



THE  
IRISH SPORTS  
COUNCIL



AN CHOMHAIRLE SPÓIRT

# LOCAL SPORTS PARTNERSHIPS

SPEAK REPORT 2014







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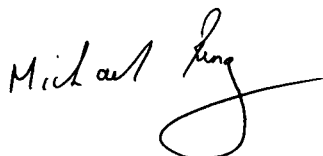
## Message from the Minister of State at the Department of Transport, Tourism and Sport

I am delighted to contribute to the eighth report of the Local Sports Partnership (LSP) network. The SPEAK Report reviews the important work carried out by the 30 Local Sports Partnerships throughout the country in 2014.

Last year, the LSP network continued to work in conjunction with clubs and volunteers to promote and develop sports participation in every community in Ireland. The success of the LSPs in increasing the level of participation in sport and physical activity is evident from the impressive numbers of people of all ages taking part in their programmes, projects and events. The positive impact of the LSPs, especially on target groups who are often excluded from sport, is clearly demonstrated in the report.

I am very pleased that the LSPs continue to play a critical role in sustaining voluntary commitment across the country by providing 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. As I have often said before, it is vital that we acknowledge the contribution of our wonderful sports volunteers.

I would like to thank all of those in the LSPs and sports organisations who are working so hard to create opportunities for people in local communities across Ireland to participate in sport and physical activity. It is vital that this work continues in order to ensure a healthier society and an overall improved quality of life for all.

A handwritten signature in black ink, appearing to read 'Michael Ring', with a stylized flourish at the end.

Michael Ring T.D.

# Foreword

On behalf of the Irish Sports Council, we are delighted to welcome the eighth SPEAK Report, which provides an overview of the operations of the national network of 30 Local Sports Partnerships (LSPs) in 2014.

The Irish Sports Council has always placed a particular emphasis on ensuring sport is progressive and attracts participants from every corner of Ireland, from every age group and from all social backgrounds. This is a fundamental principle of the Local Sports Partnerships which aim to remove any barrier that prevents participation in sport.

There is a wide range of sports and physical activity programmes available throughout the Local Sports Partnership Network. Over 261,000 people participated in 982 locally delivered participation programmes and an additional 22,102 female participants took part in 153 local Women in Sport programmes.

The LSPs are also involved in delivering mass participation programmes such as the An Post Cycle Series. This year 16,861 participants took part in the series which caters for all ages and abilities. For the fourth year running in 2014, the Irish Sports Council's LSPs teamed up with RTÉ's Operation Transformation. Over 19,000 people took part in the Operation Transformation 5k Fun Runs and Nationwide Walks.

As part of the Fitzpatrick Associates Review, the Local Sports Partnerships were set a target of generating at least 50% of their income from other sources. Each year that target has been met and surpassed. The Council warmly welcomes the support and contributions given to the Local Sports Partnership network by statutory, community and voluntary groups across the country.

Finally, on behalf of the Irish Sports Council we extend our thanks to all those agencies, groups and individuals who have contributed to this report and also to those who were involved in the delivery of the programmes and projects at local level.



Kieran Mulvey  
Chairperson  
Irish Sports Council



John Treacy  
Chief Executive  
Irish Sports Council

# Key Findings

This report is the eighth annual report of the LSP initiative. It reflects the work of the full national network of 30 LSPs for 2014.

## Resources and Funding

Below is an outline of the LSP Network's level of funding, management and staff in 2014.

- ▶ Almost €13m was invested in the network. This includes benefit in kind funding.
- ▶ Funding from the Irish Sports Council accounted for 40% of the total LSP funding; the remaining 60% was raised from other sources, including Local Authorities, the HSE, the Education and Training Boards (ETBs - formerly known as VECs) and SOLAS (formerly known as FÁS).
- ▶ A total of 423 people served on LSP boards, representing an average of 14 people per board.
- ▶ 119 people worked full-time on behalf of the LSPs. 62 were directly funded by the ISC. A further 29 people worked part-time within the LSP structure, 5 of whom were funded by the ISC.

## Achievements of the LSP Network in 2014

### Development of Local Sports Infrastructure

- ▶ 4,262 groups were supported in the delivery of their activities.
- ▶ 1,401 groups were supported with regard to developing their organisational or management structures.
- ▶ LSPs planned and delivered 247 training and education courses, workshops and seminars with their partner agencies.
- ▶ 34,735 people participated on these training courses.
- ▶ LSPs provided 10,294 sports clubs, groups and organisations throughout the country with information and advice in the area of funding.

### Delivering Irish Sports Council Programmes

- ▶ 1,339 pre-school children in 117 childcare centres received the Buntús Start programme.
- ▶ 6,217 participants completed 441 Code of Ethics Basic Awareness courses.
- ▶ 609 participants completed 49 Club Children's Officer courses.

## Programme Delivery

- ▶ 261,282 people participated in 982 locally delivered participation programmes.
- ▶ 221 of these 982 programmes were started in 2014 leading to 28,615 people participating.
- ▶ An additional 22,102 female participants took part in 153 local Women in Sport programmes.
- ▶ 55 of these Women in Sport programmes were started in 2014 leading to 4,553 people participating.

## Building and Sustaining Partnerships

- ▶ LSPs played an important role in facilitating 191 networks and forums.
- ▶ LSPs were also actively participating on 220 local committees and networks.

## Information Provision

- ▶ Over 138,500 individuals contacted the LSP network in order to access general or specific sport-related information.

## Next Steps for the LSP Network

- ▶ The LSP network will be ensuring that partner buy-in is maintained to enable LSPs to better achieve the goal of increased participation in sport and physical activity.
- ▶ LSPs will continue to take a strategic approach with regard to programme delivery and will keep exploring ways to develop and deliver programmes and participation opportunities in a sustainable manner. LSPs are taking the learning from other successful LSP programmes and building programmes based on the elements that add value. National programmes are also being developed across the network of LSPs based on successful individual programmes.
- ▶ The LSP network will be helping clubs and communities to become more self-sufficient to give clubs more independence and give them greater ownership over their programmes and events.
- ▶ A Performance Evaluation process has been developed to help the LSP network to become stronger and more effective with the aim of all LSPs performing at the optimum level. A stronger network will lead to more strategic planning for sport at local level and better opportunities for participants in the future.
- ▶ Progress has and will continue to be made with regard to the merging of LSPs in counties with two Local Authorities to better deliver on the needs of sport at local level. The process of mergers will continue in line with the Local Government Reform agenda.





# 1

## Background, Funding and Resources



## 1.1 Background to LSP Network

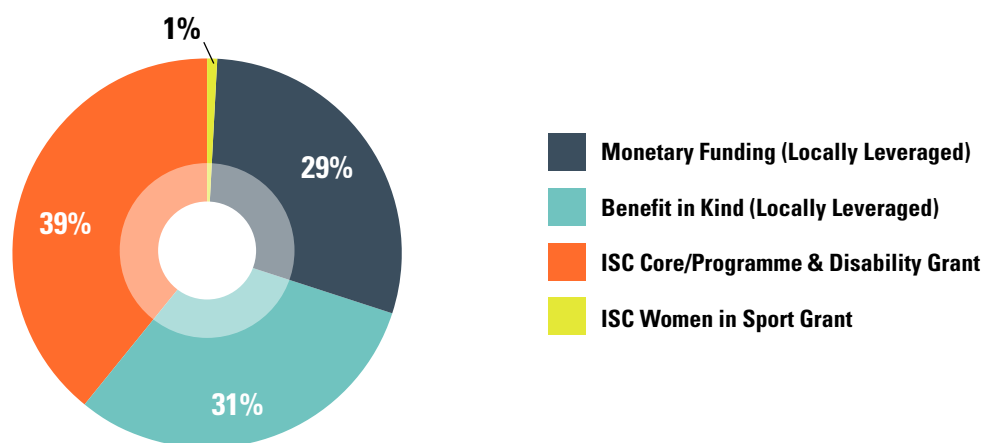
This report is the eighth annual report of the LSP initiative. It reflects the work of the full national network of 30 LSPs for 2014. Information provided through the SPEAK system is collated into a national programme database. Some programmes from this database are highlighted as case studies of good practice later in this report.

2014 saw the merger of the Limerick City and Limerick County Sports Partnerships into one Limerick Sports Partnership. From 2015 onwards, Limerick Sports Partnership will receive one allocation under the LSP funding stream.

## 1.2 Project Funding Sources

Funding from the Irish Sports Council accounted for 40% of the total LSP funding in 2014 with the remaining 60% being raised from other sources. These figures include benefit-in-kind funding.

