



mayo

sports partnership

Annual Report Tuairisc Bhliantúil

2013



CONTENTS

PAGE

Foreword from the Chairman of Mayo Sports Partnership Cllr Henry Kenny and Sports Co-ordinator Charlie Lambert	3
Key Findings, Background, Resources and Funding	4
Challenges to MSP	5
Section One: Background, Resources and Funding	6
1.1 Background to LSP network and Mayo Sports Partnership	6
1.2 Project funding sources	7
1.3 MSP Management and Staff	8
Section Two: Achievements of Mayo Sports Partnership in 2013	9
2.1 Introduction	9
2.2 Development of Local Sports Infrastructure	9
2.3 Delivering Irish Sports Council Programmes	15
2.4 Programme Delivery	17
2.5 Building and Sustaining Partnership	20
Section Three: MSP Programme Case Studies	23
3.0 Introduction	23
3.1 Club Development / Disadvantaged	23
3.2 Integration	25
3.3 People with a Disability	27
3.4 Urban / Tourism Development	29
3.5 Active Communities	31
3.6 Unemployed / Mental Health	33
Section Four: Next Steps	35
Appendices	39
Appendix A – List of Local Sports Partnerships	40
Appendix B – Glossary of Terms	41 - 43
Appendix C – MSP Board	44

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative



FOREWARD

On behalf of Mayo Sports Partnership, we are delighted to welcome this annual report, which provides an overview of the work of the Partnership in 2013.

In an era of change and uncertainty we are still delighted to report that interagency and stakeholder collaboration is a major factor in the successful delivery of many participation opportunities for all. This report gives a snapshot of these interventions and of trends in modern recreational sport / physical activity.

Similar to previous years, the Partnership has made significant advances and has particularly increased the number of locally delivered programmes. Target areas focused on during 2013 included communities, urban / tourism, integration initiatives, people with a disability, unemployed and teenage girls/ women. The Partnership is also continuing to deliver projects to increase the participation and involvement of harder to reach groups such as those living in disadvantaged communities.

A particular highlight from the report has been the success of the Operation Transformation programmes and the Meet and Walk Initiative in Spring 2013.

MSP continues to be very thankful to County Manager Peter Hynes, the Irish Sports Council, HSE, and Minister Rings Department of Transport, Tourism and Sport for their continued support and investment which enables us to do our job.

Finally, the Partnership thanks all those who have contributed to the compilation of this annual report and also to the team of instructors / tutors who were involved in the many programmes. Special mention goes to the Mayo Sports Partnership Administrator Padraic Durcan, Sports Inclusion Disability Officer Ray Mc Namara, Community Sports Project Worker Anne Ronayne and Jobbridge placement workers Aine O Reilly and Sean Brophy.

Henry Kenny

Chairman
Mayo Sports Partnership

Charlie Lambert

Sports Co-ordinator
Mayo Sports Partnership

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Key Findings

This report is the 7th annual report of MSP using the SPEAK self-evaluation system.

Background, Resources and Funding

- MSP is a central pillar, within Mayo, of the Irish Sports Councils plans for increasing participation in sport to 45% by 2020
- €516,600 was invested in MSP in 2013. This figure includes benefit-in-kind funding of €191,600 from partners
- Funding from the Irish Sports Council accounts for 40.5% of the total LSP funding in 2013, the remaining 59.5% is raised from other sources. These figures include benefit-in-kind funding.
- 18 people served on the MSP board in 2013.
- In 2013, 4 people worked full-time on behalf of MSP. 2 were 100% directly funded by the ISC with the Sports Disability Officer funded 50%. The Community Sports Project Worker is funded by partners and generated income. Two Interns were also employed under the governments Jobbridge Initiative.

Achievements of Mayo Sports Partnership in 2013

Development of Sports Infrastructure in Mayo

- In 2013, MSP has provided 560 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding.
- 80 clubs / groups were supported in making funding applications and fundraising
- 80 groups have been supported in the delivery of their activities
- 50 groups have been supported with regard to developing their organisational or management structures
- MSP planned and delivered 12 training and education courses, workshops and seminars
- 533 people participated on these courses.

Delivering Irish Sports Council Programmes

Buntús Start

- 349 Pre School practitioners from 132 centres have participated in the programme since its inception

Active Leadership

- 144 sports leaders have been trained in 10 Active Leader Courses since it commenced. 18 in 2013.

Code of Ethics

- 320 participants from 102 clubs completed 17 Code of Ethics Basic Awareness courses
- 21 participants completed 2 Club Children's Officer Courses.

Programme Delivery

- 8140 people participated in 61 locally delivered participation programmes
- An additional 4,380 female participants took part in 9 local Women in Sport programmes

Building and Sustaining Partnerships

- In 2013 MSP played an important role in facilitating 13 networks and forums
- MSP were also actively participating on 8 local committees and networks and held 12 awareness raising events

Information Provision

Over 8,000 individuals contacted MSP in order to access general or specific sport-related information.



Challenges to MSP

With the advent of the new structure in the local authority LCDC Local Community Development Committee, MSP is awaiting instructions along with other organisations in the system where we are to be situated.

As we are situated under the local authority we are continually making efforts to make councillors, staff, directors of services and county manager aware of the Partnerships work and this continues to be a challenge.

Financial contributions from partner agencies on the board are also a challenge and while some are excellent we do need more support from others.

Continuing high levels of unemployment have caused us to look at delivering quality sports programmes which might assist this target group in attaining some level of part time employment i.e. Goal to Work and activity ambassadors Initiative.

Mental health issues within the county are also a cause for concern especially amongst youth at risk and middle aged men.

There is a particular need to provide additional opportunities for teenagers.

Decreasing discretionary finance available to people is perhaps impacting on peoples participation in sporting activity in clubs, participation in events etc.

Need to encourage organisations and clubs to look at the bigger picture and outside their own environment and to look at the possibility

of sharing facilities and other resources.

The ongoing issue of obesity amongst all sectors of the population continues to be an issue.

There continues to be a lack of parental awareness of the importance of physical activity and sport. Recognition for participation in sport / physical activity by education authorities and others needs to be prioritised.

Mayo is largely a rural county and isolationism is a major challenge as identified in the Irish Sports Council /ESRI report on participation in sport and physical activity for Mayo.

Need for more qualified leaders and people to champion sport / physical activity in the community Programmes for young people at risk in schools.

Challenge of motivating people towards involvement and participation in sport / physical activity.

Obtaining programme funding to assist our ever increasing range of programmes also proves challenging
Programmes for young people at risk in schools need to be further developed

A huge challenge of motivating people towards involvement and participation in sport / physical activity.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

1 BACKGROUND, RESOURCES AND FUNDING

1.1 Background to LSP Network and Mayo Sports Partnership

In its two strategies to date Mayo Sports Partnership has promoted the concept of the inclusion and participation in sport and physical activity by all. In 2001 the first 8 local sports partnerships were core funded by the Irish Sports Council. Initially LSPs were established as limited companies however in November 2004 MSP was one of the first LSPs to be incorporated under the local authority (i.e. Mayo County Council) County Development Board. 2014 will see County Development boards abolished and replaced with Local Community Development Committees (L.C.D.C.) with sub structures such as MSP still unsure of where it will be placed under the Local Authority structure. Since 2008 LSPs were rolled out on a phased basis, to become a national network operating in and covering every area of the country.

The LSP network is central to the Irish Sports Council's plans for increasing participation in sport to 45% by 2020. Increasing participation in sport and physical activity requires multi-sectoral efforts involving agencies from education, transport, environment, health and sporting bodies at national and local level across private and voluntary groups. MSP has been active in generating support from all these sectors through its board which comprises of 19 representatives from both community and local agencies.

Mayo Sports Partnerships mandate is to create a sustainable structure for all Mayo people to become involved in sport at a level of their choosing, regardless of their ability, gender or background.

The Irish Sports Council (ISC) has recognised that the Partnerships are an excellent mechanism for delivering recreational sport to local people and addressing specific gaps in the sports sector.

Some of the outcomes we seek are:

- Club development
- Volunteer training
- Enhanced planning of sport at local level
- Local directories of sports bodies & facilities
- School, club, community and National Governing Body (NGB) links
- Increased levels of local participation, especially amongst specific target groups such as older people, girls and women, people with disabilities, unemployed people and those who live in identified disadvantaged communities

MSP is a central pillar of both Mayo County Councils and the Irish Sports Council's strategies in sport and recreation. This report is the 7th annual report of MSP, utilising the SPEAK self evaluation system reflecting all its workings in 2013.

1.2 Project Funding Sources

Funding from the Irish Sports Council accounts for 41% of the total MSP funding in 2013, the remaining 59% is raised from other sources. These figures include benefit-in-kind funding.

