



ANNUAL REPORT 2019

Compiled by the staff of Offaly Sports Partnership



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



Offaly County Council
Comhairle Chontae Uíbh Fhailí

Offaly Sports Partnership is a multi sectoral sub committee of Offaly County Council. It is hosted by the Community & Culture Section of Offaly County Council; and receives its core funding from Sport Ireland.

Contents

2019, a year in review	3
Management committee, Executive, Working groups & Staff of Offaly Sports Partnership	4
Management committee of Offaly Sports Partnership	4
Executive committee of Offaly Sports Partnership	4
Offaly Sports Partnership staff	4
Contracted tutors / interns / student placements / volunteers	5
Strategic Plan implementation	6
Pillar 1 - Instil fundamentals & Improve youth fitness	6
Pillar 2 - Increase adult & older adult participation	9
Pillar 3 - Include the least active	12
Pillar 4 - Integrate & Celebrate	15
Pillar 5 - Improve capacity & Inform the sector	18
Appendices	20
Appendix 1 - Fit class award	20
Appendix 2 - Sports Inclusion Development Programme update for 2019	21
Appendix 3 - Community Sports Development Programme update for 2019	32

2019, A Year in Review

2019 was a busy, fruitful year for Offaly Sports Partnership.

Continuing investment possibilities through various agencies including Dormant Accounts, Department of Housing, Planning & Local Government, Department of Children & Youth Affairs, Department of Transport, Tourism & Sport, Healthy Ireland, the Health Services Executive and Sport Ireland resulted in Offaly Sports Partnership securing €309k in financial contributions and €237k of benefit in kind contributions.

General activities in 2019 included: -

- a comprehensive schools' fitness programme with 32 schools and over 2,500 pupils participating
- education and training programmes for over 170 volunteers / coaches in clubs and organisations
- the delivery of sports leader and youth mentoring training for over 120 transition year students in post primary schools across the county
- integration projects including Diversity Games and the Integrated Academy for Athletics Performance
- a significant number of primary and post primary schools sport and physical activity programmes directly and indirectly supported by the Sports Partnership
- inter-generational sport and physical activity programmes such as Operation Transformation, Bike Week, Play Day and Recreation Week
- sport and physical activity programmes for target groups of Offaly Sports Partnership funded from various sources

It is anticipated that continuing work in these areas will address objectives and strategic outcomes identified.

Offaly Sports Partnership management committee, working groups & staffing

Offaly Sports Partnership management committee

In 2019, the management committee of the Sports Partnership comprised representation from: -

- Offaly County Council (one representative as the employer; and three public representatives, one from each municipal district - Birr, Edenderry and Tullamore). Representatives included Martin Daly, Head of Section, Community & Culture, Offaly County Council; Cllr John Carroll, Birr Municipal District; Cllr Noel Cribbin, Edenderry Municipal District; and Cllr Danny Owens, Tullamore Municipal District
- An Garda Síochana (one representative) - Sgt David Scahill
- Health Services Executive (one representative) - Clodagh Armitage
- Laois / Offaly Education and Training Board (one representative) - Cllr Eddie Fitzpatrick
- Local Community Development Committee Liaison—Cllr Declan Harvey
- Three private business sector representatives — Sean Campbell; Pippa Hackett; and Sean Loughnane
- Six sports sector representatives — Darren Butler, Athletics Offaly; Eamonn Brady, Combined Counties Football League, Football Association of Ireland; Robert Mc Dermott, Leinster Rugby; Miriam O Callaghan, Offaly Camogie; Jude Feehan, Offaly Community Games; and Marie Moran, Offaly Rowing Club
- Third level sector (one representative) - Joe Meegan, Athlone Institute of Technology
- Disability sector representative - vacant in 2019. Sheila Foy nominated by Offaly Public Participation Network to the position at the end of 2019

Executive committee and Working Groups of Offaly Sports Partnership

Following the Sports Partnership's AGM in April the Executive for 2019 / 2020 consisted of Miriam O Callaghan (Chair), Pippa Hackett (Vice chair), Darren Butler (Financial monitor), Martin Daly (Offaly County Council representative), Cllr Declan Harvey (Offaly Local Community Development Committee liaison) and Eamon Brady (Sports representative). The executive committee met on a number of occasions to progress urgent items of work between regular meetings of the management committee.

In addition to the Executive committee, there were two sub groups in 2019: -

- i. Governance working group reviewing internal policy and corporate governance - this working group focused on the development of a committee handbook to support members in their role on the management committee. The handbook was approved at the September meeting of the management committee
- ii. Cycle forum leading out on Bike Week activities

Staffing in 2019

In 2019, Offaly County Council continued to facilitate the employment of Offaly Sports Partnership staff.

The Coordinator and Administrator roles were 100% funded by Sport Ireland; with Eamonn Henry and Olivia Murphy continuing in their respective positions. Jean Brady continued in the role of Sports Inclusion Development Officer; while Denise Coghill continued in the role of Community Sports Development Officer. Both roles are funded by Sport Ireland to a maximum of €35,000

Offaly County Council continued to facilitate the FAI’s employment of a “Soccer in the Community Officer”; and the extension of contracts for Leinster Rugby Club Community Rugby Officers. Gary Seery, FAI development officer continued to roll out grassroots soccer programmes (e.g. glow football, late night leagues, schools soccer, walking football, etc.); while Leinster Rugby’s club community rugby officers continued to roll out grassroots rugby programmes (e.g. tag rugby, schools rugby, womens rugby, etc.) throughout the county.



Furthermore, Offaly County Council facilitated the employment of the Healthy Ireland Offaly / Westmeath Coordinator. This position is a shared post across Offaly and Westmeath; funded by Healthy Ireland; and hosted by Offaly and Westmeath Sports Partnerships on behalf of their respective local authorities. Dermot Egan (*pictured opposite*) commenced in the role of the Health Ireland Offaly / Westmeath Coordinator in October .



In addition, with the establishment of the South Offaly Sports Hub in 2017, operating out of Crinkle Sport and Recreation Centre, funded by Sport Ireland Dormant Accounts; the Hub has delivered a range of outreach programmes to schools, clubs and organisations; as well as continuing to secure greater usage of the facilities at the Crinkle Sport and Recreation Centre by local schools, clubs and organisations. Many thanks to the staff of the Crinkle Sport and Recreation Centre and the south Offaly sports hub for their work in supporting the delivery of outreach programmes of Offaly Sports Partnership to the community of Birr and its environs.

Contracted tutors / Interns / Student placements / Volunteers

Much of the work of the Sports Partnership throughout the year is also made possible through the efforts of contracted tutors, interns, students on placement and a number of volunteers who assist us in the delivery of a range of actions and events.

These included tutors from Athletics Offaly who supported delivery of our Healthy Offaly couch to 3k recreational running programme for teens, and diversity games programmes; Eimear Bryant (sports inclusion development programme tutor); Pauline Curley (women in sport programme tutor); Ailsa Hughes (schools programme and sports leader tutor); Sarah Mc Carthy (Healthy Offaly daily physical activity programme tutor funded by Healthy Ireland); and Karen Walsh (safeguarding programme tutor)

In addition, the partnership facilitated work experience placements for transition year students during the course of the year; while students from post primary schools in Offaly continued to assist in the delivery of various sports festivals such as Diversity Games and SPORTSHALL Athletics which are coordinated by Offaly Sports Partnership.

The management committee and staff of Offaly Sports Partnership wish to express their thanks to all those that helped in the delivery of our programmes in 2019.

“Go raibh mile maith agaibh!”

Implementation of Active Offaly 2016 - 2020

Strategic plan and long term framework guiding the work of Offaly Sports Partnership

Pillar 1 - Instil fundamentals & Improve youth fitness

Offaly Sports Partnership is committed to instilling fundamentals and improving fitness levels among young people. A range of actions in the areas of instilling fundamentals, monitoring youth fitness and providing complementary schools physical activity programmes were written into our operational plan for 2019 to address this pillar.

Instilling fundamentals



Offaly Sports Partnership continued to deliver its **SPORTSHALL Athletics programme** which remains the primary programme in developing fundamentals for children. 13 primary schools and 1,500 pupils participated on this programme. The programme culminated with the Offaly SPORTSHALL Athletics Festival in November. 36 teams from 25 schools catering for 1,500 pupils participated. Three schools - St Colman's Mucklagh (5 / 6th class girls), St Patrick's Edenderry (5 / 6th and 3rd / 4th class boys) and Scoil Chartaigh Naofa Rahan (3rd / 4th class girls) - were selected to represent Offaly at the All Ireland SPORTSHALL Athletics festival.

