



— SPÓRT ÉIREANN —

# ANNUAL REPORT 2019

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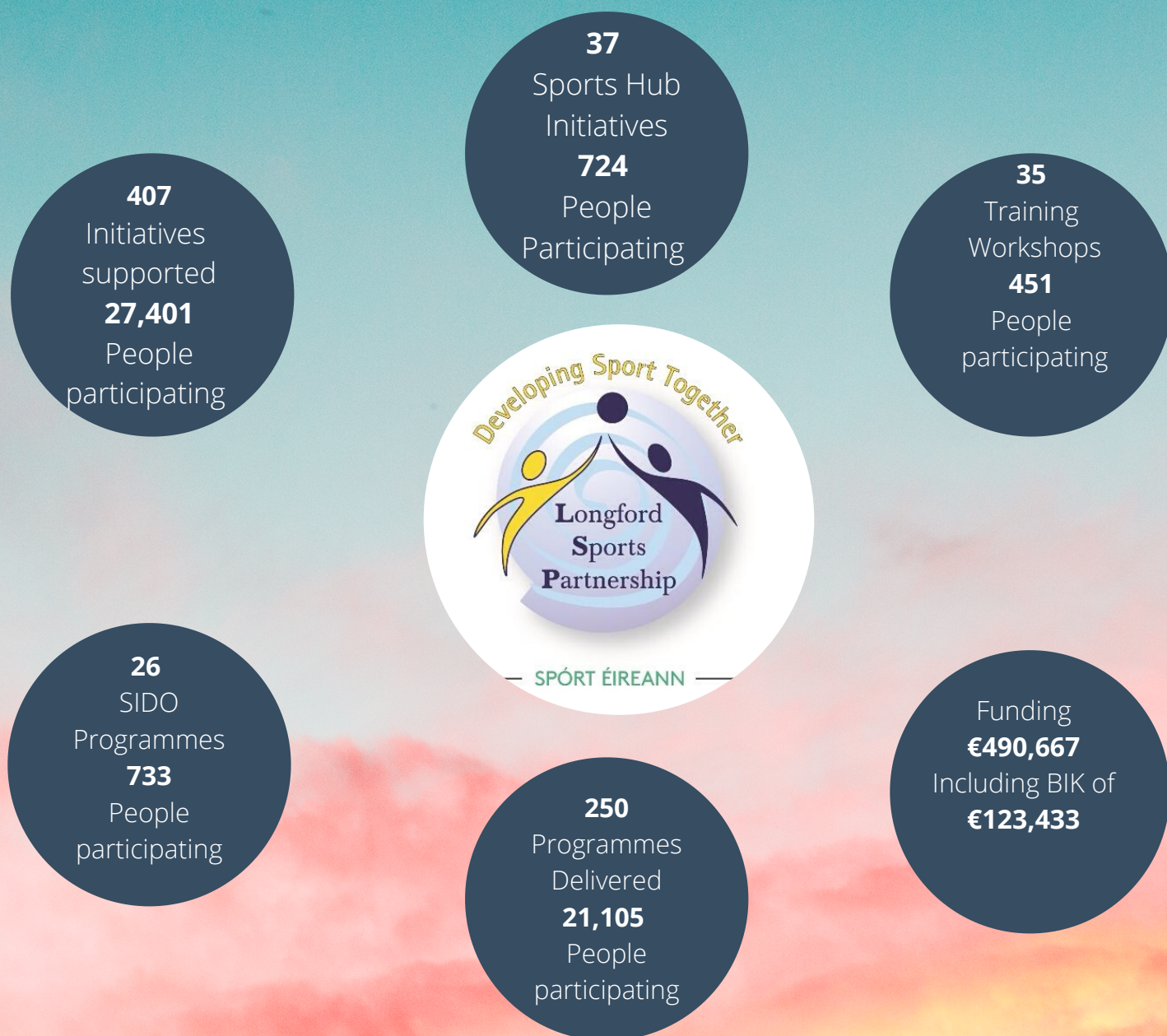
# Longford Sports Partnership

In 2019, Longford Sports Partnership supported 152 initiatives, 407 programmes under those initiatives and the 27,401 people participating in this wide range of sports and physical activity programmes.