	Total €	%
MSP Monetary Funding Leveraged locally	112,339	22
MSP Benefit-In-Kind (BIK) Leveraged Locally	191,600	37
ISC Core / Programme	180,540	35
ISC Disability Funding	25,000	5
ISC Women in Sport Grant	3,500	1
Total	512,979	100

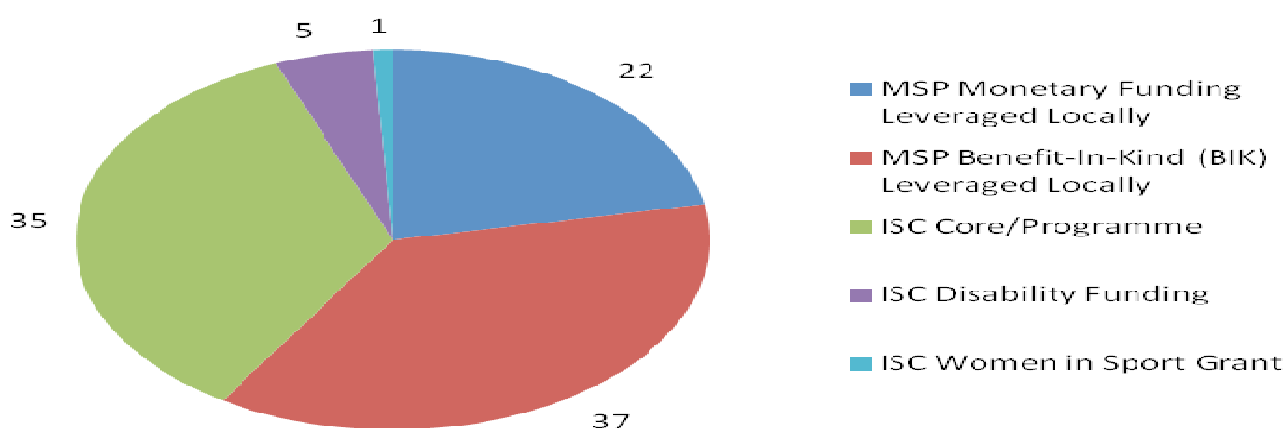


Figure A – Total funding received by MSP in 2013

After core funding from the ISC, Mayo County Council were the next most significant source of monetary funding and in-kind support for MSP in 2013. Other significant funders and in kind contributors were the HSE, VEC, Mayo North East Leader Partnership, South West Mayo Development Company, Department of Transport, GMIT, Udaras, Disability Organisations and the Western People Newspaper.

Irish Sports Council funding to MSP increased by €11,978 or 6% from €197,062 in 2012 to €209,040 in 2013.

MSP monetary funding leveraged locally decreased by €13,849 with in-kind support for the Partnership increasing by €13,200 which accounts for 37% of overall support to MSP.

Total MSP Funding has increased by €11,329 or 2.25% (net) in 2013. This increase is attributable to increased funding by the ISC and increased in kind support from partner agencies. The investment of €512,979 is a considerable contribution in promoting sport within County Mayo.

MSP is once again pleased to note that 50% of its costs are being provided locally. This follows a recommendation from the 2005 Fitzpatrick and Associates review of the Local Sports Partnership Programme.

1.3 MSP Management and Staff

Boards of Management Participation and Representation

- A total of 18 people served on the Mayo Sports Partnership board in 2013.
- On average 18 hours was committed by the board, including the work undertaken by board sub-committees in 2013.

Mayo County Council, Mayo Sports Forum and Mayo Community Forum continue to be the three organisations who have the most participants on the board. (See appendix A)

MSP Staff

MSP has staff which are funded by the ISC and staff funded through other sources. Along with the co-ordinator and the administrator, who are funded by the Irish Sports Council, both the Sports Inclusion Disability Officer and the Community Sports Project Worker are funded through board partners. In 2013 MSP availed of the Jobbridge Scheme and employed an assistant Sports administrator and a Public Relations Officer. Mayo County Council employs staff on behalf of the Partnership.

	Male	Female	Total
Full time staff, funded by ISC, other programmes and agencies	3	1	4

Figure B - Mayo Sports Partnership Staff



Charlie Lambert
Sports Co-ordinator



Ray McNamara
Sports Inclusion
Development Officer



Padraic Durcan
Sports Administrator



Anne Ronayne
Community Sports
Development Project Worker

MSP also contracted a further 30 tutors to deliver programmes, courses and initiatives within the partnerships structure

2 ACHIEVEMENTS OF MAYO SPORTS PARTNERSHIP IN 2013

2.1 Introduction

The extensive work of MSP is characterised as falling under four main headings:

- Promoting the sustainability of Mayo sporting infrastructure by supporting club, coaches and volunteers
- Working to increase levels of local participation, especially amongst specific target groups
- Building sustainable partnerships across local sports clubs, agencies and working partners to influence and support sports and physical activity provision
- Acting as a provider of information about sport and physical activity at a local level to create awareness and drive opportunities.

2.2 Development of Local Sports Infrastructure

Sustainable club development is a key priority for Mayo Sports Partnership. They work with local sports clubs and groups to ensure that local structures are in place to enable people to participate in their chosen sport or physical activity. MSP also ensure there are local opportunities for volunteers and coaches to develop their skills and improve the quality of sports participation in their communities.

Funding Work

MSP has provided 560 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding. MSP has worked directly with 80 of these clubs to assist them in developing funding applications.

Special Participation and Bike Week Grant Schemes 2013

41 clubs/groups were allocated 22,000 euro through the annual special participation and Bike Week grant scheme which was promoted

through the local media, newsletters and general email distribution. 5,000 euro was also allocated to 5 athletics clubs as a result of assisting in the preparation with the mini marathon in 2013 where clubs were invited to assist with the volunteering and administration of the event. The funding was used for the promotion and development of the meet and train programme in all the areas.

Go for Life Grant Scheme 2013

The annual Go for Life Grant Scheme for older people resulted in 46 Mayo groups receiving a total of €13,100. The scheme allocated small grants of 300 to 500 euro which groups could allocate towards equipment, programmes etc. MSP would have publicized the scheme through our own electronic mailing systems, social and local media etc with at least 20 groups obtaining advice and support from MSP.

Erris Community Health Forum

In 2013 the Erris Community Health Forum were allocated funding from the Community Gain Fund towards initiatives which would increase participation in the area. To assist the group Mayo Sports Partnership had to draft a project proposal which had to be signed off by the committee. Initiatives included Goal to Work Sports Coach Training Programme, Community Fit Walk Programme, Men on the Move, Primary Schools Sports Camp, Disability Sports Programme, Girls Active etc. Erris Mens Shed received funding from MSP to purchase and distribute pedometers to Men on the Move Participants in the Erris area to be used in conjunction with the Men on the Move handbook. These have proved useful to participants in keeping them motivated and will be used in the forthcoming Men on the Move sessions to track activity and build on same.

“We are deeply indebted to Mayo Sports Partnership for their funding under the Special Participation Grants scheme, as this has allowed us to continue to flourish as a community organisation, by increasing activity within our Community Centre and by improving the lives of an expansive group of people within our community.”

Colm Mc Loughlin, Community Development Manager; Sean Duffy Community Centre Ballina

Club Development Work

In encouraging individuals to be more active MSP ensure that there are sustainable quality pathways for their lifelong participation. MSP continue to support existing providers of sports and physical activity across the county and work with sports clubs, communities and individuals in order to introduce new sports opportunities. To this end, in 2013:

- Some 80 groups have been supported in the delivery of their activities
- Some 50 groups have been supported with regard to developing their organisational or management structures
- A further 40 groups were assisted in tackling development or policy issues.

This support work assists clubs to improve and develop and better assists them to attract and retain members. For example, MSP advise and help clubs in the areas of club planning and in the development of policies in the areas of membership, disability awareness, social inclusion, health & safety and child protection. For example several clubs have received assistance from MSP to help make their organisations more inclusive and attract members of the wider community to their club. Several examples of this are given below.

Ballina Athletic Club

Ballina Athletic Club is a member of the Moy Sports Forum and engages in providing recreational opportunities for disadvantaged youth in the Ballina Area. In 2013 a new committee was formed in the club which proceeded to develop an action plan to seek funding towards the development of the athletic track in the town. The plan seeks to develop the competitive and recreational part of the club with plans for further expansion of its very successful meet and train initiative. The Fit4Life group is almost 5 years old. Since its inception the Ballina AC has grown 150%. There have been very positive social effects and although difficult to measure there has been an increase in social capital surrounding club activities for example the club now have 10 new juvenile coaches in the club who became involved in the club as a direct result of the fit4life programme.

The club plans to have further activities for beginners by holding walking classes and also plans to run Operation Transformation sessions supporting people who would just like to get more active. In November 2013 the club was informed that they were successful in obtaining funding for the track and all because of their developmental work.

Westport Tennis Club

Westport Tennis Club were assisted through MSPs Special Participation Grant Scheme in 2013 to deliver a youth based participation initiative for the area during the summer months. The initiative involved 50 children and the funding enabled the club to purchase new balls, racquets and mini nets. However the impact of the programme has been far reaching with a huge increase in the facility usage by families and tourists to the area. This can be attributable to the fact that increased activity through the youth programme helped to showcase the club. The club now has 4 teams participating in the Mayo league which is the most ever. Westport Town Council are also engaged with the club as a result of the Get Out There strategy due to the facilities being in close proximity to the Greenway. The club promotes a Smarter Travel policy amongst its youth members and this helps to promote health and wellbeing in the general population.

Manulla Soccer Club

In September 2013 Manulla Soccer club approached Mayo Sports Partnership about hosting the Men on the Move Initiative utilizing their trackway around their pitch. The club was seeking to further their activities and attract new people into the club. The initiative has been a resounding success with over 30 men attending and even an Operation Transformation Group attending on a separate night.

Ballina Cycling Club

In 2013 Ballina Cycling Club sought assistance from Mayo Sports Partnership to develop the youth section of their newly established club. The club presented a plan to MSP who then grant aided the club through its annual special participation grant scheme. A number of initiatives took place including safe cycling skills course, introduction to cyclocross and mountain biking. 14 new youth members joined the club with help from 1 level 1 coach and 4 adult members. In November 2013 6 members of the club attended a cycling Ireland foundation level training course and the club organized a Child Protection in Sport Course for all involved in the youth section. The club embarked in late 2013 with a drive in all second level schools in the area with information on the club with the aim of attracting more members. There is a strong girls participation in the club with the objective of continuing to build further on this.

