



ANNUAL REPORT 2023

Compiled by the staff of
Offaly Sports Partnership



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

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SECTION 1 - 2023, A YEAR IN REVIEW

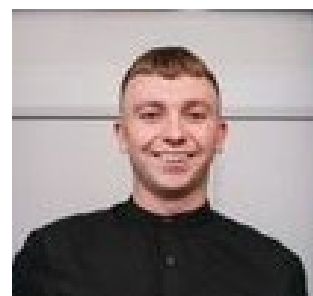
Operational Environment 2023

2023 was the first full year of “*normal*” service for Offaly Sports Partnership following the trials and tribulations associated with the Covid-19 pandemic across the preceding two and a half years.

Continuing investment possibilities through various agencies including Sport Ireland, Dormant Accounts, the Health Services Executive, TUSLA, Department of Foreign Affairs, Department of Housing, Planning & Local Government and other funding partners resulted in Offaly Sports Partnership securing just under €450,000 in financial contributions to deliver its range of programmes for the year.

Quarter 4 2022 / Quarter 1 2023 saw Offaly Sports Partnership secure funding under Sport Ireland’s graduate employment scheme, “*ASPIRE*”, to recruit a recently qualified sport and physical activity graduate to join the team of the Sports Partnership.

Johnny Corboy (pictured) joined the team in May on an 11 month fixed term contract; and supported the various sports development officers in the delivery of their programmes throughout the year.



This report documents the wide range of work undertaken by Offaly Sports Partnership throughout 2023 which was led by a very committed staff team who continued to adapt to ever changing situations throughout the year. The scope and depth of their work is detailed in the various sections of the report and appendices; and we want to thank them all for their ongoing dedication during the year.

SECTION 2 - MANAGEMENT COMMITTEE, WORKING GROUPS & STAFFING

2.1 Management Committee

In 2023, the Management Committee of the Sports Partnership comprised representation from: -

- Three partner agencies, namely Offaly County Council, the Health Services Executive and the Technological University of the Shannon (TUS), Midlands / Midwest, Athlone Campus



Lourda Giles
Offaly County Council



Clodagh Armitage
Health Services Executive



Joe Meegan, TUS

- Three public representatives, one from each municipal district



Cllr Clare Claffey
Birr MD



Cllr Robert McDermott
Edenderry MD



Cllr Danny Owens
Tullamore MD

- Eight representatives from the sport and voluntary sector including: -



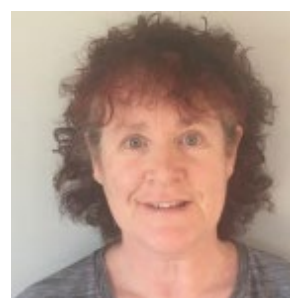
Sean Campbell



Jude Feehan



Van Gillessen



Breege Loftus



Ciara Ní Chéilleachair



Eileen O'Neill



Carol Scott



Ray Spain

2.2 Executive Committee & Working Groups

Executive Committee

Following AGM in September 2022, the Offaly Sports Partnership's Executive Committee for 2023 consisted of: -

- Cllr. Robert Mc Dermott (Chair)
- Eamonn Henry (Secretary; non-voting member)
- Jude Feehan (Vice chair)
- Joe Meegan (Financial monitor)
- Séan Campbell (Sports / Voluntary sector representative)
- Lourda Giles (Offaly County Council representative)

Governance & Risk working group

In addition to the Executive committee, the governance and risk working group continued to meet to review internal policy and corporate governance in support of Offaly Sports Partnership's affirmation to Sport Ireland that it is compliant with their "*Governance Code for Sport*". The members of the group included: -

- Lourda Giles (Offaly County Council representative)
- Jude Feehan
- Ciara Ní Chéilleachair
- Eamonn Henry (Coordinator, Offaly Sports Partnership; and non-voting member)

2.3 Staffing in 2023

In 2023, Offaly County Council continued to facilitate the employment of 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.
- The Sports Inclusion Development Officer (SIDO), Community Sports Development Officer (CSDO) and ACE Coordinator roles were funded by Sport Ireland to a maximum value of €35,000 each; with Jean Brady (SIDO), Denise Coghill (CSDO) and Liam O Reilly continuing in their respective positions.
- Johnny Corboy joined the staff of the Sports Partnership in May as the Sport Ireland funded ASPIRE graduate.



