

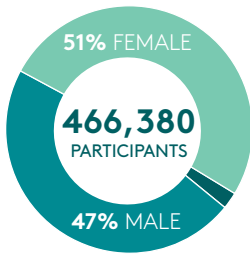


SPÓRT
ÉIREANN
RANNPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

Local Sports Partnerships Annual Report 2019

www.sportireland.ie



466,380

PEOPLE PARTICIPATED IN
1,427 LOCALLY DELIVERED
PARTICIPATION INITIATIVES

163,608 GIRLS
AND **74,526** WOMEN
TOOK PART IN LSP
PROGRAMMES

37,711 FEMALEES TOOK
PART IN **205** TARGETED
WOMEN IN SPORT
PROGRAMMES



WHO WE TARGET

- > DISADVANTAGED AREAS
- > OLDER ADULTS
- > YOUNG PEOPLE
- > PEOPLE WITH DISABILITIES
- > WOMEN & GIRLS
- > ETHNIC MINORITIES
- > UNEMPLOYED



94,270

additional participants took
part in interventions supported
by the LSP network, including
Daily Mile, parkrun, Playground
Markings, Chalk-free play, and
Active Homework initiatives



24,488

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



2,200

Clubs/Groups were provided
with funding supports by LSPs

14,929

participants took part in initiatives
targeting Older Adults



24,387

24,387 people with a disability took part in LSP
initiatives with an additional 2,649 people trained across
Cara's Disability Awareness, Autism in Sport & Disability
Inclusion Training and Education programmes



10,398

Sports Leaders and Volunteers
completed 6,896 Safeguarding Courses

€7.3M

Funding directly from Sport Ireland,
accounted for 33% of total LSP funding

€2.3M

Additional Sport Ireland funding also
allocated for specific projects under
the Dormant Accounts Scheme (10%)

€22.3M

was invested in the LSP network
(this includes benefit-in-kind funding)



1,214,746

visits to LSP Websites in 2019

152,662

social media followers across Facebook,
Twitter and Instagram

110,196

people took part in 808 local events registered
across the country for the European Week of
Sport through the Sport Ireland website

47,000+

people took part in the flagship events during
European Week of Sport, which included the
Great Dublin Bike Ride, European School
Sports Day and National Fitness Day

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

I am delighted to introduce the 2019 Sport Ireland Local Sports Partnerships Annual Report. This report provides an overview on the important work carried out by Sport Ireland and the 29 Local Sports Partnerships (LSPs) and highlights their efforts to increase participation levels across Ireland through key target populations.

Throughout 2019, Sport Ireland and the Local Sports Partnership network continued to work in collaboration with clubs, schools, community groups and volunteers to encourage and develop sports participation in every community in Ireland. The success of the LSPs in increasing levels of participation in sport and physical activity is evident from the impressive numbers of people of all ages taking part in their programmes, initiatives and events. It is clear that the Local Sports Partnership network has a positive impact in communities, especially for target groups who are often less represented.

The Local Sports Partnership network also plays a critical role in sustaining voluntary commitment across the country by providing a range of training programmes, resources and supports for volunteers, their clubs and communities. By collaborating closely with National Governing Bodies of Sport and organisations within and outside the sporting sector, the LSP network will continue to play a key role in the activation of community led volunteering. It is vital that we acknowledge the contribution of our sports volunteers, continue to support their growth and provide every opportunity to sustain their ongoing involvement.

A key opportunity for growth in 2020 and beyond will be an increased focus on promoting the participation opportunities and facilities already accessible to all sectors of society. The range of sports and physical activities on offer has increased significantly in recent years, with Local Authorities, commercial providers and other key stakeholders taking advantage of people's heightened awareness of the value of lifelong participation in Sport.

During Ireland's COVID 19 response, LSPs have been rolling out a broad range of local and national initiatives targeting cohorts of the population who we know are the least likely to be active during this crisis. As such, LSPs have developed new initiatives specifically designed and tailored for older adults, people with a disability, women and girls and people from socio economic disadvantage whilst also designing innovative and engaging initiatives for families, children and teenagers.

I would like to take this opportunity to acknowledge those who collectively contribute to the success of sport across Ireland; each positive interaction helps to further our ambition to increase participation rates, reduce sedentarism and eliminate the gradients in sports participation. I would like to thank Sport Ireland and the Local Sports Partnership staff and board members for their ongoing commitment to ensuring equal access to sport for all.



Minister Brendan Griffin TD
Minister of State for Tourism and Sport

Foreword from Sport Ireland

The Sport Ireland Statement of Strategy 2018-2022 highlights the “significant potential contribution that sport can make to enhance quality of life, and tackle many societal and environmental challenges”. The Local Sports Partnership network has placed itself at the forefront of this journey towards lifelong and inclusive sport for all and continues to be a lead advocate for those currently underrepresented in sport. The 2019 Local Sports Partnerships Annual Report highlights the variety of initiatives offered by Sport Ireland and the 29 Local Sports Partnerships across Ireland and demonstrates that there are participation opportunities available for everyone.

Sport Ireland, through support from the Department of Transport, Tourism and Sport, along with the continued support of Dormant Accounts and Healthy Ireland funding, has again increased the provision of sport and physical activity services to harder to reach communities. 2019 saw an allocation of over €2M to support the nationwide rollout of Community Sports Development Officer and Sports Inclusion Disability Officer positions across all 29 LSPs. These roles have helped to increase the presence of Local Sports Partnerships within communities and allows for the continued development of sustainable programmes at a local level. Across 2019, over €16.5M of monetary funding was invested in the Local Sports Partnership network with an additional €5.5M of locally sourced benefit-in-kind and direct investment to support the day to day operations of the network.

In 2019, over half a million people were active across the Local Sports Partnership network through locally delivered participation opportunities. Over 51% of LSP programme participants were female with 163,608 girls and 74,526 women taking part in LSP programmes, delivering on the objectives of Sport Ireland’s Women in Sport Policy by providing diverse and inclusive opportunities for women to take part in sport in a supportive and inspiring environment. Furthermore, 24,387 participants with a disability participated in sport and physical activity opportunities locally through the work of the national Sports Inclusion Disability Officer network.

The ongoing evaluation of Sport Ireland funded programmes, particularly those delivered through the Local Sports Partnership network, means that Sport Ireland can present strong visual evidence of the benefits of its work to its partners and funders. This increased understanding of what makes a physical activity initiative successful helps all those who work with Sport Ireland to evidence based investment decisions, and ensure value for money in the delivery of sport across Ireland.

Despite the COVID 19 Pandemic, every day, in communities across the country, Sport Ireland continues to help people to get active and removing barriers to physical activity and involvement in sport. In response to the COVID 19 pandemic, our LSPs have mobilised by continuing to work from home where possible and volunteering essential resources to Local Authorities across Ireland to support “The Community Call” campaign. Using their vast network of local community contacts LSPs have played a vital role in connecting people in need and communities in crisis with local volunteer and community resources.

Finally, on behalf of Sport Ireland, we extend our thanks to all those agencies, groups and individuals who have contributed to this report and also to all the staff and volunteers who were involved in the delivery of the programmes and projects at local 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

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key roles played by the Local Sports Partnerships in sports participation and how they can assist in the delivery of the participation actions set out in this Policy.

“The LSP network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.” – National Sports Policy 2018-2027

The National Sports Policy has a total of 57 actions, 26 of which relate to sports participation. Fundamental to delivering on the Participation Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs). Thanks to an increase in government investment in 2019, Sport Ireland was in a position to increase capacity and capability of the national LSP network and provide additional regional supports to the smaller NGB's. In 2019, for the first time, every LSP had a minimum of four staff, namely:

- LSP Coordinator
- LSP Administrator
- Sports Inclusion Disability Officer (SIDO)
- Community Sports Development Officer (CSDO).

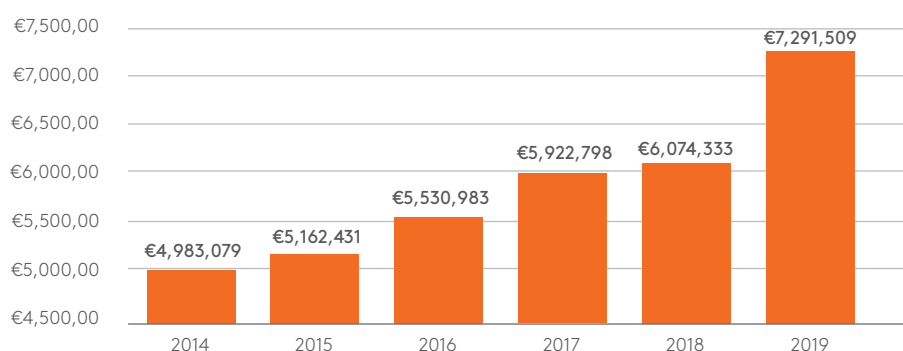
This report is the thirteenth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2019. Information provided through the Sport Ireland reporting system is collated into a national database tracking the depth and breadth of LSP initiatives. LSP activities 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 Sport Ireland LSP Funding

Core Investment

Sport Ireland supports 29 Local Sports Partnerships to co-ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. Core investment to the Local Sports Partnerships has been increasing year on year, from €4.9M in 2014 to €7.3M in 2019.

Figure A – Breakdown of LSP Core Investment 2014-2019



The core investment supports the core work of the LSP network; including the delivery of national Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers (CSDO), the Sports Inclusion Disability programme, Women in Sport programmes and general participation programmes.

In 2019, €1,015,000 was allocated to support the Sports Inclusion Disability Programme across the LSP network with Sports Inclusion Disability Officers (SIDO) delivering in 29 LSP areas. The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities.

A further €1,015,000 was allocated to support Community Sports Development Officer positions in 29 LSPs. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities.

Dormant Account Investment

Sport Ireland has worked with the Department of Transport, Tourism and Sport on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, Sport Ireland delivers on a range of sport and physical activity programmes under the following measures which align with the National Sports Policy and the National Physical Activity Plan (NPAP).

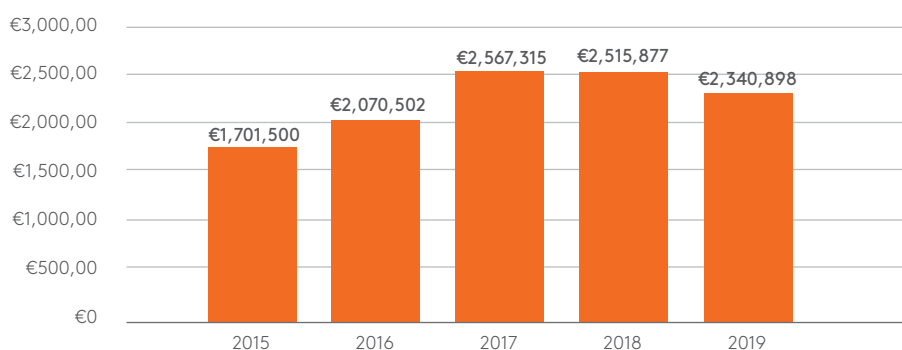
Measure 1	Community Sport and Physical Activity Hubs
Measure 2	National Sport Education and Training Hub
Measure 3	Sports measures for Disadvantaged Communities to support NPAP
Measure 4	Provision of Sports Equipment in Disadvantaged Areas

All projects funded by Sport Ireland through Dormant Accounts target:

1. The personal and social development of persons who are economically or socially disadvantaged;
2. The educational development of persons who are educationally disadvantaged;
3. Persons with a disability (within the meaning of the Equal Status Act 2000).

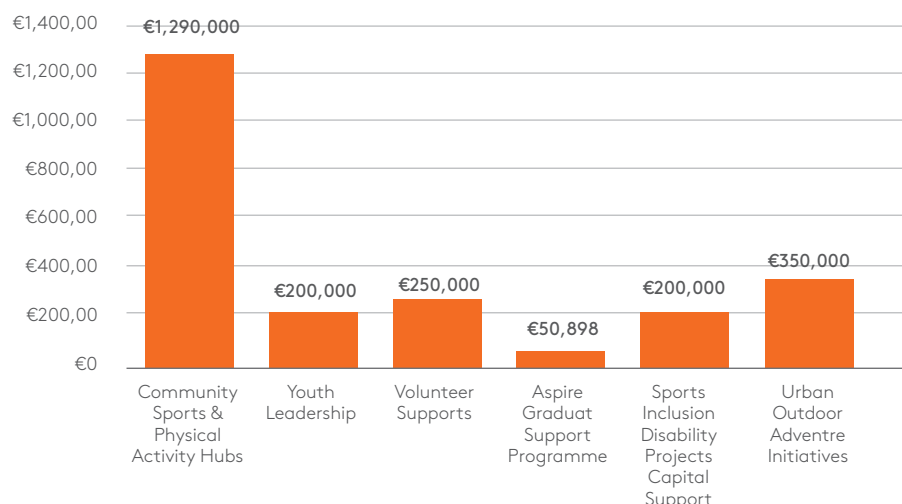
Dormant Account investment in Local Sports Partnerships has been increasing year on year from €1.7M in 2015 to €2.3M in 2019 to deliver on a range of innovative projects at a local level.

Figure B – Breakdown of LSP Dormant Accounts Fund investment 2015-2019



In 2019, Sport Ireland successfully secured €5M in Dormant Accounts Funding, with over €2.3M directly benefiting Local Sports Partnerships across Ireland. The below Local Sports Partnership projects secured Dormant Accounts Funding in 2019.

Figure C – 2019 Dormant Accounts Fund Investment by Projects



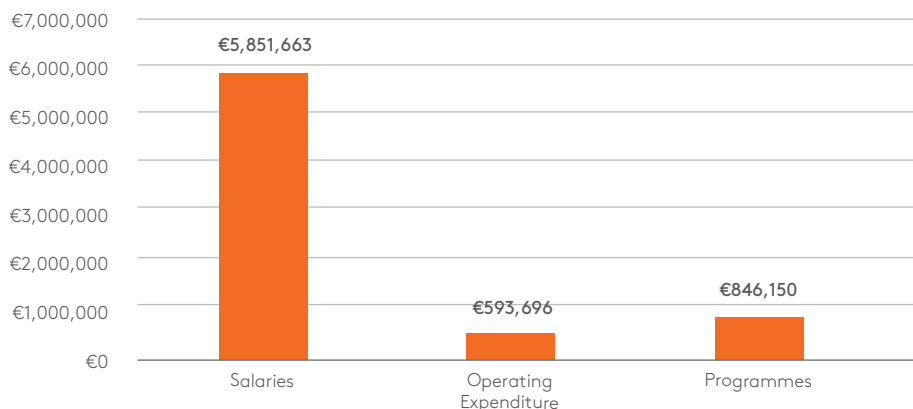
1.3 Other LSP Funding Sources

As well as delivering Sport Ireland initiatives and sports participation opportunities, the core funding of Local Sports Partnerships by Sport Ireland underpins the nationwide rollout of sports participation programmes and the activation of national and local investments from partner agencies.

In 2019, 88% of the Sport Ireland LSP Core Investment covered the core salaries and operating costs of the LSP network. With the support of local partners, especially Local Authorities, this Sport Ireland investment provides the core resources and framework needed to develop sports participation at a local level. This core resource facilitates the implementation of programmes and initiatives, which are funded and supported through Sport Ireland Dormant Accounts but also locally through Local Authority, DCYA, Healthy Ireland, HSE and ETB investments.

The below graph provides a breakdown of the 2019 Sport Ireland Core investment by salaries, operating costs and programme investment.

Figure D – LSP Core Investment Breakdown

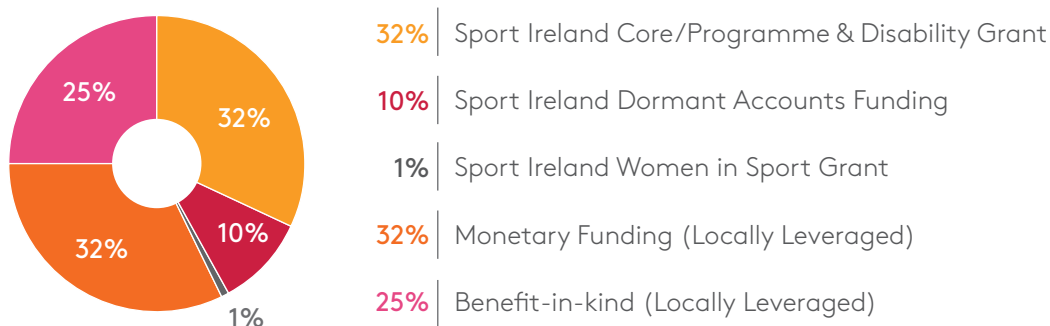


Funding from Sport Ireland (Core, Disability, Women in Sport & Dormant Accounts) accounted for 43% of the total LSP funding for 2019. The remaining 57% was raised from local sources, including direct monetary investment and benefit-in-kind.

Table 1 – Breakdown for 2019 Local Sports Partnership Funding

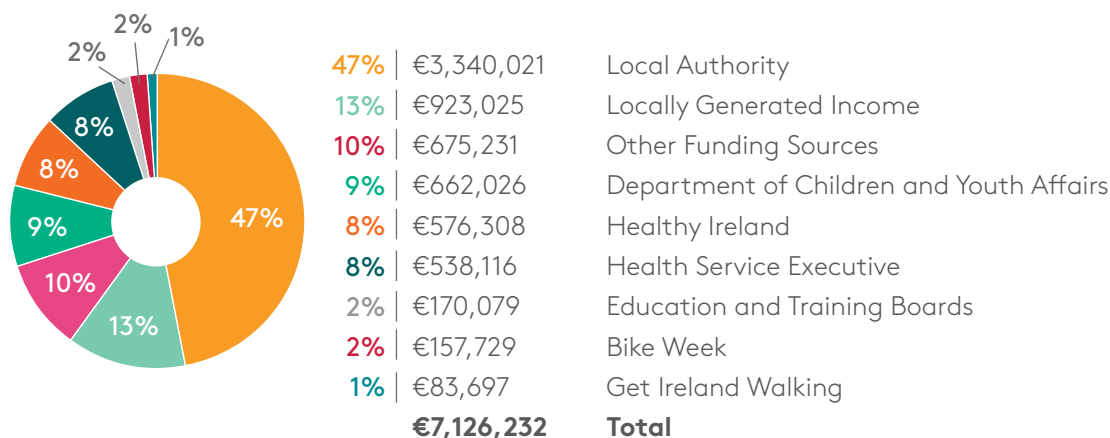
Funding Type	€	%
Sport Ireland Core/Programme & Disability Grant	€7,026,507	32%
Sport Ireland Dormant Accounts Funding	€2,330,140	10%
Sport Ireland Women in Sport Grant	€265,000	1%
Monetary Investment (Locally Sourced)	€7,126,232	32%
Benefit-in-kind (Locally Sourced)	€5,518,746	25%
Total	€22,266,625	100%

Figure E – Breakdown of Funding and Benefit-in-Kind Received by LSPs in 2019



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most significant source of funding for the LSP network in 2019, with some Local Authorities investing significantly more than others. Other significant funding sources for the network were generated income, the Department of Children and Youth Affairs and Healthy Ireland. Below are the contributors to the €7,126,232 of locally sourced monetary investment to the LSP network.

Figure F – Local Monetary Funding Providers across the LSP Network in 2019



Below are the contributors to the €5,518,746 of locally sourced benefit-in-kind to the LSP network.

Figure G – Total Local Benefit-in-Kind Providers across the LSP Network in 2019



Sport Ireland funding to the LSP network increased by 20% from €6.07M for 2018 to €7.29M for 2019. LSPs continue to be successful in securing funding from local sources. 57% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 32% 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, in line with recommendations from the 2005 Fitzpatrick & Associates Review of the LSPs, over 50% of the LSP network costs are being sourced locally. However, Sport Ireland also notes that some LSPs are better at securing local investment than others which will be an area of focus for 2020 and 2021.