Claremorris Colts Rugby Club

Claremorris Colts RFC is one of seven rugby clubs in Connacht who provide a girls (ages 7 -12 years old) only mini rugby programme. The programme was initiated after the number of girls playing mini rugby declined in season 2011/12. Feedback from parents suggested that starting a girls only programme would bring those players back into the game and the girls only programme was started in season 2012/13. The Mayo Sports Partnership has provided financial support to Claremorris Colts RFC to develop the girls only mini rugby section with the funds going towards the purchase of equipment and training of women coaches to manage the programme. As a consequence the club now have 28 girls aged 7-12 registered in season 2013/14 (an increase from 19 girls in 2012/13) who train each week or participate in blitzes with the other clubs in Connacht offering girls only mini rugby.

The first ever Camán Abu Adult Recreational Hurling Blitz took place in March 2013, as over thirty players descended on the Sportlann in Castlebar to have a go at the novel game introduced by Croke Park in recent years. Players from Ballina, Westport and Claremorris along with members of the Mayo Ladies Senior Football panel were on hand to give the event a strong launch - after being introduced to clubs in Mayo in the past few months. Since its introduction, four centres have sprouted up around the county - with the appetite for the mixed game in a friendly and sociable environment proving very popular for all participants. The event was promoted by the Camogie Association with the support of the GAA and the Mayo Sports Partnership. Camán Abú centres in Mayo are based in Westport, Ballina, Ballyvary and Claremorris

Ballina Stephenites GAA Club

Sometimes great work can go virtually unnoticed within the GAA. An example of this is the joint project undertaken by Moy Sports Forum and Ballina Stephenites GAA club. The Connacht Inclusion and Integration Committee were made aware of the tremendous work being undertaken in Ballina as a result of a presentation given by Vivienne Fitzmaurice Clarke, Anne Ronayne and Cora Staunton of the Moy Sports Forum.

In their presentation they explained that their new initiative aimed at (1) Building closer relationships and (2) encouraging involvement of Traveller children participate in Gaelic Games.

The Moy Sports Forum was formed in autumn 2010 with the aim to increase usage of Urban Council Outdoor facilities and received excellent support from Ballina Urban Council, Mayo Sports Partnership and Mayo North East and FAI joined forces initially to bring about a possible forum encouraging all people in the local community to participate in sport and recreational activities. The mission statement of the Forum is "to provide inclusive, safe and fun sporting / recreational opportunities and programmes for all people in the Ballina area most especially those that are disadvantaged and hard to reach, as well as increasing physical activity and improving health, fitness and quality of living for all."

At a recent Connacht Inclusion and integration committee meeting Pdraig Staunton, Co. Mayo GAA inclusion and integration officer reported on the ongoing success achieved by the Moy Sports Forum and Ballina Stephenites GAA Club.

He stated that this new initiative in Ballina was specifically aimed at building closer relationships with the area and encourages children from Parkside in Ballina to participate in Gaelic Games at their local GAA club. Parkside has been recognised as one of the areas of most disadvantaged in Ballina and has a high population form the Traveller community. The Ballina Stephenites GAA Club is positioned in close proximity to the Parkside area in Ballina.

Vivienne, Fitzmaurice and Cora Staunton both Primary Health Care Coordinators with Mayo Travellers Support Group together with Anne Ronayne from Mayo Sports Partnership are all members of the Moy Sports Forum. In their presentation to the Connacht Inclusion and integration committee, they outlined that this joint programme arose from the previous history of children form the Parkside area not engaging with the club. Representatives from the club and the forum met to address the issue and a joint initiative of an outreach programme was developed.

Training and Education Courses

MSP provides quality opportunities for education and training at local level for volunteers, coaches and administrators.

- MSP planned and delivered 12 training and education courses, workshops and seminars with their partner agencies
- 533 people participated on these training courses.

Similar to previous years the most popular courses run by MSP were Club Development Courses ie First Aid, Social Media Training etc, Sports Seminars, Active Leadership, Disability Awareness/ Inclusive Games Training, Walking / Cycling Leader Training and coach education.

Castlebar Kayak Club

In 2013 the club received a Club Training / Development Grant from Mayo Sports Partnership. With the funding received the club put together a Level 2 Instructors Course which was run by Canoeing Ireland, the governing body of the sport. Six members from the club participated in the course and three of those members have since qualified as Level 2 Instructors. Already Castlebar Kayak Club had two Level 3 Instructors and one Level 2 Instructor in the club. As a result of running the course it means a total of five Instructors and other Trainee Instructors are waiting to be assessed. The Instructor / Student ratio for a Level 2 Instructor is 1:6 on flat water and for a Level 3 Instructor is 1:8. Due to the ratios the club was always confined in the number of new participants it could take on in any given year but for the first time ever this year the club ran two introductory courses and the number of participants in the courses increased dramatically. Also more club members than ever participated in National Events / Challenges such as The Liffey Descent; The Atlantic Sea Challenge, The Galway Bay Sea Challenge etc.

Castlebar Kayak Club Instructors also work in conjunction with the Special Olympics and five of the athletes that we train have qualified for the National Special Olympic Event that is to be held in Limerick in June 2014. The club are optimistic and hopeful that some of these athletes will qualify for the Special Olympic World Summer Games that are to be held in Los Angeles, California, U.S.A. in 2015.

Erris Goal to Work

The Erris Community Health Forum engaged with Mayo Sports Partnership in 2013 to produce a plan for the Erris area which would deliver training courses and programmes in the area. One of which was the Goal to Work Programme which had been delivered in other areas previously. This programme produced 11 coaches in the soccer, rugby and gaelic football disciplines and included other elements such as disability awareness training, social media training, first aid etc. It instilled greater self-confidence among the participants who delivered training in the local primary schools and will hopefully be a major stepping stone for them in their future careers. The involvement of a number of agencies namely Mayo Sports Partnership as well as the FAI, GAA, IRFU, Mayo North East Leader, Mayo County Council, Udaras na Gaeltachta and the Erris Community Health Forum is a perfect example of teamwork and facilitated the delivery of a professional and worthwhile programme.

One of the course attendees obtained the position of classroom sports assistant in one of the local post primary schools. The local Udaras Company is also proposing to advertise a Sports Co-ordinator Rural Social Services Scheme Position for the area who will be able to link in with Mayo Sports Partnership.

Local GAA Clubs Cill Chomain and Kiltane are also looking at taking on GAA trained sports coaches as Coaching Officers in their clubs.

In addition in February 2013 the Goal to Work Sports Coach Training Programme won an Aontas Adult Learners STAR Award at a presentation function in the Burlington Hotel Dublin. This award was presented to Siobhán Carroll-Webb Mayo North East LEADER Partnership Co, Charlie Lambert Mayo Sports Partnership and John Magee Mayo County Development Board by Minister of Training and Skills Ciarán Canon and John Lonergan former Governor of Mountjoy Prison.

Westport Activity Ambassador Training Programme

In the month of June 2013 a group of 5 unemployed people underwent training to become Westport Activity Ambassadors under the Jobbridge Initiative. The role of the Activity Ambassador is to engage with the Tourism Operators and visitors to Westport. The activity ambassadors aim is to enhance their experience and help them become fully aware of what makes Westport a premier destination for active holidays. The second role for the Activity Ambassador is to engage with the local community and support it improving their lifestyle by becoming more active.

The programme has been successful in both aspects. During the peak of the tourism season the Activity Ambassadors engaged with the local providers of accommodation, recreation and activities. This enabled the ambassadors to provide up to date information to tourists when engaging with them either in their hotels or around the town.

In relation to the community of Westport, 4 different Community Centres have been targeted. A variety of activities have been offered according to the profile identified by the local community development officers. Walking groups have been established in every one of the community centres, meeting at least once, sometimes twice a week for one hour walk. The focus is switching towards the organisation of games targeting primary school children and recreational activities targeting adults.

In relation to all this and in conjunction with other bodies, the support from the Mayo Sports Partnership has been vital for both the training and the realization of the programme.

Success in Sport. What does it take? Seminar

Former Irish international rugby manager Eddie O'Sullivan and Sunday Game analyst Kevin McStay led out a strong team of sports men and women at a special seminar to explore what it takes to succeed in sport in today's world where injuries, heartache losses and set-backs have to be overcome and where the lure of an easier life is never too far away.

The Seminar, titled 'Success in Sport ? What Does it Take?' took place on Tuesday, November 12th 2013 at The Breaffy House Hotel and was attended by 130 sports volunteers / leaders, sports enthusiasts etc. Chaired by Ballinrobe native and well known GAA commentator Liam Horan the panel included local Ladies GAA football star Cora Staunton and 2013 FAI Cup Winner Alan Keane from Sligo Rovers. Mayo GAA Team Doctor Sean Moffatt also attended and gave an insight in to the health and wellbeing of current day high performance sportspeople.

The event was organized by the Mayo Sports Partnership in association with the Western Region Drugs Task Force (WRDTF) and South West Mayo Development Company.

2.3 Delivering Irish Sports Council Programmes

There are two flagship national Irish Sports Council programmes: Buntús and Code of Ethics.

Buntús

The Buntús Start and Buntús Generic programmes provide an important opportunity for MSP to engage with pre-school and primary school going children and their teachers. The programme involves training teachers / practitioners to deliver an inclusive & fun sports programme, schools are also supplied with a significant amount of sports equipment. Since their introduction in 2005, over 16,000 children in Mayo have been beneficiaries of both programmes.

The Buntús Generic Programme has been fully rolled out to all primary schools in the county who wished to participate. The Buntús Start programme is supported by Mayo Childcare Committee but due to funding restrictions delivery was suspended in 2013.



Figure B - Summary of Buntús Generic and Buntús Start outputs for 2005-2013.

	Buntús Generic	Buntús Start
Total number of schools/centres that received training (since introduction of Buntús Generic/Start)	180	145
Total number of teachers/practitioners trained	811	382
Total number of children in trained schools/centres (since introduction of Buntús Generic/Start)	14,108	2800

Code of Ethics

The Code of Ethics training 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 Code of Ethics programme consists of two workshops:

- A 3-hour basic awareness training module for leaders within sports club and
- A further 6-hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.



