



Local Sports Partnerships SPEAK Report 2017



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PARTICIPATION

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29 LOCAL SPORTS PARTNERSHIPS

345,190 

people participated
in 949 locally delivered
participation initiatives

13,644 

females took part in
74 local Women in
Sport programmes

18,000 

took part in the Operation
Transformation 5k Fun Run
and Nationwide Walks

13,063 

people took part
in the Sport Ireland
Cycle Series



2,069 CLUBS/GROUPS WERE SUPPORTED BY LSPs

ALMOST €20m

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



LSPs planned and delivered **237** training and
education courses, **14,234** people participated
on these training courses



7,009 completed
418 Safeguarding
Courses

22 LSPs received
funding for Community
Sports Development
Officers in 2017



Funding directly from Sport Ireland, **€5.8m**,
accounted for **29.1%** of total LSP funding in 2017



Additional Sport Ireland funding was also allocated
for specific projects under the Dormant Accounts
Scheme to the value of **€2.5m** or **12.7%** overall



Of the total funding amount of **€3.8m** allocated
to LCDCs & CYPSCs by Healthy Ireland through
Pobal, Sport Ireland's Local Sports Partnerships
supported the delivery of projects of over **€1.1m**

Contents

Message from the Minister of State at the Department of Transport, Tourism and Sport	4
<hr/>	
Foreword from Sport Ireland	5
<hr/>	
Section 1 – Background, Resources and Funding	6
Section 2 – Achievements of the LSP Network in 2017	10
Section 3 – LSP Initiative Case Studies	17
Case Study 1 - Community	18
Case Study 2 - Migrant Communities	24
Case Study 3 - Older Adults	28
Case Study 4 - People with a Disability	32
Case Study 5 - Children and Young People	36
Case Study 6 - Women in Sport	40
Section 4 – Evidencing the Impact	45
Section 5 – Next Steps	49
Appendices	53
Appendix A - List of Local Sports Partnerships	54
Appendix B - Glossary of Terms	55
Appendix C - References	57
<hr/>	
LSP Contact Details	58
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Message from the Minister of State at the Department of Transport, Tourism and Sport

I am delighted to welcome the eleventh annual SPEAK report. This report highlights the significant contribution that the Sport Ireland Local Sports Partnership network is making to advance the goals of increasing participation and overall interest in sport and physical activity by all members of our society. The importance of this work, particularly among those sectors of society that are underrepresented in sport, cannot be overstated. The LSP network has a specific focus on disadvantaged communities, marginalised groups, people with a disability and women in sport. Their role in making sport more available and accessible helps towards ensuring that the diversity in sports participation is reflective of the diversity in society.

The work of the Partnerships is having a positive impact on the health and welfare of individuals, communities and the nation. Their influence and that of the sports bodies at local level is especially important as the problem of obesity and inactive lifestyles remains a concern.

The task of activating a nation and promoting the many benefits of regular involvement in sport and physical activity can be challenging. Government investment and programmes delivered through Sport Ireland, as well as the Healthy Ireland framework for improved Health and Wellbeing, are clearly having an impact. But it is essential that we keep working to maintain levels of participation and try to increase them further again. The important work of Sport Ireland, the Local Sports Partnerships and sports organisations at national and local level is key for this to happen.

I want to commend the LSP network and Sport Ireland for their continuing delivery and support of participation programmes throughout the country. Their success is clear to see from the impressive numbers taking part in the many programmes they deliver for people of all ages. These events are a great way of getting people active and developing healthier lifestyles.

I would like to take this opportunity to thank all those who contribute to sport across Ireland, our volunteers, coaches, parents and everyone who helps create opportunities for participation in community settings. I would also like to thank Sport Ireland and the staff of the Local Sports Partnerships for their ongoing efforts to further develop sport and create more opportunities for local communities to be active, fit and healthy.



Minister Brendan Griffin TD
Minister of State for Tourism and Sport



Foreword

Since 2007, the work of the Local Sports Partnership network has been documented and published through the annual SPEAK report. The eleventh edition of this report continues to highlight the scope of participation initiatives on offer by Local Sports Partnerships across Ireland and outlines some of the innovative projects that have targeted different sectors of society.

The range of opportunities that the Local Sports Partnership network offers for people to become involved in sport and physical activity is significant. In 2017, 345,190 people were supported by the Local Sports Partnerships network through 949 locally delivered participation initiatives. Of that, 13,644 female participants took part in 74 local Women in Sport initiatives, targeting women and girls across society and providing opportunities for engagement in a supportive and inspiring environment. At the beginning of the 2017, 18,000 people took part in the flagship Operation Transformation 5k Fun Run and nationwide walks across the country. The Sport Ireland Cycle Series, with events taking place in Sligo, Clare, Meath, Waterford and Cork, continued to deliver high quality mass participation cycling events to over 13,000 individuals.

With the additional support of Dormant Accounts and Healthy Ireland funding, Sport Ireland has been able to increase the provision of services to harder to reach communities; working to remove barriers to participation and continuing to showcase the positive impact that sport can have on people's lives.

The provision of good quality local physical activity and sport opportunities should always be underpinned by the implementation of good governance standards. The Board members of Local Sports Partnerships play a significant role in ensuring good governance and compliance with funding requirements and Sport Ireland is committed to continue providing support to LSP Boards in order to maintain a high standard of service delivery across the network.

On a final note, we would like to take this opportunity to thank the staff and volunteers who continue to contribute to the success of the Local Sports Partnership network. These individuals have been vital to the successful delivery of programmes that make sport and physical activity accessible to all at a local community level



Kieran Mulvey
Chairman
Sport Ireland



John Treacy
Chief Executive
Sport Ireland



Section 1

Background, Funding and Resources

1.1 Background to the LSP Network

This report is the eleventh annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2017. Information provided through the SPEAK system is collated into a national database tracking the depth and breadth of LSP initiatives. LSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section 3 of this report.

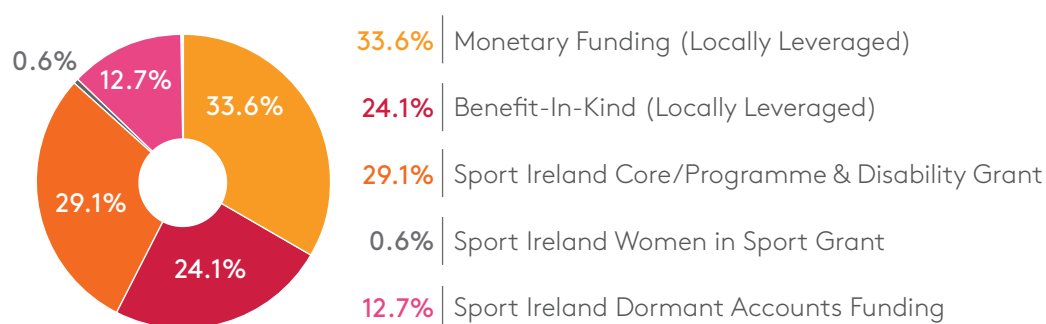
1.2 Project Funding Sources

Funding from Sport Ireland (Core, Disability and Women in Sport) accounted for 29.7% of the total LSP funding in 2017. Additional funding was also secured for the LSP Network by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 12.7% of overall Network funding. The remaining 57.7% was raised from local sources, including benefit in kind funding.

Table 1 – Breakdown for 2017 Local Sports Partnership Funding

	2017 Total €	
Monetary Funding (Locally Leveraged)	6,704,650	33.6%
Benefit In Kind (Locally Sourced)	4,803,273	24.1%
Sport Ireland Core/Programme & Disability Grant	5,807,798	29.1%
Sport Ireland Women in Sport Grant	115,000	0.6%
Sport Ireland Dormant Accounts Funding	2,528,177	12.7%
Total	19,958,898	100%

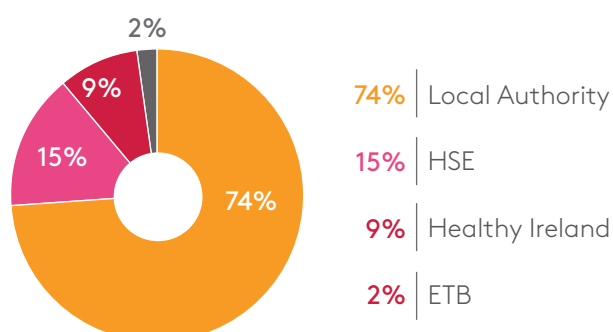
Figure A – Breakdown of Funding and Benefit in Kind Received by LSPs in 2017



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most significant source of funding and benefit in kind support for the LSP network in 2017. Other significant funding partners of the network were the HSE, the Education and Training Boards (ETBs) and Healthy Ireland.

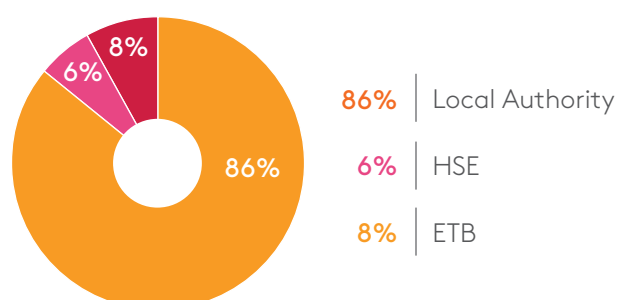
Below are the top four contributors of locally monetary sourced funding to the LSP network, excluding Sport Ireland.

Figure B – Top 4 Local Monetary Funding Providers across the LSP Network in 2017



Below are the top three contributors of locally sourced benefit in kind funding to the LSP Network, excluding Sport Ireland.

Figure C – The Top 3 Local Benefit in Kind Providers across the LSP Network in 2017



Sport Ireland funding to the LSP network increased by 10% from €5.34m in 2016 to €5.92m in 2017.

LSPs continue to be successful in securing funding from local sources. 58% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 34% of overall LSP support and benefit in kind support accounts for a quarter of overall funding.

Sport Ireland is once again pleased to note that over 50% of the Network costs are being sourced 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 409 people served on LSP boards in 2017. This represents an average of 14 people per board. 37% of LSP board members are female, which is positive in terms of diversity on Boards;
- Board members bring specific skillsets to their work within the LSP. This expertise is in the areas of finance and management, as well as public relations, governance and human resources. All of this helps to contribute to the effective running of LSPs.

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

LSP Staff

LSP core staff members are funded by Sport Ireland while other Local Sports Partnership 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 2017, LSPs also provided placements for jobseekers and interns seeking work experience and opportunities to develop skills.

In 2017 Sport Ireland either fully or part-funded 112 people in the LSP Network. 86 people were directly core funded by Sport Ireland. The LSP Network took on 40 people on internships and job placements. The LSPs also contracted a further 300 tutors to deliver programmes, courses and initiatives within the LSP structure.

Section 2

Achievements of the LSP Network in 2017



2.1 Introduction

LSPs undertake a wide range of actions with the aim of increasing sport and physical activity participation levels 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 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 2017, LSPs worked with 817 sports clubs, groups and organisations throughout the country on a one-to-one basis and a further 684 clubs through group sessions. Some 148 group information sessions were run nationally.

LSPs have worked directly with 568 of these clubs to assist them in developing funding applications and a further 151 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 2017:

- 1455 clubs/groups were supported in the delivery of activities;
- 265 clubs/groups were helped in developing their organisational or management structures;
- 239 clubs/groups were helped in the development of policy;
- 182 clubs/groups were helped with governance best practice;
- 31 clubs availed of Club Resource Packs, produced by LSPs;
- 484 clubs attended Club Development Workshops.

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

Training and Education Courses

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

- LSPs planned and delivered 237 training and education courses, workshops and seminars with their partner agencies;
- 14,234 people participated on these training courses.

