



sport ireland

**LOCAL SPORTS
PARTNERSHIPS**

SPEAK REPORT 2015



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

I am delighted to be given the opportunity to contribute to the ninth report of the Local Sports Partnership (LSP) network. The SPEAK Report provides an overview of the work of the 29 Local Sports Partnerships across the country in 2015. It also highlights innovative good practice projects and programmes that are being operated locally.

I am pleased to note that, in 2015, the LSP network maintained its robust delivery and support of an innovative range of participation programmes including:

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

The vital work of the LSPs in increasing participation, particularly among those sectors of society that are underrepresented in sport, is making a substantial contribution to the health and welfare of individuals, communities and the nation.

A key priority for Local Sport Partnerships 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 volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

I would like to thank all of those in the Local Sports Partnerships and sports organisations who are working to increase the levels of participation in sport and physical activity and I would encourage people to become involved in sporting events in their local areas so that they can enjoy the health and social benefits that come from sport and physical activity.



Patrick O'Donovan, T.D.

Foreword

On behalf of Sport Ireland, we are delighted to welcome the ninth SPEAK Report, which provides an overview of the operations of the national network of 29 Local Sports Partnerships (LSPs) in 2015.

Sport Ireland has always placed a particular emphasis on ensuring that opportunities for participation in sport are progressive and innovative attracting 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. In 2015, over 347,806 people participated in 891 locally delivered participation programmes and an additional 9,316 female participants took part in 70 local Women in Sport programmes.

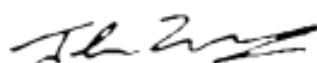
The LSPs are also involved in delivering mass participation programmes such as the An Post Cycle Series. This year 15,891 participants took part in the series which caters for all ages and abilities. For the fifth year running in 2015, Sport Ireland LSPs teamed up with RTÉ's Operation Transformation. Over 20,000 people took part in the Operation Transformation 5k Fun Runs and Nationwide Walks.

Finally, on behalf of Sport Ireland 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
Sport Ireland



John Treacy

Chief Executive
Sport Ireland

Key Findings

This report is the ninth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2015.

Resources and Funding

Below is an outline of the LSP Network's level of funding, management and staff in 2015:

- ▶ Almost €14.5m was invested in the network. This includes benefit in kind funding;
- ▶ Funding from Sport Ireland accounted for 36% of the total LSP funding in 2015. Additional funding was also secured for the LSP Network by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 12% of overall Network funding. The remaining 52% was raised from other local sources, including Local Authorities, the HSE, the Education and Training Boards and SOLAS;
- ▶ A total of 385 people served on LSP boards, representing an average of 13 people per board;
- ▶ 100 people worked full-time on behalf of the LSPs. 74 were directly core funded by Sport Ireland. A further 84 people worked within the LSP structure, funded solely by other partners.

Achievements of the LSP Network in 2015

Development of Local Sports Infrastructure

- ▶ Some 1,796 clubs/groups were supported in the delivery of activities;
- ▶ Some 913 clubs/groups were helped in developing their organisational or management structures;
- ▶ A further 280 clubs/groups helped in tackling particular development or policy issues;
- ▶ Some 222 clubs/groups helped in tackling particular governance issues;
- ▶ Some 47 clubs were availing of Club Resource Packs, as produced by LSPs;
- ▶ Some 276 clubs attended Club Development Workshops.

Delivery of Training and Education Programmes

- ▶ LSPs planned and delivered 280 training and education courses, workshops and seminars with their partner agencies;
- ▶ 19,135 people participated on these training courses;
- ▶ 678 volunteers supported the roll out of these courses.

Delivering Sport Ireland Programmes

- ▶ 6,974 participants completed 506 Safeguarding 1 training courses;
- ▶ 615 participants completed 55 Safeguarding 2 training courses;
- ▶ 22 participants completed 2 Safeguarding 3 training courses (new course).

Programme Delivery

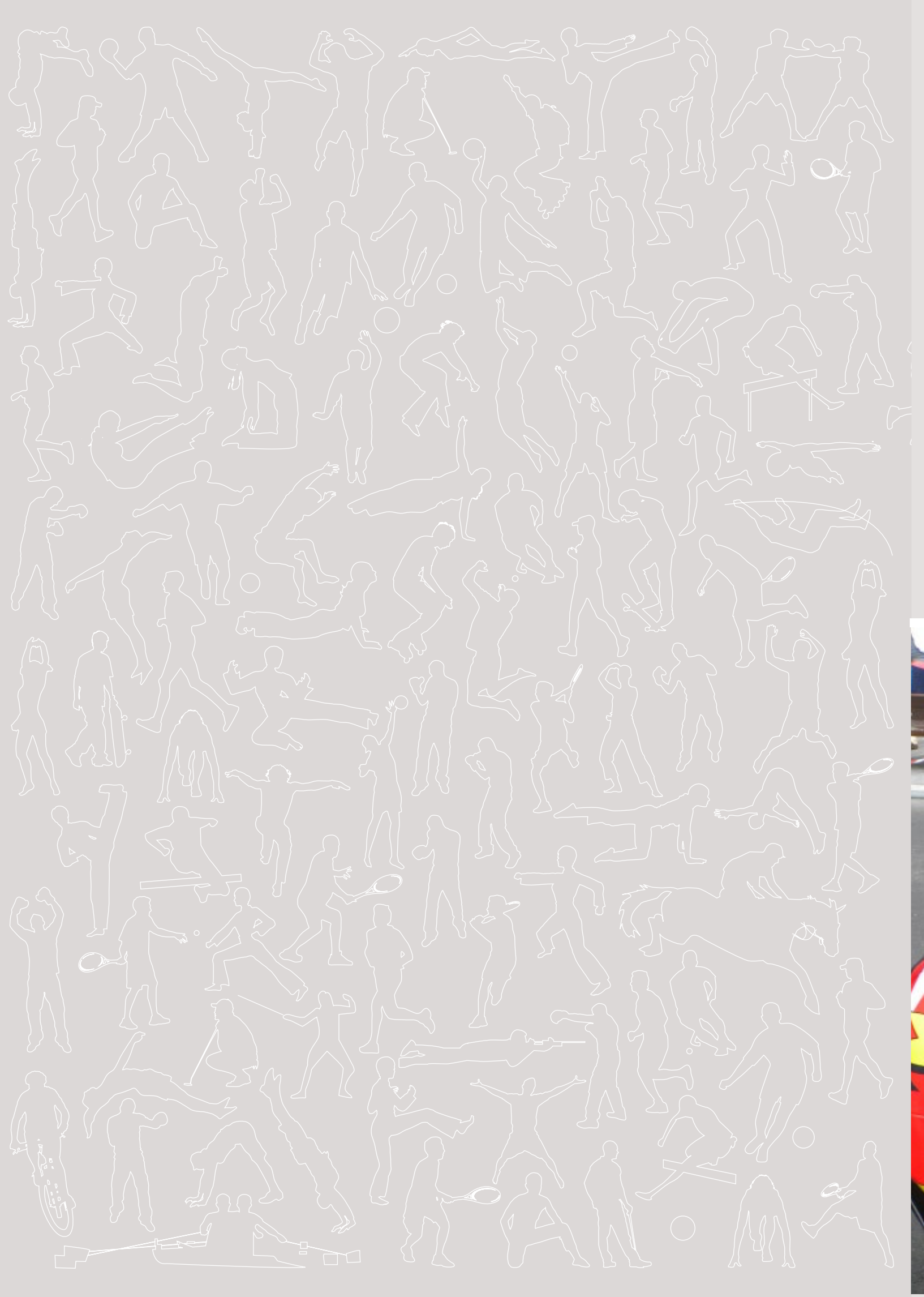
- ▶ 347,806 people participated in 891 locally delivered participation programmes;
- ▶ Some 9,316 female participants took part in 70 local Women in Sport programmes.

Building and Sustaining Partnerships

- ▶ LSPs have participated in some 237 actions associated with building networks and advocating on behalf of their LSP target groups.

Next Steps for the LSP Network

- ▶ The LSP network will continue to seek out and work with relevant partners to maximize capacity and resources while working towards common goals;
- ▶ LSPs will place a stronger emphasis on monitoring and evaluation of programmes, using the SPEAK system as a tool to plan their work in line with their strategic objectives, building robust evaluation metrics into their projects;
- ▶ LSPs will continue to invest in communities by up-skilling people in voluntary roles, creating more sustainable structures to organise and govern sport at local level;
- ▶ The work of the LSP Network will be influenced by national policy, including policy formulated by stakeholders like the Department of Transport, Tourism and Sport, Sport Ireland and Healthy Ireland. National policy is an influencing factor in local LSP strategies and helps each LSP to formulate their work plans based on national objectives. The European Union is also influencing the work of Sport Ireland's LSP Network with LSPs promoting their programmes through the European Week of Sport campaign;
- ▶ LSPs are actively exploring avenues to create more sustainable communities where sport is to the forefront of people's minds and seen as a means to enhance areas of social disadvantage. This approach has been piloted successfully around the country in several areas. Blue-prints and templates will be developed for other communities that wish to take a similar approach. Other LSPs can take the learnings from these pilots and build their own programmes based on the elements that add value.



1

Background, Funding and Resources



1.1 Background to LSP Network

This report is the ninth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2015. 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.

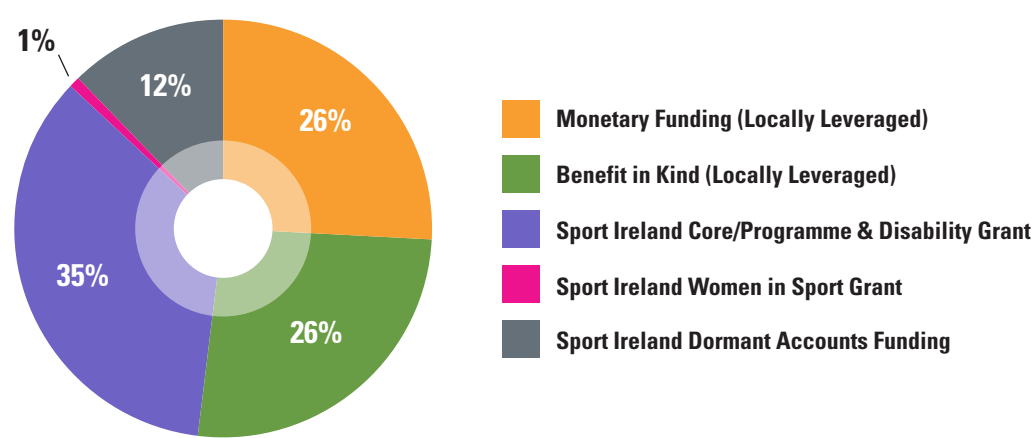
2015 saw the merger of North and South Tipperary Sports Partnerships into one Tipperary Sports Partnership. From 2016 onwards, Tipperary Sports Partnership will receive one allocation under the LSP funding stream.