	BASIC AWARENESS			CLUB CHILDREN'S OFFICER		
	2011	2012	2013	2011	2012	2013
No. of courses delivered	(14)	(16)	17	(2)	(2)	2
No. of participants	(217)	(219)	320	(14)	(23)	21

Figure C - Summary of Code of Ethics outputs for 2011, 2012 and 2013. Figures in brackets are for 2011 and 2012.

“As a tutor for the Code of Ethics with Mayo Sports Partnership I occasionally receive requests from people to assist them in developing policies and procedures for their clubs. Of late, I had occasion to work with a newly formed club just outside Castlebar. Throughout the course of the discussions, I found that the leaders had some concerns about whether they would be “doing things right” by the children. I recommended that they make contact with the MSP with the specific purpose of attending a Code of Ethics course.

I met with them again after two of the leaders attended the course, and it was like meeting a totally different group. The feeling of being unsure was almost totally eliminated, and rather than leading them through the policy development, I took on more of a role of confirming their own ideas.

I have since visited the club several times, and am delighted with the progress being made. The catchphrase of the club leaders has become safe-fun-learning. What a tremendous environment for young people to be a part of.

This kind of thing needs replication on as grand a scale possible and while leaders must be open to this way of thinking, it is ultimately through the Sports Partnership here in Mayo that education like this is available to leaders, to give them the confidence in themselves to say, we are here for the children, and with them as the central focus, we wont go too far wrong.”

Martin O Malley Child Protection in Sport Tutor

“As a tutor, I feel it is remarkable the change in hearts and minds which occurs as a result of the Code of Ethics and Children’s Officer training. When we ask them what they remember most about the COE training when we are starting the CO training, the results are always the same. Here are some quotes from the last training course we completed in November 2013.

“Children come first, no matter what.”

“A coach can be replaced but a childhood cannot.”

“Don’t look on this as just Child Protection but worker and volunteer protection as well.”

“If the child’s welfare, safety and protection is at the heart of what we do, we will never go far wrong.” The issues which they are still struggling with after the training course tend to be around social media and using it so it is of benefit to the Club and yet keeps the children safe. More people comment on that than anything else.

Louise Mc Bride Child Protection in Sport Tutor

2.4 Programme Delivery

MSP responds to emerging local needs by identifying, developing and implementing specific, targeted programmes to directly increase the levels of local participation particularly amongst the target groups. In 2013, MSP continued to develop and deliver a range of suitable and innovative participation programmes:

- 8140 people participated in 61 locally delivered participation programmes
- An additional 4,380 female participants took part in 9 local Women in Sport programmes
- 24 % of MSPs time was spent directly or indirectly on supporting target groups. The chart below outlines the profile of the people in the Community with which Mayo Sports Partnership works, and how they fall into particular Target Groups. As the chart shows, MSP spends most of the time it spends working with Target Group Women aged 18-50.



Figure D - Breakdown of time spent with primary target groups in MSP local programmes in 2013. NOTE: 24% of MSPs time was spent directly with above target groups.

MSP strives to deliver programmes that reach both the general public and the hard-to-reach groups and minorities to ensure that everyone has a chance to take part in some form of physical activity. Delivering over 70 quality programmes across the county requires proper planning and evaluation to ensure that the recipients are getting the best experience possible. MSP is constantly learning from the outcomes and feedback from participants. This type of feedback is very important to ensure that programmes are running effectively.

MSP continues to answer the demand for organised events which appeal to the general public. From the growth of the Western People West of Ireland Women's Mini Marathon and the popularity of the Operation Transformation walks and runs, MSP continues to provide high quality events for those new to physical activity, and to those already participating. These mass participation events allow MSP to reach a much greater audience and MSP can continue to direct participants to other programmes to ensure they stay active.

MSP plays a key role in providing opportunities for those people who may not have direct access to organized sport or physical activity. MSP creates programmes that will help break down these barriers for the minority groups that might be affected i.e. people with disabilities



Erris Men on the Move

Men on the Move project has been an overwhelming success in Erris. In 2013 35+ men signed up to the programme most of whom had not engaged in regular physical activity in many years. Coordinated by the Erris Men's Shed locally with Michelle Healy as trainer, the group are indebted to Mayo Sports Partnership for all the help and support in delivering the programme through the Men on the Move steering group where we can share our experiences and ideas with other MotM locations. The programme is sustainable although we do receive additional funding from the HSE which help us to add different dimensions to Men's Health Initiatives i.e. Weight Management Course in association with Croi and other guest speakers



Connacht GAA Wheelchair Hurling

In 2013 Connacht GAA Inclusion and Integration Committee in association with Mayo Sports Partnership proceeded with the development of Connacht GAA Wheelchair Hurling.

On 13th December 2012, Ray Mc Namara (Mayo Sports Inclusion Disability Officer) addressed the Connacht Inclusion and Integration Committee meeting on his role and expressed his willingness to become involved in any proposed activities such as wheelchair hurling in Connacht, Coach Education Training and Coordination and Disability Awareness training for volunteers.



Since the launch of the first Connacht GAA Wheelchair Hurling Event in Barnacarroll Hall, near Claremorris, Co. Mayo on Saturday 29th June 2013, five sessions have taken place. The dates were as follows: 29th June, 27th July, 2nd September, 25th January 2014 (all in Barnacarroll) and 12th October 2013 in St Colmans College, Claremorris.

Mayo Sports Partnerships Disability Officer, Ray McNamara, ably assisted by Neil Sheridan, Mayo County Council, have not only attended training sessions but have provided additional sports wheelchairs for use in these sessions from Mayo Sports Partnership. These sports wheelchairs have proved invaluable to the players taking part in the training and wheelchair events.

The committee acknowledges John Hopkins, Connacht GAA Wheelchair Hurling Co-ordinator and Adrian Hession, Connacht GAA Wheelchair Hurling Coach for all their work in the development of Wheelchair Hurling in Connacht, as number participating continue to grow with each session.

Denis O Boyle
Connacht GAA Inclusion and Integration Officer

Primary School Athletics Programme

On a number of occasions over the course of the past year the pupils from third to sixth classes in Scoil Íosa have taken up the invitation from MSP and Claremorris Athletic Club to participate in the Primary Schools Athletics Programme. The sessions were very well received by all participants. Special mention must go to Jim Ryan for his infectious enthusiasm and genuine passion for encouraging young children to become actively involved in the sport. What was particularly gratifying about participating in these taster sessions was that they presented an opportunity for many of our pupils to discover their talents in the various pursuits and, as a result, a number of the children have taken up athletics by joining Claremorris club. The experience has also helped to boost the local community games in the Ballyhaunis area with more children participating in the athletics facet of the games. The school has also seen a tangible benefit, in that we now take part in athletics competitions and over the past two years have had pupils qualifying for the Connaught Primary Schools Cross Country finals. Perhaps the finest indictment of the Primary Schools Athletics Programme is the enthusiasm portrayed by all pupils on returning from a session. The most frequent question from the classes, teachers and pupils alike is "When can we go to athletics again". Surely no greater measure of success of the programme exists than to be party to such a question!!

Kenneth Denny Principal Scoil Iosa Ballyhaunis

Further details on specific programmes aimed at target groups are included in the section 3 of this report.

2.5 Building and Sustaining Partnerships

Networks and Forums



In 2013, MSP has been to the forefront in the promotion of a wide range of networks and forums at local and regional level. MSP has played an important role in facilitating 13 networks and forums. These Forums bring together sports clubs, agencies, volunteers and other working partners across the county and provide a framework to influence and resource sports and physical activity locally, regionally and nationally. They promote the profile and work of the Partnership, but more importantly increase the reach of MSP. Networks and Forums act as a conduit to communicate the message of the importance of sport and physical activity to the community and are also a sounding board for advice and recommendations as to what MSP can do to assist sports clubs and partners.

Some examples of Forums that MSP were key players in were the Erris and Westport Fora

Erris Sports Forum

Mayo Sports Partnership sits on the evaluation committee of the Community Gain Fund for Sport and Recreation. As a result of many funding applications received and also with an activity plan devised for the Erris Community Health Forum, it was felt that it would be useful to bring all clubs / organisations who have a physical activity focus together for a forum meeting. The information shared at the meeting was very useful to organisations and all felt that it would be worthwhile to meet on a quarterly basis to look at needs and issues. Learning about what facilities are available in the area from other clubs was itself a notable outcome of the gathering. Another outcome was that Mayo Sports Partnership is to be present one day a week in the new year to assist groups etc in putting together applications for the Sports Capital Funding Scheme and to develop projects / initiatives in the area.

Westport Sports Forum

Westport Get Out There Action Plan 2013

This Get Out There! Action Plan has been developed by Westport Town Council and Mayo Sports Partnership. The actions resulted from a combination of research reviews and consultation with sports clubs, community organisations and tourist bodies in the town and environs.

The dual aims of the Get Out There 2013! initiatives are

1. To positively contribute to activity tourism in the town.
2. To increase physical activity levels of residents of the town and particularly those of low-participation groupings.

Westport Activity Ambassador Programme

The Activity Ambassador programme has been developed by Westport Town Council in association with the Mayo Sports Partnership and Westport Tourism Organisation in an effort to increase participation in sport and recreation for both visitor and resident. It is envisaged that the Activity Ambassadors will develop and promote a weekly activity list in association with local sporting, cultural & visitor attractions and also provide for delivery of activity programmes for specific groups/families.



Awareness Raising and Committee Work

MSP engages in a range of local activities in order to promote the key messages of the Sports Partnership initiative. This may involve membership of relevant committees or structured involvement in awareness raising events.

MSP monitors the number of awareness raising events in which they have played an active role. In 2013, MSP participated in 12 such events.