As in previous years, Offaly Sports Partnership continued to coordinate the annual All Ireland SPORTSHALL Athletics Festival held in March with the support of Athletics Ireland. 12 counties and 600 pupils participated at the event.

In addition, the FAI soccer in the community officer and Leinster Rugby's club community rugby officers (CCROs) continued to deliver sport specific fundamental movement skills programmes across 60 primary and seven post primary schools in Offaly

Monitoring youth fitness

Offaly Sports Partnership, with the support of the its south Offaly sports hub, established in 2017 as a result of Sport Ireland Dormant Accounts funding, delivered the Fit Class Award as a means of continuing to monitor youth fitness.

32 primary schools, and just over 2,500 pupils from 1st to 6th class participated on the programme. "One minute endurance" and "Max speed" tests were completed by all class pupils across participating schools. Fit Class Award certificates were presented to 17 of the 32 participating schools with the remaining schools receiving a copy of their finishing positions in each test (see appendix 1 for results).



The Sports Partnership wishes to thank local Olympians, Pauline Curley, Gordon Kennedy and James Nolan for endorsing this award.

Complementary schools physical activity programmes

Offaly Sports Partnership delivered a range of complementary schools physical activity programmes to improve fitness levels. Among these programmes were: -



- Spring and Winter fitness programmes in schools in the south Offaly sports hub catchment area. 10 schools were targeted for delivery of these programmes in spring and winter by the Hub; with 18 schools and over 2,500 pupils being reached.
- Healthy Ireland funded 20 minute daily physical activity programme across five primary schools for 490 pupils; and couch to 3k programme for 480 young people across six post primary schools in Offaly
- National programmes such as Bike Week delivered locally. This year, the Sports Partnership delivered a range of cycling events for primary school pupils including school day cycles in Lough Boora Discovery Park; and lunchtime cycles in Birr and Tullamore



Action from Bike Week 2019 - lunchtime cycles and school cycle days

- 14 rugby and soccer programmes delivered by Leinster Rugby club community rugby officers and the FAI's soccer in the community development officer across 60 primary and seven post primary schools for over 1,00 pupils and students in Offaly.

Continuing funding opportunities under Dormant Accounts and Healthy Ireland have ensured that children and young people have had greater access to varying fundamental movement skills programmes.

The continued availability of a FAI development officer and Leinster Rugby community club rugby officers as well as support from Athletics Offaly is ensuring that children and young people are continuing to be exposed to a range of fundamental movement skills across varying sports which can only stand them in good stead into the future.

The identification of baselines and programmes such as Fit Class are allowing Offaly Sports Partnership to monitor youth fitness and identify areas of work going forward.

Pillar 2 - Increase adult & older adult participation

A range of actions in the areas of increasing adult participation, increasing older adult participation and the delivery of national physical activity programmes locally were written into our operational plan for 2019 to address this pillar.

Increasing adult participation



The Sports Partnership continued to support Athletics Offaly in delivering recreational running programmes. As a result of these ongoing interventions, there are now 11 athletics clubs in the county; and Offaly have the highest rate of adult membership of all counties in Ireland.

In addition, the Mount Lucas Park Run (established in 2017 by Pippa Hackett, Vice Chair, Offaly Sports Partnership management committee) continues to go from strength to strength with an average turnout of 50 participants across the 136 runs to date

Denise Coghill (*pictured opposite*), Offaly Sports Partnership's Community Sports Development Officer delivered a range of recreational sport and physical activity programmes for adults including exercise classes as part of the Healthy Ireland funded community transformation programme in Ferbane; fitness through walking football; recreational sport programmes for women and walking football for mens sheds (see appendix 2 for community sports development officer update)



Action from Offaly Sports Partnership's community sports development officer programme for adults

Four soccer programmes delivered by the FAI soccer in the community development officer for 120 adults

Increasing older adult participation

In addition to our o50s boccia programme supported by Age & Opportunity Active, which caters for 150 older adults on 25 teams from 12 groups; Offaly Sports Partnership with the support of Healthy Ireland, and via the work of our sports inclusion and community sports development officers also delivered a range of recreational sport and physical activity programmes for older adults. Programmes delivered included: -

- Activator poles - a walking programme using specially designed walking poles to improve stability, strength and posture; reduce impact on joints; and support good walking action
- Multi sport sessions for older adults - boccia, badminton, chair volleyball, pickleball (tennis played on a badminton court with specialised bats and balls), scooch (based on the cruise ship game, shuffleboard) and walking football



Action from multi sport session for older adults

- Regional go for life games - teams from Longford, Laois, Offaly and Westmeath participated in a regional go for life games day hosted by Offaly Sports Partnership. Thanks to Paul and Marc from Go for Life for their support on the day



Action from the regional Go for Life games day held in Offaly

Delivering national physical activity programmes locally

Offaly Sports Partnership continues to support local delivery of national programmes such as: -



- *Bike Week* - following receipt of Bike Week funding, the Sports Partnership supported the delivery of cycling events via its own work, and the work of local clubs. Among the events on offer were lunch time cycles in Birr and Tullamore; and meet and spin programmes rolled out by local cycling clubs. 100 adults participated across the range of activities on offer.

- *Operation Transformation* - linked to the Operation Transformation programme, the Sports Partnership delivered a 5k walk in Lough Boora for over 150 people



Continuing funding opportunities have ensured that Offaly Sports Partnership has been able to expand its range of adult and older adult physical activity programmes across the county; with evidence indicating that many of the participants on these programmes continue to remain active even after programmes conclude.

The continued availability of a FAI development officer and Leinster Rugby community club rugby officers support adults and older adults to continue to play sport / return to sport / take up sport. Keep up the good work!

Pillar 3 - Include the least active

By far, Offaly Sports Partnership's largest area of work is our commitment to delivering measures to involve, sustain and mainstream the inclusion of underrepresented groups in sport and physical activity in the county.

With the support of the Sports Partnership's Community Sports and Sports Inclusion Development Officers and partners, interventions reached all eight underrepresented groups (*i.e. low income communities (rural and urban); Older adults; People with a disability; People of an ethnic minority including Travellers; the Unemployed; Women and Girls; and Youth at risk*) as named in Active Offaly 2016 - 2020 in 2019.

Low income communities

Continuing support from Sport Ireland Dormant Accounts in 2019 ensured that the south Offaly sports hub, established in 2017, continued to outreach physical activity and sport programmes to low income communities in Birr and its environs. Among the programmes outreached were school fitness programmes, Play Day and Recreation Week.

In addition, Denise Coghill, Offaly Sports Partnership's Community Sports Development Officer delivered a range of physical acuity programmes for people from low income communities including summer activities on the green (see appendix 2 for community sports development officer update)

Older people (see increasing adult and older adult participation under pillar 2 heretofore)

People with a disability



Jean Brady (*pictured opposite*), Offaly Sports Partnership's Sports Inclusion Development Officer delivered a range of sport and physical activity programmes supporting the participation of people with physical, sensory and intellectual disabilities; as well as those experiencing mental health difficulties.

In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver soccer for all programmes and adapted rugby programmes for people with disabilities, including those experiencing mental health difficulties. Among the programmes delivered were kick-start to recovery and soccer activities for those availing of July provision; as well as disability tag rugby and couch to five tags.

Across all the programmes delivered in 2019, 750 people with disabilities have been afforded opportunities to participate in sport and physical activity programmes.

For more information on the Sports Partnership's Sports Inclusion Development Programme, see appendix 3, sports inclusion development programme update for 2019 or contact the office on 057 93 57463.

People of an ethnic minority (see pillar 4, integration & celebration)

The unemployed



Continuing support from Sport Ireland Dormant Accounts in 2019 ensured that the south Offaly sports hub, established in 2017, continued to support the delivery of the physical activity element of MOJO.

MOJO is an evidence based mental health and well being programme for men who are motivated to make changes in their lives, delivered by Offaly Local Development Company. Offaly Sports Partnership via its hub delivered physical activity modules as part of each of the three MOJO programmes delivered in 2019

Travellers

Following the establishment of the Hub in south Offaly, Offaly Sports Partnership via the Hub has been in a position to outreach targeted programmes to specific underrepresented groups such as Travellers in 2019. Programmes outreached included mini Mojo, a four week support programme for young Traveller men; and a physical activity programme for Travellers delivered with the support of Offaly Traveller Movement.