1.2 Project Funding Sources

Funding from Sport Ireland accounted for 36% of the total LSP funding in 2015. Additional funding was also secured for the LSP Network by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 12% of overall Network funding. The remaining 52% was raised from other local sources. These figures include benefit-in-kind funding.

€		
Monetary Funding (Locally Leveraged) 2015	3,686,466	26%
Benefit in Kind (Locally Leveraged) 2015	3,719,270	26%
Sport Ireland Core/Programme & Disability Grant 2015	5,108,314	35%
Sport Ireland Women in Sport Grant 2015	114,675	1%
Sport Ireland Dormant Accounts Funding 2015	1,727,304	12%
Total Investment	14,356,029	100%

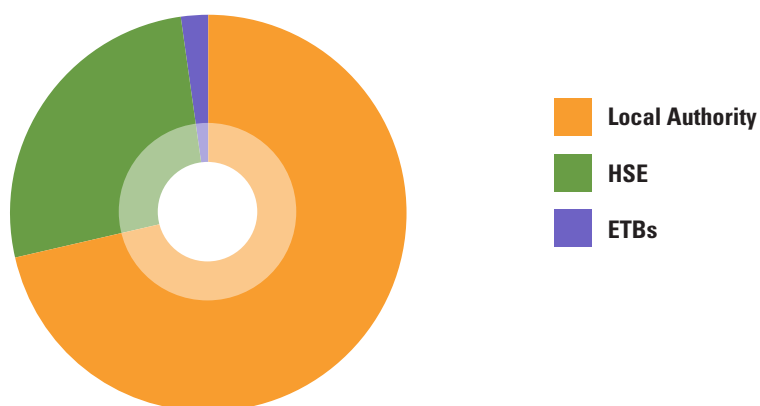
Figure A – Breakdown of Funding and Benefit in Kind Received by LSPs in 2015



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most significant source of funding and in-kind support for the LSP network in 2015. Other significant funding partners of the network were the HSE, the Education and Training Boards (ETBs - formerly known as VECs) and SOLAS (formerly known as FÁS).

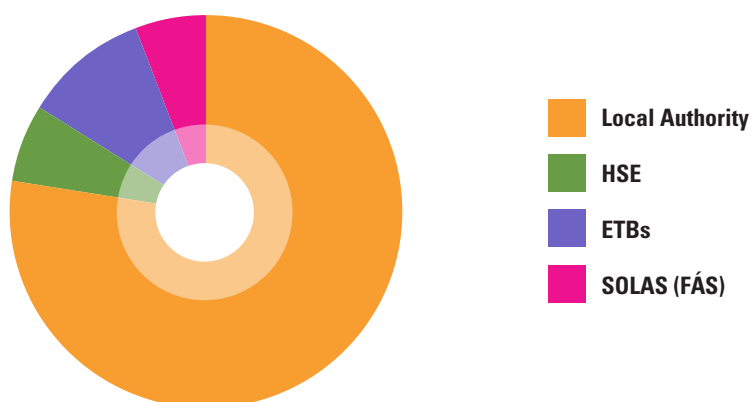
Below are the top three contributors to the LSP network in terms of monetary funding, excluding Sport Ireland.

Figure B – The Top 3 Local Monetary Funding Providers across the LSP Network in 2015



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

Figure C – The Top 4 Local Benefit In Kind Providers across the LSP Network in 2015



Sport Ireland funding to the LSP network increased by nearly 3% from €5.08m in 2015 to €5.22m in 2015.

LSPs continue to be successful in leveraging funding from local sources. 52% of total funding has been contributed by local sources. Monetary funding leveraged locally accounts for just over a quarter of overall LSP support and in-kind funding also accounts for just over a quarter of overall funding.

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

1.3 LSP Management and Staff

Boards of Management Participation and Representation

- ▶ A total of 385 people served on LSP boards in 2015, representing an average of 13 people per board;
- ▶ Board members bring specific skill-sets to their work within the LSP. These are associated with financial and management expertise and experience, as well as dealing with governance and human resources issues.

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 Sport Ireland while other personnel are funded through other sources. Along with Co-ordinators and Administrators, many LSPs employ Sports Development Officers and/or Sports Inclusion Disability Officers (SIDOs), a number of which are also supported in part by Sport Ireland. In 2015, 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 2015, 100 people worked on behalf of the LSPs either fully or part-funded by Sport Ireland. 74 were directly core funded by Sport Ireland. A further 84 people worked within the LSP structure, funded solely by other partners. The LSP Network took on 49 people on internships and job placements. The LSPs also contracted a further 221 tutors to deliver programmes, courses and initiatives within the LSP structure.

2

Achievements of the LSP Network in 2015



2.1 Introduction

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

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

2.2 Development of Local Sports Infrastructure

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

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

Funding Work

In 2015, LSPs have worked with 849 sports clubs, groups and organisations throughout the country on a one to one basis and a further 807 clubs through group sessions. Some 86 group information sessions were run.

LSPs have worked directly with 875 of these clubs to assist them in developing funding applications and a further 147 clubs to support fundraising strategies.

Club Development Work

The LSPs support providers of sports and physical activity across the country, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise. To this end, in 2015:

- ▶ Some 1796 clubs/groups were supported in the delivery of activities;
- ▶ Some 913 clubs/groups were helped in developing their organisational or management structures;
- ▶ A further 280 clubs/groups helped in tackling particular development or policy issues;
- ▶ Some 222 clubs/groups helped in addressing particular governance issues;
- ▶ Some 47 clubs were availing of Club Resource Packs produced by LSPs;
- ▶ Some 276 clubs attended Club Development Workshops.

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

Training and Education Courses

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

- ▶ LSPs planned and delivered 280 training and education courses, workshops and seminars with their partner agencies;
- ▶ 19,135 people participated on these training courses;
- ▶ 678 volunteers supported the roll out of these courses.

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

TRAINING ACTIONS	NO. OF TRAINING AND EDUCATION COURSES
Active Leadership	6
Bike 4 Life training	9
Coach Upskilling (Strength and Conditioning/ Speed and Agility, etc)	30
Coaching Young People	1
Community Coaching	12
Cycling Training/ Leadership	11
Disability Awareness/ Inclusion Training	34
Facilities Advice and Support	12
First Aid Related Training	14
Get Ireland Walking Programme	14
Go for Life	13
Mental Health/Wellbeing Awareness Course	9
NGB-led Sessions/ Workshops	16
Other Course Type	8
School Sports Day Training	3
Sports Leadership Training	15
Sports Specific Coaching Courses	12
Teacher Training	18
Training for Schools	16
Training Related Seminars/Conferences	10
Walking Training/ Leadership	10
Youth Leadership	7
Total	280

2.3 Delivering Sport Ireland Programmes

Sport Ireland has recently changed the structure of Child Welfare & Protection (Code of Ethics) workshops for Clubs. The details of the three stages of training are outlined here as follows:

Safeguarding 1 - Child Welfare & Protection Basic Awareness Course

All Coaches, Children's Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

Safeguarding 2 - Club Children's Officer (CCO) Course

A person appointed to the Club Children's Officer position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the NEW Club Children's Officer 3 hour workshop. This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of the training.

Safeguarding 3 - Designated Liaison Person (DLP) Course

A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the NEW Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

Club Children's Officer

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

Designated Liaison Person

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

In 2015, 6,974 sports leaders and volunteers completed the Safeguarding 1 training across 506 courses run by the LSPs. Some 615 volunteers attended the follow on Children's Officer training courses. In the first year of the roll out of Safeguarding 3, some 22 designated liaison persons received training on two programmes, organised by two LSPs.

Figure D - Summary of Safeguarding outputs for 2013-2015. Figures in brackets are for 2013-2014

	Safeguarding 1			Safeguarding 2			Safeguarding 3 (New Course)
	(2013)	(2014)	2015	(2013)	(2014)	2015	2015
No. of courses delivered	(458)	(441)	506	(48)	(49)	55	2
No. of participants	(6,884)	(6,217)	6,974	(576)	(609)	615	22

2.4 Programme Delivery

The design, delivery and review of targeted programmes by LSPs directly increase the levels of local participation particularly amongst the harder to reach social groups. Through their local expertise and connections within the sports infrastructure, LSPs are able to identify specific needs and plan accordingly. In 2015 the LSP network maintained its delivery of an innovative range of participation programmes:

- ▶ 347,806 people participated in 891 locally delivered participation programmes;
- ▶ Some 9,316 female participants took part in 70 local Women in Sport programmes.



The following table presents an overview of the types of programmes delivered in 2015.

PROGRAMME TYPE	NO. OF PROGRAMMES
After Schools Activity Programmes	24
Bike Week Activities	17
Community Sports Programmes	53
Cycle Safety Programmes	9
Cycling Programmes	6
Disability Programmes	234
Get Ireland Active Programmes	80
Mass Participation Events	63
Older Adult Programmes	51
Operation Transformation	29
Other Programmes	61
Park Run	11
Physical Activity Programmes	52
Schools-based Programmes	80
Sports Camps	6
Sports Conditioning Programmes	6
Sports Volunteers Awards Programmes	1
Travellers Participation Programmes	7
Walking Programmes	12
Women in Sport Programmes	70
Youth Diversion Programmes	19
Total	891

2.5 Building and Sustaining Partnerships

Information Provision

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

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

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

Figure E - Summary of Focus of LSP Information Provision 2015

Providing Information to Community Traditional Media	2015	Providing Information to Community Social Media	2015
Number of radio interviews	131	Facebook: Number of posts/updates	13,437
Number of articles in local press/radio	1,008	Facebook: Number of Likes	40,180
Number of articles in national press/radio	41	Twitter: Number of tweets	14,909
		Twitter: Number of Followers	22,340
Providing Information to Community Online	2015	Providing Information to Community Text-based	2015
LSP Website: Number of new articles	1,706	Number of texts sent via text service	109,142
LSP Website: Number of resources downloaded	331		
LSP Website: Number of hits	3,011,229		

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

Figure F - Summary of LSP Information Production and Dissemination 2015

Production of Information Resources	2015
Number of physical booklets or information leaflets produced	9,599
Number of newsletters	121
Number of translations of information resources	18
Number of press releases issued	707
Local Community Interest	2015
Number of directories produced/ updated	2,074
Number of people/clubs/groups on email list	82,243
Dissemination of Research and Reports	2015
Number of research reports issued	23
Number of annual reports disseminated	328
Number of presentations delivered	311

Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for LSPs, as well as representing key concerns in the policy arena. In order to carry out this strand of their work, LSPs actively engage in committee work and networking activities at local and national level. In 2015, LSPs have participated in some 237 actions associated with building networks and advocating on behalf of their LSP target groups.

