general or specific sport-related information. This represents an 18% increase in interaction with the wider public.

Almost 6,800 individuals from all target groups have dropped into a LSP in person in 2010. The table below demonstrates that LSPs are making more use of on-line resources for information provision through websites and social media.

Information Resource	Number (2009)	Number 2010	% Increase
Number of Printed Materials	(450)	656	46%
Number of Press Releases	(944)	1142	21%
Number of ePublications	(2042)	3088	51%
Total	(3436)	4886	42%

Figure A1: Summary of information resources developed by LSPs in 2009 and 2010. Figures in brackets are for 2009

LSPs develop a range of information resources, including translations for non-English speaking members of the community. Targeted information drives have yielded results in terms of outcome indicators, such as increased attendance at events, courses, etc.

Information Leaflets are quite high in number as information on each programme is sent to all relevant contacts in our databases. Our booklet has been translated into Russian and Polish and is available to download from our website. (Leitrim LSP)

Kilkenny Recreation and Sport Partnership (KRSP) developed and printed a Calendar of Events twice last year. Therefore, when people call to the office or phone - it is something that we can give them which outlines the various courses and activities we run throughout the year. (Kilkenny LSP)

For the Local Sports Conference, a focused promotion using email, flyers, work with local media saw 110 participants attend the 3 workshops. (Meath LSP)

Through building up a significant profile in the community over time, high levels of awareness of the work of the LSPs are achieved.

The brand of Waterford Sports Partnership (WSP) and success of previous programmes and large scale events helps build awareness of all our activities. (Waterford LSP)

LSPs have continued to create linkages with local agencies, working partners and other LSPs to promote their work and share their message.

The developed links / networks created with working partners have assisted us in providing information - they send out information to their own contacts, where relevant on our behalf. An example of this is working through the Community Forum and its contact base. In 2010 the Community Forum began sending out regular e-mail news bulletins. The information is sent out to a wide range of community groups, some of which fall under the categories of the LSP's target populations. The LSP contributes information to this e-newsletter on a weekly to fortnightly basis and it allows us to circulate our information to 350 contacts who in turn circulate the information to their wider membership. (Monaghan LSP)

In relation to Information leaflets we have looked at materials from the Get Ireland Active programme and reproduced them for participants on all courses, workshops, programmes and Meet and Train groups. (County Limerick LSP)

Use of partner agencies to help advertise certain programmes has increased bookings. For example, the HSE emailed all staff about a Trail Walking workshop and we received 8 bookings from this. (Kilkenny LSP)

LSPs maintain a relationship with local and national media with a view to information provision and the promotion of key events.

We have maintained a good relationship with the local media both print and radio. We continue to target the local print media as a very good means of promoting events and programmes as there is a high readership level in local papers. We note that there is normally a pick up from the print media to local radio. Events such as "Bike week" led to numerous radio interviews and were well received by listeners. (Roscommon LSP)

As in 2009, the access to the County Council page in the local paper is very beneficial as it is an opportunity for us to advertise our programmes for free. We have received many calls and drop-ins regarding information advertised on this space which shows that it is being seen by the general public. Many of these people would not have been familiar with KRSP in the past. (Kilkenny LSP)

LSPs have produced DVDs to document their work as well as acting as promotional and learning materials.

In 2010 we produced a DVD on the Sports Partnership and feedback on this has been extremely powerful and positive. It was produced by two Cork Institute of Technology (CIT) graduates as CIT are partners on our Board. (Cork LSP)

The promotion of the "Internacional Maratón Simultáneo" event grabbed the imagination of participating schools and of the media, and as such RTÉ were very happy to cover this event. Participating locations shared their footage with a media source in Spain, which put together a television programme on the event, and plans to host the footage on the website. This has demonstrated to us that there could be possibilities for independent media companies to try to do something similar in Ireland in covering an event that could grab the public imagination. DVD coverage of Internacional Maratón Simultáneo was shared with our international partners and is being distributed to participating schools in the county. The event was also covered by RTÉ's "News2Day" programme which targets a younger audience. (Offaly LSP)

Our promotional DVD and sports brochure was circulated to all 89 primary and post-primary schools in the county. Following this we had three more schools wishing to join the cross country league and also had enquiries regarding the teacher training day. Following a newsletter article in relation to our Summer Project Workshops we had over 49 summer project leaders attending. (Fingal LSP)

LSPs are actively using new social media.

Our Facebook page, over the second half of 2010, became a key communication method, with 2200 friends. (Westmeath LSP)

The Sports Partnership is now using Twitter, as a part of the Wexford County Council programme. (Wexford LSP)

Wicklow LSP's website went live in early 2010 and assisted with the provision of information on local & national programmes. It also included sections on education & training, an online coaching resource, funding, publications, useful links & contacts, calendar and a gallery. Wicklow LSP also developed a blog section for its website, whereby sports clubs and NGB RDO's were encouraged to sign up and develop a blog which they could update regularly with information. This section of the site currently has 16 members. The aim for 2011 is to increase the blog membership to 100 and encourage clubs to post relevant information on the blog. The website is updated daily with new information on programmes, training, education, events in sports clubs and sport & physical activity events at both local and national level. Wicklow LSP also developed a Facebook page in November 2010, which streams similar information to the website. (Wicklow LSP)

We have set up a texting service to provide information on community walks and it has proved to be very successful with numbers growing each week. (South Dublin LSP)

LSPs have developed a focus on collecting evidence to indicate that people have benefitted from the information/ advice provided.

We initially sent out expressions of interest through relevant youth organisations in the County, Donegal VEC and the Western Education Library Board to gauge interest in the Community Relations through Sport programme. From this we received over 50 expressions of interest which we broke down into areas of need, deprivation and previous projects ran in that area. If this information was not sent out, the area or group would not have benefited from the follow up program of events through the project. (Donegal LSP)

Sligo LSP collected comprehensive data and feedback regarding the manner in which information resources were used by the community and by working partners.

