



Local Sports Partnerships Annual Report 2018



SPÓRT
ÉIREANN
RANPHÁIRTÍOCHT

SPORT
IRELAND
PARTICIPATION

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29 LOCAL SPORTS PARTNERSHIPS

390,571 

people participated in 1,229 locally delivered participation initiatives

25,138 

females took part in 134 local Women in Sport programmes

17,500 

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

24,697 

children took part in The Daily Mile programme with LSP support



2,368 Clubs/Groups were provided with funding supports by LSPs

OVER €21m
WAS INVESTED IN THE LSP NETWORK
(This includes benefit-in-kind funding)

LSPs planned and delivered **311** training and education courses, **23,892** people participated on these training courses



-  **9,037** completed 512 Safeguarding Courses
-  **€762,357** allocated to support Community Sports Development Officer positions in 25 LSPs
-  **€345,715** allocated to support Sports Inclusion Disability Officers delivering in 21 LSP areas
-  Funding directly from Sport Ireland, **€6.07m**, accounted for **29%** of total LSP funding in 2018
-  Additional Sport Ireland funding was also allocated for specific projects under the Dormant Accounts Scheme to the value of **€2.5m** or **12%** overall

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

I am delighted to introduce the 2018 Local Sports Partnerships Annual Report. This report highlights the significant contribution that Sport Ireland's network of Local Sports Partnerships is making to advance the goals set out in the Department's National Sports Policy 2018-2027. The vision of the National Sports Policy is that people will be inspired, their lives enriched, their enjoyment enhanced, and their quality of life improved as a result of their own active or social participation in sport. The Local Sports Partnerships are central to the achievement of our vision for sports participation in Ireland.

The overarching goal of the National Sports Policy is to increase levels of participation in sport. Our vision is for an Ireland where every citizen will engage regularly in some form of sport and physical activity, irrespective of their age, economic or social circumstances, their ethnic background or their physical abilities. The Local Sports Partnerships have extensive experience working with disadvantaged communities, at risk youth, people with a disability, and women in sport. The Government has committed to increasing our investment in the network of LSPs to ensure the consistent and sustainable delivery of sport and physical activity to all target groups at a local level.

This report reflects the great work of Local Sports Partnerships and the positive impact they are having on the health and wellbeing of individuals and communities alike. Their influence and that of the sports bodies at local level is especially important in working toward achieving the goals set out in the National Sports Policy.

Local Sports Partnerships continue to demonstrate their unique and valuable strengths in removing barriers and ensuring that opportunities for participation in sport are available, accessible, and fully inclusive at a local level. Furthermore, Local Sports Partnerships support sustained development of local sport structures, through practical assistance for clubs, groups, coaches and volunteers. Community involvement in sport begins in early childhood and our volunteers, coaches, parents and everyone who helps create opportunities for participation in community settings are invaluable.

The success of the Local Sports Partnership network is clear both from the numbers participating in their programmes and the many individual stories highlighting the benefits of sport and physical activity. I want to commend the Local Sports Partnership network and Sport Ireland for their continuing support and delivery of participation programmes throughout the country, which are contributing to getting people active, and developing healthier lifestyles.

I would like to take this opportunity to thank all of those who contribute to sport across Ireland and acknowledge the staff and board members of the Local Sports Partnerships throughout the country for their ongoing efforts to meet the ambitious goals set out in the National Sports Policy.



Minister Brendan Griffin TD
Minister of State for Tourism and Sport

Foreword

The Department of Transport, Tourism and Sports National Sports Policy 2018-2027 places a significant emphasis on Local Sports Partnerships (LSP) to deliver on increasing participation in sport and physical activity, particularly for people with a disability, females, older adults and those from socially disadvantaged backgrounds. The 2018 LSP Annual Report highlights the scope of participation initiatives on offer by the 29 Local Sports Partnerships across Ireland. It showcases innovative projects which target different sectors of society and demonstrates the impact of these initiatives.

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. Addressing the participation gradients in society is at the core of Local Sports Partnerships efforts and their ability to tailor national objectives to a local level must be commended.

The Local Sports Partnership network offers a significant range of opportunities for people to become involved in sport and physical activity. The case studies section of this Annual Report provide a small glimpse at the bespoke programmes on offer across the country. In 2018, 390,571 people were supported by the Local Sports Partnerships network through 1,229 locally delivered participation initiatives. Of that, 25,138 female participants took part in 134 local Women in Sport initiatives, targeting women and girls across society and providing opportunities for engagement in a supportive and inspiring environment.

The Board members of Local Sports Partnerships play a significant role in ensuring good governance and compliance with funding requirements. Sport Ireland is committed to continually providing support to LSP Boards in order to maintain a high standard of service delivery across the network. Good governance underpins the provision of good quality physical activity and sport opportunities.

On a final note, we would like to take this opportunity to acknowledge and thank both the staff and volunteers who contribute to the continued success of the Local Sports Partnership network. These individuals are vital to the successful delivery and accessibility of sport and physical activity programmes at a local community level.



Kieran Mulvey
Chairman
Sport Ireland



John Treacy
Chief Executive
Sport Ireland

A young man with dark hair is shown in profile, aiming a bow. He is wearing a grey t-shirt with some text on it. The background is a light-colored wall. The entire image has a red tint. In the foreground, there are several overlapping geometric shapes: a large red triangle on the left, a yellow triangle on the right, and a red triangle at the bottom left. The text "Section 1 Background, Funding and Resources" is overlaid in white on the left side of the image.

Section 1 Background, Funding and Resources

1.1 Background to the LSP Network

This report is the twelfth annual report of the LSP initiative. It reflects the work of the full national network of 29 LSPs for 2018. 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.

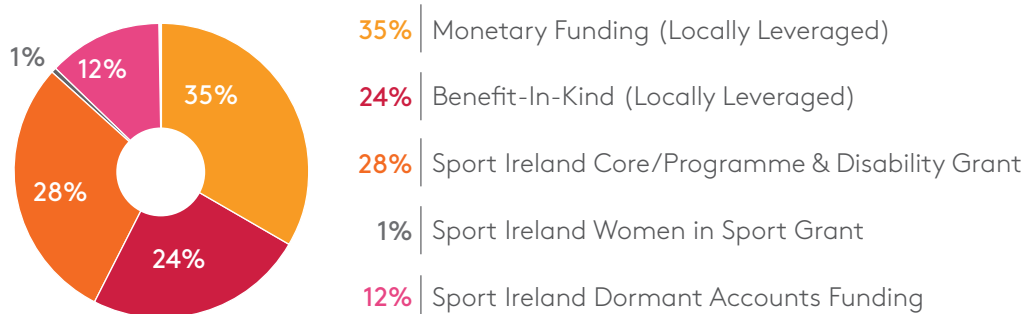
1.2 Project Funding Sources

Funding from Sport Ireland (Core, Disability, Women in Sport & Dormant Accounts) accounted for 41% of the total LSP funding in 2018. The remaining 59% was raised from local sources, including benefit in kind funding.

Table 1 – Breakdown for 2018 Local Sports Partnership Funding

	€	%
Monetary Funding (Locally Leveraged)	€7,463,770	35%
Benefit In Kind (Locally Sourced)	€5,061,833	24%
Sport Ireland Core/Programme & Disability Grant	€5,959,333	28%
Sport Ireland Women in Sport Grant	€115,000	1%
Sport Ireland Dormant Accounts Funding	€2,515,877	12%
Total	€21,155,813	100%

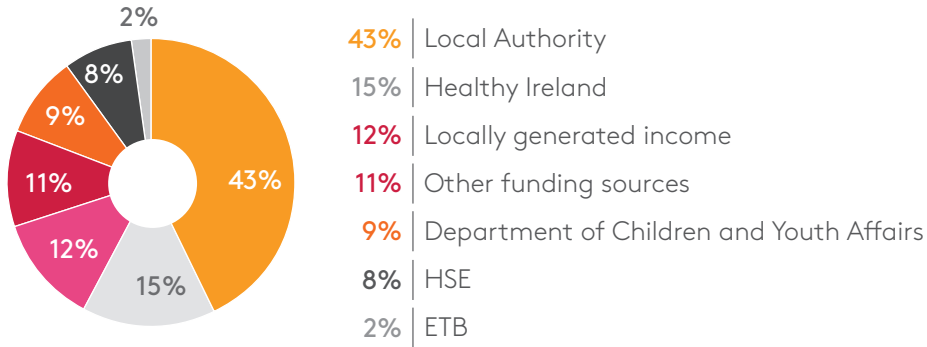
Figure A – Breakdown of Funding and Benefit in Kind Received by LSPs in 2018



After core funding from Sport Ireland, the Local Authorities (LAs) were the next most significant source of funding for the LSP network in 2018. Other significant funding partners of the network were the Health Service Executive (HSE), the Department of Children and Youth Affairs, the Education and Training Boards (ETBs) and Healthy Ireland.

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

Figure B – Local Monetary Funding Providers across the LSP Network in 2018



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

Figure C – Total Local Benefit in Kind Providers across the LSP Network in 2018



Sport Ireland funding to the LSP network increased by 2.5% from €5.92m in 2017 to €6.07m in 2018.

LSPs continue to be successful in securing funding from local sources. 59% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 35% of overall LSP support and benefit in kind support accounts for a quarter of overall funding.

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

1.3 LSP Management and Staff

LSP Boards of Management and Committees - Participation and Representation

- Throughout the LSP Network in 2018, there were over 7,500 volunteer hours committed as part of LSP Boards and Committees from a wide variety of partner organisations
- A total of 383 people served on LSP boards in 2018. This represents an average of 13 people per board. 36% of LSP board members are female, which is positive in terms of diversity on Boards
- Board members bring specific skillsets to their work within the LSP. This expertise is in the areas of finance and management, as well as public relations, governance and human resources. All of this helps to contribute to the effective running of LSPs.

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

LSP Staff

LSP core staff members are funded by Sport Ireland while other Local Sports Partnership personnel are funded through other sources. Along with Coordinators and Administrators, there were 19 Community Sports Development Officers (CSDOs) employed within the LSP network in 2018 alongside 23 Sports Inclusion Disability Officers (SIDOs), roles which are also supported in part by Sport Ireland. In 2018, LSPs also provided placements for jobseekers and interns seeking work experience and opportunities to develop skills.

In 2018, Sport Ireland either fully or part-funded 127 people in the LSP Network. 92 people were directly core funded by Sport Ireland. The LSP Network took on 62 people on internships and job placements. The LSPs also contracted a further 436 tutors to deliver programmes, courses, workshops and initiatives within the LSP structure.

In total, LSPs employed 220 staff in 2018, 103 (47%) of which are male and 117 (53%) are female.



Section 2

Achievements of the LSP Network in 2018

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 Work

In 2018, LSPs provided funding supports to 1,796 clubs and 572 community groups throughout the country.

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 2018;

- 7,208 meetings or phone calls took place between clubs and LSPs to share informal advice
- 7,334 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 2018.

Figure D – 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.

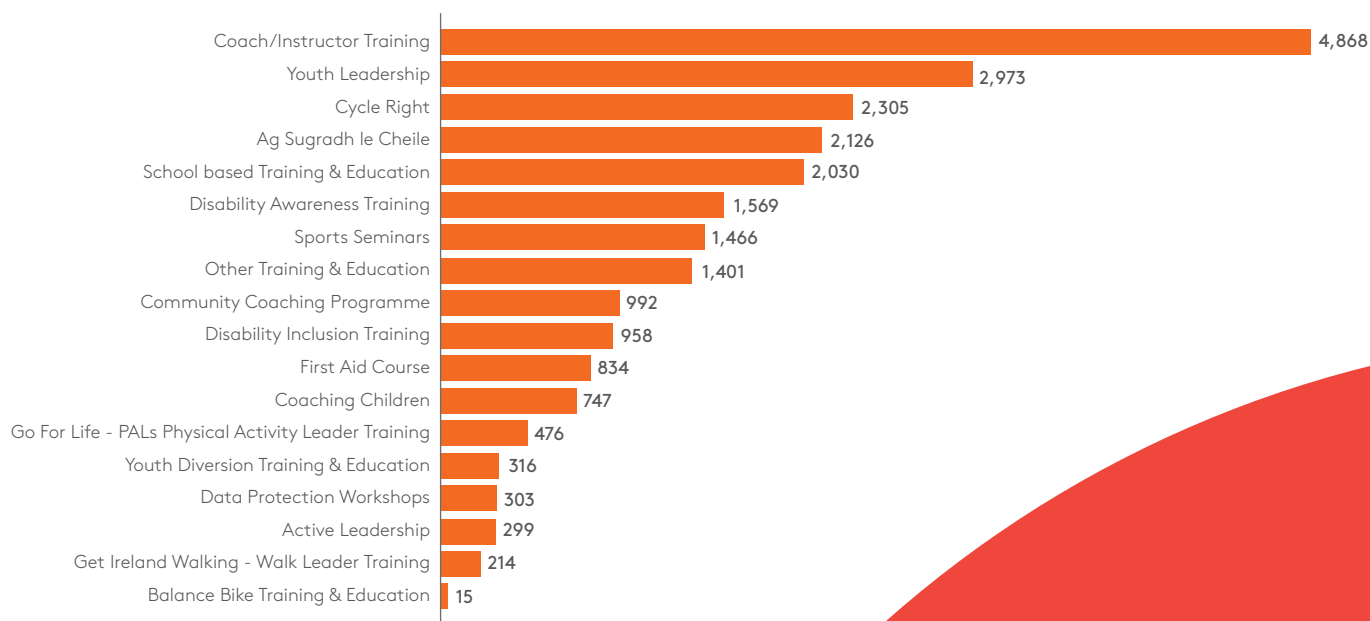
2.3 Training & Education Courses and Workshops

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

- LSPs planned and delivered 311 different training and education courses, workshops and seminars with their partner agencies
- 23,892 people participated on these training courses.

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

Figure E - Training & Education Actions and Number of Participants



2.4 Delivering Sport Ireland Programmes

Child Welfare & Protection (Safeguarding) – Workshops/Roles

Sport Ireland's Safeguarding programme targets sports leaders and adults involved in the organisation of sport for children and young people. The aim of the programme is to promote child welfare through legislation requirements, best practice and safeguarding policies and procedures. Sport Ireland offers three workshops in the area of safeguarding and child protection. The details of the three workshops are outlined here as follows:

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 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 club. Participants will also receive a Club Children's Officer Action Planning document as part of training.	A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

Club Children's Officer

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

Designated Liaison Person

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

In 2018, 7,522 sports leaders and volunteers completed the Safeguarding 1 training across 419 workshops run by the LSPs. Some 1,036 volunteers attended the follow-on Children's Officer training across 61 workshops. In the rollout of Safeguarding 3, 479 participants received training for the role of Designated Liaison Persons on 32 workshops organised by LSPs.

