

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —



MAYO

SPORTS PARTNERSHIP
ANNUAL REPORT

2017



MAYO.IE



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

2017

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FOREWORD

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

The range of opportunities that MSP offers for people to become involved in sport and physical activity is significant. In 2017, 21,004 people were supported by MSP through locally delivered participation initiatives. Of that, 4,696 female participants took part in 7 local Women in Sport initiatives, targeting women and girls across society and providing opportunities for engagement in a supportive and inspiring environment. At the beginning of 2017, 1,200 people took part in the flagship Operation Transformation nationwide walks across the county. The West of Ireland Womens Mini Marathon continued to deliver a high quality mass participation event to over 2,000 individuals.

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

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

On a final note, we would like to take this opportunity to thank the MSP staff, partners, agencies and volunteers who continue to contribute to the success of Mayo Sports Partnership. All have been vital to the successful delivery of programmes that make sport and physical activity accessible to all at a local community level. Also to John Treacy CEO Sport Ireland and Mayo County Council CEO Peter Hynes a massive thank you for their continued support.



Brendan Mubroy

Chairman
Mayo Sports Partnership



Charlie Lambert

Sports Co-ordinator
Mayo Sports Partnership



Key Findings

I.1 Key Findings

This report is the 11th annual report of MSP using the SPEAK self-evaluation system.

Background, Resources and Funding

- €715,361 was invested in MSP in 2017. This figure includes benefit-in-kind funding of €222,000 from partners
- Funding from Sport Ireland accounts for 36% of the total MSP funding in 2017, 18% from Dormant Accounts with the remaining 46% coming from other sources. These figures include benefit-in-kind funding.
- 18 people served on the MSP board in 2017.
- In 2017, 4 people worked full-time on behalf of MSP. 3 were 100% directly funded by Sport Ireland with the Sports Disability Officer funded 50%. MSP also provided work placement to students from 3rd level colleges for work experience and opportunities to develop skills.

Achievements of Mayo Sports Partnership in 2017

Development of Sports Infrastructure in Mayo

- In 2017, MSP worked with 10 sports clubs / groups on a one to one basis and a further 30 clubs through group sessions on making funding applications.
- 130 groups have been supported in the delivery of their activities
- 12 groups have been supported with regard to developing their organisational or management structures. 8 in development of policy and 4 in governance / best practice.
- MSP planned and delivered 25 training and education courses, workshops and seminars
- 711 people attended these courses

Delivering Sport Ireland Programmes

Active Leadership

- 267 sports leaders have been trained in 17 Active Leader Courses since it commenced.

Code of Ethics – Safeguarding 1, 2 & 3

- 379 participants completed 27 Code of Ethics Basic Awareness – Safeguarding 1 courses.
- 40 participants completed 2 Club Children's Officer – Safeguarding 2 courses.
- 41 participants completed 2 Designated Liaison Person – Safeguarding 3 courses.

Local Programme Delivery

- 21,004 people participated in 57 locally delivered participation programmes.
- 14,942 of these participants were children
- 4696 female participants took part in 7 local Women in Sport programmes.
- Sports Disability Inclusion Programme – 567 participants in 23 programmes.
- 786 volunteers supported the delivery of these programmes
- 346 partners involved in delivering initiatives

Building and Sustaining Partnerships

- In 2017 MSP was involved in 37 different policy actions involving 422 different organisations

Information Provision

12,656 individuals provided with general or specific sport-related information through MSP online, social media or text promotion

Summary of MSP Impact in 2017

786 volunteers

supported the delivery
of sport programmes



14,942 of
these participants
were children



21,004

participants in
57 Locally Delivered
Programmes

4,696

Female
Participants
in



7
Female
Sports
Programmes

Mayo Sports Partnership

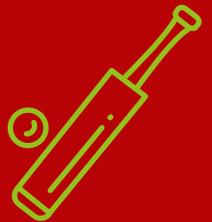


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346

partners
involved in
delivering
initiatives



**SPORTS DISABILITY
INCLUSION PROGRAMME**

567 participants in
23 programmes



€715,361

in total funding

€222,000

in Kind funding



130

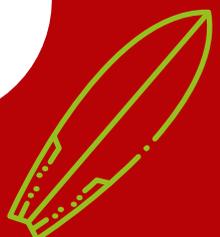
Clubs / Groups
Supported

711

participants
on Training
Courses

12,656

people provided
with sport related
information





2

Background, Funding and Resources

2.1 Background to MSP

This report is the eleventh annual report of Mayo Sports Partnership . It reflects the work of the Partnership for 2017. Information provided through the SPEAK system is collated into a database tracking the depth and breadth of MSP initiatives. MSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section 3 of this report.

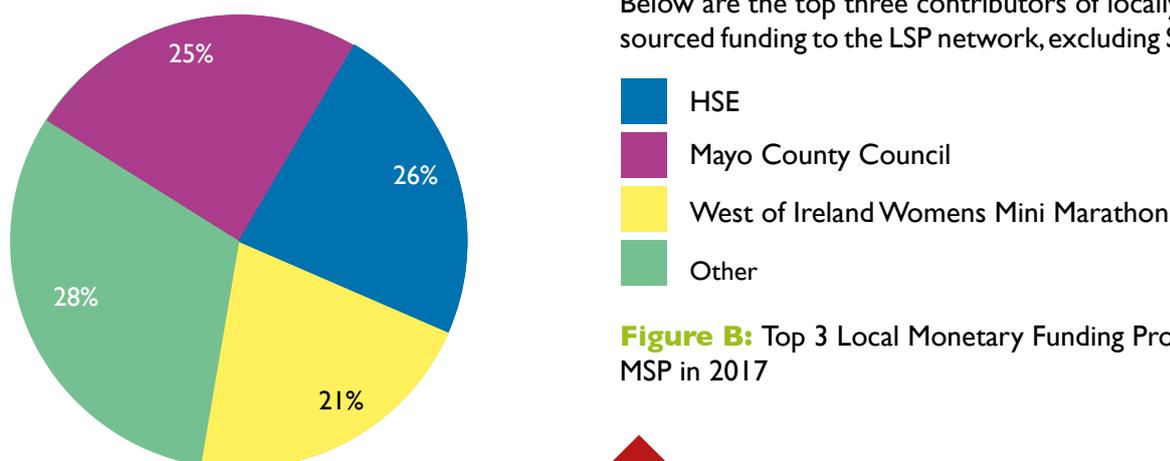
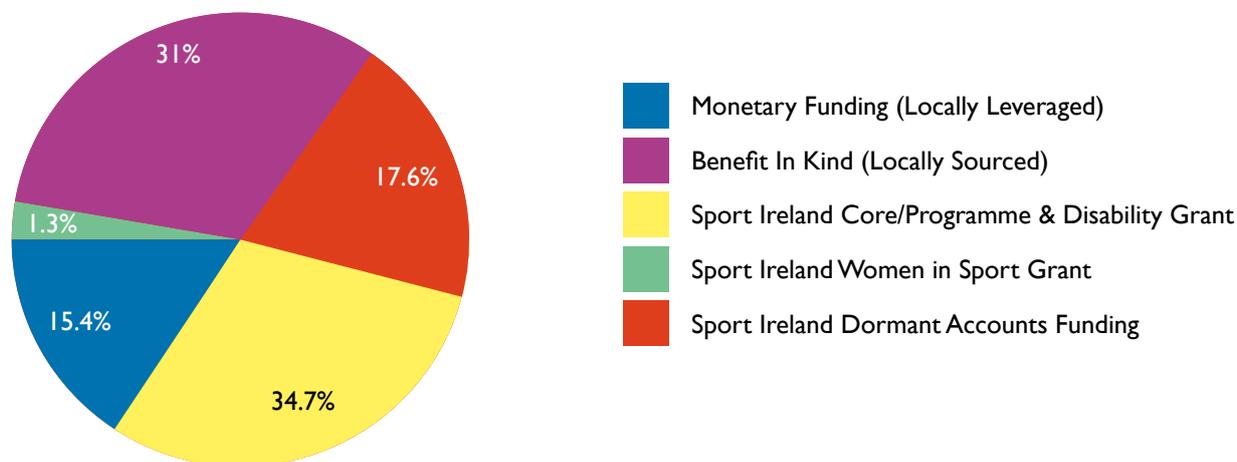
2.2 Project Funding Sources

Funding from Sport Ireland (Core, Disability and Women in Sport) accounted for 36% of the total LSP funding in 2017. Additional funding was also secured for MSP by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 17.6% of overall funding. The remaining 54.4% was raised from local sources, including benefit in kind funding.

	€	%
Monetary Funding (Locally Leveraged)	110,510	15.4%
Benefit In Kind (Locally Sourced)	222,000	31%
Sport Ireland Core/Programme & Disability Grant	248,826	34.7%
Sport Ireland Women in Sport Grant	8,250	1.3%
Sport Ireland Dormant Accounts Funding	125,775	17.6%
Total	715,361	100%

Figure A: Breakdown of Funding and Benefit in Kind Received by MSP in 2017

After core funding from Sport Ireland, the HSE were the next most significant source of monetary funding with benefit in kind support mainly coming from Mayo County Council. Other significant funding partners of the network included the Department of Transport Tourism and Sport.



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

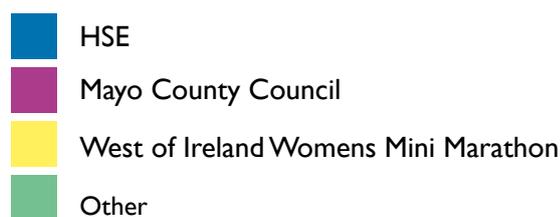


Figure B: Top 3 Local Monetary Funding Providers to MSP in 2017

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

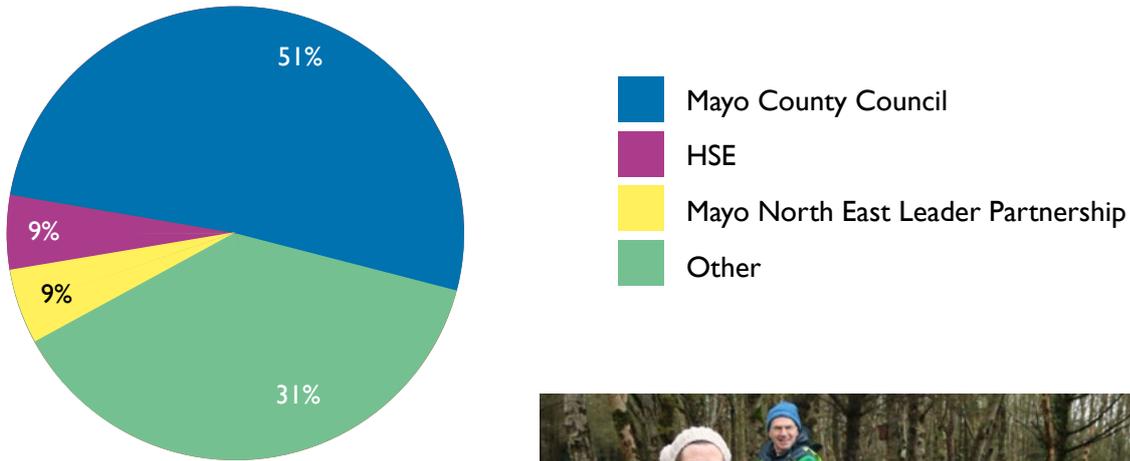


Figure C: The Top 3 Local Benefit in Kind Providers to MSP in 2017

Sport Ireland funding to MSP increased by 17% from €220,260 in 2016 to €257,076 in 2017.

MSP continues to be successful in securing funding from local sources. 46% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 15% of overall MSP support and benefit in kind support accounts for 31% of overall funding.

Excluding Dormant Account Funding MSP is once again pleased to note that over 50% of its costs are being sourced locally. This follows a recommendation from the 2005 Fitzpatrick & Associates Review of the LSP programme.



PIC: Participants at the launch of Claremorris parkrun in March 2017.

2.3 MSP Management and Staff

Board of Management Participation and Representation

- A total of 18 people served on the MSP board in 2017. 28% of MSP board members are female, which is positive in terms of diversity on Boards;
- Board members bring specific skillsets to their work within MSP. 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 MSP.

As with recent years, representatives from Mayo County Council, local agencies and the Sports Forum continue to be the three most active participants on MSPs Board.

MSP Staff

MSP core staff members are funded by Sport Ireland while other part time personnel are funded through other sources. Along with the co-ordinator and administrator MSP employs a Sports Development Officer and a Sports Inclusion Disability Officer (SIDO), which is supported in part by Sport Ireland. In 2017, MSP also provided placements to students from 3rd level colleges for work experience and opportunities to develop skills.

MSP also contracted a further 25 tutors to deliver programmes, courses and initiatives within the Partnerships structure.



3

Achievements of MSP in 2017

3.1 Introduction

MSP undertakes a wide range of actions with the aim of increasing sport and physical activity participation levels in their local communities. These actions are grouped within four outcome areas:

- Working to increase participation levels, especially amongst specific target groups;
- Building sustainable local sporting infrastructure through support for clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies;
- Creating greater opportunities for access to training and education in relation to sports and physical activity provision;
- Providing information about sport and physical activity to create awareness and access

3.2 Development of Local Sports Infrastructure

A key focus for MSP is that there is a sustainable level of development within the local sports infrastructure. MSP works with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options.

This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

Funding Work

In 2017, MSP worked with 10 sports clubs, groups and organisations throughout the county on a one-to-one basis and a further 30 clubs through group sessions. Some 4 group information sessions were run on a countywide basis.

MSP has worked directly with 10 of these clubs to assist them in developing funding applications and a further 5 clubs to support fundraising strategies.

Club Development Work

MSP supports providers of sports and physical activity across the county, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise. To this end, in 2017:

- 130 clubs/groups were supported in the delivery of activities;
- 12 clubs/groups were helped in developing their organisational or management structures;
- 8 clubs/groups were helped in the development of policy;
- 4 clubs/groups were helped with governance best practice;
- 40 clubs attended Club Development Workshops.

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

Training and Education Courses

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

- MSP planned and delivered 25 training and education courses, workshops and seminars with their partner agencies;
- 711 people participated on these training courses.



PIC: 10 Post Primary Schools in Mayo participated in Girls Active during 2017.

Training Actions

Course Name	Type of Course	No of Participants
Disability Awareness Training	Disability Awareness/ Inclusion Training	195
Get Ireland Walking Community Walking	Get Ireland Walking Programme	120
Social Inclusion through Sport Seminar	Training related Seminars/Conferences	80
PALs Training	Go for Life	33
Disability Inclusion Training	Disability Awareness/ Inclusion Training	25
Youth Leadership Ballyhaunis	Sports Leadership Training	23
Badminton Foundation Level Training Course	Sports Specific Coaching Courses	20
Sports Capital Guidelines	Facilities Advice and Support	20
Youth Leadership Castlebar	Sports Leadership Training	18
Occupational Sports First Aid Courses	First Aid Related Training	17
Funding Seminar	Facilities Advice and Support	15
Active Leadership	Active Leadership	14
Jobs and Activation Programme Castlebar	Sports Leadership Training	14
Basketball Foundation Level Coaching Courses	Sports Specific Coaching Courses	12
Goal to Work Sports Coach Training Programme - Ballinrobe	Community Coaching	12
Kayak Level 2 training	Coach Upskilling	12
Kick Start I Soccer Training Courses	Sports Specific Coaching Courses	12
Irish Heart Foundation Walking Leader Training	Walking Training/ Leadership	11
Cycling Ireland Ride Leader Training	Bike 4 Life Training	10
Ready to Go Orienteering Course	Sports Specific Coaching Courses	10
Inclusive Fitness Training	Disability Awareness/ Inclusion Training	9
Little Athletics	Sports Specific Coaching Courses	9
Goal to Work Sports Coach Training Programme - Achill	Community Coaching	8
Rugby Youth Leader Training	Sports Specific Coaching Courses	8
Squash Coaching	Coach Upskilling	4
Total		711

Table 2: Breakdown of Training and Education Courses delivered by MSP

3.3 Delivering Sport Ireland Programmes

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

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

The Safeguarding programme consists of three workshops:

- **Safeguarding 1** - Child Welfare & Protection Basic Awareness Course.
All Coaches, Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare and Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.
- **Safeguarding 2** - Club Children's Officer
A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and follow this with the Club Children's Officer 3 hour workshop. This course will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the club. Participants will also receive a Club Children's Officer Action Planning document as part of training.
- **Safeguarding 3** – Designated Liaison Person
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 An Garda Síochána. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

In 2017, 379 sports leaders and volunteers completed the Safeguarding 1 training across 27 courses run by MSP. Some 40 volunteers attended the follow-on Children's Officer training across 2 courses. In the rollout of Safeguarding 3, 41 Designated Liaison Persons received training on 2 programmes organised by MSP.

	Safeguarding 1	Safeguarding 2	Safeguarding 3
	2017	2017	2017
Number of courses delivered	27	2	2
Number of participants	379	40	41

Table 3: Summary of Safeguarding outputs for 2017

3.4 Programme Delivery

The design, delivery and review of targeted programmes by MSP 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, MSP is able to identify specific needs and plan accordingly. In 2017, MSP maintained its delivery of an innovative range of participation programmes;

- 21,004 people participated in 57 locally delivered participation programmes
- Of that, some 4,696 female participants took part in 7 Women in Sport programmes

Name of Programme	Type of programme	Participants
Primary school athletics programme	Schools-based Programmes	6000
The Daily Mile	Schools-based Programmes	3080
West of Ireland Womens Mini Marathon	Women in Sports	2200
Its for Girls Promotion	Women in Sports	1500
Mayo Operation Transformation Walks	Operation Transformation	1200
Beginners Couch to 5k Programme	Women in Sports	840
Mini Mini Primary Schools 2K Fun Run	Mass Participation Events	800
Operation Get Active Mayo	Operation Transformation	800
Bike Week	Bike Week Activities	750
Operation Transformation 5Ks	Operation Transformation	700
Ballina Athletic Club- Running Festival	Mass Participation Events	500
Mayo in Motion Walking Month	Mass Participation Events	300
Men on the Move	Physical Activity Programme	250
Go For Life Games Training	Older Adult Programme	226
Westport Basketball Club	Other Programme	206
Ballyhaunis Come and Try Sports Day	Other Programme	180
2nd Year Healthy Living Programme	Youth Diversion Programmes	155
Irish Wheelchair Association	Disability Programmes	120
Swim for a Mile	Physical Activity Programme	100
Achill GAA Healthy Club	Other Programme	90
Ballyhaunis Inclusive Summer Camp	Disability Programmes	74
County Boccia League	Disability Programmes	74
Moyvalley AC 5K Series to promote Participation of Women in Sport	Women in Sports	60
soccer Blitz	Disability Programmes	55
Tourmakeady / Partry Swimming Club	Physical Activity Programme	53
Mayo Volleyball Club	Women in Sports	44
sofa to saddle	Cycling Programme	40
Tennis	Disability Programmes	40
Ballycastle Athletic Club	Other Programme	40
Mayo Masters Gaelic Football Programme	Physical Activity Programme	40
Kilcommon Active Retirement Association	Other Programme	38
Bonniconlon Gaelic 4 Mothers & Others	Women in Sports	32
Currane Choose your Challenge Programme	Other Programme	29
Athritus Mayo Boccia Programme	Disability Programmes	25
Gym and Swim sessions	Disability Programmes	25

Name of Programme	Type of programme	Participants
Newport Town Football Club	Other Programme	25
Inclusive Summer Camp	Disability Programmes	22
Erris Womens Programme	Women in Sports	20
St Brides Activity Programme	Disability Programmes	20
Tag Rugby	Disability Programmes	20
Mayo Tabletennis Academy	Physical Activity Programme	20
National Learning Network Basketball	Disability Programmes	18
Swim lessons for Adults	Disability Programmes	18
Rehab Soccer Programme	Disability Programmes	17
Football for All	Disability Programmes	15
Learn to Cycle Programme	Disability Programmes	15
Castlebar Training Centre Walking Group	Disability Programmes	14
Westport Special Olympics	Disability Programmes	14
Wheelchair Hurling	Disability Programmes	14
Cycle of Life with Downs Syndrome Mayo Branch	Disability Programmes	12
Ballinrobe Walking Football	Physical Activity Programme	12
Mayo Intercultural Action Volleyball for All	Physical Activity Programme	12
Lifeskills and Job Activation Programme	Youth Diversion Programmes	12
Irish Wheelchair Association Sunshine Club	Disability Programmes	10
Mayo Autism Activity Club	Disability Programmes	10
Paracycling	Disability Programmes	10
Surfing for Children with Autism	Disability Programmes	8
Total		21004

Table 4: Breakdown of Programmes delivered by MSP in 2017

3.5 Building and Sustaining Partnerships

Information Provision

MSP acts as an information hub and point of contact within communities. MSP works 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.

MSP collects 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 MSP use, both via traditional and social media outlets.



PIC: In 2017 Mayo Sports Partnerships Men on the Move were winners of the Best Health and Wellbeing Project in the National Local Authority Awards of the Year

The following table presents an overview of the range of communication platforms that MSP use, both via traditional and social media outlets.

Providing Information to Community Traditional Media	2017	Providing Information to Community Social Media	2017
Number of Radio Interviews	10	Facebook: Number of posts / updates	90
Number of articles in local press / radio	40	Facebook: Number of likes	4,080
Number of articles in national press / radio	2	Facebook: Number of tweets	500
		Facebook: Number of followers	1,876

Providing Information to Communities Online	2017	Providing Information to Community Text-based	2017
LSP Website: Number of new articles	33	Number of texts sent via text service	1,400
LSP Website: Number of new resources downloaded	10		
LSP Website: Number of hits	2,000		

Table 5: Summary of MSP Promotion in 2017

MSP is 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. MSP maintains active databases of local organisations and groups as well as email contact lists.

MSP can also promote their work through annual reports such as this document. Research publications and presentations are also used regularly to disseminate their key messages regarding participation.

Production of Information Resources	2017
Number of newsletters	14
Number of press releases issued	40

Local Community Interest	2017
Number of directories produced / updated	15
Number of people / clubs / groups on email list	3,300

Dissemination of Research and Reports	2017
Number of reports disseminated	300
Number of presentations delivered	6

Table 6: Summary of MSP Information Production and Dissemination 2017



PIC: The Go for Life Games Programme is hugely successful in Mayo with a team selected to take part in the National Finals in DCU in June.

3.6 Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for MSP, as well as representing key concerns in the policy arena. In order to carry out this strand of its work, MSP actively engages in committee work and networking activities at local and national level. In 2017, MSP has participated in some 37 actions associated with building networks and advocating on behalf of their 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 MSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what MSP can do to assist sports clubs and partners.

TYPE OF ACTIONS	NUMBER OF ACTIONS	2017
Campaigns and Lobbying Efforts	4	
Local Networks or Committees participated in	12	
Publicity, Awareness Raising and Media	15	
Regional and National Networks participated in	3	
Seminars or Conferences attended	1	
Submissions made	1	
Total		37

Table 7: Overview of the type of actions MSP has been involved in 2017.

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



PIC: Mayo Foroige, No Name Clubs and Davitt College students were recipients of Youth Sport Leadership Awards in 2017 delivered in collaboration with Mayo, Sligo, Leitrim ETB Youth Office.



4

MSP Case Studies

4.1 Community

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

MSP plays an important role in the delivery of programmes in the community. Through MSP, participation in sport and physical activity throughout the community is encouraged and supported, with a particular focus on low participation target groups.

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

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

The following is an example of a community-based programme run by MSP to increase participation in sport at a local level.

- Sofa2Saddle Cycling Programme

Case Study: Sofa 2 Saddle Introduction

Sofa 2 Saddle is a cycling programme for adults targeting absolute beginners ran with the support of Cycling Ireland under their Bike for Life initiative. The aim is to get adults active, promote cycling and an active lifestyle while focusing on bike safety, basic maintenance, confidence building and road instructions.

Programme Objectives

- Introduction to cycling
- Become more active and increase fitness
- Teaching proper use of brakes and gears.
- Increase confidence on the bike
- Develop bike handling skills
- Develop road safety awareness
- Provide contacts to local cycle clubs
- Promote the participants to continue cycling as a group after the course

Programme Partners

Mayo Sports Partnership, Cycling Ireland, Healthy Ireland, Mayo.IE, Westport Smarter Travel.



Programme Outline

The 6 week programme was delivered in three areas, Westport, Castlebar and Ballina. Participants in each area met up for 1 hour weekly and each group was led by two qualified cycling coaches. The participants started with basic cycle skills training, correct usage of gears and systematically incorporated these skills into cycling out on the road, progressing in distance as the weeks went on. All participants were covered by Cycling Ireland insurance and received a cycling logbook along with a long sleeve technical T-shirt.

Cost

Total cost €1200. Cycling Ireland provided €1000 towards the programme through grant funding.

Numbers Participating

The programme had 40 participants over 3 areas.

Outputs

Participants were introduced to bike safety; bike handling drills as well as road safety awareness. A step by step introduction to new skills as the programme progressed building riders' confidence.

Each week cyclist added distance to the weekly cycle incorporating new skills.

Quotes

"Sofa 2 Saddle has given me great confidence, I now cycle the local Greenways on a regular basis, my fitness has increased immeasurably" – Christine Noon (Ballina programme)

Sustainability

60% of participants from the programme across all areas have linked in with leisure groups in their local cycling clubs. The Westport group continued their weekly meetings and now has a dedicated group of about 10 riders meeting up every week. In Ballina 5 participants are now members of the local cycling club and regularly join in on charity cycles.

Next Steps

Sofa 2 Saddle programme will again run in 2018, with possibility of expanding to a fourth area.



PIC: Participants in the Ballina Sofa2Saddle Programme in 2017.

4.2 Migrants

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

In February 2017, 'The Migrant Integration Strategy' was launched by the Department of Justice and Equality. The Migrant Integration Strategy sets out the Government's commitment to the promotion of migrant integration as a key part of Ireland's renewal and as an underpinning principle of Irish society. The Strategy provides a framework for a range of actions to support migrants to participate fully in Irish life. The actions proposed are designed to support the integration process. The strategy proposes to implement a series of actions that have been identified on the basis of a consultation process and government policy. One of the actions is based on Sport. 'The potential of sport in the integration of migrants will be further explored through encouraging active participation, volunteering and involvement in governance'. This is further supported by Healthy Ireland's National Physical Activity Plan Action 44 'Implement and support participation programmes with a focus on disadvantaged communities'.

Working with target groups that are harder to reach is at the core of MSPs work. MSP endeavours to deliver sport and physical activity initiatives to target groups that are harder to reach including minority groups such as migrants.

The following example is delivered by MSP to encourage integration of migrants in the community through sport and physical activity.

- Ballyhaunis Community Sports Hub

Case Study: Ballyhaunis Community Sport and Physical Activity Hub – Mayo LSP **Why?**

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

Aims

The main aim of a CSH is to increase the number of people of all ages participating in sport and physical activity in their communities. The objective of the Community Sports and Physical Activity Hubs in disadvantaged areas is to bring local people together and provide a home for local clubs and sports organisations.

How was it implemented?

1st phase funding of €78,000 for the Ballyhaunis cricket practice area was secured by Mayo Sports Partnership through Sport Ireland's Dormant Accounts Fund.

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



PIC: Participants on the Inclusive Summer Camp in Ballyhaunis with coach Abdul Shafique and Sports Inclusion Officer Ray Mc Namara

Outputs

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

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

Next Steps

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

4.3 People with Disabilities

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

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

Providing and promoting opportunities for people with disabilities to take part in sport and physical activity are done primarily through the work of the Sports Inclusion Disability Programme. In 2017, 16 Sports Inclusion Disability Officers were employed in 19 different Local Sports Partnerships including Mayo.

In November 2017, Sport Ireland launched the 'Sport Ireland Policy on Participation in Sport by People with Disabilities'. The aim of this document is to provide a clear policy context for the promotion of sport for people with disabilities and a basis for an enhanced and more concentrated approach by Sport Ireland and their partner organisations. Sport Ireland works collaboratively with MSP to enhance the participation of people with disabilities in sport and physical activity. Currently, MSP has a remit to assist with and support developments for the inclusion of people with a disability in sport and physical activity in Co Mayo.

The following is an example of a programme run by MSP to increase opportunities for people with disabilities to be more physically active.

- Westport United Soccer for All Programme

Case Study: Westport Soccer for All Programme

Introduction

Westport United Soccer Club saw the success of the FAI Soccer for All programme around the Country and looked at getting their own programme going. After a meeting held in the Club with stakeholders which included Oisín Jordan FAI Office, Paul Byrne Mayo Development Officer with the FAI, Ray Mc Namara Sports Inclusion Development Officer with Mayo Sports Partnership, Club officials and parents of interested participants.

After the initial meeting where Oisín Jordan outlined the success of the programme in other clubs it was agreed that a 4-week trial be set up with the club coaches, Paul Byrne and Ray Mc Namara.

10 participants took part in the programme with sessions taking place once a week on the club grounds.

Programme Objectives

The aims and objectives of the club are to encourage and promote soccer for children of a variety of abilities and disabilities in all its forms within Westport and beyond. Soccer especially recreational soccer in groups has the capacity to promote physical and mental wellbeing as well as increase social capital and positive community development.

Aims

- To enable children to participate in their local soccer club.
- To create opportunities for Children with a disability to participate in sport.
- To teach Children new skills and develop those skills.
- To make Westport United a more Inclusive club.

Programme Outline

An initial 4 week Programme where sessions would be once a week. The programme was led by the coaches with the help of Paul Byrne and Ray Mc Namara.

The second stage of the programme was an indoor programme for 8 weeks on a Sunday morning during the winter. This was led by the coaches.

Cost

There was €500 granted to the programme from Mayo Sports Partnership with help also from the FAI through a started pack of equipment and club resources.

Numbers Participating

12 children participated in the programme.

Outputs

The Football For All section of Westport United has grown from strength to strength in recent months since our first session in early April this year and thanks to the commitment and dedication of the committee who have been proactive in developing the club and promoting the inclusive nature of the club with in the community. The club hosts training sessions once per week for members. These sessions are co-ordinated and supervised by leaders and coaches who are all volunteers and would not be possible without their commitment.

Through collaboration between ourselves, FAI, namely Paul Byrne and Oisín Jordon and Sports Inclusion Development Officer Ray Mc Namara from Mayo Sports Partnership the Football For All section of our club has the potential to keep growing with fun games with other likeminded clubs in the future.

Sustainability

Westport United have added the Soccer For All to their underage structure and will be continuing the programme going forward. Coaches will be allocated to the Soccer For All section of the club the same as all underage teams. This should help to grow this section of the club and continue to provide opportunities for participation.

Next Steps

Contact has been made with a similar initiative in Galway who we hope to link up with in the New Year with a view arranging matches. Westport United and all involved would like to thank Scoil Phadraig for the use of the school facilities and parents and the positive feedback about the benefits to children's self-esteem and confidence. We would hope other Mayo clubs look to set up similar initiatives as we have witnessed there is a clear demand and need for it, with children and families travelling across the county to attend the Westport United football for club.



PIC: Participants in the Westport Utd Football for All Programme with club coaches, officers, FAI Development Officer Paul Byrne and Sports Inclusion Disability Officer Ray Mc Namara.

4.4 Women in Sport

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



PIC: St Josephs Secondary School Castlebar winners of the Its for Girls section in the 2017 Western People West of Ireland Womens Mini Marathon.

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

MSP has contributed to the increase in the number of women taking part in sport. MSP receives funding from Sport Ireland dedicated to the Women in Sport programme to roll out programmes specifically targeted at women.

The following is an example of a programme run by MSP that provide opportunities for women to be more active.

- Its for Girls

Case Study: The “Its for Girls” Initiative

Devised by Mayo Sports Partnership in association with Mayo County Council, Sport Ireland and Castlebar Sports Forum is an overarching programme to promote positive health & wellbeing along with teenage participation in sport / physical activity.

Introduction

We started the initiative initially in response to research from Sport Ireland showing that there is a growing need to get teenage girls more active in sport/recreation.

Mayo Sports Partnership responded to this need by rolling out a various programmes under our titled Its for Girls banner. Similar to the UK model This Girl Can we are actively creating an overarching campaign calling all girls to action. This action does not have to be a sport or a team sport but rather just about getting girls to move, get a bit fitter, be more active, have fun and enjoy a positive approach to physical activity in their lives.

We initiated the following programmes:

1. The Its for Girls Girls Active programme in Secondary Schools.
2. The Its for Girls Mini Marathon initiative for Secondary Schools.
3. The Its for Girls Girls and Women in Sport Seminars for both older primary school girls and Secondary School girls titled “Are we playing in a different league?” Identifying barriers to participation etc.
4. The Its for Girls initiative actively encourages teenage girls participate in our ongoing Beginners Couch to 5K programme which takes place in 6 Mayo areas.

Overall Aim

Increase participation in sport / physical activity by young teenage girls by providing accessible, attractive programmes in their community or school setting.

Objectives

- Identify barriers to participation in sport / physical activity by girls utilising Sport Ireland research and local Women in Sport Seminars.
- Build partnerships with schools, clubs and organisations in the provision of participation opportunities.
- Promote and establish an Its for Girls brand similar in concept to the This Girl Can campaign in the UK.
- Fund and support community programmes and new participation opportunities that target young girls ie Girls Rugby, Volleyball, Table Tennis, Swimming, Cycling etc.
- Provide a regular menu of activities that target young girls participation in sport / physical activity.

Programme Partners

Funding is secured through partners such as Sports Irelands Women in Sport initiative, Mayo County Council, HSE Health and Wellbeing funding, Healthy Ireland and benefit in kind support from media partners such as the Western People Newspaper, Mid West Radio along with support from National Governing Bodies.

To make this programme happen we work with a lot of stakeholders / partners.

Post Primary Schools - We contact principals, teachers in seeking expressions of interest in participating in Girls Active, Girls and Women in Sport Seminars and Mini Marathon programmes.

Communities, clubs, organisations - We work with communities, clubs, organisations across the county in the provision of Couch to 5K, Sofa2Saddle, start up of new clubs, Youth Sport Leadership training etc.

Fitness Instructors / Tutors - We work with a team of qualified tutors / leaders who are registered on a database contained in the Sports Partnership. Tutors are Garda vetted through Mayo Co Co.

Programme Outline

While the Its for Girls Initiative targets teenage girls it also benefitted women of all ages including mothers etc. This is how it did so under the following programmes:

Girls Active - Targeted at inactive teenagers who are not engaged in mainstream sport. Taking place at extra curricular time activities include Bootcamp, Boxercise, Zumba, Hip Hop etc. Schools continue with a lunchtime club or similar programme. Over 300 girls participated in 2017.

Its for Girls Mini Marathon Initiative - . Participating in a 6 week lead in programme the schools are recognised with awards, presented by event ambassador Sonia O Sullivan. This builds up not only physical health but also self esteem. In 2017 10 2nd level schools participated with one school having 120 participants.

Couch to 5K Beginner Programme - Mums and daughters tended to participate in this initiative which was held in 10 communities in 2017.

Girls & Women in Sport Seminars - Held in 2016 and 2017 high profile women in sport speakers ie Sonia, Olive Loughnane, Jessie Barr, presenter Jackie Hurley have impacted hugely on attendees positive mental health etc.

Cost

Its for Girls is funded through the following:

1. Sport Ireland Programme Funding (Public) - Each year Sport Ireland allocates MSP Women in Sport funding towards girls / women participation in sport. It has funded the following: Girls Mini Marathon Challenge €3,000, Couch to 5K €2000, Small Grant Scheme towards Its for Girls €4000
2. Healthy Ireland Funding (Public)
In 2018 with the advent of HI funding it enabled us to deliver Girls & Women in Sport Seminar €4,000, Social Media Campaign €2,000
3. HSE Health & Wellbeing Funding (Public)
Couch to 5K €3000
Walking Programmes €2000
Swim for a Mile €2000
4. Western People (Private)
In Kind Media Coverage for Its for Girls through Mini Marathon €15,000
5. Mini Marathon Event Fees (Private)
After event costs any remaining funds go in to funding Its for Girls programmes such as Development of Camogie in Mayo €2000
Girls Active Secondary School Prog €2000
6. Mayo County Council (Public)
As one of Mayo Sports Partnerships key stakeholders they assist in funding Girls Active €5000



PIC: Its for Girls participants at the 2017 Western People West of Ireland Womens Mini Marathon.

Outputs

Sport Ireland publishes a Sports Monitor of participation in Sport on a biannual basis. Based on this countrywide report a local report was prepared for Mayo / Sligo and this report found that they are the only two counties in Ireland where more females (49%) are participating in sport than males (47%).

In 2017 the Its for Girls Mini Marathon initiative attracted 10 second level schools in the county to enter participants and take part in the lead in programme not withstanding individual entries the following comments point to its impact.

Sacred Heart School Westport - Delighted to have participated in the 8th Annual West of Ireland Women's Mini Marathon in Castlebar. Our school also won a Special Achievements Award from Mayo Sports Partnership as part of the 'It's for Girls' initiative for their participation in the event. Maire Kelly Galway It was great to see so many young girls taking part. I even commented on it on the day. These girls will hopefully continue on their running regime and will reap the benefits in the years to come! Well done to all!

Number of additional Its for Girls Programmes available in the county has grown ie Volleyball, Girls Rugby, Camogie.

Sustainability

The cornerstone of Its for Girls is that it is sustainable. Through our initiatives the drive is ongoing and while the brand may change the impact on so many young girls / women's quality of life and wellbeing is massive. With an obesity crisis hitting our country the health and wellbeing of future mothers will be key towards improving healthy living in our communities.

West of Ireland Womens Mini Marathon is now in its 9th year and gives massive focus to the Its for Girls initiative. It is now deeply embedded to be the largest participation event for women in the west.

Mayo Sports Partnership is not going anywhere and is firmly engrained in the local authority structure. It will continue to support new / additional initiatives that target girls / women through its small grant scheme.

Clubs / initiatives that have developed under the Its for Girls banner ie Volleyball, Camogie, Girls Rugby, Table Tennis etc are embedded in to the community and are led by local champions who are developing a structure to underpin participation. Other initiatives not included here but are all open to the Its for Girls include parkrun, Fit4Life etc. There are many pathways open to girls now.

Difficulties / Challenges

Our drive to promote Girls and Womens participation in sport has been ongoing since the inception of Sport Irelands Women in Sport scheme in 2008. Since 2016 we have focused on teenage girls and came up with the Its for Girls brand based on the UK This Girl Can model. This has involved promoting a number of programmes under the one banner to give it more impact and appeal.

One of the challenges has been the involvement of girls from target groups such as travelling community, ethnic minorities and people with a disability. Through Dormant Accounts, which targets disadvantaged communities, MSP has achieved Sports Hub status for Ballyhaunis and Ballinrobe in Mayo. Both towns have significant residents from other countries with Ballyhaunis having over 40% from international communities. In 2017 we managed to bring 30 residents from the direct provision centre to the mini marathon along with their families.

Our Sports Inclusion Disability Officer has linked in with service providers such as Western Care to include people in the Mini Marathon, Couch to 5K, girls and women in sport seminars. Through a Get Ireland Walking Initiative we have included a group from the travelling community with assistance from our community sports development officer.



PIC: Girls from Ballinrobe Community School with Jackie Hurley RTE who was keynote speaker at the Its for Girls Seminar in 2017.



5

Next Steps

5.1 Policies, Strategy and Planning

MSP coordinates and promotes the development of sport at local level and increases levels of participation in sport and physical activity. The core work of MSP includes Strategic Community Sports Development, the delivery of National Sports Programmes, Education & Training initiatives, the Sports Inclusion Disability programme, Women in Sport Programmes, Safeguarding and general participation programmes.

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

As the holistic benefits of Sport and Physical Activity become more widely appreciated, government policy is increasingly identifying Sport and Physical Activity as a mechanism for improving the health and wellbeing of the nation. In the last 5 years the policy and strategic landscapes around Sport and Physical Activity has seen significant change. Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025, has introduced several important policy documents and plans which influence the work of MSP. Most notably the National Physical Activity Plan with the overarching aim of promoting increased physical activity levels across the population was launched in January 2016. The aim of the National Physical Activity Plan is: *“to increase physical activity levels across the entire population thereby improving the health and wellbeing of people living in Ireland, where everybody will be physically active and where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life with less time spent being sedentary”*.

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

In the near future several new Sports policy documents, strategies and plans are due for publication. The Department of Transport, Tourism and Sport has completed the consultation process on the National Sports Policy which will be due for publication in 2018. In the context of the National Sports Policy Sport Ireland will produce an updated Strategy Statement which will then be supported with a Sports Participation Plan. The Sport Ireland Participation Plan will distil the commitments of Sport Ireland across the extensive statutory landscape of sport and physical activity into one clear vision for Sports Participation.

5.2 Funding

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

The development of new policies such as the National Physical Activity Plan has influenced changes to the funding opportunities of MSP. In 2017, Sport Ireland successfully secured €5m in Dormant Accounts Funding, with over €125,000 directly invested in projects delivered by MSP. MSP also secured €60,000 of Healthy Ireland funding for projects.

This additional project funding from Dormant Accounts and Healthy Ireland has supported the delivery of projects designed to specifically implement the actions of the Healthy Ireland National Physical Activity Plan.

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

The increase in project based funding, and the ability of MSP to deliver, has allowed for Sport Ireland, Mayo County Council and MSP to increase the provision of sports participation opportunities, especially in disadvantaged communities and with minority

groups. This project based funding strategy relies on the capacity, reliability and dedication of the established core structures of MSP to be successful and sustainable. Sport Ireland and its partners must commit to continue investing and growing the core resources of MSP in order to continue reliably delivering to the high standard which has been the foundation of fostering trust and the sustainable community and organisational partnerships developed to date.

5.3 Achieving our Goals

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

The data collated to date clearly demonstrates a significant increase in sports participation and physical activity numbers in the general population and even more so across the reported MSP target groups. Recent Irish Sports Monitor figures demonstrate that sports participation and physical activity has grown significantly in the last 10 years. However these increases are being outpaced by population growth and demographic changes. The overwhelming challenge for the sector is that, in the context of population growth, sport and physical activity participation growth rates must be increased by at least 65% in order to achieve the targets set in the NPAP.

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

Similarly Mayo Sports Partnership launched its new 5 year strategic plan in October 2017 with the overall vision of "More People Enjoying More Sports". It has four strategic pillars ; participation and location: programmes, people and local partners, strengthening play: sport shapers, makers and places, insight and influence: information, partnerships communication and finally perform: attract and administer resources. These pillars complement each other to provide a multifaceted approach to increasing participation in sport / physical activity in Mayo. Evaluation and monitoring of the work of the Partnership is also crucial in demonstrating its credible efforts towards increasing participation in sport / physical activity. Along with the required quantitative information, qualitative information including case studies, should be a key demonstration of what outcomes can be achieved in communities. Increased collaboration by all stakeholders, agencies etc will be required to meet the 1% participation increase per annum as laid down in the NPAP.



PIC: Participants after completing the Achill Community Coaching Programme with stakeholders / partners April 2017.



PIC: Mayo Volleyball Club demonstrating the volley skill at the Ballyhaunis Come and Try It Day June 2017.

Appendices

Appendix A – List of Local Sports Partnerships

Appendix B - Glossary of Terms

Appendix C – References



PIC: Launching Mayo Sports Partnerships Strategic Plan 2017 - 2021 were Minister Michael Ring, Caitheoirleach Mayo Co Co Richard Finn, Head of Community Siofra Kilcullen, Chairman Mayo Sports Partnership Cllr Brendan Mulroy, Cllr Patsy O'Brien and Una May Head of Participation in Sport Ireland.

Appendix A

List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership	2001
Sligo Sport & 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
Limerick City 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
County Limerick Sports Partnership	2007
South Tipperary Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dun 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 Sports & 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.

CSPAH – Community Sport and Physical Activity Hubs

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

CYPSC - Children and Young People's Services Committees

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

Department of Transport, Tourism & Sport

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

Designated Liaison Person

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

DAF - Dormant Accounts Fund

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

ETBs – Education and Training Boards

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

Fitzpatrick & Associates Review of LSPs

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

GIW - Get Ireland Walking

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

HI - Healthy Ireland

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

HSE – Health Service Executive

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

LCDC - Local Community Development Committees

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

LSP – Local Sports Partnership

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

MSP – Mayo Sports Partnership

Mayo Sports Partnership is a sub committee of Mayo County Council and core funded by Sport Ireland. Established in November 2004 its main remit is to increase participation in sport and maximise use of resources at local level.

NGB – National Governing Body

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

NPAP – National Physical Activity Plan

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

Older People

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

OT – Operation Transformation

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

SIDO – Sports Inclusion Disability Officer

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

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna

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

SPEAK – Strategic Planning, Evaluation and Knowledge system

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

Sport Ireland

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

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 MSP participation programmes)

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

TUSLA - Child and Family Agency

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

WIS – Women in Sport

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

Appendix C - References

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Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

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