Women & Girls

As part of our commitment to the Federation of Irish Sport's 20x20, "if she can't see it, she can't be it" #showyourstripes campaign, Offaly Sports Partnership delivered a range of physical activity, sport and education / training programmes for women and girls. Among the programmes delivered were: -



- Leinster Rugby / Offaly Sports Partnership post primary tag rugby blitz - over 100 female students from five post primary schools participated in the event held on the 13th March in Edenderry Rugby Club. The u16 and u19 winners, Sacred Heart School in Tullamore went on to represent Offaly in the Leinster finals held on the 21st March. "Go raibh mile maith ag" Edenderry Rugby Club who hosted the blitz on our behalf.



Action from the Leinster Rugby / Offaly Sports Partnership post primary tag rugby blitz for girls



- community coaching programme for young women aged 16 to 25 years - 2019 saw Offaly Sports Partnership deliver a community coaching programme for young women aged 16 to 25 years. 17 young women participated on the programme qualifying as foundation / level 1 coaches across 10 sporting disciplines. Trainees also assisted the Sports Partnership in the delivery of summer camps as part of their work experience module



- Denise Coghill, Offaly Sports Partnership's Community Sports Development Officer delivered a range of recreational sport programmes (e.g. basketball, soccer, etc.) for women

- physical activity challenge for women - with the support of Pauline Curley Fitness, Offaly Sports Partnership delivered an eight week physical activity challenge for women. The programme commenced on the 1st October; and 30 women took part in two physical activity sessions every week, one jogging and one fitness. Fitness levels increased greatly and some of the participants who began the programme as walkers progressed on to running 5k and longer distances thereafter.



In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver their soccer and rugby women in sport programmes. Among the programmes delivered were three soccer sisters programmes catering for 75 girls; a female festival of soccer catering for over 150 girls, walking football for 12 women; and the aforementioned Offaly Sports {Partnership / Leinster Rugby tag rugby blitz for post primary girls.

Youth at risk

In 2019, Offaly Sports Partnership worked with Garda Youth Diversion Projects and Youthreach via Denise, Offaly Sports Partnership's Community Sports Development Officer to deliver physical activity programmes for young people attending their services.

In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver their community oriented soccer and rugby programmes. Among the programmes delivered were late night leagues and soccer programmes for youth at risk

Continuing funding opportunities have ensured that Offaly Sports Partnership has been able to expand its range of sport and physical activity programmes delivered for under represented groups. See appendix 3, community sports development officer update for information on the community sports development programme delivered in 2019.

The continued availability of a FAI development officer and Leinster Rugby community club rugby officers support under represented groups to participate in sport.

Pillar 4 - Integrate & Celebrate

In keeping with Offaly Sports Partnership's vision, mission and equality statement, we seek to ensure that people of all backgrounds and abilities living in Offaly will have the opportunity to integrate into, and be visible within our county's organised sports clubs and facilities.

Furthermore, as a county which loves sport and strives towards a more vibrant sports culture, the Sports Partnership will seek to acknowledge and celebrate the achievements of Offaly's sports' people.

A range of actions in the areas of integration and celebration were written into our operational plan for 2019 to address this pillar.

Integration

1. *People with a disability*

While existing integrated clubs established via the Sports Inclusion Development Programme in recent years continue to flourish; new clubs were not established in 2019. Instead, Jean Brady, our Sports Inclusion Development Officer worked with schools to support pupils / students and teachers to deliver integrated programmes as follows: -

- adapted physical activity workshops for teachers and special needs assistants (SNAs) in primary schools. These workshops introduced teachers and SNAs to adapted games and sports which could then be rolled out as part of PE classes for special education needs units, and integrated PE classes across the school
- disability in sport awareness training for TYs which gave the students the skills to deliver integrated physical activity programmes with the Irish Wheelchair Association and primary schools such as boccia and interschools sports days for children with disabilities; while
- Scoil Bhríde Edenderry hosted a "sport for all" day for 3rd and 4th class, and the special education needs unit which was led out by their 6th class pupils who Jean supported with adapted physical activity training



Action from integrated sports programmes - adapted physical activity workshops for teachers and SNAs; and the Scoil Bhríde Edenderry "sport for all" day



Jean also worked with a number of national governing bodies of sport, leisure facilities and community coaching volunteers in the delivery of inclusive sport programmes for people with disabilities. Among the programmes delivered were: -

- Aura Tullamore / National Council for the Blind in Ireland Offaly Branch gym programme for people with sensory disabilities
- inclusive summer camps for GAA, July provision, rugby and soccer; and an inclusive sports day for people with disabilities supported by local sports clubs

2. People of an ethnic minority

Continuing funding opportunities with Dormant Accounts, via Athletics Ireland has ensured that Offaly Sports Partnership has been in a position to keep supporting our range of programmes which encourage children and young people of an ethnic minority to remain involved in sport and physical activity.

The key programme delivered in 2019 was the Integrated Academy for Athletics Performance (IAAP) which has as its long term goal the visible participation of persons of a migrant background at all levels in mainstream athletics in numbers, which at a minimum, is reflective of the new make-up of Irish society. The academy in Portarlinton continued to flourish with two training groups continuing to meet regularly, one focusing on general participation in athletics while the second group focused on preparing athletes for provincial, national and international competition. Two members (*pictured below*) of this programme were selected to represent Ireland in international competition during the summer.



An independent review of the work of the Academy was completed in 2019 by former Olympian, James Nolan. He identified a number of recommendations for action which are summarised below: -

Independent Review of Offaly Sports Partnership's
Integrated Academy for Athletic Performance 2011-2018



Submitted by JAMES NOLAN

- advocate for Athletics Ireland to take the lead in this area of work and put a national structure in place. Establish with Athletics Ireland if Dept. of Justice & Equality funding can be sourced in support of this recommendation
- continue the local project in its current format (with a focus on existing members of secondary schools age) to end 2022 or until a national structure for integration is in place
- advocate for the Olympic Federation of Ireland to include young migrant athletes on its "Dare to Believe" programme

Offaly Sports Partnership in association with the Offaly Local Development Company and the FAI also supported the participation of asylum seekers in direct provision centres in Dunkerrin and Banagher in sport and physical activity programmes such as soccer and swimming.

In addition, the FAI officer continued to deliver soccer programmes with a focus on the integration of people of an ethnic minority background into soccer. Among the programmes delivered were FARE week in two primary and one post primary school; and a soccer programme for primary school children in the Tullamore Educate Together School.

Celebration

Offaly Sports Partnership continues to acknowledge the sporting successes of Offaly's local sports people at local, national, European and international level.



2019 proved to be a year of great celebration especially in the area of disability and womens' sport. Offaly County Council hosted a civic reception for Offaly's Special Olympic athletes who competed at the world summer games in Abu Dhabi; while a number of Offaly sportswomen were recognised in achieving sporting success in their selected disciplines including two participants from the Sports Partnership's Integrated Academy for Athletics' Performance

The availability of more long term avenues such as integrated clubs for continuing participation has resulted in a number of Offaly Sports Partnership's programmes outlined heretofore under pillars one to three (i. Instilling Fundamentals & Improving Youth Fitness; ii. Increasing Adult & Older Adult Participation; and iii. Including the Least Active) becoming more sustainable. Coupled with the support available from our staff team, the Sports Partnership appears to be achieving its twin aims of integration and celebration

Pillar 5 - Improve capacity & Inform the sector

In keeping with the primary functions of sports partnerships as identified by Sport Ireland, this pillar is concerned with improving the capacity of the wider sports and physical activity sector by providing education and training programmes; and acting as an information hub for the sector.

Education & training

In 2019, the delivery of education and training programmes was our second largest area of work. This was primarily due to the availability of Dormant Accounts funding which ensured our support of community coaching programmes; sports leadership training programmes for students; and our standard education and training programmes which are available to the wider sports and physical activity sector. Education and training programmes delivered included: -

Child protection training

12 workshops from the Safeguarding programme were delivered for over 160 volunteers from 50 clubs / organisations



Community coaching

2019 saw Offaly Sports Partnership deliver a community coaching programme for young women aged 16 to 25 years. 17 young women participated on the programme qualifying as foundation / level 1 coaches across 10 sporting disciplines. Trainees also assisted the Sports Partnership in the delivery of summer camps as part of their work experience module.

