



Local Sports Partnerships SPEAK Report 2016



SPÓRT
ÉIREANN
RANPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

www.sportireland.ie

29 LOCAL SPORTS PARTNERSHIPS

291,947 

people participated
in 860 locally delivered
participation programmes

10,404 

female participants took
part in 70 local Women
in Sport programmes

18,500 

participants took part
in Operation Transformation
5k Fun Runs and Walks

15,500 

participants took part in
the An Post Cycle Series
(Sport Ireland Cycle Series)



2,060 CLUBS/GROUPS WERE SUPPORTED BY LSPs

ALMOST €17.2m

WAS INVESTED IN THE NETWORK
(This includes benefit-in-kind funding)



LSPs planned and delivered **292** training and
education courses, **15,470** people participated
on these training courses



8,381 completed
581 Safeguarding
Courses

17 LSPs received
funding for Community
Sports Development
Officers in 2016



Funding directly from Sport Ireland accounted
for **31%** of the total LSP funding in 2016



Additional funding was also secured for
specific projects under the Dormant
Accounts Scheme to the value of **14%** overall



In an effort to increase physical activity levels
in Ireland, the 29 LSPs have worked on **20**
Action Areas outlined in Healthy Ireland's
National Physical Activity Plan

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Message from the Minister of State at the Department of Transport, Tourism and Sport

I am delighted to contribute to the tenth report of the Local Sports Partnership (LSP) network. The SPEAK report reviews the important work carried out by the 29 Local Sports Partnerships in 2016 and highlights their efforts to increase participation levels through key target populations.

The Local Sports Partnership network engages with communities across every county in Ireland and has a unique insight into the needs, challenges and opportunities which are present at a local level. They are also key deliverers of national objectives under the National Physical Activity Plan for Ireland, where they have demonstrated their ability to encourage and support participation through working with a diverse range of partner organisations.

The LSP network works with local schools, community groups and sports clubs to help build the capacity of coaches, teachers, administrators and volunteers. Whether through the provision of club development workshops, organising Safe-guarding courses or promoting good governance standards, the LSPs can positively contribute to the improvement of the structures which allow organisations to operate successfully.

A specific objective of the LSP network is to engage with harder to reach communities by breaking down barriers and making sport more accessible. The investment of Dormant Accounts Funding has given more people with disabilities and those from disadvantaged backgrounds the opportunity to take part in sport and physical activity.

Everyone, regardless of their circumstances, should have the opportunity to benefit from the positive influence that sport and physical activity can have on their lives. I would like to thank all of the staff and volunteers within the LSPs who work tirelessly to increase opportunities within our local communities for us all to get and stay active.



Minister of State for Tourism and Sport, Brendan Griffin TD

Foreword

Over the past 10 years, the annual SPEAK report has provided a summary evaluation of the work carried out by Sport Ireland's national network of Local Sports Partnerships. We are delighted to present the 2016 SPEAK report as it continues to highlight the innovative and progressive opportunities that assist people to get more active throughout Ireland.

There is a diverse range of sport and physical activity opportunities available through Local Sports Partnerships. In 2016, 291,947 people increased their physical activity levels by taking part in programmes supported by the Local Sports Partnerships. A further 15,470 people engaged with LSPs and enhanced their lives by taking part in training and education programmes that helps build capacity and sustainability of the sector. Between the 18,500 participants who took part in Operation Transformation 5k Fun Runs & Walks and the 15,500 participants that took part in the An Post Cycle Series, the opportunities to be active have never been more accessible.

The Local Sports Partnerships are key delivery agents for both local and national policy and contribute to the implementation of national programmes. The ability of the LSP network to engage with the community and thereby work in partnership with a wide range of stakeholders is a significant advantage in achieving objectives beyond the remit of sport, including social inclusion.

The boards of LSPs play an important role in the development of local services and significantly contribute to the promotion of good governance within their organisations. Strong board structures provide leadership and help drive the strategic development of LSPs. Sport Ireland continues to provide ongoing support to LSP boards and staff in order to maintain a high quality service throughout the network.

Finally, on behalf of Sport Ireland, we wish to thank all of the partner organisations who have played an integral part in contributing to the ongoing work of the LSP network and have been key to the delivery of the local programmes that make sport and physical activity accessible to all.



Kieran Mulvey
Chairman
Sport Ireland



John Treacy
Chief Executive
Sport Ireland

A photograph of two young people kayaking down a river. The person in the foreground is a young woman wearing a white helmet and a dark jacket, smiling at the camera. She is holding a wooden paddle. Behind her, another person is partially visible, also wearing a helmet. The background shows a river with some rocks and trees. A large, stylized graphic consisting of overlapping orange and yellow shapes is overlaid on the right side of the image.

Section 1

Background

1.1 Background to the LSP Network

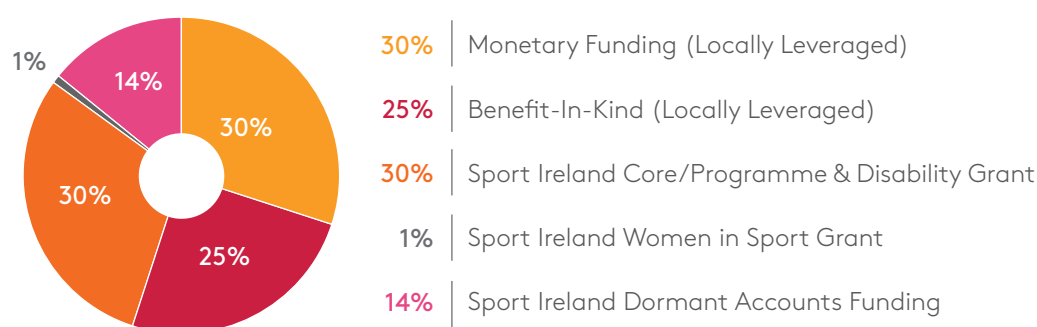
This report is the tenth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2016. Information provided through the SPEAK system (Strategic Planning, Evaluation and Knowledge) is collated into a national programme database. Some programmes from this database are highlighted as examples of good practice and are presented as case studies later in Section 3 of this report.

1.2 Project Funding Sources

Funding from Sport Ireland accounted for 31% of the total LSP funding in 2016. Additional funding was also secured for the LSP Network by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 14% of overall Network funding. The remaining 55% was raised from local sources, including benefit-in-kind funding.

| | | |
|---|-------------------|-------------|
| Monetary Funding (Locally Leveraged) | 5,136,029 | 30% |
| Benefit In Kind (Locally Leveraged) | 4,256,680 | 25% |
| Sport Ireland Core/Programme & Disability Grant | 5,230,708 | 30% |
| Sport Ireland Women in Sport Grant | 114,700 | 1% |
| Sport Ireland Dormant Accounts Funding | 2,410,101 | 14% |
| Total | 17,148,218 | 100% |

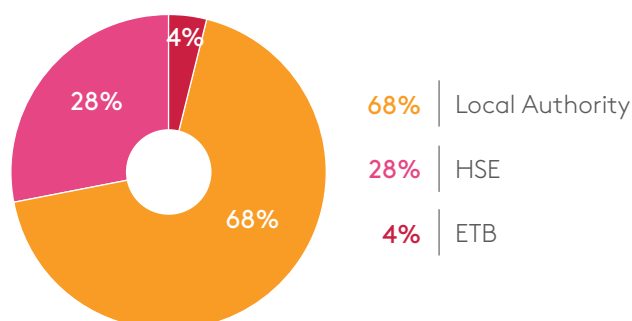
Figure A – Breakdown of Funding and Benefit-In-Kind Received by LSPs in 2016



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most significant source of funding and benefit-in-kind support for the LSP network in 2016. Other significant funding partners of the network were the HSE, the Education and Training Boards (ETBs – formerly known as VECs) and SOLAS (formerly known as FÁS).

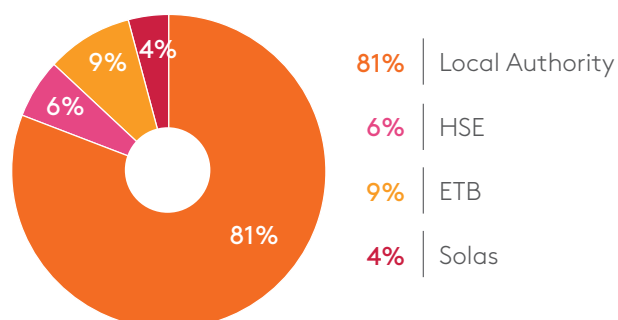
Below are the top three contributors to the LSP network in terms of monetary funding, excluding Sport Ireland.