1.4 LSP Staff, Boards of Management and Committees

LSP Staff

LSP core staff members are funded by Sport Ireland while other Local Sports Partnership personnel are funded through other sources. Along with Coordinators and Administrators, there were 29 Community Sports Development Officers (CSDOs) and 29 Sports Inclusion Disability Officers (SIDOs) supported through Sport Ireland funding within the LSP network in 2019. This increased staffing levels to a minimum of 4 positions in all 29 Local Sports Partnerships and delivered on Action 12 of the National Sports Policy which specifically relates to the following

“In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport”.

In 2019, Sport Ireland either fully or part-funded 132 people in the LSP network. 85 people were solely funded by Sport Ireland. The LSP network took on 31 people on internships and job placements. The LSPs also contracted a further 478 tutors to deliver programmes, courses, workshops and initiatives within the LSP structure.

In total, LSPs employed 223 part time and full time staff in 2019 which is equivalent to 210 full time employees. Of the staff employed, 107 of the 223 (48%) were male and 116 of the 223 (52%) were female.

LSP Boards of Management and Committees - Participation and Representation

- Throughout the LSP network in 2019, there were over 7,624 volunteer hours committed as part of LSP Boards and Committees from a wide variety of partner organisations
- A total of 391 people served on LSP boards in 2019. This represents an average of 13 people per board.
- 37% of LSP board members are female, which is ahead of the Women in Sport Policy and National Sports Policy target set at a minimum female representation of 30% on the boards of funded bodies by 2027.
- 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.

In 2019, the three most active participants on LSP Boards of Management were Local Authorities, NGB's and the education sector.

1.5 Sport Ireland Supports

Sport Ireland Participation Unit

Sport Ireland engage with the Local Sports Partnerships and their staff on a regular basis. Over the course of 2019, Sport Ireland met with the LSP coordinators individually in operational plan meetings in Sport Ireland offices between January and April. Sport Ireland also carried out developmental reviews with each LSP between April and November. These reviews were carried out at the LSP offices and included structured meetings with LSP coordinators, development officers and board representatives. The learnings from these reviews have shaped the work of LSPs and Sport Ireland in 2020.


Sport Ireland organised a series of meetings and workshops with the LSPs in 2019 to build the capacity, skills and knowledge of the sector. Two separate meetings were hosted in January and February to address specific areas of work with the Local Authority LSPs and Limited Company LSPs. Sport Ireland hosted an LSP coordinators meeting over two days in April to consult on the development of a Sport Ireland Participation Plan, share developments in evaluation and to preview the 2018 annual report. Sport Ireland organised separate meetings to share best practice and upskill SIDOs, CSDOs and Urban Adventure Project coordinators in May. Sport Ireland Participation organised additional training in 2019 for the Local Sports Partnership staff in the areas of needs analysis, behaviour change theory and evaluation to improve the effectiveness of their initiatives.

In June, Sport Ireland hosted a meeting for LSP board representatives and Local Authority directors of service to provide an update on increased Sport Ireland investments, the National Sports Policy and to consult on the development of Local Sports Plans. LSP coordinators attended a LSP/NGB networking day in October arranged by Sport Ireland, followed by a one day LSP coordinator meeting to share learnings from the 2019 site visits and introduce a new insights framework.

Midway through the year LSPs provide a mid-year report and at the end of each year the LSPs complete their annual report for Sport Ireland. In 2019 Sport Ireland implemented a new monitoring framework for the LSPs which provides a great depth and breadth of insight across multiple aspects of the LSP performance from governance to participant reach and impact.

Sport Ireland Organisational Development and Change Unit

- 4 LSPs completed Organisational Development Interventions in relation to Culture & Performance in 2019 which included an organisational assessment, team effectiveness and an intergroup relations element.
- 6 LSP Co-ordinators completed Sport Ireland's ARENA Leadership Development Programme in 2019.
- 70 LSP staff attended a wide array of learning conferences, courses and workshops which covered areas such as; project management, risk management, strategic planning and governance.
- 6 LSP staff/board members were accepted onto the Sport Ireland IPA's Professional Certificate in Governance.
- 12 LSP staff were accepted onto Sport Ireland's ACCELERATE Management Development Programme.
- There was ongoing engagement with additional programme and service areas such as Find Your Fit Health and Wellbeing Programme , M-Power Mentoring Programme and the ASPIRE Graduate Employment Programme.
- There was also ongoing engagement with an array of Organisational Capability Building (OCB) services across the network in areas such as HR advisory services, employee handbook development and attendance at working groups.



Section 2

Achievements of the LSP Network in 2019

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 develop 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
- Provision of targeted programmes, events and initiatives to increase physical activity and sport participation
- Providing information about sport and physical activity to create awareness and access.

2.2 Development of Local Sports Clubs and Communities

A key focus for LSPs is that there is a sustainable level of development within the local sports structures. 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 for Club and Community Supports

In 2019, LSPs provided funding supports to 1,813 clubs and 387 community groups throughout the country. Sport Ireland invested €253,000 in Club and Community Development support across the LSP network through Core Funding in 2019.

Club Development Work

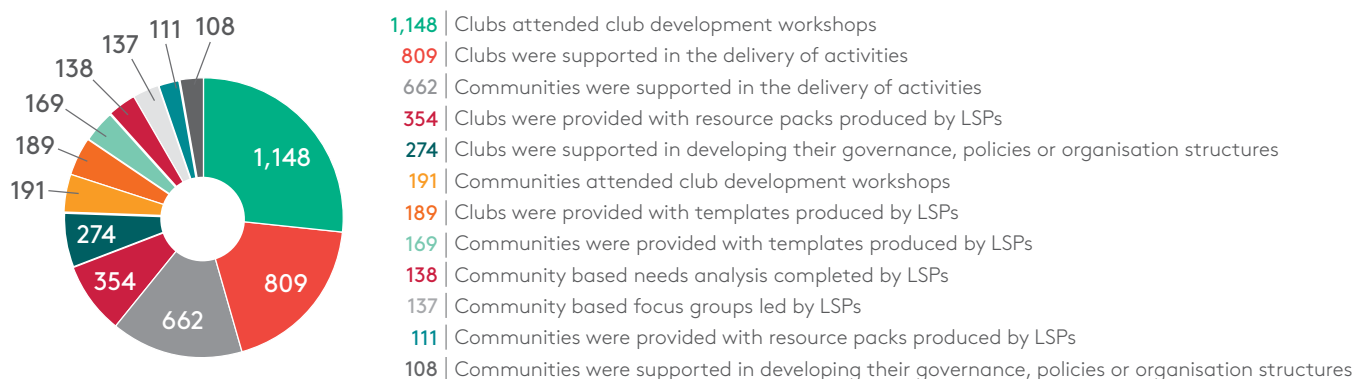
The LSPs support providers of sports and physical activity across the country, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise.

To this end, in 2019;

- 7,343 meetings or phone calls took place between clubs and LSPs to share informal advice
- 8,039 meetings or phone calls took place between community groups and LSPs to share informal advice

The image below illustrates some of the other actions taken by LSPs in supporting club and community groups in 2019.

Table 2 – Club/Community Development Actions by Number of Clubs/Community Groups



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.

2.3 Training & Education Courses and Workshops

LSPs provide a range of important upskilling and training opportunities at local level for volunteers, coaches and administrators. Two such programmes are Youth Leadership and Volunteer Supports.

Youth Leadership

This programme develops generic 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. It also continues to develop trained volunteers who can assist with the delivery of sport and recreation initiatives within their community while providing training for young people, keeping them engaged, increasing their responsibility and developing their confidence and self-esteem and provides them with an opportunity for lifelong volunteering.

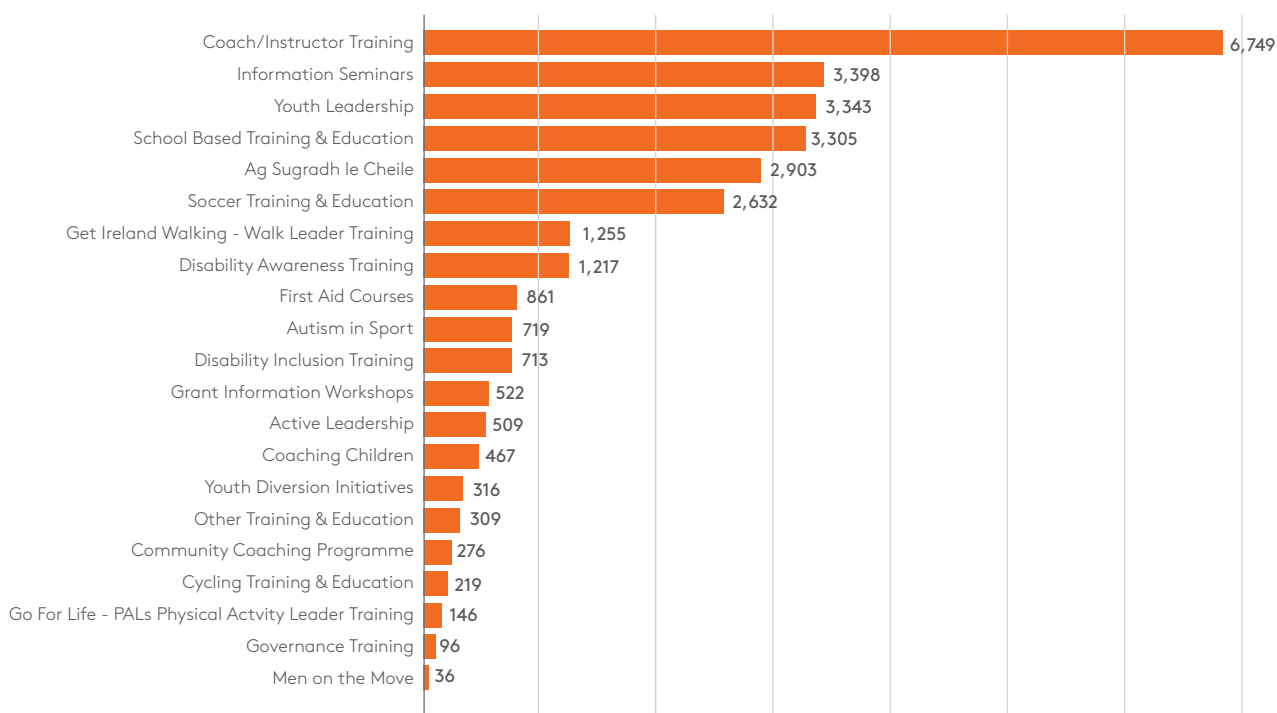
Volunteer Supports

This initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members, etc.

- LSPs planned and delivered 399 different training and education courses, workshops and seminars with their partner agencies
- 29,991 people participated on these training courses.

The following gives a breakdown of the range and extent of training delivered in 2019.

Figure H - Training & Education Actions and Number of Participants



2.4 Delivering Sport Ireland Programmes

Safeguarding Workshops & Roles

Sport Ireland’s Safeguarding programme is aimed at sports leaders and adults who are involved in the organisation of sport for children and young people. The goal of the programme is to promote awareness of best practice and legal requirements in the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in the area of safeguarding and child protection.

- Safeguarding 1 - Basic Awareness (all coaches)
- Safeguarding 2 – Club Children’s Officer (role specific)
- Safeguarding 3 – Designated Liaison Person (role specific)

The details of these workshops are outlined below:

Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop	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 Workshop. This Workshop educates participants on the implementation of best practice & legal requirements 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 Workshop 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 area of safeguarding in the club.	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 (role specific)

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 (role specific)

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 2019, 8,516 sports leaders and volunteers completed the Safeguarding 1 training across 559 workshops run by the LSPs. Some 1,167 volunteers attended the follow-on Children’s Officer training across 85 workshops. In the rollout of Safeguarding 3, 715 participants received training for the role of Designated Liaison Person on 52 workshops organised by LSPs.

Table 3 - Summary of Safeguarding outputs for 2019

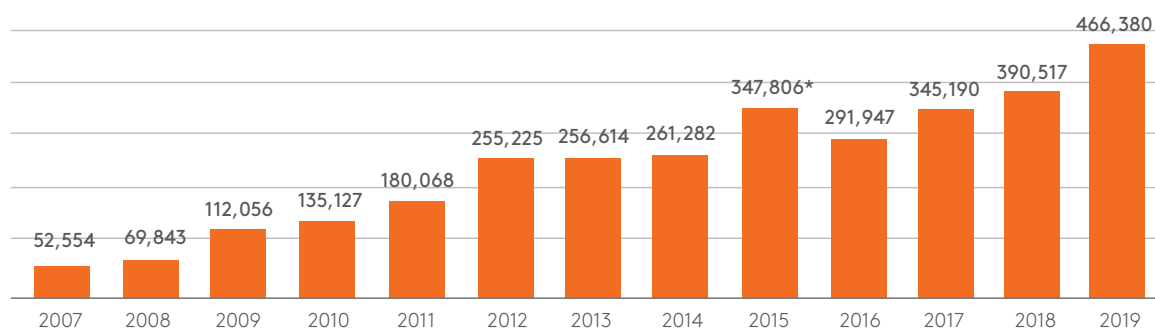
	SAFEGUARDING 1	SAFEGUARDING 2	SAFEGUARDING 3
No. of workshops delivered	559	85	52
No. of participants	8,516	1,167	715

2.5 LSP Participation Initiatives

The design, delivery and review of targeted initiatives 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.

The number of people participating in Local Sports Partnerships initiatives has grown from 52,000 people in 2007 to 466,380 people in 2019. This high level measure indicates that the LSP network's performance is improving and developing year on year.

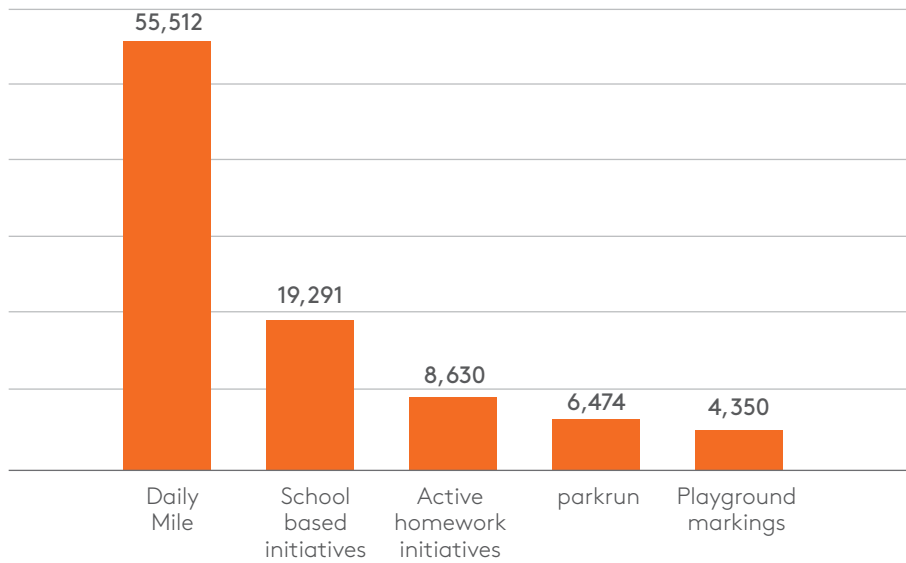
Figure I – LSP Reach 2007 to 2019



* Repeat parkrun visits counted in 2015 but not in following years.

- In 2019 466,380 people participated in 1,427 locally delivered participation initiatives
In addition to the above initiatives, LSPs also support a number of physical activity interventions such as parkrun, Playground Markings, Daily Mile, Chalk-Free Play and Active Homework initiatives. These interventions have not been included in LSP reach figures as they are either primarily lead by external stakeholders (e.g. parkrun), or are difficult to measure (i.e. how many people were active and how frequently they were active e.g. Playground Markings, Chalk-Free Play and Active Homework initiatives). They are however important interventions which contribute significant figures and are presented separately in this report so as not to distort the continuity of data reporting on traditional LSP work. This provides a mechanism to recognise their contribution and monitor growth in these areas into the future.
- In 2019, an additional 94,270 people participated in 42 locally supported participation interventions. The support provided by LSPs to these interventions makes a significant additional contribution to increasing physical activity and sports participation in communities around Ireland.

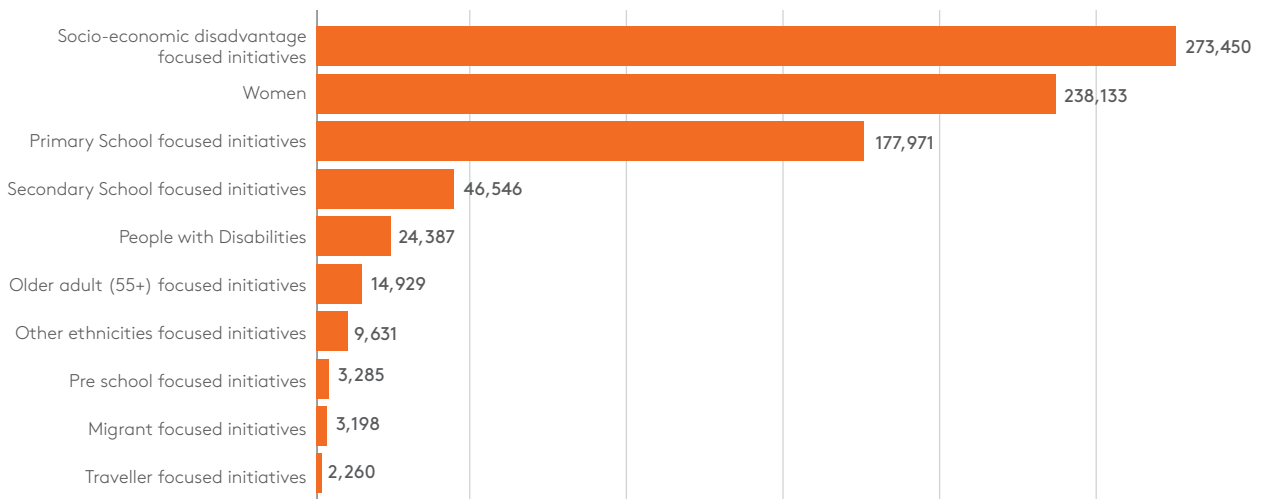
Figure J - Interventions and Number of Participants



The following gives a breakdown of the various groups reached through participation initiatives in 2019.

2.5.1 LSP Initiatives delivered in 2019

Figure K - Target Groups and Number of Participants



2.5.2 LSP Initiative Categorisation

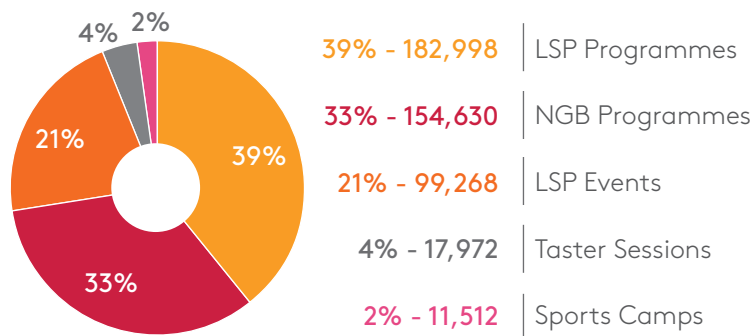
Of the 466,380 participants reached by these initiatives in 2019, 182,998 people were engaged through LSP programmes, 99,268 people were engaged through LSP events, 154,630 people were reached through NGB programmes, 17,972 people were engaged through taster sessions and 11,512 people were reached through sports camps. A brief description of the 5 categories of LSP initiatives are highlighted in the table below.