The Longford Sports Partnership has 4 strategic pillars:

1. Creating Opportunities
2. Strengthening Resources
3. Increasing Awareness
4. The Structures of Sport

## SUMMARY OF LONGFORD LSP IMPACT IN 2019





# Creating Opportunities

## DELIVERY OF LSP PROGRAMMES



The LSP core staff ran 81 initiatives, and a total of 250 programmes with 21,105 people taking part in these. Some highlights are detailed. 2019 kicked off with Operation Transformation walks in Longford Town, Edgeworthstown, Leeban Park Aughnaccliffe and Lus na Greine Granard with 485 people from around the county taking part.

There was a total of 4005 participants benefiting from our athletics programmes in 2019. The Sports Hall Athletics Programme was rolled out with schools with training being given and packs being loaned out and this culminated in 5 days of competitions with over 412 pupils taking part in Longford. From this 36 pupils went on to represent Longford in the Sports Hall Athletics Final in AIT, with St Michaels getting 3rd Place in their category. We also had 12 schools participating in The Daily Mile and Ray Flynn even came to do some promotional work leading up to the Ray Flynn Mile. Garda Community Sports day is a multi-agency effort with 640 children taking part from across the county.







Under the *Urban Outdoor Adventure Initiative* Longford LSP chose to develop the sport of Parkour through funding from Dormant Accounts. In 2019 there was an official launch of the programme and 13 local coaches qualified as level 1 Parkour coaches through Parkour UK. Indoor equipment was purchased to compliment the Ireland's First Outdoor Parkour Park in Longford and create further opportunities for the sport to grow in Longford.

We ran Schools taster session, Parkour Programme Launch, Parkour Summer Camps and Parkour Weekly Sessions – 658 people have participated in this programme in 2019





**Pony Riding, Welfare and Control Programme** saw 36 young people from within the travelling community and participants from low income backgrounds learn about horses, further careers and importance of horse responsibility in this 6 week programme. This was ran in association with the Department of the Agriculture and Longford County Council.



**438 people** took part in activities as part of national BikeWeek. Activities during the week included a Family Cycle, Cycle to Work, Cycle Sports Day, Cycle to School/Cycle Safe Training - Melview NS, Killen NS, Granard, Kenagh NS, a Bike Service, BikeRepair Workshops, Longford Cycle Tour, Bikers Brunch and the Tarmonator.

**The LSP in 2019** increased their participation for older adults, with training in Go for Life Games, attending a Go for Life Regional Blitz and sending a team to the National Go forLife Blitz in DCU.





## SPORTS INCLUSION DISABILITY PROGRAMME



This year as part of the SIDP, Longford ran 26 initiatives, in which 733 people participated. These programmes were supported by the HSE and Healthy Ireland. Included in these programmes was training for 52 coaches, leaders and/or volunteers, workshop in Autism in Sport and Disability Inclusion Training.



The initiatives to highlight in 2019 included Horse Riding for People with Disabilities, this programme was two phase with suitable venue and inclusion officer identified, training was then provided to inclusion officer and staff. Following training the 6 week programme was delivered to 12 participants which was suitable to all abilities. It was amazing to see the difference in confidence and ability of all participants. Karen (participant) said "I just love it, I cannot wait to come back every week". A number of participants have returned for further sessions and the centre is open and accessible to everyone.





In December, we hosted a Boccia Blitz and Championship. This involved 2 Competitions with 4 Disability Services taking part an impressive 32 games played in a busy day. In total a 106 people took part in this day participating and volunteering. We implemented many other initiatives for pan disabilities including cycling programmes, Pilates, green gyms, Catch me if you can, Football for all and much more.





## FOOTBALL IN THE COMMUNITY



Graham Kane, FAI Development Officer who is supported by Longford County Council ran 25 participation initiatives to 2529 children, disadvantaged communities, older men, and people with disabilities. In 2019, we would like to highlight the training completed with volunteers and coaches.