Eamonn Henry, Coordinator



Olivia Murphy, Administrator



Jean Brady, SIDO



Denise Coghill, CSDO



Liam O Reilly, ACE Coordinator



Johnny Corboy, ASPIRE



Offaly Sports Partnership also facilitated the line management of the Healthy Offaly Coordinator, Dermot Egan (pictured) on behalf of Offaly County Council.

Sports Hubs / Contracted Tutors / Interns / Student Placements / Volunteers

Much of the work of Offaly Sports Partnership throughout the year was also made possible through the efforts of our Community Sports Hubs in South Offaly, Daingean and Mucklagh, and our contracted tutors.

The South Offaly Sports Hub (operating out of the Crinkle Sport and Recreation Centre), the Daingean Sports Hub (operating of the new Daingean Community Sports Hall on the grounds of Daingean GAA) and the Mucklagh Sports Hub (operating out of Mucklagh Community Centre) supported the delivery of a range of outreach programmes to schools, clubs, organisations and the local community as well as continuing to secure greater usage of their facilities.

Contracted tutors supported the delivery of our education and training programmes, the sports inclusion disability programme, school programmes and women in sport programmes.

SECTION 3 – IMPLEMENTATION OF ACTIVE OFFALY



Across 2023, Offaly Sports Partnership continued to implement its five year strategy, “*Active Offaly 2021 – 2025*” with five thematic pillars guiding the work of the Sports Partnership: -

1. Instil Fundamentals; and Improve Youth Fitness
2. Increase Adult & Older Adult Participation
3. Include the Least Active
4. Integrate; and Celebrate
5. Improve Capacity; and Inform the Sector

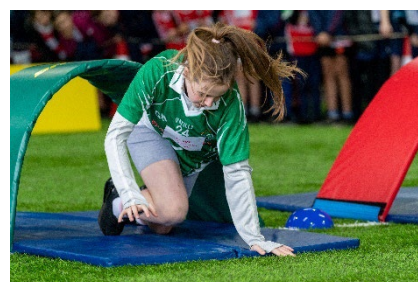
Pillar 1 - Instil Fundamentals & Improve Youth Fitness

Offaly Sports Partnership is committed to instilling fundamentals and improving fitness levels by providing children and young people with a positive introduction to sport and physical activity, which supports lifelong involvement. A range of actions were written into our operational plan for 2023 to address this pillar including: -

- *ACE schools' programme* Three programmes (spring athletics, remote fitness and "Fast Feet") were delivered for over half the primary schools in the county with just over 5,000 pupils from first to sixth class availing of same.



Spring athletics



Fast Feet

- *In school & After schools' programmes* In addition to the "ACE Schools programme", the Sports Partnership also supported the delivery of other in school and after schools' programmes. One of the programmes delivered was an in school basketball programme for 425 young people from three primary schools and one secondary school in the Birr / Ferbane area; while other after schools' programmes were delivered through Offaly Sports Partnership's sports hubs in south Offaly, Daingean and Mucklagh

Offaly County Council also supported five National Governing Bodies of Sport (NGBs) to deliver their grassroots programmes for children and young people across Co Offaly. The five NGBs supported included the Football Association of Ireland, Golf Ireland, Hockey Ireland, Offaly Camogie and Offaly GAA Handball with Offaly Sports Partnership administering €30,000, on behalf of the local authority, in grant funding for these programmes.

For more information on the Sports Partnership's work under Pillar 1, check out Appendix A, the ACE (Assisting Children Excel) programme update.