Sports leadership for young people

Six sports leadership programmes were delivered. Five Sports Leader 1 courses were delivered for over 125 students from three post primary schools; while one Sports Leader 2 course was delivered for 17 young women as part of the Offaly Sports Partnership's Dormant Account funded Community Coaching programme during the summer



Sports specific coaching

With the continuing employment of a FAI officer, education and training programmes of the FAI have been outreached to 600 people working in clubs, communities and schools across the county

Interagency cooperation

In addition to the education and training supports provided, inter agency cooperation has assisted Offaly Sports Partnership in promoting sport and physical activity opportunities in Offaly for people of all ages and abilities. Key successes in the area of inter agency cooperation in 2019 include: -



1. Following ongoing support via the Healthy Ireland fund, Offaly Sports Partnership coordinated the delivery of the Healthy Ireland Offaly work programme on behalf of the Offaly Local Community & Development Committee (Offaly LCDC). The work plan was coordinated by the Healthy Offaly Coordinator, Dermot Egan and supported by the sports partnership's Administrator, Olivia Murphy

2. As heretofore mentioned, the continued availability of a FAI development officer and Leinster Rugby community club rugby officers as well as support from Athletics Offaly is ensuring that sport specific grassroots programmes for schools, clubs and other local groups outlined heretofore under pillars one to three (i. instilling fundamentals & improving youth fitness; ii. increasing adult & older adult participation; and iii. including the least active) continue to be supported

3. Access to funding via Sport Ireland Dormant Accounts Funding has also ensured that the south Offaly sports hub established in 2017 continued to be supported in 2019 to deliver a range of outreach programmes to schools, clubs and organisations



South Offaly Sports Hub

4. Capital funding secured from the Department of Children & Youth Affairs, the Department of Community & Rural Development and the Department of Transport, Tourism and Sport continues to support development of sport, play and physical activity infrastructure in the county

Information provision

Offaly Sports Partnership continues to use a wide variety of communication channels to get our message of inclusive participation across the life span in the public domain. Our website, www.offalysports.ie and our social media channels (Facebook, Twitter, Instagram, etc.) provide in-depth information on sport and physical activity programmes, funding schemes, etc.; and we will continue to develop these methods of communication going forward

Appendix 1 - Fit Class Award 2019

Boys

Individual (less than two per class)

1st	2nd	3rd	4th	5th	6th
Broughal 101	Horseleap 201	Clonmacnoise 302	Horseleap 401	Clonmacnoise 501	Ballyboy 602

Classes

Class	small class (3 – 7)	medium class (8 – 15)	large class (16 +)
1 st	Cloghan	Clonmacnoise	St Mary's Edenderry
2 nd	Clonmacnoise	Ballyboy	Scoil Mhuire Bainríon
3 rd	Ballyboy	Coolanarney	St Brendan's BNS, Birr
4 th	Ballyboy	Dromakeenan	St Brendan's BNS, Birr / Scoil Mhuire Bainríon
5 th	Ballyboy	Dromakeenan	St Brendan's BNS, Birr
6 th	Clareen	Ballinagar	Scoil Eoin Pól

Girls

Individual (less than two per class)

1st	2nd	3rd	4th	5th	6th
GS Birr 102	Ballyboy 202	Coolanarney 311	Coolanarney 405	Clareen 501	Coolanarney 605

Classes

Class	small class (3 – 7)	medium class (8 – 15)	large class (16 +)
1 st	Ballyboy	St. Mary's Edenderry / Dromakeenan	Crinkill
2 nd	Cloghan	Crinkill	St Mary's Edenderry
3 rd	Ballyboy	Rath	Crinkill
4 th	Carraig	Dromakeenan	St Cynoc's
5 th	Ballyboy	Rath	St Mary's Edenderry / St. Philomena's Tullamore
6 th	Ballyboy	Crinkill	Dromakeenan

APPENDIX 3 - COMMUNITY SPORTS DEVELOPMENT PROGRAMME 2019



Fáilte / Welcome

Denise Coghill (pictured opposite), Offaly Sports Partnership's Community Sports Development Officer (CSDO) continued in her role in 2019

Ms Coghill's role was made possible with funding from Sport Ireland.

The CSDO's role is to: -

1. work with communities in the development of locally based sport and physical activity interventions to increase the participation of people who are sedentary in sport and physical activity;
2. capacity build community sports leaders to lead and deliver the aforementioned sport and physical activity interventions; and
3. create opportunities for improved quality of life for other target groups (e.g. older adults, women and girls, and youth at risk) of the Sports Partnership

In an effort to address these objectives, the CSDO has delivered a range of physical activity and sport programmes for people in local communities, and other target groups of the Sports Partnership. The following pages will give an overview of the CSDO's work in 2019.

Community physical activity programmes

January - March

Community Transformation

In conjunction with Offaly Local Development Company and as a result of funding secured via Healthy Ireland, Ferbane was selected as the 2019 community transformation location.

Participants kicked off the programme by joining Offaly Sports Partnership at the national walk day in Lough Boora on Saturday, 12th January.



Thereafter, an eight week programme of community transformation events was delivered. Activities included weekly weigh ins, weekly exercise classes, community walking programmes and couch to 5k training programmes.

Key to the success of the programme was the community involvement. The programme concluded with a community walk on Monday, 11th March

Walking Football

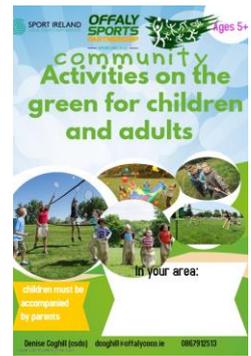


As part of the FAI’s work, Gary Seery, FAI soccer in the community officer delivered an introduction to walking football on behalf of Pollagh Mens’ Shed.

10 participants attended the initial introductory day with a six week follow on programme delivered thereafter

July / August

July saw the introduction of the “activities on the green” programme. Initially the programme was to be delivered on green areas in housing estates but a number of difficulties arose, specifically in relation to numbers participating and inter-generational involvement in the activities. As a result, the “activities on the green” programme transferred from green areas in housing estates to local GAA clubs. This had a substantial effect on numbers participating with 30 – 40 people participating on each programme.



The activities on the green programme took place in Ballycumber, Banagher, Belmont / High Street, Clonmacnoise / Shannonbridge, Doon, Ferbane, Lusmagh and Pollagh with activities such as basketball, Frisbee, Olympic handball, rounders, volleyball, etc. available

July / August also saw physical activities being delivered at a number of local festivals in Birr and other areas in conjunction with Offaly Local Development Company and the south Offaly sports hub. Approx. 50 people participated in the physical activity programme as part of these festivals



September – November

As a result of a successful community activities on the green programme delivered in July / August, four physical activity and sport programmes were developed and delivered for adults aged 35 – 55 years including:

-
- i. Two eight-week fitness through walking football programmes (one in Ballycumber and one in Cloghan). The programme ran from 7.30 – 9pm to accommodate people working during the day.



- ii. Two eight-week multi-sport programmes for women, one in Cloghan and one in Lusmagh. This programme is aimed at women with school going children and takes place in the morning after the school run.

Physical activity and sport programmes delivered as part of these sessions included badminton, basketball, pickleball, tag rugby, volleyball and walking football

It is anticipated that the programmes will recommence in the new year

Older adult in sport programmes

January



In January 2019, Jean Brady (SIDO) and myself attended Pickleball training in Multyfarnham with the ultimate aim of introducing the sport across Offaly in the coming year. Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong on a badminton court. It is proving to be a popular sport for older adults but can also be played by all.

February

In early February, an older adult in sport day took place in Pollagh with 14 older adults from various local groups in attendance. Participants got the chance to try out various recreational sporting activities – activator poles, boccia, chair badminton, chair volleyball, pickleball, scooch and walking football. A five week follow on programme of recreational sporting activities will commence in March



High Street Hall in Belmont hosted a health, social wellbeing and security information session for 50 older adults; while St Joseph's Community Centre, Kilcormac also hosted a mid-Offaly older adults' forum in late February.



March / April

Throughout March and April, I focused on a multi-sport programme for older adult groups. This took place every Tuesday morning over a five-week period, two different sports per morning and the venue changed every week. The idea behind this was to introduce the groups to a variety of sports, and hopefully to then get sports mornings taking place every week. The idea of the different venues was to create awareness of all the local halls in the area.