Table 2 - Summary of Safeguarding outputs for 2018

	SAFEGUARDING 1	SAFEGUARDING 2	SAFEGUARDING 3
No. of workshops delivered	419	61	32
No. of participants	7,522	1,036	479

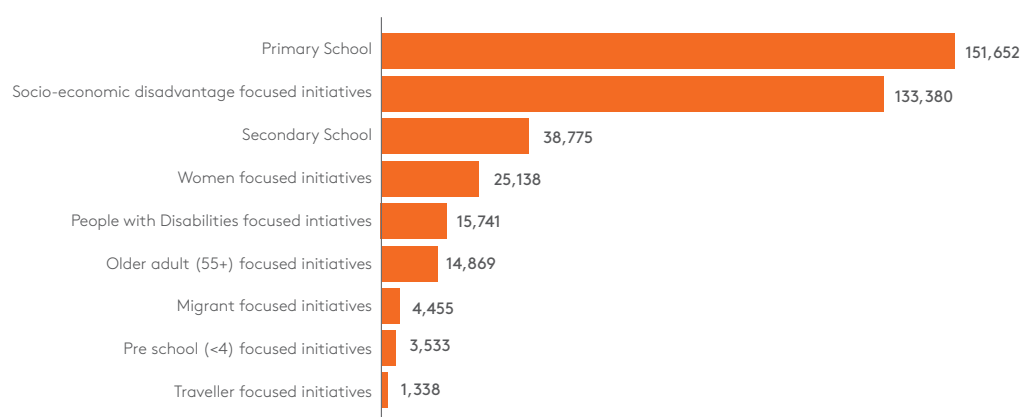
2.5 LSP Participation Initiatives

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. In 2018, the LSP network maintained its delivery of an innovative range of participation initiatives;

- 390,571 people participated in 1,229 locally delivered participation initiatives

The following gives a breakdown of the various groups reached through participation initiatives in 2018.

Figure F - Target Groups and Number of Participants



2.5.1 LSP Initiative Categorisation

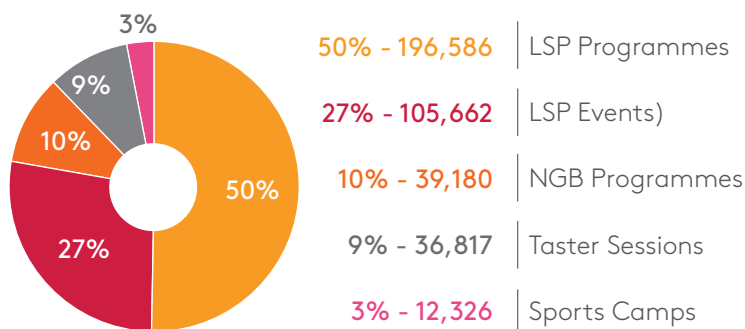
Of the 390,571 participants reached by these initiatives in 2018, 196,586 people were engaged through LSP programmes, 105,662 people were engaged through LSP events, 39,180 people were reached through NGB programmes, 36,817 people were engaged through taster sessions and 12,326 people were reached through sports camps. A brief description of the 5 categories of LSP initiatives are highlighted in the table below.

Table 5 - 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 sign post 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 and 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.

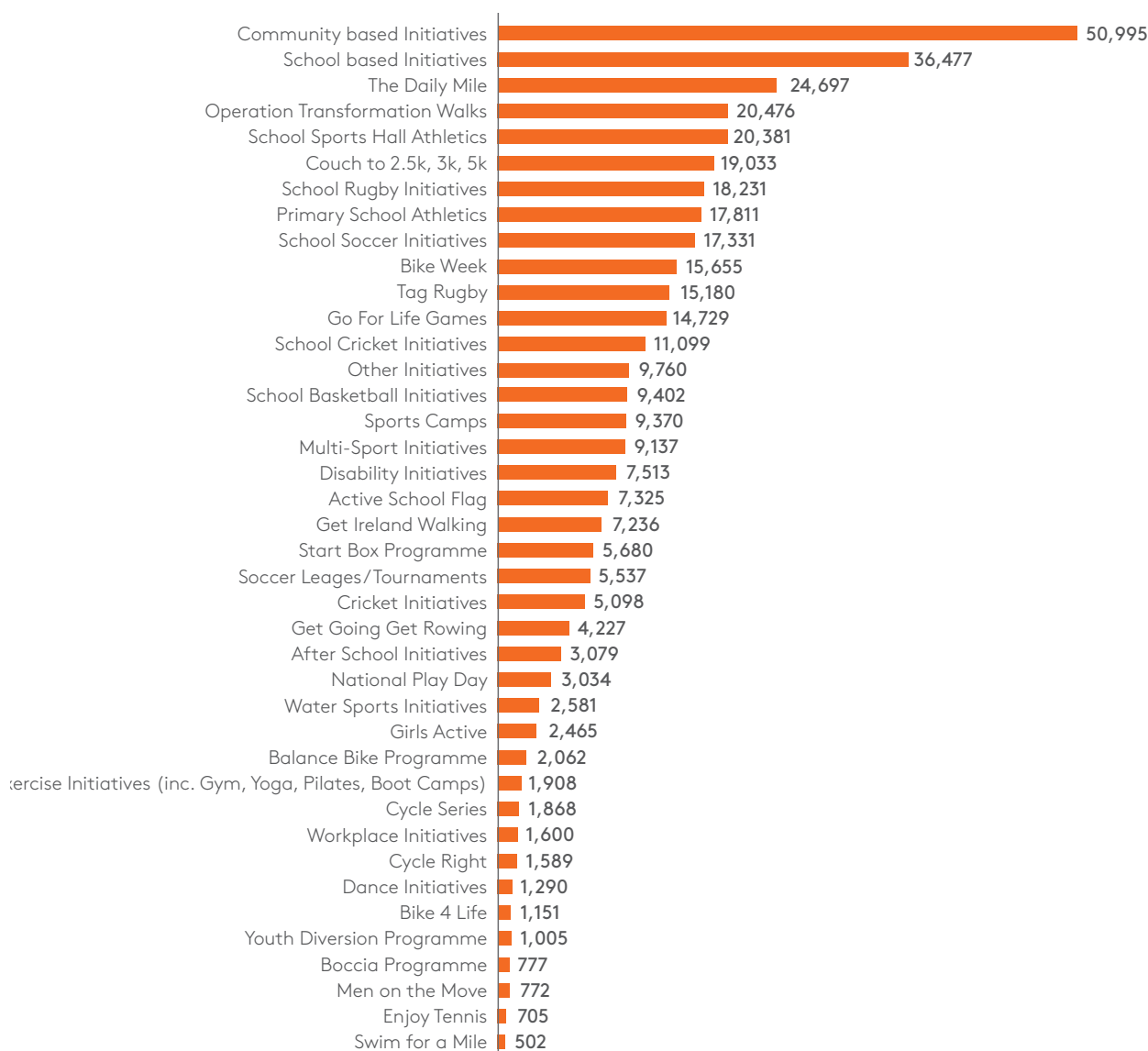
Figure G - Initiative Categories and Number of Participants



2.5.2 LSP Initiatives delivered in 2018

The following presents an overview of the types of initiatives delivered in 2018.

Figure H - Participation Initiatives and Number of Participants



2.5.3 Behaviour Change Theory

In order to develop an understanding of the application of the Behaviour Change Theory to LSPs 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.

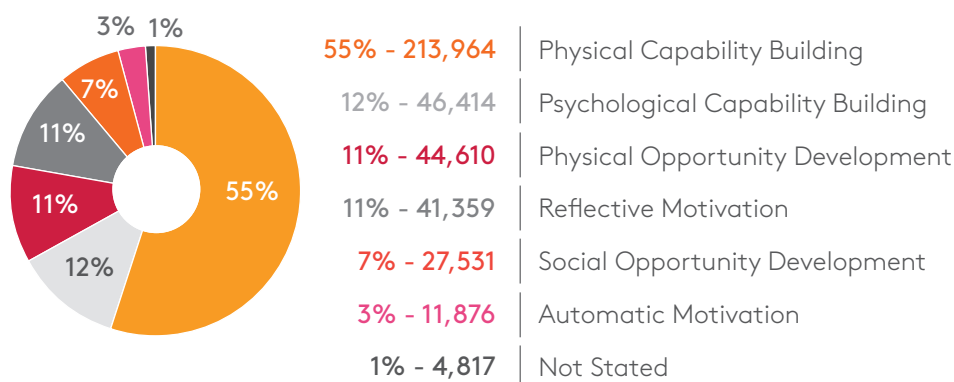
Table 5 - Description of COM-B Behaviour Change Model

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 above graph shows that 55% of the LSP interventions primarily develop Physical Capability and only 7% primarily develop Social Opportunity and 3% aim to support automatic 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 to initiatives that develop participants in aspects beyond Physical Capability.'

Figure I - 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 2018

Providing Information to Communities Through Traditional Media	2018
Number of radio interviews	156
Number of articles in local press/radio	696
Number of articles in national press/radio	42
Number of press releases issued	613
Number of newsletters printed	56,370
Number of television appearances	15
Providing Information to Communities Through Online Promotion	2018
LSP Website: Number of new articles	1,120
LSP Website: Number of hits	1,587,834
Providing Information to Communities Through Social Media	2018
Facebook: Number of posts/updates	14,754
Facebook: Number of Likes	83,738
Twitter: Number of Tweets	20,474
Twitter: Number of Followers	37,113
Instagram: Number of Posts	2,501
Instagram: Number of Followers	5,744
LinkedIn: Number of Followers	1,112
Providing Information to Communities Through Text-based Services	2018
Number of texts sent via text service	55,317
Number of WhatsApp groups	74
Number of people in WhatsApp groups	2,129

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 2018, 562 presentations were delivered to Councillors, Local Authority staff, community groups and other partners/stakeholders.

Table 7 – Summary of LSP Information Production and Dissemination 2018

Production of Information Resources	2018
Number of newsletters	73
Number of information leaflets/booklets distributed	78,690
Number of press releases issued	613
Local Community Interest	2018
Number of people/clubs/groups on email list	72,604
Dissemination of Research and Reports	2018
Number of annual reports distributed	2,857
Number of evaluation reports printed	318
Number of research reports printed	206
Number of presentations delivered	562

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 2018, LSPs have participated in some 579 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 2018

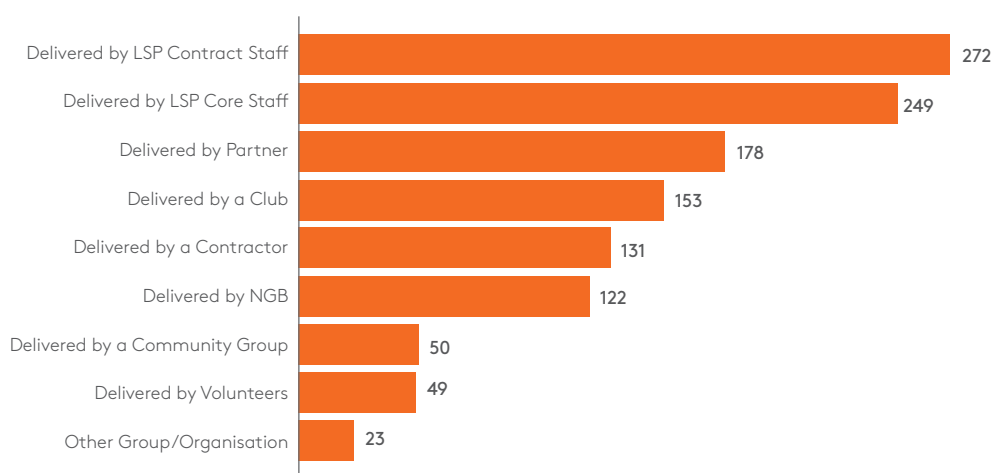
TYPE OF ACTIONS	NUMBER OF ACTIONS
Campaigns and Lobbying Efforts	47
Local Networks or Committees participated in	220
Regional and National Networks participated in	35
Research projects involved in	36
Conferences attended	170
Policy/Strategy submissions made	71
Total	579

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 2018, 521 initiatives were delivered by LSP core and contract staff, however 706 initiatives were delivered by community groups, clubs, NGBs, volunteers and other partners. The below figure illustrates the range of deliverers of initiatives in 2018.

Figure J - 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 147 organisations in 2018.

Throughout 2018, the 29 LSPs engaged in;

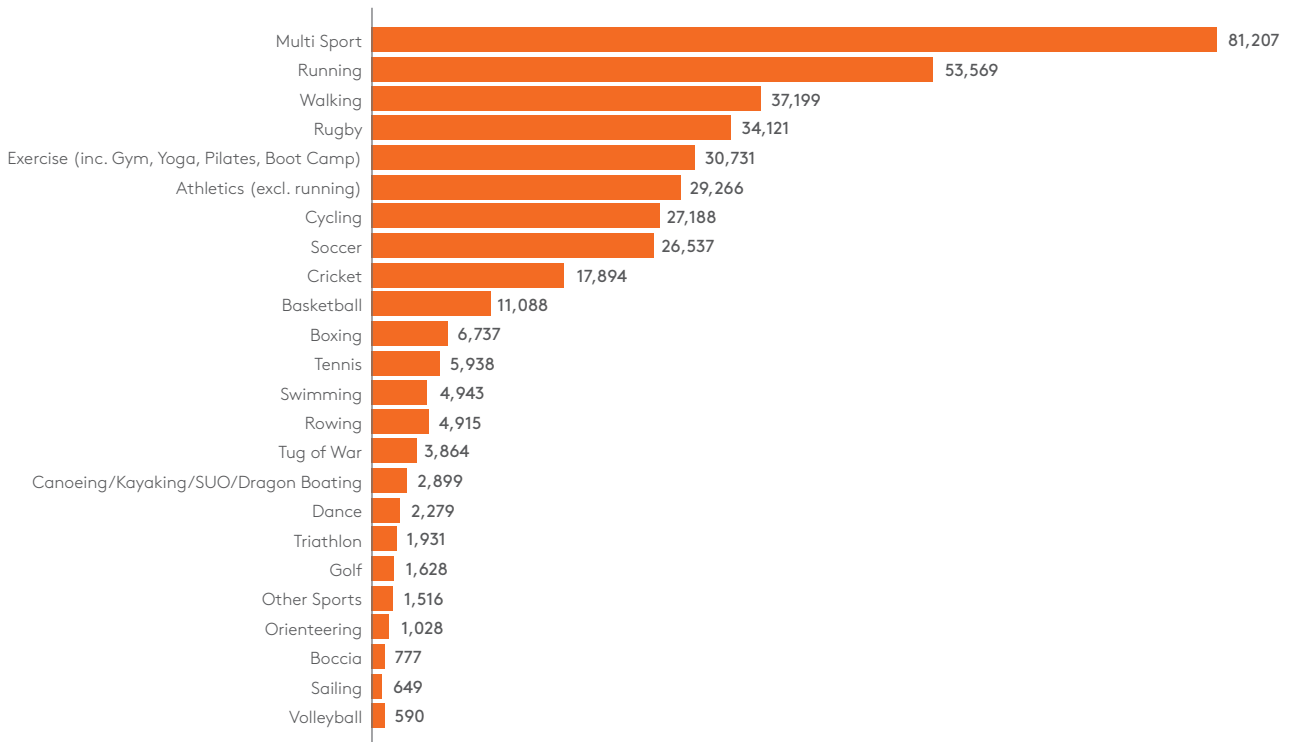
- 598 partnerships with 57 NGBs
- 81 partnerships with 5 Disability NGBs
- 57 partnerships with 2 Other Sport Ireland funded partners
- 665 partnerships with 83 other external partners