Figure B – Top 3 Local Monetary Funding Providers across the LSP Network in 2016



Below are the top four contributors to the LSP Network in terms of benefit-in-kind funding, excluding Sport Ireland.

Figure C – The Top 4 Local Benefit-In-Kind Providers across the LSP Network in 2016



Sport Ireland funding to the LSP network increased by 2.3% from €5.22m in 2015 to €5.34m in 2016.

LSPs continue to be successful in leveraging funding from local sources. 55% of total funding has been contributed by local sources. Monetary funding leveraged locally accounts for 30% of overall LSP support and benefit-in-kind funding accounts for a quarter of overall funding.

Sport Ireland is once again pleased to note that over 50% of the Network costs are being provided locally. This follows a recommendation from the 2005 Fitzpatrick & Associates Review of the LSP programme.

1.3 LSP Management and Staff

Boards of Management Participation and Representation

- A total of 405 people served on LSP boards in 2016, an increase of 20 people from 2015. This represents an average of 14 people per board. 37% of LSP board members are female, which is positive in terms of diversity on Boards.
- Board members bring specific skillsets to their work within the LSP. This expertise is in the areas of finance and management, as well as public relations, governance and human resources helps contribute to the effective running of LSPs.

As with recent years, representatives from the Local Authorities, The ETBs and The HSE continue to be the three most active participants on LSP Boards of Management.

LSP Staff

LSP core staff are funded by Sport Ireland while other personnel are funded through other sources. Along with Co-ordinators and Administrators, many LSPs employ Sports Development Officers and/or Sports Inclusion Disability Officers (SIDOs), a number of which are also supported in part by Sport Ireland. In 2016, LSPs also provided placements for interns and jobseekers seeking work experience and opportunities to develop skills.

In 2016, 173 people worked on behalf of the LSPs. 101 people were either fully or part-funded by Sport Ireland. 66 were directly core funded by Sport Ireland. The LSP Network took on 47 people on internships and job placements. The LSPs also contracted a further 259 tutors to deliver programmes, courses and initiatives within the LSP structure.

Section 2

Achievements of the LSP Network in 2016

2.1 Introduction

LSPs undertake a wide range of actions with the aim of increasing participation rates in their local communities. These actions are grouped within four outcome areas:

- Working to increase participation levels, especially amongst specific target groups;
- Building sustainable local sporting infrastructure through support for clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies;
- Creating greater opportunities for access to training and education in relation to sports and physical activity provisions;
- Providing information about sport and physical activity to create awareness and access;

2.2 Development of Local Sports Infrastructure

A key focus for LSPs is that there is a sustainable level of development within the local sports infrastructure. Across the network, LSPs work with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options.

This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

Funding Work

In 2016, LSPs have worked with 785 sports clubs, groups and organisations throughout the country on a one to one basis and a further 448 clubs through group sessions. Some 52 group information sessions were run.

LSPs have worked directly with 574 of these clubs to assist them in developing funding applications and a further 103 clubs to support fundraising strategies.

Club Development Work

The LSPs support providers of sports and physical activity across the country, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise. To this end, in 2016:

- Some 1251 clubs/groups were supported in the delivery of activities;
- Some 211 clubs/groups were helped in developing their organisational or management structures;
- A further 175 clubs/groups were helped in tackling particular development or policy issues;
- Some 111 clubs/groups were helped in tackling particular governance issues;
- Some 23 clubs availed of Club Resource Packs, as produced by LSPs;
- Some 289 clubs attended Club Development Workshops.

This support work helps clubs to make improvements to attract and retain members. LSPs also play a key role in advising clubs in the areas of planning, evaluation and in the development of governance standards and policies.

Training and Education Courses

LSPs provide a range of important upskilling and training opportunities at local level for volunteers, coaches and administrators:

- LSPs planned and delivered 292 training and education courses, workshops and seminars with their partner agencies
- 15,470 people participated on these training courses
- 570 volunteers supported the rollout of these courses

The following table gives a breakdown of the range and extent of training delivered.

| TRAINING ACTIONS | |
|---|------------|
| Active Leadership | 7 |
| Bike 4 Life training | 3 |
| Coach Upskilling (Strength and Conditioning/Speed and Agility, etc) | 23 |
| Coaching Young People | 5 |
| Community Coaching | 18 |
| Cycling Training/Leadership | 4 |
| Disability Awareness/Inclusion Training | 33 |
| Facilities Advice and Support | 5 |
| First Aid Related Training | 12 |
| Get Ireland Walking Programme | 14 |
| Go for Life | 18 |
| Mental Health/Wellbeing Awareness Course | 6 |
| NGB-led Sessions/Workshops | 10 |
| Other Course Type | 7 |
| School Sports Day Training | 3 |
| Sports Leadership Training | 62 |
| Sports Specific Coaching Courses | 20 |
| Teacher Training | 16 |
| Training for Schools | 13 |
| Training related Seminars/Conferences | 7 |
| Walking Training/Leadership | 6 |
| Total | 292 |

2.3 Delivering Sport Ireland Programmes

Child Welfare & Protection (Code of Ethics) -Safeguarding Programmes

The Safeguarding 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 full programme consists of three stages:

| Safeguarding 1 - Child Welfare & Protection Basic Awareness Course | Safeguarding 2 - Club Children's Officer | Safeguarding 3 - Designated Liaison Person |
|---|---|---|
| All Coaches, Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare and Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. | A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and follow this with the Club Children's Officer 3 hour workshop. This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of training. | A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles. |

Club Children's Officer

The Club Children's Officer should be child-centred in focus and have, as the primary aim, the establishment of a child-centred ethos within the club. They are the link between the children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and sports leaders.

Designated Liaison Person

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána/PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

In 2016, 7,241 sports leaders and volunteers completed the Safeguarding 1 training across 481 courses run by the LSPs. Some 844 volunteers attended the follow up on Children's Officer training courses. In the second year of rollout of Safeguarding 3, some 296 Designated Liaison Persons received training on 27 programmes organised by LSPs.

Figure F - Summary of Safeguarding outputs for 2016.

| | SAFEGUARDING 1 | SAFEGUARDING 2 | SAFEGUARDING 3 |
|--------------------------|----------------|----------------|----------------|
| | 2016 | 2016 | 2016 |
| No. of courses delivered | 481 | 73 | 27 |
| No. of participants | 7241 | 844 | 296 |

2.4 Programme Delivery

The design, delivery and review of targeted programmes by LSPs directly increase the levels of local participation particularly amongst the harder to reach social groups. Through their local expertise and connections within the sports infrastructure, LSPs are able to identify specific needs and plan accordingly. In 2016 the LSP network maintained its delivery of an innovative range of participation programmes;

- 291,947 people participated in 860 locally delivered participation programmes
- Some 10,404 female participants took part in 70 local Women in Sport programmes

The following table presents an overview of the types of programmes delivered in 2016.

| PROGRAMME TYPE | |
|--|------------|
| After Schools Activity Programmes | 23 |
| Bike Week Activities | 22 |
| Community Sports Programmes | 49 |
| Cycle Safety Programmes | 4 |
| Cycling Programmes | 9 |
| Disability Programmes | 239 |
| Get Ireland Active Programmes | 63 |
| Mass Participation Events | 59 |
| Older Adult Programmes | 50 |
| Operation Transformation | 28 |
| Other Programmes | 73 |
| Physical Activity Programmes | 48 |
| Schools-based Programmes | 70 |
| Sports Camps | 8 |
| Sports Conditioning and Sporting Facts | 4 |
| Sports Volunteers Awards Programmes | 1 |
| Traveller Participation Programme | 5 |
| Walking Programmes | 12 |
| Women in Sport Programmes | 70 |
| Youth Diversion Programmes | 23 |
| Total | 860 |

2.5 Building and Sustaining Partnerships

Information Provision

LSPs act as an information hub and point of contact within their communities. LSPs work to share information, as well as to direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, to a community based organisation or to a volunteering opportunity.

LSPs collect ongoing information on the nature and extent of their work to provide information to their communities and profile their activities and programmes.

The following table presents an overview of the range of communication platforms that LSPs use, both via traditional and social media outlets.