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

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

The following table presents an overview of the types of actions in which LSPs have been active in 2015.

TYPE OF ACTIONS	NUMBER OF ACTIONS
Campaigns Involved in	34
Lobbying efforts made	7
Local networks or Committees participated in	89
Media Appearances	9
National networks participated in	5
Public Taster Event/Promotion	6
Publicity and Awareness Raising	55
Regional networks participated in	2
Research projects involved in	11
Seminars or Conferences attended	15
Submissions made	4
Total	237

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

3

LSP Programme Case Studies



3.1 Introduction

This section presents examples of LSP work practices and case studies of interaction with key partners and 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:

- ▶ Using sport as a tool for social engagement in disadvantaged areas;
- ▶ Identifying and breaking down barriers in sport;
- ▶ Parents and families as a target group.

3.2 Using Sport as a Tool for Social Engagement in Disadvantaged Areas

LSPs are very familiar with the challenges facing their communities and work actively in partnership with organisations that help to combat social disadvantage. Sport is an outlet for people in areas of deprivation and can provide pathways to further social engagement through participation and volunteering.

LSPs are aware of the needs of individuals where participation in sport is not a priority and can identify and provide supports that can keep people engaged. Registration fees and access to facilities can be a barrier which can often be overcome through support from the LSP. Challenging behaviour can also be a problem in areas where crime and poverty are major issues. LSPs work with the authorities to understand and work through these issues.

LSPs work with people living in areas of social deprivation to educate them on the importance of leading a healthy lifestyle. LSPs work with professionals that can provide the know-how to individuals on leading a healthier lifestyle, giving them greater confidence when making lifestyle choices.

3.2.1 Travellers Physical Activity Programme for Women and Men

Background to the Programme

The Travellers Physical Activity Programme originated as a result of consultation between Galway Sports Partnership (GSP) and the Galway Traveller Movement (GTM) based in Loughrea, Co. Galway. A support group made up almost entirely of traveller women would meet each week and the idea for the programme came from one of those meetings. The women themselves identified the need for them to take part in some form of physical activity and the Galway Traveller Movement contacted GSP to help establish a programme. GSP staff then met with the Galway Traveller Movement and the women to draw up an outline of the programme. At the same time Traveller men from the area embarked on a six week handball training programme in the local handball club, and this idea also originated from the support group. The primary target group for these programmes were Traveller women and men living in the Loughrea and Athenry areas of Co. Galway.

Programme Partners

- ▶ Galway Traveller Movement;
- ▶ Local Temperance Hall in Loughrea who provided the indoor facilities for the project;
- ▶ Galway Sports Partnership;
- ▶ Loughrea handball club who provided the facility for the handball programme.

Programme Objectives

- ▶ To meet the need for a physical activity programme for the identified community;
- ▶ To increase awareness of the benefits of physical activity for participants whose lifestyles were predominantly sedentary;
- ▶ To promote healthy living to the course participants, and to provide them with an opportunity to further their continued participation in physical activity;
- ▶ To improve social skills, self-esteem and well-being among the participants;
- ▶ To coach the male participants to become competent in the sport of handball, one of few sports that Traveller men participate in, thus leading them to join an established club in the area.

Programme Description

The programme for the Traveller women ran over 15 weeks in an indoor facility, with physical activity sessions delivered under the guidance of a trained instructor. The programme consisted of circuit training, e.g. on the spot running, skipping, stretching and some light resistance training. 8 women completed the programme. The training programme for Traveller men consisted of 6 weekly handball coaching sessions under the guidance of a trained handball instructor.

Programme Results

In the short term, the levels of fitness of both groups increased considerably. There was an increased awareness by members of the group of the positive impact of the programme on their health. The long term result from the women's programme was that two of the female participants went on to join a local gym - for traveller women this would be a huge step forward in pursuit for a healthier lifestyle. Some of the men also joined a local handball club after the programme was completed.

3.2.1 Travellers Women and Men Physical Activity Project continued

Participation in the programme was a big cultural change for the Traveller women. None of these had participated previously and in all probability would not have done so were it not for their involvement with and support from Galway Traveller Movement. Drop-off of participants was initially deemed to be a potential challenge, however this did not materialise and it was pleasing to see the commitment from both groups who attended each week. Affordability may have been an issue, but a nominal cost of €2 per session per participant was established which did not deter attendees. GSP was in a position to subsidise both programmes with funding from Sport Ireland.

With two of the group seeking to continue their own physical fitness regime following the 6 weeks of the programme it proves that support from mentors can lead individuals into further activity. The programme also gave other Traveller women who had not taken part the motivation to seek a similar programme for themselves. The fact that some of the men went on to join the local handball club, proved the worth of the programme in terms of sustainability and integration.

Next Steps

In 2016, GSP will be supporting the Galway Traveller Movement to run a similar programme. This was the first time that Galway Traveller Movement undertook the role of organising and delivering a project such as this. The programme fitted in very well with their other general health and well-being initiatives for this target group.



3.2.2 Fingal Late Night Leagues

Background to Programme

The Late Night League (LNL) uses sport, in this case soccer, as a tool for social engagement. The programme is aimed at encouraging young people (including those at risk) to participate in meaningful, positive activities. This programme aimed at 12 – 18 year olds attracts boys and girls to “turn up and play” football, they do not need to be part of a club to participate.

LNL is based loosely around the concept of midnight basketball in the US. The programme takes place on a Friday evening from 8 – 10.30pm, at a time when young people may be tempted to become involved in antisocial behaviour. Indeed some young people have been quoted as saying that it “keeps them from hanging around and getting in trouble with adults” (normally for noise and boisterous behaviour).

The primary target group is young people, including those at risk, the programme is purely recreational and is open to all young people between the ages of 12 – 18 years no matter what their level of skill is. It is also very much an integrated programme with young people from various nationalities and backgrounds participating. An unintended consequence of this programme is that it attracts numerous young girls, who do not play, but wish to spectate on the side-line.

The programme is advertised and promoted through schools, youth services, and youth diversionary agencies. Printed leaflets are delivered to schools and youth services, where possible both the FAI Development Officers and Community Garda visit the school / youth service. In addition posters and leaflets are left in facilities where young people gather.

As part of the Polska Eire festival and linking with the Ireland Vs Poland match in 2015 the Late Night League promotional materials were translated into Polish in order to further promote integration.

Programme Partners

- ▶ The FAI;
- ▶ An Garda Síochána;
- ▶ Fingal Sports Office;
- ▶ Various Youth Services;
- ▶ Local football clubs.

Programme Objectives

- ▶ To promote and encourage young people who are not members of a club to participate in positive pastimes;
- ▶ To promote football in disadvantaged areas;
- ▶ To reducing anti-social behaviour and building relationships between the local Garda and the young people.

Programme Description

Starting in two venues in 2007 running one programme per year, the programme has grown from strength to strength and is now being delivered 3 times per year in 6 venues with 18 programmes running throughout the Fingal area. Attendance at the different venues varies, with Balbriggan seeing in excess of 140 young people playing each week. Skerries has the highest number of female spectators (approx. 60 – 80), this number is not included in the participation count. The total number of participants is in the region of 750 for each term.

3.2.2 Fingal Late Night Leagues continued

The event culminates in a final where the successful teams travel to a Dublin venue and play against teams from other Dublin Local Authority areas.

Programme Results

An Garda Síochána recognise the value of this programme as a community development / policing tool, viewing it as an opportunity for Gardaí to develop informal channels of communication with this target group. This resulted in improved community relations. In 2011 An Garda Síochána carried out research into the reports of public order offences during a six week period while the Late Night Leagues was ongoing, it found that public order offences involving youths aged 13-18 years old reduced by 21% across the sub-districts where Late Night Leagues were in place. In addition the instances of all public order offences had reduced by 5% during the entire six week period. With regard to calls for service to An Garda Síochána's Command & Control Centre, comparing the same six week period outside of the leagues, there was a 26% decrease in public order Garda assistance calls where leagues took place. This is evidence of the success of their partnership with the programme, which has been ongoing since 2010.

Quotes

Assistant Commissioner, Dublin Metropolitan Region, John Twomey, said at the programme launch in 2015:

"An Garda Síochána is delighted to be involved with the Late Night Leagues again this year. The programme continues to provide opportunities for young people and local Gardaí to engage with each other in a social environment. This can only be a positive development, which will lead to an improved policing service and ultimately to safer communities. In addition the Late Night Leagues would not work but only for the commitment and enthusiasm of our Partners, the FAI and the Local County and City Councils."



Next Steps

Fingal Sports Partnership is working with the Institute of Technology Blanchardstown to develop a research project to measure the impact of the programme and it is expected to be in a position to provide evidence on the impact of the programme to the area in monetary terms.

3.3 Identifying and Breaking Down Barriers in Sport

LSPs deliver programmes to target groups that are harder to reach, including those with disabilities or acquired illnesses. The key to designing programmes that work is to understand the needs of the individuals taking part. LSPs have gained expertise from working with these target groups over the years. Some LSPs have a dedicated Sports Inclusion Disability Officer (SIDO) in place that is able to adapt mainstream activities to suit the special requirements of individuals of varying abilities.

By partnering with organisations that have expertise and knowledge on disabilities or a certain medical condition LSPs can learn what can be done to make an activity more accessible. Sports Inclusion Disability Officers are upskilling regularly through organisations such as the CARA Centre for adapted physical activity to make sport more accessible for people with physical and intellectual disabilities. They can impart this knowledge then to service providers to deliver physical activity sessions within their own settings.

People who have acquired physical and intellectual impairments through injury or illness often fall off the radar when it comes to inclusion in sport and physical activity. LSPs are working to make mainstream sport more accessible for these people by delivering programmes within the community that promote inclusion and highlight the importance of integration within community settings.