We ran 16 courses or workshop with 248 people taking part. These courses included PDP1, PDP2 and for the first time in Longford PDP 3 Coach Education Courses. We also provided training in Referee Education, 7v7 Coach Education Course and Club Development workshops.





## RUGBY COMMUNITY COACHING

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In 2019, Dylan Quinn Club Community Rugby Officer ran 10 initiatives in Longford with 2927 people benefiting. The mini's programme was ongoing in 15 schools with over 1704 children benefiting since September. October there was a Blitz day held with over 200 children attending from around Longford. There was a summer camps held for everyone and 91 children enjoyed the sun while playing rugby, this is an increase of 66% on previous years. Youth programme also took place in 5 secondary schools with 405 young people involved

One of the highlights of 2019, was that Moyne Community School participated in National Competitions for the first time. Dylan, Development Officer and Coach said "I was very proud of the achievement of the Moyne Community School. This was an unbelievable for some boys who had never played rugby before, to learn all the skills, train every week and go to represent their school in National Competition in Donnybrook. As a result, a number of the boys are now playing with the club, which is what it is all about"





## GAA COMMUNITY PARTNERSHIP

2019 highlight initiative was the completion of The 5 Star School's Programme in St. Michael's BNS and Melview NS. Similar to the Active Schools Flag the 5 Star Flag is awarded for completing a number of Gaelic Games hours throughout the year. The schools mentioned above passed with flying colours in 2019 and have even encouraged others around the county to take part in 2020. Ciaran says "It is brilliant to see the children who may never got involved in a sports club coming down to Slashers and participating, our number from in all ages categories from U6 to U12 have hugely increased. St. Joseph's NS in Longford Town have also signed up to take part which is brilliant to see considering the demographic of pupils in the school."



Ciarán Mac Eochaidh is the Games Promotion Officer with Leinster GAA. This post is supported by the Longford County Council. In 2019, Ciaran delivered 41 programmes from 16 initiatives with 1943 participants benefiting. The main goal is develop the local club of Longford Slashers and increases its membership. He also delivers initiatives throughout the county. Training was also provided to coaches parents and participants in the areas of coaching, nutrition and strength and conditioning.





## A summary of the LSP and Sport Ireland target groups



### TARGET GROUPS

Unemployed people  
Disadvantage Communities  
Children of primary school age  
Women aged 18-50  
Men aged 18-50  
Sports club volunteers  
Coaches  
Youth at risk  
People with mental health difficulties  
Migrant communities  
People with a physical disability  
Secondary school girls  
People with a sensory disability  
Secondary school boys  
People with an intellectual disability



# Strengthening Resources



To maximise existing infrastructure 2019, 18 initiatives were implemented in the beautiful natural resources that Longford has to offer with 2761 people benefiting. These included Paddles Up, Women on the Water, 10K Blueway Event, Day Time Walking Groups, Women on Wheels and more.



## COMMUNITY SPORTS HUB

The Community Sports Hub in Edgeworthstown funded by Dormant Accounts has certainly made a significant difference in its local community by purchasing functional gym equipment and making this a useable space, getting floor covering and much more. The numbers of people into the community centre has remarkably increased. 724 people benefited from 24 initiatives and 37 programmes ran under this.

Some programme included Operation Transformation Programmes, Couch to 5km, Active Age Activities, Yoga, Martial Arts and Friday/Monday Workout of the Day, and much more. One of our goals is to support clubs and organisations to get their initiative established and they continue to run themselves the initiatives themselves.





## COMMUNITY SPORTS HUB



In 2019, the highlight is Club Development. This included creating awareness around Badminton, a programme was delivered to introduce the sport to new members creating pathways and assisting the local club to increase its membership. At the time the club were struggling and are now prospering. Last year we chose to develop Pickleball as a sport, as it is suitable for all ages, it is a cross between Badminton and tennis.