-Sligo Sport and Recreation Partnership (SSRP) developed and distributed a flyer on a Sport and Good Relations Conference to all sports clubs and coaches on SSRP databases and engaged in extensive promotion through the press media which resulted in 80 attendees.

-SSRP developed, printed and distributed a 'WOW' (Women on Water Weekend) poster, to promote a 'Come and Try' water sports weekend with taster sessions in Diving, Kayaking and Surfing resulting in 55 women signed up to the activities. Alan Moore of Sligo Kayak Club stated:

"Brilliant event to raise awareness of our sport, we got a lot of interest following on from the event and the promotion of the initiative".

-The distribution of an information flier through the school system regarding the Youth Sport West project and an upcoming 'Come and Try Sports Festival' resulted in the event being fully booked within days and 200 new parents registered to be placed on the Youth Sport West database to receive project updates and future event details.

-Participation in the An Post Tour of Sligo 2010 doubled from the previous year and can be attributed in a significant way to the comprehensive promotion and information by SSRP through databases, website, printed materials and media.

-SSRP engaged in extensive promotion of the new Link 2B Active initiative through the provision of information via press releases, advertisements, posters, fliers and an information stand in the local Dept

of Social Protection office, all of which contributed to awareness of the project amongst job seekers, and resulting in participation by this target group in the project.

-The development of web-texting for specific target groups in 2010 enabled SSRP to quickly send up-to-date information and advice via text alerts to a large number of contacts and SSRP has received positive feedback regarding the effectiveness of this form of communication. (Sligo LSP)

Wicklow LSP has also collected evidence of impact regarding their work in information provision:

- Press releases issued up to 4 weeks prior to courses such as Code of Ethics, First Aid and FitWalk being run have seen such courses booked up within 7-10 days of advertisement.

- Following the advertisement of the Club Development & Participation Grant Scheme in October 2010, Wicklow LSP received 80 emails requesting further information and assistance with completing the grant application. In addition to this, 100 phone calls were received by the LSP in connection with the Grant Scheme from local sports clubs and groups.

- Publication of the Wicklow LSP Annual Newsletter in December 2010 saw three National Governing Bodies (NGBs) contact the LSP directly regarding the advertised Disability Sports Day and upcoming 2011 Community Coaching Programme – An Cumann Camógaíochta, Badminton Ireland and the Irish Orienteering Association. The NGBs expressed an interest in getting involved in the Disability Sports Day and providing coach education & training opportunities to participants of the Community Coaching Programme.

- Wicklow LSP & Wicklow County Council provided Disability Providers & schools in Co. Wicklow with posters, flyers, letters and emails regarding the scheduled 2010 Disability Sports Day. In addition to this press releases and adverts appeared in the local papers; the Wicklow/Bray People and the Wicklow Times. The response to such a marketing and promotional campaign was large with 10 disability service providers and 100 participants registering as a result of the information that was circulated throughout Co. Wicklow on the event. (Wicklow LSP)

4 Development of Local Sports Infrastructure

LSPs continued to support the development of a sustainable infrastructure in which a wide range of sporting and community sector organisations can work together in a partnership approach. This involves:

- identifying funding streams and providing support in applying for such funding
- working with clubs and groups to develop autonomous structures and codes of practice
- providing quality training for volunteers and officials
- enhancing local coach deployment

Funding Work

In 2010, LSPs have provided 7,253 clubs, groups and organisations throughout the country with important information and advice in the area of funding. This represents a 34% decrease from 2009 in the number of clubs, groups and organisations seeking assistance. This decrease can be explained by the reduction in

available funding streams, such as Dormant Accounts Funding and the Sports Capital Programme. LSPs have worked directly with 1641 of these clubs to assist them in developing funding applications.

While the number of funds available for sports clubs and groups to access was notably reduced in 2010, LSPs continue to deal with significant demand from their communities regarding funding opportunities. Information on any available grant schemes was widely disseminated to all groups.

In a harsher funding environment, LSPs actively supported many groups in applying for funding.

Waterford Sports Partnership (WSP) listed the factors that had helped their work in this area:

- *The publication of the funding booklet and advertisement on our website.*
- *WSP newsletter – promotion of WSP grants and other funding sources.*
- *Relationships developed with local funders e.g. Waterford Leader Partnership in 2010 leading to more information.*
- *Mainstream clubs interested in developing disability strands are able to do so through assistance from WSP Sports Development Officer (SDO) & Sports Inclusion Disability Officer (SIDO).*
- *WSP staff are aware and proactive in keeping updated on what funding is available for our target groups.*
- *The willingness of groups/clubs to approach WSP for help in this area.*
- *The availability of WSP grant schemes and SDO's experience in supporting clubs and their needs.*
- *Clubs are more aware of funding now available. This is partially due to WSP staff contact with more clubs.*
- *Promotion of WSP funding opportunities through sport specific development officers (eg FAI & GAA). (Waterford LSP)*

LSPs collected specific details of clubs/ groups that successfully received funding as a result of information and advice or direct support in making funding applications. LSPs also aimed to specify the level of funding received, the funding source and how the funding was used. For example, the successful roll out of the “Go For Life” programme indicates the manner in which LSPs are supporting and promoting the development of locally designed and planned programmes.

Leitrim LSP assisted active age groups secure €5,530 in funding through the Go For Life programme. This funding will be used for purchasing new equipment, hiring facilities and tutors for physical activity programmes such as Tai Chi and Dancing. (Leitrim LSP)

29 Active Retirement/Older Adult groups from South Tipperary were allocated in excess of €10,000 under the Go for Life National Grant Scheme. Appointments were made with individual club/active retirement groups to address queries in addition to queries being addressed via telephone. Funding was allocated to these groups to provide physical activity programmes for their members. (South Tipperary LSP)

Club Development Work

A further aspect of the LSP's support for the local sports infrastructure concerns specific club development work. This may involve support with regard to the delivery of sporting activities, as well as help with organisational and policy issues.