Table 2 – Breakdown of Training and Education Courses delivered by LSPs

TRAINING ACTIONS	
Active Leadership	3
Bike 4 Life training	3
Coach Upskilling	29
Coaching Young People	3
Community Coaching	13
Community Sports Programmes	2
Cycling Training/Leadership	5
Disability Awareness/Inclusion Training	30
Disability Programmes	4
Facilities Advice and Support	6
First Aid Training	12
Get Ireland Active	1
Get Ireland Walking Programme	9
Go for Life	18
Mental Health/Wellbeing Awareness Course	5
NGB led Sessions/Workshops	6
Other Course Type	3
Other Programme Type	4
Physical Activity Programme	4
Youth Leadership/Sports Leadership Training	23
Sports Specific Coaching Courses	15
Teacher Training	11
Training for Schools	11
Training related Seminars/Conferences	6
Walking Programme	7
Walking Training/Leadership	4
Total	237

2.3 Delivering Sport Ireland Programmes

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

The Safeguarding programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures. The full programme consists of three stages:

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

Club Children's Officer

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

Designated Liaison Person

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

In 2017, 6,004 sports leaders and volunteers completed the Safeguarding 1 training across 332 courses run by the LSPs. Some 693 volunteers attended the follow-on Children's Officer training across 58 courses. In the rollout of Safeguarding 3, 312 Designated Liaison Persons received training on 28 programmes organised by LSPs.

Table 3 - Summary of Safeguarding outputs for 2017

	SAFEGUARDING 1	SAFEGUARDING 2	SAFEGUARDING 3
	2017	2017	2017
No. of courses delivered	332	58	28
No. of participants	6,004	693	312

2.4 Programme Delivery

The design, delivery and review of targeted programmes by LSPs directly increases the level 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 2017, the LSP network maintained its delivery of an innovative range of participation programmes;

- 345,190 people participated in 949 locally delivered participation programmes
- Of that, some 13,644 female participants took part in 74 local Women in Sport programmes

Table 4 - Breakdown of Programmes delivered by LSPs in 2017

PROGRAMME TYPE	
After Schools Activity Programmes	16
Bike Week Activities	31
Community Sports Programmes	44
Cycle Safety Programmes	7
Cycling Programmes	21
Disability Programmes	271
Get Ireland Active Programmes	18
Mass Participation Events	74
Older Adult Programmes	69
Operation Transformation	38
Other Programmes	45
Physical Activity Programmes	77
School Sports Day Programmes	2
Schools-based Programmes	84
Sports Camps	14
Sports Conditioning	1
Training For Schools	2
Traveller Participation Programme	8
Walking Programmes	22
Women in Sport Programmes	74
Youth Diversion Programmes	31
Total	949

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 direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community based organisation or 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.

Table 5 – Summary of LSP Promotion in 2017

Providing Information to Communities Through Traditional Media	2017
Number of radio interviews	183
Number of articles in local press/radio	881
Number of articles in national press/radio	58
Providing Information to Communities Through Online Promotion	2017
LSP Website: Number of new articles	1,445
LSP Website: Number of resources downloaded	1,815
LSP Website: Number of hits	3,917,085
Providing Information to Communities Through Social Media	2017
Facebook: Number of posts/updates	18,754
Facebook: Number of Likes	68,711
Twitter: Number of Tweets	19,673
Twitter: Number of Followers	33,107
Providing Information to Communities Through Text-based Services	2017
Number of texts sent via text service	75,594

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

Table 6 – Summary of LSP Information Production and Dissemination 2017

Production of Information Resources	2017
Number of newsletters	100
Number of translations of information resources	293
Number of press releases issued	689
Local Community Interest	2017
Number of directories produced/ updated	167
Number of people/clubs/groups on email list	84,912
Dissemination of Research and Reports	2017
Number of research reports issued	75
Number of presentations delivered	365

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 2017, LSPs have participated in some 213 actions associated with building networks and advocating on behalf of their LSP target groups.

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

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

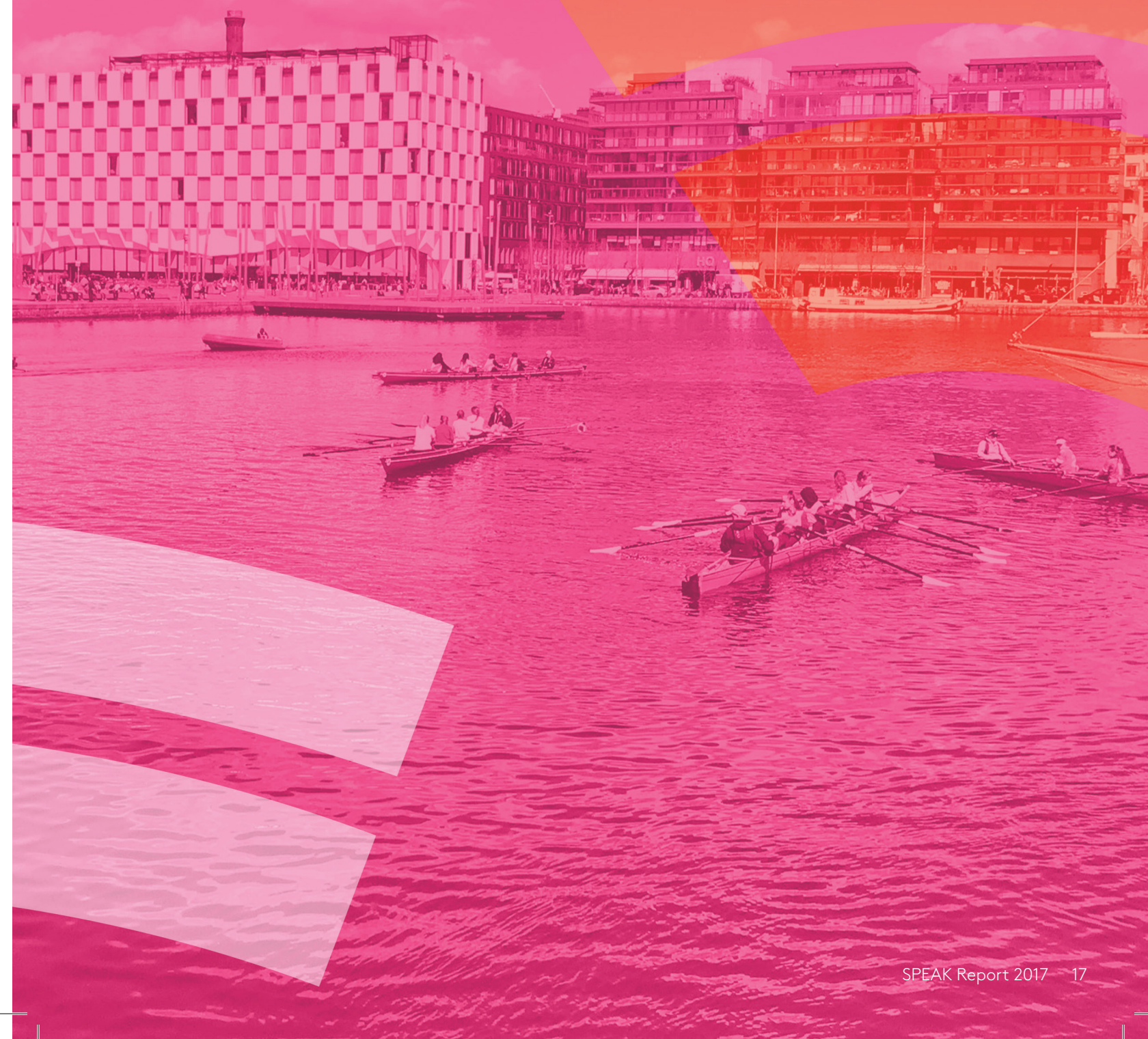
Table 7 - Overview of the type of actions LSPs have been involved in 2017.

TYPE OF ACTIONS	NUMBER OF ACTIONS
Campaigns and Lobbying Efforts	34
Local Networks or Committees participated in	88
Publicity, Awareness Raising and Media	60
Regional and National Networks participated in	9
Research projects involved in	8
Seminars or Conferences attended	7
Submissions made	7
Total	213

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

Section 3

LSP Initiative Case Studies



Community

Action Area 6 of Healthy Ireland's National Physical Activity Plan focuses on 'Sport and Physical Activity in the Community'. Community based physical activity initiatives not only increase participation in physical activity but they also provide social benefits as they harness community resources and encourage people to engage with their neighbours.

The Local Sports Partnerships play an important role in the delivery of programmes in the local community. Through the LSPs, participation in sport and physical activity throughout the community is encouraged and supported, with a particular focus on low participation target groups.

In 2017, Sport Ireland provided funding for 21 Community Sports Development Officers (CSDOs) based in 22 Local Sports Partnerships. The objectives of the Community Sports Development Officer fund include the provision of support for the development of exciting and dynamic opportunities to increase participation for people who are sedentary. CSDOs incorporate a focus on sustainability and include support for sustainable local leadership in sport within communities.

Through the Dormant Accounts Fund, Sport Ireland have also supported the development of Community Sports and Physical Activity Hubs throughout the Local Sports Partnership network. These Hubs seek to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

The following are examples of community-based programmes run by Local Sports Partnerships to increase participation in sport at a local level.

- Community Transformation - Cavan Sports Partnership;
- Community Sports Hub - Laois Sports Partnership;
- 'HowsSheCuttin' Walking Programme - Tipperary Sports Partnership;
- Community Sports Development Officer - Kildare Sports Partnership.



Community Transformation 2017

WHY?



Community Transformation was initiated by Cavan Sports Partnership in 2015 as a community based physical activity programme with the aim of providing a fun active environment locally, using local facilities and as a community motivate and encourage one another to lead a healthy active lifestyle.

AIM



The primary aim of the programme is to increase physical activity levels of the whole community while using both existing and new activities in their local area.



HOW WAS IT IMPLEMENTED?

- Cavan Sports Partnership worked closely with each area to establish a steering committee on the ground and identify local needs;
- Each committee met on a regular basis to compile a 6 week timetable of activities using local facilities and local coaches/instructors to host and deliver the activities;
- The programme follows the RTÉ Operation Transformation series with each committee hosting an Operation Transformation walk to kick start the 6 week Community Transformation programme;
- Cavan Sports Partnership also provided all promotional material;
- Links were made with local sports clubs, sports facilities, community development associations, local supermarkets and local pharmacies who offered free health checks throughout the programme.

Cootehill was the Cavan pilot site in 2015 and has grown from strength to strength. The programme brought local sports clubs, sports facilities, schools, community development groups, local pharmacies and supermarkets together to devise a 6 week programme that offered members of the community an affordable physical activity programme on their doorstep. All income generated by Community Transformation went back into the local community with Cootehill supporting the local school PE hall refurbishment and the local parkrun in previous years.

Killnaleck and Virginia joined the community transformation movement in 2017 replicating the success of Cootehill. Killnaleck, the smallest of the areas, has exceeded all expectations providing a full timetable of activities; all using local coaches and volunteers, local centres/halls, sports facilities, etc. Income in each area stayed within the community to subsidise community activities, one community purchased outdoor exercise machines and a defibrillator for outside the local community centre. The sense of belonging within the community environment has instilled internal motivations to stay active for longer and to incorporate activity into daily life.



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Community Sports Hub – Laois LSP

WHY?



An active community report, which was completed in 2012, identified the need for more opportunities for people in the Stradbally area to be more physically active. The report also identified excellent amenities in the local area that were underutilised. In 2016, Laois Sports Partnership applied for and received Dormant Accounts Funding from Sport Ireland to develop a Community Sport and Physical Activity Hub in the Stradbally area.

AIMS



Provision of a physical focal point (Co-ordinator and office), and a virtual focal point (social media and other communications methods) for all sports and physical activities in the area, with an emphasis on year-round activities.

.....
Increase in "awareness of" and "access to" sport and physical activities opportunities, leading to increased participation, focusing on the needs of disadvantaged target groups.
.....

.....
Increase the use of the under-utilised resources.
.....

.....
Develop programmes where various groups work together in partnership, as opposed to each group working independently.

WHAT WAS INVOLVED?

Stradbally parish comprises the small town of Stradbally and nearby villages of Timahoe and Vicarstown.

The Community Sports Hub consists of multiple facilities. The hub is centred around two Community Halls at either end of the Parish (in Timahoe and Vicarstown) and four GAA clubs, two soccer clubs and an athletics club.