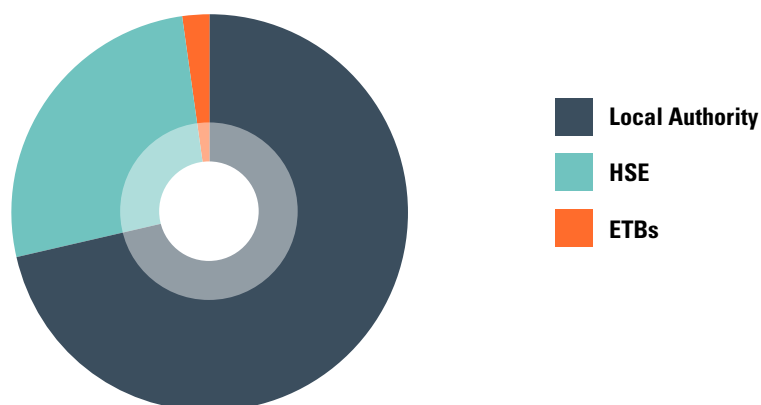
€		
Monetary Funding (Locally Leveraged) 2014	3,678,593	29%
Benefit in Kind (Locally Leveraged) 2014	4,001,005	31%
ISC Core/Programme & Disability Grant 2014	4,967,887	39%
ISC Women in Sport Grant 2014	113,492	1%
<b>Total Investment</b>	<b>12,760,977</b>	<b>100%</b>



**Figure A – Breakdown of Funding and Benefit in Kind Received by LSPs in 2014**

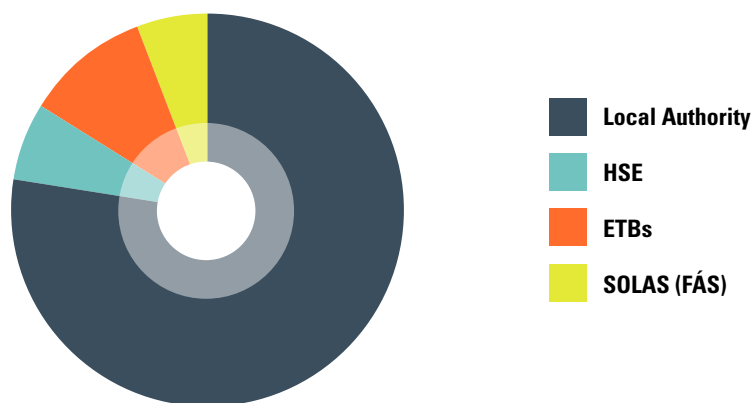
After core funding from the ISC, the Local Authorities (LAs) were the next most significant source of funding and in-kind support for the LSP network in 2014. Other significant funders of the network were the HSE, the Education and Training Boards (ETBs - formerly known as VECs) and SOLAS (formerly known as FÁS).

Below are the top three contributors to the LSP network in terms of monetary funding, excluding the Irish Sports Council.



**Figure B – The Top 3 Local Monetary Funding Providers across the LSP Network in 2014**

Below are the top four contributors to the LSP network in terms of benefit in kind funding, excluding the Irish Sports Council.



**Figure C – The Top 4 Local Benefit In Kind Providers across the LSP Network in 2014**

Irish Sports Council funding to the LSP network reduced by 3% from €5.26m in 2013 to €5.08m in 2014.

LSPs continue to be successful in leveraging funding from local sources. There has been a slight increase in local support since 2013 with 60% of total funding being contributed by local sources. Monetary funding leveraged locally accounts for just under a third of overall LSP support and in-kind funding also accounts for just under a third of overall funding.

The Council 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 423 people served on LSP boards in 2014, representing an average of 14 people per board.
- ▶ On average 18 hours were committed by each board, including the work undertaken by board sub-committees in 2014.

The Local Authority, ETBs and HSE continue to be the three biggest participants on LSP Boards of Management.

### LSP Staff

LSP core staff are funded by the ISC 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 the ISC. In 2014, LSPs also provided placements for interns and jobseekers seeking work experience and an opportunity to develop skills on Government schemes such as JobBridge and TÚS.

In 2014, 119 people worked full-time on behalf of the LSPs. 62 were directly core funded by the ISC. A further 29 people worked part-time within the LSP structure, 5 of whom were funded by the ISC. The LSPs also contracted a further 281 tutors to deliver programmes, courses and initiatives within the LSP structure.

	Male	Female	Total
Full time staff, funded by ISC, other programmes and agencies	55	64	119
Part time staff, funded by ISC, other programmes and agencies	14	15	29
Total	69	79	148

**Figure D – LSP personnel across the network<sup>1</sup>**

<sup>1</sup> Figures include people working with LSPs on work placement and internship schemes



# 2

## Achievements of the LSP Network in 2014



## 2.1 Introduction

LSPs undertake a wide range of actions with the aim of increasing participation rates in their local communities. These actions include:

- ▶ Promoting a sustainable local sporting infrastructure through support and training for clubs, coaches and volunteers;
- ▶ Working to increase levels of local participation among specific target groups;
- ▶ Building sustainable partnerships across local sports clubs, agencies and working partners to influence and support sports and physical activity provision;
- ▶ Providing information about sport and physical activity to create awareness and drive opportunities.

## 2.2 Development of Local Sports Infrastructure

A key priority 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 citizens from across all LSP target groups to participate in a wide range of sport or physical activity options. This sustainable environment is further facilitated through supporting opportunities for volunteers and coaches to enhance their skills and improve the quality of sports participation in their communities.

### Funding Advice

LSPs provided 10,294 sports clubs, groups and organisations throughout the country with information and advice in the area of funding. LSPs worked directly with 1,902 of these clubs to assist them in developing funding applications. Clubs value the expertise and advice of the LSPs as many of them rely on external sources for financial support.

### Club Development Work

The LSPs support and enhance sport and physical activity provision across the country. They also work with sports clubs, communities and individuals in order to introduce new sports opportunities and sustain pathways for ongoing participation in physical exercise. To this end, in 2014:

- ▶ 4,262 groups were supported in the delivery of their activities.
- ▶ 1,401 groups were supported with regard to developing their organisational or management structures.
- ▶ 1,184 groups were assisted in tackling development or policy issues.

This support work assists club development which in turn makes them better able to attract and retain members. LSPs also play a key role in advising clubs in the areas of club planning, the development of inclusive policies and in attracting participants from the harder to reach target groups.

## Training and Education Courses

LSPs provide a range of important up-skilling and training opportunities at local level for volunteers, coaches and administrators.

- ▶ LSPs planned and delivered 247 training and education courses, workshops and seminars with their partner agencies.
- ▶ 34,735 people participated on these training courses.

The most popular courses and programmes offered by LSPs are in the areas of Disability Awareness and Inclusion Training, Go For Life Physical Activity Leader Training and First Aid Training. Shared learning among the LSP Network has led to training and education courses being replicated in other counties, for example the Goal to Work programme for jobseekers in County Mayo. Similar programmes aimed at providing sport specific training, career development and personal development skills to jobseekers have been rolled out in several other LSP areas.

## 2.3 Delivering Irish Sports Council Programmes

There are two flagship national Irish Sports Council programmes: Buntús and Code of Ethics.

### 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, almost 415,000 children have been beneficiaries of both programmes.

The Buntús Start programme continues to be rolled out with 1,339 pre-school children in 117 childcare centres being introduced to active play in 2014. The Buntús Generic programme for primary schools was fully rolled out across the country by 2013.

The conclusion of the Buntús Generic programme has opened up an opportunity for LSPs to promote and deliver other programmes within schools. Some examples include the Be Active After School Activity Programme, meet and train groups and safer cycling programmes within school settings. Some LSPs are also targeting parents with school-going children to ensure that they can become good role models for children and other family members.

### Be Active After School Activity Programme

The Be Active After School Activity Programme (Be Active ASAP) originated when a parent group in a Dublin primary school came together to organise after-school sessions of physical activity at their children's school, with the support of a staff member of St. Patrick's College, Drumcondra. The initiative was created out of a perceived need to broaden the physical activity experiences of school-aged children and to involve parents in such experiences. Teachers were approached to deliver the programme, adding their experience and knowledge to the commitment of parent leaders, and becoming the key facilitators in their respective schools. The target groups for the programme are primary school children aged 7-8, their parents and teacher leaders. Staff from St. Patrick's College have designed and developed the resources with HSE funding. The Irish Sports Council has assisted the roll out of the programme through the network of LSPs.

The programme is free of charge to all schools that participate in the programme. Some 1,463 teacher leaders have been trained to deliver the programme and are now in a position to impact the physical activity experiences of all the children in their classes. To date, 29,279 children and 5,932 parents have participated in the programme. The Be Active ASAP encourages teachers to promote enjoyment of physical activity and to sustain children's physical activity habits beyond the Be Active programme.



*The Be Active After School Activity Programme*

## Teen Fit 4 School

North Tipperary LSP consulted with 6 secondary schools to develop a 'Meet and Train' model to be implemented within the school setting. The target group was the more sedentary 4th – 6th years<sup>2</sup>, working to encourage them to progress from walking to jogging / running, over an 8 week period. This was to culminate in a 5k run with the Teen Fit group. Teachers within the school were trained in the Meet and Train model and to promote it as sustainable and the norm within the school. Local Meet and Train groups provided advice to the girls. For the 5k event, the local Gardaí, athletic clubs and businesses supported the programme.

120 participants took part in total, representing 3 different secondary schools from North Tipperary. The programme resulted in a marked increase in fitness levels amongst the participating teenagers. Endurance levels also increased. All participants completed the 5k event at the end of the 8 weeks. After-school running clubs were established within the participating schools, as well as lunch-time running clubs. Teachers within the schools are also trained by LSP staff to run and lead these running groups. Leadership is encouraged among the students too, to take charge of leading the warm-ups and cool-downs. Volunteers are needed for the 5k events and parents and locals on the various routes are recruited for this. The next steps for the programme are to have it firmly established within the participating schools and to secure funding to expand it to three further secondary schools.



*The Teen Fit 4 School Programme in North Tipperary*

2 See "Keeping Them in the Game" report at <http://www.irishsportsCouncil.ie/Research/Keeping-Them-in-the-Game-2013/> for more on attrition from sport during the adolescence and young adulthood.