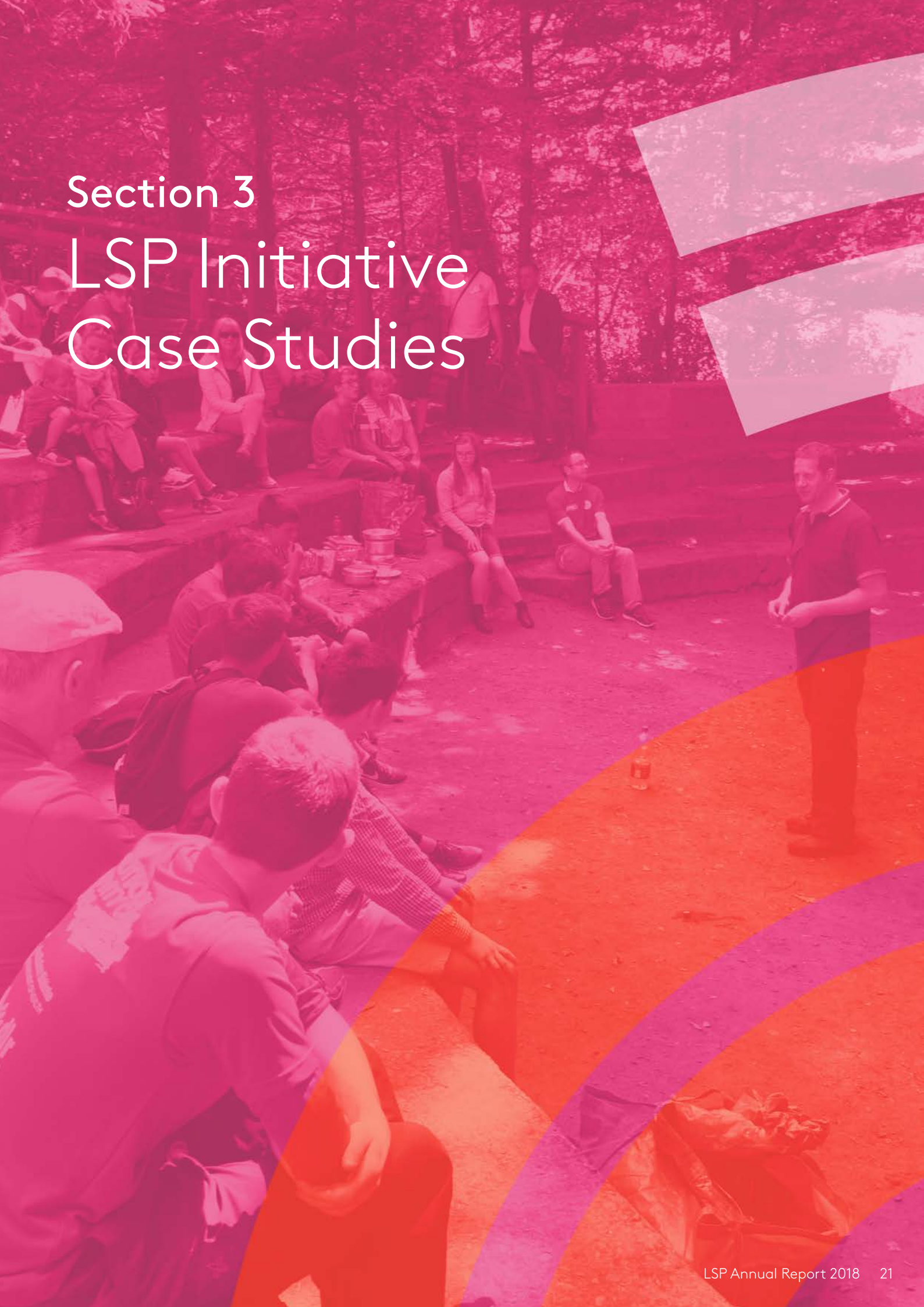
Primary schools and secondary schools were the main delivery partner for LSPs in delivering initiatives in 2018.

- 91,331 people were reached through initiatives involving schools as the main delivery partner.
- 87,342 people were reached through initiatives involving NGBs as the main delivery partner.
- 47,054 people were reached through initiatives involving Community/Sports clubs as the main delivery partner.

During 2018 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 2018. Over 35 sports were participated in during this period. The most popular 3 sports in 2018 were multi-sports, running and walking. 81,207 people were reached through multi-sport initiatives, 53,569 people were reached through running initiatives, and 37,199 people were reached through walking initiatives.

Figure K - Type of Sport and Number of Participants





Section 3 LSP Initiative Case Studies

County Carlow Sports Partnership Multi Activity Club



WHY?



To increase physical activity participation levels in children aged 3 – 6 years. This is an inclusive programme catering for all abilities

.....
Create wider range of opportunities

.....
Creating a positive link between Institute of Technology Carlow (IT Carlow) and the participants/parents.

AIMS



Increase physical activity, in a fun enjoyable way

.....
Children's imaginations and joy of reading/Storytime can be enhanced through exercise

.....
Creates added opportunities for parents, childcare workers, educators, and librarians to encourage literacy while also encompassing exercise into the experience.

IMPLEMENTATION

- Meetings held between Carlow LSP and IT Carlow determined the details regarding the layout of the project, target group, and programme duration.
- A panel of tutors was formed with Carlow LSP's Community Sports Development Officer named as programme coordinator.
- Each block of the programme runs for 5-6 weeks for one hour every Saturday morning.
- The activities focus on increasing levels of fundamental movement skills through developing agility, balance, coordination, running, jumping, throwing, catching, kicking and striking. Gentle exercises and free play were also included.
- For each block, parents were provided with information outlining the objectives of the Multi Activity Club and the importance of activities that can develop their child's agility, balance and coordination.
- The use of equipment, such as speed stackers and a play parachute, allowed children to develop hand to eye coordination and fine motor skills.
- The activity tutors were identified through the two community coaching programmes which were funded by the Dormant Accounts Fund and rolled out by Sport Ireland, County Carlow LSP and IT Carlow

OUTCOMES

- Children, particularly the younger participants, gained their first experience of being a part of a sports club. Many of the participants in the MAC are children who would not have participated in any of Carlow LSPs previous programmes
- Increased awareness in parents for the need of this type of physical activity and free play (agility, balance, coordination) to develop children's motor skills.
- Institute of Technology Carlow acted as a hub for members of the community to experience a positive physical activity experience
- The tutors gained valuable experience with some going on to coach children's groups in other capacities.

AVERAGE OF **30** CHILDREN ATTENDED EACH PROGRAMME

NEXT STEPS

The Multi Activity Club has the capacity to act as a stepping-stone for young children into other team sports. Children are playing games in groups and learning team work skills. These skills can be applied to an array of team or individual sports as they get older. Children playing and engaging in physical activity in this group setting develop a culture of participation in sport and physical activity.



Leaders were very friendly to all kids and very accommodative of kids with different abilities.
- Parent of participant

Cavan Sports Partnership Inclusive Horse Riding

WHY?

An 8-week programme of horse riding for children with a disability that is adapted to meet the individual needs of the children.

AIMS



- Introduce children with a disability to a new minority sport
- Increase usage of local recreational facility
- Engage new children in the Sports Inclusion programme
- Create sustainable pathway for children with a disability to be active.

IMPLEMENTATION

- Cavan Sports Partnership identified the need for a specific inclusion horse-riding programme from liaising with a local parents group
- Cavan LSP approached Derryham Stables about facilitating a programme for children with a disability
- An initial 8 week programme was held in April 2018, with 10 children participating
- Cavan LSP promoted the event via schools, local media and social media platforms
- Due to the positive feedback received on the initial programme, a further 8 week programme commenced in June 2018 with 12 children attending
- Derryham stables sourced a pool of volunteers who assisted the instructor and provide 1 to 1 support were necessary.

OUTCOMES

- Engaged new children in the sports inclusion programme
- Supported the development of children's balance, co-ordination and motor function
- Increased usage of local amenity
- Derryham Stables now continue programme independently on a fortnightly basis.

NEXT STEPS

Inclusive Horse Riding continues to be delivered by Derryham Stables on a fortnightly basis. The facility is also in the process of installing a sensory trail through the Dormant Accounts Fund, which will increase capacity to deliver activity for children with a disability.

The programme was very enjoyable. It built my sons confidence and helped him learn to follow instructions.

- Parent of participant

Instructor and volunteers were amazing, ensured all the children enjoyed it

- Parent of participant

My son loved the programme and wants it to continue.

- Parent of participant



Clare Sports Partnership Active Storytime

WHY?

To promote physical activity in young children through the medium of story telling

AIMS



Increase physical activity, in a fun enjoyable way

Children's imaginations and joy of reading/Storytime can be enhanced through exercise

Creates added opportunities for parents, childcare workers, educators, and librarians to encourage literacy while also encompassing exercise into the experience.

IMPLEMENTATION

Two short child friendly stories were written and created in a way that introduced exercises into the story. Complementing child friendly graphics were added in a slideshow format. They were then introduced to libraries throughout County Clare, where children of pre-school age, along with their parents and/or guardians, were invited to attend free 'Active Storytime' sessions lasting 30-40 minutes in duration. The stories were presented in a fun enthusiastic way, encouraging all participants to get on their feet and carry out the actions/exercises +within the story.

OUTCOMES

The programme received a fantastic response from libraries, pre-schools, and children alike. Over the duration of the sessions, Storytime was extended to last approximately 50 minutes in total. Numerous parents and preschools have requested the two stories so they can continue the sessions in their own settings, while the HSE have also expressed a keen interest in developing and rolling out the programme on a national level.

99
CHILDREN

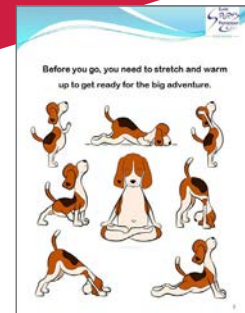
12
STAFF

4
PARENTS

5
EVENTS

NEXT STEPS

- Increase the number and range of stories on offer within the programme
- Enhance the graphic quality of the programme
- Expand the programme offering on a sample trial basis to junior and senior infant classes within primary schools in Clare – gathering feedback to determine potential expansion
- Create a workshop for librarians/preschool educators/parents who are keen to continue 'Active Storytime' in their own settings
- Continue discussions with HSE re further development and national roll out of the programme.



Cork Sports Partnership Staying Fit For The Future - Better Balance Better Bones



WHY?



Staying fit for the Future - Better Balance, Better Bones is a physical activity programme for older adults that will help to improve strength and balance as well as general physical activity levels. The programme is delivered for one hour over 8 weekly sessions in a community setting. This programme is suitable for adults who walk independently and want to stay strong on their feet and falls free for life.

AIMS



The aims of the programme are to support older adults to:

- Improve their balance
- Improve their joint and muscle range of movement
- Improve their flexibility, bone strength and muscle power
- Improve their physical activity levels
- Connect to their local community.

IMPLEMENTATION

Staying Fit for the Future – Better Balance, Better Bones was designed by the Cork Community Physiotherapy team with the support of Cork Sports Partnership and the Health Promotion Department of the HSE. The programme was influenced by the New Zealand Otago Exercise Programme (Campbell, 2003). Qualified exercise professionals received specific training in the delivery of the programme. They conduct the classes and also provide participants with advice to partake in exercises at home, with the use of a participant booklet.

NEXT STEPS

Going forward into 2019 the programme is going to be rolled out in 23 centres across Cork City and county. Cork LSP will continue to work closely with Cork Community Physiotherapy team and the Health Promotion Department of the HSE to further grow the programme and its contents.

The difference over the course of the programme has been phenomenal for some members of the group. They have gained confidence in term of improvement in their balance and overall enjoyment of the programme.

– Clare McSweeney, Cork LSP Tutor

Coming here has been a great advantage to help me get stronger, especially my leg muscles. I would recommend it because it is necessary, we can't just sit around all day watching television, we have to get out. Exercise at my age is absolutely necessary to keep the circulation going, to keep the muscles active and for general wellbeing

– Mary Morrissey, Participant, St Finbarr's Cork City

OUTCOMES

- 2016: A pilot programme was delivered in Bandon, Co Cork which was physio led. This was developed as part of the community falls prevention stream. Since then the programme has grown from strength to strength. 15 older adults took part in the pilot in 2016.
- 2017: Following a training of exercise professionals in August 2017, the programme was rolled out in October 2017. It was delivered across 6 different centres in Cork city and county. Over 75 older adults took part in programme in 2017.
- 2018: Another tutor training took place early in 2018. The programme was rolled out to 16 venues running 28 programmes in 2018. Over 400 older adults took part in programme in 2018. The Healthy Ireland funding stream through the LCDGs (Local Community Development Committees) has been an important part of the programmes growth and development.

An evaluation was conducted by Cork Institute of Technology between Oct 2017 and Feb 2018. Participants were asked what the most positive aspects of the programme were. The instructor, the variety of exercises and the social aspect were the most common response.



Dun Laoghaire Rathdown Sports Partnership Outdoor Sportsability Summer Camp

WHY?



- To provide teenagers on the autism spectrum with an opportunity to try new outdoor activities in a fun social environment and raise awareness among clubs to provide more opportunities for this particular target group.
- To highlight different activities that teenagers on the autism spectrum could take part in and then potentially continue to partake in within the Dun Laoghaire Rathdown area.

AIMS



- This initiative targeted teenagers who would not otherwise be able to access a summer camp with their peers
- To increase the level of awareness and knowledge among local outdoor sports coaches and volunteer in working with children on the autism spectrum through training and volunteering at the camp.
- To increase awareness of the Sports Inclusion Disability programme in the Dun Laoghaire Rathdown area.