Pillar 2 - Increase Adult & Older Adult Participation

A range of actions in the areas of increasing adult and older adult participation in sport and physical activity were written into our operational plan for 2023 to address this pillar, including: -

- The Healthy Offaly funded “Drop & Move” programme This programme was piloted in six locations but was eventually delivered across nine locations; and catered for over 100 adults and older adults.

The project itself involved participants taking part in guided physical activities when children were dropped to local pitches for their juvenile training

- Older adult boccia league The older adult boccia league also continued throughout 2023 with the 2022 finals hosted in Mucklagh Community Centre in quarter 1.



The 2023 league commenced in the last quarter of the year with 24 teams and over 120 older adults participating across three leagues (men, women and mixed).

Additional adult and older adult sport and physical activity programmes were also delivered in both the Daingean and Mucklagh Sports Hubs. Among the programmes delivered were: -

- activator pole programmes
- exercise classes including HITT, Pilates, strength & conditioning and yoga
- recreational sporting programmes including badminton, chair volleyball, social boccia and walking football

Pillar 3 - Include the Least Active

By far, Offaly Sports Partnership's largest area of work continues to be our commitment to fostering equality of opportunity by enabling identified low participation groups to partake in sport and physical activity.

In 2023, this work was led out by our development officers, Jean Brady in the area of sports inclusion; and Denise Coghill in the area of community sports. Liam O Reilly (ACE Coordinator), Johnny Corboy (ASPIRE graduate) and various tutors assisted in the delivery of the various sports inclusion and community sports programmes; while Eamonn Henry (Sports Partnership Coordinator) also supported the delivery of a variety of actions to support people of an ethnic minority background to participate in sport.

The following pages provide a synopsis of the Sports Partnership's work in supporting the participation of those least active, with interventions reaching five of the identified low participation groups, including: -

- i. Low income communities
- ii. Older adults
- iii. People with a disability
- iv. People of an ethnic minority background
- v. Women & Girls

3.1 Low-income communities & Local sports hubs

Among the programmes delivered to support the participation of low income communities in sport and physical activity were: -

- *Games on the green* In association with the housing section of Offaly County Council, various games on the green / community sports days were delivered in local authority housing estates throughout the year
- *Secondary schools' programmes* in Clara and Edenderry
- *July provision days*
- *Teen summer programmes*



Games on the green / Community sports' day



Secondary school programmes in Clara & Edenderry






July provision days



Teen summer programmes

In addition to the above work with low income communities, Offaly Sports Partnership's three existing sports hubs in South Offaly (Crinkle), Daingean and Mucklagh continued to outreach physical activity and sport programmes for low income communities; while a fourth community sports hub was established in Ballycumber in quarter 4. Among the programmes delivered in the Daingean, Mucklagh, Ballycumber and South Offaly sports hubs were: -

	<ul style="list-style-type: none"> • Fast Feet primary schools programme • after schools' programmes • teens programmes • exercise classes for adults and older adults including HITT, Pilates, strength & conditioning and yoga
	<ul style="list-style-type: none"> • Fast Feet primary schools programme • RINKA fitness for children aged three to nine years • after school programmes in badminton, basketball, fun games and soccer • exercise classes for adults and older adults • activator poles for older adults • adapted physical activity programmes for groups supporting people with disabilities • sports days and summer camps
	<ul style="list-style-type: none"> • Fast Feet primary schools programme • Healthy Ireland funded "Drop & Move" programme for adults • walking football for adults and older adults
<p>South Offaly</p>  <p>Community Sports Hub</p>	<ul style="list-style-type: none"> • Fast Feet primary schools programme • Healthy Offaly funded after schools' programme for children

3.2 Older adults

Older adults participated in a variety of recreational sport and physical activity programmes as outlined at pillar 2.