Examples of these events included Drugs and Alcohol Awareness Week Sports Seminar, Training and Education Days for the Unemployed, Bike Week Sports Fest, Intercultural Day, Traveller Pride Week, information seminars and other presentations and talks to groups and resident committees in their local areas. These events assist in highlighting the work of the Partnerships and the importance of sport in community life.

A further example of the extent to which MSP IS an important part of the fabric of the community relates to the ongoing demand for our time and expertise in committee work. In 2013, MSP actively participated on 8 local committees and networks.

Achill Sports Network

Following a facilitated meeting with representatives of the Achill Sports Network in November 2013, the clubs / organizations in the area have come together to plan a series of participation initiatives ie Operation Transformation 2014 and also to communicate over local fixtures. This is to ensure that fixture clashes may be avoided and that better collaboration may ensue. They have even come together to organize an annual sports ball so that it gets maximum publicity.

Bike Week Steering Committee

In February 2013 a Bike Week Steering Committee was established with the purpose of overseeing the delivery of a programme of activities for Bike Week. Members of the committee included An Taisce Green Schools, Mayo County Council Road Safety Officer, Sustainable Transport Officer, HSE West, Smarter Travel and local cycling clubs. The committee organized a launch and a high profile local Bike Fest event which attracted several hundred participants. The committee were able to bring their expertise to the organization of Bike Week and ensure the sharing of resources.

West Region Outdoor Recreation Strategy Steering Committee

In October 2013 Mayo Sports Partnership was invited to be the local authority representative for Mayo to sit on the steering committee for the development of a west region outdoor recreation strategy. Three meetings have taken place with one of the first actions being the development of a directory of activities for the region. Invitations were also extended to groups, clubs and organizations to submit proposals for inclusion in the document. This process was advantageous to the Partnership in that it allowed us to get an up to date picture of what the provision was like in the area while also collecting contact data for groups / clubs throughout the region.



Information Provision

MSP has a key role in acting as an information hub and point of contact. The Partnership enables more sharing of information and offers a common meeting ground, along with specific access and signposting information. MSP aims to act as a strong link between those who wish to participate and those who provide opportunities for participation. Clubs and sports volunteers recognise that their relationship with MSP links them into meaningful sports and physical activity network and a source of expertise.

In 2013, over 8,000 individuals contacted MSP in order to access general or specific sport-related information.

MSP is making more use of on-line resources for information provision through its website and social media. MSP would continually update its website on a weekly basis with up to date information on local and national projects along with local events. In addition many information leaflets / posters have been produced for initiatives such as Men on the Move, Operation Transformation, the Mini Marathon, Active Schools, Meet and Train, Fit Walk, Bike Week etc. MSP continue to produce a bi annual hardcopy newsletter as it is important to give an option to people who may not have access to modern methods of communication ie Computers, Mobile Devices etc.

Facebook and Twitter continue to give us a modern medium to get word out on our numerous programmes and events. It also provides a medium for blogs and comments on sporting news and announcements.

With 2013 the year of the Gathering MSP organised a Sports Gathering Weekend around the West of Ireland Womens Mini Marathon. This provided a focus to promote womens participation in sport with a number of various events taking place in the county town. Having Sonia O Sullivan present on the weekend to take part in events such as a Women in Sport Seminar and the Mini Marathon helped to raise the events profile.



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

3 MAYO SPORTS PARTNERSHIP - Programme Case Studies

3.0 Introduction

Mayo Sports Partnership is a key mechanism for the delivery of opportunities for sport and physical activity within Mayo and in particular to hard-to-reach groups who are not engaged in mainstream sports. MSP has focused on delivering quality participation opportunities to groups and last year over 70 programmes were delivered at local level primarily by MSP (working with local partners). This section presents good practice examples of interaction with key target groups leading to capacity building of volunteers and sustainable participation.

3.1 Club Development / Disadvantaged

Case study: Moy Sports Forum Outreach GAA Programme 2013

Introduction

Moy Sports Forum has an interagency approach and comprises Mayo Sports Partnership, Ballina Town Council, Mayo Travellers Support Group, Mayo North East, Involve Youth, Sean Duffy Centre, FAI and Greenhill's Resident Representatives. The forum aims to provide inclusive, safe and fun sporting and recreational opportunities for all people in the Ballina Area.

This Outreach Project was rolled out by Moy Sports Forum in partnership with Ballina Stephenites GAA to develop a GAA programme for children living in the Parkside Area of Ballina. The new initiative was aimed at building closer relationships with the community, encouraging children from the Parkside to participate in Gaelic Games at their local GAA club. The Stephenites club is positioned in very close proximity to the Parkside area in Ballina. Parkside has been recognized as one of the areas of most disadvantaged in Ballina and has a big population from the Traveller community. There was a previous history of children from the parkside area not engaging with the club. There had been a sense of a lack of trust which had developed over many years and children had just stopped engaging and playing with Stephenites. The project was the coming together of Stephenites and Moy Sports Forum to see what could be done to address the issue of children not playing.

Programme Outline

The programme comprised club coaches and members of Stephenites senior team coaching the children weekly basis at a pitch close to parkside for 8 week pilot programme.

The children were taught GAA skills throughout the 8 week period. Children began to enjoy playing the game and were then invited to come to training at the Stephenites GAA grounds. An average of 20 children attends weekly sessions. The initial 8 week programme took place in a local school pitch where parkside children would feel comfortable (hence the outreach) i.e. Outdoor facilities belonging to the local primary school Scoil Íosa were used by permission and the follow on programme took place at the Ballina Stephenites GAA sports facilities. The 8 week programme was free of charge.

Moy Sports Forum (through some funding from Mayo Sports Partnership and some other agencies) and Ballina Stephenites funded the programme.

Stephenites gave free membership to 10 children including GAA top at a total cost of €800 including BIK of €800 for coaches. Forum members BIK €800 supported by Mayo Sports Partnership, Ballina Town Council, Involve, Mayo Traveller Support Group and Mayo North East Leader Partnership.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Outputs

- This particular GAA Outreach Project has been recognized by the Connacht Inclusion and Integration Committee as a model of good practice in inclusion within the GAA which can be replicated in other GAA clubs throughout Ireland. (p40 Into the West bi-monthly magazine of the Connacht GAA Council Vol 4. Issue 10 December 2013)
- On Average of 20 children attended the 8 week sessions and on completion of the outreach programme
- 10 children registered with Ballina Stephenites GAA club and play on various underage teams with the club. One 16 year old plays Minor football with the club.
- It is hoped that the club will continue to link with Moy Sports Forum for further initiatives to engage and embed the children further in the club. E.g. a Club Open Day

Sustainability

- Children began to enjoy playing the game and were then invited to come to training at the Ballina Stephenites GAA Club grounds.
- At least 10 children from the parkside area now play with the Ballina stephenites club.
- The club and local parkside residents, Involve the local youth club and Moy sport forum are working closer together to create sustainability
- Children are on various teams in the club.
- One lad played with Stephenites Minor team for the past year or so.

Quotes

Connacht GAA Inclusion and Integration Officer Denis O'Boyle called the programme a 'Model of Good Practice' in inclusion within the GAA which can be replicated in other GAA clubs throughout Ireland.



Pic: Children participating in the Ballina Stephenites Outreach Programme

3.2 Integration

Social disadvantage has a very large impact on the likelihood that an adult plays sport. Analysis from the Sporting Lives research published by the ISC and the Economic and Social Research Institute (ESRI) reveals that social disadvantage greatly lowers the chances that someone will take up an individual sport that is likely to be continued as an older adult. Those from less advantaged backgrounds who do play sport when young are, therefore, likely to drop out

Case study: Westport Intercultural Day

Introduction

Mayo Integration Forum is an interagency forum which includes Mayo Sports Partnership as an agency. Other agencies include Mayo Intercultural Action, Mayo County Council. Etc.

Programme Outline

The programme comprised an Intercultural Day which includes a food exposé day, Cultural Music and Sport. Irish, Latvian, Lituanian, Ehtopian, South Africa, Polish, English, Russian, Ukranian and many more cultures were involved in the Intercultural day. It was an afternoon where each country displayed samples of their countries food, sang songs and played their own cultural music and took part in a common sporting activity which the Mayo Sports Partnership were responsible for rolling out. It was decided from previous years to anchor the programme onto an existing festival and so it was decided to run the event as part of the Arts Festival in Westport which took place over the entire week. The sport segment included a 2k walk/run for children and adults.

Leader

- Members of the Intercultural Action Forum
- Sports Coaches from Mayo Sports Partnership

Facility

- The local Sports Hall at Rice College Westport was hired.
- Outdoor facilities i.e. pitch at Rice College.
- The adjacent town greenway.

Cost

- The hall cost €150.00
- The representatives from the various countries received monies approx €100 to produce the cultural food on display.
- Mayo Sports Partnership funded the sports coaches for the sports section of the day costing €200
- Overall Funding was provided by Community and Integrated Development Section, Mayo County Council

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Sustainability

Objective is to engage with various ethnic minorities that live in the county and encourage them to link with physical activity programmes in the future. Ideally anchoring onto a larger festival with better exposure, better access and with a greater scope would be best.

Outputs

Created links with various representatives from ethnic minority groups living in the county.
Created links with other agencies e.g. Mayo Intercultural Action, direct provision centre etc



Westport International Sports Day 2013

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

3.2 People with a Disability

Mayo Sports Partnership has played an important role in the development of sport and physical activity opportunities for people with disabilities, through its investment in the development of the Sports Inclusion Disability Programme. Since its inception in 2008, the programme has contributed directly to increasing levels of recorded participation in sport and physical activity among people with a disability.

Through the Irish Sports Council the funding of this programme in 2013 has enabled the continuation of the work of the Sports Inclusion Disability Officer (SIDO).