Figure G – Summary of Focus on LSP Provision 2016

| Providing Information to Community Through Traditional Media | 2016 |
|--|-----------|
| Number of radio interviews | 124 |
| Number of articles in local press/radio | 846 |
| Number of articles in national press/radio | 49 |
| Providing Information to Community Through Online Promotion | 2016 |
| LSP Website: Number of new articles | 1391 |
| LSP Website: Number of resources downloaded | 1851 |
| LSP Website: Number of hits | 3,762,426 |
| Providing Information to Community Through Social Media | 2016 |
| Facebook: Number of posts/updates | 15,739 |
| Facebook: Number of Followers | 50,353 |
| Twitter: Number of tweets | 19,205 |
| Twitter: Number of Followers | 24,854 |
| Providing Information to Community Through Text-based Services | 2016 |
| Number of texts sent via text service | 99,295 |

LSPs are also active in developing specific resources to highlight and promote the range of activities and opportunities available locally. This can be in the form of newsletters, press releases, booklets, directories, as well as through translated documents. LSPs maintain active databases of local organisations and groups as well as email contact lists. LSPs can also promote their work through their annual reports. Research publications and presentations are also used regularly to disseminate their key messages regarding participation.

Figure H – Summary of LSP Information Production and Dissemination 2016

| Production of Information Resources | 2016 |
|---|--------|
| Number of newsletters | 84 |
| Number of translations of information resources | 810 |
| Number of press releases issued | 560 |
| Local Community Interest | 2016 |
| Number of directories produced/updated | 85 |
| Number of people/clubs/groups on email list | 51,572 |
| Dissemination of Research and Reports | 2016 |
| Number of research reports issued | 39 |
| Number of annual reports disseminated | 240 |
| Number of presentations delivered | 312 |

Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for LSPs, as well as representing key concerns in the policy arena. In order to carry out this strand of their work, LSPs actively engage in committee work and networking activities at local and national level. In 2016, LSPs have participated in some 216 actions associated with building networks and advocating on behalf of their LSP target groups.

The local and national networks bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national level.

These networking and awareness raising actions allow for an increase in the reach of the LSPs, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what the LSP can do to assist sports clubs and partners.

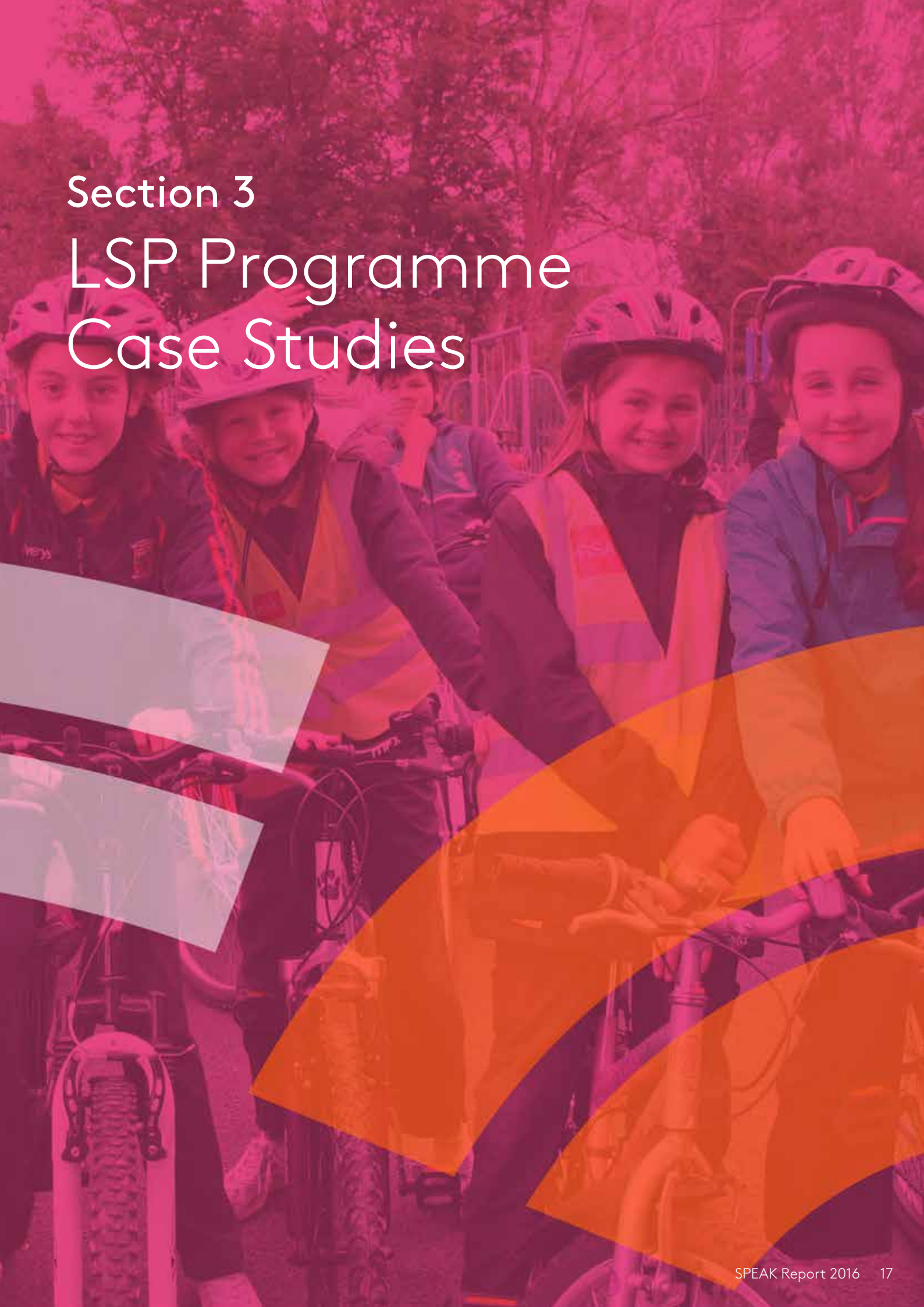
The following table presents an overview of the type of actions in which LSPs have been involved with in 2016.

| TYPE OF ACTIONS | NUMBER OF ACTIONS |
|--|-------------------|
| Campaigns and Lobbying Efforts | 37 |
| Local networks or Committees participated in | 81 |
| Regional and National networks participated in | 6 |
| Publicity, Awareness Raising and Media | 67 |
| Research projects involved in | 9 |
| Seminars or Conferences attended | 11 |
| Submissions made | 5 |
| Total | 216 |

Actions in the area of advocacy and policy allow for LSPs to promote the importance of sport in community life.

Section 3

LSP Programme Case Studies



This section provides an overview of the areas of work delivered by the Local Sports Partnerships. Each of the following case studies demonstrates the manner in which LSPs plan, deliver and sustain physical activity programmes.

The programmes created and delivered by LSPs are underpinned by four main outcomes:

- **Increasing participation levels, especially amongst specific target groups;**

LSPs deliver programmes to target groups that are harder to reach, including those with disabilities or acquired illnesses, young people, older adults, women, men and marginalised groups. The key to designing programmes that work is to understand the needs of the individuals taking part. Some LSPs have dedicated Sports Inclusion Disability Officers (SIDO) in place that are able to adapt mainstream activities to suit the special requirements of individuals of varying abilities.

- **Building more sustainable local sporting infrastructure through support for clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies;**

Through their work in supporting club development and sustaining the voluntary commitment that underpins local sports infrastructure across the country, the LSP network plays a critical role in aiding the growth of sport related voluntary activity in sports clubs across Ireland.

LSPs assist clubs and sporting organisations on the ground to attract, retain and upskill people. LSPs provide a range of training programmes, resources and supports for volunteers to grow and sustain their involvement, and to maximise the effectiveness of their voluntary time.

- **Increasing opportunities for access to training and education in relation to sport and physical activity provision;**

By empowering volunteers and facilitators to deliver on behalf of the LSP, the sustainability and future proofing of programmes can be ensured. The LSPs also work towards increasing pathways to jobs and further training opportunities for those involved in sport and physical activity. LSPs also assist local community organisations to improve their knowledge of governance to ensure that they are operating within acceptable standards.