3.3 People with Disabilities

Our Sports Inclusion Development Officer continued to support over 900 people with disabilities and / or additional needs to participate in sport and physical activity programmes including: -

- Five adapted physical activity programmes in schools and for community based disability organisations catering for 140 participants including primary school pupils, post primary school students, adults and older adults
- 1:1 physical activity support programmes for over 75 children and young people with additional needs including exercise programmes, learn to cycle and learn to swim programmes
- July provision days across 14 primary schools catering for over 400 pupils
- Three multi sports camps for 75 children with additional needs and their siblings during the summer
- Seven recreational sports days / programmes for over 200 people with additional needs including primary school pupils, post primary school students, adults and older adults, and people with physical and sensory disabilities



Learn to swim



Learn to cycle



July provision



Woodlands for Health



Recreational sports days

For more information on the Sports Inclusion Development Programme, check out Appendix C, Sports Inclusion Development Programme update.

3.4 People of an Ethnic Minority Background

Offaly Sports Partnership's integration work is made possible with support from miscellaneous funding supports from various organisations including government departments and national governing bodies of sport.

A range of programmes were delivered to support the participation of people of an ethnic minority in sport and physical activity throughout 2023 including: -

- Africa Day Supported by the Dept. of Foreign Affairs and Irish Aid, Offaly Sports Partnership delivered its second annual Africa Day athletics event in the Tullamore Harriers in May.

Eight schools across four counties participated on the day; and the programme consisted of a multi-cultural outdoor diversity games event; and FAST Kidz sprints for children of African descent



- Physical activity supports for refugees and asylum seekers Much of this work was delivered with the support of Mucklagh sports hub and included a folk dance showcase as part of a wider social inclusion event and two summer camps for 30 children and young people of an ethnic minority background.



Action from the summer camps for children and young people of an ethnic minority background

Multi-sport mornings for Ukrainian families were also delivered in Tullamore Town Park,

- Ongoing support for participants from our integrated academy for athletics performance as they strive to maintain their participation in their chosen sport; with one member of the academy project having qualified to represent Ireland in international schools' competition.



3.5 Women & Girls

A range of programmes were delivered to support the participation of women and girls in sport and physical activity throughout 2023 including: -

- i. Women in Sport week
- ii. HER Outdoors week
- iii. HER Moves

Offaly Sports Partnership's second annual women in sport week was held in March with several activities supported including: -

- a “*Gaelic football blitz*” for 150 third and fourth class girls from eight schools (Ballinagar; Ballinamere; Clonmacnoise; Presentation Portarlinton; Scoil Bhríde, St Mary’s and St Patrick’s, Edenderry; and Scoil Mhuire, Tullamore) in the Faithful Fields, Kilcormac
- “*3v3 basketball*” for 90 secondary school girls from the Sacred Heart School and Tullamore College



- the launch of a research project “*Coaching the Female Athlete, Special Considerations*” on “*International Womens’ Day*”. The research project was undertaken in association with the Technological University of the Shannon, Midlands (Athlone) Campus
- “*7-a-side rugby blitz*” for 100 secondary school girls from five schools (Killina Presentation Secondary School; St Brendan’s Community School, Birr; St Mary’s Secondary School, Edenderry; Tullamore College; and Wilsons Hospital School) in the Tullamore Rugby Club
- “*Futsal blitz*” for 140 secondary school girls in the Sacred Heart School, Tullamore
- “*Pauline Curley Relay Marathon*” which saw 40 girls from five schools run the relay marathon in 2h 10m 19s



Women in Sport coaching workshop



Pauline Curley Relay Marathon



Futsal

Various clubs also delivered a range of activities for women and girls across the week.

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HER OUTDOORS WEEK

August saw the delivery of Offaly Sports Partnership's second annual "*HER Outdoors*" week between the 14th and 20th August.

The week kicked off with a Zumba session in Lloyd Town Park, Tullamore on Day 1. The remainder of the week saw the delivery of a number of kayaking sessions across the county (*Daingean, Shannonbridge and Tullamore*). The week concluded with a Boxercise session in Lloyd Town Park, Tullamore on the final day.

A very enjoyable week was had by all; and it was good to see girls and women of all ages "*finding their outdoors*".





Offaly Sports Partnership's inaugural "*HER Moves*" programme commenced in October after selling out within two days of being advertised.