- Some 3,317 groups have been supported in the delivery of their activities.
- Some 723 groups have been supported with regard to developing their organisational or management structures.
- A further 959 groups were assisted in tackling development or policy issues.

Support is given through a number of channels. LSPs dedicate time to clubs and groups to assist them with their specific development needs.

Through our sports grants funding we have assisted in the development of increased physical activity for additional participation; for example an existing indoor bowling clubs whose membership was 100% adult (i.e. over 18) consulted us on the development of a youth section. We met with the group and discussed the matter in more detail and recommended a specific beginners session for young people and we accommodated their application for funding to purchase specific equipment suitable to young people. As a direct result of this support, the club started up a youth section, catering for 15 young people. The group is going from strength to strength and they have been participating now in competitions with success. Other indoor bowls clubs are contacting us to pursue a similar initiative for both young people and beginner bowlers. (Monaghan LSP)

Wicklow LSP has assisted clubs such as Wicklow Tri Club through the development and delivery of the TriStart Challenge Series to promote their triathlon club to females & males throughout Co. Wicklow. This was done through the development of promotional material and press releases to promote the Series and the club. Wicklow LSP also supported the continued development of the Wicklow Blazers Inclusive Sports Club (a sports club for young people with a physical disability and their siblings) in conjunction with the Irish Wheelchair Association - Sports Section and parents and volunteers of the club. At present there are 12 members of the club along with 6 parents who regularly attend the club and help with the delivery of sports sessions. Wicklow LSP assisted the club with the set-up of a club committee to oversee the running of the Wicklow Blazers through the provision of information on club committees, roles and responsibilities of committee members, running effective meetings, training requirements of club volunteers, etc. (Wicklow LSP)

The provision of resources is followed up with direct support.

A club development pack and volunteer booklet is available upon request. Our Club Development Plan for Longford Athletics Club has improved their capacity to deliver programmes and prioritise. (Longford LSP)

A wide range of clubs and groups, targeting different sections of the community, are supported.

Most of our club development work that took place in 2010 related to our Peace III funded Building Positive Relations at the local level through sport project. The 20 clubs involved in this project were required to complete peace training and also build their capacity through other training in order to participate in cross border events and projects. Clubs have completed Code of Ethics, coaching qualifications and event management training. As a result of this process, 10 cross border projects and events have been held. This training and project experience has also assisted with each club's general development by adding to the range of activities that they have the capacity to deliver. (Louth LSP)

The LSP ran a number of Fit Walk workshops and clinics to help establish walking groups in 6 communities. New clubs were established in Handball, Cycling, Walking, Running, Rugby, Communities in Motion & Bocce. The LSP supported community development days for 3 community groups for children aged 4 - 14yrs. Some issues addressed were around Code of Ethics, volunteer recruitment and training and facility sharing. These clubs are putting knowledge gained into practice at club level. (County Limerick LSP)

Impacts associated with club development work include examples of improved management structures, increased capacity by clubs to meet development challenges, as well as more capacity to deliver activities.

The LSP assisted five newly formed clubs in 2010. These varied from cycling, equestrian, triathlon, boating & sailing, swimming and table tennis. These clubs have now provided opportunities that have not been available previously in the areas concerned. (County Galway LSP)

Galway Kickboxing Club is another group which has benefited from our interventions, including working with established management structures, constitutions, child protection policies and event websites. (Galway City LSP)

Cumann Camógaíochta na nGael in Kerry is working hard to promote camogie as a sport across the county. The association needs to increase the capacity of clubs in terms of recruitment. Kerry LSP partnered with the Camogie Association in the roll out of the Camog Aerobics programme across the county - three areas. This partnering assisted in raising the profile of the programme resulting in increased participant recruitment. With the increased interest the programme will be expanded during 2011. (Kerry LSP)

Training and Education Courses

Over the course of 2010, LSPs organised and delivered a variety of educational and training courses for individuals, sports clubs, community organisations and schools.

- LSPs planned and delivered 343 training and education courses, workshops and seminars with their partner agencies.
- 10,995 people participated on these training courses.

Similar to previous years the most popular courses run by LSPs were Club Development Courses, Disability Awareness/Inclusive Games Training, Go For Life PALS Training and Walking Leader Training.

LSPs assess the results of their training work on the basis of a number of key outcome and impact indicators. Evidence is collected regarding participation in courses leading to increased implementation of lessons within their clubs. LSPs seek feedback on the extent to which there has been an improvement in the quality of sports coaching/ delivery by people who attended courses. Furthermore, LSPs assess whether people have progressed into employment (e.g. as tutors) or further education and training as a result of participation in courses.

Sligo LSP presented the following analysis of impacts arising from their training and education work:

- The SIDO jointly delivered a Coaching People with Disabilities in Sport workshop (accredited by Coaching Ireland) to 29 participants from 11 different sports clubs/groups. A number of these clubs/ groups are now involved in the delivery of inclusive programmes in activities such as Swimming, Gym/Fitness, Surfing and Archery. These groups have also been proactive in encouraging their coaches and leaders to attend the Code of Ethics Basic Awareness Course to assist them in putting into practice adequate policies to protect both children and vulnerable adults who may be accessing the club/facility in the future.
- Participants attending the Coaching People with Disabilities in Sport workshop noted the following:
- “The role-playing and games were excellent, the course exceeded my expectations and was well worth it.”
- “Games were great and it really made me think and realise how sport must be for a person with a disability”
- “As I never had disability training before it made me much more aware”

- *In 2010 the SIDO linked with the Sport and Recreation Department of the Institute of Technology, Sligo to train over 60 first year students in Disability Awareness and Games For All. These students were then assigned to volunteer at a specified date and time on a number of SIDO led programmes. The SIDO also actively encourages all current and new volunteers on the SSRP volunteer database to attend both disability awareness and Code of Ethics training to help improve the quality of their delivery/ coaching. One martial arts club actively contacted the SIDO to plan the delivery of disability awareness training for all club instructors and volunteers in response to an increase in the number of young people with a disability now trying to access their club. (Sligo LSP)*

LSPs can point to evidence of training participants progressing into employment opportunities.