Table 4 - Description of Initiative Categories

Initiative Category	Description
LSP Programmes	Defined as fixed duration participation opportunities which last longer than one or two sessions. Usually delivered over a number of weeks or non-consecutive days e.g. Men on the Move, Go For Life, Community Walking Programme
LSP Events	Defined as fixed duration participation events usually lasting single days. Participants would usually set a goal to enter the event and undertake some training or require underlying fitness or skill to take part. E.g. 5k runs, Cycle Series, Mini Marathons
Taster Session	Defined as once off participation opportunities which offer no more than a single experience, although they may signpost to more long term opportunities. Participants usually need no training in advance and minimal previous skill/fitness to take part e.g. Fun days, Be Active Nights, family events, promotional weeks, etc.
Sports Camps	Defined as sports camps which offer sports participation opportunities in a sport or multi sports. Usually lasting less than a week e.g. FAI Soccer Camps, GAA Cúl Camps
NGB Programmes	Defined as participation opportunities with an NGB as the main deliverer of the initiative. Support and resources may be provided by LSPs. E.g. Rugby tournaments, GAA blitzes, soccer leagues

The below information illustrates the number of participants reached by each category.

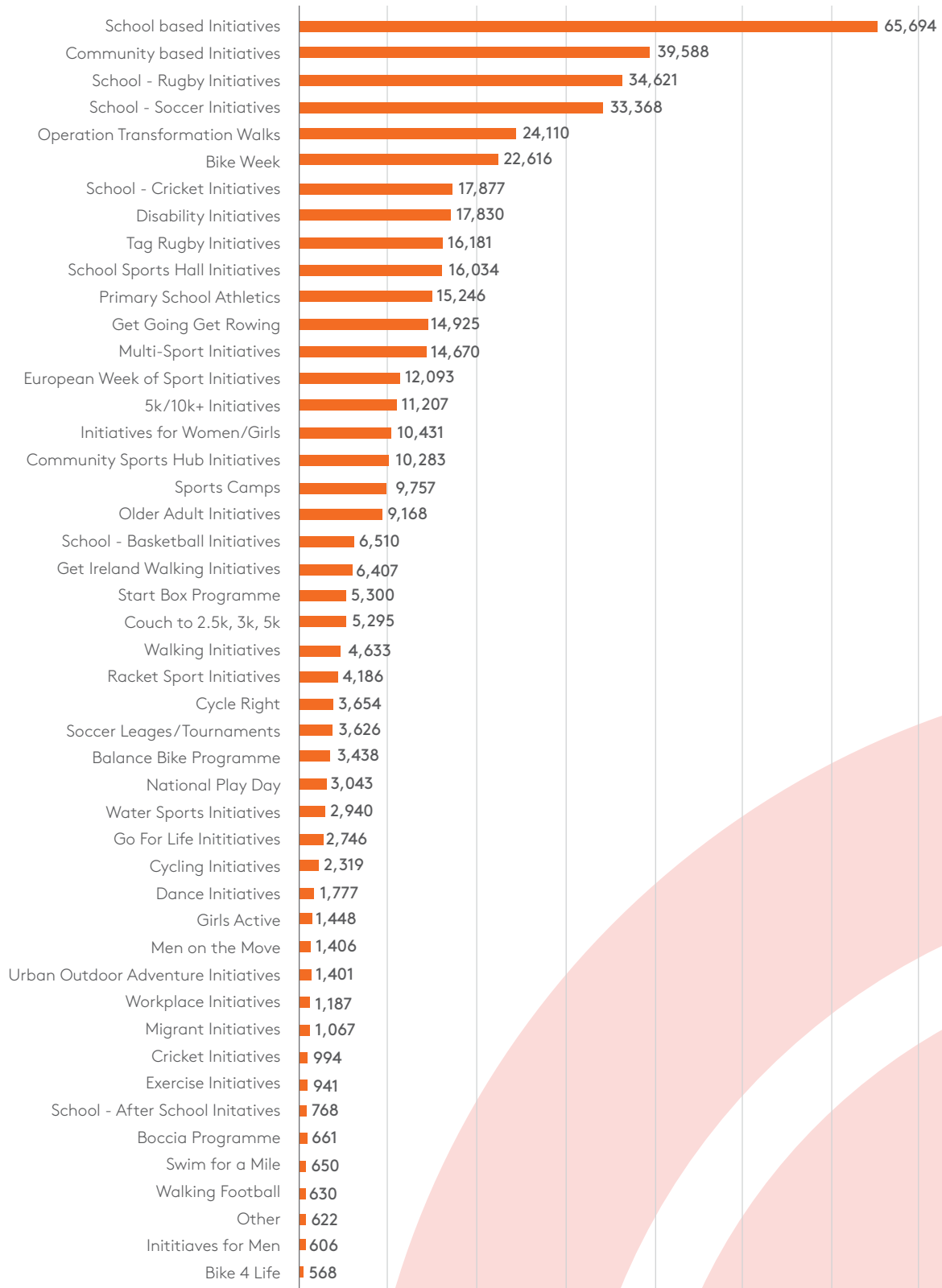
Figure L - Initiative Categories and Number of Participants



2.5.3 LSP Initiatives delivered in 2019

The following presents an overview of the types of initiatives delivered in 2019.

Figure M - Participation Initiatives and Number of Participants



2.5.4 Behaviour Change Theory

In order to develop an understanding of the application of the Behaviour Change Theory to LSP’s work in increasing participation in sport and physical activity, they were asked to categorise the primary effect of each initiative under the pillars of the COM-B Behaviour Change Model. The table below describes the COM-B effects in more detail. Some actions will span multiple COM-B effects, in this case LSPs selected the most significant effect.

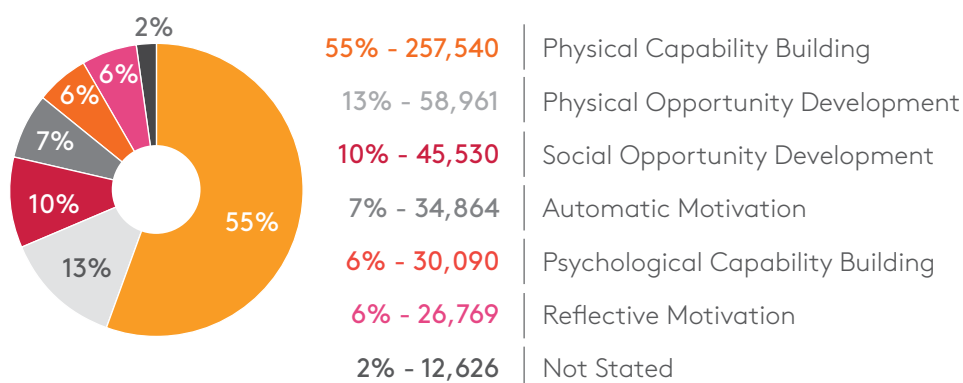
Table 5 - Description of COM-B Behaviour Change Model

BCT PRIMARY COM-B EFFECT	DESCRIPTION
Physical Capability Building	Actions that primarily develop the skills of the participant e.g. programmes over multiple sessions.
Psychological Capability Building	Actions that primarily develop the knowledge of the participant e.g. taster days, information focused communications
Physical Opportunity Development	Actions that primarily develop infrastructure, facilities, equipment or reduce cost or improve access e.g. capital developments, discounts, provision of information such as club and facility directories
Social Opportunity Development	Actions that primarily develop a culture of participation in sport and physical activity e.g. socially focused communications
Reflective Motivation	Actions that primarily provide goals for participants e.g. participation events, some goal focused communications
Automatic Motivation	Actions that primarily develop participants’ habits e.g. longer lasting interventions usually with easy access and small individual impact

The following presents the number of participants reached through participation initiatives under each of the behaviour change pillars.

The COM-B model suggests that an individual must have Capability (Physical and Psychological), Opportunity (Physical and Social) and Motivation (Reflective and Automatic) in order to change behaviour. The below graph shows that 55% of the LSP initiatives primarily develop Physical Capability and only 6% primarily develop Psychological Capability Building and 6% aim to support Reflective Motivation. Some work is required to establish the national baseline levels of Capability, Opportunity and Motivation to help focus the efforts of the LSPs to the most effective area of work. A flexi module of the ISM could help to establish these baselines in the future. If all 6 areas of the COM-B model are required to change behaviour there may be a need for LSPs to focus more resources on initiatives that develop participants in aspects beyond Physical Capability.

Figure N - Behaviour Change Theory and Number of Participants



2.6 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 6 – Summary of LSP Promotion in 2019

Providing Information to Communities Through Traditional Media	2018	2019	-/+ %
Number of radio interviews	156	173	11%
Number of articles in local press	696	769	10%
Number of articles in national press	42	62	48%
Number of press releases issued	613	610	0%
Number of newsletters printed	56,370	17,220	-69%
Number of television appearances	15	13	-13%
Providing Information to Communities Through Online Promotion	2018	2019	-/+ %
LSP website: number of new articles	1,120	1,158	3%
LSP website: number of hits	1,587,834	1,214,746	-23%
Providing Information to Communities Through Social Media	2018	2019	-/+ %
Facebook: number of posts/updates	14,754	15,795	7%
Facebook: number of followers	83,738	99,383	19%
Twitter: number of tweets	20,474	11,243	-45%
Twitter: number of followers	37,113	40,659	10%
Instagram: number of posts	2,501	1,368	-45%
Instagram: number of followers	5,744	12,620	120%
LinkedIn: number of followers	1,112	781	-30%
Providing Information to Communities Through Text-based Services	2018	2019	-/+ %
Number of texts sent via text service	55,317	50,718	-8%
Number of Whatsapp groups	74	85	15%
Number of people in Whatsapp groups	2,129	1,560	-27%

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. In 2019, 556 presentations were delivered to Councillors, Local Authority staff, community groups and other partners/stakeholders.

Table 7 – Summary of LSP Information Production and Dissemination 2019

Production of Information Resources	2018	2019	-/+ %
Number of newsletters published	73	92	26%
Number of information leaflets/booklets distributed	78,690	58,715	-25%
Number of press releases issued	613	610	0%
Local Community Interest	2018	2019	-/+ %
Number of people/clubs/groups on email list	72,604	80,606	11%
Dissemination of Research and Reports	2018	2019	-/+ %
Number of annual reports distributed	2,857	1,477	-48%
Number of evaluation reports printed	318	118	-63%
Number of research reports printed	206	25	-88%
Number of presentations delivered	562	556	-1%

2.7 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 2019, LSPs have participated in some 629 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 8 - Overview of the type of actions LSPs have been involved in 2019

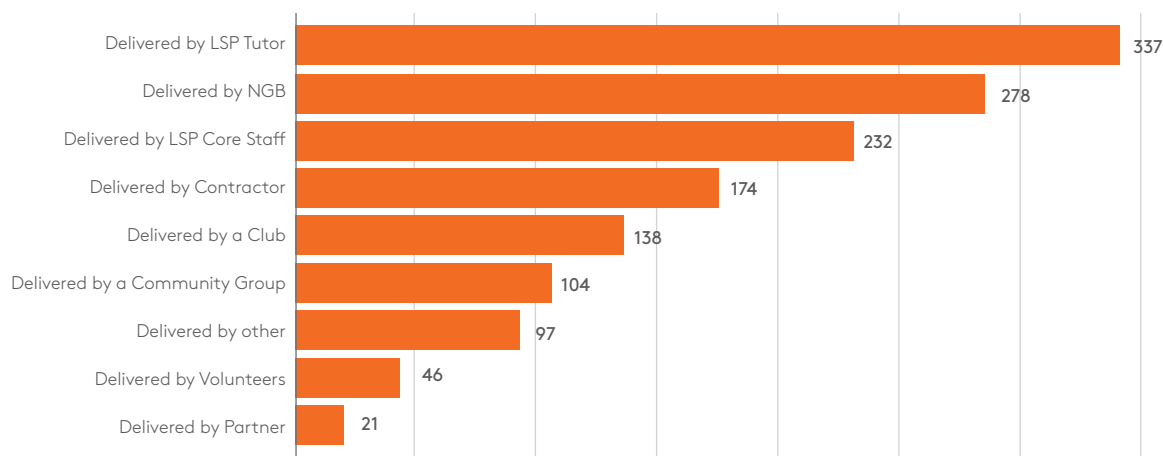
TYPE OF ACTIONS	NUMBER OF ACTIONS
Campaigns and Lobbying Efforts	55
Local Networks or Committees participated in	236
Regional and National Networks participated in	73
Research projects involved in	39
Conferences attended	160
Policy/Strategy submissions made	66
Total	629

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

2.8 Partnership Engagement

LSPs aim to lead and coordinate sport and physical activity opportunities locally. In 2019, 232 initiatives were delivered by LSP core staff, however 1,195 initiatives were delivered by tutors, community groups, clubs, NGBs, volunteers and other partners. The below figure illustrates the range of deliverers of initiatives in 2019.

Figure O - Primary Delivery Mechanism for Participation Initiatives



Developing partnerships with other organisations to promote physical activity and sport participation is also a key part of LSPs work. To this end, LSPs engaged with some 163 organisations in 2019.

Throughout 2019, the 29 LSPs engaged in;

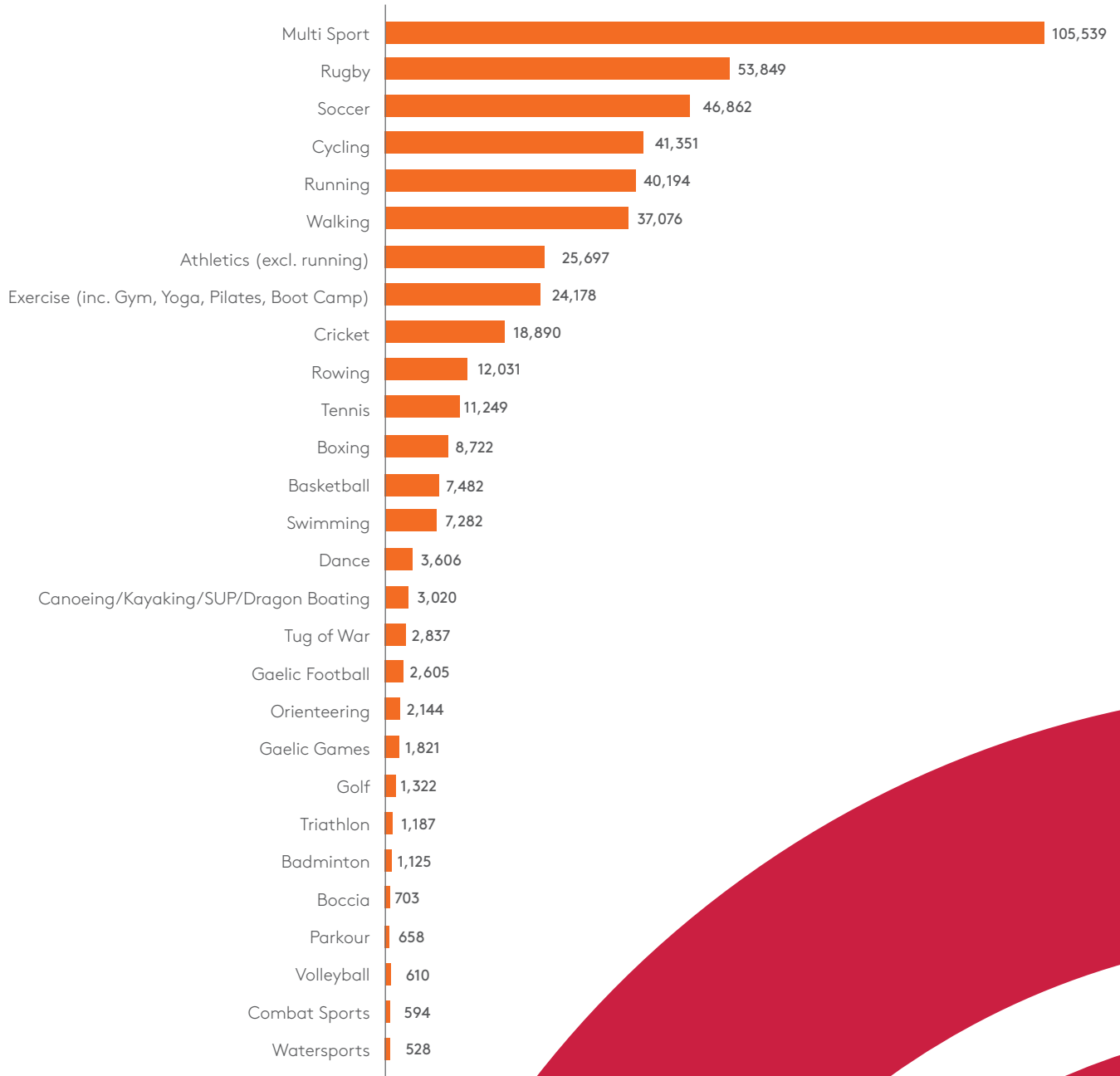
- 579 partnerships with 58 NGBs
- 85 partnerships with 5 Disability NGBs
- 55 partnerships with 2 Other Sport Ireland funded partners
- 659 partnerships with 98 other external partners

NGBs, Schools, community groups and sports clubs were the main delivery partner for LSPs in delivering initiatives in 2019.

- 129,732 people were reached through initiatives involving NGBs as the main delivery partner.
- 79,456 people were reached through initiatives involving schools as the main delivery partner.
- 79,486 people were reached through initiatives involving Community groups/Sports clubs as the main delivery partner.

During 2019 LSPs engaged with a range of different sports in providing participation opportunities to their audience. The following image shows the range of sports that participants were engaged in during their involvement in participation initiatives in 2019. Over 49 sports were participated in during this period. Apart from multi-sports initiatives, the most popular 3 sports in 2019 were rugby, soccer, and cycling. 105,539 people were reached through multi-sport initiatives, 53,849 people were reached through rugby initiatives, 46,862 people were reached through soccer initiatives, and 41,351 people were reached through cycling initiatives.

Figure P - Type of Sport and Number of Participants



Section 3

Sport Ireland and LSP Initiative Case Studies



European Week of Sport 2019

Sport Ireland is the designated National Coordinating Body by the European Commission for the European Week of Sport in Ireland. The European Week of Sport took place between 23rd-30th September 2019.

Sport Ireland supported 9 flagship events and 5 LSPs organised #BeActive Nights in Cork, Galway, Laois, Leitrim and Wicklow. Over 46,000 people took part in these flagship events during European Week of Sport. In addition, there was an impressive national engagement with a total of 808 local events registered across the country through the Sport Ireland website with an estimated number of 110,196 people taking part in these events as part of the European Week of Sport.

The European Week of Sport flagship events reflected Sport Ireland's participation strategy by supporting and promoting flagship events, which target specific population groups including; women, people with a disability, migrants, older adults, young people and families as well as events which support the Get Ireland Walking, Get Ireland Running, and Get Ireland Cycling themes. The European flagship events are summarised below.

During 2019 LSPs engaged with a range of different sports in providing participation opportunities to their audience. The following image shows the range of sports that participants were engaged in during their involvement in participation initiatives in 2019. Over 49 sports were participated in during this period. Apart from multi-sports initiatives, the most popular 3 sports in 2019 were rugby, soccer, and cycling. 105,539 people were reached through multi-sport initiatives, 53,849 people were reached through rugby initiatives, 46,862 people were reached through soccer initiatives, and 41,351 people were reached through cycling initiatives.

Flagship Events

Saturday 14th September, Phoenix Park. Sport Against Racism Ireland (SARI) Soccerfest and Sportfest.

SARI Soccerfest launched the European Week of Sport in Ireland with its annual Soccerfest and Sportfest on Saturday 14th September in the Phoenix Park. This year 36 teams featuring players from over 60 nationalities participated in the competition including a team from Ireland's Rohingya community based in Carlow, a team of Syrian refugees now based in Ballaghaderreen, teams from Direct Provision Centres, Belfast United Together - a team of players from both sides of the sectarian divide and diverse ethnic backgrounds and the Mochre Lionesses who travelled from Wales to play in the women's competition. Sports clubs from across the country were also in attendance to showcase their sports including GAA Hurling, Table Tennis, Cricket, Volleyball, Tai Chi, Tug-of-War and a Climbing Wall. Demonstrations of each sport took place throughout the day and visitors were encouraged to try a new sport or activity.