The GAA club facilities incorporate outdoor walking tracks that have been utilised significantly over 2017 as a clear result of SVT Community Hub. The two Community Halls host a range of indoor activities that complement the outdoor activities. These include Sportshall Athletics, Basketball, Badminton, Indoor Soccer, Wheelchair Rugby, Bowling and Winter Athletics Training. In addition, there are two Active Retirement groups in the area.

There are also numerous outdoor facilities in the area including a walking path along the banks of the Grand Canal, which is host to a parkrun and junior parkrun every Saturday and Sunday morning.

SVT Hub Challenge has inspired me to get out of the viscous circle of obesity and get the up and going again. I have received so much good in my life since I started the journey a few short weeks ago. I thought my life was over. I was finished and all I could do was wait for the inevitable horrible end I had accepted as my fate. But now it's changed oh so much thanks to beautiful people such as you and Dominic and the rest of the co-ordinators of SVT and of course to everyone who came along to support me. I can't thank you all enough, you have literally saved my life. - Timahoe Leader



NEXT STEPS

- Continue to increase awareness of what activities are available, leading to increased participation in all our groups set up in 2017;
- Promote community leadership through appropriate training, Sports Leadership level 2 for the younger people and disability inclusion training;
- New activities will be introduced to increase usage of the Grand Canal. 2018 will see the launch of the SVT Canoeing & Kayaking Club;
- More focus will be put on young people, especially those who were never active, or those who have dropped out of physical activities;
- Creating a stronger link with Primary schools in 2018.

'HowsSheCuttin' – Tipperary LSP

WHY?



Rural areas in Ireland often suffer from social isolation. Physical activity can be linked with reducing and preventing rural isolation;

Walking is an easy way to get moving and get active;

People often find it difficult to walk during dark winter months. The 'HowsSheCuttin' programme allows people in the community to experience safety in numbers, learning new safe walking routes available right on their doorstep.

AIMS



The primary aim of the 'HowsSheCuttin' programme is to offer an opportunity for people to reconnect with their communities and with each other through 8 weeks of walking while also combating isolation and increasing participation in physical activity within communities.

The programme also aims to develop communities that can sustain a community walking group after completing 'HowsSheCuttin'.

HOW WAS IT IMPLEMENTED?

- In September 2017, Tipperary Sports Partnership linked with Siúl Eile who are a social enterprise dedicated to promoting walking especially within rural communities;
- Other key partners were Get Ireland Walking and Sport Ireland;
- In September a rural community that would benefit from the 'HowsSheCuttin' programme was chosen and a community meeting was held to determine interest;
- The programme began on 9th October 2017 with the final event taking place on 29th November 2017.



WHAT IS INVOLVED?

- The programme involves 2 evenings a week of walking and the use of both high vis clothing and head/hand torch is essential in order to partake;
- The walking programme is suitable for all ages and is also suitable for all walking abilities;
- The walking leader plans and risk assesses routes for each night for the duration of the 8 week programme;
- Different routes are taken each night providing 16 walks of varied distances for the community to continue to use;
- The walking distance starts at 4km building each week to reach the goal of a 10km community challenge walk;
- The programme is free for participants;
- 40 participants per night with 125 participants registered in total;
- At each walk different volunteers from the community were trained to take on various roles such as registration, walking leader, walking sweeper, photographer, etc. with the aim of promoting sustainability;
- For the final 10k challenge 65 community members participated in this event;
- Teas and coffees were given in the community hall on the final night to create a social environment;
- The final night also raised funds to buy Walkie-talkies to allow the community to continue walking as a group.

NEXT STEPS

- Due to the high participation numbers achieved and establishment of community walking groups since the programme ended the success of the programme has encouraged Tipperary LSP to continue to identify other rural communities that would benefit from the programme and secure funding to deliver rural walking programmes in Tipperary;
- Identify Volunteers within the communities who, after the completion of the programme, are willing to lead walks in the future;
- Continue to maintain links with communities who have completed the programme to combat and reduce rural isolation through walking.

A Day in the Life of....

A Community Sports Development Officer (CSDO)

With John Doran –Community Sports Development Officer working with Kildare Local Sports Partnership

OVERVIEW OF POSITION

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of Sport Ireland's Local Sports Partnerships to further develop both locally led plans and more long term sustainable physical activity programmes under the National Physical Activity Plan (Action 46).

The position involves assisting LSPs in the roll out of National Programmes and its local strategic objectives in increasing participation and building capacity in local sporting organisations. These actions include liaising with local community groups, clubs and services to identify existing needs and opportunities and then work with local partners and agencies to establish sustainable initiatives to meet these needs.

OBJECTIVES

1. Support the development of exciting and dynamic opportunities to increase participation for people who are sedentary;
2. Capacity build smaller National Governing Bodies (NGBs) that do not currently have development officers and other stakeholders to deliver services to increase participation;
3. Develop sustainable local leadership for sport within communities.

Funding for the role of Community Sports Development Officers is secured by Local Sports Partnerships through Sport Ireland.

John, tell us a little about yourself, how did you come to be a Community Sports Development Officer, did you study or work in this area previously?

I am a native of Kildare and served in the Defence Forces for 31 years, 20 years of which were in the area of physical education and health promotion as a senior staff member of the Army School of Physical Education. I was aware of the Local Sports Partnership and of their role within the county as I had collaborated with them on events such as the County Triathlon, Summer Camps and Sports Days.

I've always had an interest in the role of the Local Sports Partnership and considered it as a possible option for employment when I finished my military career. I became aware of the possible creation of a CSDO position within the LSP in Kildare and felt that with my experience, I would have something to offer to Kildare Sports Partnership as a Development Officer.

County Kildare has the 4th highest population in Ireland with a number of large towns and a strong mix between urban and rural residents, how do you manage your time effectively to deliver across the county?

I work closely with the development officers and coaching staff of NGBs in Kildare to ensure we meet demands. This has led to outcomes such as delivery of the Coaching Children programme and discussion towards delivery of the programme for coaches of the Camogie Association and some soccer clubs in the future.

This has proven effective for my personal time management and involvement in sports development throughout the county, but a more helpful method has been to offer community based up-skilling programmes such as the Community Coaching Programme, the Coaching Children Programme and Get Ireland Walking's Active Communities Walking Programme to qualify a cohort of leaders and coaches in towns and villages throughout the county.

Do you find yourself working with committees from local clubs and National Governing Bodies themselves or is it more community based with members of the public?

My days are diverse and varied, primarily I work in the community setting, responding to requests for support that come to Kildare LSP from schools, clubs, and community groups. I also do work with Development Officers from NGBs such as the Camogie Association, the GAA, Volleyball Ireland, and the FAI.

How has the role developed since you started on day one? Would you do anything differently if you were to start the role again?

The role of CSDO has been constantly developing, partly because of increased awareness among organisations and communities of the presence and role of the CSDO in the county. In addition, it is partly because of my evolving personal understanding of the needs of the communities and my understanding of the LSP's mission to 'increase participation levels in sport and physical activity in Kildare'.

What are the most popular sports that you help to develop in Kildare and do you, as outlined in the objectives of the role, look to 'Capacity build smaller National Governing Bodies that do not currently have development officers and other stakeholders to deliver services to increase participation'?

The engagement of a CSDO has afforded an opportunity to engage with a larger number of sporting organisations. We have developed a method of promoting a more diverse array of sports and clubs/coaches/representatives from sports such as Volleyball, Basketball, Boxing, Cycling, Camogie, Badminton, Olympic Handball and Athletics have engaged with the CSDO and Kildare LSP to investigate means to forward plan towards growth in their sport through increased participation.

Kildare LSP launched their latest strategic plan in 2017. Do you work alongside the LSP Coordinator to deliver on Kildare LSPs strategic aims in relation to local communities?

I was involved in the launch of the strategic plan, my contribution presented the concept of the Community Sports Development Officer and how the role has helped the LSP, its partners, and stakeholders to date. We also outlined our vision on how the CSDO can support the mission of the LSP in the future within the themes of our Strategic Plan if the position becomes a longer-term resource for Kildare:

Theme 1: Youth

The CSDO will continue to work with partner organisations to engage young people in sport and physical activity, they will also continue to provide coach education and seek out new initiatives to further develop the bond of these partnerships where possible.

Theme 2: Promoting Equal Opportunity

The CSDO will be tasked with continuing to engage with all sections of the community spectrum and will enhance awareness of special population fitness programmes, disability inclusion initiatives and inclusive interventions for marginalised groups or individuals in Kildare.

Theme 3: Capacity Building

Continued sports development will be a key focus of the CSDO through the provision of opportunities for members of communities to participate in the first stage of coach education on the coaching ladders of NGBs and organisations in Kildare with the aim of providing a cohort of qualified coaches to support clubs within each community.

Theme 4: Partnerships

In the longer term, a CSDO could further expand this model and seek new, like-minded organisations to expand the range and scope of successful partnership outcomes.

Do you look at the sustainable development for sport within communities?

Sustainability is central to this role; it is vital that the CSDO should leave a footprint in terms of communities experiencing a lasting effect. This can be expressed through measurable aspects such as the ability to avail of local coaches to develop sport and physical activity in their community, the capacity to develop inclusive and meaningful interactions from within and at grassroots level and a local understanding of how to call on the development officers of sporting organisations as required.

In most instances, I feel confident that when a programme is completed in a community they are in a better position to organise and deliver interactions suited to the specific needs of their community. There is measurable evidence of this through the number of new classes, programmes, active coaches & volunteers, walking groups, and older fitness sessions now on offer throughout the county, many of which are delivered by our community coaches.

Do you often work in the evenings or at weekends?

I try to keep my administration and reporting to a single morning (Mondays) to enable me to focus on the practical elements arising during the week. The compilation of quarterly reports is the main evaluation task and can be managed very easily through the maintenance of an events diary. Planning does take time from the daily routine but is necessary to ensure the success of on the ground actions. Consultations with communities or representatives of sporting organisations are necessary and can take up time through travel and meetings. Assistance from the Kildare LSP coordinator and administrator is an extremely helpful support for me in this area. The Coordinator is very experienced and competent in dealing with larger scale requirements, higher-level discussions, and organisational elements. The administrator is always helpful and available to undertake all of the necessary administration and logistical support prior to start-up of new interactions.

How much time is spent on reporting, evaluating and planning?

There is a reasonable amount of evening and weekend work involved, this was fully explained and discussed at the interview for the position of CSDO. It is an understandable and essential measure to engage with clubs, community groups, etc. The most effective time to respond to support requests is at evenings and weekends as committee members, volunteers and coaches are busy with work/life commitments throughout day.

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

I consider the position of CSDO to be an essential element of the Sports Partnerships' ability to grow through the provision of a "feet on the ground" person who can continue to develop participation in sport and physical activity in the county. It is the essential link between a request for support and action to engage. The CSDO can be viewed as central to capacity building and sustainability in communities as the role affords the Partnership the ability to engage in a pragmatic way.

Migrants

Ireland has become an increasingly diverse country over the past two decades. Census 2016 shows that, in April 2016, there were 535,475 non-Irish nationals living in the country, this accounts for 11.6% of the total population. The non-Irish nationals living in Ireland in April 2016 came from 200 different nations.

In February 2017, 'The Migrant Integration Strategy' was launched by the Department of Justice and Equality. The Migrant Integration Strategy sets out the Government's commitment to the promotion of migrant integration as a key part of Ireland's renewal and as an underpinning principle of Irish society. The Strategy provides a framework for a range of actions to support migrants to participate fully in Irish life. The actions proposed are designed to support the integration process.

The strategy proposes to implement a series of actions that have been identified on the basis of a consultation process and government policy. One of the actions is based on Sport. 'The potential of sport in the integration of migrants will be further explored through encouraging active participation, volunteering and involvement in governance'. This is further supported by Healthy Ireland's National Physical Activity Plan Action 44 'Implement and support participation programmes with a focus on disadvantaged communities'.

Working with target groups that are harder to reach is at the core of the Local Sports Partnership's work. Local Sports Partnerships endeavour to deliver sport and physical activity initiatives to target groups that are harder to reach including minority groups such as migrants. There are numerous examples of LSP initiatives that aim to increase participation in sport and physical activity in migrant communities.

The following is a sample of the initiatives delivered by LSPs to encourage integration of migrants in the community through sport and physical activity.

