



# Sports Inclusion Development Programme 2022

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## Fáilte / Welcome

The context for the delivery of Offaly SP's Sports Inclusion Development Programme (SIDP) in 2022 is as follows: -

- Eimear Lynch was contracted to cover Jean Brady's maternity leave from October 2021 to April 2022; however, following her recruitment to Kilkenny Sport & Recreation Partnership as their Community Sports Development Officer, she departed her role with Offaly SP at the end of January 2022
- Denise Coghill, Community Sports Development Officer (CSDO) with Offaly SP, returned from her maternity leave in March; and assumed responsibility for the delivery of a number of the SIDP actions to August 2022. Denise was supported in this work by various tutors and Offaly SP's newest staff member, Liam O Reilly (ACE coordinator)
- Jean Brady, Sports Inclusion Development Officer (SIDO) with Offaly SP, returned from her maternity leave in September; with delivery of the SIDP at full capacity throughout quarter 4 of 2022



Eimear Lynch  
Interim SIDO



Denise Coghill  
CSDO



Liam O Reilly  
ACE coordinator



Jean Brady  
SIDO

The SIDO role is made possible with funding from Sport Ireland (salary costs); while the Health Services Executive provides funding towards programme delivery. The SIDO role is to 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.

The spike in Covid19 cases across quarter 4 2021 and quarter 1 2022, and the accompanying health restrictions in situ had an impact on the roll out of planned sports inclusion development programmes in the first quarter of 2022. However, as restrictions began to ease, delivery of the various elements of the SIDP was scaled up. To date, over 500 people with disabilities have participated on the programme.

The following pages will give an overview of the SIDO's work in 2022

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## Quarter 1 – January to March

### **Inclusive PE**

Eimear Lynch delivered this programme in three primary schools - Scoil Chartaigh Naofa, Rahan; Gortnamona National School; and Crinkill National School.

Among the activities delivered as part of this programme were fundamental movement skills through the medium of SPORTSHALL Athletics.



Eimear also delivered a similar programme in St Mary's Secondary School, Edenderry in January. Activities delivered as part of the programme included functional movement screening, boccia, track (hurdles) and field activities (javelin, medicine ball, etc.). The aim of the programme was to assess the fundamental movement skills of participating students and to introduce new activities that the students can complete to improve their balance, mobility, and flexibility.

As part of the programme, Eimear also presented on the work of the Sports Partnership, barriers to sport and physical activity, and third level sporting pathways, etc. to the sixth year students who are undertaking PE as an examination subject in the 2022 / 2023 leaving certificate cycle

*To whom it concerns,*

*Eimear Lynch visited our school on three consecutive Thursday mornings starting January 13<sup>th</sup> to help our SEN teachers and the PE department look at suitable, fun and inclusive activities for a group of SEN students who have very diverse intellectual and physical needs.*

*Eimear struck up a great rapport with the students and the activities she led them on were both challenging and engaging. The pupils' psychomotor and locomotor skills were challenged in a fun and safe environment with Eimear's direct attention and quality feedback helping the students to maximise their participation as well as their abilities. Pupils began to look forward to the classes and their development from week one to week three was excellent. Indeed, it was noteworthy to see an improvement in such a small space of time. Eimear's organisation and selection of equipment and activities really suited the group and I have to commend her ability to motivate a group whose ability levels are very diverse.*

*Eimear also spoke to our Leaving Certificate Physical Education students about the role of the Local Sports Partnerships, her own journey and other aspects of the Leaving Certificate course, which was very beneficial to this group of students, ahead of their Leaving Certificate examinations in June.*

*On behalf of the teachers and pupils involved, we would like to thank Eimear for her time and expertise.*

*Regards,*

*Finian Newman*

*PE / Maths / SEN Teacher*

*St Marys Secondary School Edenderry, Co Offaly*

### **Activator pole sessions for older adults in Edenderry**

Denise Coghill organised “activator pole” sessions for older adults in Edenderry. Robin Geraghty supported Denise with the delivery of these sessions.

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## **Quarter 2 – April to June**

### **Inclusive PE**

Denise Coghill, CSDO<sup>1</sup> delivered this programme in two primary schools (Ballinagar National School; and St Peter’s & Paul’s National School, Horseleap). 125 pupils were supported with the programme across May and June.