Sunday 22nd September, Sport Ireland Campus. Family Sportfest

Family Sportfest had 20 National Governing Bodies showcase various sports and activities in the National Indoor Arena which had over 4,000 people attend. The event provided opportunities for both adults and children of all ages and abilities to trial the world class facilities at the Sport Ireland Campus alongside well-known faces from Irish sport. Hurling All Ireland Winner Michael Breen, 3 time All Ireland winner Ciara Trant, European Week of Sport Ambassador Niamh McCarthy and Dublin GAA star Alan Brogan were among the stars in attendance.

Sunday 22nd September, Griffith Avenue, Dublin. Griffith Avenue Mile

The Griffith Avenue Mile is a one-mile road race on Marino's Griffith Avenue. It was held for the first time in 36 years. The event was a not for profit community and volunteer led event by the All Hallows Area Association and Marino Athletics Club. It was a sold out event with 1,000 people taking part which included a wheelchair race, a timed event and a family event which wasn't timed. The world over 50s mile record was broken by Shane Healy on the day.

Tuesday 24th September, City Hall, Dublin. Women's Wellbeing Day

Women's Wellbeing Day was held in City Hall as part of Dublin City Sport & Wellbeing Partnership's Dublin Sportsfest which ran from 23rd-29th September. A combination of Tai-Chi, Yoga and Pilates classes were held in the morning and lunchtime. A Women's Wellness Evening was held with guest speakers, Nicola Connolly-Byrne, Empowerment Specialist & Founder of I AM POSITIVE MINDSET, Moire O Sullivan, Mountain Runner, adventure racer, author and mum and Eileen Gleeson, Assistant Manager of the Republic of Ireland's women's national football team. Food sponsored by Camille Thai was served and the evening came to a close with mindfulness and relaxation.

Thursday 26th September, Nationwide. National Fitness Day

Ireland Active ran the fourth annual 'National Fitness Day' through their network of member facilities which include health clubs, gyms and leisure centres across the country. This involves participating centres hosting National Fitness Day celebrations such as free exercise classes, free gym inductions and open swims, with schools also getting in on the action, in the 'Take on the Teacher Challenge' nationwide. Their flagship event, Docklands FitFest hosted free exercise classes such as HIIT, Boogie Bounce and BodyPump in partnership with Dublin City Sport & Wellbeing Partnership, with prizes such as Fitbits, gym membership and sports equipment vouchers distributed to lucky participants on the day.

Friday 27th September, Nationwide. European School Sports Day

The Irish Primary PE Association (IPPEA) coordinated the European School Sports Day (ESSD) which called on all schools to dedicate 2 hours of their day to physical activity. Following on from the initial implementation of ESSD in Ireland over the past three years significant efforts were made to enhance the number of schools and students participating. In the past year the IPPEA have gone from 51 to 200 schools registering to take part. The IPPEA ran a strong social media campaign including 10 competitions to be entered into a draw for physical education equipment vouchers for their school.

Saturday 28th September, Maynooth University. Sports Ability Day

Kildare Sports Partnership ran their first Sports Ability day which showcased sports which are available to people with disabilities in the Kildare and surrounding areas. This was a successful inaugural event with over 300 people taking part in the many activities from the 30 National Governing Bodies who were represented at the event. As well as being able to try the events, information on clubs and activities was available to the parents, teachers and carers who attended.

Saturday 28th September #BeActive Nights

#BeActive nights are a Pan-European event to celebrate the European Week of Sport with night-time events running in parallel on 28th September 2019. The aim of these events are to provide opportunities to the general public to partake in a range of sporting activities and raise awareness about the European Week of Sport and the opportunities it creates to #BeActive.

Sunday 29th September, Nationwide. National Walking Day

Get Ireland Walking hosted a National Community Walking Day which encouraged everyone to get outside and explore the great outdoors. Get Ireland Walking also partnered with Kildare, Laois & Carlow Local Sports Partnerships for The Barrow Way Challenge which saw over 350 people walk 5K, 10K or 20K along the towpath of the River Barrow. This was the first time an event like this has been run along the Barrow River but it is hoped it will inspire people to use the towpath more often. Nationwide were there to film the day which provided great promotion of the area, the work the Local Sports Partnerships do and of course European Week of Sport.

Sunday 29th September 2019, Dublin. Great Dublin Bike Ride

Cycling Ireland hosted the Great Dublin Bike Ride which started and finished in the Phoenix Park. This was the flagship event for the European Week of Sport in Ireland. Almost 6,000 people took part across either 60km or 100km routes through the city of Dublin which included 25km of coastal views.



#5MinChallenge

Sport Ireland practised what we preached by taking part in the #5MinChallenge each day during European Week of Sport. This consisted of everyone in the building taking part in 5 minutes of activity each day at 3pm. Activities included Tug of War, Egg and Spoon Races, Sack Races, Skipping and Bollywood dancing which surprisingly went down as the best activity! Each day we recorded what we did, put it up on social media and tagged another organisation challenging them to take part. This created a great buzz of activity about the campus as the Campus team, Special Olympics, Ireland Active and the FAI got involved. They subsequently challenged other organisations to the #5MinChallenge and as a result we had lots of organisations around the country tagging us in their #5MinChallenge videos

Social Media Engagement

Ireland were recognised at the #BeActive Awards National Coordinators & Partners Meeting for our strong social media presence in the lead up to and including the European Week of Sport. Europe want to use Ireland as a good case study in relation to working with many different partners and how we got them on board with being so active on social media. Ireland was the third most active country on social media contributing 14% of all the #BeActive Night posts across Europe.



Sport Ireland supported 9 flagship events and 5 LSPs organised #BeActive Nights in Cork, Galway, Laois, Leitrim and Wicklow. Over 46,000 people took part in these flagship events during European Week of Sport.

County Carlow Local Sports Partnership Inclusive Cúl Camp in conjunction with Carlow GAA



OVERVIEW



Carlow Local Sports Partnership worked in conjunction with Carlow GAA to offer one of Ireland's first fully inclusive Kellogg's GAA Cúl Camp. The purpose of the Cúl Camp was to provide children with both learning and physical disabilities an opportunity to play and learn Gaelic football in a safe, enjoyable and exciting environment and to build social skills and boost confidence. The camp was held at Netwatch Cullen Park which is home to Carlow GAA teams and is fully inclusive for wheelchair access.

AIMS



- Increase physical activity through GAA, in a fun enjoyable way.
- Target children aged 6-13 who would not otherwise be able to access a summer Cúl camp with their friends.
- To increase the level of awareness and knowledge among GAA sports coaches and volunteers in working with children with a disability through training and volunteering at the camp.
- To increase awareness of the Sports Inclusion Disability programme in the Carlow area.

IMPLEMENTATION

- Carlow LSP met with Carlow GAA prior to the camp to discuss all aspects of the Cúl Camp.
- Carlow LSP provided Cara "Autism in Sport" training for all GAA coaches and volunteers to upskill their knowledge of working with children with a disability.
- It was decided to offer a shorter day as well as the full day as some of the children tire easily. This was offered at a lower price but still included the full Official Cúl camp kit.
- Carlow LSP along with Carlow GAA co-ordinated the camp during the 5 days from arrival and sign in, to activities undertaken, organisation of lunches and pick up at the end of each day.

"I think I am blessed that my son could partake in such a unique camp during the summer holidays. The whole experience was amazing from start to finish and he loved every moment. As a parent to a child who has additional needs such as autism and sensory processing disorder, having Carlow Sports Partnership and their team of unique people fight hard for these children to experience the norm, we are very lucky to have them, they are Carlow's Inclusion angels".

OUTCOMES

There were 40 children with a disability from Carlow, Kildare, Laois, Wicklow & Wexford who signed up to the camp. There were a variety of disabilities represented including Intellectual, Visual and Physical. All participants of both the full day and half day received the full Kellogg's Cúl Camp kit. Parents commented that a lot of times children cannot access the areas the camps are held so to have an inclusive camp with official gear means the participants went back to school feeling the same as their peers.



NEXT STEPS

After the camp Carlow LSP along with Carlow GAA sent out letters of expression to local GAA clubs looking for a club to take on the GAA for All programme. Carlow LSP will also be working with Carlow GAA to hold another Inclusion camp in 2020.

Cavan Sports Partnership Couch to Healthy Cavan 5k



OVERVIEW

The purpose of the programme was to support absolute beginners to improve their fitness levels and complete a 5k walk, jog or run at the end of the 6 week programme.



AIMS

- Increase physical activity levels
- Utilise local coaches and facilities for sustainability of the programme
- To get as many participants as possible to complete their first mass participation 5k event.

IMPLEMENTATION

Cavan Sports Partnership co-ordinated a Couch to 5k series targeting six areas of the county, utilising local coaches and local facilities whilst aiming to make the programme accessible locally and to support the overall sustainability of the programme. Over 150 participants took part in the programme. The groups were led by qualified coaches and met twice per week to gradually build their distance to 5km. At the end of the 6-week programme Cavan Sports Partnership, in conjunction with Healthy Cavan, organised a culminating mass participation event at Killykeen Forest Park. The closed 5k event was specifically for participants who had taken part in the Couch to 5k series to ensure an enjoyable experience for all first time 5k participants. The event was a huge success with over 120 people accompanied by their coaches completing 5km.



“It was a great morning, well done to all the organisers, coaches and participants”.

“Brilliant day. Well done to everyone involved. Great to see so many smiley faces at the finish. The soup was just what was needed too. Hope it's an annual event”.

“I had a heart attack a couple of years ago and never thought I would complete a 5k, I am overwhelmed, thank you so much”.

OUTCOMES

INCREASED
LEVELS
OF PHYSICAL
ACTIVITY

120
BEGINNERS
COMPLETED
5K

SUSTAINED
TRACK RUNNING
CLUB IN
2 LOCAL
COMMUNITIES



NEXT STEPS

- Host the closed 5k event on an annual basis targeting Couch to 5k participants
- Expand the Couch to 5k series to include Secondary school students.

Clare Sports Partnership

Derg Athletics Club Inclusive Athletics



OVERVIEW

To allow children on the Autism spectrum and those with physical disabilities to enjoy athletic activities in the Killaloe area.



AIMS

- To increase physical activity opportunities for children with disabilities
- To increase awareness and knowledge of children with disabilities amongst mainstream coaches and volunteers within Derg AC
- To create a pathway for children with disabilities to progress into mainstream athletics training within the club

IMPLEMENTATION

The three organisations, Clare LSP, Derg AC and Clarisford Park Sports Hub, were involved in the setting up of the programme.

- Clare LSP supported Derg AC in establishing a sub-committee group within the club to look after Inclusive Athletics
- Clare LSP supported the provision of Disability Awareness, Disability Inclusion and Autism in Sport training for potential volunteers and coaches within the club
- Clarisford Park Sports Hub was used as the appropriate venue, having both indoor and outdoor user friendly facilities
- To establish best practice, links were made with University of Limerick, i-Play programme, and Professor Daniel Tindall to help with the content of the programme
- A programme timeline and start date was agreed and was advertised.



OUTCOMES

- Weekly Athletics sessions based around the school term for children on the ASD spectrum and wheelchair users
- 28 children took part in the programme and 4 x 6 week programmes were delivered.

"It has been uplifting to see wheelchair users and children with a disability participate and enjoy an inclusive sports programme at local level. Integration within their local community through sport and seeing their improvement with their physical and social skills has been overwhelming and an inspiring experience as a coach".
Nicola Welford - Inclusive Athletics Coach & Inclusion Officer, Derg AC

"The programme has been brilliant for my 2 boys who are on the ASD spectrum. They are really enjoying the programme and love the layout and routine of the sessions"

Alison Smith - Parent



NEXT STEPS

- To expand the programme, a 3 day Summer Camp is planned in 2020
- Try to integrate a number of children into mainstream club sessions.

OVERVIEW



To provide people of all ages and abilities the opportunity to participate in a variety of cycling events and to create awareness of cycling as an enjoyable form of transport and physical activity in Cork City and County.

AIMS



- To co-ordinate 126 public, club, community, workplace and school cycling events
- To increase the awareness and use of local amenities, clubs and facilities
- To promote cycling to work or school as a great way of building activity into your daily life.

IMPLEMENTATION

Through Cork Sports Partnership's Active Communities and Active Schools models, applications from clubs, community groups, schools, services and workplaces were accepted to host Cork Bike Week events throughout Cork City and County. Public events were organised by the Cork Bike Week steering group. Events were advertised through Cork Bike Week and Cork Sports Partnership's social media platforms, local promotion, brochures, newspapers and radio.

Great fun was had during our Bike Week cyclothon. The maintenance and repair workshop was well received and as a result we are planning a six week bike maintenance programme".
Foroige

"All participants reported that they had not cycled in 10+ years and would not regularly exercise. Completing our Bike Week cycle was a fantastic opportunity for participants to re familiarise themselves with cycling in a safe environment. Participants encouraged each other and all completed the full 10km."
North Cork Health Dept



OUTCOMES

- 7,841 people took the opportunity to take part in cycling events in a supportive and safe environment during Cork Bike Week 2019 across 126 Cork Bike Week Events
- 86 Public, Club, Community & Workplace Events alongside 40 Schools Events with 4,771 school participants
- For the first time, a map of Cork's best cycling routes was created. The Cork Cycle Map features the city centre and surrounding suburbs. The map shows the best routes to popular destinations around the city
- Cork Bike Week has provided each partner organisation an opportunity to link in with local clubs, organisations and schools to work together to promote cycling as a form of transportation and physical activity.
- Cork Bike Week represents an opportunity to create more awareness of the many cycling activities and amenities being developed locally. Cork Bike Week provides an opportunity to increase awareness about Cycling Safety and the responsibility of each individual on the roads.



NEXT STEPS

- Cork Bike Week provides the opportunity for the steering committee organisations to target increasing involvement in cycling across clubs, schools and other cycling activities organised in Cork.
- Through Cork Bike Week, Cork Sports Partnership aim to support the participating clubs, communities, organisations and workplaces to increase physical activity levels by offering a suite of Cork Sports Partnership programmes and events throughout the year.
- Cork Sports Partnership aims to increase the number of events and participants for Cork Bike Week 2020 while further strengthening the relationships with Cork Communities, Clubs, Schools, Disability Services, Provision Centres, Workplaces and partners.

Donegal Sports Partnership Handcycling Come And Try Event

OVERVIEW

Handcycling is one of the key activities undertaken by the Donegal Bay Inclusive Sports Hub project. Handcycling is an inclusive sport that's open to both children and adults.

AIMS

To promote a healthy outdoor activity for people with a physical disability providing the opportunity to exercise and keep active.

IMPLEMENTATION

- The year started with a "Come and Try" session in January with support from Triathlon Ireland Para Coach and a cyclist/coach from Tir Chonaill GAP Cycling Club in Donegal.
- Handcycling sessions occur in one of our community partner venues, Finn Valley Centre in Stranorlar.
- The first session had five participants from different areas of Donegal with everyone trying out the recumbent handcycles. After some adjustments to adapt each handcycle for each participant, they cycled off around the 400 metre tartan track under the fresh winter sun. There was also one junior upright handcycle which suited our youngest handcyclist.
- The free "Come and Try" session generated the interest to organise regular sessions. These sessions now run monthly for up to 90 minutes. During 2019, a total of 17 participants aged from 6 years of age to adults in their forties took part in the Handcycling Initiatives.
- The participants travel from all over Donegal to attend. Some families had a minimum of 2-hours travel time, to and from their homes to attend the Programme, which was the only one of its kind in the County.
- The range of disabilities included:
 - Autism
 - Learning Disabilities
 - Talipes
 - Cerebral Palsy
 - Spina Bifida
 - Dyspraxia
 - Neuro-Behçet's disease



OUTCOMES

- With the increase and diversity of participants, it was necessary to expand the range of equipment to include both recumbent and upright handcycles for those that have limited movement and mobility. This gave participants the option of trying and using both types of handcycles.
- A number of participants attended regularly and it has been fantastic to see how they progress with learning the skill of handcycling.
- Parents and siblings are also able to cycle around the track with the handcyclist after the purchase of regular pedal bicycles.
- The opportunity was created to develop a pathway for people interested in participating in para sport. One of the participants has progressed into para-triathlon facilitated by Donegal Bay Inclusive Sports Hub.

NEXT STEPS

- Seek an increase in funding specific to inclusive sport to afford us further opportunities to develop programmes. Handcycling has been a very positive development for people with disabilities.
- Participation has been increasing and we are developing options to build sustainability in the community.

Dublin City Sport and Wellbeing Table Cricket Programme

OVERVIEW



To provide an opportunity for people with moderate to severe and profound disabilities to participate and enjoy sport outside of their regular environment, alongside people outside of their usual peer group.

AIMS



Dublin City Sport & Wellbeing Partnership worked fully with Leinster Cricket organising and delivering free monthly table cricket blitzes in two Dublin City Council sport's facilities (Sport & Fitness Ballyfermot, Dublin 10 and Cabra Parkside Community & Sport Centre, Dublin 7).

IMPLEMENTATION

- An invitation to participate in the programme was circulated to adult day and residential services across Dublin City.
- The blitzes were organised and delivered by Cricket Leinster Development Officer Fintan Mc Allister and the Dublin City Sport & Wellbeing Partnership Sport Inclusion and Integration Officers, Lisa Kelly and Nuala O'Donovan.

"The biggest thing that I have noticed is that the guys I work with found the fielding element of the game difficult at the beginning. They didn't fully understand that they had to stop the ball from hitting the edge. They have progressed hugely throughout the programme and have a real understanding of the game now."

Dyfed Davies, PE Teacher, St. Michael's House

"Feedback from the group is that they enjoyed meeting and being with other groups. They love that table cricket is something so different. As sportspeople, they love watching cricket but never realised they could play something like this. They love how this is accessible to them as individuals who use wheelchairs and of course love the friendly healthy competition!"

Aishling, Manager Spina Bifida Hydrocephalus Ireland

"Table Cricket has really taken off in the Dublin City Council Area – it's so inclusive. It works for people of all ages and abilities. It's a great programme run in conjunction with Dublin City Sports and Wellbeing Partnership, thank you to DCSWP for their continued support."

Fintan McAllister, Cricket Leinster Development Officer

OUTCOMES

- The programme ran from September to December 2019
- 8 Services took part involving 48 participants (6 members per team) and 40 Staff



NEXT STEPS

- The plan in 2020 is to continue with the monthly blitzes.
- In order to facilitate play in between the blitzes, Cricket Leinster will hold workshops to teach staff to referee table cricket in addition to the technical aspects of the game.
- Equipment will be available through Cricket Leinster & Dublin City Sport & Wellbeing Partnership.
- The longer-term goal of the programme is for it to become fully inclusive and sustainable.
- After the workshops with carers are complete, other groups starting with older adults will be invited to participate.
- The ultimate aim is that in time the various services will be confident and able to take on the organising of this initiative so that it can be delivered on an ongoing basis.

Dun Laoghaire-Rathdown Sports Partnership

The Daily Mile



OVERVIEW

The Daily Mile is a national participation initiative (started in Scotland), which improves the physical, emotional and social health and wellbeing of primary school children. It is a regular activity where children run or jog, at their own pace, for 15 minutes every day during school hours with their classmates. This free and simple initiative is not P.E. nor is it competitive. Everyone has fun taking part while building relationships, confidence and resilience.



AIMS

- Encourage regular activity without barriers to participation – cost, equipment, weather, etc.
- To build activity into the regular school day
- To be fun, non-competitive and sustainable
- To be fully inclusive of all abilities and fitness levels
- To have an activity on site that adapts to the school location.