- **Providing better access to information about sport and physical activity to create awareness:**

Through raising awareness about the role that sport can play in people's lives, improved communication about the availability of local programmes and strengthening their relationships with external agencies, the LSPs continue to highlight the opportunities within sport and physical activity across the country. The profile of LSPs at a local level is important to ensure that local communities are aware of and can seek the supports available to achieve their goals. Local clubs and organisations can also seek assistance from LSPs in order to increase awareness of funding opportunities.

Woodlands for Health

INCREASING LEVELS OF PARTICIPATION

- ▶ Improved participation by socially excluded groups
- ▶ Increasing levels of partnership co-operation in promotion of physical activity
- ▶ More innovative practices being used to promote participation opportunities

WHY

Woodlands For Health offers a recovery focused programme which complements traditional mental health treatment. Engagement with nature through outdoor activities can have a significant positive impact on people's mental health and well-being.

AIMS

- The primary aim of the programme is to improve the quality of life for adults who experience enduring mental ill-health in the Dún Laoghaire Rathdown area by engaging them in activities in a woodland environment.



HOW WAS IT IMPLEMENTED

Coillte provided their Project Plan and advice from a pilot project

DLR Sports Partnership and HSE Health Promotion linked in with Coillte in early 2016

Other key partners include Cluain Mhuire Adult Mental Health Services, Get Ireland Walking and Mental Health Ireland



WHAT IS INVOLVED?

12 WEEK PROGRAMME

10 PARTICIPANTS PER WALK



- Bus pick-up
- Walk location differs each week – start in parks to progress to mountain trails
- Lunch is provided
- Walks led by an experienced Dublin Mountain Partnership Ranger
- 2 hours of activities in a woodland setting
- Includes elements of gentle exercise, talks on the environment/route, environmental art and relaxation
- Clients were referred and managed by Cluain Mhuire

NEXT STEPS



- Gauging & generating interest for next phase in 2017 from April to July
- Link with Occupational Therapists in relation to participant identification and referrals
- Progressing participants to other programmes or walking groups
- Consider new elements such as 'Bring a Buddy' to reduce initial barriers/fears
- Increased mindfulness aspect of the guided nature walks

West Cork Islands Community Sport and Physical Activity Hub



MORE SUSTAINABLE INFRASTRUCTURE

- ▶ Increased levels of collaboration and interaction
- ▶ Improved provision of physical facilities and infrastructure
- ▶ More pathways to involvement in sport and physical activity

WHY



Increase opportunities for isolated island communities to be physically active by developing sustainable sporting infrastructure and encouraging better connected and organised clubs

AIMS

To increase opportunities in sport and physical activity on all islands in West Cork – Whiddy, Bere, Cape Clear, Garnish, Dursey, Heir and Sherkin Islands.



ACTIVITIES



ALL ISLANDS 5-A-SIDE SOCCER WITH OVER
70 PARTICIPANTS



BANTRY BAY ADVENTURE RACE WITH
114 PARTICIPANTS



2,500 STEP COUNTERS DISTRIBUTED



INAUGURAL HEIR ISLAND 5K RUN



COME AND TRY KAYAK
SESSIONS ON WHIDDY ISLAND



SHERKIN ISLAND WALKS
(CONSULTATION PROCESS)

HOW WAS IT IMPLEMENTED



APPOINTMENT
OF A PROJECT
LEADER



SET UP A
STEERING
GROUP



LIAISE WITH LOCAL DEVELOPMENT
WORKERS AND COMMUNITY
GROUPS TO UNDERSTAND THE
NEEDS OF THE LOCAL COMMUNITIES



ENGAGE WITH INTER-
AGENCY GROUPS AND
ISLAND COMMUNITY
COUNCIL REPS

OUTCOMES (2016 TO DATE)



SOCCER TOURNAMENT IS
NOW AN ANNUAL EVENT
ON THE ISLANDS CALENDAR
WITH THE 2017 EVENT SET
FOR MAY 2017



THE INAUGURAL HEIR ISLAND RUN
TOOK PLACE ON AUGUST 18th LAST
YEAR WITH OVER 40 PARTICIPANTS
TAKING PART. PLANS ARE UNDERWAY
FOR THE 2017 EVENT

THE ADVENTURE RACE WAS A HUGE SUCCESS
IN 2016. AS A RESULT OF THE EVENT A 5k
(CROSS COUNTRY) LOOP HAS BEEN SET UP
ON WHIDDY ISLAND. THIS LOOP WILL BE THE
ROUTE FOR THE 2017 WHIDDY ISLAND 5k
(PART OF THE ISLAND RUN SERIES)

CONSULTATION HAS TAKEN PLACE WITH
ISLANDS WHO ARE PREPARED TO TAKE ON
A KAYAKING PROGRAMME INCLUDING THE
PURCHASE OF A SMALL FLEET OF KAYAKS,
SOME LESSONS AND POTENTIAL INSTRUCTOR
TRAINING FOR INTERESTED VOLUNTEERS



ALL ISLANDS WERE ASSESSED FOR WALKS DURING 2016. SOME ISLANDS ALREADY
HAD EXISTING WALKS INCLUDING TRAILS AND NATIONAL LOOPED WALKS.
PLANS ARE IN PLACE TO HAVE HEIR ISLAND, CAPE CLEAR, LONG AND WHIDDY
ISLANDS COMPLETED IN 2017!

NEXT STEPS

For 2017 the following activities are planned:

- **2017 Soccer Tournament:** May 14th
- **Sailing Programme** for all Islands (supported by Irish Sailing Association & Cork ETB, local sailing clubs)
- **Kayaking Programme:** Summer 2017
- **Islands Run Series:** July to Sept 2017
- **Bantry Bay Adventure Race:** August 2017
- Launch of **Sherkin Island Walks** on May 13th
- Local **individual community programmes** (Heir, Sherkin, Bere and Cape Clear) ongoing
- **Walking Initiatives:** April – September 2017
- **Marketing and PR plan** for 'Active Islands' brand. This brand is currently associated with all hub activities but needs to be highlighted more
- Complete other **island walks**



Voluntary Inspired Participation (VIP Programme)

INCREASING LEVELS OF PARTICIPATION

- ▶ Wider range of opportunities
- ▶ Increasing levels of partnership and co-operation
- ▶ More innovative practices being used to promote participation

WHY



Develop a programme for transition year students to develop their capacities and offer training



Develop and mentor local teenagers to become future sports and physical activity coaches/leaders



AIMS



To enable teenagers to gain nationally recognised sports coaching qualifications.

To apply the knowledge they have gained through the delivery of practical sports sessions in local community and schools.

To encourage students to volunteer in their local communities.

HOW DOES IT WORK

IN 2016/17

150

APPLICATIONS
RECEIVED

32

STUDENTS
SELECTED

Interested participants apply to take part in this year long programme. In 2016/2017, 150 students applied for a position and after interview, 32 students from 9 schools were chosen for the course. The programme requires students to attend coaching courses every Thursday from September to May (9.30-3.30) in University of Limerick Sport Arena. Throughout the year they are all required to complete **10 hours of primary school coaching** and take part in a minimum of **6 Saturday morning Cool Movers** community sports sessions. Throughout the year the students are requested to complete **100 volunteer hours in the local community** or through Limerick Sports Partnership events. Each student logs all their volunteer hours for submission at the end of the course. Students receive all certs/qualifications at a graduation the following September.

TRAINING OPPORTUNITIES



NATIONAL CERTIFIED COURSES

(FAI, Munster Rugby, Athletics Ireland, Rowing Ireland, GAA, Gymnastics Ireland, Sport Ireland, Sports Leaders)



PRACTICAL WORKSHOPS

(Nutrition, sports hall athletics, sports talks, CARA disability awareness, sports first aid)



COACHING EVENTS

(Primary school, Cool Movers, rowing, LSP mass participation events)

ACTIVITIES

32 STUDENTS EACH COMPLETE **100** VOLUNTEER HOURS

LSP MASS
PARTICIPATION
EVENTS

EASTER/
HALLOWEEN
CAMPS



SPORTS HALL
ATHLETICS
BLITZES

SCHOOL AND
COMPANY MARATHON
CHALLENGE

This programme has undoubtedly given all students an opportunity to gain experience in the sports sector but has also enabled Transition Year students to gain qualifications that can be used in the future to encourage more people to become physically active and involved in sport.

Tracy Mahedy
Limerick Sports
Partnership

We enjoyed this programme and representing our school. I would recommend anyone who has an interest in sports and would like to pursue a career in sports should consider this unique opportunity.