3.3.1 Irish Wheelchair Association - Community Taster Programme

Background to the Programme

Kilkenny Recreation and Sports Partnership (KRSP) has worked closely with the Kilkenny branch of the Irish Wheelchair Association (IWA) over the last number of years to ensure that physical activity is prioritised for all members. Some of the programmes that have been previously initiated include Wheelchair Basketball, Spokesports Multi Sports Club, Hand Cycling and Swim Lessons. Many of these activities are now an intrinsic part of the programmes on offer in the IWA.

Focus groups were held with members of the IWA to identify possible activities for 2015. It was decided to try out activities that were community based and activities that challenged fitness levels and allowed the members to take part at a greater intensity. An interesting point to come out of the focus groups was that members felt that there very few activities available at a higher intensity.

This was the first IWA Community Taster programme and therefore was very dependent on support from the Sports Partnership. Links were created between the IWA and providers in the community. Initially there was some reticence from the service providers, mainly due to their lack of experience in working with people with disabilities. Local providers were approached and while most were happy to run a programme for wheelchair users, many providers and tutors felt that there were gaps in their knowledge for delivery of a programme specifically for wheelchair users. Support was provided from KRSP and the sessions and instructors became independent very quickly.

Programme Partners

- ▶ Kilkenny Recreation and Sports Partnership;
- ▶ The Irish Wheelchair Association;
- ▶ The Watershed Leisure Facility;
- ▶ Dragons Lair Martial Arts and Fitness Centre;
- ▶ Ormonde Leisure Centre.

Programme Objectives

- ▶ To expand the type of activities available in the community to wheelchair users;
- ▶ To work with activity providers in the community to create more inclusive programmes for wheelchair users and to support initial delivery to wheelchair users
- ▶ To increase the activity levels of the participants on the programme.

Programme Description

The programme of activities was designed by the Sports Inclusion Disability Officer in KRSP and the programme organiser in the IWA based on feedback from the participants. The SIDO worked with the tutors to adapt the various activities and ensure that the activities catered for all participants. There were 12 participants on the 8 week programme. The activities included boxercise, expressive dance, introduction to weights, introduction to the gym and chair based yoga. The group decided which activities they would take part in and followed up with longer programmes in the preferred activity. The group then took part in a series of boxercise classes and feedback was very positive.

Programme Results

This programme helped to break down barriers very effectively, both for the participants taking part and the tutors who felt they did not have the expertise for making their activities inclusive for wheelchair users. By working closely with KRSP, tutors put taster sessions in place in community organisations and leisure centres and the tutors thoroughly enjoyed delivering the sessions, overcoming initial fears. The programme brought greater social and health benefits for all participants. It also helped to create more inclusive, welcoming, community facilities, catering for all sectors of the population. It increased the presence of people with physical disabilities in the leisure and community centres, thereby raising awareness of the importance of physical activity across the population and creating role models for young people with disabilities.

Next Steps

KRSP and IWA hope to run these taster series on a regular basis with new participants and also exploring new activities available locally. It is planned to incorporate some adventure activities such as horse riding and kayaking. Disability Awareness Training will be offered to programme partners to ensure the ongoing success and sustainability of the programme.

Some of the feedback from the tutors stated “I had no idea how easy it would be to adapt the sessions, it was fantastic and the effort from the participants was brilliant”.



3.3.2 Louth Volunteer Stroke Programme

Background to the Programme

In June 2015, Louth LSP was contacted by the Irish Heart Foundation regarding the Louth Stroke Scheme. The Volunteer Stroke Scheme was originally established in 1983 in Dublin and a Dundalk Stroke Support group was set up in recent years in the Redeemer Community Centre in Dundalk. It runs for 2 hours every Wednesday morning with the purpose of providing a forum for stroke survivors to come together each week and engage in some exercises that will assist their recovery and adjustment to life after stroke. Referrals to the scheme come from both health professionals and family members. Other Stroke clubs around the country are located in Crumlin, Dun Laoghaire, Dundrum, Whitehall, Castleknock, Drogheda and Naas.

Louth LSP agreed to set up a regular Boccia session in Dundalk for the group. The LSP Administrator met with the Co-ordinator of the scheme in Dundalk to see how best the LSP could assist the programme which had 10-12 people attending each week. Following this meeting it was agreed that the LSP could best assist the programme by providing some equipment and train up the Scheme Co-ordinator and a number of their volunteers in how to use the equipment.

Louth LSP also suggested that new age Kurling might be a useful adaptable activity and provided the equipment needed. The LSP also suggested that the group might benefit from activities such as Chairrobics and other exercises that could be provided by a physiotherapist.

Programme Objectives

- ▶ To provide activities to stimulate recovery and improve the quality of life for people living with/ recovering from stroke;
- ▶ To train the co-ordinator and volunteers to correctly use the equipment to ensure the sustainability of the programme;
- ▶ To encourage the stroke survivors back into physical activity and to use it as a stepping stone to a healthier active lifestyle.

Programme Results and Outcomes

Louth LSP met with the co-ordinator of the Stroke Scheme to see how it was progressing and to see if the LSP could assist in any other way. The programme had gone from strength to strength and had expanded to Drogheda where a second 2 hour session is provided. The numbers have increased in Dundalk to an average of 16 and the Drogheda session has an average of 13 attending. Both groups now have a physiotherapist providing exercises that are speeding up the rehabilitation of the attendees.

Short term outcomes identified by the co-ordinator were that it helped attendees to get out socially, while getting active and having fun. The long term outcomes were identified as seeing improvements in the attendees physically, socially and mentally. The programme is now seen as an integral part of the attendees' rehabilitation. The groups are also learning the benefits of diet and are being introduced to healthier food options at the sessions.

The main challenge for the group was funding for new equipment and the services of a physiotherapist. A physio in Dundalk is now volunteering their time free of charge each week. Initially attendees were hesitant about partaking in the activities but very quickly they all wanted to participate. The increase in demand saw a second group start in Drogheda and new volunteers assist this programme locally.

Some quotes from the attendees included:

"I couldn't feed myself....last week I went out for a meal and cut my own steak" (Eugene, Dundalk)

"I love the exercises, I am doing them at home and I am now doing walks too" (Kevin, Drogheda)

Next Steps

Louth LSP will continue to support the Louth Volunteer Stroke Scheme by providing additional equipment directing the group towards new funding streams. Louth LSP in conjunction with Louth County Council Sports Unit will provide additional opportunities for these attendees to participate and integrate with a view to improving their physical, social and mental wellbeing. As participants recover Louth LSP will assist in directing them into sustainable physical activities through other clubs and groups in Co. Louth.



3.4 Targeting Parents and Families

LSPs recognise that parents are the best role models for children and can influence a child's level of activity outside of school time. Making time to exercise together as a family is very important for a child's physical and social development. A child's relationship with its family develops over time and family-centred events can help that bond. LSPs see the benefits of hosting events that attract families and have sustainability by directing people into clubs and other pathways to physical activity.

New parents can find it hard to find time to exercise while balancing life with a new baby and other family commitments. This is a very important time for new mothers, especially first-time mums to have an outlet to exercise and regain a level of fitness after the birth of a baby. Organised childcare is not always available to new mums and by creating an atmosphere where babies and young children are accommodated is crucial to allow regular attendance.

Social interaction with other adults is also very important for new mothers. Having other mums to talk to is a great support to get advice on day to day life with a new baby. Some new mothers often feel isolated and alone when they go for hours without adult company with the added pressure of caring for a new baby. Social exercise can be a great way to alleviate this isolation and form new friendships with other women. An end of term event that encourages the whole family to come along and take part is a nice touch for the women to show their families what they have been doing each week. It also encourages children and partners to get behind the mothers and support them by taking part in the finale event.

3.4.1 Get Outdoors Family Programme

Background to the Programme

Under the Get Ireland Active programme funding measure 2014, the HSE sought proposals for an innovative pilot family-based activity programme. Carlow LSP was selected to run a series of events to provide families with an opportunity to take part in physical activity together in an outdoor location. One of the key elements of the programme was the inclusion of a 'geocache' treasure hunt. Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. The need for more opportunities for families to be active and the issues around rising levels of obesity have been raised at national level through the National Physical Activity Plan. This was also identified at local level through the Carlow County Development Plan and the Local Sports Partnership's strategic plan. In addition to that, the LSP office had received a number of requests from parents bringing their children to LSP programmes (e.g. horse-riding, swimming and cycling) for more opportunities to be active with their children in an outdoor setting. At local level the LSP consulted with Carlow Regional Youth Services, Carlow Tourism, Carlow County Council and Carlow County Childcare Committee to plan the events. The LSP also consulted with parents and children to get some input for the content of the event plan as to what should be delivered. Following this consultation process the LSP Committee decided the activities would entail a mix of outdoor recreation, play and sports.

Programme Partners: Teddy Bears Picnic and Family Activity Day

- ▶ Carlow Tourism;
- ▶ Carlow County Council;
- ▶ Wildways Adventures.

Programme Partners: Halloween Family Activity Day

- ▶ Delta Centre Carlow;
- ▶ Carlow County Council;
- ▶ Wildways Adventures.

Programme Objectives

- ▶ Increase family participation in physical activity;
- ▶ Maximise the use of outdoor amenity and recreation sites;
- ▶ Develop a pathway and further opportunities for ongoing family participation in outdoor activity.

Programme Description

Carlow LSP was tasked to deliver a series of four 'Get Outdoors' events at various locations around the county. Each event has a specific theme depending on the location and the time of year, event partner and key collaborators. The anchor activity at each event is a geocache treasure hunt. To make the event attractive to families a minimum of two other activities will be available to try e.g. kayaking, cycling, archery, games, trail running, etc. This will also provide pathways for ongoing participation and links to local clubs and NGBs. 'Arts & Crafts' and music will be organised to contribute to the fun atmosphere. Families will be able to take part in the Treasure Hunt at any time throughout the day.

They will have to book in advance for the activity taster sessions which will take place at appointed times throughout the day and will be delivered with the support of local clubs. Participants are introduced to local looped walks, forest parks and town parks to encourage and promote ongoing usage. Families will be encouraged to get out and get active together. Families will be registered on the LSP database to be notified of relevant opportunities for further participation. The programme will be monitored and evaluated by the LSP Committee. All participants will be contacted for a follow-up project impact evaluation.

Programme Results

EVENT 1: **TEDDY BEAR PICNIC AND FAMILY ACTIVITY DAY**

Over 1,500 people attended the Duckett's Grove Country Fair and Teddy Bear's Picnic on the 2nd of August as part of the Carlow Garden Festival. This was organised as a joint initiative between County Carlow Sports Partnership and Carlow Tourism and funded by the HSE and Carlow County Council. County Carlow Sports Partnership organised a programme for all the family to enjoy featuring a Teddy Bears Picnic & Geocache Treasure Hunt. Carlow LSP also organised face painting, music, a bouncy castle, archery, traditional sports day games and a family geocache treasure hunt. The Treasure Hunt was a huge success and was designed and delivered by Wildways Adventures. Over 300 people completed the treasure hunt including 210 kids.