IMPLEMENTATION

Dun Laoghaire Rathdown Sports Partnership has been supporting the roll out of this successful and proven programme since 2016. This support includes promoting the initiative to local primary schools, meeting with teachers to identify the best way to implement it in their school, celebrating participation/milestones by presenting certificates to pupils and organising fun inter-school events for participating schools. We also liaise with the initiative's national partner Athletics Ireland and host information sessions for schools (those looking to start and those looking for new ideas) once a year.



OUTCOMES

- The impact of this programme on the children who take part can be transformational - improving not only the children's fitness, but also their concentration levels, mood and general wellbeing. There were 13 schools participating in The Daily Mile programme in 2019.
- One of the Sports Partnership's most successful initiatives in 2019, the annual Daily Mile Schools Event, took place in April as part of Active Schools Week. Nearly 1,300 primary school children from six local schools completed a mile route within Marlay Park and were awarded a medal of achievement at the finish line. This event was held to celebrate the hard work and dedication of the students to the Daily Mile initiative throughout their school year.
- Research carried out by The Daily Mile UK and feedback from teachers has shown that:
 - General fitness levels increase where the programme is sustained
 - Mood is uplifted when the children are back in class
 - Their focus and concentration improves
 - The children get used to it, they are disappointed if they can't do it
 - The children can form new friendships
 - They learn to respect others as they run in a group.



NEXT STEPS

Dun Laoghaire Rathdown Sports Partnership will continue to support all primary schools to take up and continue The Daily Mile initiative. Staff regularly meet with teachers and schools to identify ways to implement the programme and get their pupils involved. Another flagship event is planned for 2020 that will invite all schools regularly participating in the programme.

Fingal Sports Partnership Marathonkids Programme



OVERVIEW

The Marathonkids programme is an eight week school based initiative targeting 5th & 6th class Primary School Students. The students, along with the support of their teachers, take part in four running sessions each week completing a distance of 25.2 miles over the 8 weeks. Following the eight-week programme, the participating schools are brought together for an organised 'Final Mile' event where they run their mile and are presented with a medal and T-Shirt. The 2019 "Final Mile" event was held in the Morton Stadium on the 13th of Nov 2019.



AIMS

The primary aim of the programme is to increase physical activity among the participating students and to have exercise sessions in-built into the school week. The programme also introduces a culture of regular exercise to the school environment. The teachers, using the MarathonKids workbook as a class plan, teach the children the physical and mental health benefits of regular exercise. There are also lessons on the Social and Community benefits of physical exercise, the importance of hydration, good nutrition and the educational benefits of physical activity.

IMPLEMENTATION

- The programme was launched on 28th August at Morton Stadium, with David Gillick, Programme Ambassador, the partners and stakeholders, including all the Mayors from Fingal, South Dublin & Dublin City local authorities and some participants of the programme.
- Every student and teacher in the participating classes was provided with a workbook. There is an Irish language version of the workbook for the Gaelscoileanna, which signed up for the programme. An unintended addition was that some primary schools use the workbook as a language learning tool.
- The former Olympian and 400m Indoor European Champion, David Gillick, the MarathonKids Programme Ambassador, visited schools to encourage and support the students in their endeavours. He also released short videos online to offer weekly advice, encouragement and support to children and teachers.
- In addition a WhatsApp group was set up to support the teachers, David Gillick was also a regular contributor to the group.



"What a fantastic event, our school was delighted to be part of it. It was incredible to have an event like that with over 5,000 children involved go off without a hitch"
Primary School Teacher, Aoife



OUTCOMES

In 2019, 87 schools from all over Dublin attended the "Final Mile" event in Morton Stadium bringing in excess of 5,500 students.

40 schools and **3,343 students** involved in 2019
.....
2,600 students attended the final mile in 2019

"As someone who was involved in all sports in school, I also appreciate there were other kids who didn't do as much activity. Marathonkids is open to everyone regardless of their ability and it is a fantastic opportunity for kids to get active".
David Gillick, Marathonkids Ambassador



NEXT STEPS

The programme is limited in its capacity as the "Final Mile" venue cannot cater for an increase in numbers. To expand would require significant investment. There is potential and real capacity to deliver a 2-day final, the stakeholders will carry out a feasibility study to extend the 2020 event.

Galway Sports Partnership Women On The Water



OVERVIEW

The Women On The Water programme, which was ran in conjunction with the Meelick-Eyrecourt Kayak Club and culminated in Meelick Riverfest, sought to increase female participation in sport in a rural part of Galway, specifically female participation in Kayaking. The programme also sought to increase female membership with a rural club and to increase use of the natural environment in Galway.



AIMS

- Deliver a programme to introduce more females to kayaking from the locality.
- Promote kayaking as a sport which is available in Galway.

IMPLEMENTATION

- The first step was to identify suitable instructors to deliver the course in a safe manner.
- Following this, there was a need to advertise the availability of the programme to the target audience.
- This was supported by a launch of the programme and Meelick Riverfest to create interest in the initiative.
- We also created a link with Waterways Ireland regarding the use of facilities.
- The promotion also included advertising through local media and in local premises.
- This led to the delivery of the programme on dates leading up to the hosting of Meelick Riverfest.



OUTCOMES

- 10 local females completed the course.
- Increased awareness of the sport of kayaking locally.
- Increased awareness of issues that both encourage and hinder female involvement in kayaking.
- 5 participants joined the club once the event was over.
- 3 participants entered the Meelick Riverfest event.

4
instructors

10
participants

5
new
members
joined club

3
new
competitors
took part



NEXT STEPS

- Deliver a similar programme, earlier in the year in 2020.
- Keep increasing female participation as part of the club's objectives.
- Deliver the course through other clubs around Galway.

Kerry Recreation and Sports Partnership Swim for a Mile

OVERVIEW



Swim for a Mile is a Swim Ireland initiative aimed at encouraging people to get back into the pool and to become confident life-long swimmers. Swim Ireland coaches have written the swimming programme to enable those who can swim a little to swim a mile in 12 weeks. Generally, programme participants sign up with Swim Ireland on an individual basis and undergo their own training in pools nationwide, which facilitate the programme. Back in 2017, Kerry Recreation and Sports Partnership opted to forge links with the public pools to initiate and implement a socially themed and cost-effective swimming programme.

AIMS



- To further develop LSP/NGB links and pool management relations to enable the co-delivery of participation-based opportunities in County Kerry.
- To develop and implement the Swim for a Mile programme and challenge event with Kerry's local public leisure centres and to develop a sustainable and subsidised programme which leads towards a mass participation event.

IMPLEMENTATION

- Positive collaboration established between Kerry Recreation and Sports Partnership, Swim Ireland and local pool management teams.
- An agreed approach and delivery method established between all partners as per the pool times and coached sessions and the roll out of (a) swim for a mile programme, (b) challenge event and (c) swim clinic.
- Programme and event promotion via social media, local papers and past participants' communications.



NEXT STEPS

- To develop a prelude and sustainable programme called "spectator to swim" aimed at participants with little swimming ability, to enable them to participate in the Swim for a Mile programme.
- To extend participant pathway opportunities by developing and formalising an open water swim for a mile programme.

OUTCOMES

- NGB/LSP/Service Provider Collaboration – increased collaboration between Swim Ireland as the National Governing Body of sport and Kerry Recreation & Sports Partnership and Kerry's public leisure centre management teams – Ballybunion Health & Leisure Centre and Tralee Sports & Leisure Centre.
- Programme and event successfully delivered across 2/3 public leisure centres with swim clinic successfully coordinated and delivered.
- Income generation stream established for both LSP and the leisure centres which proved effective for all involved and affordable to the participant.
- Self-reported improvements in physical fitness, swimming skills, mental health and emotional wellbeing levels.
- Social Outlet – programme offered a social outlet and the opportunity to develop new friendships.
- Numbers/Facility Usage – an increase in numbers swimming and increased use of pool facilities.

"I signed up for Swim for a Mile with low expectations as I hadn't swam properly since learning in my early twenties. I was hoping to do the half mile and be happy with that. However, with the encouragement and technical support from the team in Ballybunion I managed to complete the mile in 52 mins. Better again, the coaches have supported us to continue with an adult swim club so that we (about 6 of us) continue improving and build more confidence for next year."

Participant

"I loved the training and the event. I could only swim two continuous laps when I joined on week two and by week twelve I was able to do the 80 lengths only stopping once. The coaches absolutely make it, they are so encouraging and helpful. The coaching alone is worth it. It was lovely meeting Bethany Carson she was lovely and so inspiring."

Participant

Programme participants
have increased from
62 in 2017 to **97 in 2019**

Event participants
have increased from
57 in 2017 to **165 in 2019**

Kildare Sports Partnership Kildare Sports Ability Day



OVERVIEW



The inaugural Kildare Sports Ability Day was held on Saturday September 28th 2019 to promote disability sport and inclusion across county Kildare.

AIMS



- The aim of the event was to increase awareness of disability sport and inclusion and provide information on clubs available for visitors with additional needs to join.
- An integral part of the event was the social media campaign that aimed to spread the message about the importance of increasing physical activity opportunities for people with a disability.

IMPLEMENTATION

- Kildare Sports Ability Day was a collaboration between Kildare Sports Partnership and Kildare Sports Ability Partners. The event was hosted at Maynooth University and was included in the European Week of Sport #BeActive schedule of events.
- The Sports Inclusion Disability Officer put together a working group to help plan the event made up of representatives from Kildare disability services and agencies. The group first met in June 2019 to begin the planning process.
- The event was the first of its kind for Kildare, the initial task was to identify clubs and National Governing Bodies of Sport to host Come & Try sessions for the event.
- The information stand area was an integral part of the day where visitors found information on various activities available and groups availed of the networking opportunity. The information stand area was located at the onsite café and created a wonderful social atmosphere for families and participants in attendance. Information stand groups reported very positive feedback from the event with some recruiting new members and others finding the networking with others hugely beneficial.



OUTCOMES

Kildare Sports Partnership are pleased to say there were 11 participants signed up to new clubs on the day. Many groups have since reported increased collaboration with National Governing Bodies of sport and agencies in attendance. Maynooth University Access Office supported the planning of the event and had an information stand on the day. The event was not only an opportunity to engage people with a disability in physical activity but also for them to explore the university as a possible pathway of education and enquire about supports available to students. Kildare Sports Partnership have since continued to work closely with the Maynooth University Access Office.



NEXT STEPS

Feedback on Kildare Sports Ability Day from participants, clubs and services was very positive and plans are already underway to improve the event for 2020. As it was the first year of the event, it was a huge learning curve for all involved in the planning process. The facilities at Maynooth University were fantastic and the staff were a huge support in the lead up to the event. Now that we have a greater understanding of the layout and capacity of the facility we hope to continue our relationship with the University and increase the numbers who attend Kildare Sports Ability Day.

OVERVIEW



In 2017, Kilkenny County Council/Yulefest committee invited Kilkenny Recreation & Sports Partnership (KRSP) to come up with some ideas that could be incorporated into an 'Active Weekend'. The brief was to increase people's physical activity levels in the lead up to Christmas. KRSP have developed the event over 3 years into a mass participation, fun event for all ages. The date chosen is at the beginning of Yulefest Kilkenny Festival and is prior to the Christmas holiday period.

AIMS



- KRSPs primary aim for the Medieval Mile Run is to promote a mass participation family friendly, fun event for people of every age and ability as part of the Yulefest Kilkenny Festival. The Medieval Mile Run is a manageable, 1 mile dash through the streets of Kilkenny under the Christmas lights with stewarded, closed roads.
- Another aim is to successfully collaborate with partner agencies (An Garda Síochána, Kilkenny County Council staff, athletic clubs who provide stewards, Order of Malta and Civil Defence) for the safe running of the event.
- KRSP give participants the option of a competitive timed mile or a non-competitive recreation mile. KRSP encourage primary school children to take part by offering an integrated 4 week programme to primary schools thus enabling healthy participation in the event. Children can take part in a fun, carnival type environment with parents and school friends. At the finish they receive healthy refreshments, entertainment and a specially designed medal.
- The Medieval Mile Run is presented as an end of year celebration event for KRSP programme participants such as disability programmes, primary schools, Men on the Move, older adult programmes. To further emphasise the community element of the Medieval Mile Run, each year, Yulefest Kilkenny source a sponsorship partner and they donate a sizeable amount to a nominated local charity.

IMPLEMENTATION

- The programme is a collaboration between Kilkenny Recreation & Sports Partnership and Kilkenny County Council. A comprehensive Event Management Plan is drafted in consultation with the Kilkenny City Senior Engineer, County Council Staff, An Garda Síochána. On the night, KRSP work closely with An Garda Síochána, Kilkenny City Engineer and outdoor staff of Kilkenny County Council, Civil Defence and Order of Malta in the safe running of the event.
- The event is advertised/promoted through Yulefest website, KRSP social media and KRSP network. KRSP employ the services of a race promotion company for online registration and souvenir event t-shirt design and supply. Over the life of the event, branding bearing KRSP/Sport Ireland logos have been developed
- Kilkenny County Board Athletics clubs and parkrun Kilkenny provide over 50 stewards on the night. KRSP work with the Civil Defence and Order of Malta who provide support and medical cover for the event. As part of their demonstration of learning, Sports Leaders students from CBS Kilkenny are recruited to assist with registration, t-shirt distribution, distribution of medals for children and refreshments. Local scouts groups assist with refreshments and finish area tidy/clean up.

1,000 participants in 2019

OUTCOMES

- The Medieval Mile Run is one of the biggest mass participation community events in Kilkenny. One of the most encouraging outcomes is to see active parents, active children and active grandparents taking part and having fun in the same event together. The Medieval Mile Run is an excellent opportunity for Sports Leaders students to experience organisation of a major public event.
- Extensive KRSP branding is used at the start and finish line. T-Shirts which are produced for those taking part in the competitive event bear KRSP/Sport Ireland branding and are seen constantly at other events, a good promotion tool for the Partnership.
- Data from the race management company shows that participants are travelling to Kilkenny for the event from 8/9 other counties to take part



NEXT STEPS

Now that the event is established and has grown since its inception, the aim is to continue to increase participation while maintaining a safe, family friendly, fun event open for participation by all. KRSP would love to increase the number of schools participating to include every school in Kilkenny City.

"Excellent event, great fun! Well organised from start to finish! The marshals were outstanding. Well done to all involved."
Event participant

OVERVIEW



The Stradbally, Vicarstown and Timahoe (SVT) Activity & Wellness Hub River Dance was a family friendly initiative to mark the 2019 European Week of Sport and #BeActive night.

AIMS



The aim of this event was to put on a night of activities for families in the community and surrounding areas to participate in. We wanted to get people active while also enjoying what we have to offer in SVT. We wanted to have activities that could be enjoyed by every member of the family.

IMPLEMENTATION

- In order for us to run this event we wanted to come up with a novel idea to get people active while also enjoying an evening of fun physical activities. As it was the year of the 25th anniversary of River Dance, we set out to do River Dance along the canal bank in Vicarstown. A previous attempt was made 19 years ago in Vicarstown with 1000 participants recorded. We partnered up with a local School of Dance to help with the River Dance aspect and have professional dancers to take part in the line along with the community. All the dancers were from the SVT area and surrounding areas. We also invited six local underage football teams in their kits along our line doing the River Dance with the dancers and the community.
- We advertised on all our social media with adverts also taken out in local newspapers. We wanted the whole family catered for on the night, with something everyone could enjoy and do.
- Organising all our volunteers and people to help out on the night in order for this to run smoothly was a huge element of our event. We wanted to make sure everyone who was participating in the event and those that were there got the most enjoyment from the night. Being active with your family and enjoying it was something very important to us. Our volunteers play a massive part in all our events and again were paramount to the success of our #BeActive night.



"We had such a great evening, from the dancing along the canal to the entertainment in the field. Such a great show of events for everyone. Thank you SVT."

OUTCOMES

- The #BeActive night was a massive success for SVT and Laois Sports Partnership. Our evening of activity was enjoyed by the young, old, active and non-active. We had families out enjoying our dance along the canal and the fun activities in the GAA pitch and we managed to break the record of 19 years ago while enjoying physical activity.
- The main event happened on the canal bank before moving down to the GAA field for the rest of our activities. We lined all our teams up behind a bag piper who led our teams, families, and participants down to the field for the rest of our activities. The 6 local underage football teams participated in a mini blitz on three pitches. Aside from the mini games, we had six different types of bouncing castles for all ages, an arts & crafts tent, face painting tent, tug of war on the pitch, a sensory tent and our tandem bikes were going around the track. Inside the hall, Buggie School of Irish Dance held a ceili which many of the older family members enjoyed.
- Our line was formed, our dance was done, our footballers paraded to their pitches, our bouncing castles were well used, our face painters created lots of wonderful characters, our ceili dancers entertained and people joined in to dance with them, our sensory tent was joyfully used as were our tandem bikes which were cycled round our track by our volunteers and many who wanted to try them out too. While our River Dance was going on we also had a group out on the water in canoes from our SVT Canoe & Kayaking club which added to our spectacle and gave people the opportunity to see what was going on.

"My kids loved all the entertainment especially the canal bank, they danced away and had so much fun. The parade down to the pitch for the footballers and families went down a treat. As a family we had a great night, thank you."

OVERVIEW



The Women on Wheels Beginner Cycling programme, based in Carrick on Shannon, sought to recruit and take participants from a beginner cycling level to completing 30k over an 8 week programme including two sessions per week. This was an opportunity to increase participants recreational cycling ability and educate participants on road and cycling safety and how to efficiently cycle within a group. The programme also included a maintenance workshop for the group.

AIMS



The Women on Wheels programme aimed to provide an opportunity to the people of Leitrim to increase their physical activity levels and health through cycling. The programme also aimed to encourage participants to stay involved in cycling after the programme was concluded by joining their local cycling club.

IMPLEMENTATION

- All participants were required to have their own bike and helmet; all bikes completed a full maintenance check before the start of the programme by qualified personnel.
- Participants learnt about the importance of checking your bike before you begin cycling and what equipment you might need to bring with you on the road, depending on road conditions.
- All participants receive a high visibility vest before going on the road and they are informed of the planned routes and expected cycle times per week.



OUTCOMES

- Programme participants completed 16 cycling sessions and the group completed a 30K cycle on conclusion of the programme.
- All participants were made aware of the local cycling club, how to become a member and the benefits of becoming a member.
- The cycling club coaches were very welcoming to all programme participants interested in joining the cycling club.
- Some programme participants continued to cycle with the Leitrim Cycling Club through the summer after the Women on Wheels programme concluded and 2 participants even went ahead to complete the 100k cycle in the Great Dublin Bike ride at the end of September 2019.



NEXT STEPS

The Women on Wheels programme was hugely successful in 2019 with 23 women on the programme in Carrick on Shannon. There is keen interest for new participants to take part in the programme in 2020. Two women from the 2019 programme have now participated and completed the Cycling Ireland Foundation coaching course and are happy to support the cycling coaches as Ride Leaders on the Women on Wheels programme in 2020.

'Many thanks to the coaches they were so patient and excellent with us.'
 'I thoroughly enjoyed every minute of it, even in the rain!'
 'Highly recommend the programme to anyone, thanks for your time and support.'
 'The course was very educational and I learnt a lot of cycling coaching techniques. We both completed a coaching session with a beginner and have submitted all of our post cycling course work to Cycling Ireland. We hope to receive our course certificate very soon.'

Limerick Sports Partnership Teenager Inclusion Summer Camp



OVERVIEW

The purpose of the Inclusion Summer Camp was to target 16 teenagers aged 13-17 who were not currently part of physical activity groups such as Special Olympics. The camp allowed these teenagers to participate in a camp where they had taster sessions of different activities and sports they may not have tried before.



AIMS

The aim of the camp was to provide teenagers with exposure to a few different sports and activities, while encouraging them to socialise and create friendships with other teenagers in Limerick.