## Cork Safer Cycling Programme

Cork Sports Partnership (CSP) received numerous queries from schools and teachers to see how they could get cycle training for their school. On further examination, CSP found that although there were a number of different programmes in place, information was not easily available. CSP contacted a number of agencies and organisations involved in cycling programmes throughout Cork. It was agreed by all parties interested that CSP was best placed to coordinate a new Safer Cycling Programme for Cork. The programme initially targeted primary school children. As the programme evolved, training was also provided for adults and for people with disabilities. Programme partners include Cork County Council, Cork City Council, HSE Health Promotion Department, the Road Safety Authority, Cycle Sense and Cycling Safety School Mid-West. Training takes place in the school yard of the participating school over 1 hour per week for 6 weeks. There is a maximum of 30 participants per school session. All necessary equipment is provided, including bikes. It is an all-inclusive programme. All participants receive a certificate of participation on completion. The programme received the Road Safety Authority's Leading Light Award for the Public Sector in 2014. Over 5,000 children have been trained in over 200 schools since the programme commenced in 2010 with 1,450 children receiving training in 2014. There are over 2,000 children on a waiting list for 2015.



*The Cork Safer Cycling Programme*

## Mother of All Tag

A programme called Mother of All Tag was started by Limerick LSP in two communities in Limerick City. It was targeted at mothers in disadvantaged areas. Mothers were recruited at the school gates after they had dropped their children off to school and the programme quickly expanded to four communities. There are now over 50 women playing in the City with another 40 women joining from community groups in County Limerick. The women were not ex-players and were all new to the sport of rugby. They have a blitz in the University of Limerick on Mother's Day each year and they have their own Facebook pages promoting their sessions. The groups are also encouraged to take part in other activities like the Great Limerick Run and they have also introduced fitness sessions to help them train for these type of events.



*The Mother of All Tag Programme in Limerick*

## 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 3-hour basic awareness training module for leaders within sports clubs and
- ▶ A further 6-hour Club Children's Officer workshop to support club children's officers in the implementation of the Code in their clubs.

In 2014, 6,217 sports leaders and volunteers completed Basic Awareness training on 441 courses run by the LSPs. Some 609 volunteers attended the follow on Club Children's Officer training courses.

Following consultation with various stakeholders, several opportunities were identified by the ISC to enhance the delivery of the Code of Ethics programme. The Code itself is being reviewed, a Designated Liaison Person course is being developed and a shorter Club Children's Officer course has been proposed. Innovation is being used to help deliver the message to a greater audience through a smart-phone app and an e-learning programme. These changes will be crucial with the incoming changes in child protection legislation, making information provision and training more accessible to all.

	Basic Awareness Training			Club Children's Officer Training		
	2012	2013	2014	2012	2013	2014
No. of courses delivered	404	458	441	52	48	49
No. of participants	5,889	6,884	6,217	616	576	609

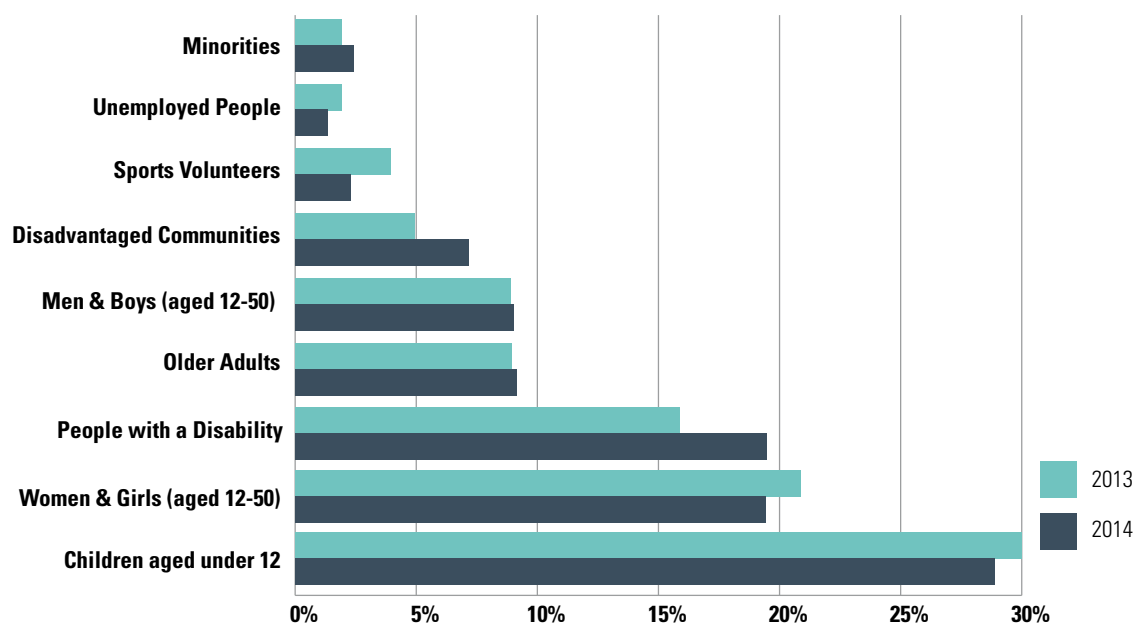
**Figure E - Summary of Code of Ethics outputs for 2012-2014**

## 2.4 Programme Delivery

Each LSP uses its local knowledge and expertise to identify specific needs, and thus to plan, develop and implement targeted programmes to directly increase the levels of participation particularly amongst the harder to reach social groups. LSPs are aware of the importance of monitoring and evaluation of programmes and are expected to incorporate these elements into the planning stages of any new initiative or programme.

In 2014, the LSP Network maintained its robust delivery of an innovative range of participation programmes:

- ▶ 261,282 people participated in 982 locally delivered participation programmes
- ▶ 221 of these 982 programmes were started for the first time in 2014 leading to 28,615 people participating
- ▶ An additional 22,102 female participants took part in 153 local Women in Sport programmes
- ▶ 55 of these Women in Sport programmes were started for the first time in 2014 leading to 4,553 people participating.



**Figure F - Breakdown of primary target groups in LSP programmes in 2013 & 2014**

## 2.5 Building and Sustaining Partnerships

### Networks and Forums

LSPs actively engage and promote a wide range of networks and forums at local and national level. In 2014, LSPs facilitated 191 networks and forums.

These forums 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 networks and forums allow for an increase in the reach of the LSPs, as well as profiling their ongoing work. Networks and forums communicate the core LSP message of the importance of sport and physical activity. They are also a sounding board for advice and recommendations informing what the LSP can do to assist sports clubs and partners.

LSPs have also established and participated actively in networks and forums with a specific target group focus.

An example of the networking achievements of LSPs includes the contribution that Waterford LSP has made to the Waterford Healthy City Initiative. Waterford City is one of 90 cities across Europe which are members of the World Health Organisation Healthy Cities project. The Healthy Cities project aims to enhance co-operation among all stakeholders at city level to address the social determinants of health and well-being.

Waterford was designated as a Healthy City in December 2010 following an application co-ordinated by Waterford Area Partnership on behalf of Waterford City Development Board. A steering committee of local agencies and interested parties, including Waterford LSP, was formed to discuss how best to move forward in promoting Waterford as a healthy city.

Waterford LSP continues to be a member of the steering committee, having attended all 5 meetings in 2014. A part-time co-ordinator was recruited for the project in late 2013 and funded by the HSE. This had a positive impact on the project in 2014 in terms of co-ordination and focus. Waterford LSP hosted a number of activities as part of the Mayor's Health Week. A range of programmes are co-ordinated through this network of local partners, including mental health awareness initiatives and activities targeting children and young people.



*The Waterford Healthy Cities Initiative*



## Awareness Raising and Committee Work

LSPs engage in a range of local activities in order to promote the key message of the LSPs. This may involve participating as members of relevant committees or structured involvement in awareness raising events.

LSPs monitor the number of awareness raising events in which they have played an active role. In 2014, LSPs participated in 394 such events.

South Dublin County Sports Partnership has organised Ramble Aid events since 2012 as an annual 5k charity event series, which takes place across a number of public parks.

With 600 people running, walking, cycling or pushing a wheelchair for Ramble Aid, money has been raised through these events to fund life-saving defibrillators that are donated to local clubs and facilities. Events have also supported Youth Mental Health programmes. In addition, Ramble Aid offer schools, sports clubs or community groups the opportunity to raise additional funding for their own causes by using the event as a sponsored walk/run. In 2014 the focus of the events was on raising funds for carers through partnership with The Carers Association.

Participation in such events highlights the manner in which LSPs are embedded in the local community infrastructure throughout each county. They provide significant platforms to highlight the work of the Partnerships and their key messages around the importance of sport in community life.

The extent to which LSPs are embedded in the social and sports fabric of the community is further exemplified by the ongoing demand for their time and expertise in committee work. In 2014, LSPs actively participated on 220 local committees and networks.



*The Ramble Aid 5k charity event in South County Dublin*

## 2.6 Information Provision

LSPs act as information hubs and points of contact within their communities. As LSPs enable the sharing of information, they also work directly with the public to direct, signpost and refer them 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.

Clubs and sports volunteers recognise that the LSP network directs participants and interested parties to their doors. The relationship between the LSP and the community is based on the LSP being viewed as a trusted and meaningful source of expertise.

In 2014, over 138,500 individuals contacted the LSP network in order to access general or specific sport-related information. Furthermore, over 10,500 individuals from all target groups dropped into an LSP in person.

All LSPs are making use of their web presence and social media platforms to promote their activities and resources as well as to disseminate their message. These platforms are becoming increasingly important for the LSPs in their networking and profiling activities.

# 3

## LSP Programme Case Studies



## 3.1 Introduction

This section presents examples of LSP work practices and case studies of interaction with key target groups leading to capacity building of volunteers and sustainable participation.