<p style="text-align: center;">Week 1</p> <p style="text-align: center;"><i>Walking Football & Activator Pole exercise sessions, High Street Hall in Belmont</i></p> <p>This was the first week of the programme, it was held in High Street Hall in Belmont.</p> <p>We had eight people for the walking football and 14 for the Activator Poles session</p>	<p style="text-align: center;">Week 2</p> <p style="text-align: center;"><i>Walking football & Activator poles exercise sessions, Ferbane GAA centre</i></p> <p>On Tuesday, 26th March walking football and an activator pole session in Ferbane GAA centre saw an even bigger turn out.</p> <p>There were 15 people present for the walking football, which I was able to split into three teams of five.</p> <p>The activator pole session was almost at capacity with 26 people participating.</p> <p>Both sessions were a great success with participants talking about how much fun both disciplines were</p>
--	---



<p style="text-align: center;">Week 3</p> <p style="text-align: center;"><i>Boccia and Pickleball, Pollagh</i></p> <p>Tuesday, 9th April saw Boccia and Pickleball in Pollagh Community Hall. 30 people came for the boccia first and they stayed for the pickleball. It was a great opportunity to introduce the sport of Boccia to the few participants who hadn't played the game before. This worked very well as the new comers benefited from the very experienced players who were present. I split the hall into three courts which worked very well as all got an opportunity to play as much as they liked.</p> <p>With such a big group staying for the pickleball, this provided me with the opportunity to introduce the game of Pickleball, as it's a very new sport and most hadn't played it before. Because of the physical demands of the sport, I was able to use the time when they needed a break to demonstrate the rules and the scoring of the doubles game. The feedback from the sport of pickleball was encouraging, and the feedback from the morning in Pollagh was very positive. One woman, who suffers with hip and knee mobility told me <i>"she couldn't sleep the night before and was up at 7 that morning with the excitement of coming to the session"</i></p>	<p style="text-align: center;">Week 4</p> <p style="text-align: center;"><i>Boccia and Pickleball, Ballycumber</i></p> <p>On Monday, 15th April Boccia and Pickleball was held in Ballycumber. 18 people participated. With the hall being slightly bigger than Pollagh, there was more room for the two sports. Both sports were a great success, further enhanced by the red faces of the participants</p>
<p style="text-align: center;">Week 5</p> <p style="text-align: center;"><i>Scooch, Badminton & Chair volleyball, Cloghan Community Hall.</i></p> <p>On Tuesday, 23rd April, 27 participants attended Cloghan Hall for Scooch, Badminton and Chair Volleyball. This was a greater number than I had anticipated due to the fact that it was the Tuesday following the Easter weekend.</p> <p>Scooch was the first game that we played. They participated for nearly an hour, although some decided that they weren't as fond of this game as other games, while others really enjoyed it. Following the tea and biscuits, I split the hall into two games, one half playing Chair Volleyball whilst the other played Badminton. Both of these games were very popular as I found it hard to get them to finish playing, which is always a good sign. I was able to use the session to inform the participants about future events such as the Chair Volleyball tournament in May, and the Walking Challenge in Ferbane and Cloghan in June, and future possible events running throughout the summer.</p>	

Belmont / High Street Womens' group



March and April also saw the hosting of two physical activity taster session for the womens' group in Belmont / High Street. The first session consisted of Badminton and Chair Volleyball. To work on their co-ordination skills, the group played the Badminton using balloons instead of the shuttle cocks which achieved greater success and maintained their interest. It also slowed the game down ensuring all participants were involved. Following this I introduced the group to Chair Volleyball, and again it was inclusive of all of the group.

Session 2 was held in early April and consisted of Activator Pole session. The first part of the session was exercises focusing mainly on mobility, flexibility and strength while seated. This was followed by cardio, coordination and strength exercises while on the move using the poles.

May

Chair Volleyball tournament

On Tuesday, 7th May I hosted a Chair Volleyball tournament for older adults.

This was a very successful event with great craic and enjoyment. There was a total of four teams competing.

There were seven students from Tullamore College officiating and assisting at the event, who were extremely helpful and very efficient. Crinkle / Birr were the eventual winners. This team will now be representing Offaly at the National Chair Volleyball tournament in Dublin on Thursday, 27th June



July



July saw the roll out of an older adults walking challenge in three locations in west Offaly – Banagher, Cloghan and Ferbane.

25 older adults took part in the challenge across the three locations with 17 walkers receiving certificates of participation across bronze, silver and gold categories

September – November

The older adult in sport programme is an adapted multi sport programme aimed at encouraging older adults (70+ years) to take part in physical activity and recreational sport programmes. Through various physical activities, elements such as aerobic fitness, balance, flexibility mobility, stability and strength are focused on. Programmes delivered include: -

- “Activator Poles” for Banagher Active Retirement Group. “Activator Poles” consist of an exercise class in which walking poles are used to improve core strength, posture and stability; while reducing impact on hip and knee joints. The session was delivered as a seated activator pole workshop. The 39 participants thoroughly enjoyed themselves, with our oldest participant at 96 years completing the full class
- a four-week multi-sport programme for 24 older adults from a number of older adult groups took place in High Street Hall, Belmont. Each session lasted 90 mins with two activities delivered across the 90 mins. Activities included activator poles, badminton, boccia, chair volleyball, pickleball, scooch and walking football
- over four Monday nights in October / November, I led a multi-sport programme for women of a varying ages (40 to 80+ years) in Belmont. Again the programme was an adapted multi-sport programme focusing on all elements of physical fitness appropriate to the participants’ age.



Schools programmes

January - June

I delivered a range of schools based programmes across schools in West Offaly including: -

- SPORTSHALL Athletics which concentrates on improving fundamental movement skills of primary school pupils
- multi-sport programmes which introduces primary school pupils to different sports

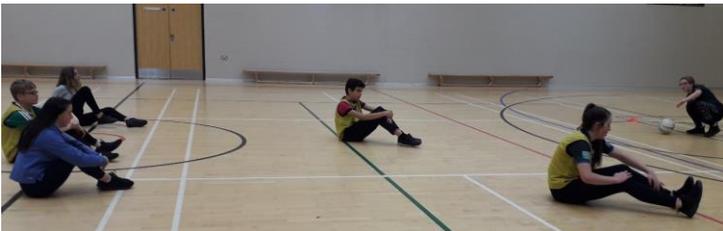
In addition, all primary schools were informed of Offaly Sports Partnership annual Fit Class Award programme which takes place in May. The Offaly Fit Class Award is an opportunity for primary schools to compare the speed and endurance fitness of their pupils against all other participating schools in Offaly; and to secure the title of Offaly's Fittest Class across small, medium and large class sizes for boys and girls. 42 schools took part in the programme this year



Fit class award presentations

I also supported the delivery of school cycle days for High Street National School, Belmont as part of Bike Week 2019.

80 pupils and teachers took part in the 3k, 5k and 10k cycles as part of the day



And finally, I delivered the sports leadership 1 award for TY students in Gallen Secondary School, Ferbane and aims to develop leadership skills of young people.

All students gained insights into coaching and leading; and it is hoped that they will bring these skills back to their local sports clubs / youth organisations in a volunteer capacity

Youth in sport

January - April

I delivered a range of youth in sport programmes for children and young people including: -

- Multi-sport programmes in Clonfanlough. Of the 35 members in the youth group, between 15 and 30 children and young people attended the programmes
- Three four-week multi-sport programmes in Pollagh youth space. 30 children and young people participated on each programme
- Easter camp for disadvantaged children and young people in conjunction with the south Offaly sports hub. 14 children and young people took part



May to August

I delivered a range of youth in sport programmes for children and young people including: -

- Cycling with Banagher Youthreach – as part of our Bike Week programme for 2019, Offaly Sports Partnership accompanied 15 students and two tutors from Banagher Youthreach on a Lough Boora cycle day
- Summer camps for disadvantaged children and young people in conjunction with Offaly Local Development Company. Across the three summer camps supported, 60 children and young people participated in the activities

For further information on the community sports development programme, contact Denise Coghill, Community Sports Development Officer, Offaly Sports Partnership on 086 7912513 or by email to dcoghill@offalycoco.ie

APPENDIX 3 - SPORTS INCLUSION DEVELOPMENT PROGRAMME 2019

(submitted to the Health Services Executive as a condition of their contribution towards Offaly Sports Partnership's Sports Inclusion Development Programme)

Offaly Sports Partnership's Sports Inclusion Development Programme is supported by



Fáilte / Welcome

Jean Brady (pictured opposite), Offaly Sports Partnership's Sports Inclusion Development Officer (SIDO) continued in her role in 2019

Ms Brady's role was made possible with funding from Sport Ireland, the Health Services Executive and Offaly County Council.

The SIDO's role is to: -

1. support the delivery of physical activity and sport programmes with the aim of increasing the number of people with disabilities (physical, sensory and intellectual; as well as those experiencing mental health difficulties) participating in sport and physical activity); and
2. create opportunities for improved quality of life for other target groups (e.g. older adults, women and girls, and youth at risk) of the Sports Partnership

In an effort to address these objectives, the SIDO has delivered a range of physical activity and sport programmes for 750+ people with disabilities, and other target groups of the Sports Partnership. The following pages will give an overview of the SIDO's work in 2019.