IMPLEMENTATION

- The planning of the Inclusion Camp involved creating partnerships between Limerick Sports Partnership and various National Governing Bodies including Swim Ireland, Triathlon Ireland, Football Association of Ireland and Judo Assist. Support and advice from Cara and Sport Ireland was also very useful when facilitating this camp.
- The camp took place in Mary Immaculate College, in the Tailteann building. This building was very suitable as it is an accessible building and there was a viewing space for parents and carers to watch but out of sight for the participants, so they felt independent.
- The camp was offered to pupils of St. Gabriel's school, Catherine McCauley's school, Enable Ireland and Down syndrome Limerick and promoted on Limerick Sports Partnership's social media.
- Participants completed an application form ahead of the camp and were given a schedule of the 3 days of camp, so they were prepared and knew what to expect for each day.
- Sessions were delivered for approx. 40-minutes by Triathlon Ireland, Football Association of Ireland, Judo Assist. A tutor provided by Limerick Sports Partnership also delivered yoga to the group. Each coach provided information as to where the local clubs for their respective sport was.
- Sessions were also delivered by Limerick Sports Partnership's Voluntary Inspired Participation group of Transition Year students. They delivered sessions from the coaching courses they had completed. There was also allocated time for free play each day to allow the participants to create their own games and mix with everyone in the group.
- Participants were given goodie bags and free swims in the pool at the University of Limerick. This was provided courtesy of Swim Ireland on the final day of the camp.
- Survey Monkey questionnaires were sent out via email to the parents and carers of the teenagers.

OUTCOMES

- Teenagers with different disabilities were able to attend a summer camp and have new experiences with different sports that they may like to take up.
- All the parents and carers stated they would be interested in their teenager joining a weekly inclusion club which Limerick Sports Partnership is currently in the process of setting up.
- The parents rated an average percentage satisfaction with the camp as 95%.



NEXT STEPS

- From participating in this inclusion camp, the participants created links with the respective sports and coaches in the Limerick area should they be interested in joining a club.
- From delivering the yoga session to the group, the yoga tutor set up an 'Autism Yoga group' for teenagers in the Limerick area - this arose from the tutor seeing the beneficial impact that yoga had on the teenagers with autism in the camp.

"Teenager had a great time and got to try out things that he previously would have said no to" (Parent)

"I had such a great time and I can't wait to come to this camp next year I hope I can come again" (Participant)



Longford Sports Partnership

Women on the Water

OVERVIEW



The purpose of the Longford Sports Partnership Women on the Water programme was to increase women's participation in recreational kayaking and outdoor physical activity. The programme also wanted to highlight the opportunities that exist on our local waterways for sporting and recreational activities.



AIMS

- The aims of the programme were to promote kayaking as an accessible activity that women can participate in.
- To help train new female kayakers so that they would feel confident enough to join the local Clondra Kayak Club and be safe on the water.
- To provide an activity that takes place in the outdoors and provides physical exercise that benefited participants' health and overall wellbeing.
- To increase the women's self-efficacy with regard to kayaking, water sports and physical activity generally.
- To promote the local waterways as areas for recreational and sporting activities.

IMPLEMENTATION

Women on the Water was a six-week kayaking programme for women aged over 18. The programme ran for two hours, one evening a week for six weeks. Participants were complete beginners who had never kayaked before and needed a lot of guidance and support throughout the programme. Participants had the opportunity to complete Level 1 and Level 2 kayaking proficiency skills. Longford Sports Partnership partnered with Waterways Ireland and Clondra Kayak Club to run the programme. Waterways Ireland provided some financial and other supports. Longford Sports Partnership organised all the different activities involved in running the programme from start to finish including recruitment of participants, marketing and promotion, scheduling the programme, contacting and recruiting suppliers and tutors and co-ordinating events. Longford Sports Partnership provided financial support to the programme through funding provided by the Sport Ireland Women in Sport programme. Clondra Kayak Club provided kayak instructors and equipment. They also provided information, support and encouragement to women wanting to join the kayak club after the programme ended.



OUTCOMES

- Sixty women participated in the programme in two groups of thirty, over six weeks.
- Forty women participated in an extra Blueway Challenge day where they paddled the 10k Blueway Challenge from Clondra in County Longford.
- Local women saw the wonderful opportunities that exist for physical activity and recreational sporting pursuits on our local inland waterways.
- The women felt more comfortable and capable on the water and many continued kayaking with Clondra Kayak Club.



NEXT STEPS

Longford Sports Partnership plan to continue to run the programme in the future. The programme was oversubscribed in 2019 with a significant waiting list. The programme has been one of Longford Sports Partnership's most successful programmes to date when measured against some of our key targets.

60 Women took part in **Women on the Water** programme

OVERVIEW



Louth LSP developed the Louth Chalk Free Play programme to encourage primary school children in Louth to put down electronic devices, to get outside and to get active through physical activity based on chalk games. All 17,659 primary school children in Louth received a resource including: a branded packaging tube, 2 sticks of playground chalk, a games resource sheet and information on the YouTube channel. In designing the programme, Louth LSP identified that primary school children use their electronic devices on a daily basis and YouTube is the main platform that they engage in. Louth LSP engaged a media production company to develop 15 short videos to be uploaded onto the Louth LSP YouTube channel. The videos included a launch video, 13 instructional games videos and one viral video targeted at the parents to inform them that their children had received the resource. The programme purpose was to a) encourage children to get physically active in an outdoor setting, and b) to encourage FREE play which helps to develop physical literacy.



AIMS

- Develop a programme that will reduce sedentary behaviour in Primary School children.
- Increase children's imagination and the joy of free play and Increase children's ability to play without the use of electronic devices.
- To provide a resource that encourages free play and to encourage children to play outside.
- To use technology as a tool to increase participation in physical activity.

IMPLEMENTATION

The implementation of the programme commenced in October 2018 and was launched in June 2019. The programme was a Healthy Ireland funded project, through the Louth Children's and Young People's Services Committee. Louth County Council, Louth Leader Partnership, Little Road productions and St. Francis National School in Blackrock were all partners. The Louth LSP Community Sports Development Officer carried out the following roles;

- Made contact with all 76 primary schools in Louth to get the accurate numbers of children in each school.
- Compiled a series of chalk street games to be included in the resource pack.
- Ordered 40,000 sticks of chalk, 18,000 branded tubes and 18,000 resource sheets which were assembled by Louth County Council Sports Unit staff and volunteers.
- Boxed and delivered the 17,659 resource packs to every school in Louth.
- Oversaw the development of instructional videos to explain how to play each game and then upload these to our YouTube platform by Little Road productions.



NEXT STEPS

The next step is to create an initiative for Active Schools Week every year, to reintroduce the chalk free play programme to all primary schools. The chalk videos are on the Louth LSP YouTube channel and are accessible to all. The programme was shortlisted for the 2020 'LAMA All Ireland Community and Council Award' under the 'Best Community Health Initiative' category. Louth LSP are also engaging with Guinness World Records to try to break a record for the 'most children drawing physical activity games in multiple locations' and we are looking at making an application for this.

OUTCOMES

- 17,659 children received the chalk free play resource.
- 76 primary schools received the resources delivered to their school by Louth LSP.
- Creation of new YouTube resource for primary schools and parents.
- Creation of an ad campaign through a viral video to raise awareness of the importance of reducing children's use of electronic devices.
- Evidence of improvement in children's social skills through interaction with other children in their estate, local area and school.

"A really enjoyable programme"

Ms Hargadon, Infant teacher, Stabannon NS

"A wonderful initiative from Louth Sports Partnership, which brought the children's imaginations alive".

Joan O' Hanlon, Principal, Rampark NS



Mayo Sports Partnership Mayo Autism Camp



OVERVIEW

The Mayo Autism Camp sought to give Children with Autism the opportunity to participate in sport and physical activity.



AIMS

One of the main aims of the project was to train and educate young people in Autism and disability sport so that they can support children and teenagers to engage with different types of sport and physical activity. It is important that children with Autism Spectrum Disorder (ASD) can reap the benefits that are to be gained from their involvement in sport and physical activity games.

IMPLEMENTATION

In the summer of 2019, Mayo Autism Camp held the first ASD specific camp in the West of Ireland. With the help and support of Mayo Sports Partnership, the camp was able to accommodate 70 children over the two weeks. Families travelled from all corners of the county and neighbouring counties. Unfortunately, due to the demand not everyone was allocated a place on the initial camp.

Over 50 people/volunteers were Garda vetted. These people gave up their time to support the children on camp. The younger population in the community also got involved. Families of the participants were overwhelmed at the level of support and kindness that was shown to them and their children by all that attended and got involved in the camp.



NEXT STEPS

Run camps during holiday time but also get involved in other events that are occurring during the year that encourage inclusion and participation by all groups in society e.g. social inclusion week, parkrun, Scouts Sensory Santa and other groups that are hosting inclusive activities.

OUTCOMES

Mayo Autism Camp set up and ran the first ever Autism specific camp in the West of Ireland through the support and guidance of Mayo Sports Partnership and Manulla FC. This camp was a resounding success and received huge media attention from Midwest Radio, Castlebar Community Radio and all the papers in the West of Ireland. The difficulties faced by families of children with ASD was highlighted and spoken about and it brought home to so many people the huge difficulties that people and children with ASD face daily and the need for huge support in helping them participate in the simplest of activities. It also highlighted the range of needs for those with ASD and the importance of being supportive and accepting of their challenges. Most importantly it highlighted the huge altruistic community that exists in the West. They say 'It takes a village to raise a child', but it takes a supportive community to include all children. Once people heard about the camp, people and businesses couldn't do enough to help from traffic control to organising food for the volunteers. The Fire Service, Gardaí and Order of Malta also got involved and visited the camp and engaged with the children. We also received funding to train and educate the 16-25year olds in our community in Autism and disability sport.

We are currently organising training in Autism and disability sport through CARA. This will help in setting up a sports club at weekends and further the inclusion of children with ASD and disabilities in sport. Through training the younger generation in Autism sport and disability sport, these trained young people will be able to help those with ASD to access and enjoy the many benefits that can be derived from involvement in physical activity. The success of the camp and the impact it had on the ASD community and the community at large was also acknowledged by the Mayo People of the Year Awards. We were one of the recipients of the community award. We were humbled and honoured to receive this award given the calibre of the participants. The camp was a resounding success and highlighted the void for camps of this specific nature.

70 Participants took part in Mayo Autism Camp

Meath Local Sports Partnership Games on the Green

OVERVIEW

To hold an event focussed on creating an inclusive free play area for participation to sample selected sports outside of a competitive setting.

AIMS

- The main aim of this programme was to promote the use of local greens for sport and other physical activities.
- To raise awareness of Meath’s Community Sports Hubs locally
- Generate interest in sports that are part of the programme (Rugby & Cricket)

IMPLEMENTATION **OUTCOMES**

Meath Local Sports Partnership (LSP) began to plan and decide on the best locations in Navan to run the events. The locations chosen would need to have easy local access to encourage participation and adequate space for activities planned. Meath LSP decided on the three best areas and the ones chosen were; Claremont, Windtown and Johnstown. The reason for having the locations spread over Navan was to help encourage local participation by having it easier for locals as they could attend the event closest to them. The locations chosen were:

- Claremont - Parkvilla FC pitch/training grounds
- Windtown - Blackwater Park
- Johnstown - Bailis Down residential green

The next step involved in this programme was to request access and permission to use those facilities for our event. Bailis Down Residents Association and Parkvilla FC were approached and agreed to allow use of the green areas. When that was confirmed planning the sessions could begin.

Community coaches were involved in running the sessions and NGB coaches from Leinster Rugby and Leinster Cricket were invited to take part. Each event was one hour and thirty minutes with participants broken up into different age groups. Age groups were broken into three groups; 4-8yrs, 9-12yrs and 12+, to assist in making managing the event and participants easier. After a short warm-up each age group was then sent to one of the stations; tag-rugby, cricket or fundamental movements and stayed with that sport for thirty minutes before moving on to the next station. This was to allow equal opportunities at each of the sports. The event was then pushed on social media and leaflet drops were conducted all over Navan to make as many people aware as possible.

- A total of 91 participants took part with 50 females and 41 males.
- Participants not previously aware of the Community Sports Hub are now aware and joined programmes regularly to be more active.
- Advertising and posts before and after the event reached 5,032 people on social media which succeeded in raising awareness of the community sports hub locally.



NEXT STEPS

The next step for the event will be to replicate it in the future with more success and look to use different NGB coaches and sports to help generate interest in more sports in the Navan area. If possible different green areas will also be looked into being used to attract new participants.

“ It’s a great idea, it gets everyone out of the house and into the sun”
 “ I really enjoyed the cricket”
 “ I seen the posters for it everywhere”

Monaghan Sports Partnership Sports Clubs Development Programme



OVERVIEW

As part of Monaghan Sports Partnership's commitment to the development of sports clubs in the County, the LSP has a grant support scheme in place which requires applicant clubs to submit a development plan to encourage greater potential of an increase in participation rates in the club.



AIMS

- To support established sports clubs in their efforts to provide sustainable sports activity in the community
- To encourage growth within the membership of the sports club
- To provide an opportunity for sports clubs to develop the skillset of their volunteers
- To expand the activities of the club to include minority populations

IMPLEMENTATION

Monaghan Sports Partnership originally supported Border Bounce Gymnastics Club through its grant programme in 2015, to undertake a plan to review and encourage growth in participation. The plan looked at all areas within the club that could benefit from improvement – including the provision of activity, club facilities, awareness of the local community, recruitment of new participants, upskilling of volunteers and diversity of its activity provision. The club plan allowed the club to take a reflective look at its function and activities. While aiming to grow its membership base, a significant element of the plan was to introduce activity to children with a disability. Since then, the number of children with a disability attending the club has increased and some children with a disability have progressed into the mainstream activity of the club. The club was nominated for a CARA Inclusion award in 2017 for its work in this area.

The membership of the club has grown from 52 in 2015 to a high of 200 in 2018 and has remained constant into 2019. Due to the proactive approach of the club and the support of the Sports Partnership, the club has continued to provide activity to a large number of children and has adapted its programme of activity to ensure the inclusion of those with a disability and children from migrant populations.



IMPLEMENTATION

- The club membership overall has increased from 52 children (reported in 2015) to 200 members recorded in 2019, a 280% increase.
- The club has developed a section for children with special needs or with a disability and several club coaches have completed Disability Awareness Training and the GYMable programme through Gymnastics Ireland.
- The club identified the need for specialised equipment in order to ensure that children with a disability are given the best opportunity to participate
- There is anecdotal evidence of improvement levels in agility, balance and coordination amongst several children with specific mobility limiting conditions
- The club is in a significantly stronger position now than it was when this programme was initiated and has expanded its activities to integrate minority populations.



NEXT STEPS

Due to the increase in participation by children with a disability, Monaghan Sports Partnership, in partnership with Border Bounce Gymnastics Club, made application under Dormant Accounts Sports Inclusion Disability Programme Capital Support to access funding in 2019 for the installation of equipment which has given greater access to children with a disability to be included in Gymnastics. The application was successful, and the Club now has increased its stock of accessible equipment to continue its inclusive work into the future.

Offaly Sports Partnership Community Coaching For Young Women



OVERVIEW

As part of the Federation of Irish Sports 20 x 20 campaign, championing women in sport, launched in 2018; Offaly Sports Partnership committed to actively increasing female participation at player, coach, referee, volunteer or administration level by an overall average of 20% by the year 2020.

In 2019, Offaly Sports Partnership delivered a range of activities in support of this campaign which included the community coaching programme for young women aged 18 to 25 years.



AIMS

- To equip young women with the skills and knowledge to get involved in coaching, refereeing, volunteering or administration level in a chosen sport.
- To increase female participation at coaching, refereeing, volunteering or administration level.

IMPLEMENTATION

- Recruitment of community coaching coordinator
- Recruitment of participants
- Programme development
- Programme delivery
- Work experience opportunities for participants

OUTCOMES

- 17 young women between the ages of 18 and 25 years participated on the programme.
- The programme was coordinated by Ailsa Hughes, Irish Women's Rugby International.
- The programme took place over 20 days (Monday to Thursday every week) from 10am to 3pm between 10th June and 11th July.
- Each successful participant earned at a minimum, coaching qualifications in up to 10 sporting disciplines and a graduation night was held in September.

"The course really gave me an insight into the world of coaching and what is actually involved in it. Coaching was always something I had an interest in but the course gave me the opportunity to gain the skills and qualifications to do it. I found it really fun and it offered such a variety of sports to learn, my confidence grew throughout. I'd highly recommend it."

Course participant

"I thought the course was very interactive and easy to learn from. It was very educational and the people that were brought in were all very professional. I had a great four weeks and met some great friends."

Course participant



NEXT STEPS

Participants of the programme are notified of further training courses and work experience opportunities when they arise with Offaly Sports Partnership.

The next Community Volunteer Programme for young women aged 18 to 25 years is to be hosted in 2020.

Roscommon Sports Partnership

Men's Movement & Motivation Mentorship Programme



OVERVIEW

Roscommon Sports Partnership partnered with Ballaghaderreen Men's Shed to deliver a six week programme of physical activity workouts and health promoting workshops, specifically designed for men aged 35 and older living in rural Roscommon. The programme targeted the most disadvantaged and focussed on men experiencing rural isolation. The target group were traditionally hard to reach and were experiencing health inequalities.



AIMS

- Deliver physical activity and health promotion workouts tailored for men over 35.
- To facilitate cross-sectoral and partnership networks that promote health and wellbeing and increase and enhance social connectedness.
- Implement Action Area Six 'Sport and Physical Activity in the Community' from the National Physical Activity Plan for Ireland. Focusing on reference number 44 to 'implement and support participation programmes with a focus on disadvantaged communities'.

IMPLEMENTATION

- Roscommon Sports Partnership secured funding under Healthy Ireland
- The programme was coordinated by Roscommon LSP's Community Sports Development Officer, Damien Martin, and The Movement & Motivation Mentor, Laura Tully
- Participants were recruited through various social media platforms
- A 6-week programme was delivered every Tuesday from 7pm-9pm consisting of health promoting workshops for the first hour and then followed by a specialised physical activity plan.
- There was a grand final event on week 7 to recap on successes and for presentation of certificates with relevant local agencies present to view the programme outcomes.
- The programme partners were the Irish Men's Shed Association, the Irish Heart Foundation, Mental Health Ireland, Diabetes Ireland and the Marie Keating Foundation.
- The range of topics discussed in the workshop included:
 - Physical Activity for Health & Healthy Eating - Portion sizes & Food Label Interpretation
 - Being Sugar Smart - Diabetes
 - Heart Health - Understanding Blood Pressure, Men's Health Matters & Mental Health
 - Vices & Virtues - Alcohol/Smoking/Reducing Risk of Cancers

"When I meet the lads, no one wants to talk about the bad news, we just start walking and chat begins to flow, we talk about other things and give ourselves a break from the worry and negativity"

Average activity levels:

3 day per week pre programme to 5.5 days a week post programme

Average 1km Walk time:

10min 10sec pre programme to 7min 4sec post programme

OUTCOMES

- There were significant improvements in weight, BMI, abdominal circumference, cardiovascular fitness and strength in this group following the six-week movement and motivation mentorship programme. All participants reported experiencing an enormous sense of positive wellbeing as a result of participating in the programme.
- There was a substantial increase in sit to stand performance. The average score at baseline was 22 repetitions and this increased to an average score of 31 repetitions in the post intervention testing.
- The exceptional outcome of this programme is the legacy of sustained engagement in physical activity. The Men's Shed participants have registered their group with 'Get Ireland Walking' and continue to walk weekly on Tuesday at 7pm.
- The Men have become role models for their community and have welcomed some new members to their walking group since the programme concluded.



NEXT STEPS

- Ongoing contact and support for the participants.
- Information on local activities, events and programmes available to the participants e.g. Operation Transformation, Walking Programmes, RSP Programmes, etc.
- In 2020 Roscommon LSP hope to develop the programme further with feedback from participants.
- The programme has already been introduced to other locations in Roscommon.