### **After school programmes for children with additional needs in Tullamore and Daingean**

22 children (15 in Tullamore and 7 in Daingean) with additional needs participated on these programmes, which took place on Tuesdays and Wednesdays in May. Thanks to Denise and all the Offaly SP tutors for supporting delivery of these programmes.



### **Physical activity programme supports for “May mental health month”**

A variety of activities were delivered in association with Tullamore mental health services in both Tullamore (Mondays in St Mary’s Youth Centre) and Daingean (Fridays in Daingean GAA with the support of the Daingean Community Sports Hub). 60 people participated across the two programmes (40 in Tullamore; and 20 in Daingean).

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<sup>1</sup> CSDO – community sports development officer



### Quarter 3 – July to September

#### ***July provision sports days***

Our sports days for children on the July provision programme were a big hit again this year.

80 pupils were supported to participate on the programme which took place on the 7<sup>th</sup> and 8<sup>th</sup> of July.



#### ***Inclusive multi-sport camps for children with additional needs***

Our annual multi-sport camp for children with additional needs took place on July 25<sup>th</sup> and 26<sup>th</sup>.

Over 30 children with additional needs and their siblings enjoyed a variety of adapted physical activities. Many thanks to Colaiste Choilm for the use of their facilities to host the camp.



#### ***Adapted physical activity sessions in services***

Our autumn adapted physical activity programme began once again in September.

Over 30 people with intellectual disabilities who attend Riverview Resources in Birr enjoyed a varied exercise programme. The duration of the programme was 10 weeks.



### ***SEN post primary adapted physical activity programme***

In an effort to improve older children with additional needs fitness levels I contacted all secondary schools in Offaly with a Special Education Needs Unit. There was an excellent response from all schools; and after discussions with the SEN teacher in each school, a six-week physical activity programme was established.

Clara, Oaklands Edenderry and Sacred Heart Tullamore have all completed the programme with great feedback from the students and teachers. Birr, Kilcormac, and St Mary's Edenderry began the programme in November.



### ***Badminton “Shuttle Time” course***

On September 14<sup>th</sup>, I attended a Badminton “Shuttle Time” course organised by my colleague Denise (CSDO) in Mucklagh Community Centre.

This programme provided teachers with the basic skills to coach badminton in their schools. It was a very informative day with lots of practical tips for delivering Badminton to people including those with additional needs.



## Quarter 4 – October to December

### ***Play & Music Classes for children with additional needs***

Delivered in association with Ready Steady Play Midlands, this programme was delivered for children with additional needs in Daingean Sports Hub.

15 children really enjoyed the eight week programme.



### ***After school multi-sport programme for children with additional needs***

An after school multi-sport programme for children with additional needs is currently being delivered in Tullamore.

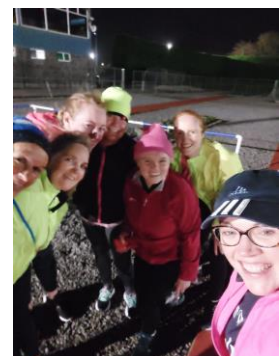
10 children registered for the programme, which commenced on Tuesday, 4<sup>th</sup> October; and concluded on Tuesday, 15<sup>th</sup> November.

Participants enjoyed a varied programme involving fundamental movement skills and ball games, while also benefiting from the social interaction and playing in a group setting.

### ***After work jogathon for women***

An after work jogathon programme for women commenced on Tuesday 4<sup>th</sup> October. The programme took place over six weeks, twice weekly; and 25 women participated on the programme.

At the conclusion of the programme, a number of the participants continued to meet twice weekly with some joining a local jogging group in the area.





### ***Sports inclusion day – National Learning Network Tullamore***

The National Learning Network ran a sports inclusion day in Leah Victoria Park on October 19<sup>th</sup>.

Over 25 participants enjoyed a fun morning of Pilates and Boccia.



### **Learn to Swim**

Two “learn to swim” programmes for children with additional needs were being, one in Birr and one in Clara.

14 children participated on the Birr programme; while 10 children participated on the Clara programme.