This initiative included training leaders, taster day with Pickleball Ireland running programmes to introduce, create awareness and publicity around the sport in Edgeworthstown. We are currently in the process of establishing a club. Laura our coordinator says “it is such an addictive sport and fantastic that I can play with my Dad and daughter. I would love to see this sport grow and become established in our community of Edgeworthstown. We are looking forward to having members from Longford competing in the Irish Open in June”



Supporting our coaches and volunteers in 2019, the LSP delivered training and education courses, workshops and seminars to 451 people. These included 9 Safeguarding 1 courses, 2 Safeguarding 2 and for the first time 1 Safeguarding 3. Community Coaching was delivered in the Sports Hub, with 52 people taking part in training included First Aid Response, Disability Inclusion, Athletics, Basketball, Safeguarding, Active Leadership and much more. 10 Youth Leadership courses were provided to 186 TY students throughout Longford. These number represents a 400% increase in the number benefiting in training programmes from last year.



Encouraging the Champions, the Ganly's Longford Sports Star Awards 2019 took place. Darragh Greene was crowned overall 2019 winner, with sixteen other awards given on the night, including Volunteer of the Year. The results were dominated by female and junior athletes across several minority sports. The partnership with the Longford Leader and Ganly's ensured great publicity





Longford County Council for the first time gave 6 Sports Bursaries totalling €5000. The bursaries were given to acknowledge previous achievements and future potential, Darragh Greene, Cian Mc Philips, Ellen Murphy, Michael Nugent, Yemi, and Nevin App.



In supporting not for profit organisations, we had a Club Development and Participation Grant. Through our funding work, the LSP supported 14 clubs in securing grant aid to support their junior structures, coach and education initiatives and target group programming benefiting 7613 participants.

Ballinamuck Foroige Juniors Youth Club	Lough Ree Athletic Club
Carrickedmond GAA	Longford Minor Ladies Club
Longford & District Schoolboy/Girl League	St Helen's LGFC
Sean Connollys Ladies	Mothers & Others Killashee
Lanesboro Triathlon Club	Longford Community Games
Clondra Canoe Club	Karate Club
Football Stars	UCL Harps FC



Other club development work included support in relation to committee roles, governance and child protection issues. We also loan our Race Packs for Running Events to clubs who may need them and Playground Markings to school.



## INCREASING AWARENESS



The LSP continues to use its social media platforms, Instagram, Facebook, YouTube and Twitter to communicate with clubs and groups in the County, enjoying a strong following on both. Our website is updated regularly.

Longford Sports Partnership has a good relationship with sports section of the Longford Leader, with 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. Throughout 2019, the LSP made a number of presentations including Urban Outdoor Adventure Presentation, Older Adults Forum - Presentation and Stand, Horse Riding and Welfare Presentation to Department of Agriculture, Local Physios regarding SIDO, schools presentation and more.



## STRUCTURES OF SPORT- LSP TEAM

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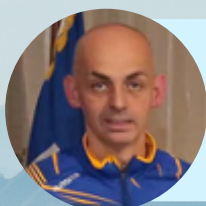
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The community partnerships with the National Governing Bodies of Sport and the Network of Local Sports Partnership contribute significantly to creating opportunities for sports participation, particularly in areas of disadvantage.

## LSB BOARD

The board consists of 15 members:

Longford County Council	Paddy Mahon
HSE	Clodagh Armitage
RAPID	Frank Horne
Youth Sector	Bernadette Fagan
Facilities Representative	James O'Brien
Older Adults Representative	Sheila Mulleady
Disability Representative	Barney Steele
Sporting Representative	Tony Headon (IRFU)
Sporting Representative	Susan Murphy (Aquatics)
Sporting Representative	Peter O'Reilly (GAA)
Sporting Representative	John Killane (Minority)
Longford Community Resources Clg	Adrian Greene
Elected Representative	Cllr. Mick Cahill
Elected Representative	Cllr. Garry Murtagh
Elected Representative	Cllr. Peggy Nolan

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 and Longford Volunteer Manager Forum.