Sligo Sport and Recreation Partnership

Women's Try a Tri Initiative



OVERVIEW

To address the gender gap in participation in Triathlon through a targeted Women's Try a Tri initiative.



AIMS

- To promote the active participation of women in the sport of Triathlon in a welcoming, friendly and non-competitive environment.
- To deliver a 6-week training programme twice a week to 44 women new to Triathlon in the three disciplines of Triathlon (Swimming, Cycling and Running) culminating in a Women's Try a Tri event.
- To build capacity of the club to facilitate a Women's Try a Tri initiative and increase the female membership of the club.

IMPLEMENTATION

- Partnership approach to the model of delivery adopted involving Sligo Triathlon Club, Sligo Sport and Recreation Partnership (SSRP) and Triathlon Ireland
- Partnership Agreement in place between SSRP and Sligo Triathlon Club with clear roles and responsibilities identified in order to deliver a quality programme
- Promotion of the programme targeting inactive women who had not previously completed a Triathlon
- An 'Introduction to Tri' evening facilitated by the club for all participants with a key element involving each participant meeting their club mentor who was with them all the way on their Try a Tri journey for encouragement and support
- 6-week training programme in the three disciplines of Triathlon: Swimming, Cycling and Running delivered by qualified club coaches
- Workshops on transitions, nutrition and mindfulness provided throughout the programme
- The programme culminated with a Women's Try a Tri event, a high point for all involved
- Promotion of a pathway to joining the club
- Sport Ireland Single Item Measure question for programme evaluation purposes administered.

OUTCOMES

Participation:

- 44 women signed up to the programme in 2019 with 41 completing the Try a Tri event
- Programme sustained for the past 9 years resulting in 396 women being introduced to Triathlon
- Programme numbers restricted to 44 annually for quality purposes and is oversubscribed year on year with a waiting list in place
- Increased confidence and enhanced sense of well-being among participants
- Increased membership – now more female than male members in the club
- Such was the success of the initiative that the club commenced Men's Try a Tri Initiative since 2014 targeting inactive men over 35 years.

Club Capacity Building:

- Increased capacity of club to deliver a quality programme
- Increased female representation on club committee and the role of Female Officer position introduced
- Supported by Triathlon Ireland and recognition for the event by the 20x20 campaign in 2019
- Women's Officer, Kate Hawney, awarded Triathlon Ireland Volunteer of the Year 2020.

"Overwhelming positive experience for us, due to the positive impact on so many women, particularly for those who struggle and overcome so many barriers, emotionally, physically and mentally".

Club Coach

"As someone who was very active in the past I had lost my love for sport and exercise, however this programme made me realise much I love exercise and learning new skills. It has also improved my fitness."

Programme Participant

"This programme has had a great impact on my mental health, definitely one of the best programmes I've participated in."

Programme Participant



NEXT STEPS

- 10 year anniversary event in 2020
- Increased awareness of the initiative with the support of the 20x20 campaign
- Self-sustaining event on the club calendar of events.



OVERVIEW

The Inspired@South Dublin Health & Wellbeing Festival was set up to inspire people to become more active through highlighting the large amount of resources available within South Dublin County. This event was aimed at people of all ages and abilities so they can lead a healthy lifestyle through sport and physical activity. It was a free ticketed event with bookings through the inspiredsouthdublin.ie website. This idea came from another initiative set up by the Sports Partnership called Park Fit/Park Yoga which started in July 2019. The event had 3 separate themes – Inspire Us, Inspired Sport and Inspired Wellness and was packed with activities for people of all ages and abilities.



AIMS

- Promote sports & physical activities that are available within South Dublin County.
- Encourage people of all ages and abilities to try a new sport or physical activity.
- Highlight the benefits that sport or physical activity has on a person's life and mental wellness through talks by professional athletes, nutritionists and influencers who have had a positive outcome through participation.
- Create a fun and vibrant day for people of all ages and abilities to take the first step in becoming more physically active.
- Provide a platform that local businesses, National Governing Bodies and community organisations can come and showcase what they provide within South Dublin County.

IMPLEMENTATION

The first thing was to apply for funding from South Dublin County Council's 2019 Health & Wellbeing Week funding stream and Dublin's Outdoors who look after tourism in South Dublin County. After being successful, South Dublin County Sports Partnership had seven weeks to create this event.

- A brand/Logo needed to be created and Inspired@South Dublin Health & Wellness Festival was the outcome.
- With an event project management plan created, everything needed to be booked and confirmed within 3 weeks in order to do a press release and promote the event.
- A website was created, www.inspiredsouthdublin.ie
- Athletes, local businesses, community groups and National Governing Bodies were booked.
- Stage/Sound, toilets, security barriers, security, food vendors, first aid, fire marshals were booked.
- Creation of promotional material and event promotion was carried out.
- 65 Volunteers from local clubs and organisations drafted in to help on the day as the Sports Partnership are only a team of four people.
- Detailed event plan was drafted.

OUTCOMES

The outcome of this event was we had nearly 3,000 people come on the day. South Dublin County Council signalled the event as one of their key events of 2019 and wish to grow the event which aims to take place again in September 2020. This was a fun and inspiring day that allowed the Sports Partnership to showcase that sports and physical activities are available to all regardless of age or ability. It was a perfect opportunity for everyone to try out a new sport or physical activity that they had never tried before and listen to top athletes and leading professionals regarding sport, nutrition and mindfulness. South Dublin County Council, seeing the positive impact the new brand can have in the community, created a new countywide Physical Activity Challenge with the Inspired@SouthDublin brand.



30
local
businesses

4
community
organisations

3,000
participants

15
NGBs

8
professional
athletes



NEXT STEPS

The next steps for this initiative are to continue to grow the brand Inspired@South Dublin and the Park Fit/Park Yoga will now be called Inspired@South Dublin – Park Fit/Park Yoga.

Tipperary Sports Partnership

Slí Nádúr Outdoor Learning Programme (Pilot)



OVERVIEW



This project forms part of Tipperary Sports Partnerships Urban Outdoor Adventure Initiative and its overall objective is to introduce young people to physical activity and outdoor adventure in their local urban setting and reconnecting the community of Clonmel with the outdoors.

AIMS



- To promote Physical Literacy by offering a programme that provides rich and varied opportunities to engage in fundamental movement skills, Physical Activity Behaviour, Physical Fitness and promoting confidence, motivation, self-awareness and understanding
- Promote cross-curricular outdoor learning with teachers, parents and children and engagement with the natural world as a rich and original learning environment
- Foster the sense of well-being and belonging that comes with recognising our place as part of the natural world

IMPLEMENTATION

- Funding was secured from Sport Ireland, under the Urban Outdoor Adventure Initiative via the Dormant Accounts Fund
- The 6 week programme was designed by Wildplaces and a staff member from Tipperary Sports Partnership. The Programme was designed to promote physical activity in natural spaces, to be cross-curricular and allow for an emergent curriculum. A key feature of the design was surveying local green spaces for seasonal play affordances, researching seasonally connected folklore and the local and regional topography along the Suir Blueway Tipperary.
- Basic outdoor equipment was purchased to ensure outdoor learning could be achieved in Irish weather conditions
- Wildplaces and Tipperary Sports Partnership have years of experience, in developing and delivering outdoor programmes and working with children in various outdoor environments. Between them, they were qualified and certified in: Outdoor Learning, Environmental Science, Forest School Trainer, Bush Craft, Nature-Based Learning, Wildlife Tracking, various Outdoor Activities and Remote Emergency Care.
- Venue Suitability Checks and Health & Safety/Risk Assessments of the school grounds, local parks/areas in walking distance from the school were carried out and consent forms and letters to parents about the programme were circulated. Evaluation and observation forms for tutors and teachers were also used.
- Expressions of interest were sought from all Primary Schools in Clonmel area for the pilot programme. 80% of schools expressed interest. Two schools were selected and meetings were held with principals and teachers of the schools to answer any questions relating to the implementation and benefits of the programme.
- Involvement and commitment from teachers for the 6 week programme is critical as it allows for relationships to be built and curriculum strands to be linked for the school.

OUTCOMES

The Pilot programme was evaluated through qualitative research and in-programme observations.

- The programme proved to be a successful motivator for all learners to naturally engage with Fundamental Motor Skills with enthusiasm, during their learning experience.
- 45 Children participated in the 6 week programme. 34 in a one day taster session.
- 100% of the children indicated they would love to do the programme again.
- The pilot school expressed interest in delivering the programme more regularly in their school following the pilot.
- Learners developed the tools, skills and motivation to become self-directed learners. They gained awareness and exhibited curiosity about exploring and discovering their local places.
- Engagement and participation in fundamental motor skills such as skipping, jumping, throwing and balancing.



NEXT STEPS

- Expansion of the programme to other Primary Schools in the area.
- To develop and offer a Teacher Training Day for Primary School Teachers in the Clonmel area to deliver and take ownership of the programme.
- To assess other outdoor areas around Clonmel, to allow for growth of the programme and enable more schools to take part in the initiative.
- Develop a more rigorous evaluation process to understand the value and benefits in more depth.

"I liked how we are free to move and jump in nature."
Programme participant

OVERVIEW



In partnership with Waterford Gymnastics Club, Waterford Sports Partnership devised a programme for fathers and children to participate in physical activity together in the Gymnastics Club's facility. Waterford Sports Partnership realised that men are a hard to reach target group and this programme enabled the Gymnastics Club to open up their facilities for the first time ever to adults. Waterford Gymnastics Club has over 200 members with 95% of these being female with the majority of these children being dropped to sessions by mothers. As a result of this programme, the Club was able to open up the Club to fathers and their children.

AIMS



- To improve fundamental movement skills for children and fathers in a safe and fun environment.
- To provide an opportunity for fathers to spend some quality time with their children whilst increasing their physical activity.
- To provide an opportunity for men to improve physical activity in a club environment.

IMPLEMENTATION

In partnership with Waterford Gymnastics, a pilot four week programme was designed focusing on fundamental movement skills development and pair exercises for parents to enjoy physical activity with their children. The Club put together a number of videos to be used by the participants at home as part of the programme supports. Waterford Sports Partnership and Waterford Gymnastics Club, promoted the programme through the various channels. Ironically, most men were signed up by their partners which was an interesting development regarding engaging this target group. There was a post programme evaluation via focus groups and survey monkey which fed into the design of a follow on programme.



OUTCOMES

Two Father and Child Gymnastics programmes were delivered, which involved 22 fathers and 24 children (14 boys, 10 girls). The first was a pilot beginner programme in June 2019 which focused on fathers completing a four week block of gymnastics with their children with the aim of performing a pair routine in the final week. A follow on four week programme took place in September 2019 where we focused on 20 fundamental gymnastic movements with 'homework' video links given to the fathers each week to practise at home with their children. Post programme some of the children involved in the programme joined the club and this was particularly important for the boys that joined due to the low number of male members. Some parents purchased home Gymnastics kits to assist children in developing gymnastics and fundamental movement skills. There is now a model of the programme available to use for other gymnastics clubs

NEXT STEPS



In 2020, Waterford Sports Partnership will support Waterford Gymnastics Club to deliver this programme independently while also planning to roll the programme out with other gymnastics clubs in Dungarvan and Cappoquin.

46 participants involved over two four week programmes

100% of children rated the programme 'Very Good' or 'Excellent'

"It opened my eyes that you can actually exercise with your kids and do a lot of physical activity with them and also spend some quality time together, it's been excellent."

Parent

"Great to spend time with my daughter doing something she loves doing. Great interaction with other fathers too. Took me away from other distractions at the weekend and focused on strengthening the bond with my daughter. Also discovered how unfit I've become!"

Parent



OVERVIEW

Westmeath Sports Partnership established Introduction to Resistance Training to improve physical fitness and wellbeing for men over 35.



AIMS

- To improve physical fitness and well-being for men over 35
- To encourage this target group to return back into physical activity
- To broaden the participants' knowledge in relation to the benefits of resistance training
- To enhance social networking for men and create a sense of community
- To create a pathway for continued participation within a gym setting working towards sustainability of the programme.

IMPLEMENTATION

- Establishing links with local gym providers and exploring possible programme opportunities which would encourage men back into fitness
- Programme was designed in conjunction with local gym providers: six-week resistance training programme implemented one evening a week
- Promotional material was designed, and programme was then promoted through all social media outlets linked to Westmeath Sports Partnership and the selected gym providers. Direct contacts were made with local community groups, clubs and organisations to promote this initiative
- Westmeath Sports Partnership facilitated the administration of the programme and made direct contact with participants in advance of start date. This was conducted to brief participants on programme content and answer any questions/concerns participants may have had prior to commencing programme
- Programme commenced under the guidance of the gym provider, supported by the Sports Partnership.
- On completion of the programme, evaluations were conducted, and programme was added to gym providers' timetables; creating a pathway for continued participation for participants



NEXT STEPS

- Programme was sustained by gym providers and added to weekly schedules with half of the participants continuing with the programme on an on-going basis
- Due to the demand for similar programmes; a Men On The Move Programme will be re-established in two areas in 2020 in conjunction with the HSE.

OUTCOMES

- Increased physical fitness of participants and increased social inclusion for target group
- Enhanced sense of well-being
- Improvement in participants' mobility, strength and balance were noted by gym providers as programme progressed

"The class has given me an outlet for meeting new people. Daily movements have become a lot easier and I feel a lot healthier and fitter. I am really enjoying the classes and intend to keep them going."

Programme participant

26 men
participated

6 week
programme

12 sessions
delivered

2 areas in
Westmeath

Sports Active Wexford

Woodlands for Health Walking Programme



OVERVIEW

To provide the opportunity for people with severe mental health conditions who access the recovery and rehabilitation services of County Wexford Mental Health Services, to access a 12 week walking programme in two Woodland Venues, Tintern Abbey and Courtown Woods



AIMS

The aim of this walking programme is to provide an opportunity for individuals who experience mental health challenges in their daily lives to walk in a nature-based environment. While an outcome of the programme is to improve participant wellbeing, this encompasses many factors including; improved quality of life, improved sleep, improved physical fitness, social functioning, personal confidence, improved awareness, etc. This programme adopts a recovery approach and aims to complement clinical interventions and/or recommendations from an individual's health care team.

Improved wellbeing is mediated through the following;

- Time in a natural environment
- Time in a safe social environment
- Education and knowledge exchange pertaining to the natural environment
- Time completing physical activity
- Access to information on other existing services.



IMPLEMENTATION

Sports Active Wexford, Wexford Mental Health Services, Local Link, and Wexford Walking Trails worked as integrated partners to provide 40 service users the opportunity to walk for 2 hours in Woodlands. The trails were in Courtown Woods for service users from the north of County Wexford, and Tintern Woods for service users from the South of County Wexford. The intervention ran for 12 weeks in the two venues. The programme was supported by Get Ireland Walking, Coillte and Mental Health Ireland.



OUTCOMES

The programme outcomes were evaluated through a master's research project, by Get Ireland Walking and Wexford Mental Health Services. A quantitative investigation of the psychological variables of mood states, self-esteem, well-being and physical activity, associated with a twelve week 'woodland for health' intervention programme for people with severe mental illness was carried out. Group walks were associated with significantly higher levels of self-esteem and well-being, as well as an enhanced positive effect on physical activity levels and mood states. The woodland-based walks appear to alleviate the effects of stressful daily lives while gaining the benefits of physical activity to improve confidence and mental well-being.

A Walk in the Woods Poem Written by one of the participants

All it takes is a walk in the woods,
To calm your thoughts of shouldn'ts and shoulds.
You can feel at peace beneath the trees,
Hearing the leaves or the buzzing of bees.
Surrounded by beauty, a real treat for the eyes,
From the ground, to the trees, right up to the skies.

Soothing sounds of the birds, or the squirrels up above,
No judgements or fears, just surrounded by love.
With a friend at your front and one at your back,
Keeping you walking and feeling on track.
Mindfully being, as friendship buds,
And all it takes is a walk in the woods.

By Claragh Jane O' Brien

"The privilege of seeing the participants meeting on the first day and coldly in some cases and gingerly in other cases participating with their fellow participants and as the programme moves forward they gradually gather confidence and walk upright with some pride and start to socialise with the others and eventually become friends with the others and even in some cases become part of a gang."

Walking Leaders

OVERVIEW

Engaging the community in cycling based activities, events and educational opportunities over the course of national Bike Week 2019.

AIMS

The aim of Bike Week is to encourage more people get on a bike for any purpose and to enjoy the many benefits of cycling. Bike Week is open to people of all ages and abilities and is centred around inclusive, community-based events. Wicklow Sports and Recreation partnership aimed to hold our largest Bike Week ever in 2019. The weeklong series of events had huge community engagement and a large geographical spread throughout the County.

IMPLEMENTATION

Wicklow Bike Week saw 25 events take place throughout the county engaging with over 2,500 participants. Events included local cycling clubs hosting community initiatives to promote their club, showcase their skills and gain new members. These events included balance bike workshops, safety demonstrations, bike maintenance workshops, 'Get back on your Bike' cycles, Wicklow MTB Club launch and grass cycling in Arklow. 17 schools ran activities throughout the week with every age group taking part. Balance bikes were particularly popular in younger classes and also proved a fantastic way of integrating other units within the school with their own age group. Cycling obstacle courses, and Sprocket Rocket skills were rolled out in every part of the county. Overall, Wicklow Sports Partnership engaged a wide range of schools, cycling clubs and community organisations and had a large geographical spread throughout the county.



OUTCOMES

Over 2,500 people participated in Bike Week 2019 in Wicklow and 25 different groups, schools and clubs took part. This was the biggest Bike Week event in the county to date and 2020 is proving to be just as exciting.

€11,000 investment from Department of Transport

€3,000 investment from Wicklow LSP


Approx. **2,500** participants, 8 community events, **17** schools

" My son used a balance bike for the first time during Bike Week this year and I have never seen him cycle before, or take part in PE with his class as he is in the Autistic unit, it was so fantastic to see and now the school have bought balance bikes for the unit so they can take part more often. This was such a milestone for us!" ' Parent of participant

" The obstacle course run by Wicklow Sports Partnership was a big attraction and proved very popular with the children." Dunlavin Forum member

NEXT STEPS

Bike Week 2020 takes place from 6th to 14th of June and planning is underway. We will invite applications to the Sports Partnership in early 2020 and will strive for new communities to get involved. There will be a particular focus on 'Getting back on your Bike' and family cycles over the week.

The background image shows a group of people, including children and adults, sitting on the ground in a natural setting. They are gathered under the shade of a large, leafy tree. The scene is overlaid with a semi-transparent red filter. In the bottom left corner, there is a large, stylized rainbow graphic with curved bands of color.

Section 4 Evaluation

Sport Ireland, using the support of Dormant Accounts Funding, have established an evaluation team to oversee the evaluation of national projects and the work of LSPs and NGBs. The team has developed a systemic evaluation framework through national level monitoring using a combination of demographic and physical activity measures. In 2019, this team also undertook project evaluations of 18 Community Sports Hubs, the Community Coaching Initiative, and the Get Ireland Running, Cycling and Swimming projects.

2019 Systemic Evaluation

In order to assess the impact of their work, LSPs have adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sport and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at 3 month follow up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.