- Ballyhaunis Community Sports Hub – Mayo Sports Partnership;
- Asylum, Migration and Integration Fund (AMIF) Intercultural Futsal League – Galway Sports Partnership;
- English Language Course through Football – Longford Sports Partnership.





Ballyhaunis Community Sport and Physical Activity Hub – Mayo LSP

WHY?



Ballyhaunis in Mayo is a community within Ireland with one of the highest proportion of non-Irish national residents with 941 persons representing 39.5% of its population. Following an identified need for a cricket practice area to provide increased inclusive opportunities for participation in the Ballyhaunis area, an application was made by Mayo Sports Partnership to Sport Ireland for Dormant Account funding towards a Community Sports Hub.

AIMS



The main aim of a CSH is to increase the number of people of all ages participating in sport and physical activity in their communities.

The objective of the Community Sports and Physical Activity Hubs in disadvantaged areas is to bring local people together and provide a home for local clubs and sports organisations.

HOW WAS IT IMPLEMENTED?

1st phase funding of €78,000 for the Ballyhaunis cricket practice area was secured by Mayo Sports Partnership through Sport Irelands Dormant Accounts Fund. Collaboration with the parks superintendent Peter Gill of Mayo County Council ensured that the cricket development, the first of its kind by a local authority in the Republic of Ireland, could be added to the recreational amenities i.e. Multi Use Games Area (MUGA) and playground developed in 2015 at the Maples in Ballyhaunis. A Ballyhaunis Sports Network Committee, originally formed in 2008, was reactivated with membership including but not exclusive to Local Authority, Leader Partnership, Community Council, Chamber of Commerce, Mayo Traveller Support Committee, Community School, Mayo Sports Partnership and local sports clubs such as Ballyhaunis GAA.

OUTPUTS

In summary, the funding from the Community Sports Hub project was used for the:

- Re-establishment of the Local Sports Network;
- Development of a Cricket practice area;
- Running of a Goal to Work/Community Coaching Sports Coach Training Programme;
- Running of a 2nd Year Active Living Programmes delivered in Ballyhaunis Community School;
- Running of a Cricket Coaching Course;
- Continuation of an ongoing Primary School Cricket Coaching Programme;
- Delivery of Men on the Move, Couch to 5K, Walking Programme and After School Programmes;
- Delivery of Youth Leadership/Sport Leadership to Transition Year students;
- Delivery of 'Have a Go Sports Days' in June and September to include cricket;
- Delivery of 2 day sports camps in the new Maples Recreational Area;
- Establishment of a Walking Club;
- Production of a Directory of activities;
- Appointment of a Sports Project Worker under Mayo North East Leader Partnership Company Community and Employment Scheme;
- Delivery of After school activity classes;
- Delivery of Multi Sport Easter/Summer and Halloween Camps at the Maples.

OUTCOMES TO DATE



GREATER COLLABORATION BETWEEN LOCAL GAA, SOCCER AND CRICKET CLUBS WITH INTEGRATION SPORTS DAYS HELD

CHILDREN'S SPORTS CAMPS I.E. MULTI-SPORT, CRICKET AND SOCCER CAMPS WERE ROLLED OUT WITH 300+ CHILDREN PARTICIPATING FROM ALL ETHNIC GROUPS



FORMULATION OF A BALLYHAUNIS WALKING GROUP, MEETING WEEKLY WITH OVER 25 MEMBERS

PRIMARY SCHOOLS CRICKET COACHING PROGRAMME USING TRAINED COACHES FROM A BALLYHAUNIS COACHING PROGRAMME



NEXT STEPS

- Continue to deliver community sports hubs actions in 2018;
- Organise a Volunteering in Sport evening with local sports awards;
- Implement stage 3 programme funding for the hub;
- Continue to foster collaboration and interaction in the community.



Ballyhaunis CHAMBER
IN BUSINESS FOR BUSINESS



Ballyhaunis Sports Network



MAYO.IE

ciste na gcuntas diomhaoin
the dormant accounts fund



Oirthuaisceart Mhaigh Eo
Mayo North East



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Asylum, Migration and Integration Fund (AMIF) Intercultural Futsal League – Galway LSP



AIMS



- Create participation opportunities for residents of direct provision centres in Galway;
- Improve participation of socially excluded groups in Futsal;
- Increase level of integration between migrant, refugee and asylum seekers and a number of services in Galway;
- Establish an annual league focused on participation and integration

HOW WAS IT IMPLEMENTED?

Galway Sports Partnership along with the Football Association of Ireland and the BRIDGE project established a steering group to organise an integration Futsal League with the aim of helping residents of direct provision centres to be active and encourage interaction between them and support agencies in Galway. The project was funded by the European Commission under the Asylum, Migration and Integration Fund (AMIF).

OUTCOMES TO DATE

A LEAGUE STRUCTURE WAS ESTABLISHED WITH A LAUNCH EVENT THAT ALLOWED THE TEAMS TO INTERACT SOCIALLY BEFORE THE PROGRAMME STARTED, EACH TEAM PLAYED EACH OTHER IN THE LEAGUE OVER AN 8 WEEK PERIOD.



FINALS NIGHT COMPRIED OF EVERY TEAM PLAYING FOR A TROPHY; EITHER A CUP, A SHIELD OR A PLATE.

THIS ENCOURAGED PARTICIPATION RIGHT UP TO THE FINALS NIGHT. PRESENTATIONS TOOK PLACE AS PART OF A SOCIAL EVENT, TO ENCOURAGE SOCIAL INTERACTION.

20 PEOPLE IN DIRECT PROVISION TOOK PART IN THE PROGRAMME WITH OVER 70 PEOPLE TAKING PART OVER ALL

NEXT STEPS

- Steering committee to establish 2018 league with the aim of handing over running of the league to the groups involved;
- Establish a structure that supports the involvement of those who do not have access to resources to partake in the league;
- Measure the number of direct provision participants who join local clubs.



EUROPEAN UNION
Asylum, Migration
and Integration Fund



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SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Kicking Off With English Language Skills (KOWELS) Programme – Longford LSP

WHY?

An anecdotal and evidence based need was identified that language proficiency levels among some people from diverse migration backgrounds was low. Funding was sought from the European Commission's Asylum, Migration and Integration Fund (AMIF) to support the programme.

AIMS

Participation in football/sport to act as an adjunctive support to language skills development.

HOW WAS IT IMPLEMENTED?

Partners involved are the FAI, Community Education Facilitator Network, Richmond Court Direct Provision Centre, Longford Schoolboy/girl League and the LSP. There was an initial meeting between all stakeholders to discuss what could be offered to the group, but also to discuss the proposed outcomes of the programme. Following on from the initial meeting Longford LSP held a workshop between the tutor & coach who were going to deliver the programme. This was implemented through Des T omlinson, Intercultural Co-ordinator with the FAI.

WHAT WAS INVOLVED?

There are two elements to the programme, English language theory and practice through the ETB and a football practical with the FAI, supported by the Longford and District Schoolboy League. The programme included 45 minutes of English Language and 45 minutes of football training but the classroom and pitch sessions are linked together; so whatever learning has happened in the classroom, the coach looked to reinforce through the football training.

OUTCOMES

8 OF THE 15 PARTICIPANTS HAVE COMPLETED THEIR FIRST COACHING QUALIFICATION, THE KICK START/PLAYER DEVELOPMENT PLAN 1 COURSE.

THIS ENABLES THEM TO COACH WITHIN THEIR LOCAL COMMUNITY AND ENGAGE WITH THEIR LOCAL CLUBS.

ALSO TWO OF THE PARTICIPANTS HAVE BEEN INVITED INTO CAMLIN UNITED FOOTBALL CLUB TO TRAIN WITH THE TEAM ON A WEEKLY BASIS.



Older Adults

Ireland's population has been getting steadily older over the past number of years. According to the 2016 Census the over 65 years population group saw the largest increase in population since 2011 with a rise of 19.1%, rising by 102,174 to 637,567.

The 2017 Irish Sports Monitor indicates that as people get older participation in sport decreases, with the lowest levels of participation recorded in those over 65 years. The National Guidelines on Physical Activity for Ireland state that older adults should be moderately active for at least 30 minutes a day 5 days of the week.

One of the targets of the 'National Physical Activity Plan' is to increase the number of older adults undertaking at least 150 minutes of moderate intensity physical activity throughout the week.

The Local Sports Partnerships realise the importance of keeping older adults physically active and participating in sport. Providing opportunities for participation in sport and physical activity for population groups that have low levels of participation such as older adults is at the centre of the work of Local Sports Partnerships.

The LSPs are important drivers of this plan and they can promote a supportive environment at local level by increasing opportunities for older adults to be more active.

The following are examples of initiatives run by Local Sports Partnerships to increase opportunities for Older Adults to be more physically active.

- Balance Matters – Dublin City Sport and Wellbeing Partnership;
- Active Minds – Meath Sports Partnership;
- Walking Football – Fingal Sports Partnership.



Balance Matters – Dublin City Sport and Wellbeing Partnership

ABOUT

This initiative involves group exercise, education and socialisation in the community setting;

Target Group: Older adults, who have fallen, are at risk of falling or have a fear of falling;

Involves interagency partners sharing skills and resources to develop, implement and evaluate the programme.

HOW WAS IT IMPLEMENTED?

The initiative include:

- Graded strength and balance;
- Functional fitness;
- Falls prevention ;
- Advice and socialisation.

Three options are available:

Option 1 – Physiotherapy led: Programme duration ranges between 6 and 26 weeks. Includes floor transfers and education. Physiotherapy referral following home visit. HSE funds physiotherapist.

Option 2 – Physiotherapist & Specialist Fitness Instructor jointly led: Physiotherapist and self-referral. Programmes initially of 12 week duration with multi-agency funding. This progressed to a continuous programme in a Dublin City Council Community facility with Dublin City Council and Dublin City Sport & Wellbeing Partnership funding the venue and refreshments (supplemented by €3 participant payment), the specialised fitness instructor and programme support staff. HSE funded physiotherapist.

Option 3 – Specialist Fitness Instructor led: with physiotherapy support as needed. Similar funding and referral streams to option 2 with exception of specialised fitness instructor funded by Go For Life. Held on the same day and venue as option 2 for greater cost effectiveness.



The group is great, to be able to mix with others – it's a lifeline.

Transport is vital, I wouldn't be able to attend otherwise.

It's great for your mind as well – sometimes I have to push myself to go...I'm always glad I went.

My confidence is improving, especially outside, I can walk around to the shops again without fear.

OUTCOMES

17 GROUPS, ONCE WEEKLY FOR BETWEEN 6-16 WEEKS PROVIDED IN 4 DIFFERENT VENUES

205 PARTICIPANTS ATTENDED 1 OR MORE GROUPS

PARTICIPANTS AGE RANGE FROM 64-92 YEARS (MEAN AGE 76 YEARS)

SIGNIFICANT IMPROVEMENTS OVER 6 MONTHS SHOW IN:

- TESTS OF GAIT SPEED
- SIT TO STAND
- TIMED UP AND GO
- SINGLE LEG STAND
- GRIP STRENGTH



NEXT STEPS

- Strengthen inter-agency links further;
- Seek translational research opportunities on long-term impact;
- Secure sustainable funding streams;
- Champion case managers and social prescriptions advocates;
- Inform deployment in other locations.

Active Minds – Meath LSP

WHY?



People with dementia must be supported by a range of health and social care services;
Physical activity is one type of intervention which holds substantial promise for people with dementia;
The programme aims to offer pathways to physical activity for people with dementia, their family and their carers.

AIMS



- Improve/maintain functional ability and physical wellbeing;
- Increase positive mood and decrease the occurrence of negative emotions;
- Improve overall quality of life for older adults with dementia;
- Improve ability to interact with family and carers;
- Prevent falls and increasing mobility and balance.

WHAT WAS INVOLVED?

Delivered twice weekly over the course of 12 weeks with sessions lasting between 30 and 45 minutes.

The programme focuses on exercise to music, resistance and strength training.