January

Operation Transformation Walk

The National Operation Transformation Walks took place nationwide on January 12th. Offaly Sports Partnership hosted the Offaly walk in Lough Boora. Over 200 people of all ages and abilities took part in the walk. A great morning was had by all.



Sports Inclusion Walking Challenge



The 2019 Sports Inclusion Walking Challenge began on the 23rd January. Walks take place in Birr Castle and Lyods Town Park every Wednesday.

40 participants took part in the challenge from centres in Birr and Tullamore. Participants counted up the distance they covered over eight weeks and were presented with certificates on completion of the challenge at the end of March.

Pickleball Training Day

On 25th January Denise and I attended Pickleball Training. We had a great day learning about the sport and how it can be of benefit to the groups we are working with.

Pickleball is a sport that is played across the US. It can be played by 8 year olds to 80 year olds and is growing in popularity in Ireland. It is a paddle sport that combines elements of tennis, badminton, and ping pong on a badminton court. It is the new kid on the block for the growing older generation who want to get active and have fun as they age.



CAHMS Offaly – Lifestle redesign Programme

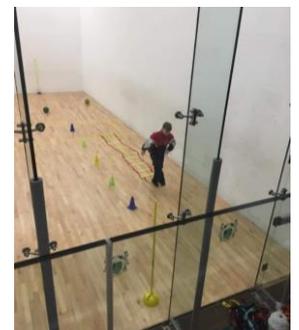
Lifestyle redesign is an innovative occupational therapy treatment approach to building a healthier lifestyle. CAHMS Offaly ran an eight week programme every Wednesday for teenagers between the ages of 14 and 18 attending their service.

The course included elements of encouraging community engagement, developing functional skills, developing healthy time use and encouraging physical activity and motor skills. I delivered the physical activity aspect of the programme where I introduced the group to new sports and games that they may not have played before.

February

Camcor Warriors Visit

On February 7th I attended Camcor Warrior football for all training session. I met with the committee and the coaches and talked through their plans for the year. The group are making excellent progress. They train every Thursday in Crinkill Ball alley and show a great desire to learn and improve. Well done to all involved.



ASD Multi Sports Programme



The Junior and Senior Sonas class in Daingean NS took part in a six week Multi Sports Programme in February and March.

The children developed a variety of skills and really enjoyed the sessions

Introduction to sports day in Pollagh

On the 8th February Denise, Gary and I held a “come try sports day” in Pollagh.

Older adults in attendance got the chance to learn and play new games such as scooch, activators, pickleball, chair volleyball, boccia and walking football.

Thank you to Frank Fahey from Fit Walk Ireland who attended on the day and ran a really enjoyable activator and scooch session.



EEO Launch ‘Together we are Stronger’



I attended the Enhancing Equality Offaly Conference on the 18th February. Enhancing Equality Offaly is made up of Offaly Local Development Company, Muiriosa Foundation, Inclusion Ireland, Laois Offaly Education Training Board, Clara Family and Community Resource Centre, Offaly’s Public Participation Network and Reps from RehabCare and The Centre for Independent Living. It was a very informative day where I got to link and network with local disability services

Autism In Sport Workshop

Offaly Sports Partnership held their first Autism in Sport workshop on the 18th February.

The course was fully booked with Club coaches, SNA’s, Parents, and Teachers all receiving tips on how to recognise and understand key areas of autism as well as looking at practical strategies which help to include people with autism in sport sessions





People with Disabilities Boccia Blitz

Our people with disabilities Boccia Blitz took place on the 21st February. Over 40 participants from a range of services across PAN disability took part in the blitz.

Participants displayed a high skill level on the day. Congratulations to the Irish Wheelchair Association who were the winners on the day and the National Learning Network 'Mad Hatterz' team who were runners up.



Disability Awareness Training

Disability Awareness Training was delivered to 70 students from Coláiste na Sionna in Banagher on the 27th February. The students were taught how to deliver adapted physical activity games, run tournaments, play and referee Boccia. A big thank you to Geraldine Walsh from the Irish Wheelchair Association who assisted with the training.

20 TY students from Coláiste Choilm also underwent disability awareness training in preparation for their roll out of an interschools programme in four primary schools in Tullamore in March



March

FMS with Susan Crawford



On the 6th March I attended a Functional Movement Session with Dr Susan Crawford from Get Autism Active. It was a very insightful workshop with theory and practical based workshops.

Thank you to Carlow Sports Inclusion Development Officer for offering me a place to attend.

IWA Boccia League Banagher / IWA

The Irish Wheelchair Association participated in a Boccia league with TY students from Coláiste na Sionna in Banagher. The programme began with a training day for the students involving learning how to play and officiate a boccia game. They also learned how to organise and run a tournament. On Tuesday 5th March the first round of the league was held and a great time was had by all. The programme ran over four weeks with the winners presented with the trophy on the final day.



This programme is an excellent way of promoting inclusion while also developing organisation and communication skills among the students. The participants from the Irish Wheelchair Association really enjoy interacting with the students and there is a great element of competition between the teams.

Interschools Programme – Colaiste Choilm



The interschools programme took place throughout March. The programme saw TY students from Colaiste Choilm visit four primary schools in Tullamore where they ran activities and games with the children.

The four primary schools that took part included St Josephs, Ballinamere, Scoil Bhride and Educate Together. There were great reports back from the sessions with both the primary school children and TYs gaining many skills from the programme.

Women in Sport – Leinster Rugby Blitz

In line with our support of the 20x20 campaign there was a great day of rugby on the 13th March at the inter schools’ rugby blitz for post primary girls. The blitz was hosted by Leinster Rugby and Offaly Sports Partnership.

In excess of 100 girls from five local post primary schools took part in the U-16 and U-19 competitions. Congratulations to the winners of both categories (Sacred Heart Tullamore) and the runners up (Mercy Kilbeggan) who advance to the Leinster competitions on the 21st March



Activator Pole Training

Activator Pole Training took place on Tuesday 12th and Thursday 14th March. Many thanks to Frank Fahey from Fit Walk Ireland who delivered a very practical workshop.



We hope to start some activator programmes for pwd and older adult groups shortly.

FitKidz activation programme

The FitKidz activation programme began in March and ran until June.

The programme involved occupational therapists from the HSE and I running exercise sessions for pupils from Offaly Special School of Education. Sessions took place in the rugby club on Mondays, Tuesdays and Thursdays.



Colaiste Choilm Interschools Final event

On Wednesday 20th March the final day of the inter-school event was held in Colaiste Choilm Tullamore. This has proven to be a very successful programme which sees pupils from different schools interact and participate together in fun activities that are suitable to their individual ability.



The gym was full on the day with pupils from Scoil Bhride, Educate Together, Ballinamere, Daingean and St Josephs all taking part. Huge thanks to Colaiste Choilm's Mr Cassidy and all the TY students for helping run such a successful programme.

Older Adult Pickleball Introduction in Mucklagh



On Thursday 21st March Denise and I held a workshop in Mucklagh hall on the sport of Pickleball. The workshop provided the participants with an opportunity to get experience and play and learn the rules of Pickleball.

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong on a badminton court. It is proving to be a popular sport for older adults but can be played by all. There were some very keen and enthusiastic players present, who found the workshop very beneficial and will begin to play it in their active retirement groups

April

National Council for the Blind in Ireland (NCBI), Offaly branch Gym classes

On Wednesday 3rd April NCBI members resumed their gym programme in Aura Leisure Centre Tullamore. This is an excellent programme where participants have the opportunity to experience a range of classes including spinning, light weight exercises, core strengthening and flexibility exercises. This is also a great way to promote social inclusion and integration in leisure facilities.



Irish Wheelchair Association (IWA) / Banagher College Boccia Finals

The final day of the IWA / Banagher college league took place on April 3rd. The semi finals and final were very competitive and a great day was had by all.

Thank you to Banagher College for the continued involvement and support in the programme. Congratulations to IWA 3 who were runners up and Banagher College who won the league and took home the trophy for the year



Over 50s Boccia Finals

The Offaly Sports Partnership Over 50's Boccia League came to an end on Sunday 7th April in Mucklagh Community Centre. This was the final day of the Ladies, Mixed and Mens' Leagues which had been running since September



In excess of 80 people turned out to support the 6 teams who had reached the finals. Congratulations to Clonbullogue Ladies, Crinkle / Birr mixed and Belmont Men A teams who were all victorious on the night. It is great to see the Over 50's Boccia League growing with a total of 26 teams and 135 older adults taking part across the three different categories this year. Congratulations to all teams, finalists and winners on a very successful league.