Ciara Ryan, Student

The VIP programme was one of the best experiences of my life. I made great friends, learned new skills and got a lot of coaching experience in a lot of different sports which has been a great help to me in college.

Adam O'Neill,
Student

I think the VIP programme is great and it was brilliant to be a part of it. It gave me the opportunity to get qualifications and experience in teaching. I know that when the programme finishes I still have people that I can contact if I need any more advice. I think this programme will help me when I am looking for a job in the near future.

Jamie O Donovan,
Student

NEXT STEPS



The programme has gone from strength to strength with over **260 students from 16 schools applying to take part in the 2017/2018 programme.**

After interview, 35 participants were chosen to represent their school in this year long programme. To ensure that all students get the utmost from this programme additional courses have been included to ensure that more opportunities can be offered to the community and schools, these include – Basketball Ireland, Volleyball Ireland and workshops of older adult physical activity with Age and Opportunity and Drug and Alcohol Awareness with the Irish Cancer Society.



CASE STUDY MAYO LSP

Primary School Athletics

INCREASEING LEVELS OF PARTICIPATION

- ▶ Improved participation by socially excluded groups
- ▶ Improved participation by low participation groups
- ▶ New participation programmes being facilitated by LSP

WHY



To create an outreach opportunity in primary schools for local clubs and allow for wider access to a range of sporting disciplines while increasing participation in sport among all children attending primary schools in the targeted areas.



AIMS

Improve the development of fundamental movement skills in primary school children

Engage children from all ethnic backgrounds, children who are hard to reach and would not normally be offered athletic disciplines

Showcase the various athletic disciplines as opportunities in sport for children e.g. long jump, ball throw

Encourage more children to join their local athletic club

Encourage more physical activity among all children in an inclusive and far-reaching way

HOW DOES IT WORK

Primary school athletics is offered to all schools in the vicinity of the Claremorris Indoor Athletic Facilities i.e. South and East Mayo. Schools are invited to express their interest. The recommendation is that Groups of 30+ (e.g. a Class) children from schools attend along with their SNAs/Teachers etc. Volunteer Coaches deliver a 1.5 hour session to the children bringing them through various disciplines including hurdles, relays, high jump, long jump etc.

Children of all primary school ages attend from Junior Infants up to 6th Class.

ACTIVITIES



OUTCOMES

1500-2000 CHILDREN PARTICIPATE PER SEASON
(AUTUMN/WINTER OR SPRING/SUMMER SEASON)

2 NEW ATHLETIC CLUBS HAVE BEEN DEVELOPED IN
CLAREMORRIS & BALLINROBE SPECIFICALLY FOR CHILDREN

Inclusion of Traveller children and children of ethnic minority backgrounds that may not take part outside of school.

Many children have linked up with Claremorris and Ballinrobe Athletic Clubs.

Whilst not the focus by any means, the programme has helped development of children who have gone on to participate in national competitions and win national medals.

Athletics is on the curriculum in participating schools and therefore teachers become aware that this is a quality programme which can meet the curricular needs whilst we engage more children in physical activity, developing fundamental skills, interest in athletics/sport generally in a fun environment within the school hours.

The programme is all inclusive and caters with ease to the children in the schools with a disability. All games are adapted to include all children who attend primary school.

The primary school athletic programme is an important programme that includes children from all ethnic backgrounds. At Scoil Íosa, we have over 20 different nationalities and this is a wonderful way to reach all children and help in the development of their athletic skills.

Kenneth Denny
Principal, Scoil Íosa Ballyhaunis



NEXT STEPS

In 2017, it is hoped to develop it into a **5 day programme** to include more classes and more schools.

Development of the recreational side of athletics clubs is going to be a key focus. This will provide a **pathway for future involvement**.

The programme aims to be **more inclusive and sustainable long term** to all children whatever their background.

Portlaoise Street Soccer Leagues

MORE SUSTAINABLE INFRASTRUCTURE

- ▶ More self-sustainable clubs
- ▶ New clubs and groups demonstrating increased membership levels

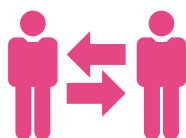
WHY

To provide sporting opportunities for men who were coming through drug rehabilitation programmes. The same issue was identified for other groups of people on margins of society including homeless people and people living in direct provision.



AIMS

To engage marginalised men and build relationships between stakeholders.



WHAT IS INVOLVED?

10 WEEK PROGRAMME

- 1 Astro league over 10 weeks
- 2 Penalty shoot out and blitz at 5 week half way-mark
- 3 Semi-finals and finals

WHO ARE THE TARGET GROUPS?

- ➔ Recovering from drug dependency issues
- ➔ Men living in direct provision centres
- ➔ Minority groups
- ➔ Long term unemployed
- ➔ Youth at risk



Since the Portlaoise Street Soccer Leagues commenced in 2009 we have had 8 people represent Ireland in the Homeless Street Leagues World Cup with all receiving their international cap. This has been a huge honour for the participants and their families and has transformed their lives.

Joseph Thompson is one of the four people from Portlaoise who made the National team in 2015. He is an enthusiastic 21-year-old, who is working towards a coaching qualification through the Community Coaching Programme. 'I had struggled with things since I was a kid,' says Joseph. 'I had Dyslexia and my teachers told me I would never amount to anything. I got through secondary school purely through sport - GAA, football, hurling, running - sport meant everything to me, but because I didn't get good grades, I wasn't able to find a job.'

He continues, 'As a teenager, things weren't great with the family. I couldn't handle it, so I left, becoming homeless. It was demoralising on the streets. I could see no way forward. All my life I'd been into sports and when that happened, sport just left me... I couldn't see any way of coming out of homelessness. I stopped trusting people and found it hard to find that again.'

Things began to improve when he got involved with the Sports Partnership. 'When I went into the programme I was very uncertain because of those trust issues, but now I'm so glad I did,' he smiles.

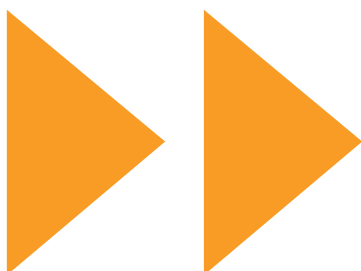
'Through the Street Leagues and the Sports Partnership I got training and now I teach kids and people with disabilities to play soccer. I'm also working towards my coaching badges; it's great.'

Joseph was thrilled to be picked for the Irish team. 'I wasn't told until we were on our way back from the trials,' he grins, 'and I wanted to jump for joy when I heard. I'm so excited. I feel so proud. When I have that green jersey on my back and hear that National Anthem playing - I can't wait!'

Relations with his family have also improved. 'I've kind of come back to myself now. My confidence levels are up. I'm also getting on a lot better with my parents and they have never been prouder of me. They can't wait to see me in my Irish colours representing my country.'



NEXT STEPS



In 2017, Laois LSP plan to deliver this programme and increase the numbers participating and link to the local clubs. This programme has been a great personal development tool but also a platform for participants to further themselves through training and education such as the Community Coaching Programme. It is aimed at the Direct Service Provision Team Miami FC will participate in the National Street Leagues Final in Dublin 2017 as they were runners up in Portlaoise Street Soccer Leagues 2016. To aim to ensure funding is secured annually from our partner agencies to continue this programme.

Building Positive Clubs Programme

GREATER ACCESS TO TRAINING AND EDUCATION

- ▶ Greater levels of capacity building opportunities for sports volunteers and leaders
- ▶ Increased level of leadership skills being used in clubs and groups
- ▶ Increased pathways to further training opportunities

WHY

Address culture of “win at all costs” coaching with young people.



AIM

Make sports clubs a setting for positive health promotion.

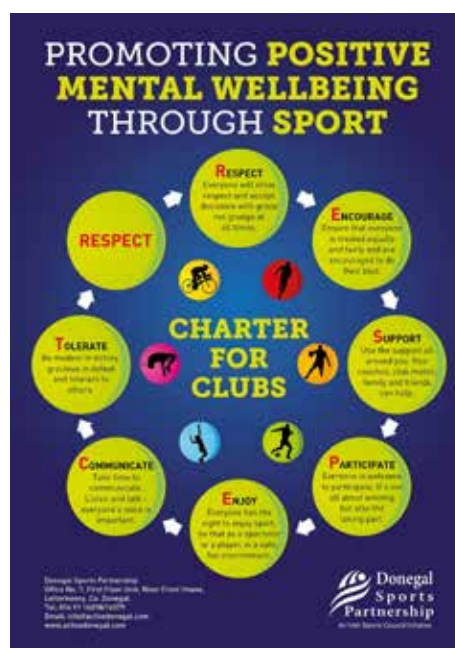


WHAT IS INVOLVED?