- 10-15 minutes 'Warm Up' Section
- 10-15 minutes 'Aerobic' Section
- 5-10 minutes 'Cool Down' Section
- 5-10 minutes 'Breathing Stretching and Relaxation' techniques

OUTPUTS

- Physical benefits included improved strength, mobility, flexibility and balance over the course of the programme;
- Substantial benefits for clients in terms of mood;
- Reduction in agitated or aggressive behaviour.

NEXT STEPS

- Increase the close working relationship between healthcare staff in each new healthcare setting to work out how the programme could best fit into the services' routines and schedules in a way that minimises disruption to both staff and residents.
- Improve involvement of family members to make them aware of the programme and its benefits in practice, from the first session.

It's like they were more alive in the moment and were more interactive...sometimes even like a different person...like a lot of programmes try to bridge that gap and this programme definitely did that...it's great to see their characters come out.

Even their emotions and everything were completely different...their sense of humour improved

The course tutor stated "...that interaction between the people with dementia while you're waiting for staff to come for them and you're packing up...it's a whole different room than when they were first brought into the class... it was lovely because they really were talking and communicating with each other.





Walking Football – Fingal LSP

WHY?



Walking football is designed to give adults over 50 years of age a session of light intensity exercise;

The game played indoors, is a slower and safer variation on small sided game/indoor football, with participants not being allowed to run. It is especially suitable for those with mobility issues or health concerns. Players can become involved and play at their own level;

The programme is delivered in partnership with the FAI and their carers.

AIMS



The programme aims to give people over the age of 50 an opportunity to become more involved in football and to provide them with a fun fitness activity, with their peers in safe and encouraging surroundings.

WHAT WAS IT IMPLEMENTED?

The programme was initially piloted through taster sessions in local football clubs. It has been embraced by the Men's Shed Movement, who are using it as part of their health and wellbeing activities.

As part of the European Week of Sport, Age & Opportunity and the FAI ran a Walking Football festival open day in the National Sports Campus in September 2017. Teams and individuals were invited from across Dublin to take part in this showcase event, which was a great success with many embracing this new sport.

Walking football is also one of the activities supported by Fingal Sports Office, in the National Sports Campus as part of their "Keeping Active" programme. It now takes place every Wednesday in the National Sports Campus followed with a cup of tea, which is viewed as an important element of the activity as it encourages engagement and friendships between the many participants.

OUTCOMES

- The programme has been rolled out in many areas throughout Fingal, with the demand rising particularly from Men's Sheds;
- The Institute of Technology Blanchardstown, in conjunction with the FAI and Age and Opportunity Ireland, have conducted a six-week walking football trial with adult males. The event was held in the National Sports Campus, with a total of ten participants involved. They met and played once a week for six consecutive weeks in May/June 2017. The study, carried out by Dr Aidan Carthy title "A Whole New Ball Game - Does participating in a walking football club lead to increased levels of social engagement?" involves a pilot study with a more comprehensive study underway.



WHAT WAS INVOLVED?

- The programme is based on a simple concept so the most important element is securing the use of a suitable facility. While some Men's Sheds have facilities suitable for walking football (any clear medium to large space will work, goals can be marked with cones);
- Through good working relationships, some local clubs provide access to their facilities free of charge;
- Each session is 1 hour, some groups like to play regardless of counting scores whereas as some groups are extremely competitive;
- Of equal importance is the cup of tea and coffee afterwards and the opportunity to have a chat.

SOME INITIAL RESULTS FROM THE PILOT STUDY:

PARTICIPANTS HAVE
BECOME MORE
PHYSICALLY ACTIVE

PARTICIPANTS HAVE MADE
FRIENDS AND BECOME MORE
SOCIAALLY ACTIVE

68 AVERAGE AGE OF
THE PARTICIPANTS



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People with Disabilities

Among adults, individuals with disabilities are less likely to participate in sport and physical activity than those without a disability. The 2017 Irish Sports Monitor (ISM) reports that 29.5% of adults with disabilities participated in sport compared to 46.6% of those without a disability.

Action 49 of Healthy Ireland's National Physical Activity Plan provides an opportunity to 'Extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme'. The Local Sports Partnerships play an important role in providing opportunities at a local level for people with disabilities to be physically active.

Providing and promoting opportunities for people with disabilities to take part in sport and physical activity are done primarily through the work of the Sports Inclusion Disability Programme. In 2017, 16 Sports Inclusion Disability Officers were employed in 19 different Local Sports Partnerships. Sport Ireland has also made an additional fund available to LSPs without dedicated SIDOs to develop sport for people with a disability within their county.

In November 2017, Sport Ireland launched the 'Sport Ireland Policy on Participation in Sport by People with Disabilities'. The aim of this document is to provide a clear policy context for the promotion of sport for people with disabilities and a basis for an enhanced and more concentrated approach by Sport Ireland and their partner organisations. Sport Ireland works collaboratively with the Local Sports Partnerships to enhance the participation of people with disabilities in sport and physical activity.

Currently, every Local Sports Partnership throughout Ireland has a remit to assist with and support developments for the inclusion of people with a disability in sport and physical activity in their county.

The following is a sample of the programmes run by Local Sports Partnerships to increase opportunities for people with disabilities to be more physically active.

- Inclusion Being Well – Limerick Sports Partnership;
- Inclusion Multi-Sports Club – Monaghan Sports Partnership;
- Navan's Newest Team – Meath Sports Partnership.



Inclusion Being Well – Limerick LSP

WHY?



To increase participation in sport and physical activity for people with a disability;

To provide a programme for people with disabilities that promotes good health and well-being.

AIMS



To educate people with a disability on how to use gym equipment;

To develop relationships between individuals with a disability and key stakeholders within the physical activity opportunities sector i.e. local gyms, swimming pools, etc.;

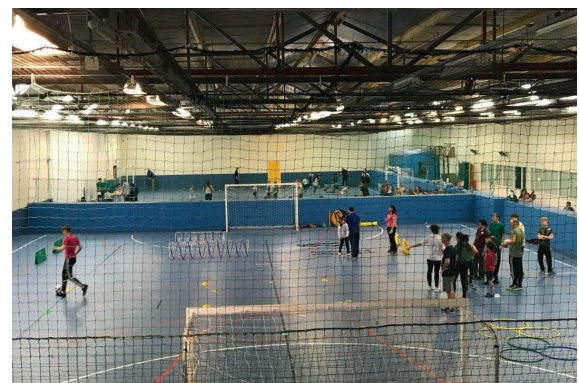
To enable people with a disability to gain confidence in attending a gym setting;

The programme increases knowledge and understanding among people with disabilities in the following areas:

- Being Active;
- Eating Healthy;
- Making Healthy Lifestyle Choices;
- Setting Personal Goals for Physical Activity.

HOW WAS IT IMPLEMENTED?

- The Being Well programme is offered to all people with disabilities who are present on the Limerick Sports Partnership database;
- Each programme can host 12 participants;
- The programme is linked with Sports Science, Physical Education and Sports Development students from the University of Limerick and Limerick Institute of Technology;
- It is a very educational programme for the students as they gain experience in coaching and working with people with a disability;
- All students complete the National CARA Disability Awareness training prior to commencement of the programme;
- Each 'Inclusion Being Well' programme runs for one hour each week for 6 weeks;
- The programme has been hosted 4 to 6 times a year since 2014;
- Most of our groups are still attending gyms across Limerick.



WHAT WAS INVOLVED?

Each session includes:

- Warm Up
- Cardio Machines
- Weight Machines
- Free Weights
- Resistance Bands
- Strength & Conditioning
- Balance & Coordination
- Flexibility
- Cool Down
- Other topics covered such as healthy eating, hydration, being active, etc.

The entire process has been fantastic from the co-ordination of the accessible gym to the course itself. The Spinal Injuries Ireland participants felt their individual needs were considered and that overall it is an enjoyable, challenging and inclusive course with a sustainable option.

- Philippa O' Leary,
Community Outreach Officer,
Spinal Injuries Ireland



The Inclusion Being Well programme provides an opportunity for people with a disability to become more active, the programme provides one-to-one training each week where students devise session plans to suit the ability level of their client. It is a great programme to promote physical activity for people with a disability, while also providing them with the education and skills needed to continue exercises that are beneficial to their individual needs in a gym setting.

- Elaine Shea, Sports Inclusion Disability Officer, Limerick Sports Partnership

'Inclusive Multi-Sport Club' – Monaghan LSP & Cavan LSP



WHY?



In July 2015, the joint Sports Inclusion Programme for Cavan and Monaghan in conjunction with the Peace Link sports facility in Clones, held a 3 day inclusive summer camp, attended by 27 children with a disability including their siblings. From the positive experiences of the participating children and the feedback from parents' evaluation forms, the need for a more regular outlet for inclusive sports for children with a disability was identified.

AIM



To provide children with a disability in the Cavan/Monaghan region with the opportunity to participate in sport and physical activity on a regular basis.

HOW WAS IT IMPLEMENTED?

- Consultation with parents and working in partnership with the Peace Link Sports facility led to the development of a monthly inclusive multi-sport club;
- Awareness raising for staff and information sharing in relation to disability and the needs of individuals were discussed;
- The inclusive club was set up for children with a disability from 5 to 16 years of age and their siblings;
- In November 2015 the first Inclusive Multi-Sport club in Clones took place with 22 children attending;
- The club ran for two hours once a month and continued throughout 2016 in this format;
- In January 2017, feedback was collected from parents who expressed an interest in developing the club into a weekly activity and as a result, the club progressed to a weekly event in September 2017;
- Since this change, the club is averaging an attendance of 8-12 children each week;
- This club is unique in that it caters for children with physical, intellectual, learning and sensory disabilities, accommodates their siblings and involves parents/guardians;
- The Peace Link provides the club at a very reasonable cost for participants while also providing free use of their gym facility for parents during the club time so that parents (who are asked to remain on site) can contribute to their own physical activity;
- Linkages were also developed with the local Volunteer Centre and students on local training initiatives, which resulted in volunteer support to staff and this has contributed greatly to the club's success.

OUTCOMES

- Children with a disability now have an opportunity to participate in fun inclusive activities on a more regular basis;
- To date 114 children have attended the inclusive multi-sport club;
- As a result of the club, parents have had increased opportunity to engage with each other and have become more aware of other services available locally for children with a disability;
- During this time the staff of the Peace Link have completed a number of training courses including Disability Awareness in Sport and Inclusive Fitness Training to ensure that they have the necessary knowledge and skills for the programme;
- The Peace Link has continued to build on the success of the multi-sport club by successfully accessing Healthy Ireland funding to install sensory equipment onsite and they have recently started to deliver a weekly activity club for adults with a disability.

114 CHILDREN HAVE ATTENDED
THE INCLUSIVE MULTI-SPORT
CLUB TO DATE



'Navan's Newest Team' – Meath LSP

WHY?



At present, Navan RFC are the only club in the North East Area that offers children with special needs a chance to be part of a rugby team. Navan RFC have addressed this need, and hope other clubs will follow and see how rewarding it can be to a club.

AIM



On October 22nd 2017, Navan RFC started on a journey with their newest team, Navan All Inclusive Team. The aim was to provide children with special needs with an opportunity to learn and play rugby in a safe, enjoyable exciting environment while building on their social skills and confidence.

This club development was lead by Navan RFC and supported by Meath LSP

HOW WAS IT IMPLEMENTED?

A dedicated core group of club personnel came together for this club development. This group was supported by and included club chairperson, club community rugby officer and club coaches. This group worked in conjunction with the Meath LSP Sport Inclusion Disability Officer, Kate Feeney, ensuring a whole club approach was taken. Training and education were provided to club representatives in preparation for the sessions and Club President, Gerald Williamson, launched the club's newest team.

On the first training session there were five players with three taking part. Four weeks into the programme ten players were registered and since they started the programme they have more than doubled their members with 14 players now playing rugby. Each session starts with a warm up, then some small drills and finishes with a game at the end.

There are currently seven volunteers giving up their time every Sunday morning to help coach the players, which has added great value to the team and the club. Fantastic feedback has also been received from parents.

Meath LSP's SIDO highlighted the positive impact the club has made and congratulated Navan RFC on a very valuable and worthwhile club development.