Each of the following case studies illustrates the manner and approach in which LSPs plan, deliver and sustain their work. They deal with:

- ▶ Understanding the range of pre-development supports that are necessary to be put in place to ensure that identified needs of communities can be met;
- ▶ Delivery of targeted initiatives for sport and physical activity, as well as mainstreamed programmes; and
- ▶ Ensuring sustainability of programmes through follow-up work, collecting feedback and sharing lessons.

## 3.2 Pre-Development Work and Identifying a Need

LSPs are well embedded within their communities and are aware that some people are not ready to engage in mainstream clubs or physical activity. Sedentary individuals sometimes need that extra support to get them off the couch and into a regular habit of active living.

LSPs can provide the necessary additional supports through their programme planning that will encourage those not used to physical activity to sustain their new levels of activity. Providing a varied and innovative programme can encourage those who wouldn't usually engage in group activities to join in and stay involved.

The programmes provide the know-how to the individuals on leading a healthier lifestyle that they can easily impart to their family, leading to a multiplier effect. Partnering with experts in these areas is key to the process, ensuring that the participants are getting the most up to date information in areas like choosing healthier food options and portion control.



## 3.2.1 Pre-Development Work: The Healthy Gathering

### Laois Sports Partnership

#### Background to Programme

The Healthy Gathering was developed as a local project to promote healthy living and increase levels of physical activity. The programme was designed to be in line with the *Healthy Ireland Framework*<sup>3</sup> and aimed to reduce the gap in healthy life expectancy at age 65 between the highest and lowest socio-economic groups.

Laois Sports Partnership came together with the HSE, the Laois Partnership and Triogue Centre, Portlaoise to offer two 10 week training programmes to disadvantaged communities in Portlaoise. People were targeted for the programme if they were not physically active and not ready to engage in organised mainstream physical activity. This type of programme is an intervention and acts as a stepping stone to joining a club. The programme intended to target those who were sedentary and those who would not feel comfortable in a formal club setting.

#### Aims and Roll-Out of Programme

The three main objectives for the programme were as follows:

1. To increase awareness of the importance of physical activity and healthy nutrition in a fun environment;
2. To educate participants on the range of low cost/no cost physical activities available, and also a range of quick and tasty healthy eating options; and
3. To re-introduce people back into physical activity through a varied programme.

41 participants took part in the two programmes. The programme offered 2 weekly sessions around nutrition through a food and health programme and physical activities. All modules aimed to encourage participants to improve both their physical and mental well-being and reach their full potential. The activities that were implemented on the programme included Zumba, outdoor and indoor gym sessions, Irish dancing, yoga, meditation, woodland walks and swimming.

#### Programme Results and Outcomes

The following outcomes were reported:

- ▶ In the first quarter there was an overall improvement in the group's fitness levels. The second quarter saw an overall drop in inches and weight. By the third quarter there was an overall drop in body fat % and the fourth quarter saw an increase in the overall muscle mass of participants.
- ▶ The group joined a 6 week Interval Walking programme and joined in on the Irish Sports Council's Operation Transformation national walk in Emo Court on 17th January 2015.
- ▶ Some members joined another healthy living programme, Laois Transformation, run by Laois Sports Partnership.
- ▶ The groups completed the Department of Health's Healthy Food Made Easy programme.

3 The Healthy Ireland Framework is designed to improve the health and wellbeing of the population of Ireland over the coming generation. It sets out four central goals for improved health and wellbeing, and outlines clear routes and strategies to achieve these goals, in which all people and all parts of society can participate. The Healthy Ireland Framework draws on existing policies but proposes new arrangements to ensure effective co-operation and collaboration to implement evidence-based policies at government, sectoral, community and local levels. It is about each individual sector helping to improve health and wellbeing, multiplying all efforts and delivering better results. <http://www.hse.ie/eng/services/publications/corporate/hieng.pdf>

- ▶ Clients from Triogue Centre linked in to the FAI Walking Football Programme and established a walking group.
- ▶ Clients have completed swimming lessons with specific programmes offered by Portlaoise Leisure Centre as a follow on.
- ▶ Participants continue to meet every Saturday following this programme for a walk as an informal group.

Feedback from the participants highlighted the impact of this programme in relation to their daily lives, not only physically but psychologically. Another key element that was highlighted related to the importance of the social interaction with the other participants. Participants also indicated that they would welcome if the programme was ongoing.

The following quotes highlight the feedback collected from programme participants:

*"I have found with the 10 week course it absolutely flew, a sign of enjoyment. It was great having the group motivation"*

*"Learned to be fitter and look at food labels more, my eating habits have greatly improved"*

*"Made me realise you don't need to go to a gym to get fit, it can be achieved in many other ways like Irish dancing, walking and all the other activities we got to do over the 10 weeks"*

*"I am more aware of what kind of food to eat, I have lost weight and inches and my breathing has greatly improved"*

## Next Steps

Laois LSP plans to roll out further interventions and programmes in 2015 with the longer term aim of increasing awareness in relation to the importance of physical activity. The participants are linking in to the LSP more regularly to find out what other activities are on offer from the LSP. They are also meeting regularly, maintaining the group engagement. The Triogue Centre established a walking group and is nominated for an award for its programmes for increasing participation in sport and physical activities. They are also looking at establishing a Meet and Train group.



*Participants on the Healthy Gathering Programme in Laois*

Effective planning in the first phase dictates the long-term success of a project. Inadequate planning during this phase can result in projects that are not sustainable in the long term. A focus on this programme design by LSPs ensures that their projects meet a real and identified community need and that they are adequately prepared to deliver to their target groups. Furthermore, successful planning at this phase will ensure that the programme or project is sustainable locally, allowing the programme to continue after the LSP has stepped away.

LSPs have built up a high degree of specialist knowledge with regard to this type of programme planning. While not all LSPs have a formalised planning process for each of their self-initiated or supported projects, they tend to follow a series of steps involving the preparation of a work plan, determined by community need and an analysis of possible alternative approaches.

## 3.2.2 Identifying a Need: Kick Start to Recovery

### Meath Sports Partnership

#### Background to Programme

The multi-disciplinary team of the South Meath Mental Health Services contacted Meath LSP with regard to a sharp increase in young males and females attending their services. Many of the young people were presenting with significant mental health difficulties; this in turn was impacting on their social functioning, self identity and overall wellbeing.

The Sports Inclusion Disability Officer conducted a consultation exercise with service users within the day hospital as well as a research and policy analysis of current literature regarding sport as a specific support within the mental health policy environment. A *Vision for Change*<sup>4</sup> sets out a comprehensive policy framework for mental health services in Ireland. This report promotes the importance of community based treatment and intervention models and places a strong emphasis on community integration. Early intervention with this population is essential to prevent social isolation and enhance community integration.

Through the programme planning phase, service users within the day hospital were consulted by the Meath LSP Sports Inclusion Disability Officer. These service users identified soccer as a sport they would like to play. The FAI agreed to work in partnership with Meath LSP and South Meath Mental Health Services to implement the Kick Start to Recovery programme in Ashbourne. The primary target group for the programme were participants with a diagnosis of schizophrenia or psychosis.

#### Aims and Roll-Out of Programme

The main objectives for the programme were as follows:

1. To promote an awareness of the benefits of physical activity, reduce the risk of isolation and encourage community integration;
2. To improve interpersonal and social skills, self esteem and well-being; and
3. To allow service users to have fun in a supportive environment.

The programme was facilitated by an FAI coach and co-facilitated by Meath LSP and members of South Meath Mental Health Services team. The programme was initially planned to run for a 4 week pilot project. Upon review of the documented improved outcomes and demand from service users, the programme was extended to 8 weeks. 14 participants attended the full programme. The programme took place weekly for one hour in Donaghmore/Ashbourne GAA indoor astro-turf centre. Each session commenced with a structured meet and greet, gentle stretches, a warm up, team building exercises, soccer drills, a soccer match and a cool down.

4 'A Vision for Change' is a strategy document which sets out the direction for Mental Health Services in Ireland. It describes a framework for building and fostering positive mental health across the entire community and for providing accessible, community-based, specialist services for people with mental illness. An expert group, which combined the expertise of different professional disciplines, health service managers, researchers, representatives of voluntary organisations, and service user groups developed this policy. [http://www.hse.ie/eng/services/publications/Mentalhealth/Mental\\_Health\\_-\\_A\\_Vision\\_for\\_Change.pdf](http://www.hse.ie/eng/services/publications/Mentalhealth/Mental_Health_-_A_Vision_for_Change.pdf)

## Programme Results and Outcomes

The Kickstart group has allowed the service users to engage in a community based group which has helped them develop their social and leisure skills in a fun environment. The programme allowed service users to re-engage in a sport they once enjoyed. Feedback captured has indicated that the service users have developed not only football skills but other skills including day to day planning and scheduling and improved communication skills and interaction with the group and with external personnel.

The following quotes highlight the feedback collected from programme participants:

*“There’s not much to do, it’s hard to get started, but this has given me a push, sometimes a little push and a little support is needed”.*

*“It’s great to say, “I’m off to see the lads, going for a game of footie” haven’t been able to do that in 35 years”.*

## Next Steps

Since the pilot programme, the FAI has committed two qualified intern coaches to run the next phase of the project. They have also expanded the programme to other service users and are confident to run the next phase of the programme without regular input from Meath LSP.

Given the positive outcomes demonstrated from this pilot initiative, Meath LSP intend to run a further 3 kickstart programmes over a period of 6 months in Ashbourne. Due to the success of this programme in Ashbourne, the Occupational Therapy Manager for the Louth Meath Mental Health Services expressed an interest to expand the programme to Navan and Drogheda.