EVENT 2: **HALLOWEEN FAMILY ACTIVITY DAY**

The LSP ran a Halloween family event on the 31st of October in partnership with the Delta Centre. The objective was to encourage families to get active outdoors together. Over 200 people attended with approximately 50 families taking part. The Delta Centre put on a fabulous display of Halloween decorations and spooky fun activities. The LSP in collaboration with Wildways Adventures facilitated a Halloween themed geocache treasure hunt.

Sustainability

From a strategic perspective this collaboration has strengthened the relationship between the LSP and project partners including the HSE, Carlow Tourism, Delta Centre Carlow and Carlow County Council. All partners have benefitted from being associated with a programme that was received very positively by the participants. The popularity of the events has confirmed the need and demand for such activities for families. Identifying this demand prompted the LSP to apply for funding for permanent orienteering sites to be located in local public outdoor amenities. The LSP successfully secured funding from the Department of Community & Youth Affairs for this purpose. The event evaluations will feed into planning for future events.

Programme Challenges

- ▶ Promoting awareness of the event in the lead up is time-consuming and costly;
- ▶ The coordination of a number of activities, vendors and leaders on site;
- ▶ Buy-in and engagement of the partner stakeholder is key to success;
- ▶ The geocache element was challenging to incorporate as there are specific guidelines around the set up and running of a geocache event.

3.4.1 Get Outdoors Family Programme continued

Quotes from Participants

'Loved the GPS for Dad'

'Keep doing what you are doing. Thank you'

'Great way for kids to explore nature and be energetic'

'Brilliant event and a fantastic setting'

'Really enjoyed the hunt. Even the toddler could participate'

Next Steps

The LSP has three Active Outdoors Together events planned for 2016. Each event will have a strategic programme partner and specific target group. In June 2016 Carlow LSP will host a Family Cycling Festival in partnership with IT Carlow and local cycling clubs. The route will be off-road and the event will include various cycling related activities for 2 – 10 year olds, including a geocache treasure hunt. The second event planned is a Family Play Day including 'Games on the Green' in association with the National Play Day initiative. Programme partners will be Carlow County Council and Carlow Regional Youth Services. The activities will be multi-sport with a strong recreational and play focus. The third family event planned will be a Family 'C' Walk as part of the Carlow Walking Festival, in partnership with Carlow Tourism, and incorporating a geocache treasure hunt.

Following on from the positive feedback from families, the LSP has increased its focus on the younger age group and outdoor activities. Arising from links made in the development of the project the LSP is currently delivering a 'Learn to Cycle' and a 'Trail Kids' programme outdoors. Carlow LSP also secured funding to develop permanent orienteering sites in three public outdoor recreation areas to further promote outdoor activity and family participation.



3.4.2 Buggy Brigade Fitness Programme

Background to the Programme

A local need was identified for mothers to have a social outlet to exercise along with their babies. Initially, this need was observed through the local meet and train group where interest was expressed by women to participate in physical activity, but childcare was the main barrier for them. Many women in the area did not have the support network to allow them to be active so this programme provides them with the opportunity to exercise without requiring childcare. Following a number of enquires, a meeting was held with these participants who outlined what activity they wanted. Following this a programme was developed to meet the needs and requirements. The primary target group was mothers from the area with new babies from 6 weeks up to 3 years. Partners involved in the programme were Tipperary Sports Partnership, a local fitness provider (Buggy Brigade Fitness), the HSE and local meet and train groups.

Programme Objectives

- ▶ To provide an outlet for new mums through exercise in a social and fun environment which will assist mums to engage socially with other Mums to promote positive mental health as well as physical health;
- ▶ As part of this programme a 5k Buggy Run will take place to promote the programme and this will be oriented towards family involvement.

Programme Description

This is a 32 week exercise programme to assist new mothers to engage in physical activity with their new babies. The main element of the programme includes walking/jogging with their buggy and specific post natal core exercises along with nutritional advice. A series of 6 weeks blocks are designed with a combination of indoor/outdoor exercise classes where participants are able to exercise with their baby in a fun and social setting provided by two exercise instructors. The classes consist of gentle warm up movements and stretches followed by different types of activity alternating between cardio and toning exercises with a focus on core work and abdominal exercise too.

Programme Results

30 participants have engaged in the programme during 2015 with the programme running for 32 weeks in 6 week blocks. 12 participants have joined the local meet n train group and continue to be active. 80% of the participants continue to walk/jog with the buggy outside the buggy schedule sessions. A 'Buggy Push' event was held with 250 participants.

Tipperary Sports Partnership has always known that it is an important outlet for the mothers but we were more focused on fitness. It is important to put a measure on the mental health aspect of the class for these ladies. Over half the class participants are originally from outside of town and don't know many people outside of work so it's very important to them to meet new friends with young children to allow them to socialise.

3.4.2 Buggy Brigade Fitness Programme continued

Programme Challenges

- ▶ Niche market targeting mothers only (babies 6 weeks to 3 years as child needs to be in the buggy during the programme);
- ▶ Mothers with additional siblings find it difficult to attend sessions even though the programme tries its best to accommodate where possible;
- ▶ Circumstances outside the control of the mother can suddenly result in a mother not being able to attend a session e.g child getting sick as about to leave;
- ▶ The hardest part of the programme is recruiting new mothers & having to continually promote the classes;
- ▶ High turnover of class attendees as when the mothers return to work they are no longer in a position to attend the sessions;
- ▶ The programme did extend outside of Clonmel but unfortunately numbers were not sufficient for the programme to be viable.

Sustainability

The programme is run on a weekly basis by Buggy Brigade Fitness with the support of Tipperary Sports Partnership. This programme would not exist without the support of the leaders as there is a constant turnover of participants as they return to work after maternity leave. The majority of the recruiting is done by the leaders.

The Programme has strong linkage with the local meet and train groups which provide a pathway for the participants to take part in activity following their return to work; this has been availed of by 12 participants to date. In addition to the weekly classes the participants continue to exercise outside the designated class times.

A 5 km Buggy Push Event was held in October to encourage mothers and families to participate in a fun event together. Over 250 participants took part in the event which was a huge success and also generated €1,000 in fundraising for the Baby Unit in the local Hospital.

Throughout the year 10 participants from the programme also attended some local events including the Tipperary Women's Mini Marathon and a Santa 5k Run.

Quotes from Participants

"Really miss our Friday morning class. I really enjoyed the last few months. Buggy Brigade is much more than just a fitness class! It's a weekly mum and baby social outing, always a good laugh, caters for all levels and I'm definitely a much fitter person because of it. Keep up the great work!"

"Buggy brigade fitness class is not just a fitness class it is so much more. A great workout, a great support network, somewhere to meet other mums, a weekly weigh in (if you want) and all with your baby, genius!!!"

Next Steps

Tipperary Sports Partnership will continue to grow the programme and provide the opportunity to as many mothers as possible. The plan is to build on the 5km Buggy Push to promote recreational activity, not only for mothers but also their families. Further funding has been secured to allow this unique programme to continue.

The instructors are constantly working on ways to improve the class content and keep it interesting. The group have gone out 'on tour' a few times to the local park to do their work-out which the mothers really enjoyed. The response from passers-by was really encouraging so they're hoping to get out & about 'on tour' at least once in each 6 week programme.

They're also very aware of the social aspect of the class. The mothers love to chat so they have introduced a coffee morning once every 6 weeks after class which has been very popular. Many friendships have been formed from Buggy Brigade Fitness classes and for a lot of the women it's their only time in the week to meet and chat to other mums.

Tipperary Sports Partnership are constantly exploring opportunities to expand the programme to other communities and completed 2 programmes in other locations but unfortunately the population size of the community was not large enough to sustain the programme and the programme was unable to continue.

The aim is to have an annual buggy push to promote the programme and also to provide an opportunity for families to exercise together with the focus on the younger members of their family.





4

Next Steps for the LSP Network



4.1 Introduction

This section presents a description as to how the LSP network has applied a Theory of Change approach within their planning and evaluation systems in 2015. The framework is detailed, including a look at selected outcome indicators. Three case studies are used to highlight how the LSPs have applied this framework within their practice.

The section also looks to the future of the integration of this national planning and evaluation framework within the LSP network as each LSP moves into new planning phases.

4.2 Designing and Implementing a Common Approach

The move to an online environment for the LSP evaluation system allowed for a review of the outcomes framework that individual LSPs have been using within their strategy and planning work. Through a consultation and analysis phase, it was apparent that each LSP was applying a county-specific approach to their naming of objectives, goals and strategic direction. While these approaches all fit within the overall Sport Ireland Participation policy schema, there was often a disconnect between the language and the terminology being used across the network. While this did not directly affect the practice on the ground, it presented certain difficulties in aggregating and interpreting outcome level information and results.