At least 4 participants from the Goal to Work training initiative for jobseekers have gained part time coaching employment in primary schools and in their local community centres. Within Mayo Sports Partnership a tutor received training in Active 55, Walking Leader Training and Go for Life. He is now successfully self-employed in a number of communities throughout Mayo leading these programmes. (Mayo LSP)

With the Active Leadership course within the VEC, 3 of the participants have progressed to further 3rd level education and we offer one of the participants tutor hours. (Clare LSP)

One of our FitSchools tutors has had such demand for activities such as Boxercise, KickBoxing, Taekwondo and Salsacise, that she is now holding weekly classes in these. (North Tipperary LSP)

LSPs target specific target groups with their courses with noted impacts of participants bringing new skills and learning back to their communities, as well as setting up new groups.

19 older people from 12 active retirement groups undertook Physical Activity Leader (PAL) training, and are now delivering physical activity sessions within their groups. The Partnership also hosted a Dancing and Prancing taster for existing PALs and at least two groups have sought further information on when this workshop will become available as well as requesting copies of the existing dances entailed within the Stepping and Strolling / Better Balance workshops of Go for Life. (Offaly LSP)

5 participants in the Fitwalk programme went on to do the Walking Leader training and a walking group has been established. (Dun Laoghaire Rathdown LSP)

5 Delivering Irish Sports Council Programmes

Local Sports Partnerships committed some 9% of their 2010 overall available time to the delivery of two national ISC programmes: Buntús and Code of Ethics, a drop of 2% from the 2009 time commitment. This reduction is specifically related to delivery of Buntús. For the majority of the established LSPs Buntús Generic has been fully implemented in most or all primary schools in their area. Time allocated to Code of Ethics increased marginally.

Buntús

The Buntús Start and Buntús Generic programmes provide an important opportunity for LSPs to engage with pre-school and primary school children and their teachers. Since their introduction, over 349,000 children have been beneficiaries of both programmes.

In 2010, the work of LSPs with primary schools and childcare centres has led to the following results:

	Buntús Generic			Buntús Start		
	(2008)	(2009)	2010	(2008)	(2009)	2010
No of schools/childcare centres received training	(289)	(241)	142	(381)	(416)	536
Number of teachers/practitioners who were trained	(2,851)	(1,859)	1,125	(1,208)	(1,536)	1,802
Total number of children that received training	(42,059)	(28,094)	17,738	(8,103)	(8,237)	9,280

Figure A2: Summary of Buntús Generic and Buntús Start outputs for 2008, 2009 and 2010. Figures in brackets are for 2008 and 2009

As well as rolling out these programmes across childcare centres and primary schools, LSPs collect evidence of initiatives or activities that have emerged from the use of Buntús in school or childcare settings. This includes sports days, summer camps and a range of innovative and locally run projects.

The support programme “Healthy Tots” which has been rolled out in partnership with the HSE has added a healthy eating concept to Buntús Start. All facilities have been provided with an activities weekly planner which is coordinated with the “Healthy Tots” programme. (County Limerick LSP)

The North Tipp Primary Schools Basketball league continues to be a firm fixture on the primary school calendar, and this came about through the Buntús Basketball training. 36 primary schools participated in 2010, with 500 children taking part. (North Tipperary LSP)

In association with Laois County Childcare we have assisted in Family Fun Days and also Father & Son events utilising Buntús Start. (Laois LSP)

The contact we have had bringing the Buntús programme to both schools and childcare centres has promoted the development of the playground markings and workshops. The Woodbine estate project enabled us to work with the local community to develop and design their own markings in a designated space in the Estate. This led to 50 young people benefiting from a play area and trained leaders who would work as part of an after schools programme. (Wexford LSP)

LSPs are conscious of collecting feedback about the usage of the Buntús equipment.

We have conducted evaluations and reviews with the schools that have taken part in our Buntús refresher courses and the feedback is that the equipment is being used and has prompted schools to try new activities and sports. A lot of the schools have requested more equipment. (Carlow LSP)

Schools and childcare centres have engaged with the LSP as a result of accessing Buntús resources, for example through involvement in local networks or the LSP being invited to contribute to in-service days.

There was clear evidence in 2010 of the strong relationship built up with primary schools through the delivery of the Buntús programme when 28 schools took on the Safer Cycling programme with a further 7 schools on a waiting list for the next phase of the cycling programme. The Sports Partnership supported the HSE and Active Schools Programme which included support to 7 Buntús Primary Schools and 10 Playgroups. A request was received from childminders for a physical activity programme similar to Buntús Start as a result of hearing of the Start programme for childcare centres. The Partnership also received a number of requests from childcare staff for certificates of attendance. (South Tipperary LSP)

We have been asked to contribute to County Childcare information evenings for information sharing and promotion of Buntús programmes plus other relevant programmes provided by the LSP. A number of teachers have participated in other coach education and Code of Ethics courses following information received during Buntús training. The roll out of the Buntús programme has also led to developing a relationship between LSP and school principals which has further resulted in facility sharing. We had our biggest involvement in schools this year through Bike Week, Social Inclusion Week and National Play Day with over 550 kids participating. (County Limerick LSP)

As a result of Buntús Start delivery, the County Childcare committee engages with the LSP on providing information on physical activity to childcare services. Three schools have been in contact to discuss developing physical activity programmes through walking and cycling. (Monaghan LSP)

Code of Ethics

The Code of Ethics training programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

The Code of Ethics programme consists of two workshops:

- A 4-hour basic awareness training module for leaders within sports clubs
- A further 6-hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.

	Basic Awareness			Club Children's Officer		
	(2008)	(2009)	2010	(2008)	(2009)	2010
No. of courses delivered	(250)	(386)	384	(14)	(23)	29
No. of participants	(3,542)	(5,598)	5,580	(167)	(259)	313

Figure A3: Summary of Code of Ethics outputs for 2008, 2009 and 2010. Figures in brackets are for 2008 and 2009

Where possible, LSPs aim to collect examples of clubs or groups, who have completed the Code of Ethics workshop or Children's Officer training, implementing the elements of a child protection policy.