Delivered in association with Spartacus Boxing Club, this programme saw 16 teenage girls take part in weekly boxing sessions for a period of eight weeks across the months of October and November. Gráinne Walsh, a local international boxer, joined the group in mid-November for a quick spar and chat; and also presented the participating girls with their "*HER Moves*" gear, boxing gloves and pads. Four teenage girls have since joined Spartacus Boxing Club in Tullamore.

Congrats to all the girls who participated on the programme; and a sincere thanks to Spartacus Boxing Club for their support of the programme as well as the tutors Catherine and Aoife for their work on the programme



Pillar 4 – Integrate & Celebrate

A limited number of activities were delivered in the further integration of target groups into mainstream sports clubs; however, plans have been made to encourage the integration of more children of an ethnic minority background into mainstream sport in 2024.

Congratulatory notes to several sports people, sports teams and sports volunteers have issued; and with an Olympic and Paralympic Games in Paris in 2024, plans are also afoot to celebrate the participation and achievements of Offaly competitors in the upcoming games.

Pillar 5 - Improve Capacity & Inform the Sector

A range of actions were delivered to address the various elements associated with the pillar of improving capacity and informing the sector. Among the actions delivered were: -

- i. Education & Training programmes
- ii. Funding supports

Education & Training programmes

In 2023, Offaly Sports Partnership delivered several education and training programmes including: -

- *community volunteer programme* – with many students returning to summer work in a post Covid era, the Sports Partnership’s community volunteer programme shifted its focus to supporting local clubs and organisations to upskill coaches and volunteers. Among the programmes supported were the “*Good to Go*” training programme for 25 volunteers involved in older adult groups and the disability sector; “*Walk Leader*” training for 10 volunteers in advance of the delivery of a “*Woodlands for Health*” programme; and supports for athletics and GAA coaches to upskill



Good to Go training



Woodlands for Health “Walk Leader” training

- *safeguarding* (child protection training) - Mick Curley delivered three programmes for 45 volunteers from 13 organisations
- *sports leader training* – following requests for more practical based sports leader training in secondary schools, Offaly Sports Partnership reviewed its participation in the Sports Leader UK sports leader training programme; and taking elements of this and other sports leader based programmes developed its own sports leader training programme for in school delivery. The new programme consists of a mix of theory and practical work with a focus on leadership skills, fundamental movement skills and adapted physical activities. The students also get an introduction to the work of the Sports Partnership when they support us to deliver events as part of the practical element of this programme. The new programme was piloted in two secondary schools in Edenderry and Kilcormac; and was well received by participating students.

Furthermore, the Sports Partnership also supported primary schools with “*Playground Leader*” training for older classes



Sports Leader training



Playground Leader training

Funding supports

Offaly Sports Partnership continued to support clubs, organisations and schools to secure funding through local funding schemes including sports capital, club development, energy support schemes, bike week and Offaly County Council supports for National Governing Bodies of Sport delivering grassroots programmes in Offaly.

In association with “2into3”, a Sports Capital Workshop was hosted to support clubs in making applications to the Sports Capital Grant Scheme 2023. Thereafter, Offaly Sports Partnership provided some one to one support to clubs making applications under the scheme.

Club development grant scheme

In 2023, 30 clubs / organisations secured €15,000 in club development grant funding: -

Birr MD	Edenderry MD	Tullamore MD
Birr Town Soccer	Ballycommon GAA	Clodiagh Gaels GAA
Erin Rovers GAA	Daingean Badminton	Killeigh Schoolboy / girl Soccer
Ferbane / Belmont (minor) GAA	Derry Rovers Soccer	Na Fianna / Raheen GAA
Ferbane Athletics	Edenderry Athletics	Spartacus Boxing
Lynx Cycling	Edenderry Canoe	St Manchan’s LGF
Moneygall Soccer	Edenderry Golf	St Sinchill’s Camogie
Pollagh Badminton	Edenderry Rugby	Tullamore Camogie
Shannonbridge GAA	Rhode LGF	Tullamore Golf
Shinrone Community Games	St Brigid’s Boxing	Tullamore Rugby
Slieve Bloom Cricket	St Joseph’s Boxing	Tullamore Squash