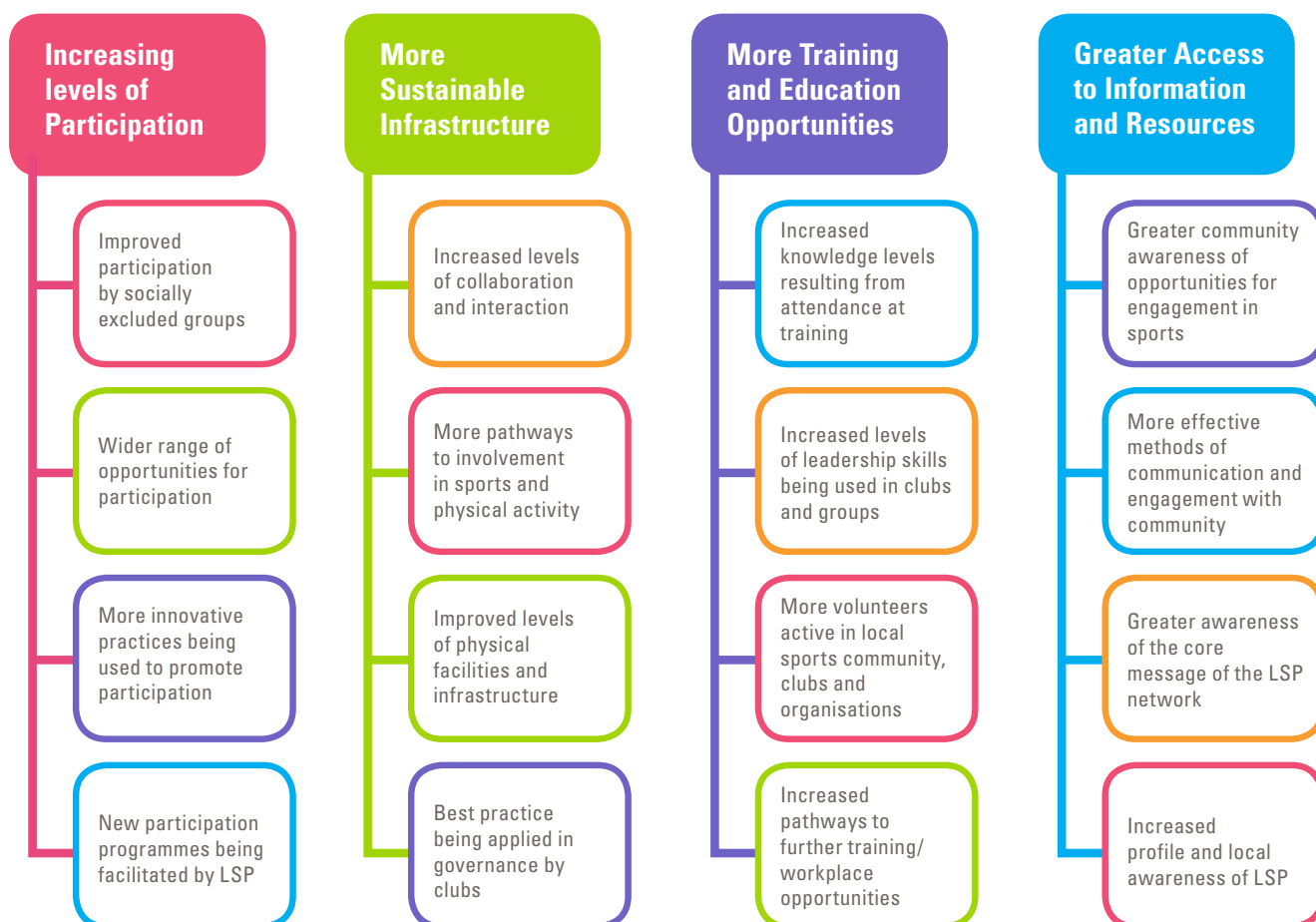
In order to draft a common approach to planning and evaluation work within the network, a Theory of Change approach was adopted. By working with LSP co-ordinators and administrators, Sport Ireland staff and other key stakeholders, a series of higher level outcomes were approved. Once each of these outcome areas was detailed and outcome indicators agreed, a layer of preconditions were worked through that would allow LSPs to examine how specific actions and activities would be implemented in order to achieve certain outcomes.

A number of iterations of this framework was worked on in consultation involving feedback from all stakeholders, until a final Theory of Change map was agreed.

This map is summarised on the next page, showing how the work of the LSPs is planned within the four outcome areas. LSPs also use the accompanying indicators to measure and track the progress of their core activities.

Each of the four outcome areas are connected to the broad work areas of LSPs, namely Participation, Education, Information and Structures. These sixteen indicators are used by LSPs to track the progress of specific actions and activities towards the higher level outcomes.

As each LSP produces their individual work plans for the year ahead, each action is linked to an outcome area, allowing for the data that is collected over the year to be understood and analysed in relation to the planned results. LSPs can therefore examine the extent and nature to which each planned action has reached the desired results, whether the preconditions for that outcome were achieved. Any learning or lessons achieved can be recorded. As each LSP moves to examine the outcomes of their work using this common approach, a more detailed regional and national picture can be observed.

LSP Outcomes Framework

4.3 Application of Outcomes Framework within Practice

This section now looks at the different types of actions carried out by LSPs in 2015 to highlight how the outcomes framework has been applied and the learning that has been achieved, not just in relation to the outcomes from the actions, but also the manner in which the planning and evaluation of the work was carried out.

The following case studies focus on different outcome areas and working methods:

- ▶ Increasing Levels of Participation: Great Dublin Bike Ride;
- ▶ More Sustainable Infrastructure: Clarisford Park Community Sports Hub;
- ▶ More Training and Education Opportunities: Community Coaching for Jobseekers;
- ▶ Greater Access to Information and Resources: European Week of Sport.

4.3.1 Participation Programmes Feeding into Major Events: Great Dublin Bike Ride

Background

This is an initiative of Sport Ireland, scheduled during the European Week of Sport and is a flagship event for this week. Despite Dublin being the largest population centre in the country, there has been no mass participation cycling event in the city or greater Dublin area targeted at cyclists of all levels.

Initial consultations were held with partners including the three Local Authorities at the planning phase, as well as other stakeholders including the Gardaí and Healthy Ireland.

The event was targeted at cyclists of all levels, with a 60km route for less experienced cyclists and 100km route for those looking for a greater challenge. Efforts were also made to encourage and facilitate the participation of less experienced cyclists and also those from disadvantaged communities with the assistance of programmes run through LSPs.

Programme Objectives

This participation initiative was specifically linked to the outcome area: “Increasing Levels of Participation” within the LSP planning and evaluation framework.

At a specific planning objective level, the aims were to:

- ▶ Increase participation in cycling both directly through participation in the event, and through raising awareness of cycling within the Capital;
- ▶ Attract new people to the sport through the Bike for Life scheme and with the help of the LSPs;
- ▶ Build a legacy for the future of the event supported through Cycling Ireland;
- ▶ Showcase Dublin, Meath and Fingal as cycling destinations.

Programme Overview

The event consisted of a mass participation cycle starting in Dublin city centre and following two routes (60km and 100km) through Dublin and its environs. The event was promoted throughout the summer through press releases, social media, radio and other media. The event website provided training plans and advice to ensure participants would attain a sufficient level of fitness to complete at least the 60km route.

LSPs throughout the country provided an 8-10 week Couch to 60km training programme through Cycling Ireland’s ‘Bike for Life’ programme to introduce new participants to cycling. This also provided them with a pathway to join local cycling clubs once the programme was complete. Participants in this programme were also offered a reduced entry fee for the event.

The event was run by Cycling Ireland in co-operation with the Local Authorities, the LSPs and the Gardaí and a volunteer team.

Programme Results

- ▶ The event has now become established on the calendar of cycling events and has established its status as a reputable and very enjoyable event. On this basis it is anticipated that it will become an annual event and that entries will increase in 2016 and in future years;
- ▶ A follow up survey of 677 participants highlighted very positive results in relation to information provided; levels of organisation; enjoyment factor; registration and sign-on; route layout and management; Gardaí and volunteer contribution; food stops and safety factors;
- ▶ Some 70% of respondents indicated that “they would promote the event to a friend or colleague”;



- ▶ The total number of participants recruited was 3,226 with 68% Male and 32% Female:
 - a. Number of participants in 60k = 1,351 (53.3% Male / 46.4% Female)
 - b. Number of participants in 100k = 1,875 (79.1% Male / 20.9% Female)
- ▶ Some 1,768 participants were not registered to a club, meaning that some 55% of participants may be new cyclists;
- ▶ The age profile ranged from 17-73 (with the average age of 42, consistent with Cycling Ireland membership profile);
- ▶ The number of Bike for Life participants was 385, representing some 12% of overall figure.

Planning and Evaluation Lessons

Significant effort was made at the planning stage to establish a route for both the 60km and 100km loops that could be agreed with all stakeholders including the Local Authorities, Gardaí, and transport operators such as Dublin Bus, Luas.

Having the start and finish area in Smithfield allowed the event participants to interact with the Capital city, highlighting what it has to offer. The local business community supported the event and offered incentives to cyclists, fully embracing the occasion. The route incorporated, not only the city centre, but took a scenic route through North County Dublin and Meath, creating an opportunity to discover this part of the country. The inclusion of the food stop in Garristown successfully enabled the local community to become involved and their extremely warm and friendly manner was welcomed by participants. Given that other mass participation physical activities such as the Mini Marathon and Marathon take place in the South side of the city it was felt that this event would allow the North side of the city to experience being part of something big and positive encouraging full local engagement.

Ensuring and securing adequate funding to make the event a success in its first year was a particular challenge at the planning and implementation stage. Furthermore securing adequate personnel to marshal the event on the day was also a challenge.

As with any new initiative, building the appropriate partnership and infrastructure required significant time investment.

Cycling Ireland have gained critical understanding of what is required to run a mass participation event and will be in a position to repeat the process in 2016 and future years.

Through the event, Cycling Ireland formed a partnership with Camogie Ireland, which has the potential to develop further in future years. By introducing a pathway for transition from Camogie to an individual sport it might address some of the drop out issues faced in Camogie (as in many other team sports) at key life transitions. This is a significant challenge faced by many sports and the programme was seen as an opportunity to pilot a new initiative to address this challenge.

4.3.2 Designing and Building a Healthier Community: Clarisford Park Community Sports Hub

Background

The concept of Killaloe Ballina as the first healthy town in Ireland originated from a desire to emulate the national 'Healthy Ireland' framework for action to improve the health and wellbeing of people living in Ireland at a community level. The aim was to build on the success of Clarisford Park as a municipal intergenerational sports facility which promotes sport and recreation as a catalyst for a healthy lifestyle. The community wanted to create a town where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level and is everyone's responsibility within the community.

Evidence of the need/demand

A Community Survey was undertaken in Killaloe Ballina during summer 2015 which identified a level of engagement in sport and physical activity, key target groups, barriers to participation etc. From this a set of key interventions were established including programmes such as the Killaloe Ballina Business Walking Challenge, Secondary School Physical Activity and Wellbeing Project in St. Annes Community School, Muscle Strengthening for Elderly and Mental Skills Workshops.

Consultation Process

Consultation was initially undertaken with Clare Sports Partnership and Healthy Ireland to determine the feasibility of undertaking the project, available supports and resourcing. Further to the designation of Clarisford Park as a Community Sports Hub, implementation of the project was carried out in consultation with all programme partners (listed overleaf).

Primary Target Group

Phase 1 of Healthy Killaloe Ballina concentrated on an inclusive community based approach to participation in sport and physical activity. Specific initiatives were targeted at second level school children, the elderly and players of all ages currently engaged in the sporting domain. It is proposed that Phase 2 will further define target groups including adolescents /young people and elderly (as identified in Community Survey 2015) within the community and facilitate initiatives and/or a platform to engage in sport and physical activity.