Promoting the Charter



Promoting the Principles





HOW WAS IT IMPLEMENTED?

Finn Harps academy participated in the **pilot** of the Building Positive Clubs programme.

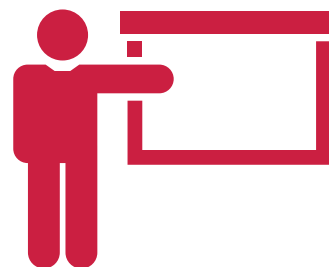
An **action plan** was developed which focused on specific areas that could be developed within their club including education and training, player welfare, communication, coach development and PR/marketing.

Donegal Sports Partnership hosted a **Building Positive Clubs Conference** in November 2016 with presentations on the importance of managing expectations in sport and overcoming life challenges using sport.

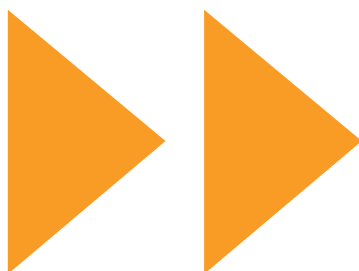
HOW WAS THE MESSAGE DISSEMINATED?

Positive Clubs Conference

Speakers and Presentations



NEXT STEPS



To **ensure sustainability** of the programme and to **maintain the momentum** of the programme, Donegal Sports Partnership recognise a need to continually promote the programme with NGBs and sports clubs in order to address the issues of a negative culture in sport and protect sport and the participation of children and young people.

During 2017, Donegal Sports Partnership hope to deliver the programme to further sports clubs. They will also host another evening seminar on the topics in the last quarter of 2017.

A number of clubs have expressed an interest in the programme and have had initial information meetings to discuss delivery. A funding application for future delivery has been submitted.

A Day in the Life of.... A Sports Inclusion Disability Officer (SIDO)

With Dean Mc Elroy Sports Inclusion Disability Officer working with Cavan & Monaghan LSPs

Dean, tell us a little about yourself, how did you come to be a SIDO, did you study or work in this area previously?

In 2008, I completed a 4 years honours degree in Community Sports Leadership at Dundalk Institute of Technology as I've had a strong interest in sport from an early age. In 2011, I began a FÁS work placement programme with Monaghan Sports Partnership, which involved initiating and supporting a variety of programmes, including the Sports Inclusion Disability Programme. In September 2012, I started my role as Sports Inclusion Disability Officer with Monaghan and Cavan Sports Partnerships, which is a joint initiative between the two counties and I have been here since.

You work across two counties. What is the travel like and is there any advantages to this setup?

I work in both Monaghan LSP and Cavan LSP on a week to week basis and this arrangement works well, especially once programmes are well organised (I am based in that particular county on the first day each new programme starts). The travel isn't any more demanding than what other SIDOs would be doing in a single county. A lot of planning, administration and reporting is office based so I'm not out on the road as much as some might think. I am fortunate in that the SIDO role in Monaghan and Cavan also covers providing sport and activity for people aged 50 and over, so there is a good mixture of programmes provided. It can be advantageous as I am constantly learning and bringing back new ideas from one county to the other.

Do any days have the same routine? Are you able to set aside certain days for certain tasks or is it very hard to make these types of plans?

Rarely will you have days that are the same, which is a good thing about the role. There are always new people making calls in relation to programmes and looking for creative new ideas for groups. In terms of planning, days are set aside in advance, which is done per quarter to allow us appropriate time to develop programmes and deliver a high quality of service. This is also done for evaluating and reporting purposes.

Do you find yourself working with people with disabilities themselves or is it more at the organisational level? More tracksuit than work-suit, or the other way around?

It would be a mixture, at events and programmes I would be engaging with and delivering to people with a disability directly, which is hugely enjoyable and beneficial for the development of the programme. I can see directly what works and doesn't work and can amend programmes accordingly. Local coaches and service providers would also be present so there are elements of training them incorporated at these sessions also.

A lot of my work would be at an organisational level also, developing effective partnerships with key stakeholders, such as the HSE, Disability networks, Age Friendly Alliance and NGBs. Networking is a vital part of the role in ensuring disability sport and activity for older people remains at the top of the agenda locally and nationally. I can't get around to delivering to every group so having a sustainable network that I can feed into is vital to the success of the programme.

Give us some examples of the types of projects that you are currently working on and what is involved on a day to day basis to make these projects or initiatives run smoothly and successfully?

I co-ordinated an Easter Jamboree for adults with a disability in Cavan and Monaghan in a cross-county event, with participants trying activities such as Badminton, Basketball and Jiving for the first time. This event involved substantial partnership work, with Badminton Ireland, Cavan Lakers Basketball (local club), Students from the Moving On Programme Castleblayney (Local Training Initiative) and Cavan Scouts group all supporting the event, along with local disability services.

I also helped develop an Inclusive Easter Camp for Children with a disability (in conjunction with the Peace Link Sports facility), Inclusive Cycling Programmes and Xcessible Rugby programmes for children with a disability. Other examples of inclusion work would be our Games 4 All training workshop, which was delivered to TY students in St Aidans Secondary school over the last two years, which has since led to the trained students delivering inclusive games to children attending the Holy Family Special Needs school.



This new link has resulted in annual activities between the school, enabling the TY to put their learning into practice. The Holy Family School have recently participated in the new Tri Heroes programme in Cavan, in conjunction with Triathlon Ireland, with huge success.

It is my responsibility to support these initiatives in terms of administration, promotion, training (if needed) and linking with relevant local groups to maximise the impact of the programmes.

How often do things not happen as you would have liked? What are the types of challenges that you have to deal with in delivering projects and programmes?

Like most jobs, time is always a challenge, never enough of it but we make every minute count. Transport does sometimes restrict participation levels, especially in the rural areas where there is a lack of bus services, so the inclusion programme works to make sport accessible with minimum barriers. In an ideal world, all programmes would be fully sustainable however, that isn't always possible. Again, working with local clubs or NGBs is essential to ensure the sustainability of programmes, but the challenge, especially in relation to minority sports, is the lack of local development officers.

Accessing tutors can be a challenge at times, for example some active adult 50+ programmes prefer evening classes so sourcing tutors that are available at that time can be an issue. Both LSPs are always looking to expand their tutor database for this reason.

How much time is spent on reporting, evaluating and planning? What about team meetings?

Reporting is an essential part of the role, as it highlights the work done to date and keeps me accountable. Reports are submitted internally for the County Councils, Sport Ireland, CARA and also for any funding that has been sourced for the SIDO programmes (HSE etc.).

The LSPs implement and develop sport & physical activity to a huge extent locally, so it is vital that this is highlighted. The monitoring and evaluation of programmes helps us to get a clear understanding of whether the programme objectives are being met and helps us to justify any current or future investment.

An annual work plan is drafted up by the LSPs at the end of each year, which the SIDO feeds into. This ensures all programmes can complement each other and link in with national initiatives. The work plan is broken into quarters, which are reviewed after each quarter is complete. Each programme has a programme planner, which details tasks needed, by whom and when, partners involved, evaluation, risks etc.

Both LSPs in Cavan and Monaghan have weekly team meetings, which allow staff to share information, what projects they are working on and their current status.

Do you often work in the evenings or at weekends? Are there meetings with clubs or groups who are only available at specific times?

The role is flexible in terms of when I am required to work. As we link heavily with local clubs who are volunteers, it is important to facilitate their needs. This often involves evenings and weekends. Mass participation events are normally held at the weekends, which the LSP are delighted to support as they generally help engage those who aren't currently active.

How do you see the SIDO role developing into the future?

The success and visibility of the SIDO programme often means that we are working at capacity as new partners seek to work with us. We are always hopeful of increased investment in the area of disability sports, but building the capacity of local clubs, smaller NGBs and community groups to be more sustainable is the main objective going forward.

Section 4

Next Steps for LSPs

This section looks at the wider policy context in which the LSP network is embedded. Each LSP directs its work within a dedicated outcomes framework, described in some detail in the 2015 SPEAK Report.