Approximately 25 clubs out of the 40 who attended COE courses have implemented child protection policies and procedures. This was established through follow up contact with the club representatives. (North Tipperary LSP)

It has been very encouraging to see new clubs showing interest and commitment to the Code of Ethics through attendance at workshops and policy development. Tireragh Athletics Club, which was established in August 2010 caters for 70 children and is a model of good practice. In some instances existing clubs have strengthened their child protection procedures, for example Sligo Rowing Club have appointed a Children's Officer, attended training and developed a child protection policy which is on display at the clubhouse. (Sligo LSP)

LSPs tend to link the criteria for grant applications with evidence of a commitment to and implementation of child protection policies.

Applications made to the Donegal Sports Partnership Club Development Grants Schemes must have taken part or are prepared to take part in Child Protection programmes as part of their application process. Completed grants are allocated on the basis that the clubs have completed the training. The DSP Club Grants scheme supports the club's participation in this training. (Donegal LSP)

Wicklow LSP requires all clubs that apply for Club Development and Participation Funding and the Coach Education Fund to have members who have completed the Basic Awareness Code of Ethics course. They also must have a fully trained Children's Officer in place and be able to produce evidence of a code of conduct and implemented policies. Of the 37 clubs that applied for funding in 2010 only 2 clubs did not already have members who completed Code of Ethics training or did not have a trained Children's Officer in place. (Wicklow LSP)

By working closely with NGBs, the roll out of these courses can have an added impact.

Leitrim GAA made it mandatory for all GAA Clubs in the county to complete the Code of Ethics Training. As a result 3 new tutors were trained by the ISC. 5 Code workshops were held specifically for the GAA with 52 delegates attending representing 24 GAA clubs in the county. (Leitrim LSP)

In 2010, there has been a noticeable increase in commitment of GAA clubs to undertake training in the Code of Ethics with 8 dedicated courses organised for GAA clubs with 148 participants involved. (Sligo LSP)

6 Programme Delivery

- 135,127 people participated in 974 locally delivered participation programmes
- An additional 18,049 female participants took part in 194 local Women in Sport programmes

Each LSP is constantly establishing new projects, overseeing the delivery of innovative initiatives and year by year creating links with a wider range of partner agencies. As LSPs have engaged in more project-driven work, their contact with target groups has grown organically.

Local Sports Partnerships committed some 30% of their overall available time in 2010 to the area of programme delivery. An extra 6% of total LSP days were directed at initiating, supporting and delivering new work, leading to a large increase in the establishment of new and innovative programmes, projects and initiatives across the LSP network.

The numbers of people participating is a key impact indicator of this work. This represents an increase of over 30,000 participants on the 2009 level or a 25% increase in participants.

The increase in time the LSPs spend on delivery of local programmes has been reflected in the increase in the number of projects and programmes delivered and the number of people participating.

Wicklow LSP highlighted some key factors in supporting the increased ability to deliver local programmes.

The number of programmes Wicklow LSP has delivered has more than doubled since 2009 from 6 to 14. There are a number of reasons for the increase in output of local programmes.

- *Greater involvement with LSP key stakeholders working in partnership to achieve similar aims and objectives. Partners such as the Local Authority, the Health Service Executive and County Wicklow Partnership identified that Wicklow LSP was the initial agency to approach in relation to programme advice, support and delivery.*
- *Joining up with neighbouring LSPs to pool resources and skills and to increase capacity to develop and deliver specific programmes or training.*
- *The development of Wicklow LSP's Strategic Plan identified key priority target groups and Wicklow LSP sought to engage with such groups through a number of programmes e.g. Youth and the First Tee Golf Programme, Bike Week events and Football. (Wicklow LSP)*

These factors relate to a more integrated sports infrastructure. Greater levels of communication between partners, the sharing of resources between LSPs, better and more joined up planning at a local level are witnessed across the network of LSPs.

A further factor relates to the levels of commitment of the staff.

Flexibility of staff has resulted in the LSP being able to 'do more with less'. The willingness of staff to take on new tasks and assist with projects in addition to their primary function enables the LSP to deliver a variety of projects. This flexibility is essential where staff resources are limited. (Carlow LSP)

The role of volunteers to support the roll out of the wide range of programmes is critical.

A number of Loreto Secondary School students have volunteered for the Disability Sports Clubs (Wheelchair and Special Olympics) as part of the Gaisce Awards. This ensures that there are enough people present to be able to run the club safely for participants. It also means that those who need it can have one to one attention. (Kilkenny LSP)

The support of local partners ensures that LSPs are able to engage with the hardest to reach groups in the community.

The assistance of partner agencies is imperative including clubs, Dun Laoghaire Rathdown (DLR) Leisure Services and the County Council. There are a large number of other programmes and events being delivered through local agencies - in particular in the area of disadvantaged youth. (Dun Laoghaire Rathdown LSP)

Support from partner organisations is welcomed as they have the ability to utilise their community development officers to engage with the target groups. (County Limerick LSP)

LSPs are constantly collecting evidence regarding the manner in which locally delivered programmes lead to sustained increases in participation by people in sport and physical activity. This includes examples of participants continuing physical activity outside of LSP planned sessions as well as the increased sustainability of sport and exercise clubs or groups.

The wide range of initiatives and programmes established through the network of Sports Inclusion Disability Officers has created participation opportunities for people of all ages with disabilities across the country. Individuals now have the potential to engage in physical activities and sports such as martial arts, boccia, athletics, swimming, power-chair football and tai-chi on a regular basis.