*Partners involved in the Kickstart to Recovery Programme in Meath*



### 3.3 Programme Delivery for Lower Participation Groups (LSP Target Groups)

Once the planning process has been supported, through the pre-development phases, the LSP network is well positioned to both deliver and promote programmes and initiatives to specific target groups and communities, as well as support and advise on the delivery of local projects, initiatives and events.

The dual roles of delivery and support suit the levels of experience and expertise available to the LSPs on the ground. From working directly with health professionals to address the childhood obesity issues, as well as with families and communities to raise awareness regarding programmes aimed at improving fitness and increasing physical activity levels, the LSP network is centrally placed to promote a wide range of targeted and mainstream sets of activities.

Targeted initiatives set out to engage those harder to reach groups. Each year, LSPs design new programmes to engage with these target groups and they engage in collaborative work with local partners to make efforts to connect with these communities. Target groups include people with a disability, disadvantaged communities and young people, older people, women and unemployed people. These groups are named within LSP strategies and annual plans and the LSP teams endeavour to engage these groups through creative and innovative means, tasked specifically with increasing levels of participation.

As events and initiatives are trialled and tested, many demonstrate their mainstream potential. In some instances, these programmes that have emerged from a local need, are taken up by other LSPs and quickly are recognised as having cross-over potential in other areas or indeed with other groups.

### 3.3.1 Older Women: Learn To Swim

#### Monaghan Sports Partnership

##### Background to Programme

The Learn To Swim programme for older women developed as a direct result of a successful Aqua Aerobics programme that was initiated in 2012. The Aqua Aerobics programme began following a series of consultation meetings with local community groups, which highlighted very high interest levels, later reflected in the participation levels in the activity programme. As a result of the progress made by participants, some expressed an interest in learning how to swim as their confidence in the water increased from the Aqua class. Programme partners involved Monaghan Sports Partnership, Monaghan Leisure Centre and local women's groups.

##### Aims and Roll-Out of Programme

The main objectives for the programme were as follows:

1. To teach women how to swim and encourage sustainable participation;
2. To bring more women aged 50+ into a local leisure facility;
3. To help the women progress from aqua aerobics to swimming through a learned skill; and
4. To promote social interaction for people who live in rural areas.

The Learn To Swim programme was set up as an 8 week programme, one morning per week. Monaghan Sports Partnership organised this programme with the Leisure Centre agreeing to facilitate the classes. The LSP promoted the programme in the local press, online and via email and text using contacts databases and recruited the participants. The programme taught people how to swim in a safe and suitable environment with both beginners and improvers within the group.



*Participants on the Aqua Aerobics and Learn To Swim Programmes in Monaghan*

## Programme Results and Outcomes

30 participants took part in three programmes over 8 weeks. As a result of this programme, the majority of the participants have improved their ability to swim and are more confident in the water. The results of evaluation surveys conducted following the 8 week programme highlighted that 80% of participants had returned to the pool in their own time. This was directly related to the impact of the confidence-building elements of the programme. Some of the participants had never swum before, while others had been able to swim but due to lack of activity in recent years needed support to build up the ability again. The leisure centre has informed Monaghan LSP that some of the participants have joined their programme of swimming classes for the general public.

The following quotes highlight the feedback collected from programme participants:

*“I was never in a swimming pool before, so I got over my fear of water and really enjoyed the class”*

*“I look forward to being able to swim on my holidays now”*

## Next Steps

A new Learn To Swim programme has begun in January 2015 for beginners. Monaghan LSP is exploring the feasibility of running an improvers programme specifically for those who started swimming in 2014 programmes.

## 3.3.2 Disadvantaged Areas: Change for Life

### Dublin City Sports Network

#### Background to Programme

Change for Life started in 2013 when a partnership was developed between Fatima Groups United, Dublin City Sports Network, Dublin City Council Sports & Leisure Services, The Health Promotion Service, HSE Dublin Mid-Leinster and the Dolphin Health Project. This partnership identified a need to tackle the issues of obesity and physical activity levels in a new and innovative way thereby helping to develop a healthy community in the identified disadvantaged areas.

While weight loss was considered an important part of the programme, it was also felt that there were many other health indicators that could be improved through participation in the programme such as aerobic fitness, body fat percentage & blood pressure. Improving the psychological well-being of participants was also considered as an important outcome of the programme.

#### Aims and Roll-Out of Programme

The main objectives for the programme were as follows:

1. To encourage local men and women to join an inclusive programme that improves their physical, mental, emotional and social health;
2. To create opportunities for participants around education and awareness on healthy eating, physical activity, health indicators; and
3. To assist and support participants in making changes in their daily routine and lifestyle that will benefit their health and wellbeing.

The target groups for the programme were overweight adults and sedentary adults from the identified disadvantaged areas. Participants underwent a detailed health assessment at the beginning of the programme which included height, weight, BMI (Body Mass Index), body fat percentage, blood pressure and resting heart rate measurements. Fitness assessments were also taken with a 5K timed walk (repeated at week 8). A Healthy Food Made Easy course was run in conjunction with the Department of Health, with a nutritionist giving a series of talks on healthy eating habits and dietary information such as portion size and calorie counting. Three exercise classes were also provided weekly including step aerobics, Zumba, Boxercise and a walking/jogging group. Weekly weigh-ins were taken to assess progress and following the conclusion of the eight week programme all assessments were repeated to examine improvements to participants and provide evidence of effectiveness.

#### Programme Results and Outcomes

Participation in the programme was high with most members attending at least 2 of the exercise sessions each week. Fatima had 81 participants, Bluebell had 70 and the Liberties had 60 people take part in 2014. Below is a summary of some of the physical measurements taken pre & post intervention:

- ▶ Average weight loss was 6lbs per person and average BMI fell by 2.2 points.
- ▶ 50% of the participants who had elevated blood pressure pre assessment reduced their blood pressure significantly.
- ▶ Over 50% of participants had reduced their resting heart rate which is generally considered a good indicator of improved cardiovascular fitness.
- ▶ Average time for the 5K walk/jog improved by between 3-4 minutes per person.



In terms of the jogging programme, some individuals really enjoyed the increase in intensity from the walking to jogging and elicited even greater increases in fitness than they would have imagined pre-intervention. The walking group turned into walking/ running groups and began to train for events such as the Women's Mini Marathon.

After the 8 weeks concluded all of the exercise classes were continued to encourage the participants to stay active. The classes became self-sustainable. 60 people joined the local gym after the programme ended as a new partnership developed between Fatima Groups United and the Herberton Leisure Centre. 20 people joined the Why Weight Plan (a 12-week personalised fitness programme) organised in partnership with the Herberton Leisure Centre.

## Next Steps

There is still a keen interest in health and fitness in the local communities where the programme was set up. It is planned to continue with health, fitness and exercise as an intrinsic part of community planning in the future. The programme has expanded to many different locations around the city (5 took place from Jan-Mar 2015) and a new one is proposed to commence in Ballyfermot.



*The Change for Life Programme in Dublin City*

### 3.3.3 Disability Sports: Laois Lions Wheelchair Rugby Club

#### Laois Sports Partnership

##### Background to Programme

Wheelchair Rugby is a mixed team sport for male and female quadriplegics (people with both upper and lower limb impairment). While a team sport such as wheelchair basketball tends to cater for higher functioning participants, wheelchair rugby was invented to give people who have had spinal injuries the opportunity to play an alternative sport. Laois LSP wanted to give quadriplegics an opportunity to play a team game and to gain the health and social benefits from training for the sport on both a social and competitive level. Laois LSP recently identified and consulted with a number of people participating in other LSP disability programmes to examine if there was a desire for the development of a new team sport. Laois LSP were already providing a wheelchair basketball programme. Partners in the Wheelchair Rugby programme include Laois Sports Partnership, Irish Wheelchair Association Sports and Irish Wheelchair Rugby. Laois LSP's Sports Inclusion Disability Officer both organises and participates in the weekly sessions.

##### Aims and Roll-Out of Programme

The main objectives for the programme were as follows:

1. To develop and increase participation across Laois and surrounding counties and provide a sporting platform for all people with both upper and lower limb impairment;
2. To provide a team sport that can enhance people's health and wellbeing; and
3. To develop a new club and provide more variety to people with disabilities.

The planning for the programme began in 2014, with the initial weekly sessions taking place in early 2014. A local community centre in Vicarstown hosts the sessions. Each session follows a format of warm-up and stretches, fitness and sprints sessions, ball work e.g. passing & scoring drills, tactical work, game time and a warm down before getting out of the chairs.

##### Programme Results and Outcomes

12 wheelchair users participate in the sessions. A committee has been put in place and a club constitution has also been drawn up. The Laois Lions entered the Irish Wheelchair Rugby League in 2014 and finished second overall.

The setting up of the new club has led to:

- ▶ Greater access to a team sport for quadriplegics in the midlands;
- ▶ Increased health and social benefits from training for a team sport;
- ▶ Increased opportunities for wheelchair users to train and compete together;
- ▶ Increased levels of fitness of the members; and
- ▶ A more sustainable club for the Laois Lions Wheelchair Rugby team.

The activity would not go ahead without the assistance of the volunteers. These volunteers have been sourced by a number of the participants' family members or friends. The nature of the sport requires a high degree of setting up, including such tasks as helping the players get into the chairs, get their gloves on, etc. Without the volunteer support, the sessions would not be feasible.