This in turn is connected to wider Sport Ireland policy aims and commitments that are named within national plans, such as the National Physical Activity Plan (NPAP) and Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025. The LSPs are thus continually collecting quantitative and qualitative data that not only demonstrates the impact of their work at a local level, but also feeds into the analysis of national implementation teams.

In this section, the connection between the local delivery of programmes, including the manner in which they are planned and reviewed, and overarching national policy commitments is explored. Initially, the extent to which LSP actions are contributing to the NPAP goals is highlighted. Then one of these specific actions is described, as are the LSP planning and review processes.

4.1 National Physical Activity Plan

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025 is the national framework for Government and society to improve the health and wellbeing of people living in Ireland. The Framework identifies inter-sectoral actions, including the development of a plan to promote increased physical activity levels. The mission of the resulting National Physical Activity Plan is to **“increase physical activity levels across the entire population thereby improving the health and wellbeing of people living in Ireland, where everybody will be physically active and where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary.”**

The commitment given by Healthy Ireland to develop and implement this plan clearly requires the engagement of many different agencies and enhancement of cross-sectoral cooperation at national, local and community level. The LSPs are important drivers of this inter-agency approach in that they can promote a supportive environment at local level, where physical activity becomes normal as well as continuously explore new models of participation. The LSPs are therefore named as key partners across many of the action areas of the NPAP.



Among the 20 actions that involve LSPs, some specific actions include:

- Contribution to publicly accessible national sports/recreation facilities and amenities directory (www.getirelandactive.ie)
- Development of guidance to support schools to adopt and implement policies that promote the wellbeing of their communities under the Get Active! Framework
- Development and promotion of walking and cycling strategies in each Local Authority area
- Support of the Community Sport and Physical Activity Hubs in disadvantaged areas
- Rollout of Active Communities Walking Programmes under the Get Ireland Walking initiative
- Implementation of participation programmes with a focus on disadvantaged communities
- Strengthening and enhancement of the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes
- Support of the work of the National Governing Bodies of sport in implementing programmes to promote physical activity
- Contribute to evaluation framework for programmes designed to increase physical activity levels

4.2 Community Sports Development Officer

One of the 20 action areas currently being addressed by the LSPs relates to the strengthening and enhancing of their capacity to further develop locally led plans. As well as engaging in their own ongoing organisational development work and training, LSPs commenced the piloting of an innovative new programme.

The Department of Transport Tourism and Sport had provided an additional allocation of €419,000 to Sport Ireland in 2016 to support the establishment of CSDO's across the LSP network. The aim of this fund was to foster and encourage a culture of active participation, supporting opportunities for, and access to, sport and physical activity through Local Sports Partnerships.

The CSDO fund objectives include the provision of support for the development of exciting and dynamic opportunities to increase participation for people who are sedentary. It also provides a focus on supporting smaller National Governing Bodies that do not have Development Officers, and other stakeholders to deliver services to increase participation. Projects have a focus on sustainability and include support for sustainable local leadership in sport within communities.

Sport Ireland and the Department of Transport, Tourism and Sport will make the CSDO fund available in 2017 to support the National Physical Activity Plan to continue to contribute to Action 46 (Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes).

4.3 Planning within the LSP Network

As a core element of their commitment to ongoing capacity building, all LSPs draw support from the Organisational Development and Change (ODC) unit within Sport Ireland. Some 23 of the 29 LSPs have signed up to the ODC Strategy. This ensures that building capacity and capability within the network can be co-ordinated at a central level in relation to supports such as performance management systems, employee handbook templates, policy development and other key aspects of LSP organisational development.

Each LSP works to its own locally driven strategy. While these strategies are designed to take account of local need and are formed on the basis of extensive consultation, the outcomes framework that is used in relation to reporting on their work is embedded within national policy commitments.

As the LSP network brings new dimensions to its community reach by rolling out the CSDO programme, it remains fully committed to its local vision and national policy goals. Through building organisational capacity, with a clear focus on the importance of strategic planning and reporting, each LSP is strengthened in relation to the ability to demonstrate the value of their new direction. As the CSDOs promote new participation opportunities on the ground, they will be able to highlight new outcomes for harder to reach target groups. They will in turn be able to describe the means by which they plan, design, deliver and evaluate new projects and programmes. Using the SPEAK reporting framework, there will be exciting new learning and evidence emerging from their work in 2017.

A Decade Of SPEAK Within The LSP Network

The Fitzpatrick Report that was published in October 2005 had many far-reaching recommendations for the LSP network as it was to evolve over the following years. As well as pointing to the importance of the national rollout of the programme and a 50% core funding model, where the remaining 50% would be leveraged locally, the report also highlighted the need for a monitoring and evaluation framework that would allow “local LSPs to collect common performance monitoring data”.

SPEAK was chosen as the monitoring and evaluation tool that would be designed around the specific needs of the LSP network. A design group brought together LSP coordinators and Irish Sports Council staff to build the first iteration of the system that was rolled out through training sessions in 2007. At this time, the trainees left with a CD-Rom that was used to install the system on their PCs in the offices. Over time, the system was updated through a series of online installers to eventually become a fully online platform.

The first year of data collection and analysis by 22 LSPs led to the production of the 2007 Speak Report for the LSP Network. Total funding was then 7.5 million euros, with some 49% coming from the Irish Sports Council. Some 52 staff were employed in the 22 LSPs, with a further 100 employed within the LSP structures. Some 348 people were serving as board members.

Moving ahead ten years, total funding has increased to 17.15 million euros, with 31% coming from Sport Ireland. Local Authorities remain as the largest providers of monetary and benefit-in-kind funding. Some 173 people were working on behalf of the LSPs, of whom 101 people were either fully or part-funded by Sport Ireland. LSPs also provided placements for interns and jobseekers seeking work experience and opportunities to develop skills, with 47 people on such placements in 2016. The LSPs also contracted a further 259 tutors to deliver programmes, courses and initiatives within the LSP structure.

As well as becoming more sustainable as envisaged by the Fitzpatrick report, the LSP Network has become instrumental in the development and delivery of a set of national programmes, with a focus on disability through the SIDO programme, gender and participation through its Women in Sports Programme, working with harder to reach and low participation groups through the CSDO Programme and a series of mass participation programmes including Operation Transformation and the Sport Ireland Cycle Series.



As LSPs work in local settings to design new responses in relation to the specifics of local need, their innovative and pioneering work is tracked and monitored and evaluated by their experienced staff teams. A series of LSP regional forums allow for these teams to share best practice and review their data collection and analysis processes. Outcome indicators are used to understand the changes that the LSPs are affecting in their communities.



While it is not simply about the numbers of people who have been engaged by LSPs, the following results present a sense of the scale of the work of the network as it has expanded over the past decade:

- The number of groups supported has grown from 745 in 2007 to 1,150 in 2016
- The number of people participating on training and education courses increased from 10,000 to 15,470
- The number of locally delivered participation programmes has increased from 412 to 931, with the level of engagement with local communities increasing from 55,000 people to over 300,000 people
- The level of information provided through both paper-based and new social media formats increasing year on year

These numbers highlight the level and extent to which each LSP has become the local information hub for the needs of the community and for local groups and clubs, as well as for all education and training requirements in the areas of sports development and capacity building. The LSPs are also the key local actors in the promotion of participation opportunities for the whole community, but with a specific focus on the harder to reach and low participation groups.

Over this decade, the LSPs have collected extensive evidence regarding the manner in which they are also extremely embedded in the local community and sports infrastructure of the county, involved in a range of local committees and offering expertise with regards to policy forums and networks.