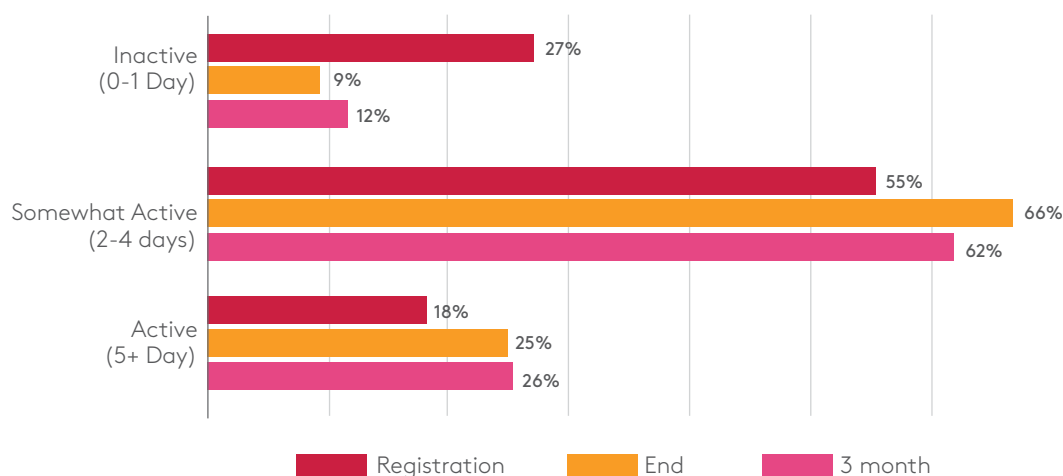


The role of Sport Ireland funded participation initiatives is to move participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that Sport Ireland can present strong visual evidence of the benefits of its work to government, partners and the funded bodies.

Sport Ireland's evaluation team delivered Impact Evaluation training sessions to LSPs and to a small number of NGBs in 2019, to support our funded bodies in using M1. Sport Ireland produced and disseminated Impact Evaluation Guidelines and a Reporting Template to support these training sessions. This evaluation system was piloted with five Local Sports Partnerships in March 2019 and subsequently rolled out across the LSP network as well as the Get Ireland Running, Swimming and Cycling programmes. The evaluation team also developed needs analysis resources and delivered needs analysis training to the Local Sports Partnerships in 2019 to ensure that Sport Ireland investments are going to the communities and individuals that need it most and will benefit most.

Following the delivery of evaluation training to LSPs in 2019, all LSPs have started to use M1 to measure the impact of their work on levels of physical activity. Sport Ireland are now receiving M1 data on an ongoing basis from LSPs. This data improves our understanding of what makes a physical activity initiative successful (or not), which will influence how we meet the National Sports policy targets. To date we have received M1 data for over 1,300 participants at baseline. Sport Ireland has received 3-month follow up data for over 450 participants, which indicates that LSP programmes are sustainably moving participants from inactivity to activity.

Figure Q - LSP M1 Data



The M1 data collected to date demonstrates that LSP initiatives are targeting the right people with 8 out of 10 participants not meeting the National Physical Activity Guidelines at registration and over a quarter of them being classified as inactive.

Further, the data demonstrates that the LSP initiatives are successful in sustainably moving a significant percentage of people from inactivity towards activity. From baseline measures to 3-month follow up, we see the percentage of participants that were inactive reduced from 27% to 12% with a corresponding increase in somewhat active participants from 55% to 62% and active participants from 18% to 26%.

In the data breakdown, Sport Ireland can observe that across various demographic groups some initiatives have a larger impact than others do. Use of the M1 question will be complemented by a deeper qualitative evaluation for select initiatives in 2020 and 2021 to understand what factors contribute most to their success. The combination of this data will allow us to shed a light on LSP initiatives with highest impact, along with an understanding of what makes them effective.

2019 Project Evaluations

Three project level mixed method evaluations were completed in 2019.

- Evaluation of the 2016 & 2017 (Phase 2 & 3) Community Sports Hubs
- Evaluation of 2016 & 2017 Community Coaching Programme
- Evaluation of the 2017 and 2018 Get Ireland Running, Get Ireland Swimming and Get Ireland Cycling Programmes

Evaluation of the 2016 & 2017 (Phase 2 & 3) Community Sports and Physical Activity Hubs

The evaluation of the 18 Community Sports and Physical Activity Hubs concluded that Community Sports Hubs are positive investments in local communities. Key success factors were evident across hubs, including aligning hub activity to local need, having a clearly identifiable hub location/facility, creating community ownership and involvement, and having a strong focus on training and capacity building. Key to the success of hubs is also the role of the coordinator, and the evaluation highlighted the wide range of roles that hub coordinators play. The evaluation also highlighted key areas where hubs should focus on when planning for sustainability. These include the strategic role of the coordinator, sustainability of hub activities, identifying new funding opportunities, and development of sustainable partnerships. The findings from this evaluation successfully fed into the development of revised Dormant Account application forms and will inform associated funding decisions for 2020.

Evaluation of 2016 & 2017 Community Coaching Programme

The evaluation of the Community Coaching programme found that 51% of the participants who completed the 3 month post course completion survey achieved one or more of the four outcomes (gain employment, become a coach, become a volunteer, or go on to higher education in the sports sector). The findings also showed that a significant amount of participants indicated improved confidence levels, which was considered to be of value and relevance. Whilst some minor modifications and adjustments were suggested, the different stakeholders involved (participants, LSPs, NGBs, partner organisations, and hosts) revealed encouraging experiences and noted their willingness to engage and/or promote the programme into the future.

Evaluation of the 2017 and 2018 Get Ireland Running, Get Ireland Swimming and Get Ireland Cycling Programmes

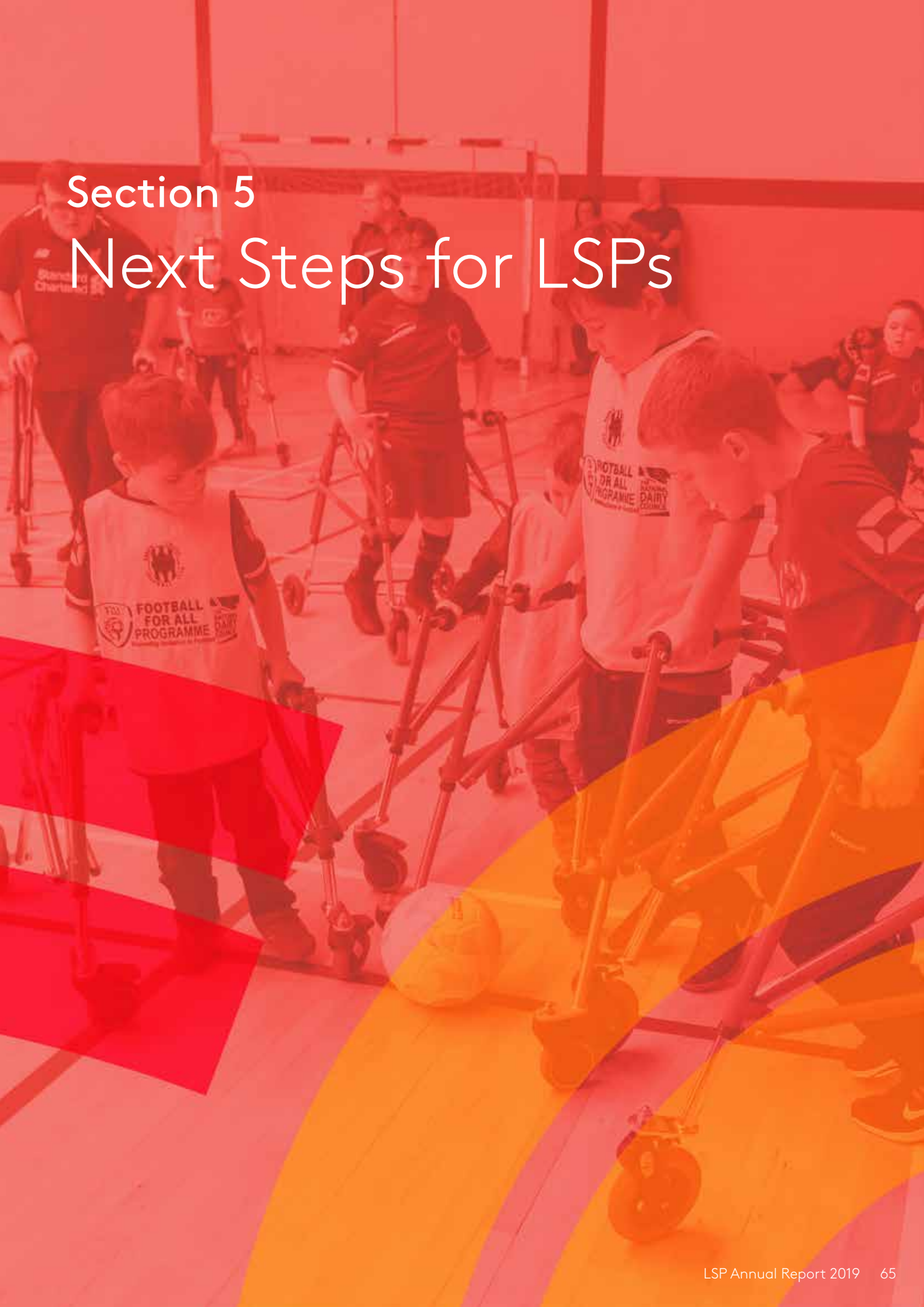
The evaluation of the Get Ireland Running, Get Ireland Swimming, and Get Ireland Cycling programmes highlighted that the use of Dormant Accounts funding has helped over 50,000 people across Ireland to try these sports. NGBs are using the funding to deliver imaginative and focused programmes, mainly to young people. Participants in the programmes gave extremely positive feedback; they enjoyed trying new sports, found them fun, and found the coaches extremely supportive. In many cases, they say this has sparked an interest in continuing to take part in the sport. The evaluation identified the potential for Sport Ireland and NGBs to continue to refine their approach to monitoring and evaluation. This has resulted in the establishment of an evaluation working group, which has seen the NGBs begin piloting the use of the Single Item Measure as an evaluation tool.

Irish Physical Activity Research Collaboration

Sport Ireland Participation unit continues to represent the organisation as a key partner and contributor in the Irish Physical Activity Research Collaboration (I-PARC). The aim of I-PARC is to develop the best use of evidence, effective delivery methods, and supportive environments for improving physical activity levels in Ireland. Sport Ireland is working with I-PARC to develop an overarching evaluation and implementation framework, which will help deliver best practice in physical activity initiatives. The project is progressing well and Sport Ireland will continue to work closely with I-PARC to deliver on the project objectives.

Section 5

Next Steps for LSPs



Sport Ireland aim to increase its investment in the national LSP network on an annual basis. This increased investment provides an opportunity for Sport Ireland to consolidate any additional LSP resources employed and further strengthen the LSP network's potential to deliver on both Sport Ireland's strategic objectives and those identified in the governments National Sports Policy.

Sport Ireland seeks to increase investments to build the capacity of LSPs and to increase the reach and impact of LSPs initiatives across Ireland. The Sport Ireland investment strategy for LSPs is determined at a national level with the goal of increasing capacity and capability of every LSP in Ireland to deliver a consistency of high participation opportunities in every community. This annual investment strategy is informed by the goals of the Sport Ireland Strategy and the actions of the National Sports Policy and the National Physical Activity Plan. On the basis of these policies, Sport Ireland have carried out extensive consultations with LSPs in group settings at biannual coordinator meetings, at separate LTD company and Local Authority meetings and individually with each LSP during operational plan meetings and site visits. The key themes of Sport Ireland's current LSP investment strategy are outlined below.

Sports Inclusion Disability Officers (SIDO)

Sport Ireland will seek to continue supporting the full network of 29 SIDOs. The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities.

The National Sports Policy, Action 12 specifically relates to the following *"In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport"*. Each year LSPs receive funding from Sport Ireland for the employment of a SIDO and for resources required to deliver Sport Irelands Sports Inclusion Disability Programme. Providing ongoing support to all 29 LSPs for the employment of a SIDO achieves the National Sports Policy objective of a nationwide rollout of SIDOs across Ireland.

Community Sports Development Officers (CSDO)

Sport Ireland will seek to continue investing in the LSP network for the employment of CSDOs across Ireland. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. CSDO's also support the objectives of the National Physical Activity Plan action to *'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes'*.

Women in Sport

Additional support for Women in Sport is also referenced in the National Sports Policy, specifically referring to the high level goal of increasing participation through the *"elimination of active sport participation gradient between men and women"*. The LSP network work with the Sport Ireland Women in Sport lead and focus specific initiatives on female target groups including; women in disadvantaged communities, women with a disability, older woman and teenage girls.

Programming

With the recruitment of new SIDOs and CSDOs across the network it is important to provide these positions with the support and resources required to develop and deliver innovative programmes and initiatives at a local level for the specific target groups they are tasked with activating.

Programme funding is at the core of the LSPs engagement with participants and allows for the delivery of a huge range of community, club and school based initiatives, programmes and events. Each year, LSPs aim secure additional programme funding from generated income and investments from other partner agencies to support the delivery of these programmes. This funding supports an increase to the delivery of Safeguarding courses, programme funding and club and community development funds. By investing in the development and implementation of innovative programmes and initiatives for underrepresented target groups this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

Governance and Risk Management

Limited company LSPs have grown significantly since their first inception. As the organisations have grown so too have their responsibilities and administrative workload. Following consultation with Sport Ireland, the LTD company LSPs submitted a combined written request to Sport Ireland requesting specific investments to support the development of modern and robust GDPR, Health and Safety and HR policies. Sport Ireland supported each of the 9 LTD company LSPs to assist them in implementing these governance and risk management projects. This supports the delivery of Action 31 of the National Sports Policy by providing the necessary supports for LTD company LSPs to achieve and maintain compliance with the Governance Code and Governance best practice.

Building Awareness

In recent years, the LSP network has identified one of their biggest difficulties as building awareness of opportunities amongst the hard to reach target groups such as people from socio economic disadvantage, ethnic minorities and people with a disability. This challenge of building awareness was also one of the major findings of the recent Community Sports Hub Evaluation carried out in 2019. Despite the great work and impressive number of people who complete LSP programmes, this lack of LSP awareness is a limiting factor in the ability of LSPs to advocate on behalf of sport locally, to recruit volunteers, to secure local investment and most importantly to reach the most challenging target groups. In order to deliver on Actions 6, 7 and 9 of the National Sports Policy LSPs must be resourced *“to promote the broadest possible participation ensuring quality and accessibility for all groups”*. To address this challenge, Sport Ireland will develop Building Awareness and Promotional Guidelines for the LSPs. Further to this, Sport Ireland will provide support across the network of 29 LSPs for the implementation of the guidelines to promote sports participation opportunities across their targeted communities.

Local Sports Plans

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in the development of Local Sports Plans. Following consultations with Local Authority Directors of Service in 2019, Sport Ireland will seek to meet with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee in the near future. At this meeting Sport Ireland will aim to highlight the role and value of LSPs and discuss the development of Local Sports Plans. Sport Ireland will also highlight the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland will also allocate budget to assist LSPs and Local Authorities in the development of Local Sports Plans.

Managing Economic Risks

Sport Ireland is aware of the downward risk Brexit and now Coronavirus present to the Irish Economy and that there is a potential reduction in investment from central government in the coming years if the economic consequences prove to be negative. By increasing programme investment over human resource investment, Sport Ireland and the LSP network are better equipped to absorb potential economic shocks in the future with reduced risk of disruption to human resources and the associated HR, trust and sports development fallouts. In 2019, 88% of Sport Ireland’s investment into the LSP network supported salaries and operating costs and we will seek to reduce this exposure into the future.



Photo Bu : Miro Gorn





A photograph of three young girls wearing winter hats and jackets. The girl in the middle is smiling and holding a gold medal. The girl on the right is also smiling and holding a medal. The girl on the left is looking towards the camera. The background is blurred. A rainbow graphic is overlaid on the bottom right of the image. The word "Appendices" is written in white text in the upper right quadrant.

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
Donegal Sports Partnership	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2006
Limerick Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sport & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

CARA

CARA are 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 - Community Sport and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAs 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.

DTTAS - 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 initiatives 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.

Evaluation

Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and to inform future decision-making.

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.

IPPEA - Irish Primary PE Association

The IPPEA is an association dedicated to heightening awareness of PE issues in primary schools and it aims to promote physical activity in an educational context.

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.

National Sports Policy

The Department of Transport, Tourism and Sport National Sports Policy 2018-2027 which was launched on the 25th July 2018.

Older People

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

OD&C - Organisational Development and Change Unit

The Organisational Development and Change Unit within Sport Ireland is primarily focused on providing support to the sports organisations which receive funding from Sport Ireland including National Governing Bodies and Local Sports Partnerships.

OCB - Organisational Capability Building

These are the services that the OD&C Unit provide to help develop and build the 8 capability areas for client sports organisations. These 8 capability areas are: Organisational Leadership, Change Management, Risk Management, Strategic Planning, Employee Performance Management, Project Management, Corporate Governance and Stakeholder Engagement.

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.

SARI - Sport Against Racism Ireland

SARI are a not-for-profit organisation with charitable status, dedicated to positive integration and social inclusion through sport.

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.

Single Item Measure – M1

The Single Item Measure – M1 is an internationally validated self-report measure which allows one to track an individual's rates of participation in sport and physical activity.

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.

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 the provision of alternative opportunities and development of specific programmes targeting women and girls.

Appendix C

Local Sports Partnerships Contact Details



Carlow Sports Partnership

www.carlow.ie
 059 9136 205
 mjduggan@carlowcoco.ie
 @County Carlow Sports Partnership



Cavan Sports Partnership

www.cavansportspartnership.ie
 049 437 8582
 info@cavansportspartnership.ie
 @CavanSportsPartnership
 @CavanSP



Clare Sports Partnership

www.claresportspartnership.ie
 065 686 5434
 info@claresports.ie
 @claresports
 @Claresports



Cork Sports Partnership

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



Donegal Sports Partnership

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



Dublin City Sport and Wellbeing Partnership

www.dublincity.ie/main-menu-services-recreation-culture/sport-and-recreation
 01 222 7852
 sports@dublincity.ie
 @DublinCitySportandWellbeingPartnership
 @dccsportsrec
 @dublincitysportandwellbeing



Dun Laoghaire-Rathdown Sports Partnership

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



Fingal Sports Partnership

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



Galway Sports Partnership

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



Kerry Recreation and Sports Partnership

www.kerryrecreationandsports.ie
 066 718 4776
 info@kerryrecreationandsports.ie
 @kerryrecreationandsportspartnership
 @KerryRSP



Kildare Sports Partnership

www.kildare.ie/kildaresp
 045 980 546
 ksp@kildarecoco.ie
 @KildareSportsPartnership
 @KildareSP
 @kildare_sports_partnership
 Kildare Sports Partnership



Kilkenny Recreation & Sports Partnership

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



Laois Sports Partnership

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



Leitrim Sports Partnership

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



Limerick Sports Partnership

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



Longford Sports Partnership

www.longfordsports.ie
 043 334 9402
info@longfordsports.ie
 @longfordsportspartnership
 @LSPLongford



Louth Sports Partnership

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



Mayo Sports Partnership

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



Meath Local Sports Partnership

www.meathsports.ie
 046 906 7337
mlsp@meathcoco.ie
 @meathsportspartnership
 @MeathLocalSport
 MeathSports



Monaghan Sports Partnership

www.monaghansports.ie
 042 975 5126
info@monaghansports.ie
 @monaghansportspartnership1
 @monaghansports



Offaly Sports Partnership

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



Roscommon Sports Partnership

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



Sligo Sport and Recreation Partnership

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



South Dublin County Sports Partnership

www.sdscsp.ie
 01 414 9157
info@sdscsp.ie
 @sdscsp
 @SDCSP1
 @sdscsp1



Tipperary Sports Partnership

www.tipperarysports.ie
 076 106 6201
info@tipperarysports.ie
 @tipperarysports
 @TipperarySports
 @tipperarysportspartnership



Waterford Sports Partnership

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



Westmeath Sports Partnership

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



Sports Active Wexford

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



Wicklow Local Sports Partnership

www.wicklowlsp.ie
 0404 20100
wiclowlsp@wicklowcoco.ie
 @wicklowlocalsportspartnership
 @WicklowLsp
 @ActiveWicklow



SPÓRT
ÉIREANN
RANNPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

Sport Ireland
The Courtyard
Sport Ireland National Sports Campus
Snugborough Road
Blanchardstown
Dublin 15, D15 PN0N

www.sportireland.ie