The following quotes highlight the feedback collected from programme participants:

*"I think it's unfortunate if people put their life on hold. I can't emphasise what rugby has done for me. When I started playing, my Dad had to come up with me to training. He'd drive me and get me out of the car, the lot. Now I can drive up and down on my own and get in and out of the car on my own. That's what rugby has done for me. It's given me serious independence."*

*"The wheelchair rugby has given me a great way to get fit and feel healthier. I have lost over 2 stone since I started playing. I don't know why I didn't start long ago!"*

## Next Steps

The plan is to increase the number of participants within the programme. It is also intended by Laois LSP to offer this team sport to other quadriplegics in the region with the related aims of improving fitness levels, as well as overall health and well-being. The club applied for a national lottery grant towards the end of 2014 and have received a grant of €10,000 which will be drawn down in 2015 to pay for more wheelchair rugby chairs and equipment and will cover venue hire costs for the year.



*The Laois Lions Wheelchair Rugby Club*

## 3.4 Ensuring Sustainability of Programmes

LSPs have become increasingly focused on playing the role of facilitator, as they develop and support the implementation of new and innovative means of engaging with partners and delivering projects. In practice, this means that LSPs are focusing on the multiplier effect of their work, gearing towards a 'train the trainer' approach where possible, and encouraging a local capacity building dimension to every initiative. This move away from a straightforward service delivery approach is having important outcomes for a more sustainable level of infrastructure.

This facilitative approach to project and programme work is also connected with a focus on demonstrating outcomes. LSPs themselves as well as their partners are being encouraged to collect data and gather evidence of their practice and their model of engagement. This data is then being used to highlight the greater reach that is possible in this type of empowering approach.

LSPs need to consider the ongoing needs of participants and build their programmes to allow for progression. Often a new project will develop, over time, into a more robust programme offering routes for self-improvement to the individuals who wish to move on to a more advanced form of activity. LSP programmes are designed to keep the participant involved throughout different phases. Participants can advance from a walking programme to a Couch to 5k running programme or from an informal Meet and Train group to a more formal athletics club. LSPs build in the necessary structures to allow for this progression and encourage their participants to stay interested by challenging themselves.



### 3.4.1 The Multiplier Effect: Walk Leader Training for Parents of Primary School Children

#### South Dublin County Sports Partnership

##### Background to Programme

To tie in with the Operation Transformation programme on RTE in January 2014, South Dublin County LSP provided free Walk Leader training to parents of primary school pupils. It was hoped that during the period of the programme on television these walking leaders would go to their schools and lead walks with fellow parents, usually after dropping children off in the morning time.

##### Aims and Roll-Out of Programme

The aims of the programme were to encourage parents to get more active after dropping their children off to school and to encourage families to engage in more physical activity. Schools are a perfect place for activity to take place and they can play a role in educating parents and children about the benefits of physical activity.

South Dublin County LSP consulted with the Co-ordinator of the Active School Flag with a proposal for the programme and to get agreement that schools could use it in an application for an Active School Flag. School principals and parents associations were contacted, leading to 45 parents attending the training from 22 local schools.

The HSE was involved as a partner and supported the programme under its Get Ireland Active initiative. Community and walk leaders were further key partners in the programme. The Walking Leader training programme involved 2 sessions covering aspects such as warm ups, cool downs, crowd management, insurance, administration and walking techniques to allow for slower and faster walkers.

##### Programme Results and Outcomes

Following the training, the leaders went back and organised one to two walks per week. Some schools had over 35 participate on the walks. There was evidence of growth within several of the regular walking groups.

Feedback suggested that the schools should help promote the walking groups amongst parents in order to expand the number of participants. Participants were asking for measured routes in order to see their progress and sought information on issues like hydration, stretching, etc.

##### Next Steps

The programme has since been revised with schools and parents associations now being offered a 3 tiered approach, all free of charge involving:

- ▶ A 90 minute health clinic for parents outlining the benefits of physical activity and a healthy lifestyle;
- ▶ Walk leader training for parents to take place in November to allow more time for better promotion of the school walks leading up to the start of the Operation Transformation programme; and

- Additional training for parents in 2015 on leading walks for children, hill treks and orienteering. The South Dublin County LSP has installed 3 permanent orienteering courses in parks in the county with another to follow in 2015.

South Dublin County LSP is working to promote a longer term outcome for schools and communities to become more aware and more autonomous in the promotion of physical activity. The LSP is exploring the expansion of this programme, getting more volunteer leaders, building on their experience and community links and strengthening the programme so that it becomes embedded into the community. The multiplier effect can clearly be seen with the growth in the numbers walking, more children walking with their families and the capacity building elements of the programme creating a more autonomous approach for the schools and the parents.



*Walking Leaders Leading a Walk for Parents in South County Dublin*

## 3.4.2 Progression Routes: Clare Ladies Cycling Club

### Clare Sports Partnership

#### Background to Programme

The Clare Ladies Cycling Club was formally registered with Cycling Ireland in 2014. The club came about following two successful female cycling interventions in 2013 and 2014 called the 0-60km Group. The 0-60km Groups were set up to assist female cyclists to experience road cycling and to prepare them to take part in the 60km route in the An Post Tour de Burren. The LSP had a target of increasing the female participation in this event, so the 0-60km group was regarded as an ideal conduit. Following the programme, the 'graduates' expressed an interest to continue cycling together, so the LSP supported a core team to recruit for, and establish a club. The primary target group is adult women.

Initially, the LSP worked with Clare Crusaders and Dolmen Cycling Clubs to design a 10 week training programme for the 0-60km group. Cycling Ireland has since come on board as a partner to offer the Bike for Life programme within the club. Through this programme, the LSP has been able to train 4 of the women as Bike for Life Tutors.

#### Aims and Roll-Out of Programme

The main objectives for the programme were:

1. To introduce novice female cyclists to road cycling within a safe and progressive environment;
2. To give an opportunity to the participants to participate safely as part of a larger group in the 60km cycle at the An Post Tour de Burren; and
3. To give the participants the skills necessary to maintain their bicycles whilst on the road or at home.

The 0-60km group was run for 10 weeks initially, consisting of a theory session for half an hour and then a training cycle for an hour. All of the basics were covered from braking, using gears, communication, rules of the road, etc. Each night there were 2 tutors coaching the group. There were also a number of experienced cyclists that came along to help the tutors. As the group evolved and experience levels rose, the group began to also meet on a Sunday morning to go for a longer cycle.

#### Programme Results and Outcomes

The result of the programme was the establishment of the Clare Ladies Cycling Club and the Turas na mBan, a female only cycling sportive which the Clare Ladies Cycling Club are now involved in organising.

There are currently 50 members of the Clare Ladies Cycling Club. In addition to this, nearly 100 have attended the 0-60km cycling initiative over 3 programmes and at present, a further 24 are attending Cycling Ireland's Bike for Life programme.

The following quotes highlight the feedback collected from programme participants or relevant parties:

*“The initiative and experience of the first 0-60 Km group in 2014 was fantastic. The information available on how to cycle in groups, what gear to wear, hydration, nutrition, stretches and not to mention fixing a puncture was brilliant. But the hidden gem of this initiative is the banter and fun you have with all the other ladies - I highly recommend participation.”*

*“I joined the 0-60km cycling group in March 2013 at 49 years of age as an attempt to get some exercise following a year of treatment for breast cancer. My dream was to manage somehow to complete the Tour de Burren cycle. I did it and was so thrilled with myself. The support of the leaders and the other ladies in the 0-60km group was amazing. After a while, I wasn't just getting exercise and training for the Burren cycle, I was looking forward to meeting and chatting to new friends and I did not want to miss a cycle! I was hooked! Now I am a member of the Clare Ladies Cycling Club and enjoy regular group cycles and the challenge of sportives! It's been a whole new lease of life for me and I am grateful to Clare Sports Partnership and volunteers for all the support. The 0-60km group is an initiative that should be continued to encourage women to take up cycling at any age!”*

## Next Steps for Programme

Clare LSP continues to work with the Bike for Life training programme and also supports the Clare Ladies Cycling Club in all aspects of their organisational needs. Any other cycling programmes within the county are being encouraged to feed female participants into the Clare Ladies Cycling Club.



Clare Ladies Cycling Club



# 4

## Next Steps for the LSP Network



## 4.1 Introduction

Increases in participation levels in sport and physical activity are evidenced through ongoing research conducted by the *Irish Sports Monitor*<sup>5</sup>. This has also been consistently demonstrated through the work of the LSP network over the years. Each case study highlighted in this report clearly demonstrates the critical role played by LSPs in bringing the right partners around the table to achieve synergies through joined-up thinking.

The collaborative approach with agencies and organisations from different sectors has again led to further examples of local initiatives which have been able to present innovative, evidence-based, scalable and sustainable programmes. The LSP network has demonstrated the effectiveness and efficiency that true partnering can bring to local initiatives.

This section examines a number of important thematic concerns for the network as it seeks to build on these initiatives. Of particular interest are the following:

- ▶ Recognising successful programmes and replicating them across the LSP network – LSPs know the importance of good planning and often consult with other LSPs when developing a new programme. LSPs can take the learning from other successful programmes and build a programme based on the elements that add value. National programmes are also developed across the network of LSPs based on successful individual programmes;
- ▶ Meeting demand –LSPs are receiving more and more requests from the general public for new participation events and activities. LSPs promote activities that help encourage physical activity in a more mainstream way. LSPs are building their audience through the provision of events and projects that capture those cohorts that could be more active. Mass participation events are one example of how the LSPs respond to peaks and trends in activity. Mass participation events are getting more and more popular and many LSPs now run mass participation events attracting hundreds and sometimes thousands of people. In addition to this, people are incorporating more physical activity into the working day. An outcome of this is an increasing number of corporate physical activity events, many of which are supported by or sponsored by large businesses. LSPs are recognising the growth in demand for corporate physical activity programmes and creating new ideas around this whole concept; and
- ▶ Creating innovation – LSPs are exploring new ways of providing assistance and advice. LSPs are helping clubs and communities to become more self-sufficient and independent, giving them greater ownership over their programmes and events. Creating ambassadorial roles gives communities a stronger voice. Essentially, the needs of the participants are being listened to and met which keeps motivation high and momentum building in terms of community activation.