Civic Reception for Special Olympics Athletes

On April 15th a civic reception was held to recognise the outstanding achievements of Offaly's three special olympic athletes Oisín Feery, Mark Saddler and Damien Breslin.

Swimmer Damien Breslin from Clareen was part of the Irish team that won gold in the 4 x 25-metre freestyle relay event, while Kilcormac's Mark Saddler won gold in the singles ten pin bowling competition, as well as earning a fourth place ribbon in the doubles competition with his team mate Hugh Naughton from Roscommon.

Kayaker Oisín Feery from Tullamore claimed gold in the 200m event and a bronze in the 500m race. A large crowd turned out to congratulate the three athletes on their success and a great night was had by all.



Presentation of Walking Challenge Certificates

On 17th April presentations of the walking challenge certificates were held in Birr and Tullamore. Participants from St Cronan's and St Anne's Services in Birr; and the National Learning Network, Bannon Centre and Muiriosa Foundation in Tullamore all received their certificates.



13 participation certs, 11 bronze certs, 12 silver certs and four gold certs were presented in total. Congratulations to all the participants who took part and completed the walking challenge

May

Oaklands Edenderry – Mentoring Programme

On Tuesday 21st May I attended Oaklands Secondary School to deliver mentor training to Ty and 5th year students. The students gained both theory and practical leadership skills on the day which they hope to use in September to engage with the incoming first year students.

Therapeutic Horse Riding



A four week Therapeutic Horse Riding programme took place in May in Whitefield Stables in Rhode.

10 participants took part in the programme. Great feedback was received from both the children and parents. Many thanks to Jeanette and all her team in Whitefield stables for the care and attention they gave each child.

Offaly's Olympian kayaker

. It has been a busy few weeks for Offaly's Olympian kayaker Oisín Feery.

On the 17th May Oisín was an event ambassador who helped launch the 2019 Watersports Inclusion Games. This is a national event which aims to showcase the best of Irish inclusive watersports. The games will take place in Kinsale on the 24th / 25th August.

One week later on the 23rd May Oisín was a guest speaker at The Federation of Irish Sports Annual Conference 2019. Offaly Sports Partnership would like to congratulate Oisín on all his recent events



SIDO Networking Event



On 28th May I attended a networking and consultation event in Blanchardstown.

Speakers from Cara and Sport Ireland gave updates on the national sports policy, LSP case studies on examples of good practice, research into the landscape of participation for people with disabilities and training and education updates.

June

Sport for All day – Scoil Bhríde Edenderry

On the 5th of June I ran a ‘Sports for all’ day in Scoil Bhríde primary school, Edenderry. The boys and girls in 3rd and 4th and the special classes had the chance to try out adapted activities such as Goal Ball, Boccia, Bucket Ball, Sitting Volleyball, Bowling, Target Throwing and Balance Boards.

The 6th class students also gained leadership skills as they were introduced and shown adaptations of each activity, therefore helping run each station on the day.



Disability Inclusion Training



Áine from CARA delivered an excellent Disability Inclusion Training on Saturday 8th June.

Coaches and volunteers who plan to start up and run a GAA for all club in Tullamore GAA took part in the training. The knowledge gained from this course will be very helpful for the set up and running of the new club going forward.

Sports Leader 2 Training with Community Coaching Programme for Young Women

I delivered a sports Leader level 2 training course to our community coaching group in June.

This course provides leadership, organisational, planning, communication and teamwork skills through the medium of sport. It also gives our coaches the qualifications to lead without direct supervision.

These girls went on to gain valuable experience in leading activities at Offaly Sports Partnerships July Provision Sports Day and Multi Sports Camp.



Tandem Cycling



The National Council for the Blind (NCBI) in Ireland Offaly branch summer tandem cycling programme resumed on the 11th June in Lough Boora.

This is a very successful programme facilitated by NCBI, Wolftrap Cycling Club and Tullamore Cycling Club. The programme takes place once/twice a month. A huge thank you to all those involved for facilitating this programme

Go for life Games Day – Tullamore Mental Health Association

On the 19th June Offaly Sports Partnership in association with Tullamore Mental Health Association held a regional Go For Life Games day.

Teams from Offaly, Laois, Westmeath and Longford took part in flisk, lobbors and scidills competitions. There was over 150 people in attendance on the day. Thanks to Niall Farrelly and all in the Bannon Centre in Tullamore for all their work in organising the day



July

July Provision Sports Day

On July 10th an adapted activities day was held in Tullamore Harriers for 45 children from St Josephs, Ballinamere, Clara, Rahan, Edenderry, Kilcormac and Killeigh schools involved in the July Provision Programme.



Thanks to our community coaching leaders who volunteered on the day. A great day was had by all.

Summer Camp Sport Sessions for people with disabilities

Throughout the summer we assisted many groups with equipment and the set up of fun activities and games:

- the Offaly Association for People with Intellectual Disabilities situated at the Riverside Centre, Tullamore hosted a summer camp for children with physical disabilities where they really enjoyed getting the opportunity to try out new games and activities



- Rehab Care hosted a fun adapted session to celebrate the Summer Holidays. The participants had a great time playing Volleyball, sitting volleyball and Scidils.

Community Coaching programme for young women



In line with the 20x20 campaign, “if she can’t see it, she can;t be it” a community Coaching programme for young women took place from June 10th to July 11th .

The group completed many modules including Sports Leader Award, Rugby Prime, Athletics Assistant, Gaa Foundation, Safeguarding, First Aid , Spikeball, Hockey, Kickstart / PDP 1, Water level 1 skills and AED training courses. They also went on a College trip and gained work experience as part of the course.

This programme was focused on successfully assisting young women to gain the necessary skills to enable them to seek employment, coaching, volunteering and further education opportunities in the sports sector; for example as coaches, referees, physical activity leaders, etc. Most leaders will recieve 10 certificates at the presentation evening in September.

Sports Inclusion Day 2019

The annual Sports Inclusion Day in conjunction with The National Learning Network Tullamore and Laois Offaly Education and Training Board took place on the 16th July in Colaiste Choilm, Tullamore.

Over 150 people turned out from a range of services across the county taking part in a variety of activities. Activities were delivered by Tullamore Basketball Club, FAI Offaly, Tullamore Rugby Club, Offaly GAA, Tullamore Tennis Club, SBG Tullamore, Dorinda Cuskelly Dance, Tullamore Garda Station, Offaly Sports Partnership and National Learning Network Tullamore.

Everyone had a great day trying out lots of new activities and finding out what clubs are on offer in the local area. Well done to everyone involved



Multi Sports Camp – Colaiste Choilm

Offaly Sports Partnerships Multi Sports Camp took place on the 17th and 18th July. Children with additional needs and their siblings got the chance to try out a number of sports including Soccer, Tag Rugby, Golf, Wrestling, Badminton, Basketball, Athletics and Boccia. 30 children attended the camp.

Many thanks to all the coaches who delivered adapted sports sessions and to our Community Coaching volunteers who helped run the camp.



Autism In Sport Course

Our second Autism in Sport Course was delivered on the 29th July in Mucklagh Community Centre. 14 people including coaches, SNA's and parents attended the workshop which gave both theory and practical advice about Autism in Sport.

Inclusive Rugby Camp

The Bank of Ireland Leinster Rugby Inclusion Camp took place in Offaly from 30th July 30th to 1st August.

The camp focused on adapting rugby to meet the needs of camp-goers to maximise enjoyment, optimise learning and improve rugby skills. Well done to Leinster Rugby and all the coaches involved on a very successful camp



August

Inclusive GAA Cúl Camp

Offaly GAA and Offaly Sports Partnership partnered up to run Offaly's first ever Inclusive GAA Cúl Camp. The camp took place in Bord Na Mona O' Connor Park on the 6th, 7th and 8th August.



27 children with additional needs and their siblings took part in the camp. Well done to all the coaches, volunteers and children involved.