By raising awareness about the role that sport can play in the lives of people with disabilities, the programme has created a wide range of new opportunities for access to different levels of engagement in sports and physical activities across the country.

The work of the SIDO has been premised on the ethical framework of MSP in terms of promoting collaborative practices, sharing of expertise and resources and a clear focus on promoting sustainable opportunities for integration and participation.

Case study: Connacht Wheelchair Hurling Team

Introduction

The first ever Wheelchair Hurling team played their first competitive blitz in Athlone IT on the 2nd November 2013. The idea was developed from taster days run by the Mayo Sports Partnership who then approached the Connacht Inclusion and Integration Officer Dennis O Boyle who brought the idea to the Connacht Inclusion and Integration committee. Action, Mayo County Council. Etc.

Programme Outline

Leader

The team coached by Adrian Hession with the help of John Hopkins (Mayo Gaa), Denis O Boyle (Connacht Inclusion and Integration Officer) and Ray Mc Namara Sports Inclusion Development Office (Mayo Sports Partnership).

Mayo Sports Partnership provides the use of their sports wheelchairs for the team.

Facility

Training takes place in Barnacarroll Sports Hall once a month with interprovincial blitz held in every province each year.

Promotion

The Sports Inclusion Development Offices, GAA and local contact all assisted in getting the word out in relation to the programme through local print media, community notes, parish newsletter, email, texts, radio, Facebook and twitter. The team was introduced to the crowd at the Connaught final between Mayo and Galway in Mc Hale Park Castlebar to highlight the success and promote the sport.

Sustainability

This is a very sustainable Programme with The Connaught Council supporting the team and treating like all other Connaught teams.

Dennis O Boyle Said 'On behalf of the Connacht GAA Inclusion and Integration Committee I wish to express our sincere gratitude to Adrian Hession and John Hopkins and to Ray McNamara, Sports Inclusion Development Officer for Mayo Sports Partnership, for the provision of Sports Wheelchairs for use by our Connacht GAA Wheelchair Hurling team over this year. They were very much appreciated by all involved and greatly helped our team in their preparations for, and in their participation in the inaugural M Donnelly Interprovincial GAA Wheelchair Hurling Tournament, which was held in Athlone Institute of Technology. The Connacht team played extremely well and finished runners up to Munster in the Final. A special word of thanks also, to Neil Sheridan, Mayo Co. Council for all his support and assistance throughout the year.



Pic: Wheelchair Hurling participants pictured at Connaught GAA Final with MSP and Connaught Council

3.4 Urban / Tourism Development

In Mayo there are 3 main centres of population in Mayo, namely Ballina, Castlebar and Westport. Within the 2012 Annual Report the Mayo Sports Forum was highlighted as a case study for disadvantaged in an Urban area, in this report showcases another urban intervention which has a tourism / physical activity focus. Westport Town Councils foresight in recognising the tourism potential of developing Westport as an "Activity Capital" should be complimented. Various initiatives which have been developed has helped to integrate locals with visitors alike thus ensuring a more positive experience for all. The legacy of this development has led to an all year round culture of participation in the 3rd largest town of the county and shows how sport development can make a difference in improving everyone's quality of life.

Case study: Westport Get Out There Action Plan 2013

Introduction

This Get Out There! Action Plan has been developed by Westport Town Council and Mayo Sports Partnership. The actions resulted from a combination of research reviews and consultation with sports clubs, community organisations and tourist bodies in the town and environs.

The dual aims of the Get Out There 2013! initiative are

1. to positively contribute to activity tourism in the town.
2. to increase physical activity levels of residents of the town and particularly those of low-participation groupings.

Programme Outline

In 2013 two major initiatives were developed:

1. Westport Activity Ambassador Programme

The Activity Ambassador programme has been developed by Westport Town Council in association with the Mayo Sports Partnership and Westport Tourism Organisation in an effort to increase participation in sport and recreation for both visitor and resident. They will actively engage with recreation providers in the creation of complimentary programmes and also with Westport Tourism Organisation, Westport Leisure Park and Accommodation providers. It is envisaged that the Activity Ambassadors will develop and promote a weekly activity list in association with local sporting, cultural & visitor attractions and also provide for delivery of activity programmes for specific groups/families.

2. Westport Park Run

Not considered a race Westport Park Run is free to attend, is weekly, and is a timed 5km run. Results are presented in time order however there are no performance related prizes or medals and the first person across the line is termed the 'first finisher' not the winner. Westport Park Run takes place every Saturday Morning at 9.30am from the Mill St / High St Car Park. All participants are invited to mingle in the Mill Times Hotel for a cup of tea/coffee afterwards.

Parkrun events look to support rather than compete with paid races and although runners of all abilities are welcome, the focus is on recreational running and increasing participation. Currently approximately 250 people are registered to participate. Westport Park Run is supported by Westport Town Council, Westport Leisure Park, Mayo Sports Partnership and Westport Athletic Club.

Sustainability

In 2013 the Activity Ambassadors were recruited through the governments Jobbridge Initiative. In all 6 ambassadors took up the placement. It is planned that at least 2 would be taken on under a local employment scheme to act as co-ordinators for future placements. Current indications are that future ambassadors would be community volunteers who would be either retired or have time on their hands.

Westport parkrun is entirely run by volunteers co-ordinated by the Westport Athletic Club. A weekly team of volunteers is obtained through the website or by signing on each week. The event does not take place without volunteers and is emphasised each week on site.

Outputs

- A co-ordinated summer programme of activities is scheduled in the tourist town.
- From Autumn time activities are organised around four Local Community Centres in the town:
 - McConville Park
 - Sharkey Hill,
 - Tubberhill
 - The Quay Community Centre
- A team of community leaders.
- A weekly free 5K
- Increased collaboration between community and local authority.



Pic: Minister Ring with Activity Ambassadors



Pic: Participants finishing Westport parkrun

3.5 Active Communities

January 2013 four walks took place in Claremorris, Castlebar, Belmullet and Westport as part of the National Operation Transformation television initiative to get more active. The response was fantastic with over 1,000 people participating and increased demand for follow on initiatives. MSP provides support for communities / clubs / groups to organise programmes in their locality. Support can be as basic as providing information on leadership, promotion, insurance etc. The following example is of a walking programme which illustrates how MSP can assist in club development and engaging volunteers.

Case study: Mayo Meet and Walk

Introduction

As a result of the huge interest in the January Operation Transformation Walks in Belmullet, Castlebar and Westport there was an expression of interest from these and other areas for walking programmes to be supported.

Through the promotion of the National Walks in Belmullet, Westport and Castlebar there was greater awareness and interest from other communities across the county.

From our contacts developed in areas such as Castlebar, Claremorris, Belmullet and Westport we would have identified a local champion to link with. The Community Sports Project Worker liaised with the representative outlining the support that MSP was able to provide for programme start up.

Programme Outline

Introduction

In the initial set up of the programme 5 areas were identified which would have a local community contact, local trained walking leader and access to a walking loop or indoor facility. Initial insurance would have been covered under Mayo Sports Partnerships policy. The following were the key features of the programme

Leader

A team of 5 Fit Walk Leaders have been trained to deliver a 5 week walking programme which can take place indoor or outdoor. These leaders were contracted to deliver these introductory walking programmes

Facility

Access to a safe off road or indoor walking facility i.e. Community Centre, athletic track, greenway etc

Promotion

The Community Sports Project Worker, walking leader and local contact all assisted in getting the word out in relation to the programme through local print media, community notes, parish newsletter, email, texts, radio etc

Cost

The initial 5 week programme was mainly free of charge with a small cost to participants after an initial free taster session.

Sustainability

It was hoped that at least 2 of the 5 areas would be self sustaining with the costs of the ongoing programme to be met by participants or that the group would be led by members. 5 Fit Walk leaders were contracted to deliver a 5 week programme. Once a week for 5 weeks, Outdoor Fitness / Stride Walking with an Indoor Fit Walk Programme taking place in the Claremorris Recreational Centre

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Outputs

- 80 participants in the 5 areas
- A new Castlebar Walkers Group / Club established and registered with Get Ireland Walking
- A weekly walking group led by the Westport Activity Ambassadors as part of the Westport Get Out There Activity Plan
- Fit Walk Groups established in Belmullet and Claremorris
- Sustainable walking groups in 4 out of the 5 areas.
- 4 participants of the programme attended walking leader training held in Westport in June 2013

In 2014 5 areas organised National Walks for the Operation Transformation Programme

Sustainability

At least 30 people attended the inaugural meeting of the Castlebar Walkers Group / Club which is all inclusive and open to all. The club meets twice a week and indeed has spread its wings to travel to other locations across the county.

MSPs relationship with Claremorris Athletic Club has increased as a result of the club supporting the Fit Walk programme and hosting it in their indoor recreational facility.

May 2013 saw the recruitment and training of the Westport Activity Ambassadors as part of the Westport Get Out There Activity Plan under Westport Town Council. These leaders were trained in walking leadership and proceeded to lead local walks in the area for both tourists and locals alike. The Westport Leisure Park is also a key focus point for the delivery of community based programmes in the area.

In Belmullet the Erris Community Health Forum has been to the forefront in Community Walk / Fitness Initiatives including the Men on the Move Programme. Following the local Fit Walk Programme a mini marathon training group commenced in the area which was a natural follow on for ladies involved in the initiative.