IMPLEMENTATION

- Prior to the camp DLR LSP provided Cara "Autism in Sport" training for centres staff, coaches and volunteers to up skill their knowledge of working with teenagers on the autism spectrum
- At an early stage, a Steering Committee of partner agencies was established to plan and support the camp
- An appropriate location (Larch Hill) was then sourced, which included site visits to audit and adapt the physical environment to meet the needs of the teenagers
- Appropriate activities were then selected to provide campers with a varied, fun and sometimes challenging environment
- An Event Management Plan and Risk Assessment were drawn up to ensure the safety of all
- Promotional material was designed and circulated
- To help the teenagers get the most out of the camp and to gain practical experience DLR LSP sourced and trained appropriate local volunteers to assist in the programme
- DLR LSP then co-ordinated the camp during the 2 days from the teenagers arrival and sign in, to activities undertaken, organisation of lunches and pick up at the end of each day

OUTCOMES

- 15 teenagers on the autism spectrum engaged in an outdoor activity camp providing them with a safe supported environment to try new activities that they could engage in after the camp.
- It provided local outdoor sports providers, coaches and volunteers with knowledge of working with teenagers on the Autism Spectrum through CARA training and volunteering at the camp
- It created awareness of the LSP, Disability Sports Inclusion programme and accessible opportunities in the county
- It increased the participant's self-esteem and confidence in trying new things and socially engaging

15
teenagers
between the
ages of 12-16
engaged in
the camp

19
volunteers
gained
practical
experience
and skills

12
volunteers were
provided with
training through
the Cara Autism
in Sport workshop

NEXT STEPS

- It is planned to hold the camp again in 2019 and if possible extend to a second week. The demand for places in the 2018 camp has highlighted the clear need for inclusive opportunities such as this one for teenagers on the autism spectrum
- As an expansion of the programme, DLR LSP aim to create follow on sessions in the individual activities within clubs for participants that want to continue with the specific activity.



Many thanks to you and all concerned for last week's camp. Danny had a ball and really loved every minute of it, he only wished it could have lasted longer.

WHY?

FUN Moves was developed with the aim of improving fundamental movement skills, whilst also providing regular sport and physical activity in a fun, safe and encouraging environment.

AIMS



- Improve Fundamental movement skills
- Raise awareness and profile of disability sport
- Increase the number of people with disabilities participating in sport and physical activity
- Build capacity amongst existing sport clubs and organisations
- Develop a pathway to mainstream sport for people with disabilities
- Increase awareness within the participating sports in disability sports
- Promote participation and opportunities for elite competition (Paralympics/talent ID)
- Create sustained opportunities for people with disabilities to participate and enjoy the benefit of sport

IMPLEMENTATION

FUN Moves is a multi-faceted initiative designed specifically to increase fundamental movement skills which focuses not only on programme development but also capacity building amongst partner organisations. Participants were engaged in group sessions, 1-1 swim therapy sessions and 1-1 sessions focused on the development of proprioceptive skills.

FUN Moves was delivered collaboratively by the Donegal Sports Partnership, the Bluestack Special Needs Foundation and Inishowen Children's Autism Related Education (I.C.A.R.E.). The programme was funded by the Department of Justice and Equality through the Disability Awareness Raising Grant Scheme.

NEXT STEPS

During 2019 Donegal LSP hope to expand the programme by recruiting additional tutors. In turn, this should facilitate the FUN Moves programme being rolled out in other areas in Donegal subject to the availability of further funding.

Very worthwhile; my son enjoyed sport for the first time and came home and told us that he got the basketball in the net. His confidence did improve as a result.

– Parent of participant

Positive experience, Fun moves includes those individuals that don't normally get included. Also, the Children and Young People were treated like individuals, not as children with disabilities".

– Partner organisation

OUTCOMES

- €3,000 spent on equipment specific to the programme
- Steering group established including reps of all partner organisations
- Total of 54 people with disabilities participated in the programme
- 53 people trained in Safeguarding 1, First Aid for Sport, Disability Inclusion Training & Fundamental Movement Skills training.
- 2 x 8 week activity programmes delivered across two locations
- Swim Therapy provided for 8 participants
- Individual 1-1 sessions focusing on the development of the proprioceptive system
- 92% of parents consulted refer to positive behavioural and/or other changes observed in kids over the course of the programme,



WHY?

GAGA Day is an initiative to enable and inspire all girls to participate and engage in sport and physical activity.

AIMS

To 'Get All Girls Active' through a range of new and existing programmes and events across the city the majority of which happened on Wednesday 5 December 2018.

IMPLEMENTATION

There were 3 elements to GAGA Day:

1. Wide variety of programmes and events rolled out across the city that were delivered and/or facilitated by the Dublin City Sport & Wellbeing Sport Officers, the 6 Co-funded Sport Officer teams (Athletics, Boxing, Cricket, Rowing, Rugby and Soccer) and Dublin City Council's Sport & Recreation Centres.

2. **School Activation** i.e. primary schools were offered the chance to get involved through a 10-minute fitness video produced by DCSWP. The video was delivered by Irish International Soccer player Áine O'Gorman and was available to download from the DCSWP YouTube channel on the morning of the event. Participation was free and there were prizes for schools that uploaded videos and photos of them going GAGA to DCSWP social media platforms.

3. **Social Media** – Photos of many of the events were uploaded to Facebook, Twitter and Instagram and the hashtag was trending on Twitter during the day.

Activities & Programmes included:

- Video delivered by Irish Football International Áine O'Gorman rolled out in 25 schools with 3,905 girls participating
- Primary & Secondary School Cross Country event with 450 girls
- 2 Soccer Blitzes with 150 girls
- Rugby Blitz with 400 girls
- Swimming Lessons in 5 locations
- Aqua Aerobics in 3 locations primarily attended by Older Adults
- Olympic Education Talk with visit from Irish Boxer Kellie Harrington
- 2 Cricket Coaching Courses
- Basketball, Yoga and Frisbee for people with disabilities
- Ice skating
- Skipathon
- Dance classes including Zumba.

GAGA Day 2018 was a huge hit with the children in our school. Inspired by engaging with the Dance/Fitness video some of the girls led their own workout for others to follow during yard time.

– Teacher, Scoil Chattriona, Baggot Street

OUTCOMES

- 120+ separate activities/events.
- Across 55 locations in Dublin City.
- 6,061 women and girls of all ages, abilities and backgrounds participated.
- 3,905 of above were primary school girls who completed the GAGA video.



NEXT STEPS

- GAGA Day as a major annual event in the Dublin City Sport & Wellbeing Partnership's calendar
- Focus on GAGA lead in programmes up to the event
- Increase number of schools engaged with via video offering.

Normally when playing soccer, it's the boys that love to get active but all the girls are involved and playing today – great to see.

– Pearl Slattery, Co-funded F.A.I. Women in Sport Officer, at Loreto College).

Fingal Sports Partnership Fingal Girls Festival of Football



WHY?



This one day tournament provides a fun filled day for the female participants, while helping to harness the dedication of the volunteers who put in hours of work to ensure girls have regular football, in what can often be described as a male domain.

Fingal has experienced substantial growth in girls' football, over the last few years, and events such as this are helping to encourage clubs to provide opportunities to develop girls sections to grow.

Due to the different competition levels of the tournament, it provides an opportunity for girls to put on a club jersey, perhaps, for the very first time. In addition, it also acts as pre-season warm up for the more established club teams.

AIMS

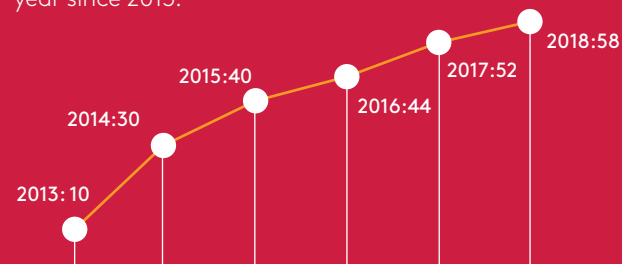
The aim of the programme is an attempt to tackle female dropout from sport by offering a free fun day for girls of all ages and abilities. The event is used to promote girls' football and to bring as many girls together as possible in one venue.

IMPLEMENTATION

- The Fingal Festival of Football was initially a boy's only cross border tournament set up in the early 1990's. The Fingal Sports Office was requested to take over the running of the tournament in 2006 and introduced a girls section in 2007. Only four girls teams took part from 2007. As a result of specific targeting of the development of girls and ladies football by the Sports Office and supported by the FAI, by 2013 10 teams were participating in the event.
- As a result of ongoing evaluation, a girl's only event was trialled. Based on its success the Fingal Girls Festival of Football has become an annual event.
- The festival caters for between 500-600 girls and is divided into a three sections (U8-U11, U12, and U13). Both the U12 & U13 have a community and elite section with the U8-U11 sections being non-competition based with the focus firmly on fun and enjoyment. The organising committee assign staff to oversee each section who ensure the smooth running of games, appoint referees and arrange all equipment and all organisational aspects of the event

OUTCOMES

The number of girls teams involved has grown year on year since 2013.



The event has facilitated the start-up of 15 new U8 teams in the last 3 years.

The FAI have added this event to their girl's football calendar to showcase and promote women's grassroots football.

NEXT STEPS

- The feasibility of including a coach education element to the day to encourage and promote volunteering particularly targeting women.
- Continue to increase the numbers involved each year.
- Specifically target clubs in the county to encourage the formation of new teams at U8, U9 & U10.



Galway Sports Partnership Learn to Cycle programme

WHY?

Deliver cycle training to children with disabilities.

AIMS

- Teach children with learning disabilities to cycle as a skill for life
- Enable children with learning disabilities to cycle in a safe secure environment
- Enable children with learning disabilities to cycle a two-wheeled pedal bike without stabilisers.

IMPLEMENTATION

- Organise suitable tutors
- Organise equipment
- Identify suitable venue
- Recruit participants
- Deliver programme

NEXT STEPS

To obtain increased funding to deliver the programme again to more children throughout Galway.

OUTCOMES

- Programme was over subscribed
- There were two sessions on each of the days of the programme
- Every child was cycling unaided by the end of the four weeks.

24

children with learning disabilities completed the programme gained practical experience and skills



WHY?



- To enable low participation groups and people with disabilities to partake in sport and physical activity.
- To redesign by enabling a joint delivery model of the swim for all programme, whereby leisure centres take the lead role in the programme delivery through the support of Kerry Recreation & Sports Partnership.

AIMS



- To highlight the importance of physical activity among people with disabilities
- To provide an opportunity for people with disabilities to become more physically active through swimming
- To provide people with disabilities the opportunity to further their swimming ability enabling them to reach their personal potential.

IMPLEMENTATION

This programme started in 2011 and has been adapted into a sustainable model, primarily delivered by local leisure centres in Kerry. Kerry Recreation & Sports Partnership engages with Leisure Centre management to devise a plan for programme roll out. This may require provision of training to the leisure centre staff in best practice in working with people with disabilities. LSP staff aid in screening participants to match participant ability needs to tutor instruction as well overseeing the tutor/participant ratios. The leisure centres swim tutors deliver the swim sessions over the programme period.

NEXT STEPS

The intention is to continue to expand the programme to the South Kerry area.

My little boy has been taking part in Swim For All sessions for the past 2 yrs. He has really enjoyed this experience due to the swim teacher's patience, skill and caring manners. We look forward to many more sessions.

– Geraldine - Parent of Swim For All participant

My 9-year-old daughter started the Swim For All programme over a year ago. She has made fantastic progress and is now able to swim with her head under the water with the assistance of just one float. All of her swim tutors over the past year have been friendly, gentle and kind and have worked very well with my daughter. It has been a wonderful experience for my daughter, great for her confidence.

– Fionnuala - Parent of Swim For All participant

OUTCOMES

Participant Perspective:

- Increased physical activity levels
- Improved communication skills and understanding of instructions
- Improvement in self-confidence levels.

Leisure Centre Perspective:

- Staff- Improved confidence levels in working with people with disability
- Improved accessibility for people with disabilities

LSP Perspective:

- Increased level of partnership work
- Increased levels of programme delivery.

6 week programme
3 locations (Ballyunion, Killarney & Tralee)
86 participants in 2018 (67 boys & 19 girls)
3 programmes per year



Kildare Sports Partnership Kildare Active Communities Programme



WHY?

To help Kildare LSP uphold its values and ethos by providing new and innovative opportunities to engage communities in a range of inclusive activities which promote participation in Physical Activity across the community spectrum in County Kildare.

AIMS

The Kildare Active Communities programme (ACP) aims to engage individuals, groups, schools, clubs, and organisations across communities through the provision of accessible, inclusive, and effective interactions designed to increase participation in Physical Activity in County Kildare.

OUTPUT TARGETS FOR 2018

- Provide 160 Community Skills Training/Education/Coaching Workshops (400 Training Hrs)
- Achieve a Participant Target level of 3000
- Establish 25 Couch to 5K groups across the County
- Establish a centrepiece Health & Fitness event in Kildare – The County Kildare 5K
- Provide training, education, and coaching modules to train or upskill parents, sport coaches, and community coaches, to empower them to deliver meaningful, sustainable, community-based physical activity programmes in Kildare.

IMPLEMENTATION

To develop the Active Communities Programme Kildare LSP initially took a service provision approach and offered several current, generic training courses in modular format across the community and invited interested participants to attend. (Disability Inclusion, Healthy Food, Safeguarding, Coaching Children programme, Active Leadership, Walking Leader training, Understanding Physical Literacy, etc.).

This involved the roll out of an advertising campaign on social media, local radio, and print media. Through analysis of community responses, Kildare LSP targeted several community venues and offered ACP workshops in association with their partner organisations. The initiative proved highly successful and the programme surpassed the outset targets by as much as 25 percent.

OUTCOMES

ACP Programme Outcomes (Dec 2018):

- 4000 + programme Participants
- 1000 completed County 5K event
- 380 Senior-Fit Participants active
- 68 Defibrillator Operators trained
- 60 Completed HFME programme
- 36 New Active Leaders trained
- 35 New Walking Leaders trained
- 25 Couch to 5K Groups active
- 6 Newly Activated Communities
- 226 Training Workshops delivered
- The Programme was a Nominated Finalist at the 2018 NUTRAMINO Health & Fitness awards



This is a unique and effective programme for our community, there are individuals and groups represented here that we would have only dreamed we might engage with.

– Manager, COI Parish Centre, Athy

NEXT STEPS

Kildare Sports Partnership's Active Communities programme has been further developed in conjunction with County Kildare LEADER Partnership to include a social inclusion and wellness strand.

Roll out of 2019 programmes has commenced and in 2019 to date, the following skills training, wellness, and physical activity workshops are currently in progress or have been completed.

- 16 Walking Leaders trained in association with the Irish Heart Foundation
- 9 Fitness Professionals trained as Activator Pole instructors through FitWalk Ireland
- 3 wellness presentations delivered ("Positive Mental Health strategies", "Benefits of sensible Cardiovascular Training", and "Diet and Nutrition Advice for maintaining Healthy Lifestyle")
- 2 new Adapted Physical Activity groups active in Kildare Communities
- 1 new Active Community Programme currently running in North Kildare
- 1 new Active Communities programme agreed within a deprivation indexed community

WHY?



The Bainisteoir Beag playground leader's programme was designed by Kilkenny Recreation and Sports Partnership to encourage pupil led activities during break times in school. The aim of the programme is to train pupils in fifth and sixth class as playground leaders and increase the level of inclusive physical activity in schools. A range of activity cards has been developed that can be used by the children to plan, organise and implement their mini-sessions.