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5 The Irish Sports Monitor is an ongoing telephone survey of adults in Ireland, which records sport and exercise activities undertaken in the 7 days prior to interview. The 2013 report is the latest in a series of collaborations between the Irish Sports Council and the Economic and Social Research Institute (ESRI) on sport and physical activity.  
<http://www.irishsportscouncil.ie/Research/Irish-Sports-Monitor-Annual-Report-2013/>

## 4.2 Recognising Successful Programmes and Replicating them Across the LSP Network

Working towards the same target groups helps the LSPs to capture the right audience through their participation programmes. LSPs know the importance of good planning and often an LSP will consult with other LSPs which have rolled out similar programmes in the past. LSPs take the learning from other successful programmes and build their own programme based on the elements that add value. Programmes can also be replicated across the network of LSPs on a national basis.

Sligo LSP and Kildare LSP have run programmes which are proposed to be replicated across several LSPs through the *Dormant Accounts*<sup>6</sup> fund in 2015. These two projects have proved to be very successful and have the potential to be rolled out across the country by the network of LSPs.

Sligo LSP's Cranmore Regeneration through Sport project has influenced the creation of Community Sports Hubs in disadvantaged areas around the country. Several Community Sports Hub areas will be identified in 2015 to be funded under the Dormant Accounts funding stream.

Kildare LSP's Community Sports Leader programme is aimed at jobseekers and has been rolled out very successfully in several areas of the county. It was originally based on the Goal to Work programme which was initiated in Mayo and Leitrim LSPs. These job-seeker training programmes are designed to give robust training to people interested in working or volunteering in sport. They also provide pathways to further education in sport. These programmes have also influenced a national programme under the Dormant Accounts fund. A Community Coaching programme will be developed and rolled out across the LSP network in 2015.

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6 The Dormant Accounts Fund is a scheme for the disbursement of unclaimed funds from accounts in credit institutions in Ireland. The Dormant Accounts Action Plan 2014 has been adopted by the Minister for the Environment, Community and Local Government and applications have been sought from eligible organisations under 8 Measures.

## Cranmore Regeneration through Sport Project

### Sligo Sports and Recreation Partnership

#### Background to Programme

This community-based programme was developed as part of an overall plan for the regeneration of the Cranmore area by Sligo County Council. Cranmore was identified as a disadvantaged area having high incidences of anti-social behaviour. There were low participation levels in physical activity within the Cranmore community and limited capacity to deliver physical activity programmes.

As part of the overall consultation process for the masterplan for Cranmore, gaps in sporting provision were identified. Sligo LSP also consulted with local stakeholders including residents and local volunteers in addition to other relevant bodies such as the Cranmore Regeneration Office, Cranmore Co-operative Society, Abbeyquarter Community Centre and Cranmore Development Forum.

#### Aims and Roll-Out of Programme

The programme was initiated in 2008 and has expanded both in terms of programmes facilitated and number of participants involved. The aims of the programme were:

- ▶ To increase the levels of physical activity of residents in the Cranmore estate and in doing so increase the use of existing sports facilities in the area;
- ▶ To build community capacity within the community rather than Sligo LSP providing direct delivery; and
- ▶ To develop a model of delivery for a community sports hub for the Cranmore area with a view to replicating the model in other settings.

#### Programme Results and Outcomes

The number of physical activity programmes and participants on these programmes has increased. The programmes target a range of groups including youth, men, women and older adults and it includes people who are unemployed, Travellers, people with a disability and new communities. All age groups are targeted through a diverse range of activities including soccer, boxing, GAA, basketball, swimming, dance, boules, water sports, fitness classes and 'meet and train' groups. Some community stakeholders commented that the number of anti-social issues in the estate has decreased as a result of the Community Wardens, CCTV and the Sligo LSP programmes.

Morale in the community has improved as a result of the combined regeneration of the physical and social environment. Integration within the community has increased and education around anti-racism and anti-bullying has been undertaken as well as educational activities related to healthy eating and healthy heart initiatives. Community capacity building has been undertaken through Active Leadership, coaching skills, first aid and child protection training being provided to members of the local community.

Local sports facilities such as Cleveragh Park and the outdoor gym at Doorly Park have been used for various activities, and the use of these facilities has increased as a result. Residents of Cranmore have undertaken sporting activities in the locality that they previously would not have had the confidence or means to embark on.



There is evidence of strong partnership working at all levels between the various agencies and local stakeholders. The impact of the Cranmore Regeneration through Sport Initiative has been acknowledged in terms of the continued development of the estate and the surrounding area. The importance of sport has been embedded in the future strategic plans for the social regeneration of Cranmore and the East Ward of Sligo.



*The Cranmore Regeneration through Sport Project in Sligo*



## Community Sports Leader Programme

### Kildare Sports Partnership

#### Background to Programme

The 'Kildare Sports Partnership Strategic Plan 2012-2016' was published in early 2012 and during the consultation process it was noted that there was a specific need to engage with unemployed people across the county. The economic downturn had affected Kildare like the rest of the country. Between 2007 and 2011 the live register figures for Kildare had increased from 6,061 to 17,683 and the engagement through the medium of sport would obviously benefit the participants, their communities and Kildare Sports Partnership. The partnership for the Community Sports Leader programme brought together Kildare Sports Partnership, County Kildare Leader Partnership, HSE, Kildare Wicklow ETB, the Civil Defence, the GAA, the FAI, the IRFU and other NGBs.

#### Aims and Roll-Out of Programme

The main objectives of the programme were to increase opportunities for the target group to access pathways to employment, sports leadership roles in communities and personal development. The Community Sports Leader Programme (CSLP) is an eight week training initiative provided by Kildare LSP in association with County Kildare Leader Partnership. The programme is designed to meet the needs of unemployed people who wish to become involved in health/fitness instruction, sports coaching and sports leadership at community level. The CSLP offers a combination of sports coaching, lifestyle management and health/fitness workshops through which participants can partake in sample practical activities. They are also informed of further education pathways and are introduced to the possible employment opportunities available through their future involvement in sports coaching, leadership and health/fitness activities at local or community level.

#### Programme Results and Outcomes

22 participants took part in the most recent course held in Athy and 110 people have completed the various courses to date. Outcomes for the participants ranged from gaining employment either directly or indirectly from the course to some going on to further education. All participants have returned to their clubs and communities and have given of their time and used their new skills for the benefit of all.

The programme has helped Kildare Sports Partnership increase its connections with their target groups in terms of promoting up-skilling and then employment opportunities. Kildare LSP now use participants from the CSLP to roll out many programmes, e.g. Summer Camps, Go For Life Games, schools programmes, Get Kildare Walking Programme, etc. ensuring a greater impact on all target groups. One of the participants in the first CSLP course now facilitates the courses.

In terms of sustainability, the Community Sports Leader Programme has reached its initial target in that all of the participants have returned to their clubs and communities and imparted their knowledge to increase capacity and ensure sustainability. Two good examples of the impact that has accrued are the continued existence of a soccer club in Athy which was in danger of not continuing and the creation of three Walking Groups, set up by participants, and they now cater for almost 250 people in total.

There is a continued demand throughout the county for the programme and Kildare Sports Partnership will run several courses in 2015. An 'Advanced Community Sports Leader Programme' took place in 2014 when 16 participants were further up-skilled and then took part in a work placement programme with the GAA, FAI and Kildare Sports Partnership with a number then going on to the JobBridge scheme. Similar advanced courses will be facilitated in the future. The success of the programme has created a lot of interest and positivity amongst Kildare LSP working partners, leading to increased opportunities for funding to be secured to continue the programme.



*The Community Sports Leader Programme in Kildare*

## 4.3 Meeting Demands

Even though LSPs have specific target groups that are classed as harder-to-reach, they must also respond to demand from the general public for new participation events and activities. LSPs also reach out to the public providing activities that help reduce sedentarism and encourage physical activity in a more mainstream way. LSPs are encouraging people to be more active within the workplace. Businesses are seeing the need for staff to remain healthy and active and are actively encouraging staff to take part in organised events.

Limerick LSP has seen an opportunity to engage with businesses and encourage corporate leaders to see the benefits of an active staff complement. Limerick's new corporate event has resulted in more people engaging with the LSP and its programmes and events, in turn creating a new audience.

## Company Relay Marathon Challenge

### Limerick Sports Partnership

#### Background to Programme

The programme was based on the Schools Relay Marathon Challenge where a team of 30 students complete the distance of a marathon in relay format (30 students complete 7x 200m runs over a 2+ hour period). The Company Relay Marathon Challenge consists of 15 participants per company team who complete 15 x 200m runs over a 2+ hour period.

The LSP in Limerick engaged with the business community sector in Limerick and this project was seen as an opportunity to encourage health and fitness among company employees through a fun team event. This event took place on World Mental Health Day in conjunction with Limerick Sports Partnership's Mental Health Week and was promoted to encourage a healthy workforce as it includes mental, social and physical activity aspects. The main partners involved were the Limerick Sports Partnership and the University of Limerick Sport Arena.

Presentations were made to each registered company 6 weeks before the event. Companies paid a registration fee to enter the event which was put towards the event costs. A 6 week lead-in training programme was given to each participating company in preparation for the event. The presentations and lead-in programme were facilitated by the Sports Development Officer with all LSP staff members working on the day of the event keeping track of company times and laps remaining.