Programme Partners

Healthy Killaloe Ballina is a multi-stakeholder project led by Clarisford Park in partnership with Healthy Ireland, Sport Ireland, Clare Sports Partnership and the University of Limerick. A PhD Student commenced the 18 month project in February 2015. The following table outlines the full list of organisations involved and their roles.

Organisations and their Roles

Organisations	Design	Deliver	Partner	Support
Clare Local Sports Partnership		✓		
Clarisford Ltd	✓	✓		
University of Limerick	✓		✓	
Sport Ireland				✓
Healthy Ireland				✓
St Anne's School Community College (post primary)			✓	
Killaloe Boys School			✓	
Killaloe Girls School			✓	
Ballina Primary School			✓	
Watermans Lodge			✓	
Ballina Killaloe Family Resource Centre			✓	
ClareCare				✓
Ballina Killaloe RFC				✓
Lough Derg FC				✓
Derg Athletics				✓
Killaloe Scout Group				✓
Clarisford parkrun				✓
Clare County Council			✓	
HSE			✓	
LEADER				✓
Waterways Ireland			✓	
Clare Trails Steering Committee			✓	
Mental Health Ireland			✓	

Programme Objectives

- ▶ Increase the proportion of people who are healthy at all stages of life by improving levels of health and wellbeing over the long term. It adopts a life course approach, this approaches health through all stages of life from childhood, adolescence, adulthood and older age;
- ▶ Create and maintain an environment where every individual and sector within our community can play their part in achieving a healthy Killaloe and Ballina. Effective partnerships are essential to gain insights into health and wellbeing at the local level;

4.3.2 Designing and Building a Healthier Community: Clarisford Park Community Sports Hub continued

- ▶ Reduce Health inequalities. This focuses on reducing the gaps between the highest and lowest socio-economic groups and addressing the specific needs of at risk groups (i.e people with disabilities) in order to reduce health inequalities.



Programme Description

Programme	Key Features	Structure	Legacy Impact
Killaloe Ballina Business Walking Challenge	<ul style="list-style-type: none"> As part of the Healthy Killaloe Ballina survey carried out in 2015 to gain an understanding of the physical activity levels within our community, the results indicated that 38% of people walk for at least 10 minutes continuously every day of the week and 9% of people don't walk for at least 10 minutes continuously on any day of the week; A 6 week walking challenge for all businesses in Killaloe Ballina. This aims to ensure that people within our community are carrying out the recommended 10,000 steps a day. Information such as physical activity levels and wellbeing will be measured. 	<ul style="list-style-type: none"> 6 week Business Walking Challenge (Nov/Dec 2015); Consultation with local businesses, groups, schools etc; Recruitment of 30 Businesses within Killaloe Ballina; Distribution of pedometers and information; Weekly support through social media and team leaders; Weekly feedback of results; Final Data Entry and Results. 	<ul style="list-style-type: none"> 213 participants across 30 Businesses in Killaloe Ballina took part; Over 10 million steps were taken over the 6 week programme; Participants noted an overall 52% increase in physical activity, 55% increase in mental health, 32% experienced weight loss as a result of undertaking programme.
School Wellbeing & Physical Activity Programme	<ul style="list-style-type: none"> Engage students in a training and education program surrounding enhancing physical activity within our community; Students will take part in a walking based intervention targeted to take place whilst carrying out their leaving certificate i.e. high pressure time; This challenge aims to demonstrate to students how taking part in short bouts of physical activity can help aid in wellbeing throughout their studies; Transition year students are also involved in collecting and analysing the data, providing them with an insight into the effects physical activity can have on wellbeing which they may take on board in their leaving certificate year. 	<ul style="list-style-type: none"> 6 week School Wellbeing Challenge (May/June 2016); Consultation with St Anne's Community College, Killaloe; Recruitment of 20 Students; Distribution of pedometers and information; Weekly support through social media and team leaders; Weekly feedback of results; Final Analysis and Results. 	<ul style="list-style-type: none"> Ongoing Participation of 30 Leaving Cert students and 20 Transition Year students Creation of Wellbeing Committee in School; Commitment to roll out programme on annual basis.

4.3.2 Designing and Building a Healthier Community: Clarisford Park Community Sports Hub continued

Programme	Key Features	Structure	Legacy Impact
Muscle Strengthening for the Elderly	<ul style="list-style-type: none"> ➤ Muscle strengthening is an essential element of increasing fitness and agility. From Community Survey undertaken in 2015, it was found that over 71% of people aged 65 years of age and over do no muscle strengthening activities in a week; ➤ Muscle strengthening is shown to have significant benefits in the elderly, a muscle strengthening program was proposed; ➤ This program was based on psychological theory to ensure a large uptake of the elderly within our community. 	<ul style="list-style-type: none"> ➤ 6 week Muscle Strengthening for Elderly (April/May 2015); ➤ Consultation with ClareCare, Active Retirement Groups, Family Resource Centre, Lakes Nursing Homes and various Older Adults groups; ➤ Liaise with University of Limerick Department of Sport and Exercise Physiology to develop a bespoke exercise program; ➤ Recruitment of participants; ➤ Weekly class incorporating exercise, play and social interaction; ➤ Awareness of the benefits of muscle strength training in the prevention of falls whilst also increasing physical activity levels; ➤ Final Analysis and Results. 	<ul style="list-style-type: none"> ➤ 100% of Participants said the class was enjoyable/very enjoyable; ➤ 100% of participants said the social element of including a tea/coffee break to break up class was enjoyable/Very enjoyable; ➤ Overall, 100% of participants found the programme very enjoyable; ➤ Due to demand, programme has continued on a weekly basis supporting employment of 1 x trained instructor.
Mental Skills Workshops within Sporting Groups and Support Networks	<ul style="list-style-type: none"> ➤ Ensuring that the psychological element is incorporated within the community sporting groups is an essential element of mental wellbeing with the sporting clubs; ➤ Mental skill workshops will provide athletes with the psychological tools to deal with psychological pressure within the sporting arena; ➤ Players and coaches will be made aware of the psychological pressures of their environment and of any arising issues within their set up. 	<ul style="list-style-type: none"> ➤ Mental skill workshops for athletes and coaches will be carried out once local teams resume training schedule in Sept 2016; ➤ Gain an understanding of the level of psychological knowledge athletes and coaches have to deal with any psychological pressures within the sporting world; ➤ Enhance psychological skills training to deal with psychological pressures within sporting clubs; ➤ Provide research to understand level of psychological awareness and benefits before and after program; ➤ Final Analysis and Results. 	Ongoing - Sept 16

Programme	Key Features	Structure	Legacy Impact
Mental Wellness Programme	<ul style="list-style-type: none"> ➤ Three Mental Wellness Workshop were carried out which helped in improving and building self-awareness, self-worth and wellbeing including the provision of coping Mechanisms and Techniques; ➤ Open to all Community. 	<ul style="list-style-type: none"> ➤ Engagement of external consultant to undertake 3 workshops focusing on; <ol style="list-style-type: none"> 1. Meditation, Mindfulness, Being in the Now 2. Being myself in a busy world 3. Managing Stress and being Happy ➤ Advertising and promotion of workshops; ➤ Roll out of workshops; ➤ Final Analysis and Results. 	Ongoing May - June 2016
Healthy Killaloe Ballina Survey	<ul style="list-style-type: none"> ➤ Roll out of 2016 Community Survey and data analysis based on 12 month progress. 	<ul style="list-style-type: none"> ➤ Create Community Survey in line with 2015 Survey, Healthy Ireland criteria and international best practice; ➤ Distribute and Promote Survey; ➤ Collection, Analysis and Results. 	Ongoing June - Sept 2016
<ul style="list-style-type: none"> ➤ Presentation of Results and Project to key stakeholders: Healthy Ireland, Sport Ireland, University of Limerick and Clare Local Sport Partnership 			November 2016

Programme Results

Programme	Results/Outputs
Killaloe Ballina Business Walking Challenge	<ul style="list-style-type: none"> ➤ 213 participants across 30 Businesses in Killaloe Ballina took part; ➤ Over 10 million steps were taken over the 6 week programme; ➤ Participants noted an overall 52% increase in physical activity and 55% increase in mental health as a result of undertaking programme.
School Wellbeing & Physical Activity Programme	<ul style="list-style-type: none"> ➤ Ongoing Data Analysis; ➤ Creation of Wellbeing Committee in School; ➤ Commitment by school to roll out programme on annual basis.
Muscle Strengthening for the Elderly	<ul style="list-style-type: none"> ➤ 100% of Participants said the class was Enjoyable/Very Enjoyable; ➤ 100% of participants said the social element of including a tea/coffee break to break up class was enjoyable/very enjoyable; ➤ Overall, 100% of participants found the programme very enjoyable; ➤ Due to demand, programme has continued on a weekly basis supporting employment of 1 x trained instructor.

4.3.2 Designing and Building a Healthier Community: Clarisford Park Community Sports Hub continued

In addition to the direct results stemming from the programme intervention, Clarisford Park has also been chosen as the 'Living Lab' in collaboration with the University of Limerick project on Green Exercise 'GoGREENEX'. Clarisford Park has also received the prestigious Irish Planning Institute national planning award for 'Opportunity & Empowerment'

Number of Participants

2,500 community members use Clarisford Park on a weekly basis.

Programme Challenges

Clarisford Park will continue its work on increasing awareness on the importance of value of sport and physical activity in the community. It is also imperative that Clarisford Ltd continue to build on the positive working relationships with key stakeholders throughout the local community, schools, HSE, county councils, national sporting bodies, Healthy Ireland, Waterways Ireland and others.

Sustainability

Details of any new clubs established, or existing clubs which cater for new target groups:

- ▶ New Athletics Club has been established;
- ▶ Clarisford parkrun has commenced and is going from strength to strength;
- ▶ A new Table Tennis Club has been set up;
- ▶ Clarisford Park will continue to partner and engage with clubs, businesses and the local community as a key driver in delivering a defined need in Killaloe Ballina;
- ▶ We will foster player development and competition by bringing together diverse groups of people for training and competition so individuals can learn from each other and gain valuable life experience;
- ▶ Clarisford Park are in negotiation with Waterways Ireland on the development of a town walk to link Clarisford Park with urban realm, public landmarks and open space in Killaloe Ballina;
- ▶ Clarisford park is a partner on the University of Limerick led international research project on GoGREENEX;
- ▶ Clarisford Park are in negotiation with Mental Health Ireland on the delivery of wellbeing programmes and projects in the natural environment;
- ▶ All stakeholder clubs/users are required to offer 2 volunteer days per year as part of the Give Back to Sport Initiative.