Many programmes are established in conjunction with partnership organisations within Donegal, which become independent after initial support at start up from the Sports Partnership. One such example is the boccia programme in conjunction with the Irish Wheelchair Association. With support from the SIDO, staff received training on the sport of boccia. Since then staff have continued to facilitate boccia sessions within the different IWA outreach sessions. Sligo and Donegal Sports Partnerships have also supported an Inter-County League between the IWA centres in both areas which see them play monthly matches in alternate venues in their home counties. (Donegal LSP)

Sligo and Westmeath LSPs have collected evidence of further impacts from SIDO led initiatives:

A Wheelchair Basketball Club was initially set up by the SIDO targeting adults with physical disabilities. Players are now responsible for the club. Inclusive Games training has been implemented by the SIDO to Service Providers and as a result disability organisations implement weekly sessions. Tandem Cycling which targets people with sensory impairments gives people an opportunity to participate in cycling and strengthens links with the National Council for the Blind Ireland. An athletics programme has been set up for people with physical and sensory disabilities. This gives them an opportunity to actively get involved and become members of their local athletics club. (Westmeath LSP)

The new Surf 2 Heal initiative facilitated in August 2010 targeted 8 young people in Sligo with autism through a two day surfing camp. The camp was supported by national volunteers and locally by County Sligo Surf Club and Point Break Surf School based in Strandhill. Through these local links a number of parents, on witnessing the enjoyment and benefits their children got from surfing have since arranged for additional sessions with the surf school instructor working on the initiative. Three of these young people are now surfing themselves on a more regular basis and are thinking about joining the club in 2011. (Sligo LSP)

LSPs over time build up strong connections and trusting relationships with local communities and can as a result respond to emerging needs, with the expectation that local people will offer their mutual commitment.

The introduction of new age kurling has meant that older adults have a new sport to play within their group. New age kurling is particularly suited to males of older adults groups and we have found it a great way of engaging with men of that age. (Cavan LSP)

The Kayaking Initiative in Connemara is in its second year, at the request of the schools and students. 28 students took part this year. We are in the process of setting up a horseshoe pitching club for older men as a result of the men's sports day in Roundstone, and we are also establishing local table tennis clubs in the four areas concerned, Carna, Cornamona, Clifden and Spiddal as a result of the schools table tennis initiative. (County Galway LSP)

LSPs promote the principles of partnership working in order to ensure that communities can “own” the initiatives and that partners can also benefit from the results. Sustainability of programmes is an ongoing priority for LSPs.

The Rebel Wheelers Club was set up as a direct result of a joint LSP initiative with the IWA and local volunteers/parents. This club won the Category for Club of the Year in our recent Cork Sports Partnership (CSP) Awards Scheme. (Cork LSP)

Waterford LSP has collected evidence of impacts from its programmes on a wide range of their target groups:

Fitness for Girls – Youth Projects that participated on this programme have continued to access local facilities and clubs that were used for the delivery of Fitness for Girls. Two projects have continued to offer fitness through their annual programme plans for the girls attending their projects.

Well Lads Fitness – this programme saw 9 young men get involved, 3 of which were not active at any level. Following the programme the group attended Spin Classes at an independent facility and participated in local fun runs.

Licence to Pedal – this cycling programme had 30 youth-at-risk participate in a 5 week introduction to safe cycling and 9 of these young people participated in the Sean Kelly 10K family Cycle in 2010. (Waterford LSP)

The relationships, which LSPs have formed with community groups and community development organisations, have contributed to the ongoing roll out of the Women in Sports Programme. Once again, LSPs collect evidence of the manner in which these programmes have led to increased participation levels among women from across the community.

Dublin City LSP delivered numerous programmes for women, including the very successful Gaelic 4 Girls and Gaelic 4 Mothers. These programmes will continue to run in 2010 due to the impact the programme had on the local clubs in each of the areas and the introduction of Gaelic to young girls who had never played before. (Dublin City LSP)

Following a Fitwalk Clinic held in Kildare Town there was a walking group established which has become very successful and their numbers have increased over a period of time. (Kildare LSP)

Meet 'n Train groups – the following groups were set up with assistance from Meath LSP: Tara AC meet 'n train, Dunboyne meet 'n train and Dunshaughlin meet 'n train. All are run by members within the local clubs and only receive partial assistance from Meath LSP. Mature Movers walking group - 27 older participants of which 92 % were female completed a 5 week Fitwalk workshop. 100% of the participants as a result of this initiative availed of year long track membership for Claremont Stadium. They have since become regular walkers at the track. The Fitwalk clinic delivered to 21 female participants in East Meath and has resulted in a walking group being formed. The group meets weekly with plans to formalise same in 2011. The Get Active Parents initiative attracted 75 female participants who availed of 6 weeks of tutor-led sessions. 80% of female participants increased their activity levels by 30 - 60 minutes per week. Get Fit for Santa - 20 female participants from RAPID estates completed an 8 week gym introductory programme. Meath LSP secured discount rates with a local gym - 12 of the group have taken out the year long membership. Girls in Action - increased by 2 schools annually to current levels of 12 schools. A total of 650 teenage girls participate in regular activity. 5 schools are in year 4 and only receive 25% funding support. Meath Running group continue to participate in local and national events throughout 2010. All participants entered at least one local running event with many competing in 3 or more events. Distances varied from 10km to a full marathon. (Meath LSP)

7 Building partnerships and influencing policy

LSPs spent some 17% of their time in 2010 working in the area of policy and local networking. The aim of this work in the area of policy and local networking is:

- to become more embedded in the local sports development infrastructure
- to build effective partnerships with policymakers
- to lobby for change

Networks and Forums

In 2010, LSPs have been to the forefront in the promotion of a wide range of major initiatives, networks and forums at local and national level. LSPs have played an important role in facilitating 199 networks and forums.

Engaging with these networks and forums has inevitable knock-on effects on the broader community. LSPs facilitate the creation of new partnerships between local groups and clubs, between funders and target group organisations.