AIMS



- To devise a sports leaders course for primary schools to develop leadership skills in sports at a young age (10–13 years)
- To provide a platform for volunteering in sport at a young age and opportunities for children to develop empathy, tolerance, gratitude and community responsibility, thereby fostering future volunteers
- To create a culture of an active school community engaged in the provision of quality physical activity opportunities
- To increase the opportunities available for inclusive physical activity in schools and child led, creative play in the school yard
- To pilot the programme in a number of schools across Kilkenny, to collate feedback, review the programme and develop resources to accompany the course

HOW WAS IT IMPLEMENTED?

- A working group was formed by Kilkenny Recreation and Sports Partnership
- The Bainisteoir Beag programme was developed incorporating a leadership programme for 5th and 6th class students and accompanying game cards
- Games cards focused on the development of physical literacy through age appropriate fun games and activities for the younger children.
- The programme resources were developed with child friendly instructions and illustrated with cartoon imagery, depicting movement patterns
- The programme was piloted across 8 schools in Kilkenny
- Feedback was collated from the pilot phase and the resources for the programme were reviewed, amended and finalised
- The programme is currently being delivered to 8 schools and a full evaluation will be conducted with teachers and students.

OUTCOMES

- Bainisteoir Beag, leadership and activity programme, developed by KRSP staff and tutors
- 340 children from 5th and 6th class received leadership training as part of the Bainisteoir Beag programme in Kilkenny in 2018
- Inclusive activity opportunities delivered to 400 younger children in their school yard at break by older students in the school
- 8 schools in Kilkenny piloted the programme in 2018, providing volunteering opportunities for 5th and 6th class students and inclusive physical activity opportunities for younger students
- 8 schools in Kilkenny embracing a culture of creative, child-led play in the school yard
- Partnerships developed with Carlow IT for future evaluations and development of resources

NEXT STEPS

- The programme is currently being delivered to 8 schools and a full evaluation will be conducted with teachers and students
- KRSP plan on partnering with other LSPs to pilot the programme in 4 other LSP areas, subject to successful funding applications
- KRSP, with the guidance of Sport Ireland/Third Level Institutes, will evaluate the delivery of the initiative across the 4 LSPs and explore the possibilities of scaling up the programme
- KRSP in conjunction with Carlow IT are exploring the development of an App.

The kids often changed the way the game was played and it helped them use their imagination. They are now not afraid to try new ideas. As a matter of fact we encourage it."

– Primary School Teacher



Felt it brought some children out of themselves when being coaches. Was surprised at one or two by their creativity and getting involved in the programme.

– Primary School Teacher

Laois Sports Partnership Laois Camino



WHY?

The Laois Camino sought to increase awareness of and participation in walking across County Laois.

AIMS

- Increase participation in walking
- Increase tourism by unveiling the county to locals and visitors

IMPLEMENTATION

- Laois LSP sought to create ways to increase participation in walking. From this passion for walking and building relationships through the Laois LSP Get Ireland Walking initiative and SVT Activity & Wellness Hub, the first Laois Camino was launched. Laois Camino is supported by Laois Sports Partnership, Laois County Council & Laois Tourism
- The first Laois Camino had 67 walkers pre-register and, on the morning, had a total of 110 walkers aging from 8 years to 83 years old. A committee was formed who delivered the event on the day on a voluntary basis
- All abilities and levels of fitness were catered at the first Laois Camino of 5km, 10km & 20km
- As well as the locals they had walkers from other parts of Laois and attracted visitors from Cavan, Kildare, Kilkenny, Monaghan, Meath, Westmeath & Dublin
- Social media helped to reach the wider audience about the first Laois Camino.

NEXT STEPS

- Year 1 - Launch Heritage
- Year 2 - Heritage and Woodlands
- Year 3 - Woodlands and Bogs
- Year 4 - Water
- Year 5 - Mountains

In future years the plan is to visit heritage sites, bogs and water, woodlands and the Slieve Bloom Mountains. Laois Sports Partnership, Local Get Ireland Walking Groups, Laois Walking Festival and Laois Tourism are supporting this initiative.

The Laois Camino is a five-year plan launched to unveil the heritage, woodlands, bogs, water and mountains of County Laois.

OUTCOMES

- 20 volunteers on the day
- X3 refreshment stops
- 1 day 10am to 3pm
- 5km walk, 10km walk, 16km walk 20km walk
- Website: www.LaoisCamino.ie



Leitrim Sports Partnership Pony-Riding & Animal Welfare Project



WHY?



The purpose of the Leitrim Pony-Riding & Animal Welfare Project is to introduce the participants to physical activity by teaching them horse-riding skills over an 8 week programme and animal welfare skills in a safe, friendly and enjoyable learning environment. Leitrim LSP wanted to engage, activate and educate children from traveller and disadvantaged communities on the promotion of animal care and welfare, to develop their horse riding skills and improve their overall physical activity levels.

AIMS



- Development of horse-riding and horse-handling skills in traveller and disadvantaged communities
- Introduce the participants to physical activity which increases the participant's cardiovascular capacity and improves the overall health and wellbeing of the participants
- Promotion of an animal welfare ethos among children from traveller, disadvantaged and non-national backgrounds
- Development of skills in handling, care and welfare of equines in the target group
- Continuation of the traveller horse culture in a safe and animal-centred environment which will result in improvements in the welfare of traveller-owned horses in South Leitrim
- Promotion of social inclusion and integration among traveller and disadvantaged communities in Co. Leitrim.

IMPLEMENTATION

Leitrim Pony Riding and Animal Welfare Project 2018 involved 42 children aged 12-17 from a range of diverse backgrounds in Co Leitrim. The project built on a smaller 2017 project which involved 16 children. In total, 42 children from a traveller or disadvantaged background as well as children from Iraq and Syria were accepted onto the programme in 2018. These children would not otherwise have the opportunity to become involved in horse-riding and associated activities.

42 children participated in a ten-week programme during the school summer holidays, June-August 2018. The programme included pony-riding lessons, equine husbandry, animal welfare, donkey handling, responsible dog ownership and a field trip to a Beach Pony Camp, the RACE Academy in Kildare and the Irish National Stud.

NEXT STEPS

A number of participants (55%) expressed an interest in pursuing a career working with horses. It is intended to set up the Leitrim Saddle Club to allow the participants develop their interests further with the assistance of their co-ordinator, tutor and parents. This will allow the participants to further develop and enhance their skills during the winter months and be better prepared for a more advanced programme in 2019. Some participants intend to apply to attend the RACE Foundation Programme in 2019.

It is intended to develop linkages with the National Learning Network Centre in Sligo and develop a pathway for participants to enter the Horsemanship course.

OUTCOMES

- Participants were provided with a novel sporting opportunity not usually available to children from a disadvantaged background
- Increased physical activity levels and participant's cardiovascular levels among all the participants that completed the programme
- The programme provided a unique opportunity for social inclusion and integration among traveller, disadvantaged and non-national communities in Leitrim
- The programme helped to improve mental health and well-being of teenagers from disadvantaged backgrounds
- Participants developed novel skills in horse-riding, husbandry and welfare of equines
- Participants gained confidence and improved their social skills
- Participants developed an improved animal welfare ethos
- Participants developed better awareness of animal welfare issues in horses, donkeys and dogs
- The programme enhanced future-proofing of the traveller horse culture in Leitrim

Luke would love to come again next year. He thoroughly enjoyed every minute.
- James Bann - Parent of participant.



Limerick Sports Partnership Sports Talk Programme

WHY?



The programme originated after a meeting between a local counselling organisation and Limerick Sports Partnership. The idea was to come up with a programme which would allow teenagers to get involved in physical activity but that would also afford them the opportunity to take part in facilitated group workshops on issues pertaining to mental health, such as bullying, drug and alcohol use/misuse and suicide awareness to name but a few. The Sports Talk programme takes the old cliché of a “healthy body, healthy mind” in its most literal sense.

AIMS



- Decrease sedentary behaviour amongst teenagers in disadvantaged communities
- Build resilience and coping skills among those same teenagers
- Allow teenagers who wish to access professional help to do so.

IMPLEMENTATION

- The programme is structured in such a way that all participants take part in a physical activity session and then a facilitated group workshop on a topical issue
- One of the key features is the availability of immediate professional counselling should it be required by any of the participants or by any member of their families. The counsellors from ‘Resolve’ who facilitate the workshops have a very generous arrangement for participants and their families who wish to avail of their services.
- The programme is currently running once a week for six weeks. Activities include taster sessions in Boxercise, Spinning, Kayaking, Trampolining and Archery. Participants then receive information on how they can continue with the activity if they wish to pursue it after the original taster session.

OUTCOMES

It is important to note that most of the benefits of this programme are kept confidential. Several participants (and their families) have availed of the offer of Counselling outside of the programme. This counselling is offered at a reduced rate by the workshop facilitators and is also offered immediately with no waiting lists etc. Currently 8% of participants have availed of counselling as a result of participation in the programme.

Involvement in sport and physical activity will help create a population of fitter, healthier and more resilient young people in Limerick City.

NEXT STEPS

Limerick LSP works closely with DEIS Schools in identifying a group who are most in need of this service and deliver the Sports Talk Programme to that school. The Sports Talk Programme has now been expanded into the Club environment the name has been updated to ‘Members Assist Programme’ (MAP). The programme is similar to Sports Talk however, additional supports to coaches, players, volunteers and extended family members are provided.



The spinning class went great, all did it and worked hard for 45mins. I'm pleasantly surprised that they actually have hidden fitness and motivation. It's the most exercise they have done in 5 years.

– School Teacher



Longford Sports Partnership Parkour Development Programme

WHY?

The purpose of this initiative is to increase awareness and participation in Parkour in Longford.

AIMS



- To increase the number of people accessing and utilising the alternate outdoor activity centre in the Attic Youth Centre in Longford Town
- New opportunities will be created to take part in sport in an urban setting
- Volunteers will be upskilled to deliver Parkour in the community
- The attic youth centre's alternative activity centre will be self-sustaining
- Improved equipment and resources available to individuals and community groups
- Strong links developed between partners.

IMPLEMENTATION

There were 12 local coaches from Longford trained as Level 1 Parkour coaches under Parkour UK. This training course took place over a 3-day period in October. Each coach shadowed Chris Kieghley, a Level 2 coach from the UK. Local youth groups and schools were engaged during the shadow coaching and the feedback from all schools was excellent.

In order to complete their certification, each of the coaches must complete 6 sessions shadowing a level 2 coach, along with completing Safeguarding 1 and a Sports First Aid course. All coaches have completed at least one session shadowing a Level 2 coach and have completed Safeguarding 1.

Longford Sports Partnership purchased indoor Parkour equipment for the programme. This equipment has meant that Parkour has become more accessible throughout Longford. Longford is very fortunate to have Ireland's only Parkour Park on our doorstep however with unpredictable weather it makes it difficult to run programmes. The indoor equipment allowed an indoor programme to be delivered in sports halls throughout Longford and this made Parkour more accessible to children from other schools.

NEXT STEPS

Longford Sports Partnership plan to continue the taster sessions with schools and youth groups. This will aim to give as many people as possible an opportunity to take part in Parkour. There will also be a launch of the programme on May 25th 2019 in the Attic Teen house.

I found that there was a great mixture of three of the key primary school strands in Physical Education (Gymnastics, Athletics and Outdoor & Adventure activities). Parkour was a fabulous way of integrating all three.

-Teacher from participating school

OUTCOMES

249 children from 5 schools have taken part in the programme through schools from Longford Town and Edgeworthstown over a 5 day programme ran in January and February 2018. Each class has taken part in a taster session. Everyone involved in the programme has had a very positive experience to date, the participants are more aware about Parkour and interested to participate in more Parkour in the future.

249
CHILDREN FROM
5 SCHOOLS HAVE
TAKEN PART

12
LOCAL COACHES
TRAINED AS LEVEL 1
PARKOUR COACH

PARKOUR PROGRAMME
DELIVERED OVER 5 DAYS



Louth Local Sports Partnership Mindful Movement



WHY?



Mindful Movement is a physical activity programme for adults with an Intellectual Disability. It is held at Dundalk Sports Centre (DSC) once per week for 1.5 hours. Each week participants learn new games or activities as well as regular ones that are beneficial and very much enjoyed by everyone. The groups that come to the programme are varied in their abilities so all activities are adapted and catered for all. The programme caters for people with both physical and intellectual disabilities and this is taken into consideration when organising activities. The programme is designed for all abilities and this is evident in the variety and adaptability of the games and activities.

AIMS



Dundalk has many day centres for adults with a disability and DSC has catered for these groups individually in the past. Louth LSP wanted a programme that brings all these groups together once a week for a Fun Mindful Movement programme, giving the participants the opportunity to exercise in a very structured mindful way but also socialise and have fun with people outside of their own centre. The following groups are involved: St. John of Gods Venagus & Drumcar Centres, Rehab Care, National Learning Network and Inspire Dundalk.

IMPLEMENTATION

3 staff from Dundalk Sports Centre run this programme each week. The programme consists of an hour of physical activities focusing on all areas of movement, to give the participants a varied activity session. This is followed by a half an hour for refreshments and chat, the social interaction, which is a very important part of the programme. Through the year there are special sessions hosted at Easter, Summer and Christmas.



OUTCOMES

The programme has had over 30-40 adults with a disability take part each week. During the special Christmas party and Summer Sports Day as many as 60 people attended.

'Inspire', a younger adult group, have added a second sports specific session to their groups weekly activities.

Activities have progressed as the weeks have gone by to see the improvement in the participants, from their motor skills, balance, agility and social skills.

Mindful Movement has enhanced sport and physical activity opportunities for adults with a disability in the Dundalk area and has provided an opportunity to participate in a fully accessible and safe environment.

Louth LSP and Dundalk Sports Centre have experienced staff that have a passion and desire to see everyone get active and have the same opportunity no matter what their ability.

60 PEOPLE PARTICIPATE IN THIS PROGRAM WITH A WEEKLY AVERAGE OF 40 PARTICIPANTS

NEXT STEPS

This project has been running all year and is constantly evolving, with new activities being added regularly. The Programme sees the same consistency of participants in the same centre involved and coming each week. The participant's €2 entry fee covers hall rental, tea and coffee and the centre covers the staff and equipment, which therefore makes it a sustainable programme. They are also expanding to have another session on a monthly basis that will be a cross county programme as part of the LSP North East regional network.





Mayo Sports Partnership Women And Girls In Sport Seminar

WHY?



The purpose of this event was to encourage open discussion and thinking out loud the contributing factors why teenage girls and women were dropping out of training, teams or any form of physical activity.

An influential panel of speakers examined the issues of drop out in sport and physical activity through this seminar. The event dealt with various topics including the importance of staying active, the issues around dropout, barriers/facilitators to girl's/women's sport and positive change.

Also, through the Girls Active funding several girls post primary schools in Ballina had the opportunity to participate in activities that they had not previously experienced in the lead up to the event itself.