Quote

"I never knew I was going to play rugby for Ireland, but I knew I wanted to be active and I wanted to play sport. It isn't about achieving at the highest level, it is about getting to that point of recreational activity where you are healthy in body and mind, and there's nowhere better than the Irish countryside, along footpaths, along country roads, down along the water or up into the hills. For me, this is the best gym in the country!"

Keith Wood, Director Clarisford Park, Chair Healthy Ireland

Next Steps

- ▶ A Community Survey is currently being redistributed throughout Killaloe Ballina from which we will assess and evaluate the impact of the Community Sports Hub programmes over a 12 month period;
- ▶ Presentation of Results and Healthy Killaloe Ballina Project in November 2016 to key stakeholders Healthy Ireland, Sport Ireland, University of Limerick and Clare Local Sport Partnership;
- ▶ Additional projects and programmes are planned in addition to interventions which will be delivered based on findings of a community survey.

4.3.3 Training and Education in Sport: Community Coaching for Jobseekers

Background

In 2015 Sport Ireland secured funding under the Dormant Accounts Fund for Community Coaching Programmes for Jobseekers, to be delivered through the Network of Local Sports Partnerships. All LSPs were invited to apply for funding under this national programme.

Both Laois and Offaly, who had prior experience of delivering similar programmes in their respective counties, decided to come together to develop a joint proposal. At a local level both Partnerships consulted and engaged with the relevant stakeholders, as well as coming together to consider cross county arrangements.

An outline plan was agreed for an advanced Community Coaching Programme that would offer trainees the opportunity to enrol on to an advanced course. Following further consultation, a 13 week detailed training plan was developed. Each LSP would deliver foundation programmes and jointly the two LSPs would deliver one advanced programme, with trainees selected from those who successfully completed the foundation training.

The primary target group was jobseekers with daytime availability to undertake the training modules. Other target groups included Travellers, migrants, disadvantaged young people and early school leavers.

Programme Objectives

The core specific objectives of the programme were to:

- ▶ Assist unemployed people to become up-skilled as coaches, referees, physical activity leaders etc.;
- ▶ Improve the participants' job prospects within the sports industry;
- ▶ Motivate participants to pursue the progression routes which have been identified as part of the programme (employment, coaching, volunteering, further education etc.);
- ▶ Promotion of positive mental health through participation in sport; both for the participants themselves and in the communities in which they are based;
- ▶ Provide participants with coaching experience in disability, school, community and youth club settings;
- ▶ Increase the number of coaches within the sports where there are no full-time development officers.

Programme Overview

The local foundation programmes focused on the skills and competencies strands of the national programme, namely job readiness skills, personal development, sports coaching training, physical activity training and job placement experience.

The advanced programme covered a range of more specific modules including Manual Handling; Swimming Lessons; Personal Fitness; National Pool Lifeguard Qualification; Swim Teaching; Kayaking proficiency 1 & 2; Pool Plant maintenance; Indoor Triathlon and Work Experience.

Specialists from NGBs, stakeholder agencies and from the leisure industry were engaged to deliver modules as necessary. Each programme lasted for an average of 3 months.

Programme Results

1. Across the three initial locations 35 trainees commenced the foundation courses and 26 completed. Of the participants who did not progress to the advanced course:
 - ▶ Two participants pursued employment as care assistants. The modules on job readiness and disability inclusion were instrumental in helping them make this decision;
 - ▶ One participant gained entry to the army as a result of involvement in a parallel fitness programme;
 - ▶ One participant progressed onto Train the Trainer programme and is now a tutor delivering scaffolding training. This progression is directly linked to his completion of the foundation level course and training such as Active Leadership;
 - ▶ Two other participants have progressed onto Gateway & TÚS programmes and are actively delivering sports in communities.
2. On the advanced programme 15 commenced and 12 completed. The programme participants achieved the following qualifications:
 - ▶ 10 out of the 12 trainees have achieved their NPLQ Qualification;
 - ▶ Others received stand-alone AED;
 - ▶ 12 candidates achieved IWS assistant swim teachers Qualification;
 - ▶ 12 candidates achieved Foundation Pool Plant;
 - ▶ 12 candidates achieved Manual handling.
3. As a direct result of their completion of the programme, some 6 participants gained employment as Lifeguards and swim teachers.
4. Another participant has applied to Carlow College to further her training.



Planning and Evaluation Lessons

Completing FETAC Level 5 award proved a challenge for a number of trainees. Literacy problems that had not been apparent at the interview stage did become an issue later on.

Feedback indicates strongly that the personal outcomes derived from the programme will have a lasting and sustainable impact on the individuals that completed it, especially those that obtained employment in the industry or other sectors.

Upon cessation of the Dormant Accounts Fund, the Partnerships have an evidence-based programme they can now present to potential agencies on the value of investment in Community Coaching. The plan would be to deliver a course every two years if funding was sourced locally.

Further courses are planned for 2016 based on the success of the programme to date. A gym instructors' course is planned for those who completed the first advanced programme, so that they will have the full package of qualifications to work in the industry.

4.3.4 Co-ordinating a National Policy Campaign: European Week of Sport

Background

The programme is a European Commission initiative to support the implementation of the EU Physical Activity Guidelines, through encouraging participation in sport and physical activity. The European Week of Sport was responding to results from the 2013 Euro barometer that highlighted declining participation levels across Europe, specifically an increase from 39% to 42% of Europeans who indicated that they never exercise or partake in sport.

There is a broad target for the week's activities in that all members of the community are being targeted, regardless of age, background or fitness level. At a national level in Ireland, 143 different partner organisations engaged across the week. The week itself was structured around four Focus Days: Education, Workplace, Outdoors, Sport Clubs and Fitness Centres in Ireland and Sport Ireland acted as the National Coordinating Body.

Programme Objectives

This international policy initiative was specifically linked to the outcome area: "Increasing Levels of Participation" within the planning and evaluation framework.

Specific objectives were named as:

- ▶ Inspiring Europeans to #BeActive on a regular basis;
- ▶ Creating opportunities in peoples' everyday lives to exercise more;
- ▶ Increasing visibility and awareness of events aimed at promoting social inclusion, equal opportunities and health-enhancing physical activity.

Programme Overview

The European Week of Sport ran between the 7th and 30th of September 2015 and involved the following Flagship events:

- ▶ Great Dublin Bike Ride;
- ▶ Launch of the Sport Ireland National Trails Office #FindYourTrail promotional video;
- ▶ Free Outdoor Adventure Days with Outdoor Education Ireland;
- ▶ An Post Rebel Tour of Cork;
- ▶ Sport Against Racism Ireland Soccer Festival in Phoenix Park;
- ▶ Tipperary Women's Mini Marathon;
- ▶ Parkrun events across the country;
- ▶ Conference (a joint initiative of the DLR, South Dublin and Kildare LSPs) – "Supporting Physical Education Activity in Our Schools";
- ▶ Action Learning for Children in Schools with Ireland Active.

There were also other events across Ireland run under the European Week of Sport brand.

Programme Results

- ▶ The activities allowed for significant partnership engagement in 2015 (involving 143 partners) and were designed to lay foundations for future editions of the EWoS;
- ▶ The European Week of Sport received significant exposure as being a national initiative promoting participation in sport and physical activity across Europe and Ireland. The branding and promotional materials that were developed were successful in getting EWoS recognised. Material including a Campaign Handbook, Graphic materials and Organisational Toolbox were supplied to all projects containing recommendations and good practices;
- ▶ At a policy level, a key result is that EWoS is now listed as an Action Area in the National Physical Activity Plan for Ireland (1.6: Conduct an annual week of Physical Activity and Sport to link in with the European Week of Sport, of which Sport Ireland has lead responsibility);
- ▶ Through the online event registration process on the European Commission website, each organisation provided an estimated number of attendees. Through this process up to 75,000 people engaged with the European Week of Sport 2015 in Ireland.

Planning and Evaluation Lessons

- ▶ The initial challenge, from a National Coordinating Body point of view, was to engage with stakeholders and partner organisation and generate an interest for hosting EWoS events;
- ▶ The co-ordination team focused on pre-existing partnerships and looked to develop a small number of new partnerships;
- ▶ There was also the need to develop a public awareness campaign regarding the existence of a European Week of Sport, which was seen as the more challenging aspect of getting the programme “off the ground”;
- ▶ In 2015, we decided to work with pre-existing events. While there was no specific funding available for individual events across the country, some contribution was made available for the running costs of a small number of events;
- ▶ The European Week of Sport is now an annual initiative by the European Commission and will run again from the 10th – 18th September 2016 and will now be called the European Week of Sport and Physical Activity.



4.4 Lessons for Further Integration of Planning Framework

These case studies highlight the varied nature of how LSPs deliver their programmes, events and actions. From supporting and influencing policies regarding participation in sport and physical activity, to progressing people into employment and further training, to the promotion of mass participation events, LSPs are consistently operating across all four outcome areas highlighted above.

The challenge as LSPs plan their work into the future, collect information on the results, lessons and then the outcomes is to ensure that there is a common language and common set of indicators through which the events, initiatives and programmes can be charted, analysed and shared.

Appendices

Appendix A – List of LSPs

Appendix B – Glossary of Terms

Appendix C – Images



Appendix A

List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership ¹	2001
Sligo Sports Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2006
Limerick Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sports Partnership	2008
Wicklow Sports Partnership	2008

¹ In 2015, North Tipperary LSP (est. 2001) and South Tipperary LSP (est. 2007) agreed to merge to form one new Tipperary LSP

Appendix B

Glossary of Terms

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.

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

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

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

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

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

Meet and Train groups - Meet and Train groups are weekly walking/running groups, set up and supported by LSPs often in conjunction with local athletics clubs. The objective of the Meet and Train group is to provide an opportunity for participants (in particular women) of all ages and levels of fitness to get together to exercise with like-minded people, in a non-competitive environment initially under the guidance of a qualified coach.

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

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

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

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

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

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

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

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

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

Appendix C

Images

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

Images on inside cover: **Cavan LSP, Kilkenny LSP, Laois LSP, Mayo LSP and Wexford LSP**

Section 1: **Kilkenny LSP**

Section 2: **Wexford and Mayo LSPs**

Section 3: **Cavan, Fingal, Laois, Kilkenny, Carlow and Tipperary LSPs**

Section 4: **Cork, Laois/Offaly and Clare LPSs**

Appendices: **Fingal LSP**

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