Additionally, four clubs / organisations secured €10,000 in funding to offset their energy costs via the “Energy Support Scheme”: -

- | | |
|------------------------------|------------------------------|
| i. Edenderry Swimming Pool | iii. St Brigid’s Social Club |
| ii. Moneygall Community Hall | iv. St Mary’s Youth Centre |

Furthermore, throughout 2023, Offaly Sports Partnership monitored the five National Governing Bodies of Sport (NGBs) - Football Association of Ireland (€12,000); Golf Ireland (€3,700); Hockey Ireland (€2,700); the Camogie Association via the Offaly County Board (€5,800); and GAA Handball via the Offaly County Board (€5,800) - that secured funding under Offaly County Council's NGB grassroots scheme in the delivery of their programmes in the county.

Finally, Offaly Sports Partnership also supported four cycling clubs – Grand Canal Wheelers in Daingean, Lynx Cycling Club in Ferbane, Tullamore Cycling & Touring Club and Wolftrap Cycling Club in Birr - and one school, C laiste Choilm, to deliver cycling activities as part of Bike Week 2023.



Bike week activities 2023

Go Raibh Míle

2023 was another highly successful year for Offaly Sports Partnership. The staff complement within the organisation increased to seven; and funding of almost €450,000 was secured to support the delivery of the Sports Partnership's 2023 programme of activities, events and programmes.

A large range of activities were delivered reaching children and young people, and various identified low participation groups. The Sports Partnership also continued to support assist the sports sector in Offaly in securing investment for ongoing developments.

Sincere thanks to all who supported the work of the Sports Partnership in 2023 including: -

- the 14 members of the Management Committee of Offaly Sports Partnership
- dedicated staff members
- schools, clubs and community organistaions that engaged with Offaly Sports Partnership throughout the year
- external tutors and contractors supporting programme delivery
- funders and local partners including Sport Ireland; Offaly County Council; Dormant Accounts; the Health Services Executive; Healthy Offaly; TUSLA; Technological University of the Shannon, Midlands / Midwest (Athlone); Department of Foreign Affairs / Irish Aid (Africa Day); Dept of Children, Equality, Disability, Integration and Youth (play day / recreation week); and the National Transport Authority (Bike Week)

For more in-depth reviews of the ACE (Assisting Children Excel), Community Sports Development Programme and the Sports Inclusion Development Programme, check out Appendices A, B and C hereafter

SECTION 5

APPENDICES

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Appendix A

Assisting Children Excel (ACE) Programme & Daingean sports hub 2023

Supported by



**SPORT
IRELAND**

Fáilte / Welcome

The context for the delivery of Offaly Sports Partnership's (Offaly SP) Assisting Children Excel (ACE) programme in 2023 is as follows: -

- The ACE Project has a focus on supporting children from disadvantaged backgrounds to become and remain involved in organised sport
- Liam O Reilly (pictured) continued in his role as ACE Coordinator in 2023
- Liam also covered Denise Coghill's (Offaly SP's Community Sports Development Officer) maternity leave from April to September resulting in him managing both the Daingean Sports Hub; and jointly coordinating the community sports development programme with Jean Brady, Sports Inclusion Development Officer with Offaly SP



The ACE programme is made possible with funding from Sport Ireland and miscellaneous other funding agencies; and Liam was supported in his ACE project and community sports hub work by various tutors of Offaly SP.

The following pages will give an overview of the ACE programme in 2023...

Quarter 1 – January to March

January / February

The “*spring athletics programme*” was rolled out in 12 primary schools; and catered for 1,300 pupils across quarter 1. The programme culminated with regional heats in five locations and a county final in the Tullamore Harriers.



spring athletics programme



The “*Daingean Sports Hub after school athletics programme*” recommenced in quarter 1.

16 children attended this six-week programme weekly

March

As part of Offaly SP’s community sports development programme, I attended the three week “*Good to Go*” training programme, for older adults and volunteers working with people with disabilities, delivered by Frank Fahey of Fizzical.