The best part of this journey has been seeing the children developing their skill from catching and passing to now playing mini games and developing into rugby players.

NEXT STEPS

Navan RFC hope to enter the team into their first competition and compete against other teams shortly. At the moment, the programme specifically targets children but in the future there is hope to have an adult's team also.

Children and Young People

Physical activity and sport have important roles in the lives of children and young people. Being active is crucial for healthy growth and has numerous benefits for the development of children and young people. The National Guidelines for Physical Activity in Ireland state that children and young people should be active for at least 60 minutes every day.

A target of Healthy Ireland's National Physical Activity Plan is to increase the proportion of children undertaking at least 60 minutes of physical activity every day. Action Area 2 of the National Physical Activity Plan highlights the proposed actions to increase physical activity in children and young people. The National Physical Activity Plan recognises the importance of a multi-sectoral approach to increasing physical activity levels in young people. Opportunities for children to be physically active should be provided through family, school and the community.

The 'Keeping Them in the Game - Taking Up and Dropping Out of Sport and Exercise in Ireland' report highlights that there is almost universal involvement in sport and physical activity among primary school children. However, at specific stages towards adulthood, state examinations, transition to secondary school, early school dropout, etc., dropout rates begin to increase and participation rates never revert to primary school levels.

Local Sports Partnerships recognise the importance of their role in providing opportunities for children and young people to be more physically active.

The following is a sample of programmes delivered through the LSPs that target children and young people.

- Active Schools – Clare Sports Partnership;
- Balance Bikes – Waterford Sports Partnership;
- Youth Leadership – Sports Active Wexford.



Active Schools – Clare Sports Partnership

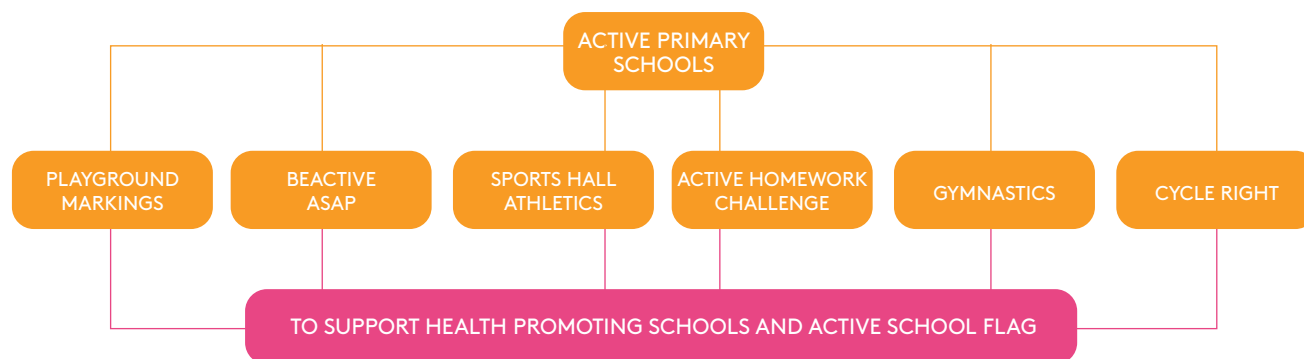
WHY?



Clare Sports Partnership (CSP) endeavours to assist all primary schools throughout Clare with the necessary supports to ensure that their children are as physically active as possible. In 2017, CSP worked with 67 primary schools that had a pupil population of approximately 10,000 children.

CREATING THE PROGRAMME

- Consultation with schools and teachers;
- Delivery of capacity building programmes which complemented the PE curriculum;
- Establishment of the six Active Primary Schools (APS) programme strands;
- Supporting Schools to achieve the Active Schools Flag and deliver the Health Promoting Schools programme;
- Strands are run directly by the Community Sports Development Officer (CSDO) and partner organisations.



HOW WAS IT IMPLEMENTED?

- Prior to summer holidays, the primary schools programmes brochure is updated and dispatched by post to all school principals;
- Primary Schools are invited to participate in one or all of the strands;
- Once engaged, school physical activity coordinators are identified, and activities and training are scheduled based around each school's individual needs;
- Schools are contacted by email, phone and social media on a regular basis with updates and new information as relevant;
- The CSDO offers a constant support service to ensure quality of delivery.

OUTCOMES

ACTIVE HOMEWORK CHALLENGE:

Built from 23 schools participating in 2016 (2,500 pupils), to 40 schools (5,000 pupils) in 2017.

SPORTS HALL ATHLETICS:

Clare LSP have successfully expanded their Sportshall Athletics programme from 5 schools to 26 during the academic year of 2017/18. CSP now have 3,845 children participating in the programme and to date over 60 hours of training have been provided to the newly participating schools with a further 44 hours scheduled.

PLAYGROUND MARKINGS:

Overall 40 (22 in 2017) primary schools have completed the playground markings. The original schools are now making contact regarding the updating of current playground markings.



Balance Bike Programme – Waterford Sports Partnership

WHY?



In 2012, Dungarvan was awarded funding as a pilot Smarter Travel town and Waterford Sports Partnership (WSP) was asked to develop and lead a number of active travel initiatives supporting behavioural change. WSP began to create a suite of cycling training programmes to support increased cycling for school children of all ages in Dungarvan. It quickly became clear that many children could not cycle, did not own a bike and that teachers and schools would need support if the programme was to have a sustainable impact. To address these needs Waterford Sports Partnership developed their Balance Bike Programme.

AIMS



To give primary school staff the necessary skills and confidence to lead balance bike sessions;
.....
To provide the necessary equipment to schools on a loan basis;
.....
To give children an enjoyable and positive cycling experience and a smooth transition to a pedal bike;
.....
To assist children to learn and experience balance, speed, turning, gliding and stopping.

HOW WAS IT IMPLEMENTED?

The model developed for the Balance Bike Programme is extremely cost effective. The main cost are:

1. **Equipment** – balance bikes, helmets, ramps, storage;
2. **Programme** – resource booklets, tutors, venue for training course, collection/delivery of bikes to schools, maintenance of bikes.

Equipment was funded by the 'Go Dungarvan' project initially and later by the Sports Capital Programme. Programme costs were funded by Sport Ireland and HSE South East grants. Resource booklets, training and follow up support was provided by WSP. Schools are charged a nominal fee to cover other costs. WSP negotiated a discounted rate for balance bikes from a supplier and arranged this discount to be passed on to any schools/pre-schools taking part in the programme.

WHAT IS INVOLVED?

- 30 minute sessions to pre-school children led by WSP staff with preschool staff co-leading activities;
- 90 minute interactive training session for junior and senior infant teachers delivered by WSP staff. This session covers warm ups and activities for four sessions written by WSP;
- A practical resource booklet outlining the practical skills and teaching points;
- Use of balance bikes and helmets for two to three weeks;
- Follow up support from WSP staff.



It's a very valuable skill to have in life. Up there with tying your own shoe laces & swimming!

OUTCOMES

The Balance Bike Programme has had a very positive impact on the local community. To date, 43 primary schools and 15 pre-school services have taken part in the WSP Balance Bike Programme during which 180 teachers and 60 preschool staff trained. It is estimated that around 5,000 children have received balance bike training.

The increased awareness around the effectiveness of balance bikes has seen many schools and parents purchasing their own bikes.

Emma Healy, a junior infant teacher from St. Mary's N.S. said, "The children absolutely loved the balance bikes. They spoke about them all the time. Their confidence grew after the first lesson and after that, they were flying it. They are a super resource and we were delighted to have the use of them".

Abbeyside National School said, "The training was a great demonstration of 'active learning, differentiation and assessment. I would recommenced this course to all schools because it will ensure that children will get an early start even though some may be too shy to try balance bikes".

Childcare centres have seen huge benefits with Ruth Crowley, owner of 'It's a child's life' saying, "It's fantastic, they're flying. I didn't realise how quickly they would take to them but they loved them. We are delighted".

Jacqui De Siun from Waterford Childcare Committee said, "The balance bike training will enable children to develop their physical and social skills. Skills such as coordination and balance are important for safety but also the ability to learn how to take turns and be aware of other children is key".

Youth Leadership/Sports Leadership – Sports Active Wexford

BACKGROUND

The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills. The syllabus is designed to develop leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. The course involves both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activity sessions.

SPORTS LEADER IN SELSKAR COLLEGE, WEXFORD

Selskar College in partnership with Sports Active Wexford ran the Sports Leader Level 1 Course for 12 Male Students in 3rd Year. All of the participants were 15/16 years old.

Students worked in collaboration with many passionate and motivational coaches across a wide variety of sports including soccer, rugby, cricket, Gaelic football and hurling. They were empowered to develop and run coaching sessions and learned valuable lessons in communication, respect and leadership.

“Over the course of the year, attendance levels improved which lead to increased attainment and a dramatic decrease in the number of suspensions. In class it was noted that students were more confident in their abilities and working relationships improved”.

“Students have developed many skills during the training. They are more confident and this has transferred to their academic performance. They certainly are taking more responsibility for their own behaviour. The success of this course, we believe, is in no small part due to the good working relationships built between students and coaches provided by Sports Active Wexford. The schools data shows that 83% of students have improved attendance overall with 66% improving their attendance by 50 % or more on the same period last year”.



Women in Sport

Research undertaken by the Economic and Social Research Institute (ESRI) between 2003 and 2005 found significant gender differences in active and social participation in sport in Ireland. On foot of this research the “Women in Sport Initiative” was launched by the Irish Sports Council in 2005 to increase participation of women in sport. The overarching objectives of the Women in Sport programme were to raise the overall physical activity levels among women and to support women’s roles within sports organisations.

Research conducted by the ESRI in 2005 revealed that less than one in five Irish women met the National Activity Guidelines of 30 minutes of moderate/vigorous activity for at least 5 days a week. 12 years on, the 2017 Irish Sports Monitor reported that just over two in five Irish women participate in sport and there has been a significant reduction in the gender differences in participation in sport in Ireland and that there is now only a 4.5% difference between male and female participation in sport.

Local Sports Partnerships have contributed to the increase in the number of women taking part in sport. Local Sports Partnerships receive funding from Sport Ireland dedicated to the Women in Sport programme to roll out programmes specifically targeted at women.

The following are examples of programmes run by the Local Sports Partnerships that provide opportunities for women to be more active.

- Women on Wheels – Limerick Sports Partnership;
- Connemara ‘All Blacks’ girl’s rugby – Galway Sports Partnership;
- Get Going, Get Rowing – Dublin City Sport and Wellbeing Partnership.



Women on Wheels (WOW) – Limerick LSP

WHY?



In 2014, Limerick Sports Partnership secured funding under the Women in Sport initiative (WIS) to deliver a programme around cycling for women.

AIM



The aim of this programme was to cater for novice cyclists or beginners with a view to completing a 40/50k sportive at the end of the programme.

HOW WAS IT IMPLEMENTED?

The programme was delivered by an LSP staff member and a placement student from IT Tralee. It was also agreed to link with a local cycling club, "Team Sophie". This was an excellent partnership for the LSP and a great benefit for the participants.

The programme was based out of UL where local cycle lanes and a new cycle lane on the Limerick to Nenagh road was utilised.



WHAT WAS INVOLVED?

- The programme took place every Monday night and every 3rd Saturday;
- A local bike mechanic attended all sessions so as to ensure all participants were comfortable that support was at hand if required;
- The An Post Tour De Burren 50k was the target/challenge at the end of the programme for the participants;
- The cycling sessions covered distances from 12k to 20k in the early sessions building to 35-40k by week 8;
- 40 cyclists joined the programme in week 1;
- 32 cyclists completed the 8 weeks;
- 29 cyclists completed the An Post Tour De Burren;
- The programme now has 110 participants annually and 300 since programme commenced;
- We have 3 ability groupings every session from the 15K distances to 30K;
- Age profiles range from 23 years to 71 years;
- Programme is now delivered over 12 weeks from April to June and 10 weeks Aug to Oct.