AIMS



- To create awareness as to what & why teenage girl's dropout of sport and physical activity
- To demonstrate the positive impact sport and physical activity can have on females later in their lives
- To encourage females to participate in sport and physical activity as a lifelong habit/hobby
- To motivate girls to try new sports whatever your age or ability.

IMPLEMENTATION

- Communication and collaboration with stakeholders/partners to plan the event
- Communication with National Governing Bodies of Sport seeking panel members for the event.



OUTCOMES

- 220 Females attended the event
- Local clubs and organisations were present at the event
- Girls were motivated to organise and develop some new programmes in their schools
- 2 of the females who participated in the Girls active programme that proceeded the event have developed an interest in outdoor activities and are hoping to continue this interest into further education
- Awareness around the Healthy Ireland programme was created.

22
LADIES AND
WOMEN
ATTENDED

12
ORGANISATIONS
WERE INVOLVED

2
SCHOOLS
PARTICIPATED

NEXT STEPS

Continually striving to address the issue of participation levels of women and girls in sport and physical activity in Mayo.

Delivering programmes for women only in Mayo, for example ladies 'Try a Tri'.

The girls were so motivated on the bus on the way home and they are even discussing starting up a girls Rugby team in the school asap!
Thank you very much for a very informative day.

-Teacher, St. Tiernan's College, Crossmolina.



Meath Local Sports Partnership Move More Challenge 2018



WHY?

The purpose of the Move More Challenge was to target people who were not active or had very low sedentary levels of participation to get them moving more on a regular basis and to change their physical activity habits long term.

AIMS

The overall aim of the 12 week programme is to ensure that all adults are reaching the National Physical Activity Guidelines, which for the purposes of this programme equated to moving 10,000 steps per day. The Move More programme aims to increase and track activity levels amongst participants with the aid of the step counter wristwatch.

IMPLEMENTATION

Recruitment drive

- Participants for the Move More programme were recruited through a range of channels; social media, newspapers, direct mailing etc.

Expression of Interest

- Participants completed an expression of interest form detailing why they wanted to participate in the Move More programme
- Applications were reviewed and 80 participants were selected.

Age profile of participants selected

17-25 years: 6
26-39:16
40-54: 51
55+: 7

NEXT STEPS

At the end of the programme participants were signposted to local physical activity opportunities in their community.

The Move More Challenge will be replicated again in 2019 and will take into consideration the following recommendations from the 2018 programme review:

1. Ensure that each participant has access twice weekly to a local walk
2. Include another activity block to ensure that numbers not achieving the weekly target is reduced
3. Assign participants to groups similar in sedentary/low activity levels to each other.

The programme kept me focused, determined and motivated. The leader board made me want to compete, a characteristic I didn't know I had. While there were times I was unable to reach targets due to illness or family commitments I was eager to return to the programme.

– Participant in the Move More programme

OUTCOMES

Targets were established from the outset of the programme, those selected to participate on the Move More programme were aware of the weekly targets from registration.

- 65% of participants achieved the National Physical Activity guidelines for Adults on a daily basis over a 4 week period
- 39% of participants indicated increased improvement in health satisfaction
- 40% improvement from pre programme Physical Activity Levels
- 87% of participants achieved their stated objective.

The Move More programme appealed to all abilities and across the generations. All participants on the Move More programme found the step counter wristwatch acted as a good motivational tool on a daily basis to being more active. Over a 12 week period the participants made significant improvements to their health and physical activity levels.

The qualitative data collected showed that the programme had an impact on weight loss and improving activity levels not only for participants but within the participant's wider family network. Overall, the quantitative and qualitative data collected proved that the Move More Challenge programme has the capacity to change people's lifestyles.



Monaghan Sports Partnership Active Women - Aqua Aerobics



WHY?

As part of Monaghan LSPs 'Women in Sport' programme, they consulted with women in local communities in Monaghan to identify suitable activities which would encourage physical activity by women aged 50+. The resulting Aqua Aerobics programme came directly as a suggestion from the women themselves.

AIMS

1. To address a need identified by Women aged 50+
2. To provide Women aged 50+ in Monaghan, the opportunity to participate in Aqua Aerobics on a regular basis for health benefits
3. To encourage a new population group to use the public leisure centre

IMPLEMENTATION

- Following consultation specifically with women aged 50+, Monaghan LSP were aware that there was a desire to try water-based activity programme where none currently existed for this age-group
- Monaghan Sports Partnership, in conjunction with Monaghan Leisure Centre, piloted an 8-week aqua aerobics programme with 24 women registering for it
- As a result of the success of this initial programme, MSP and Coral Leisure Centre have continued to provide aqua aerobics for his target group, with 146 women participating in total during this period
- The programme has continued to be delivered over 8 week blocks, with the majority of activity operating at maximum capacity with 30 people per class
- The Aqua Aerobics programme has provided participants not only with the health benefits associated with aerobic exercise but has supported the promotion of social interaction on weekly basis, especially for those from rural areas
- The programme is self-sustaining and does not require funding intervention and Monaghan LSP and Monaghan leisure centre continue to work in partnership to provide this activity while introducing new clientele all the time.

NEXT STEPS

The programme has continued annually and continues to provide opportunities for women aged 50+. It is self-sustaining and does not require external funding intervention.

The Aqua Aerobics programme has transformed my life, 'I have made many friends and acquaintances...has made me realise how important it is to keep active as I get older.
-Participant in the Aqua Aerobics Programme

OUTCOMES

The aqua aerobics programme has provided 146 Women the opportunity to participate in an aqua aerobics class delivered specifically to suit their abilities.

The programme led to several Women attending the Leisure Centres independent aqua classes. As a result of participating in the programme, some Women developed more confidence in the water which resulted in expression of interest in a 'Learn to Swim' programme for the same target group, which has been organised between Monaghan Sports Partnership and Coral Leisure.

In 2018, Monaghan LSP conducted a short survey to gather information from the participants (50 respondents) and the main findings were as follows:

- 94% of respondents reported noticing and feeling health benefits
- 74% of respondents said they have recommended programme to others (who have since attended the programme)
- 52% of respondents had never used the public leisure facility before starting this Aqua Aerobics programme
- 52% of respondents have attended other activities in Monaghan Leisure Centre as result of participating in this programme.

I found it very beneficial following foot surgery, lovely to have a chat with other participants and go for coffee afterwards.
-Participant in the Aqua Aerobics Programme

Offaly Sports Partnership The Diversity Games

WHY?

To showcase the potential of immigrant/ethnic minority communities in the sport of athletics through The Diversity Games

AIMS

- To increase participation of children and young people of an immigrant/ethnic minority background in the sport of athletics
- To positively support the integration of immigrant/ethnic minority communities into the sport of athletics through The Diversity Games
- To afford the participants an opportunity to showcase their potential at The Diversity Games in a world class arena attached to a third level educational institution
- To make linkages between schools, the NGB for the sport and their affiliate clubs that participants at The Diversity Games might transfer into
- To develop a strong relationship with the integration unit in the Department of Justice and Equality with a long term view of securing ongoing investment through sports as a vehicle to support integration

IMPLEMENTATION

- Securing of funding from Department of Justice & Equality and Athletics Ireland via the Dormant Accounts Fund
- Development of relationship with the Athlone Institute of Technology and Athletics Ireland in the planning of The Diversity Games
- Promotion of pre Diversity Games interventions in a number of schools with above average enrolment of immigrant/ethnic minority children and young people
- Event organisation including booking of venue, recruitment of participating schools, recruitment of officials, administration pre and post event, and collation of results on the day of the event, issuing of press releases, etc.
- Liaison with The Department of Justice & Equality, and other key stakeholders to ensure that high ranking officials from key stakeholders were in attendance at The Diversity Games to assist with post event publicity

OUTCOMES

As a result of previous success in the area of integration through sport; and with the support of the Department of Justice and Equality communities' integration fund and the Athlone Institute of Technology, The Diversity Games provided a unique opportunity for students of immigrant/ethnic minority backgrounds to experience an exciting and enjoyable free athletics event in a world class indoor arena.

JANUARY 2018 GAMES

9 primary schools
7 post primary schools
230 students
3 counties participated

DECEMBER 2018 GAMES

20 primary schools
11 post primary schools
464 students
211 pupils
4 counties participated

Over 60%

participation by children and young people of an immigrant/ethnic minority background

Over 1,350

pupils across 9 primary schools in Offaly reached with a pre Diversity Games intervention in schools

NEXT STEPS

- The Diversity Games is currently undergoing an independent review. This review will determine the future direction of Offaly LSP work with respect to integration through sport.
- It is hoped that The Diversity Games will become an annual event which the Department of Justice & Equality will support in the short to medium term.
- Discussions will also be held with key regional and national stakeholders with a view to securing 24-month funding for integration when the next opportunity arises

Just a quick word of thanks and appreciation to you for our involvement in this year's diversity games. The boys on the 4 teams really enjoyed participating and all got medals which was great.

– Niall Crofton, Principal, St. Brendan's PS



Roscommon Sports Partnership Getting Men Active Now/True Transformation



WHY?

To counteract the negative effects of ageing, obesity and physical inactivity on the physical and metabolic health of men over 40 years.

AIMS

- Deliver a 6-week community based lifestyle intervention programme in Padraic Pearse GAA Club, Ballinasloe, Co. Roscommon from 11th of January until 15th February 2018
- Assess physical characteristics of the participants pre and post intervention to quantify changes in physical fitness, body mass index, body weight and body composition
- Measure metabolic characteristics of the participants pre and post intervention to determine improvements in metabolic health
- Deliver health education workshops that are prepared specifically for this population.

IMPLEMENTATION

This programme began on 11th January 2018. The following 6 Thursdays consisted of a health workshop delivered by Dr Diane Cooper and John Bolton. The specialised physical activity sessions took place from 8-9pm each Thursday. The range of topics discussed in the health workshops included:

- Nutrition for health, wellness and weight loss
- Physical activity for health, wellness and weight loss
- Anti-ageing nutrition and physical activity
- Rehabilitation exercises for lower back pain
- Special exercise considerations for different clinical conditions that existed in the group e.g. high blood pressure, arthritis, type 2 diabetes, knee injuries, back injuries
- Goal setting and motivation
- Stress management techniques
- Techniques for long term maintenance of healthy living
- Interpretation of blood test results and how to control blood sugar and cholesterol through lifestyle change
- Any other topic of interest to the group as expressed by them.

NEXT STEPS

To design and implement a next steps programme for participants.

The programme was very beneficial. I have definitely cut down a lot on food intake I feel it also taught me to move more and that age doesn't really come into it. I was starting to think at 50 I was old! I am very grateful to you all for your help and advice.

–Liam, Programme Participant

The true transformation 6 week course has changed me back to the bright fresh and healthier self that I used to be in my soccer days. It was just what I needed to get me back on track to a healthier way of life.

–Gerry, Programme Participant

OUTCOMES

The Getting Men Active Now/True Transformation programme for men over 40 years of age was effective in improving the physical and metabolic characteristics of the participants. This is evident in the reductions in body weight, body mass index, body fat percent, waist circumference, abdominal circumference, hip circumference and waist to hip ratio. All of these lead to improvements in metabolic and cardiovascular health. The program was effective in improving the 6 minute walk test and the sit to stand functional test. These results show significant improvement in cardiovascular fitness, muscle strength and functionality in activities of daily living.



Sligo Sport and Recreation Partnership Men's Community Rowing

WHY?

The overall aim of the programme was to provide an opportunity for participation in physical activity for adult men in rural communities.

AIMS

- To improve physical fitness and wellbeing for men over 35 in rural areas
- To enhance social networking for men in isolated rural areas
- To pilot and evaluate an indoor rowing programme
- To work in partnership with key stakeholders
- To build capacity in communities to facilitate the programme.

IMPLEMENTATION

The model of delivery applied followed the steps outlined:

- **Community Consultation** - The initiative involved meeting with the local communities to gauge interest in an indoor community rowing programme
- **Promotion** - Local men in each community did some on the ground work to encourage participation and to promote the message that the programme was for inactive men
- **Host organisations** - Roles included identifying and booking suitable venues, taking responsibility for programme logistics and hosting a registration night
- **Establishing links with the NGB** - Rowing Ireland provided expertise in relation to the training of instructors and purchase of the most appropriate ergometers
- **Capacity Building for Instructors** - The importance of specific training for programme instructors was identified and Rowing Ireland provided support in this area
- **Programme Design** - The 8 week indoor fitness programme was designed by expertise in the fitness area within Sligo LSP
- **Information Evening** - An information evening was facilitated at each site at which those attending could receive an overview of the programme format and content
- **Equipment Purchase** - Twelve Concept 2 indoor rowing ergometers were purchased and provided on loan to the communities for the duration of the programme.

NEXT STEPS

Following the initial 8 week men's programme a follow on 6 week indoor rowing programme took place. A women's programme has also been initiated and 3 new pilot sites have been identified for delivery in 2019. It is also noteworthy that an unintended outcome of the programme is that it has been a catalyst for the re-establishment of Lough Arrow Rowing Club which has resulted in participation in lake rowing.

OUTCOMES

- Increased Participation - 78% attendance rate across the programme
- Enhanced Physical Fitness Levels - Average improvement of 47 seconds in a 2000m row test
- Increased Social Networking
- Enhanced Sense of Well Being
- Increased enjoyment in Sport and Physical Activity
- Improved relationship with National Governing Body of Sport

12 INDOOR ROWERS PURCHASED

2 COMMUNITY SITES

3 CLASSES DELIVERED

54 MEN INVOLVED

AGE RANGE:

35-72



You use every part of your body, it helps my back, my legs, my arms. It can be hard to commit to the 2 days, but you get the tracksuit on and you get that buzz. I have lost 9lb in weight, without trying, just from this program.
- Participant in the Men's Community Rowing

South Dublin County Sports Partnership Glow Girls - Glow Dance Fitness

WHY?

To engage girls between the ages of 10–18 in physical activity.

AIMS

To have girls physically active 1-2 evenings a week for 1 hour. To show teenage girls that physical exercise can be fun, as well as being physically and socially rewarding.

IMPLEMENTATION

- Purchasing LED black flood lights with stands, body paint, make up, clothing, sports equipment (basketballs, volleyballs, dodgeballs), glow sticks, glow tape, glow lighting, disco lights and sound system
- Source dance/fitness instructor or coach for relevant sport
- Participants filled out online Health screening registration
- Source venue for 2 hours, either a dark room or outside at night
- Social media posts and posters to be designed & advertised in the local community & schools

NEXT STEPS

- South Dublin LSP have linked in with NGB's such as Volleyball Ireland, Basketball Ireland and Cricket Ireland to run glow events in the 2 Community Sports Hub areas
- To run a 80s/90s Glow Dance Fitness events for adults to participate in.



I have so much fun putting the glow make up and clothes on before the class and it gives me the confidence to get involved because it is in the dark and it's not about being the best dancer.

– Participant in Collinstown Sport Hub

OUTCOMES

The programme was launched in November 2018. Pilot events were held in 4 venues with weekly events now taking place in the two South Dublin LSP Community Sports Hubs with up to 30 teenage girls participating at each session.