A committee was formed for the Castlebar Walkers and 4 members of the other groups attended walking leader training in Westport in June 2013

Comments

"The Meet and Walk Programmes really connect in with the social fabric of local communities and this is what we are here for to support. We have the infrastructure now we are focusing on its usage"

Anna Connor Mayo County Councils Walking and Trails Officer

"For some members of the Castlebar Walkers Group meeting up is the highlight of their week. We have gone to Cong and other locations around the county and this would not have been possible without the support of MayoSports Partnership and Mayo County Council. Thanks for everything"

Joe Staunton Castlebar Walkers Group



Pic: Castlebar Walkers on one of their trips to Ashford Castle



Pic: Taoiseach Enda Kenny and John Treacy CEO Irish Sports Council on an Operation Transformation Walk in Castlebar

3.6 Unemployed / Mental Health

MSP has implemented a number of initiatives aimed at unemployed people in the community these have included the Goal to Work Sports Coach Training Programme and Link2BActive which is an initiative to create opportunities for unemployed people to access sports facilities at a reduced rate. Along with both these initiatives projects such as Men on the Move, Fit4Life, Operation Transformation, Meet and Cycle, Meet and Walk etc promote positive mental health providing increased connectivity within communities.

In 2013 Goal to Work was recognised under the Aontas Adult Education Awards and received the overall winner in the Connaught category. This is a fantastic recognition of the power of the programme in reactivating unemployed people and also in the power of agency collaboration. The following is an updated case study.

Case study: Goal to Work Erris

Introduction

The 'Goal to Work Sports Coach Training Programme (GTW) – Erris was set up to give 12 unemployed people an opportunity to become trained sports coaches. The initiative recognised that many unemployed people are interested in sport and aimed to open up employment opportunities for them. The sports involved were Soccer, Gaelic and Rugby.

Any person in the Erris area who was unemployed and receiving social welfare entitlements was eligible to apply. The programme involved training two days per week for 14 weeks: one day in the classroom and one day of practical training in the particular sport and of putting this into practice in a school and community. In addition, trainee sports coaches would attend one-weekend workshops.

Key Objectives

- Provide 12 unemployed people with coaching qualifications (12 were taken on however 1 man was successful in achieving full time employment on day 1 of the course and did not continue on)
- Assist unemployed people with an interest in sport to gain employment as coaches, referees, etc.
- Promote physical, mental health and well-being through participation in sport – both for the participants themselves and in the partner schools
- Provide coaching for working with children with disabilities in the school and youth club setting
- Motivate participants to pursue the progression routes identified as part of the initiative

Programme Outline

In August 2013, Mayo Sports Partnership with the support of Mayo County Council, Údarás na Gaeltachta, Mayo North East, Mayo Mental Health, Mayo GAA, the FAI and Connacht Rugby formed a committee to deliver Goal to Work Sports Coach Training Program – Erris This training programme gave 11 unemployed people an opportunity to become trained soccer/gaelic and rugby coaches. The initiative recognises that many unemployed people have an interest in sport and that a passion for sports may offer the potential to provide employment opportunities. It also recognises that being out of work can threaten your mental health and upset the lives of families

Qualifications/Certificates achieved by newly qualified coaches include:

FAI Accreditation Kickstart 1 (Coaching), GAA Foundation Level Coaching Certificate

GAA Foundation Level Refereeing Certificate, Rugby Youth Level Coaching Course

Irish Sports Council Accredited Active Leader Award (Community Sports Leader Award)

Child Protection Course, Disability Awareness Training, Physical Activity Leader Training, Occupational First Aid Certificate, FETAC awards (Level 3) in Personal Development and Information Technology.

Coaches trained children in a number of primary schools within the Erris area and the Development Officers from GAA/FAI/Connaught Rugby mentored them on this work experience. Trainee sports coaches also organised a Halloween sports camp targeting children and people with a disability in the Erris community.

Outputs

Progression rates were impressive for newly trained coaches, of the 11 who took part in the 14 week training programme (2 days per week and 1 weekends) one progressed into full-time employment, one into part-time employment, one on an internship with a local secondary school and another onto a community employment scheme. In addition 2 of the coaches have assisted MSP in the delivery of local projects such as Little Athletics

Increased collaboration between local agencies such as Udaras, Mayo County Council, Mayo North East Leader Partnership, Mayo Mental Health and the local Erris Community Health Forum.

Sustainability

All 11 coaches had been involved in their clubs and communities, which gave them motivation and the confidence to apply for this course. They played many different roles in their clubs and, given this commitment, they were encouraged to qualify as professional coaches, who would benefit both themselves individually, the clubs and their community.

The schools were keen for the coaches to work with the children again and there has been a huge improvement in the coaches' level of involvement in the schools. The DOs have encouraged the newly qualified coaches to work within their communities and clubs, have empowered them and given them confidence.

Without the drive and expertise and funding from the Mayo Sports Partnership this programme would not be what it is currently. The positive outcomes are that we have come across people who can and are willing to work within Social Inclusion Soccer Programmes, Female programmes as well as mainstream FAI activities.

Next Steps

It is planned that a further Goal to Work programme can be held in the Swinford area with Mayo North East Leader Partnership as the lead.



Pic: Goal to Work Sports Coaches with participants on the Halloween Sports Camp



Pic: Goal to Work receives Aontas Award 2013

Section 4 Next Steps

4.1 Introductions

The Irish Sports Monitor is a telephone survey conducted with Irish people across all spectrums of life. The first survey was published in 2007 and the most recent in 2013. Research of this nature is critical in meeting the core objective of the Irish Sports Council in planning, leading and co-ordinating the sustainable development of competitive and recreational sport in Ireland. It ensures the effective allocation of resources to maximise participation in sport which is paramount to developing a healthy population into the future. It also identifies emerging trends in sport that require attention, and facilitates sporting organisations in developing their respective sports and maximising the potential for participation in and enjoyment of those sports. Mayo Sports Partnership can also use the information to plan and prioritise their work among target groups and the general population.

Some trends in sports participation in Ireland in 2013 included:

- Participation in sports has risen considerably from 34% to 46%
- While participation in team sports has remained steady, participation in individual sports such as personal exercise, running, cycling and swimming have risen considerably
- Increases in sports participation are strongest amongst the younger (aged under 25) and the older (aged 55 or older) age groups
- Notable increase in participation amongst the unemployed
- A strong correlation between sports participation and socio-economic status and income with those in lower socio-economic and income groups less likely to participate
- Individual sports show stronger rises in participation than team sports, most notably running and cycling

One notable trend is that running and cycling have now become the third and fifth most popular sports respectively. Initiatives such as the Meet and Train running programmes through the Sports Partnership and cycling initiatives such as Bike Week have made a contribution to these increases.

Another factor that MSP may have contributed to, is the increase in participation amongst the unemployed. Along with the hugely successful Goal to Work Sports Coach Training Programme the Link2BActive programme offers reduced rates in sports and leisure facilities for the unemployed.

Female sport is dominated by individual activities, with only 5% claiming to be involved in a team activity. MSP are aware of this and tailor their Women in Sport programmes to what women want, for example, the continued popularity of the Meet and Train groups and West of Ireland Women's Mini Marathon Mini-Marathon.

Importantly, the research is showing that participation is growing for the population groups that MSP has engaged with and also that it is responsive to the research by offering the types of activities that people express preferences for. This is to be welcomed and it is hoped that through the developments and examples highlighted throughout this report, MSP will continue to ensure the positive trends in participation continue.

4.2 Access to, Availability and Visibility of Sporting Options

An important outcome area for MSP involves ensuring that there are new and innovative options for people to engage with their local sports and physical activity environment. MSP have worked hard to build partnerships to support the delivery of such new options. They have developed expertise in the marketing and outreach work to ensure that there is strong take up of programmes. MSP have also ensured that they can use social and traditional media to build their profile.

Maximising Mass Participation Events: The West of Ireland Womens Mini Marathon

The West of Ireland Womens Mini Marathon, supported by the Western People Newspaper, Mayo Sports Partnership and Connaught Gold, encourages women of all ages and abilities to get out and get active in preparation for the big event which takes place on Sunday May Bank Holiday. It has been running since 2010 and over 10,000 participants have taken part to date. A 10K route has been prepared to suit the walker, jogger or serious runner. The event has been promoted effectively and professionally through the Western People and Mayo Sports Partnership as a family day out and a fun event for all.

As the profile of the series has increased from year to year, the levels of engagement have increased in parallel. Minister Michael Ring, T.D. commenced the 2013 mini marathon with the following statement: "Women are key to getting more and more families active. If the women of the country lead the way then the rest will follow".

In 2013 Irish Olympic Athlete and legend Sonia O Sullivan lent her support for the Mini Marathon and participated on the day while giving much needed support for walkers and joggers. Indeed Sonia signed hundreds of autographs etc and has agreed to return in 2014.

The West of Ireland Womens Mini Marathon also provides a valuable boost to local businesses such as hotels, guesthouses and restaurants. As a result, a number of other LSPs have run their own Mini Marathon events based on the West of Ireland model. Additionally, each year MSP plays a vital role in the operation of Mini Marathon training groups, Couch to 5K and 10 for 10 programmes which prepare the thousands or so participants who are preparing for the big day.



Sonia O Sullivan leads out participants in the 4th West of Ireland Womens Mini Marathon

4.3 Better Planning and Evaluation of Programmes

MSP is acutely aware of the importance of accountability for public spending. With local funding levels reducing in recent years, MSP has had to demonstrate more effectively how they utilise the funding they receive year on year. Programmes have always been planned prior to execution; however there is a much greater need for prioritisation due to diminishing funds. Synergies are created with partners working together on programmes and pooling monetary and human resources to enhance programme returns and outputs.

MSP carries out evaluations of local programmes to ensure that they are meeting the needs of the participants and providing a quality service which will encourage client retention. The aim of all MSP programmes is to leave a sustainable legacy behind when the Partnership steps away and ensure with confidence that the programme can run without the direct support of MSP into the future. It is imperative that a programme can continue with minimal support in an area once MSP steps away.