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

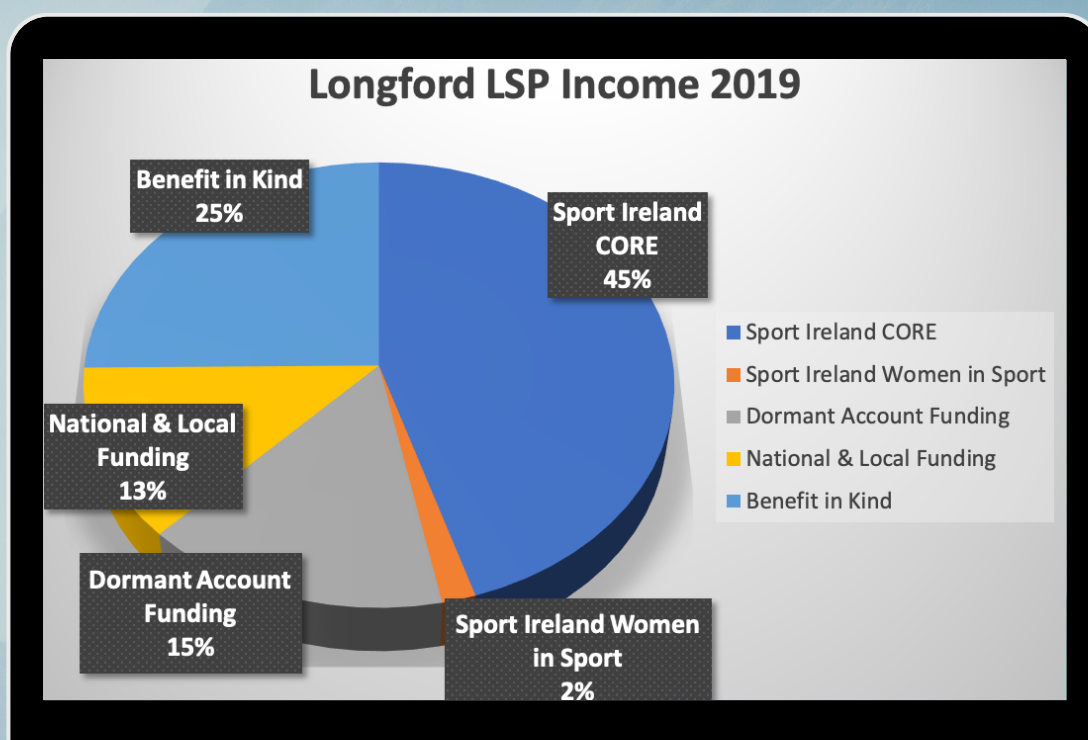


## RESOURCING AND FUNDING



The LSP was successful in securing €490,667 for sport and physical activity in Longford with €367,234 in direct funding and €123,433 in benefit in kind. This came from a number of providers during 2019:

- Sport Ireland - Core Funding €221,458.00
- Sport Ireland – Women in Sport €8,400.00
- National and Local Funding of €75,860.00 from the HSE, Healthy Ireland, Dept of Agriculture and Food, Age and Opportunity Ireland, Department of Health & Children-Sports, Waterways Ireland, Longford County Council
- Dormant Accounts funding of €61,516.01 for
  - Community Sports Hub
  - Community Coaching
  - Sports Leadership
  - Urban Outdoor Adventure Initiative
- Benefit in Kind of €123,433 from Longford County Council, Board Members, etc





Longford Sports Partnership continues to be very thankful to Longford County Council, Sport Ireland, HSE, other funders, local agencies and representatives on the Sports Partnership board.

## SOCIAL MEDIA



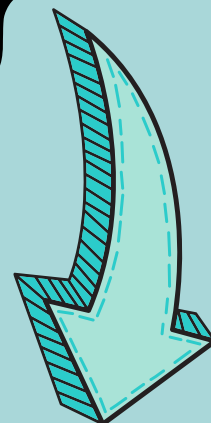
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SPORT IRELAND

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