Appendices



Appendix A

List of Local Sports Partnerships

| Local Sports Partnership Network | Year Established |
|---|------------------|
| Tipperary Sports Partnership | 2001 |
| Sligo Sports Partnership | 2001 |
| Roscommon Sports Partnership | 2001 |
| Clare Sports Partnership | 2001 |
| Donegal Sports Partnership | 2001 |
| Kildare Sports Partnership | 2001 |
| Laois Sports Partnership | 2001 |
| Fingal Sports Partnership | 2001 |
| Cork Sports Partnership | 2002 |
| Meath Sports Partnership | 2002 |
| Waterford Sports Partnership | 2002 |
| Kerry Recreation & Sports Partnership | 2004 |
| Kilkenny Recreation & Sports Partnership | 2004 |
| Mayo Sports Partnership | 2004 |
| Westmeath Sports Partnership | 2004 |
| Carlow Sports Partnership | 2006 |
| Offaly Sports Partnership | 2006 |
| Monaghan Sports Partnership | 2006 |
| Limerick Sports Partnership | 2007 |
| Galway Sports Partnership | 2007 |
| Cavan Sports Partnership | 2008 |
| Louth Sports Partnership | 2008 |
| Dún Laoghaire Rathdown Sports Partnership | 2008 |
| South Dublin County Sports Partnership | 2008 |
| Wexford Sports Partnership | 2008 |
| Longford Sports Partnership | 2008 |
| Leitrim Sports Partnership | 2008 |
| Dublin City Sports Partnership | 2008 |
| Wicklow Sports Partnership | 2008 |

Appendix B

Glossary of Terms

CARA National Adapted Physical Activity Centre -

A National Resource Centre to lead, coordinate and support the development of sport, physical activity and physical education for people with disabilities.

Club Children's Officer – The Club Children's Officer is a volunteer role within a sports club. S/he is the link between the children and the adults in the club. S/he takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders. The Club Children's Officer should be a member of or have access to, the Club Management Committee and should be introduced to the young people in an appropriate forum.

Designated Liaison Person – The Designated Liaison Person is a volunteer role within a sports club. The Designated Liaison Person is responsible for ensuring that the standard reporting procedure is followed, so that suspected cases of child neglect or abuse are referred promptly to the designated person in TUSLA Child and Family Agency or in the event of an emergency and the unavailability of TUSLA, to An Garda Síochána.

ETBs – Education and Training Boards. ETBs are statutory education authorities which have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes. On 1st July 2013, the 33 Vocational Education Committees (VECs) were dissolved and replaced by 16 Education and Training Boards (ETBs).

Fitzpatrick & Associates Review of LSPs – The Fitzpatrick & Associates Review of LSPs is a report published by the Department of Arts, Sport and Tourism in 2005. The report evaluates the progress of the LSPs with reference to the key aims and objectives, and makes a number of recommendations for the LSP initiative.

HSE – Health Service Executive. The HSE is a statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

LSP – Local Sports Partnership. LSPs are an initiative of Sport Ireland to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

Meet and Train groups – Meet and Train groups are weekly walking/running groups, set up and supported by LSPs often in conjunction with local athletics clubs. The objective of the Meet and Train group is to provide an opportunity for

participants (in particular women) of all ages and levels of fitness to get together to exercise with like-minded people, in a non-competitive environment initially under the guidance of a qualified coach.

NGB – National Governing Body. An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sports through constituent clubs.

Older People – As used throughout this report, the term older people refers to those over 50 years of age.

SIDO – Sports Inclusion Disability Officer. SIDOs aim to provide opportunities for participation in sport and physical activity for people with a disability. See Sports Inclusion Disability Programme.

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna. SOLAS is the national training and employment agency with responsibility for assisting those seeking employment. Formerly known as FÁS; the Further Education and Training Act 2013 resulted in the dissolution of FÁS on the 26th October 2013 and the creation of a new agency called SOLAS on 27th October, 2013.

SPEAK – Strategic Planning, Evaluation and Knowledge system. The SPEAK system is a product of NEXUS Research (a not-for-profit research co-operative based in Dublin) which offers organisations the capacity to self-evaluate, leading to a comprehensive understanding of the work of the organisation and the impacts of that work.

Sport Ireland – Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.



Sports Inclusion Disability Programme – A programme to encourage and facilitate more people with disabilities to participate in sport and physical activity, developing sustainable clubs and programmes in all settings.

Sustainability (with regard to LSP participation programmes) – A sustainable programme is one which leads to lasting participation in sport and/or physical activity which is capable of being self maintained (without direct LSP support).

WIS – Women in Sport. An initiative of Sport Ireland which aims to increase participation of women in sport through provision of alternative opportunities and development of specific programmes targeting women and girls.

Local Sports Partnership Contact Details






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 @Claresports

Cork Sports Partnership

 www.corksports.ie
 021 434 7096
 info@corksports.ie
 @CorkSportsPartnership
 @CorkSports


Active Donegal

 www.actedonegal.com
 074 911 6078
 info@actedonegal.com
 @actedonegal
 @ActiveDonegal

Dublin City Sport and Wellbeing Partnership

 www.dublincity.ie
 01 222 7870
 antonia.martin@dublincity.ie
 @DublinCitySportandWellbeingPartnership
 @dccsportsrec





Dun Laoghaire-Rathdown Sports Partnership

 www.dlrsportspartnership.ie
 01 271 9502
 info@dlrsportspartnership.ie
 @dlrsportspartnership
 @dlrSportsTeam






Fingal Sports Partnership

 www.fingalcoco.ie/community-and-leisure/sports-and-fitness
 01 890 5107
 Marion.Brown@fingal.ie
 @FingalSports
 @FingalSports

Galway Sports Partnership

 www.galwayactive.ie
 091 509572/509577/536459
 galwayactive@galwaycoco.ie
 Galway Sports Partnership
 @GalwayLSP

Kerry Recreation and Sports Partnership

 www.kerryrecreationandsports.ie
 066 718 4776
 cora.carrigg@kerrycoco.ie
 @kerryrecreationandsportspartnership
 @KerryRSP

Kildare Sports Partnership

 www.kildare.ie/kildaresp
 045 980 546
 ksp@kildarecoco.ie
 @KildareSportsPartnership
 @KildareSP

Kilkenny Recreation & Sports Partnership

 www.krsp.ie
 056 779 4990
 info@krsp.ie
 @Kilkennysports

Laois Sports Partnership

 www.laoissports.ie
 057 867 1248
 info@laoissports.ie
 @laoislsp
 @LaoisSportsLSP

Leitrim Sports Partnership

 www.leitrimsports.ie
 071 965 0498
 dboyle@leitrimcoco.ie
 @leitrimsportspartnership
 @Leitrimsport




Limerick Sports Partnership

 www.limericksportspartnership.ie
 061 333 600
 info@limericksports.ie
 @limerickcitysportpartnership
 @Limericksports

Longford Sports Partnership

 www.longfordsports.ie
 043 334 9402
 smcguinness@longfordcoco.ie
 @longfordsportpartnership

Louth Sports Partnership

 www.louthlsp.ie
 042 932 4318
 graham.russell@louthcoco.ie
 @louthcoco






Mayo Sports Partnership

 www.mayosports.ie
 094 904 7025
 mstp@mayococo.ie
 @Mayo Sports Partnership
 @MayoSport1


Meath Local Sports Partnership

 www.meathsports.ie
 046 906 7337
 mlsp@meathcoco.ie
 @meathsportpartnership
 @MeathLocalSport

Monaghan Sports Partnership

 www.monaghansports.ie
 042 975 5126
 mmurphy@monaghancoco.ie
 @monaghansportpartnership1
 @monaghan_sports

Offaly Sports Partnership

 www.offalysports.ie
 057 934 6843
 ehenry@offalycoco.ie
 @Offaly Sports Partnership
 @OffalySP


Roscommon Sports Partnership

 www.rosactive.org
 090 663 0853
 info@rosactive.org
 @RoscommonSportsPartnership



Sligo Sport and Recreation Partnership

 www.sligosportandrecreation.ie
 071 916 1511
 info@sligosportandrecreation.ie
 @SligoSportandRecreationPartnership

South Dublin County Sports Partnership

 www.sdcsp.ie
 01 414 9000
 thomasmcdermott@sducococo.ie
 @sdcsp
 @SDCSP1

Tipperary Sports Partnership

 www.tipperarysports.ie
 052 618 7077
 vconnolly@tipperarysports.ie
 @tipperarysports

Waterford Sports Partnership

 www.waterfordsportspartnership.ie
 0761 10 2194
 info@waterfordsportspartnership.ie
 @WaterfordSportsPartnership






Westmeath Sports Partnership

 www.westmeathsports.ie
 044 939 0208
 info@westmeathsports.ie
 @WestmeathSport
 @WestmeathSport

Sports Active Wexford

 www.sportsactivewexford.ie
 053 919 6557
 sports.active@wexfordcoco.ie
 @SportsActive
 @SportActiveWex

Wicklow Local Sports Partnership

 www.wicklowlsp.ie
 0404 20100
 ahubbard@wicklowcoco.ie
 @wicklowlocalsportpartnership
 @WicklowLsp



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