The event itself consisted of 7 company teams competing against each other in a marathon relay event - each company had 15 participants and 5 volunteers. Each company participant ran 15 laps each and the volunteers were used to manage their own team ensuring participants stayed in the correct order and ran at the correct time.

#### Programme Results and Outcomes

The immediate results of the project saw 120 people participating in the training programme and event. This event gained significant attention in local newspapers and social media. It has now become an annual event on the LSP calendar. Due to the success of the event, sponsorship has been secured for the Company Relay Marathon Challenge for the next 4 years. The LSP hopes to extend the programme to allow up to 12 companies participate in the event, with a perpetual trophy for this event from 2015 onwards.

Relationships have been built with the 7 participating companies. Employees from these companies have since participated in other physical activity programmes, continuing to keep active on a regular basis. A number of the participants have since engaged with other LSP programmes such as 'New Year New Start', 'LSP 40 Day Challenge', 'LSP Transformation Challenge' and 'Step into Spring'. This highlights the participants' sustained participation in physical activity after engaging with the LSP for the first time during the Company Relay Marathon Challenge training programme and event.



*The Company Relay Marathon Challenge in Limerick*

## 4.4 Creating Innovation

LSPs have to be forward-thinking in their work. There is increasing demand from clubs and communities so LSPs are exploring ways of empowering the groups they work with through training and education. Some great ideas have been generated among the LSPs that will enable clubs and community groups to grow and prosper with less reliance on the LSP or NGB. In addition, appointing advocates within the community has led to more autonomous decision-making and more empowered people leading the way.

Westmeath and Mayo LSPs have shown real innovation in some of their ideas to help clubs and communities to stand on their own two feet. These two simple ideas are examples of how LSPs can step in and assist a group for a short amount of time, yet leave a legacy for much longer after they have walked away from the project.

## 5km Race Pack

### Westmeath Sports Partnership

#### Background to the Initiative

Westmeath LSP had noticed that more and more clubs and organisations were organising 5km runs, leading to requests coming in looking for assistance in running the events. After a number of calls and the direct experience they had with running 5km events as part of Destination Sport Mullingar, the LSP put together a 'pack' with signage, race numbers, a factsheet on how to organise a 5km and a check list for race organisers.

The main objectives of the race pack were to increase numbers of people walking and running and to assist clubs in event management. The branding of the race pack would also increase awareness of the LSP.

Since the pack has been developed, its roll out has been based on a straightforward booking system. The pack is booked, signed out and signed back in after the event. There is no cost to hire the pack but clubs and organisations are requested to put the LSP logo on their promotional material and acknowledge the LSP in their press releases. The clubs and organisations can now organise and run their 5km event on their own with no human resource requirements from Westmeath LSP.

#### Results and Outcomes

The pack has been used in 37 races in 2014 reaching over 5,500 people running or walking a 5km event. With a large increase in the number of people participating in 5km runs and training events, this race pack presents the LSP with an opportunity to encourage and promote opportunities for people to be active regularly and to highlight the support being provided by the numerous running groups around the county. Westmeath LSP is associated with these runs, leading to a greater connection with communities of runners and sports club participants. The LSP appears in the weekly papers and social media as a result of being involved in and supporting these events.

The race pack is being reused regularly and therefore is sustainable. It has since been expanded to have markers up to 21k for a half marathon and 10km event use. The feedback is very positive with local clubs welcoming the kit and the guidance, especially first time race organisers.



Westmeath Sports Partnership's 5km Race Pack



## Westport Activity Ambassador Programme

### Mayo Sports Partnership

#### Background to the Initiative

The Activity Ambassador programme has been developed by Westport Town Council in association with the Mayo Sports Partnership and Westport Tourism Organisation in an effort to increase participation in sport and recreation for both visitors and residents. In 2013 the Get Out There! Action Plan was developed by Westport Town Council and Mayo Sports Partnership. The actions included an Activity Ambassador Programme resulting from a combination of research reviews and consultation with sports clubs, community organisations and tourist bodies in the town and environs.

Initially 6 trainee leaders completed an intensive 4 week training programme which included elements such as walking, cycling, first-aid, child protection, outdoor adventure, customer care, social media / promotion, planning etc. In 2014 a further 2 leaders were recruited through the JobBridge programme. Leaders actively engaged with recreation providers in the creation of complementary programmes and also with Westport Tourism Organisation, Westport Leisure Park and accommodation providers.

The programme runs on an ongoing basis with the emphasis on tourists in the summer months and on locals and the community in the off season. A co-ordinated summer programme of activities is scheduled in the four local community centres in the town; McConville Park, Sharkey Hill, Tubberhill and the Quay Community Centre.

#### Results and Outcomes

The project has resulted in increased community usage of the Greenway Network around the town, a team of community leaders, a weekly free 5K parkrun and increased collaboration between community and local authority. The Activity Ambassadors develop and promote a weekly activity list in association with local sporting, cultural & visitor attractions and also provide activity programmes for specific groups/families.

Almost 1,000 visitors to the town were impacted by the programme in 2014. Over 60 locals are regularly attending the community walks. It is planned that at least 2 of the Activity Ambassadors will be taken on under a local employment scheme to act as co-ordinators for future placements. Mayo County Council and Westport Tourism Organisation are re-launching the Westport Visitor & Activity Ambassador Programme and are seeking volunteers who may be able to offer a minimum of two hours each week. The scheme was piloted very successfully and the concept is that the ambassador will welcome visitors to the town and inform them about its facilities as well as the many activities available in the area. It's about providing visitors with a 'céad míle fáilte' and a great experience. Ambassadors are also encouraged to get to know Westport's unique hidden gems themselves so they have first-hand experience when making personal recommendations.



*Minister Michael Ring with The Westport Activity Ambassadors in Mayo*

## 4.5 Summary

The continued effective operation and ongoing development of the LSP network remains a strategic priority for the ISC. The developments outlined above show that the network is both responsive and proactive in its work and is ready to address any trends and challenges that arise. The process of continuous improvement is now being made more structured through the implementation of a formalised Performance Evaluation process across the network. Seven LSPs have been engaged with the process to date, including two Performance Evaluations carried out in 2014. With continuous improvement always in mind, the most important role of the LSPs will be building sustainable pathways for people in their communities to become lifelong participants in sport and physical activity.

# Appendices

**Appendix A – List of LSPs**

**Appendix B – Glossary of Terms**

**Appendix C – Images**



# Appendix A

## List of Local Sports Partnerships

Local Sports Partnership	Year Established
North Tipperary Sports Partnership	2001
Sligo Sport & Recreation 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 <sup>7</sup>	2007
South Tipperary 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

7 In 2014, Limerick City LSP (est. 2002) and County Limerick LSP (est. 2007) agreed to merge to form one new Limerick LSP

## Appendix B

### Glossary of Terms

**Active School Flag** – The Active School Flag is a programme from the Department of Education and Skills to recognise schools that strive to achieve a physically educated and physically active school community by awarding them the Active School Flag. The initiative is open to primary and post primary schools, special schools and Youthreach centres.

**Buntús** – An Irish Sports Council programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

**CARA National Adapted Physical Activity Centre** - A National Resource Centre to lead, coordinate and support the developments 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.

**Cycling Ireland** - The national governing body for cycling in Ireland.

**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).

**FAI** – Football Association of Ireland. The national governing body for soccer in the Republic of Ireland.

**FÁS (SOLAS)** – Foras Áiseanna Saothair. FÁS was the national training and employment agency with responsibility for assisting those seeking employment. 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.

**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.

**Fit4Life** – Fit4Life is an Athletics Ireland programme to help participants develop their fitness in a fun sociable environment. The programme is suitable for beginners through to regular runners, and the emphasis is on meeting with people of a similar ability on a regular basis to walk or run.

**GAA** – Gaelic Athletic Association. The national governing body for gaelic games in Ireland.

**Get Ireland Active** – Get Ireland Active is a HSE initiative to promote the National Physical Activity Guidelines.



**Get Ireland Walking** - Get Ireland Walking is a national initiative which exists to maximise the number of people participating in walking for health, wellbeing and fitness, throughout Ireland.

**Go For Life** - The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by the Irish Sports Council.

**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.

**IRFU** – Irish Rugby Football Union. The national governing body for rugby union in Ireland.

**ISC** - Irish Sports Council. The Irish Sports Council is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

**LSP** – Local Sports Partnership. LSPs are an initiative of the Irish Sports Council 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 the Irish Sports Council'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 the Irish Sports Council, 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.

**PAL** – Physical Activity Leader. A Physical Activity Leader is someone who can lead members of their own groups or communities in short exercise routines, straightforward dances and recreational sports.

**SDO** – Sports Development Officer. SDOs aim to provide opportunities for participation in sport and physical activity for all sections of the community.

**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.

**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).

**VEC** – Vocational Education Committee. VECs are local statutory education and training authorities. Their service encompasses Second Level Schools, Further Education Colleges, Adult and Community Education, Literacy Support and Youth Support Services. On 1st July 2013, the 33 Vocational Education Committees (VECs) were dissolved and replaced by 16 Education and Training Boards (ETBs).

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

# Appendix C

## Images

The images in this report are courtesy of the following LSPs:

Images on inside cover:	Cavan LSP, Laois LSP, Limerick LSP, Mayo LSP, Meath LSP, Wexford LSP, Sligo LSP and Monaghan LSP
Section 1:	Mayo LSP
Section 2:	Meath LSP
Section 3:	Cork LSP
Section 4:	Waterford LSP
Appendices:	Sligo LSP











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