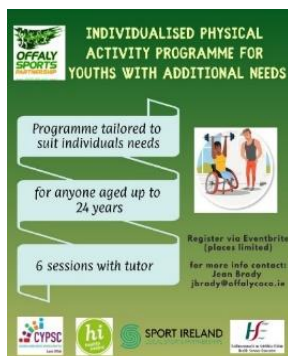
### ***Testimonial***

*“A\*\*\*\* finally mastered the art of swimming. These lessons were brilliant. Are you planning to run anymore?”*

### ***SEN post primary adapted physical activity programme***

Two additional secondary schools - Colaiste Naomh Cormac, Kilcormac and St Mary's Secondary School, Edenderry – participated on the six-week inclusive PE programme throughout November and December.





### ***Individualised physical activity programme for young people with additional needs***

Funded by Laois / Offaly CYPSC and Healthy Ireland, 26 young people up to the age of 24 years are being supported to participate in 1:1 physical activity sessions across a six-week period during the winter (October 2022 to March 2023).

#### ***Testimonial 1***

*Good morning Jean,*

*As you know my son E\*\*\*\* participated in this programme and had his final session last Friday. I am writing to express my thanks and also to say that this was a really positive experience for both E\*\*\*\* and us as a family.*

*We were very fortunate with our mentor Eoin Egan, a fabulous young man and a pleasure to work with.*

*Many thanks for arranging this and if there is anything similar in the future we would be delighted to be involved.*

*Best wishes for Christmas and the new year*

*Kind regards  
Edel*

#### ***Testimonial 2***

*Morning Jean,*

*Happy New year,*

*I'm just sending a quick message about the one on one training C\*\*\* got with Kellie, she was absolutely fabulous with him and has a brilliant personality. He enjoyed his time with her and she could manage him well.*

*Best wishes for the New year and thank you for putting these opportunities in place.*

*Kindest Regards  
Siobhan*

#### ***Exercise classes with the Muiriosa Foundation in Tullamore***



Following the success of the exercise classes with Riverview Resources in Crinkle, this programme was rolled out with the Muiriosa Foundation in Tullamore.

Two Muiriosa foundation houses, Market Lane and Glendaniel were supported to encourage eight of their service users to avail of the programme.

### **Corrective Gymnastics**

Ballinamere National School and Clonbullogue National School participated on a “corrective gymnastics” programme across November and December 2022.

Corrective Gymnastics is a specific form of exercise in which the movement is to some extent subordinated to therapeutic goals; with the aim of the programme to correct body posture.

Children with additional needs, and the junior classes in both schools took part in the six week programme. 250 children were reached



#### *Testimonial*

*As the Corrective Gymnastics Programme in our school comes to a conclusion, I wish to express on behalf of the entire staff my sincere thanks.*

*This programme, which was an initiative of Offaly Sports Partnership, was a huge success in our school.*

*The tutor, Mirek, was professional and effective in his delivery of the programme.*

*Over the six weeks of his training the pupils have acquired many skills which will benefit them for life. In particular, our pupils with additional needs have gained immensely.*

*Kind regards,  
Deidre Cusack  
Principal*

### **Older Adult Boccia League**

The older adult Boccia League resumed in November. A total of 18 teams and over 75 older adults will be taking part across the three different categories (Mens, Ladies and Mixed) this year.

### ***Special Needs Assistants – adapted physical activity equipment training day***

On 1<sup>st</sup> December, I piloted an introduction to adapted physical activity equipment and games for special needs' assistants (SNAs) in Killeigh National School.

The SNAs were eager to learn and will deliver these sample sessions to the children in the school. I introduced the group to balloon games, pickleball, boccia and SPORTSHALL Athletics equipment. I hope to run a similar SNA / Teacher training day in the New Year for all schools in Offaly.



### ***Learn to cycle programme***

A “learn to cycle” programme will be delivered in seven schools with Special Education Needs units in the New Year.

Grant aid has been provided to the participating schools to purchase balance and standard bikes in advance of the commencement of the in school training sessions. Thereafter, a qualified instructor will deliver three sessions in each school covering safety techniques, tips and tricks on how to cycle, and hints and tips for SNAs and Teachers to help them continue the rollout of the programme after the initial three week tutor supported sessions.

Furthermore, each school will be presented with a resource manual with “learn to cycle” notes and fun games to maintain the ongoing delivery of the programme.

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For more information on the Sports Inclusion Development Programme, contact Jean on 086 7912508 or email [jbrady@offalycoco.ie](mailto:jbrady@offalycoco.ie)