OUTCOMES

- An indoor Turbo and Core Fitness programme over 2 X 8-week blocks has also been developed, 56 participants are on the 2017 programme;
- We now have cycling programmes for 38 of the 52 weeks in the year due to the programmes' popularity;
- 10 Cyclists from the 2016 programme have now trained as Road Captains, certified by Cycling Ireland and assist on the delivery of the 2016-2018 programmes;
- 21 novice cyclists from the 2015 programme set a challenge to complete the Turbo Training programme and committed to cycle from Dublin to Limerick in April 2016 – 223k (Over 2 days);
- This has resulted in an additional challenge, led by the participants added each year which assists with the cyclist's progression into cycling clubs;
- Another group of cyclists have been selected to train as road captains for the 2017-2018 season;
- 20 cyclists annually have joined official cycling clubs while the majority see the WOW programme as their club, using Viber or WhatsApp to keep informed;
- Ladies at the HUB Cycling Club was established in 2017 by participants from the WOW Programme and new members progress from the WOW programme to the club each year;
- Women on Wheels is now a cycling brand – WOW – It is recognised by all cycling clubs in Limerick and new members are encouraged to join WOW for training;
- The success of the programme is very much around the leadership shown by the Road Captains.

Connemara 'All Blacks' Girl's Rugby – Galway LSP



WHY?



Connemara Rugby Club has been in existence since 1973 serving Clifden and surrounding areas of Connemara. It catered for adult male teams only. Through collaboration with Galway Sports Partnership, the club identified an opportunity to establish an underage girls' team in the club and targeted 25 local schoolgirls who had shown an interest in playing rugby.

HOW WAS IT IMPLEMENTED?

Galway Sports Partnership provided assistance with coaching costs, as there were originally no female coaches available at the club. GSP also provided funding for a small amount of equipment to cater for the people they were targeting.

The programme ran for a duration of 12 weeks between the 4th September and the 27th November 2017 and a total of 56 girls from the Clifden, Roundstone, Letterfrack, Recess and Ballyconneely areas attended the first session and continued for the twelve weeks.

OUTCOMES

Training numbers remain consistent to date for all three teams and they are now part of the underage structure in the club. They also have trained coaches available to ensure sustainability of the programme.

Of the 56 girls who participated in the programme, 25 were from disadvantaged backgrounds and for these in particular, the programme provided them with an opportunity to participate in a sport that would not have been available or accessible to them were it not for the programme. The social interaction achieved was also a huge part of the success of the programme.



NEXT STEPS



Having initially aimed the programme at the U.15 age group, the club ended up at the end of the 12 week programme with three teams, U.13, U.15 and U.18. They have signed up with Connacht Rugby who has set up a new league to cater for them and three other new clubs in the province, and they now compete on a regular basis.

In addition, seven adult volunteers and four trained coaches oversaw the programme and they continue with the teams to date.



'Get Going...Get Rowing' – Dublin City Sport and Wellbeing Partnership

WHY?



Rowing Ireland's Get Going...Get Rowing programme commenced in 2014;

Supported by Sport Ireland, Women in Sport funding;

Dublin City Sport & Wellbeing Partnership provided initial assistance to the Get Going...Get Rowing programme by providing access to the Dublin City Council Municipal Rowing Centre at Islandbridge and followed this by providing direct financial assistance towards programme development staff, equipment and events.

WHAT IS INVOLVED?

Get Going...Get Rowing gives teenage girls the opportunity to partake in a sport with a difference "rowing". The programme brings rowing machines (ergometers) into schools and gets girls rowing through a fun and active 4 to 6 week programme. A mass participation #Blitzit event is held at the end of the programme in Trinity College Dublin. 450 teenage girls took part in the 2014 event in Trinity College Dublin and this increased to 900 participants in 2017.

SUSTAINABILITY

- To build sustainability of the programme, Get Going...Get Rowing formulated a coaching course for TY students (TrY Rowing). The coaching programme is a peer led leadership programme to encourage girls to coach;
- TrY Rowing is a one-day coaching course;
- Following the course students are encouraged to take part in 4 to 6 coaching sessions focusing on indoor rowing and the indoor rowing machine with 13-14 year olds in their school teaching them to row;
- The coaching students then bring their group to one of the #Blitzit events and also get involved in the organisation of the event.

NEXT STEPS

Dublin City Sport & Wellbeing Partnership and Rowing Ireland are continuing their commitment to the Get Going...Get Rowing programme in 2018 and are confident that together they can engage more than 15,000 individual girls to get active and moving in Dublin City in 2018. Without the partnership between Rowing Ireland and Dublin City Sport & Wellbeing Partnership the programme would not be the success that it is today. Both organisations have embraced the partnership and with similar targets the initiative has proved extremely successful in Dublin City.

OUTCOMES


Get Going...Get Rowing is growing every year, giving more and more access to rowing for teenage girls. Since 2014, the programme has extended across the country with numbers increasing year on year. Over 25,000 students engaged in the programme in 2017, 12,500 of whom were from Dublin City.

A recent case study showed that 95% of female membership of a Rowing Club was as a result of the Get Going...Get Rowing programme.

To create a pathway to Dublin clubs, Dublin City Sport & Wellbeing Partnership, and Waterways Ireland, partnered with Get Going...Get Rowing to run a #Blitzit on the water "splash and dash event" in the heart of Dublin City in April 2017 with 500 girls taking part.





The background image is a photograph of a school sports day. In the foreground, a young girl is running towards the camera, holding a water bottle. She is wearing a white t-shirt and dark shorts. Behind her, a young boy is also running. In the background, a woman, likely a teacher or PE teacher, is running alongside the students, wearing a school uniform and glasses. The entire image is overlaid with a semi-transparent red filter. The text 'Section 4 Evidencing the Impact' is written in white on the left side of the image.

Section 4 Evidencing the Impact

The annual SPEAK report, first published in 2007, is now in its 11th year of publication. The report summarises the extensive depth and breadth of achievements of Sport Ireland's network of Local Sports Partnerships over the last 11 years. At a quantitative level the report focuses on the number of partnerships established and nurtured by the LSP network, the number of clubs and the number of people impacted by the work of the Local Sports Partnerships each year. At a qualitative level the SPEAK report provides an insight into case studies on specific initiatives rolled out across the range of target groups. These case studies provide an insight to the quality of projects and their impact on communities and individuals.

Sport Ireland also produces the Irish Sports Monitor biennially. The Irish Sports Monitor is a large population study undertaken to provide trends in participation in sport and physical activity in Ireland. The ISM reports on the population over the age of 16. It sets a broad definition of sport and measures participation in both active and social contexts (i.e. includes club membership, volunteering and attendance at sports events). This is achieved through representative sampling of the adult population by phone interview throughout the year. To examine the number of active people, the representative data from the ISM has been applied to the closest CSO census figures.¹ A retrospective analysis of the ISM and SPEAK numbers over the last 10 years is presented below.

Figure D - Participation in Sport, Recreational Walking and LSP Programmes

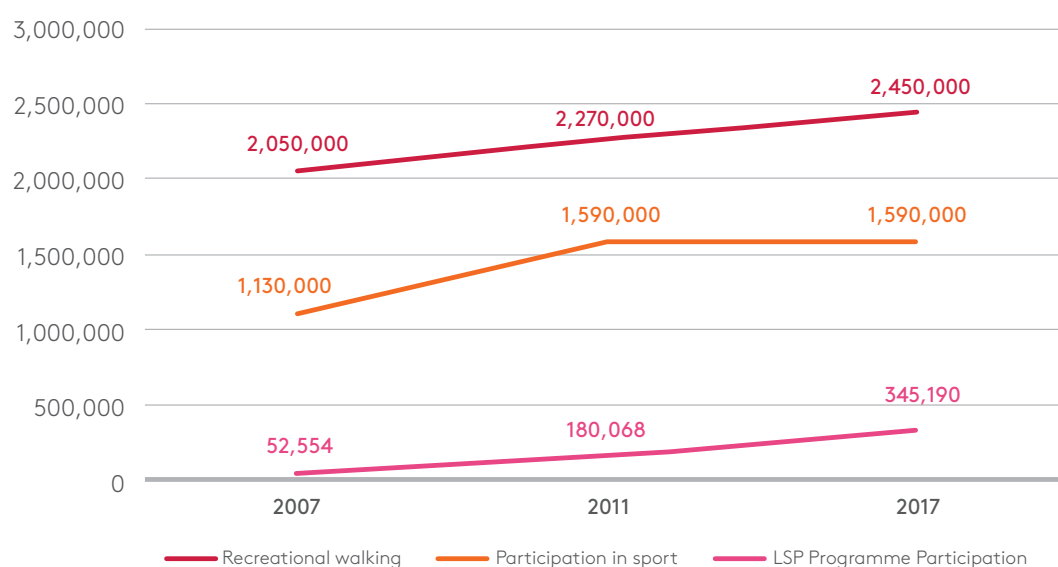


Figure D shows that since 2007, according to SPEAK figures, LSP programme participation has grown by just under 300,000 people. According to the ISM over the same time period sports participation has grown by 460,000 people and recreational walking has grown by 400,000 people.

¹ The representative sampling used in the ISM has an inherent margin of error directly related to the sample size.

To provide further detail on what is happening the ISM data can be broken down to look at specific target groups. The data has been analysed for three target groups: people with a disability, older adults and women, who have all traditionally had lower levels of sports participation. Sport Ireland has made significant strategic investment to increase participation in these three target groups (Table 8). The ISM data shows that sports participation in these three target groups has increased faster than in the general population over the last 10 years.

Table 8 - Sport Ireland Target Group Investment

Target Group	2017 Sport Ireland LSP Investment
People with a disability	€579,845
Older adults	€607,605
Women	€115,000

Figure E - Participation in Sport by people with a disability, over 50's and women

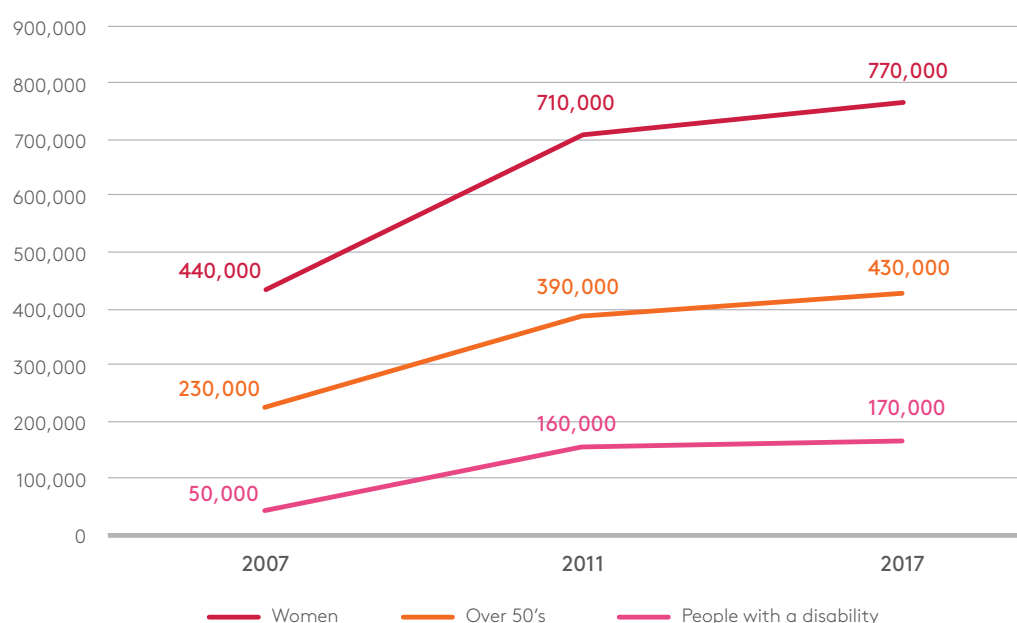


Figure E, shows that ISM sports participation numbers grew across all three LSP target groups between 2011 and 2017, while sports participation in the general population (Figure D) remained static.

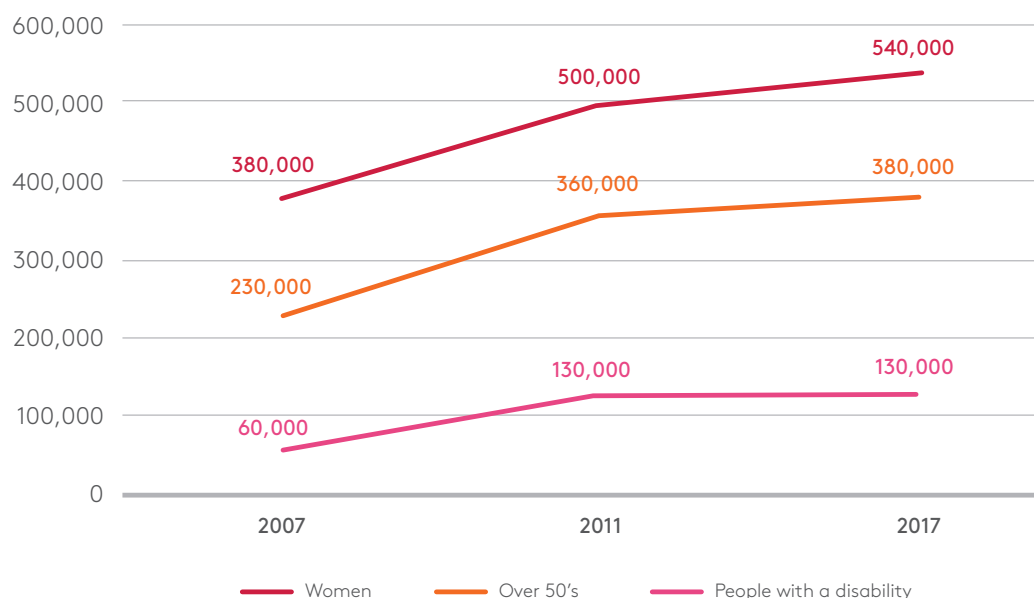
Furthermore:

- 44% of the growth in Sports Participation has occurred in the older adult population, with 200,000 more older adults participating in sport since 2007.
- 72% of the growth in sports participation is due to female participants, with 330,000 more women participating in sport since 2007.
- 26% of the sports participation growth is in disability sports with 120,000 more people with a disability participating in sport since 2007.

We also see similar trends in recreational walking where, most notably, 78% of the growth between 2011 and 2017 was in people over the age of 50, making up 140,000 of the 180,000 people.

The ISM data can be further analysed across various LSP developmental objectives such as club membership.

Figure F - Club Membership among people with a disability, over 50's and women



Analysis of the ISM club membership numbers in Figure F indicate a similar trend of growth in the target groups emerging. In the case of club membership we can see that despite a fall in club memberships between 2011 and 2017 in the general population, all of the target groups either increased or maintained club membership figures.

Some of the population groups who fall outside of the LSP target groups have possibly experienced a decline in sports participation numbers. Using the ISM data to identify the groups who are experiencing a disproportionate reduction in sports participation will inform future areas of focus for sports investment to ensure overall participation numbers continue to increase.

Sport Ireland continues to develop its evaluation systems to understand the impact of its investment. Ongoing comparison of detailed ISM data at county level with LSP investment and SPEAK report data will help this development process.

It must at this point be acknowledged that correlations do not imply causation and that the €20m investment from Government in Local Sports Partnerships, made up of Sport Ireland funding and locally sourced funding, represents a only a very small fraction of the overall Government investment in communities in 2017. Areas such as health care, family affairs, education, transport and tourism would also influence behaviour around physical activity. Furthermore, as the ISM and other Sport Ireland research have shown, there exist other powerful socio-economic forces outside of the influence of Sport Ireland or the LSP network, which when viewed over the life course are as important in shaping individual decisions around participation in sport and physical activity. The broad policy context of documents, such as the National Physical Activity Plan, with cross-departmental targets strengthens the need for Sport Ireland to set specific targets in a Sports Participation Plan moving forward.

Section 5

Next Steps

Policies, Strategy and Planning

The 29 Local Sports Partnerships co ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. The core work of the LSP Network includes Strategic Community Sports Development, the delivery of National Sports Programmes, Education & Training initiatives, the Sports Inclusion Disability programme, Women in Sport Programmes, Safeguarding and general participation programmes.

The 2005 Fitzpatrick review resulted in a refocus of the LSP aims and also triggered the establishment of the SPEAK system and the SPEAK report to deliver a monitoring and evaluation framework. The SPEAK system put a new structure on the objectives of the Local Sports Partnerships requiring the LSPs to report under specific themes and working methods which in turn have been reflected in local LSP strategies.

As the holistic benefits of Sport and Physical Activity become more widely appreciated, government policy is increasingly identifying Sport and Physical Activity as a mechanism for improving the health and wellbeing of the nation. In the last 5 years the policy and strategic landscapes around Sport and Physical Activity has seen significant change. Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025, has introduced several important policy documents and plans which influence the work of the Local Sports Partnerships. Most notably the National Physical Activity Plan with the overarching aim of promoting increased physical activity levels across the population was launched in January 2016. The aim of the National Physical Activity Plan is:

“to increase physical activity levels across the entire population thereby improving the health and wellbeing of people living in Ireland, where everybody will be physically active and where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary”.

The National Physical Activity Plan is closely aligned with the core objectives of the Local Sports Partnerships, who are specifically named in the plan and tasked with achieving 22 of the 60 actions with Sport Ireland and other partners. LSP's also play an important role in advocating for sport and ensuring that sport is well represented in local area plans under the National Planning Framework, Ireland 2040.

In the near future several new Sports policy documents, strategies and plans are due for publication. The Department of Transport, Tourism and Sport has completed the consultation process on the National Sports Policy which will be due for publication. In the context of the National Sports Policy Sport Ireland will produce an updated Strategy Statement which will then be supported with a Sports Participation Plan. The Sport Ireland Participation Plan will distil the commitments of Sport Ireland across the extensive statutory landscape of sport and physical activity into one clear vision for Sports Participation.

Funding

The funding of Local Sports Partnership has evolved to reflect the strategy and policy developments over the last 17 years. Initially from 2001 to 2005 the Sports Partnerships were 100% funded by Sport Ireland. The 2005 Fitzpatrick Review recommended that, in order to foster partnership and cross agency working at a local level, 50% of the core costs of LSP's should be sourced from local agencies. In 2017 locally sourced funding, primarily from Local Authorities and the HSE, exceeded Sport Ireland Core funding, proving the recognition and value of the Sports Partnerships at a local level. The core funding of the Local Sports Partnerships by Sport Ireland and local stakeholders has established sound organisational structures, meeting both regulatory and best practice governance guidelines. This foundation underpins investment in sport and physical activity initiatives nationally.

The development of new policies such as the National Physical Activity Plan has influenced changes to the funding opportunities of the LSPs. In 2017, Sport Ireland successfully secured €5m in Dormant Accounts Funding, with over €2.5m directly invested in projects delivered by the Local Sports Partnership. Sport Ireland also secured €740,000 of Healthy Ireland funding for LSP and NGB projects. An additional €1.1m of Healthy Ireland funding was invested in LSP sports participation projects through the Local Community Development Companies and the Children and Young People Services Committees. This additional project funding from Dormant Accounts and Healthy Ireland has supported the delivery of projects designed to specifically implement the actions of the Healthy Ireland National Physical Activity Plan.

Project based funding from government through Dormant Accounts and Healthy Ireland has required an adaptation of budgeting, operational planning and resourcing from the LSP's. The short turnaround times and conditions of project based funding has presented challenges for LSPs. The ability of the LSPs to consistently and reliably deliver in this new emerging funding landscape is a testimony to the dedication, the expertise and the flexibility of the network to adapt to the needs of government and to the drivers of sports and physical activity investment.

The increase in project based funding, and the ability of the LSPs to deliver, has allowed for Sport Ireland and the LSP's to increase the provision of sports participation opportunities, especially in disadvantaged communities and with minority groups. This project based funding strategy relies on the capacity, reliability and dedication of the established core structures of the LSPs to be successful and sustainable. Sport Ireland and its partners must commit to continue investing and growing the core resources of the LSPs in order to continue reliably delivering to the high standard which has been the foundation of fostering trust and the sustainable community and organisational partnerships developed to date.

Achieving our Goals

The National Physical Activity plan sets specific targets to increase levels of physical activity by 1% per annum and to decrease the number of sedentary people by 0.5% per annum. These targets must be considered in the context of population growth, which currently stands at approximately 1.1% per annum². The combination of population growth with the NPAP targets require the capacity of the Sports and Physical Activity structures to accommodate approximately 75,000 additional regular participation opportunities every year.

The data collated to date clearly demonstrates a significant increase in sports participation and physical activity numbers in the general population and even more so across the reported LSP target groups. The ISM figures reported in Chapter 4 – Evidencing the Impact, demonstrate that sports participation and physical activity has grown by over 460,000 people in the last 10 years. This figure meets the National Physical Activity Plan targets of 1% growth per annum, but only when population growth is excluded. However these increases are being outpaced by population growth and demographic changes. The overwhelming challenge for the sector is that, in the context of population growth, sport and physical activity participation growth rates must be increased by at least 65% from an average of 46,000 to over 75,000 people per year in order to achieve the targets set in the NPAP.

Sport Ireland and the Local Sports Partnerships, through the development of a Sports Participation Plan and a culture of evaluation, are looking at increasing the efficiency of interventions and improving the return on investment. In order to increase the rate of growth in sports participation by 65%, a similar scale increase in core resources and organisational capacity will be required. The achievement of National Physical Activity Plan's objectives will rely on increased core investment and resources for the sector.

² CSO statistics recorded annual population growth of 52,900 people to April 2017



Appendices



Appendix A

List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership	2001
Sligo Sports and Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Active Donegal	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
Sports Active Wexford	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sport & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

CARA

CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities 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.

CSDO - Community Sports Development Officer

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of the Local Sports Partnerships to further develop locally led plans and more long term sustainable physical activity programmes under the National Physical Activity Plan.

CSPA-H - Community Sport and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAHs is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

CYPSC - Children and Young People's Services Committees

CYPSC are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Their role is to enhance inter-agency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020.

Department of Transport, Tourism & Sport

The Department of Transport, Tourism and Sport was established in 2011. It has a key role in delivering highly critical aspects of Ireland's economic activity including further development of our transport infrastructure and services and the support and enhancement of our significant tourism and sports sectors.

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.

DAF - Dormant Accounts Fund

The Dormant Accounts Fund is the responsibility of the Minister for The Department of Rural and Community Development. Sport Ireland receives Dormant Accounts Funding through the Department of Transport, Tourism and Sport to support sport and physical activity initiative to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

ETBs - Education and Training Boards

ETBs are statutory education authorities that 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.

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.

GIW - Get Ireland Walking

The Get Ireland Walking programme is a Sport Ireland initiative that aims to maximise the number of people participating in walking, for health, wellbeing and fitness, throughout Ireland.

HI - Healthy Ireland

Healthy Ireland, A Framework for Improved Health and Wellbeing is the national framework for whole of Government and whole of society action to improve the health and wellbeing of people living in Ireland. It sets out four central goals and outlines actions under six thematic areas, in which society can participate to achieve these goals. The Framework identifies a number of broad inter-sectoral actions, one of which commits to the development of a plan to promote increased physical activity levels.

HSE – Health Service Executive

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

LCDC – Local Community Development Committees

Under Section 36 of the Local Government Reform Act 2014, each local authority must establish a Local Community Development Committee. The aim of the LCDCs is to develop, co-ordinate and implement a coherent and integrated approach to local and community development.

LSP – Local Sports Partnership

LSPs are an initiative of Sport Ireland and aim 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.

NGB – National Governing Body

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

NPAP – National Physical Activity Plan

In 2016, the Government launched Ireland's first ever National Physical Activity Plan that aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

Older People

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

OT – Operation Transformation

Operation Transformation is a health and fitness television show broadcast on RTÉ. Sport Ireland has partnered with Operation Transformation since 2011 to develop a range of events to promote participation in physical activity.

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.

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.

Sport Ireland Cycle Series

The Sport Ireland Cycle Series encourages people of all fitness levels to get physically active by getting on their bikes and taking part in fun cycling events across the country. The series is managed by the Local Sports Partnerships who organise the high quality events in each host county.

SIDP – 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).

TUSLA – Child and Family Agency

On 1st January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence. The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children.

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

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