- *The Moy Sports Network in Ballina, which formed as a result of social needs in local estates has identified a number of participation initiatives for specific target groups such as youth at risk. Members of the network include representatives from local resident associations, agencies, youth action groups, traveller groups, Sports Partnership etc. Initiatives such as soccer blitzes and tennis, utilising the Council's new playing facilities in these estates are in motion.*
- *The Westport Festival of Sport Network organised the 2nd sports fun day as part of the Get Out There Adventure Festival. The fun day is now looked on as a showcase event for sport / physical activity in the area. Local clubs have benefitted from increased membership and the local town council has committed to developing a street orienteering route around the town.*
- *A meet and train network to share information and training education is up and running. It creates better relationships between the competitive clubs and the recreational side of the sport (Mayo LSP).*

The SIDO network has been effective as a platform for the sharing of ideas among LSPs. Access to training and resources from other agencies through this forum has been very beneficial in creating linkages on a regional and national level with other stakeholders in the disability sector. Regional Networks of LSPs developed further in 2010.

The MidWest LSP's network has gone from strength to strength, with successful projects from all 5 LSP's now being rolled out on a regional basis, and this is having a positive impact on target groups such as older adults through our Physical Activity Leaders (PALs) and primary school children through the 'Splash n Dash' programme and Fit Kidz programme. (North Tipperary LSP)

Due to feedback from the Sport Development Officer forum, Louth LSP held a joint forum in 2010 with Meath LSP - most attendees cover both counties in the course of their work so the joint forum facilitated the participants in updating both LSPs at the one time - feedback on this initiative was very positive from participants with this process set to continue in 2011. (Louth LSP)

Involvement in networks allows opportunities for lobbying to take place and influence policy.

We work with the National Play Alliance, a loose association of all agencies providing play services to the country. We are currently preparing a policy document to be circulated to all politicians with the view to them maintaining funding for play services and supporting the maintenance of existing play facilities. (Laois LSP)

Awareness Raising and Committee Work

LSPs monitor the number of awareness raising events in which they have played an active role. In 2010, LSPs participated in 240 such events (a decrease of 21% from 303 events in 2009).

LSPs keep track of the extent of their local networking in relation to the themes that they address as well as the kind of local committees that they are asked to join. Over time, the LSP network has expanded its local, regional and national relationships with a wide range of statutory and community-based organisations, further embedding the network in the policy-making environment at county level and wider.

The awareness raising work serves to foster links with local partners as well as promoting the central messages of the LSP regarding participation in sport and physical exercise.

The Sports Partnership made a presentation at a seminar held to increase coordination of services for older people in South Tipperary focusing on health and safety. Also, as part of Positive Ageing Week the LSP provided information and activities for older adults. The Sports Partnership took a stand at the mental health awareness day in Cashel. As part of the Active Schools Policies with the Health Service Executive, the Sports Partnership made a presentation to the attending schools. As part of the strategic review and consultation of the new plan, a sports forum meeting was held. The Partnership made a presentation to the Cultural Strategic Policy Committee on LSP activities including the SIDO programme. The Tipperary Mini Marathon provided a massive opportunity to promote the work of the Partnership to the broader community. (South Tipperary LSP)

Attending meetings of the community forum has given the LSP greater access to contacts within the community. The LSP can disseminate information through contacts for youth, disability, women and ethnic minorities represented on the forum. The LSP now feeds into the community forum e-bulletin which is distributed to 300 contacts. All committee work leads to greater relationships being formed and more likely allies when running courses, programmes and events. We also reach people who can promote activities of the LSP better than the LSP could do alone - it is about real partnership. (Monaghan LSP)

Annual events offer an opportunity for the LSP to bring its stand, make some contacts, give presentations, etc.

Activities during Social Inclusion Week and Disability Awareness Day; Presentations to Active Retirement Groups in the County; Presentations to UCD and Sallynoggin College; Stands during national initiatives including European Mobility Week, Bike Week and Social Inclusion Week; Talks given to local secondary schools. Following on from a presentation to Sallynoggin College the 3rd year class assisted as volunteers for the Com-

community 5K event. Organising events such as the DLR Community 5K and Club Development Seminar have resulted in a good deal of positive publicity for the LSP. (Dun Laoghaire Rathdown LSP)

The Women's Health & Wellbeing Annual Event is a very successful and well attended event that provides an excellent opportunity for the LSP to promote programmes and training etc. The promotion around the Tone Zone opening, including radio interviews, press releases, mail-outs and e-bulletins resulted in a huge surge in enquiries and requests for information on the Tone Zone. (Carlow LSP)

LSP staff, volunteers and management members frequently represent the LSP on a range of local committees, groups and networks. These act as further opportunities to influence policy developments and offer relevant expertise when it comes to planning activities.

The LSP Coordinator is a member of the SIMS Group (Social Inclusion Measures), the County Childcare Committee, the County Development Board and the SIDO Regional Advisory Group for the North West. As the profile of the LSP increases and the programmes proposed are delivered the LSP will become more relevant to the agencies working with target groups. As the LSP becomes more established and recognised for the work within its remit, it's believed that community groups will seek to work with the LSP. (Leitrim LSP)

The roll-out of programmes has been progressed - Women of Longford with the Traveller Inter-agency group and Communities in Action (service level agreements signed for both). Our involvement with the Drugs Forum has opened up an additional funding channel for the LSP, as has Family Fun Day as the LSP drew down funds associated with National Play Day (Longford LSP)

Policy Work

Policy Work refers to work undertaken locally, which may have significance beyond the immediate community of the LSP. The following table gives a breakdown of some of these recorded outputs in relation to policy work.

Key Issue	Production of Research/ Publications	Delivering Presentations	Speaking at Conferences/ Seminars
Participation	24	169	15
Health	6	36	0
Education and Training	10	48	0
Volunteerism	7	11	1
Social Inclusion	8	31	6
Amenities and Facilities	10	17	0
Funding	11	33	0
Minority Sports	0	10	0
Other*	12	26	1
Total	88	381	23

* Others include Equality, Environment, Tourism, Childcare, Regeneration and Employment

Figure A4 - Breakdown of LSP outputs in relation to policy work in 2010

LSPs have become further embedded in the policy influencing as well as the policy making arena in 2010. Through auspicious use of research findings, keynote presentations and engagement with key policy level stakeholders, the network of LSPs has become a stronger player locally, regionally and nationally.