Claire Gaffney Big thank you to all involved Enda had a great time and already Looking forward to next year's camp .
Like · Reply · 2d

Elaine Loughman Thank you to all involved. Great to have activities for our kids to enjoy at their individual level. Well done to all involved. A great camp
Like · Reply · 3d

Anne Marie O'Halloran Tadhg had a brilliant week at camp, thanks to all involved 🍀🍀🍀
Like · Reply · 3d

Teresa Dunne Thank you to everyone involved in this camp.it was excellent and so inclusive.Each child had such fun and the coaches were so aware of individual needs. Eoghan loved it. 🍀
Like · Reply · 3d

Clare Lawlor Well done to everyone involved - they had a Brill time 😊

Carmel Duncan Flanagan Well done to all the organisers coaches, sna's and those who have made this camp such an enjoyable one for all the children 🍀🍀🍀
Like · Reply · Message · 4d

September

Community Volunteer Programme (aka Community Coaching)

On Monday, 16th September, the 17 young women who completed the Community Volunteer Programme during the summer were awarded their certificate portfolio. We were delighted to welcome former Irish rugby player, and newly appointed Sport Ireland Women in Sport Coordinator Nora Stapleton; and former football and camogie star, and current Chief Executive Officer of the Federation of Irish Sport, Mary O Connor to the celebration.



Ms O Connor and Ms Stapleton presented each participant with their certificate portfolio, with each participant receiving a range of foundation and level 1 coaching qualifications in the sports of athletics, basketball, GAA (hurling and football), hockey, rugby, soccer (FAI), volleyball, water sports (level 1 kayak skills); as well as safeguarding (child protection), sports first aid including heartsaver CPR and AED, and Sports Leader UK Sport Leader 2.

IWA Junior Club

On the 16th of September the first session of establishing a new IWA Junior club for the Offaly and Laois area took place in Clonaslee Community Centre. Introduction sessions took place for 6 weeks. It is hoped the club will get back up and running in Tullamore in the New Year.

Mens Sheds Information Day

On Wednesday, 18th September I hosted an information stand at the Offaly Mens' Sheds Showcase.

It was great to meet with different groups on the day and inform them of the benefits of physical activity and show them the variety of programmes and activities we have on offer for mens groups.



Couch to 5 Tags in Edenderry

On Wednesday, 18th September our Couch to 5 Tags programme in conjunction with Leinster Rugby and the Bannon Centre in Tullamore began once again in Edenderry.

It was great to see some new faces to the programme this year. Many thanks to the Acorn project for use of their astro turf area



Sports Inclusion Disability Officer Network CPD & Training Event

On Tuesday, 24th September CARA (the national organisation providing a collaborative platform to enhance sport and physical activity opportunities for people with disabilities) held their national meeting for SIDOs in Tralee I.T. The event provides an opportunity for SIDOs to share ideas and practices for working in the field of sports inclusion. It also provides an opportunity for SIDOs to meet and discuss programme ideas and work plans.



This year's guest speakers included America's Dr Lauren Lieberman who is an expert in the world of physical activity and sports for individuals who are blind, visually impaired and deafblind; Dr Lynn Anderson, director for the Inclusive Recreation Resource Center also gave insight into new Inclusion models and apps which can be used here in Ireland.

Community Food Initiative event in St. Broghan's NS, Bracknagh



On Friday, 27th September, I attended an Offaly Local Development Community Food Initiative in St Broghan's NS where I led a physical activity session for the school children.

The pupils took part in activities which worked on fitness, balance and hand eye coordination

October Age Friendly Showcase

On Tuesday, 1st October I attended the Age Friendly showcase in Tullamore Court Hotel. I hosted a stand on the day where I met older adults and informed them of the different programmes and activities Offaly Sports Partnership rolls out for older adults.

In the afternoon we ran an Activator Pole exercise session. We had huge interest in the programme after the taster session; and as a result have run two activator poles programmes which were very well attended.



Physical Activity Challenge for Women

On Tuesday 1st October our eight week Physical Activity Challenge for women began. 30 women signed up to completing a jogging session on a Tuesday and a fitness class on a Thursday for eight weeks. Huge thanks to our instructor Pauline who led a varied and motivated class each week. Fitness levels increased greatly and some of the participants who began the programme as walkers progressed on to running a 5k in the last week.



Sports Leader Training - Colaiste Choilm



On Thursday, 10th October Colaiste Choilm TYs completed their Sports Leader 1 Course. The course ran for six Thursdays during September and October.

The course provides leadership, organisational, planning, communication and teamwork skills through the medium of sport.

It also gives TYs the opportunity to gain experience coaching primary school children. As part of their assessment for the course each student had to take a primary school class for half an hour of P.E. Thanks to Scoil Bhríde for facilitating this assessment.

Over 50's Boccia League

The over 50s Boccia League began on the 20th October with games each week until November 10th. The teams are taking a break for the Christmas period but will resume on the 9th February for the second half of the league.

This year we have three different competitions, a Mens League, Ladies League and Mixed League with a total of 25 teams competing.



NCBI Sports Event

On Tuesday, 15th October, Offaly Sports Partnership along with Laois Sports Partnership and the NCBI hosted a sports event with Dr. Lauren Lieberman who is the founder of Camp Abilities (an educational sports camp for children with visual impairments).

The participants got to experience Goalball, Soccer, Athletics, Wrestling and Guide Running on the evening. The event was a huge success with both parents and children enquiring could it be run on a regular basis.



November

Swimming Programme for Children with Additional Needs

On Wednesday 6th November our new swimming programme for children with additional needs began in the Fitness Club in Tullamore Court Hotel.

The programme finished on December 4th with 13 children attending over the five weeks. Many thanks to the Fitness Club for helping us run such a worthwhile programme.

Activator Poles Programme with Moez in Mucklagh

Our first Activator Poles programme took place in Mucklagh Community Centre in November. Over 15 women took part in the programme with our tutor Moez.



We received great feedback and look forward to running additional programmes in the new year.

Colaiste Choilm Information Day

On Friday 15th November I attended Colaiste Choilm's sports club open day.

It was great to talk to members of each year about the schools, training and volunteering programmes we have running that they may be interested in



Boccia Introduction with Aghancon Community Group Coolderry

On Tuesday, 19th November I attended Aghancon Community Centre in Coolderry with Declan from Offaly Local Development Company to speak to a newly formed community group about sports activities the Sports Partnership have on offer.

They are particularly interested in the Boccia and have started playing it each night they meet. It was great to meet with them and inform them of the Boccia league and how it runs. We hope they will participate in our community / older adult events going forward.

National Seminar for Inclusion, Castleknock Hotel in Dublin



On Thursday, 21st November, CARA in partnership with Sport Ireland hosted the National Seminar for Inclusion in the Castleknock Hotel, Dublin.

The theme for this year's seminar was "Children with Disabilities" and key note speakers included Chris Watts and Brendan O Connor.

The National Seminar for Inclusion is a place of great learning and sharing whilst highlighting and discussing areas of importance in sport and physical activity opportunities for people with disabilities in Ireland.



PPN Plenary

On Thursday, 28th November I attended the PPN Plenary on behalf of Offaly Sports Partnership

I hosted a stand on the night and introduced Offaly Sports Partnership to the crowd giving them information on Offaly Sports Partnership and the type of programmes and activities it provides to communities in Offaly

Fitzone Challenge

Thursday, 28th November saw an end to the Fitzone Challenge in the Town Park in Tullamore. Congratulations to all participants from the National Learning Network and the Muiriosa Foundation who came along over the 10 weeks to work on improving their fitness levels while having fun at the same time.



December Rock Steady Boxing Session

Monday December 2nd we held a Rock Steady Boxing taster session in Mucklagh Community Centre for people who have Parkinson's.

The session went really well with 8 people with Parkinson's attending the session. All participants seem very eager to participate in a six week programme in 2020.

On

Rock Steady Boxing Taster Session
for people with Parkinson's

- Calling all people with Parkinson's
- Monday 2nd December
- Mucklagh Community Centre
- 11am - 1pm

ROCK STEADY BOXING MIDLANDS

Rock Steady Boxing is a non contact fitness programme designed for people with Parkinson's. The exercises involved in Rock Steady Boxing combine physical activity and the learning of new skills which require the brain to adapt to new challenges and routines. Besides being fun and socially engaging, some of the reported benefits include increased independence and confidence as well as physical improvements.

Contact Jean (0867912508) to book a place (jbrady@offalycoco.ie)

An Garda Síochána's Christmas Party for service users and active retirement groups in Tullamore

On Wednesday, 4th December, I was invited to attend An Garda Síochána's Christmas Party for older adults and service users in Tullamore.



It was great to chat to the groups about different activities and events in what was an informal afternoon of food, music and dance.

For more information on the Sports Inclusion Development Programme, contact Jean Brady, Sports Inclusion Development Officer, Offaly Sports Partnership on 057 93 57463 or 086 7912508 or by email to jbrady@offalycoco.ie