Feedback from the participants on a programme is also crucial to ensure that MSP is providing a quality experience for the end-user. Programme evaluations are performed to seek the opinions of the participants before MSP steps away. This feedback will determine if the programme has worked and if there are any improvements which MSP can make in the future. If MSP gets positive feedback, they can be confident that the programme will work and be duplicated or replicated in another area. The evaluations also feed into planning for certain target groups – what may work for some, may not work for others. This type of information is key when tailoring programmes to suit different groups.

One particular example of an evaluated programme in Mayo is the Men on the Move programme which was piloted in 2012 in 3 areas Claremorris, Ballina and Westport with over 100 men aged 30 plus participating. An evaluation report was launched in January 2013 by Minister of State for Sport and Tourism Michael Ring. The Minister commented on the need for Irish people to change their thinking on health and to invest in peoples active lifestyle. This he stressed would help to decrease the burden on the health system in to the future. Men on the Move now operates in 8 areas across the county and has been replicated in several counties including Galway, Donegal, Clare and Longford.



Minister Ring and Nazi Eldin HSE launching the Men on the Move Evaluation Report

4.4 Evaluation of Performance at National Level

With the full network of Sports Partnerships in situ for the last number of years it is important that their operation is continually assessed. The Irish Sports Council has developed a Performance Evaluation process which will assess the efficiency and effectiveness of LSPs against an ideal model. Areas that will be reviewed as part of this process will include governance, management, planning, monitoring & evaluation and impact. It is intended that each LSP will receive individual feedback including recommendations for areas of improvement following the process. LSPs will then work with the ISC to further develop their own capacity to deliver against the strategic aims for participation. It is also intended that LSPs that are strong in a particular area will support LSPs which need to develop greater competence in that area.

In November 2013 MSP were visited on site by ISC officials to conduct an evaluation of the Partnership, with a number of interviews held with stakeholders and staff. A number of interviews were held with stakeholders and staff. A full report with feedback is expected in early 2014 with the Partnership expected to draw up a response on areas which may need improvement.

The Performance Evaluation process will help MSP to become stronger and more effective with the aim of performing at the optimum level. A stronger MSP will lead to more strategic planning for sport at local level, more efficient use of resources and better opportunities for participants in the future.

Summary

MSP is a key driver in the local sporting / physical activity environment in Mayo. It has built up a wide network of inter agency relationships and has many examples of excellent collaboration which has helped to avoid unnecessary duplication in the area.

There is no doubt that sport and physical activity is undergoing a boom period at the moment and this is likely to continue into the future. As well as the obvious benefits of increased physical health the continued contribution of physical activity towards positive mental health should not be underestimated. Continued collaboration with bodies such as Mayo Mental Health and the HSE is vital in combating this social issue.

The development and success of MSP is down to teamwork and collaboration between the many stakeholders, agencies and volunteers who engage positively with the Partnership. It is with this continued co operation that MSP will copper fasten its position of influence within the Mayo sporting landscape now and into the future.



Appendices

Appendix A – List of Local Sports Partnerships

Appendix B - Glossary of Terms

Appendix C – Mayo Sports Partnership

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Appendix A - List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
North Tipperary Sports Partnership	2001
Sligo Sport & Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Local Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Local Sports Partnership	2002
Meath Local 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 Local Sports Partnership	2006
Monaghan Sports Partnership	2006
County Limerick Local Sports Partnership	2007
South Tipperary Sports Partnership	2007
Galway City Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dun Laoghaire Sports Partnership	2008
South Dublin Sports Partnership	2008
County Galway Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sports Partnership	2008
Wicklow Sports Partnership	2008

Appendix B - Glossery of Terms

Active Leadership Award – An Irish Sports Council/Sport Northern Ireland award deigned to provide trained, knowledgeable and enthusiastic community based physical activity leaders.

Boccia - is a target sport played by individuals, pairs or teams. Boccia is played with 13 balls (6 red, 6 blue, 1 white). The jack ball is used to start off the game and is thrown by one of the competitors on the court. It requires a high degree of muscle control, accuracy, concentration and tactical awareness with the goal being to land six of the coloured balls closer to the white target ball than the opponent's balls.

Boccia is a non contact sport, where the game focuses around a target. The balls used are solid but pliable, that have a good rolling quality and are easy to grip. The balls also have the effect of reducing the advantage of physical strength, so that skill becomes the overriding factor

Buntús – An Irish Sports Council programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

Come & Try – Come & Try events are sports taster events where participants can come and try a range of sports, hassle free and at their own pace. It is a perfect opportunity to see what sports are available in the locality and to meet with local sports clubs and groups.

Economic Impact of Sport - The Economic Impact of Sport is a report published by the Indecon Economic Consultants in 2010 for the Irish Sports Council. The report establishes that sport and sport-related activities generate a very significant contribution to the Irish economy, while also playing a vital role in supporting the development of social capital and contributing to the health and quality of life of the Irish population.

ESRI - Economic and Social Research Institute. The ESRI produces research that contributes to understanding economic and social change in the new international context and that informs public policymaking and civil society in Ireland.

FAI – Football Association of Ireland. The FAI is the governing body of football in Ireland.

Fitzpatrick & Associates Review of Local Sports Partnerships -The Fitzpatrick & Associates Review of Local Sports Partnerships 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.

GAA – Gaelic Athletic Association. The GAA is the governing body of Gaelic games in Ireland.

Fit4Life – Fit4Life is an Athletics Ireland programme to help participants develop their fitness in a fun sociable environment. The programme is suitable for beginners through to regular runners, and the emphasis is on meeting with people of a similar ability on a regular basis to walk or run.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Appendix B - Glossery of Terms (Contd.)

Go For Life– The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by the Irish Sports Council.

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

IRFU – Irish Rugby Football Union. The IRFU is the governing body for the sport of rugby union in Ireland.

ISM - Irish Sports Monitor. The Irish Sports Monitor is an ongoing telephone survey of adults aged 16 and over in Ireland, which records sport and exercise activities undertaken in the 7 days prior to interview. In 2009, the Irish Sports Monitor interviewed over 9,700 adults. The survey is primarily designed to track levels of participation in sport, both for the population as a whole and various sub-populations of interest. The 2009 report is the latest in a series of collaborations between the Irish Sports Council and the Economic and Social Research Institute (ESRI) on sport and physical activity.

ISC - Irish Sports Council. The Irish Sports Council is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

LEADER - LEADER is the EU Community Initiative for Rural Development that provides approved Local Action Groups with public funding (EU and National) to implement multi-sectoral business plans for the development of their own areas.

LSP – Local Sports Partnership. Local Sports Partnerships are an initiative of the Irish Sports Council 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 the Irish Sports Council's participation strategy.

Mayo, Sligo, Leitrim ETB - are local statutory education and training authorities. Their service encompasses Second Level Schools, Further Education Colleges, Adult and Community Education, Literacy Support and Youth Support Services.

Meet and Train groups - Meet and Train are weekly walking/running groups, set up and supported by LSPs often in conjunction with local athletics clubs. The objective of the Meet and Train group is to provide an opportunity for participants (in particular women) of all ages and levels of fitness to get together to exercise with like-minded people, in a non-competitive environment initially under the guidance of a qualified coach.

MSP- Mayo Sports Partnership. An organisation core funded by the Irish Sports Council and is under the auspices of Mayo County Development Board / Mayo County Council.

National Play Day - This is a multi activity play day targeting families.

NGB – National Governing Body. An organisation, recognised by the Irish Sports Council, that coordinates the development of a particular sport or sports through constituent clubs.

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

PAL – Physical Activity Leader. A Physical Activity Leader is someone who can lead members of their own groups or communities in short exercise routines, straightforward dances and recreational sports.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Appendix B - Glossery of Terms (Contd.)

RAPID – Revitalising Areas by Planning Investment and Development. The RAPID Programme is a Government initiative, which targets 45 of the most disadvantaged areas in the country by focusing State resources available under the National Development Plan.

School Completion Programme (SCP) – The School Completion Programme (SCP) is a Department of Education & Science initiative that aims to have a positive impact on levels of pupil retention in primary and second level schools and on the number of pupils who successfully complete the Senior Cycle, or equivalent. SCP entails targeting individual young people of school-going age, both in and out of school, and arranging supports to address inequalities in education access, participation and outcomes.

SDO – Sports Development Officer. SDOs aim to provide opportunities for participation in sport and physical activity for all sections of the community.

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.

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.

Sporting Lives – Sporting Lives is a report published by the ESRI in 2008, in conjunction with the Irish Sports Council, on participation in sport over the lifetimes of the current generation of Irish adults. It aims to determine how participation in sport and exercise in Ireland has changed over recent decades and how it varies across the life course, from childhood to later adulthood.

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

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

WIS – Women in Sport. An initiative of the Irish Sports Council to increase participation of women in sport, through providing alternative opportunities and developing specific programmes.

Appendix C - MSP Board

The following table gives a breakdown of the level of working partner participation on the boards of management of Mayo Sports Partnership.

Working Partner	Number of Representatives
Mayo, Sligo, Leitrim ETB	1
Mayou County Council	3
HSE	1
Community Forum	2
County Development Board	1
GMIT	1
Sports Forum	5
LEADER	2
Mayo Education Centre	1
Udaras na Gaeltachta	1

MSP aims to ensure that the expertise they bring together at their boards reflects the target groups with whom they work.

Responsibilities of the Board –

The Board is responsible for all the activities of the Sports Partnership. These responsibilities can be divided into six main areas:

- To govern the organisation through the proper administration of its affairs
- To provide leadership for the organisation
- To plan the strategy for the development of the organisation
- To establish partnerships with other organisations who can help develop the organisation
- To manage the people involved in running the organisation
- To implement the strategic plans for the organisation and monitor their progress
- To ensure a realistic programme of participation and performance in the organisation as a consequence of the previous six responsibilities.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative