



— SPORT IRELAND —

20
22

Annual Report



INTRODUCTION

Summary of 2022 Impact

244 Initiatives delivered 24,766 People participating

95 clubs supported with €91,605 funding

€631,093 in direct funding and €107,433 in benefit in kind

Our Inclusion and Diversity Officer ran 21 programmes engaging 493 people from hard to reach communities



2022 was a brilliant year for Longford Sports Partnership. Supported 162 initiatives and delivered 244 programmes with 24,766 people participating in these wide range of sports and physical activity programmes in Longford.

The Longford Sports Partnership has four strategic pillars:

1. Creating opportunities
2. Strengthening resources
3. Increasing awareness
4. The structures of sport

Creating Opportunities

Community Programmes:

Our Community Sports development officer implemented 43 initiatives with 4828 participants taking part this included many programme including Bike Weeks, Women on the Water, Sports Hall Athletics, Activator Training.

Water sports programme: Over the course of spring 2022 Longford Sports Partnership provided introductory kayaking and water sports programmes to primary and secondary school in Longford. Secondary school students had the opportunity to try kayak and paddle board taster sessions along with the opportunity to complete Canoeing Ireland Level 1 kayaking proficiency. Primary school pupils from over 20 schools in Longford had the opportunity to experience kayaking and paddle boarding at a selection of water locations across the County. Longford has some wonderful, underutilised water sports locations for physical activity an outdoor exercise on the water. The Royal Canal, River Shannon and Inny and numerous lakes offer opportunities that need to be developed and promoted. Over the spring of 2022 we gave hundreds of school children and teenagers new water sports experiences that will help create and build a new water sport participation culture in Longford



Longford Trail Run Series: Longford Sports Partnership and Longford Tourism launched this programme in 2022. The series was designed to encourage recreational, social and leisure runners to become more active during the summer months on local walking trails. The idea was to create a social community event that would be all inclusive and focus on people that were either completely new or just beginning their involvement in outdoor social jogging and running for health and fitness. Longford boasts some lovely walking and running trails and our trail run series gave many people the opportunity to discover these locations for the first time. The involvement of local sports and tourism stakeholders in planning the trail run series was a real positive. Four local sports club were involved in providing venues, facilities, and volunteers. Longford Tourism were a key partner and both Coillte and Centre Parc Ireland provide support.

The series took place each Wednesday evening in August. People could complete all four trail runs or the individual ones they were available for. Over the course of the four weeks almost 300 people took part in our trail run series with many of these completing all four runs. In 2023 we plan on building on our Trail Run Series success and encourage more and more Longford people to exercise outdoors on our walking and running trails

Diversity Programmes:

Our diversity officer ran 21 programmes and initiatives with 493 people taking part in these initiatives, initiatives included HER Outdoors, Longford Afro Dance, Urban Horse Project, European Week of Sport and much more.

On such programme was the Sports Introduction Initiative. Longford Sports Partnership, in conjunction with Longford Community Safety Partnership, Longford Traveller Primary Health Care Project, and Longford Leap Project, coordinated a 12-week Sports Introduction Initiative in June 2022. The goal of this initiative was to provide the children with the chance to explore sports that they may not have been familiar with, including parkour, swimming, dancing, etc. The initiative was aimed at a key target group of children, some of whom were the focus of attention of An Garda Síochána and all of whom were from disadvantaged areas within County Longford. This group constituted the project's core demographic of 8–16-year-old girls and boys from the Travelling community.

The core strategic objective of this project was to give the children a platform for social integration into larger groups and sports teams and to give them a constructive outlet for their energy rather than participating in anti-social behaviour.

"The results from this initiative should be used to justify programme expenditure, harness support for securing funding from additional funding sources and leverage additional resources for the communities we work with. It is essential that this model of collaborative work continues and the necessary amendments to strengthen the collaborative relationships are made in partnership with communities, ensuring that similar projects are sustainable features in the community, contributing to the strengthening of local communities".



Sports Inclusion Disability Programmes

Longford implemented 27 programmes, in which 671 people with disabilities participated. These programmes were supported by the HSE, Healthy Ireland and Sport Ireland. Programmes and activities were run through disability services, schools with disability classes, sports clubs with inclusive sessions and in the community.

Programmes for adults in disability services included horse riding, water sports, Pilates, Zumba, seated exercise classes and fishing trips. The services we engaged with included St Christopher's, Rehab Care, Irish Wheelchair Association, Disabled People of Longford. Activities for children included water sports, inclusive athletics, Balance-ability, active games and Zumba Kids.



Pulmonary Rehab Exercise Programme is a social prescribing programme. Participants had chronic pulmonary conditions and were referred to the programme by Physiotherapists from the HSE. A 12-week programme took place from September – December. Exercise were preformed near a chair, in a seated position or using a stationary bike.

There were 11 participants in 2022, 4 new participants have been referred into the programme for 2022. Quote from participant: “I get breathless very quickly when exercising, it makes me nervous to exercise but in this group I feel safe, we all have our own equipment at our chair and can sit for any of the exercises. We work on balance, strength as well as cardio, it’s great.”

Football In The Community

Longford County Council support the FAI in the Community programme here in Longford, this is managed by the Sports Partnership. The Sports Partnership work closely with the Development Officer to ensure maximum participation of those who really need it. The FAI Football in the community operate under 4 pillars: Player and Coach Development; Football Social Responsibility; Participation and Retention and Club and League Development FAI. 1077 hours were spent delivering in Longford with a total of 10848 participants, 3067 of which are females. The main focus this year has been player and coach development having run the most initiatives under this heading. In terms of age groups 3156 children aged 6-14 year old engaged in programmes. One of the most successful programmes can be seen below with the FAI LEAP Into Soccer Programme.

FAI and Longford Sports Partnership, in conjunction with Longford Community Safety Partnership, An Garda Síochána, Longford Traveller Primary Health Care Project, and Longford Leap Project, coordinated an 8-week soccer programme in June 2022 that was aimed at a diverse selection of children who were the focus of attention of An Garda Síochána. Children from the Travelling Community, the Settled Community, and Non-Nationals, from disadvantaged areas within County Longford, constituted the project's core demographic of 8–11 year old girls and boys. The strategic objective of this initiative was to educate young children regarding the more positive role that An Garda Síochána play in the community and to show them how An Garda Síochána work to meaningfully engage with youth to foster positive relationships and advance both individual and community safety. The other strategic goal of this project was to give the children a platform for social integration into larger groups and sports teams and to give them a constructive outlet for their energy rather than participating in anti-social behaviour. The young participants also got the opportunity to meet James Abankwah a local role model from Longford who previously played with Melview FC. According to Darran Conlon, Sergeant “sport is the best way to interact, build bridges, promote a healthy lifestyle and highlight positive role models”



This was a huge success as participants were from challenging and diverse backgrounds, it was great to see the participation and engagement from the participants over the 8 week programme it is really important all young participants have equal opportunity to participate in sports and in our case with the FAI through football.

A number of these children have made the progression into getting involved in local Clubs who are affiliated to the Longford Schoolboy and Girls league which brings the sustainability element to the programme giving participants the opportunity to play games with their clubs.

GAA in the community

Longford County Council support the GAA in the Community programme here in Longford, this is managed by the Sports Partnership. The Sports Partnership work closely with the Development Officer to ensure maximum participation of those who really need it. There were 25 initiatives ran last year with 4733 participants taking part.



Rugby in the community

Longford County Council support the IRFU in the Community programme here in Longford, this is managed by the Sports Partnership. The Sports Partnership work closely with the Development Officer to ensure maximum participation of those who really need it. There were 8 initiatives with 2376 participants taking part.



Strengthening Resources

The LSP supported the delivery of 21 training and education courses, workshops and webinars to 229 people

Community Sports Hub - Drumlish

55 initiatives ran in the sports hub in Drumlish with 807 participants. The Mens Shed programme is one of the highlights of 2022. This 6 week older adults exercise class starts off with a relaxation technique concentrating on breathing and leave the stress of the morning behind. Then each joint in the body is mobilised with some gentle stretching and movement. We also work on balance which is so important as we get older. Next up some music and do a light aerobic section. Moving on then to strength workout using dumbbells to help strengthen the muscles and finally finish off with a big favourite amongst the men, our boxing workout which can get very competitive.



There has been great improvements in the men's fitness since we started the sessions, the men are more comfortable and confident doing the various movements. They are getting stronger and looking for more challenging exercises. There is also great friendships and lots of chat after the class. The classes will remain going with a regular group every Friday morning

Community Sports Hub - Edgeworthstown

68 initiatives in 2022 with 1183 people benefiting, lots of initiatives including Older Adult Exercise Classes. This class started off as a once off class back in April 2022. The group really enjoyed the class and asked could it be continued and 11 months later, there is have now a second class a week added. This means participants can weight train and exercise twice weekly which has been welcomed by all.



Strength training is vital especially as we get older to help maintain muscle mass and improve mobility. 20 participants take part in the classes each week and they are a very consistent group which is brilliant. There has been an increase in the overall fitness over the months. The main aim is to make it accessible for all. We have 2 wheelchair users that take part in our class and all exercises are adapted to suit all levels and abilities. The class itself is a very enjoyable class. It starts with some dance aerobics and mobility work. Then band work followed by some work on the dumbbells working upper and lower body. Finished with a fun song and have a bit of a laugh while they dance. There is lots of giggles, followed by 5 minutes of meditation to finish which is enjoyed by all.

Some feedback from our participants

“As a participant in the classes I find it very beneficial and is also a great social outlet. It is very important to me that the classes are available in my local sports hub in Edgeworthstown. The expertise and friendliness of our instructor is excellent and I hope it will continue”. Rita.

“Mental health. Wellbeing. Social interaction. Good communication. Friendships. Fitness. Self esteem. Integration. Interaction. Friendship. Good leadership by our instructor”

“Always feel energised and empowered for the day ahead after the class. My aches and pains just disappear! Great meeting new people for workout and cuppa. Really look forward to this good fun class! “



Club Development and Participation Grant

In supporting not for profit organisations, we had a Club Development and Participation Grant. Through our funding work, the LSP supported 38 clubs in securing grant aid of €22890 to support their junior structures, coach and education initiatives and target group programming.

List of successful:

Stonepark FC	County Longford Scuba Divers
Cashel GAA	Ballymahon/forgney Community Games
Longford Rugby Football Club	Co Longford Golf Club
Longford Slashers GAA Club	Lanesboro Triathlon Club
Granard Minor Club	Longford community games
Longford Town Cruisers Football Club	St Mary s GAA, Granard
Killoe G4M&O's football team	Killoe Celtic FC
Mostrim United FC	Carrickedmond GFC
Ballymore LGFA	Drumlish Dragons
Clonguish Rounders	Grattan Og GFC
Longford Slashers Ladies Club	Longford Bowling Club
Longford School Boy League	Ballymahon GAA
Legan Gun Club	Longford Pony Club
Legan Inny Anglers Development Association	Rathcline GAA
Legan Gaelic 4 mothers & others	Northern Gaels MGFC
Sean Connollys Ladies LGFA	Gaels United FC
Abbeyshrule Canoe Club	UCL Harps FC
Newtown FC	Sean Connollys Gaa
Carrickedmond Community Games	Emmet Og Killoe
Inny Kayak Club	St Brigids Gaa Killashee

Covid-19 Small Grant Scheme

The COVID-19 club small grant scheme was part of a programme from the Government of Ireland, implemented through Sport Ireland and its network of Local Sports Partnerships to support the sports sector during the COVID-19 pandemic. Longford Sports Partnership were awarded € € 68,715.48 in funding for clubs which supported 57 clubs in Longford.

List of successful clubs:

Ardagh Moydow GAA	North Longford Guides
Ballymore LGFA	Redleaf House Day Service
Cashel Gaa	Sean Connollys Gaa
Clonguish Ladies	Sean Connollys Ladies LGFA
Convent Day Care & Resource Centre CLG	Spartak granard youth soccer
County Longford Golf Club	St Brigids Gaa ,Killashee
Disabled People of Longford	St Columbas Mullinalaghta
Drumlish Ballinamuck Community Games	St Helens LGFC
Drumlish Community Association CLG	St Marys Gaa, Granard
Drumlish gun club	St. Christophers Day Service
Drumlish Hill Club	St. Dominic's
Emmet Og Killoe	The Acres Pitch and Putt Club
Fr Manning Gaels	The Green Recreational Park
Granard Minor GFC	Edgeworthstown Social Services
Granardgaelic4mothers&Others	Ethnic Minority Hub
Inny Kayaking Club	Longford ICA
Killoe Celtic FC	Arthritis Club
Killoe Lgfa	Longford South Community Games
Killoe Men's Shed	Longford Pony Club
Lanesborough ICA Guild	St Francis Minor Club
Longford & District Schoolboy/Girl League	Longford Smashers VC
Longford Athletics Club	Southern Gales GAA Club
Longford Bowling Club	Newtownforbs ICA
LONGFORD PHOENIX BASKETBALL CLUB	55 Badminton Club
Longford Slashers Hurling Club	Newtownforbes Senior Citizen/ARA
Longford Slashers Senior Football Club	Newtown FC
Longford Swimming Club	Lough Ree Lanesborough Angling Hub
Longford Tennis Club	Lough Ree Access For All
Longford Town Men's Shed	

Increasing Awareness

Longford SP continues to use its social media platforms, Instagram, Facebook, YouTube and Twitter to communicate with clubs and groups in the County. 2022 saw a significant increase in following throughout all social media platforms. Our website is constantly updated and has attracted more users than ever before. Through our social media platforms and TicketTailor we were able to build a large audience to increase awareness of our upcoming events and communicate more efficiently with interested participants. In 2022, an increase in the use of various digital communication channels was seen. We held meetings, delivered training, workshops and webinar through online methods of Microsoft teams, Zoom and hybrid options as well as in person activities.



New sections were added onto the website creating awareness for all members of the community including activities and programmes that can be done at home. Throughout 2022, the LSP printed and delivered numerous resources namely exercise leaflets and booklets for children, adults, older adult and people with disabilities for exercises and activities that can be done at home. The LSP communicated regularly with the sports section of the Longford Leader, Shannonside, the local radio and distribution lists for schools, sports clubs, local businesses and other agencies. This leads to an increased profile of LSP and increased awareness of sport provisions/programmes/clubs in Longford.

Structures of Sport

LSP Staff

Acting Sports Co-ordinator	Sarah Mulligan	086-4144968 dmulligan@longfordcoco.ie
Sports Administrator	Eileen Sorohan	0433343493 sports@longfordcoco.ie
Sports Inclusion Disability Officer		
Community Sports Development Officer	Donal Mulligan	086-4144968 dmulligan@longfordcoco.ie
Outdoor Sports and Diversity Inclusion Officer	Michael Reilly	0861020680 mreilly@longfordcoco.ie
Sports Hub Coordinator Drumlish	Edel Murray	0857548083 coordinatorsh@gmail.com
Sports Hub Coordinator Edgeworthstown	Laura Doyle	087-9083039 ldoylecommunitysportshub@gmail.com
FAI Development Officer	Graham Kane	083-8161353 graham.kane@fai.ie
Rugby Development Officer	Aoghan Clarke	0876727002 LongfordCCRO@leinsterrugby.ie
GAA Games Promotion Officer	Enda Gillen	0869270658 enda.gillen.gpo.longford@gaa.ie

Other working partners over the period included:

Sporting Organisations	Sport Ireland
Community Organisations	Other LSPs
Disability Organisations	Local Authority
Youth Services Organisations	Age and Opportunity
Primary Schools	HSE
Post-Primary Schools	Government Departments
Public Participation Network	Education and Training Board
Cara Centre	Tourism Agencies
Local Community Development Committees	Pobal/ LEADER/ Area Based Partnerships
	Gardaí

Structures of Sport

LSP Board

The board consists of 15 members. The LSP works closely with agencies on the planning and monitoring of annual work plans. The LSP continue to work with clubs and groups to build capacity within areas and identify priorities. As part of our awareness raising and committee work, the LSP had representation on several committees including the Healthy Ireland Steering Committee, Longford Tourism, Intercultural Committee, Sports Hub Steering Committee, Community Forum and Longford Volunteer Manager Forum.

LCC County Manager (rep.)	Paddy Mahon (CE)
Health Service Executive	Clodagh Armitage
Education	Luke Casserly
Longford Community Resources clg	Adrian Greene
Older Persons - PPN	Pamela Martin
Facilities (The Mall Complex)	James O'Brien
Youth - PPN	
Field Sports 1 (IRFU)	Tony Headon
Aquatics - PPN	
Field Sports 2 (GAA)	Peter O'Reilly
Minority Sports - PPN	
Elected Cllrs	Mick Cahill
Elected Cllrs	Garry Murtagh
Elected Cllrs	Peggy Nolan
An Garda Siochanna	Garda Anthony Scanlon
Disability - PPN	Breda Greaves
RAPID	Frank Horne



Resourcing and Funding

The LSP was successful in securing €738,526 for sport and physical activity in Longford with €631,093 in direct funding and €107,433 in benefit in kind. This direct funding came from:

- Sport Ireland - Core Funding €274,311
- Sport Ireland – Women in Sport €9,000.00
- National and Local Funding of €132,401 from the Longford County Council, HSE, Dept of Agriculture and Food, Age and Opportunity Ireland, Department of Children and Youth Affairs
- Healthy Ireland and Community Resilience Fund - €25,460
- Dormant Accounts funding of €189,921.33 for
 - Community Sports Hub -Edgeworthstown and Drumlish
 - Sports Inclusion Disability Projects
 - Youth Leadership
 - Urban Outdoor Adventure Initiative
 - Volunteer Supports
- Benefit in Kind of €107,433.00 from Longford County Council, Board Members, etc

Social Media

Email – sports@longfordcoco.ie

Website - www.longfordsports.ie

Facebook - www.facebook.com/longfordsportspartnership

Instagram - [@longfordsportspartnership](https://www.instagram.com/longfordsportspartnership)

Twitter - [@LSPLongford](https://twitter.com/LSPLongford)

YouTube - Longford Sports Partnership LSP



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