The production of a County Play and Recreation Policy by the County Development Board, with input from partners including Mayo Sports Partnership, comes at a time where the local authority is attempting to put specific criteria together for future facility development in the area. A play and recreation steering committee has been established to oversee this piece of work. (Mayo LSP)

The DCSN along with the ESRI carried out research on Dublin City. "Sport and the City" was an analysis of participation in Sport and Physical Activity in Dublin. Recent data was used to provide a statistical snapshot of participation in sport and exercise in Dublin. There is also research/work been carried out by the Active City subgroup, which aims to develop Dublin as an Active City in 2011, a follow on from the European Capital of Sport 2010. (Dublin City LSP)

The importance of the partnership approach has led to further impacts in being able to influence local policymakers.

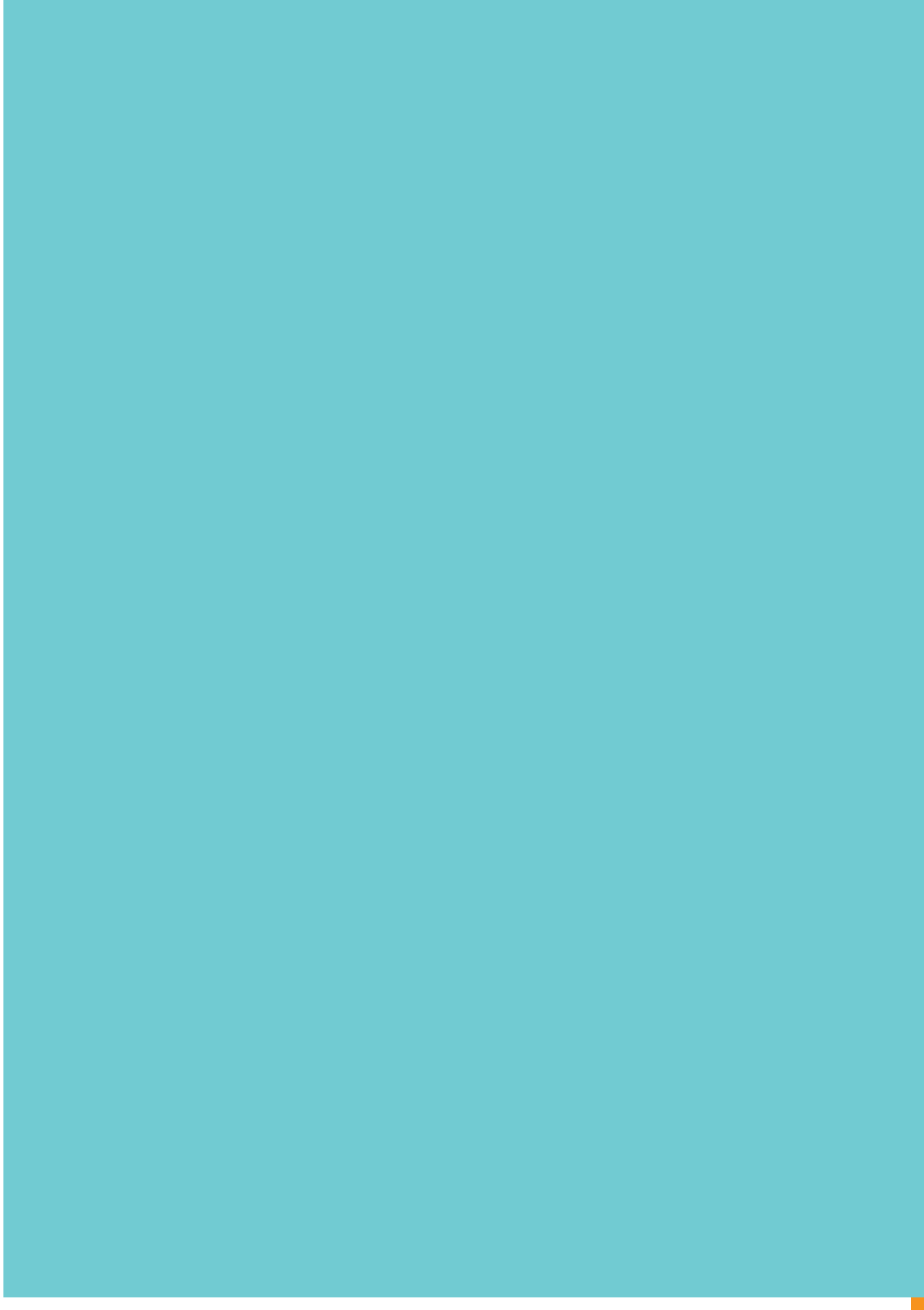
The development of relationships with partner agencies and key workers within local organisations has been a significant factor in the progress of policy work e.g. the support of the Director in Community & Enterprise, Carlow County Council and a presentation to the County Council Meeting in November on progress to date in County Carlow Sports Partnership, including the need to secure funding and the derogation for the SIDO post. (Carlow LSP)

Through our involvement with Fingal County Council's Parks Department priority has been given to the provision of mini pitches in parks close to playgrounds - providing facilities for young people. (Fingal LSP)

The roll out of innovative LSP led projects in 2010 has created new opportunities for influencing policies with specific target groups.

Due to the local success of Link2BActive, developed by the South Dublin County Sports Partnership, it is now about to become a national programme that addresses the issues of the unemployed (seeking participation at affordable rates) and facilities (seeking to keep their businesses afloat) and ultimately of course the health services and the Government. (South Dublin LSP)

The work completed in relation to agreeing new discounted rates for jobseekers (under the Link2BActive programme) and also disability, older adult and youth rates with some facilities has changed the fee policy approach by local facilities to low income groups. (Waterford LSP)





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