Glow exercise for young people with disabilities is also being rolled out once a week in the North Clondalkin area, again with approx. 30 children participating.

369
PARTICIPANTS
IN GLOW
DANCE/FITNESS

67%
HAD NOT PREVIOUSLY
PARTICIPATED IN SPORT/
PHYSICAL ACTIVITY IN ANY
LOCAL COMMUNITY FACILITY



Tipperary Sports Partnership Swimmin' Women



WHY?

The overall purpose of this programme is to get adult women who can swim back into the pool. The 6 week swimming programme consists of two swims a week, one coached and one self-guided session, and aims to improve swimming technique, build confidence in the water and increase distance. There is also a social aspect to the programme which is meeting other women from the community who are at the same level of swimming as each other.

AIMS

The aim of the programme is to encourage women to continue their swimming after the programme finishes. It also aims to progress participants to have the confidence to partake in a follow on programme of Swim for a Mile.

IMPLEMENTATION

- The programme involves linking with Swim Ireland for a specifically designed training programme that will build confidence and improve swimming technique gradually.
- Participants are recruited through posters put up in local communities and through social media marketing
- Participants receive a laminated booklet with all sessions within to allow them to bring it on deck to ask questions about sessions and complete their self-guided session with ease
- The programme was first piloted in Thurles Leisure Centre in 2017 with 12 participants
- Swimmin' Women was developed further in 2018 and delivered in two pools in Clonmel and Thurles with 36 participants
- Upon completion of the programme participants received a certificate of achievement and a Swim Ireland goody bag with a swim hat and goggles to encourage them to continue with their swimming.

OUTCOMES

Feedback from the programme determined that a large number of participants have continued to swim since completing the programme whether it is weekly, fortnightly or monthly. Many of the participants felt they were more confident in the water following the programme. From further evaluation Tipperary LSP determined that 46% of Swimmin' Women participants have or are taking part currently in the swim for a mile programme.

100%
of survey respondents indicated that they have continued swimming at least once a month after the programme ended.

70%
of survey respondents have engaged in another swimming programme since the swimmin' women programme finished

100%
of respondents indicated that they are a more confident swimmer post programme

NEXT STEPS

- In 2019, Tipperary LSP hope to develop the programme further with feedback from participants suggesting a slightly longer course.
- It is also hoped to introduce the programme to other locations in Tipperary and to roll out a similar style programme to other target groups such as men and older adults.



This programme brought back my interest in swimming and the teacher was excellent.
– Programme Participant

Great, patient instructors. The book we got was excellent, very good for bringing into the self guided session and great explanations. Fun instructors make it interesting by adding extra fun elements to the programme. I also enjoyed the group of ladies all helping each other.
– Programme Participant

Waterford Sports Partnership Soccer for Girls

WHY?



The purpose of this programme is to promote female participation in sport for young girls in primary schools in Waterford City and also offer an opportunity for coaching experience for participants on the FAI ETB Coach Development Course - Project FUTSAL.

Each programme is 5 weeks duration. The FAI ETB Coach Development Course provides 8 student coaches for each school. Each session is 40 minutes duration (two classes at the one time) and 6 sessions are delivered throughout the day from 9am-12.30pm.

AIMS



- Increase physical activity levels amongst young girls in disadvantaged primary schools
- Offer an opportunity to play a sport to the schools that the school does not currently provide
- Encourage and support local Soccer clubs in setting up Soccer teams for girls and linking with feeder schools
- Promote and encourage young girls, particularly from disadvantaged areas, to become more involved in playing Sport
- Support the FAI ETB Coach Development Course - Project FUTSAL, in providing an opportunity for coaching experience.

IMPLEMENTATION

The Waterford LSP Youth Sports Development Officer held meetings with principals of the two schools taking part and with FAI Development Officers in Waterford City to discuss getting more young girls physically active. The partners were:

- Waterford Sports Partnership – Youth Sports Development Officer
- Waterford FAI Development Officers
- FAI ETB Coach Development Course (Project FUTSAL)
- Waterford School Completion Programme
- Mercy National Girls School (DEIS School)
- Presentation Girls National School (DEIS School)

NEXT STEPS

The FAI ETB Coach Development Course - Project FUTSAL and both schools have committed to sustaining this programme on an annual basis in both schools. Waterford LSP plan to target an additional two schools in 2019.

Waterford Sports Partnership is working with the FAI to explore the potential of establishing a soccer programme for 1st year girls in the Mercy and Presentation Secondary schools. This would be a follow-on for the girls when they transition from 6th class primary school to secondary schools.

This is an excellent activity. The girls really look forward to it each week.
– 5th Class Teacher - Mercy School

What a great idea. And great to have so many coaches and footballs available for the girls.
– Principal - Mercy National School

OUTCOMES

- 457 girls from two DEIS schools (8-12 years) took part in this programme
- Both schools entered two teams each into the SPAR FAI Primary School 5's Tournament in 2018. Neither school had entered teams into this tournament beforehand. Both schools are committed to entering teams again in 2019.
- Three Soccer clubs in Waterford have started soccer teams for age-grade girls (U-12's and U-10's)
- Club links have been established between two soccer clubs in Waterford City and the two primary schools.

457

GIRLS AGED 8-12 YEARS OF AGE TOOK PART IN THIS FIVE WEEK PROGRAMME IN TWO SCHOOLS IN WATERFORD



Sports Active Wexford Experiencing Success programme

WHY?

Between 5% & 10% of the school age population have ADHD
Studies have shown the positive effects of physical exercise in children with ADHD through:

- Improved Cognitive Functioning
- Enhance Self-Esteem
- Improve Social Skills.

AIMS

- Increase participation in valued purposeful leisure occupation
- Sensory seeking kids - appropriate sensory based occupation
- Increase integration – normalised community environment
- Increase social interaction – meet other kids with similar difficulties
- Skill acquisition – motor coordination skills
- Social communication skills – turn taking, following rules etc.

IMPLEMENTATION

- 12 week programme
- 17 participants - 14 Boys and 3 Girls aged from 8-12 years
- Securing Gymnastics Coaches
- Gymnastics Ireland GymAble programme training and support
- Child & Adolescent Mental Health Services training for coaches interacting with children with ADHD

NEXT STEPS

To build on this pilot project and run it again. The programme has now been expanded and swimming and multi activity camp programme for the group is planned.

My child loved the group. She felt relaxed and made friends. I think it's great for the kids.

–Parent of participant

Johnny attended every session of the 8 week gymnastics group. He was nervous on the first week but couldn't wait for it to start every other week. The coaches were very clear on what the safety rules were and reminded the group at the start of every session. He loved being able to try new things and almost learned to complete a full summersault on the trampoline.

–Parent of participant

OUTCOMES

Sustainability – 5 of the children who attended are now attending or are on the waiting list to attend mainstream gymnastics clubs.

17
CHILDREN ATTENDED
(AGED 8-12 YEARS)

5
COACHES ALLOWED
FOR A MAX. 4:1 RATIO

8
WEEK DURATION WITH
75 MINUTES WEEKLY

170
HOURS OF
DIRECT CLINICAL
INTERVENTION



Westmeath Sports Partnership Pickleball

WHY?

To encourage older people to be more physically active and to ensure the programme is self sustaining.

AIMS

The programme aimed to build on the success of a pilot programme which saw the establishment of an active Pickleball group in Westmeath. This phase of the programme has seen the development of more clubs/players and a Countywide league in the planning.

IMPLEMENTATION

The programme involved Come and Try events where any older adult group could participate and subsequently apply for coaching and equipment for their group. This coaching – 6 session with each group - was delivered by existing Pickleball players from Westmeath. The group were then loaned a set of Pickleball equipment for a further 6 weeks.

OUTCOMES

The outcomes include increased numbers of players and a self-sustaining sport for older adults.



NEXT STEPS

The next steps will see the establishment of an Inter County – Midlands League and intergenerational events i.e. Grandparents & Grandchildren

I was never a sporty person but I just love to play Pickleball.
– Programme Participant

I like the competitive aspect of the sport; it makes you feel alive and full of energy
– Programme Participant

It's a great excuse to run around and you get lots of exercise without knowing.
– Programme Participant

I hadn't played sport for almost 20 years but I picked up the game in just a few sessions and now I wouldn't miss an opportunity to play.
– Programme Participant

Wicklow Local Sports Partnership Buggy Fit

WHY?

The purpose of Buggy Fit is to give parents who have babies and toddlers an opportunity to exercise and bring their children along. Childcare was highlighted as a barrier to taking part in physical activity.

AIMS

The aim is to get parents exercising with their children and socialising with other parents. This programme has both physical and mental health benefits to everyone who took part.

IMPLEMENTATION

Wicklow Sports Partnership applied for funding under Healthy Ireland to run the programme and linked with local instructors & advertised the class through Facebook, their website and through flyers.

NEXT STEPS

The programme will be rolled out in other communities with local activity leaders in the county.

OUTCOMES

Wicklow LSP facilitated the beginning of the groups and highlighted the demand in an area and once the local service provider saw the numbers attending the class many of them continued.

VENUES:
BRAY
BALTINGLASS
WICKLOW TOWN



Getting outside to exercise was great for my headspace, and as a first time mum, meeting others twice a week was fantastic.
– Ruth, Programme Participant



A photograph of a rider on a dark horse, likely at a competition, with a red overlay and geometric shapes. The rider is wearing a helmet and a vest. The horse is in motion, and the background shows a fence and trees. The text is overlaid on the upper left portion of the image.

Section 4 Next Steps for LSPs

Delivering on the National Sports Policy

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 vision of the National Sports Policy for participation is:

“People will be inspired, their lives enriched, their enjoyment enhanced, and their quality of life improved as a result of their own active or social participation in sport”

High Level Goals	Key Performance Indicators	Baseline 2017	Targets 2027	Measurement Timeframe
Increased Participation: A significantly higher proportion of Irish children and adults from all sectors of society are regularly involved in all forms of active and social participation in sport.	<ul style="list-style-type: none"> Increased number of adults regularly playing sport (excludes recreational walking); 	43%	50%	Biennially
	<ul style="list-style-type: none"> Reduced levels of adult sedentarism 	22%	15%	Biennially
	<ul style="list-style-type: none"> Increased number of children regularly playing sport; 	TBD	TBD	Biennially
	<ul style="list-style-type: none"> Increased number of adults regularly involved socially in sport through volunteering, club membership and/or attendance 	45%	55%	Biennially

Building Capacity to Deliver

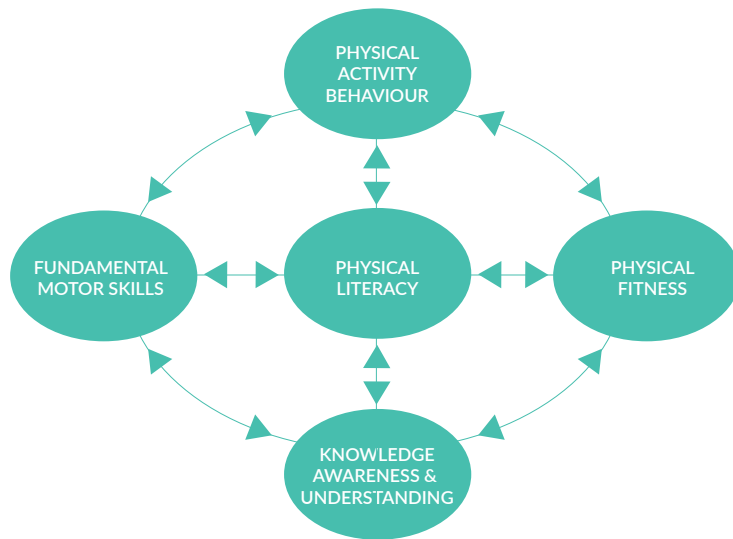
Fundamental to delivering on the Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs). Thanks to an increase in government investment in 2019, Sport Ireland is 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 will have a minimum of four staff, namely:

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

The SIDO's will be specifically tasked to work with persons with a disability and the disability NGB's of Sport. The CSDO's will be tasked to work with disadvantaged communities, minority groups and the smaller sports and NGB's who do not have a network of regional development officers. Continued support and investment from Government is paramount to achieving the objectives of the National Sports Policy.

Building the Foundation - Physical Literacy

The first four actions of the National Sports Policy are underpinned by the development of physical literacy in participants from a young age. In coordination with Sport Ireland Coaching and the LSPs, the Sport Ireland Participation Unit has established a Physical Literacy Working Group to oversee the integration of Physical Literacy in all of the LSP supported youth sports initiatives. In 2019, Sport Ireland will develop a Physical Literacy Consensus Statement across all the major stakeholders in Sport, Education and Health, which will underpin future work in this space. It is planned that the overall outcome of the consensus statement would be to inform any future resources, supports and guidelines for the wider sports, education and health sectors.



(Department of Transport, Tourism and Sport National Sports Policy, Page 27)

The National Sports Policy Participation Actions

The National Sports Policy has 15 participation specific actions in the Participation Chapter. In October 2018, Sport Ireland’s Participation Unit organised a sector wide meeting of funded and partner bodies including representation from all LSPs and NGBs, to discuss the implementation of the Participation Actions from the National Sports Policy. This chapter presents the Sport Ireland Participation Units short to medium term plans for delivering on each of the 15 Participation Actions through Sport Ireland’s network of LSPs and through partner organisation CARA and Go For Life.

ACTION 1:

We will work with early childhood care and education services and organisations to ensure that pre-school practitioners, providers, and parents/guardians are supported in improving the physical activity habits of very young children in their care, including the development of improved physical literacy outcomes.

Sport Ireland Participation in collaboration with the LSP’s and the Physical Literacy Working Group will review the early childhood supports and programmes supported by Sport Ireland. Early childhood sports programmes provide targeted supports and resources to pre-school practitioners, providers and parents/guardians. The early childhood supports offered by Sport Ireland will be updated through the development of a physical literacy consensus statement and associated physical literacy guidelines and resources.

ACTION 2:

We will work with the Department of Education and Skills, teachers, NGBs and other relevant stakeholders to ensure that PE in schools is delivered to fully support the development of physical literacy among all our children.

Sport Ireland Participation is working with the NGBs to develop resources and supports for the new senior cycle PE Curriculum. It is essential when implementing these initiatives that LSPs and NGBs provide support to schools while not displacing the work of the teachers and not replacing PE. As such, much of the LSP work is focused on upskilling and supporting the teachers, providers and parents/guardians rather than directly working with children while they are at school. To this end, the LSPs provide supports and resources to schools completing the Active School Flag and the Be Active After School projects. The LSPs also roll out a national Youth Sports Leadership programme targeted at transition year students to empower them to lead sport and physical activity in their own schools and communities.

ACTION 3:

Sport Ireland will review the financial support to NGBs so that a greater focus is placed on the development of non-sport specific physical literacy programmes for younger children. As part of this arrangement, NGBs would be expected to work with each other and with Sport Ireland Coaching in developing appropriate programmes.

Sport Ireland continues to work with NGBs and LSPs on innovative programmes to activate younger children and to develop their Physical Literacy. This work will be further informed by the development of the physical literacy consensus statement. Funding streams such as Dormant Accounts will be used to foster collaboration across NGBs and LSPs. The LSPs and NGBs continue to support Primary and Secondary Schools with a range of national and bespoke local programmes to meet the needs of the children and the available school resources. This includes programmes such as Buntús, Sports Con, School Hall Athletics, Balance Bikes, the Daily Mile, and Get Going Get Rowing.

ACTION 4:

We will work with the Department of Children and Youth Affairs, LSPs, NGBs, Health Service Executive (HSE) and others to develop an education or information campaign to help parents/guardians to engage with their children to develop physical literacy and positive habits around sport and physical activity as part of an overall healthier lifestyle.

In 2019 Sport Ireland will develop links with the Planet Youth project, an Icelandic social intervention which significantly increased sports participation in Icelandic youth between 1994 and 2014. The Planet Youth project will be piloted in Roscommon, Mayo and Galway in 2019 in collaboration between the HSE, Local Sports Partnerships and the local schools. Sport Ireland aim to use Dormant Accounts Funding to develop messages, methodologies and resources to deliver a campaign targeting parents/guardians in socio-economic disadvantage. The campaign will engage with parents to highlight the existing research on youth sports participation in Ireland as well as the importance, benefits and ways of engaging with their children to develop physical literacy and positive sports habits. This ambitious project will require a phased approach and strong partnership with the funded sector, LSPs and NGBs, as well as other government departments and agencies.

ACTION 5:

We will prioritise sports like swimming, cycling and running which we believe have the greatest potential for generating higher levels of active participation across the life course, seeking to ensure that our children have the necessary skills to engage in these activities in a meaningful way while also investing in the development of infrastructure, programmes and people to help sustain participation throughout adolescence and adulthood.

Sport Ireland invests both Core, Dormant Account and Healthy Ireland funding through the NGB's and LSP's to support the Get Ireland Swimming, Get Ireland Cycling and Get Ireland Running campaigns. These investments target the entire population but have a particular focus on young people from disadvantaged communities. A Sport Ireland evaluation of the Get Ireland, Swimming, Get Ireland Cycling and Get Ireland Running Dormant Account investments will be completed in 2019 which will provide learnings to optimise future investment strategies. Amongst other programmes the LSPs will be heavily involved in supporting balance bike training at preschool and primary school to develop cycling skills at an early age. Supports will also be provided to the Daily Mile, School Hall Athletics and Marathon Kids programmes to foster youth running.

ACTION 6:

Sport Ireland will develop initiatives with the NGBs, LSPs, schools, third level institutions, the CARA Centre and other relevant parties to address participation in sport among adolescents and young adults, particularly females, those from lower socio-economic backgrounds, persons with a disability, the LGBTI+ community, the Traveller community and other ethnic minorities. Team and individual-based NGBs will be encouraged to develop initiatives which promote wider participation across their respective codes. Schools and sports clubs will be encouraged to foster better links to make more efficient use of their facilities, while LSPs will be asked to develop participation interventions making use of these facilities. The CARA Centre will advise on the particular needs in respect of individuals with disabilities.

Sport Ireland Participation investments target population groups who are at the lower end of the Sports Participation gradients. Core, Dormant Accounts and Healthy Ireland investments by Sport Ireland Participation specifically support initiatives that target people from lower socio economic communities, people with a disability, young people, women, older adults, LGBTI+, the traveller community and other ethnic minorities.

Sport Ireland will continue to host and support meetings, conferences and seminars throughout the year to promote innovation, sharing of ideas, collaboration and co-creation across the sector. In 2019, these events will range from the annual LSP-NGB "Community of Practice Meeting" to the CARA Inclusion Seminar and the I-Coach Kids Conference. Sport Ireland will also support smaller bespoke meetings around specific work areas such as a disability inclusion meeting with the SIDO's and a disadvantaged community and minority sports engagement meeting with the CSDO's. These meetings create a foundation from which innovative initiatives are developed to increase participation across all sports through a partnership approach. In 2019, Sport Ireland will specifically engage with Immigrant NGO's and the sports sector to support a Sports Migrant Inclusion Conference. This meeting will build trust, knowledge and understanding across the Sports and Migrant sectors while, also providing a platform for innovative projects and solutions to better engage migrant communities with sport.

ACTION 7:

We will promote more strongly among teachers and parents/guardians messages around the positive relationship between sports participation and exam performance in our efforts to attenuate the drop off that occurs in participation levels around exam years.

Through Sport Ireland's supports and resources to teachers, providers and schools the positive correlation between sports participation and strong academic results will be promoted. LSPs will highlight these links in their primary and secondary school programmes and by supporting partner initiatives like Active School Flag and Be Active After School. The Youth Leadership programmes will also play a role in promoting the academic benefits of sports participation in secondary school at a critical time when young people are transitioning to the senior leaving certificate cycle.

Sport Ireland aims to use Dormant Accounts Funding to develop a campaign targeting parents/guardians in socio-economic disadvantage, which will further promote the benefits of sports participation including correlations to better academic performance.

ACTION 8:

We will establish, through Sport Ireland, an initiative to support Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of this National Sports Policy. The Local Plan will review needs and set out actions to increase participation locally. It will be developed and implemented in cooperation with LSPs, clubs, communities and partners within and beyond sport.

Guided by the outcomes of the Sports Leadership Group Sport Ireland will develop closer working relationships with the Local Authorities to assist in the development of Local Sports Plans. Sport Ireland aims to host a meeting with key representatives from the Local Authorities and LSPs to assist in the development and coordination of the Local Sports Plans.

ACTION 9:

We will redouble our efforts to address inequalities in sports participation as part of the Local Sports Plans development process. Resources will be directed to promote the broadest possible participation, ensuring quality and accessibility for all groups. Funding will be prioritised on programmes which focus on those groups with lower levels of participation, particularly those in lower socio-economic groups, persons with a disability and older people. We will also emphasise the virtue of collaboration between sporting bodies (NGBs, LSPs and clubs) and between sport and other policy sectors in the development and promotion of participation initiatives.

Sport Ireland will continue to invest both Core and Dormant Account funding through the LSP network to specifically reduce the participation gradients. The LSPs will be funded to provide, initiatives, programmes, events, resources and supports to socio- economically disadvantaged communities, persons with a disability, older adults, women and minority groups. LSPs will be funded to work in partnership with the NGBs and clubs to deliver on the objectives of the National Sports Policy. To support the work of the LSPs and NGBs in this space Sport Ireland will continue its investment in older adult participation through the Go For Life Initiative and in people with a disability through Cara and the disability NGBs.

In 2019, Sport Ireland's investment strategy will result in a Community Sports Development Officer (CSDO) being appointed in every LSP. The network of CSDOs are tasked with activating disadvantaged communities and minority groups in collaboration with smaller NGBs, clubs who may not have existing regional development officers to support their work. CSDOs will also work with community partners and organisations who are not directly involved in sport but work with the groups we aim to reach.

ACTION 10:

In prioritising initiatives and programmes to engage groups with lower participation levels we will use behavioural insights and other research to better understand issues around non-participation.

Sport Ireland participation investment strategies will continue to be guided by the results of Irish Sports Monitor and informed by the latest research undertaken and endorsed by the Sport Ireland research department.

Sport Ireland will build on the training workshops provided to the sector in Behaviour Change Theory in 2018. Sport Ireland will continue to explore the application of the Behaviour Change Wheel, the COM-B model and the Theory of Planned Behaviour, amongst other behaviour change theories, to sports participation in Ireland. In collaboration with the ESRI, several pilot programmes will be rolled out in 2019, which will evaluate the application of behavioural change theories in an Irish sports participation context.

ACTION 11:

We will use the Dormant Account Fund and other Exchequer funding to roll out initiatives such as the Community Sports Hubs on a nationwide basis where they have been found to be successful following robust evaluation. We will also seek the support of the private sector for such initiatives.

Sport Ireland will continue to work to secure and provide a quantified long-term investment through Dormant Account funds to establish sustainable Community Sports Hubs. To date Sport Ireland investment to the LSPs has established 32 Community Sports Hubs nationally. In 2018, the first community sports hubs evaluation was published which found that Community Sports Hubs are perceived as being positive additions to communities. Key success factors included having a face of the Hub, creating community leadership and ownership, breaking down the barrier of lack of confidence and vulnerability and professional expertise provided by the LSP. The findings from such evaluations is fed into the development of revised Dormant Account application forms and future funding decisions.

ACTION 12:

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, with the increased investment from the Department of Transport, Tourism and Sport, Sport Ireland was in a position to fund a Sports Inclusion Disability Officer in every LSP, resulting in the national roll out of the SIDO programme. Sport Ireland will invest in CARA to support the network of SIDOs with resources, training and education for the delivery of disability inclusion initiatives nationally. CARA will also coordinate a number of meetings and seminars in 2019. SIDOs will work closely with NGBs, clubs, local disability services and leisure centres to increase opportunities for people with a disability to take part in sport.

ACTION 13:

Apart from investment in traditional sports infrastructure we will examine how the wider natural and built environment can facilitate participation in sport and physical activity. This consideration will also take account of the type of activities towards which adults are increasingly gravitating such as running, cycling, outdoor adventure pursuits, recreational walking, etc.

The new Sport Ireland Outdoors Unit will provide supports and resources to the NGBs, LSPs, Local Authorities, State Agencies and other partners to optimise the use of natural environments for sport and recreation. This will include continued support for the development of walking, cycling and water based recreational trails, the development of an education and training programme to build capacity within this sector and continued work in the promotion of outdoor recreation opportunities to all.

Sport Ireland Outdoors will work creatively to identify, develop and support new participation programmes with LSPs, NGBs and partners, all with a focus on increasing awareness and participation in outdoor recreation sports. In 2019, the Great Outdoors Accessibility Guidelines will be used to promote improved outdoor recreation opportunities to all in outdoor settings. Dormant Accounts investment will also be used to develop urban adventure projects in disadvantaged communities throughout the country and encourage increased usage and awareness of natural environments in urban setting. The unit will also continue to support and develop other outdoor recreation initiatives such as Get Ireland Walking and Get Ireland Cycling.

ACTION 14:

We will use our funding streams to foster social participation in sport by encouraging the development of strong community-based sports organisations (e.g. Community Sports Hubs), supporting and developing those who volunteer for sport and promoting social membership of sports clubs (as well as playing membership).

In response to consultation with the LSPs in 2018, Sport Ireland will invest in Club/Supports through Core funding and Volunteer Supports through the Dormant Accounts Fund, in addition to the continued investment in Community Sports Hubs. These investments are targeted at developing communities, clubs & individuals to improve local governance structures and increase local volunteer capacity & capabilities to support local sports participation.

ACTION 15:

Sport Ireland will, by mid-2019, advise the Sports Leadership Group (see Chapter 11) around appropriate interim targets (2023) for adult and children's active and social participation in sport and for the reduction in the relevant gradients. Targets for narrowing the gradients in participation will also be set (age, gender, social, ethnicity and disability).

Sport Ireland Research will work with Sport Ireland Participation and the network of LSPs to establish national and local targets to increase active and social sports participation and for narrowing the gradients in sports participation.

Sport Ireland's Participation Unit will lead on the evaluation of LSP and NGB initiatives to deliver on the participation objectives of the National Sports Policy.



Demonstrating the Impact

Critical to bringing the National Sports Policy vision to life is the capacity of Sport Ireland to make strong evidence informed decisions, underpinned by robust evaluation systems. Sport Ireland is committed to the development and implementation of such evaluation systems and significant progress was made in this regard in 2018. In 2019, our evaluation work will focus on answering the questions- what works, for whom and under what conditions. A mix of quantitative and qualitative tools will be used to understand what works when trying to get people to be active, whom it works for and what conditions must exist for it to work. These overarching questions will govern all evaluations undertaken across the breadth of LSP activities.

Sport Ireland evaluation has adopted a two pronged approach

- a) continuous evaluation of funded projects to create learnings and generate answers to the questions highlighted above and
- b) capacity building for evaluation at local and national level.

Projects being evaluated in 2019 include Community Coaching, Get Ireland Running, Get Ireland Swimming and Get Ireland Cycling, Urban Outdoor Adventure Hubs and phases 2 and 3 of the Community Sports and Physical Activity Hubs programme to name a few. In parallel, Sport Ireland has piloted the implementation of consistent evaluation templates across the Local Sports Partnerships network to generate valuable quantitative and qualitative data. The internationally validated self-report measure - the single item question - has been adopted to measure participant's levels of physical activity. Trends generated by this data are then further explored through the use of qualitative measures. This evaluation ecosystem will form the basis for decisions relating to not only programme design but also strategic investment and funding streams.





Appendices



Appendix A

List of Local Sports Partnerships

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

Appendix B

Glossary of Terms

CARA

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

Club Children's Officer

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

CSDO - Community Sports Development Officer

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

CSPA - 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.

Department of Transport, Tourism & Sport

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

Designated Liaison Person

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

DAF - Dormant Accounts Fund

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

ETBs - Education and Training Boards

ETBs are statutory education authorities that have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes.

Fitzpatrick & Associates Review of LSPs

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

GIW - Get Ireland Walking

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

HI - Healthy Ireland

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

HSE – Health Service Executive

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

LCDC - Local Community Development Committees

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

LSP – Local Sports Partnership

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

NGB – National Governing Body

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

NPAP – National Physical Activity Plan

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

National Sports Policy

In 2016, the Government launched Ireland's first ever 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.

OT – Operation Transformation

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

SIDO – Sports Inclusion Disability Officer

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

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna

SOLAS is the national training and employment agency with responsibility for assisting those seeking employment.

SPEAK – Strategic Planning, Evaluation and Knowledge system

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

Sport Ireland

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

Sport Ireland Cycle Series

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

SIDP - Sports Inclusion Disability Programme

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

Sustainability (with regard to LSP participation programmes)

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

TUSLA - Child and Family Agency

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

WIS – Women in Sport

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

Local Sports Partnerships Contact Details



Carlow Sports Partnership

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



Cavan Sports Partnership

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Clare Sports Partnership

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Cork Sports Partnership

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Donegal Sports Partnership

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 074 911 6078
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 @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



Dun Laoghaire-Rathdown Sports Partnership

www.dlrsportspartnership.ie
 01 271 9502
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Fingal Sports Partnership

www.fingalcoco.ie/community-and-leisure/sports-and-fitness
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Galway Sports Partnership

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 @GalwayLSP



Kerry Recreation and Sports Partnership

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 @KerryRSP



Kildare Sports Partnership

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 @KildareSP



Kilkenny Recreation & Sports Partnership

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Laois Sports Partnership

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Leitrim Sports Partnership

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Longford Sports Partnership

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Louth Sports Partnership

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South Dublin County Sports Partnership

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Waterford Sports Partnership

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Wicklow Local Sports Partnership

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