Modelled on the longer eight week “*Physical Activity Leader*” and “*CARE PALs*” training programmes delivered by Age & Opportunity Active, this shortened version provided older adults and volunteers working with people with disabilities, with the skills to lead out quickfire physical activities, social games, and dance programmes with their respective groups.

Across the three workshops (intro to physical activity, physical activity and music, and social games), there were 20 - 30 volunteers in attendance

March also saw Offaly SP its second annual women in sport week from the 6th to 12th March. Among the events delivered by the sports partnership were: -

- a *“Gaelic football blitz”* for 150 third and fourth class girls from eight schools (Ballinagar; Ballinamere; Clonmacnoise; Presentation Portarlinton; Scoil Bhríde, St Mary’s and St Patrick’s, Edenderry; and Scoil Mhuire, Tullamore) in the Faithful Fields, Kilcormac



- *“3v3 basketball”* for 90 secondary school girls from the Sacred Heart School and Tullamore College
- the launch of Offaly SP’s research project *“Coaching the Female Athlete, Special Considerations”* on *“International Womens’ Day”*. The research project is being delivered in association with the Technological University of the Shannon, Midlands (Athlone) Campus
- *“7-a-side rugby blitz”* for 100 secondary school girls from five schools (Killina Presentation Secondary School; St Brendan’s Community School, Birr; St Mary’s Secondary School, Edenderry; Tullamore College; and Wilsons Hospital School) in the Tullamore Rugby Club
- *“Futsal blitz”* for 140 secondary school girls in the Sacred Heart School, Tullamore
- *“Pauline Curley Relay Marathon”* which saw 40 girls from five schools run the relay marathon in 2h 10m 19s



Women in Sport coaching workshop



Pauline Curley Relay Marathon

Various clubs also delivered a range of activities for women and girls across the week.

Quarter 2 – April to June

April

Throughout April, we supported the Housing section of Offaly County Council to deliver “*games on the green*” programmes in four locations across the county – Puttaghaun Close and Cloncollig Estates in Tullamore; and Mooney Terrace and Frankford Estate in Kilcormac. On average, 15 children participated across each of the days

The Easter break saw the delivery of an “*ACE multi-sport camp*” in the Tullamore Harriers for 40 children.



Mid to late April saw 37 schools and over 1,500 primary school pupils participate in the culmination of the “*spring athletics*” programme. Five semi-final days were hosted in Crinkle, Edenderry, Tullamore, Daingean and Ferbane; with the top two / three qualifiers in each event for boys and girls from first to fourth class heading to the Tullamore Harriers in May for the finals of the event





Alongside my colleague, Jean, we supported the schools in Clara to deliver their “Positivity Week” in late April. Three events were delivered: -

- Sports day for special education needs units in Scoil Bhríde and Scoil Phroinsias Naofa primary schools and Ard Scoil Chiaráin Naofa secondary school
- Sports day for sixth classes from Scoil Bhríde and Scoil Phroinsias primary schools delivered by students from Ard Scoil Chiaráin Naofa
- Community walk for all three schools



May

May saw the return of Offaly SP’s “remote one minute fitness challenge” among primary schools in the county. The programme commenced with the training up of 10 tutors in the testing protocols for the programme.



Remote one minute fitness testing

36 schools and over 4,300 pupils were supported to participate in the “*one-minute remote fitness challenge*”; with the results of the challenge collated and prizes awarded in all classes across 1st to 6th class throughout June.



Remote one minute fitness testing presentations



Following a funding call from Healthy Offaly, Offaly SP secured €24,000 to pilot a “*Drop & Move*” programme in six clubs across the county. The programme was eventually delivered across nine locations and catered for over 100 adults and older adults.



The project itself involved participants taking part in guided physical activities when children were dropped to local pitches for their juvenile training

May also saw the delivery of a “*fundamental movement skills*” programme for primary school pupils in Clonmacnoise National School; while a “*play in the park*” programme was delivered for 18 students from the Tullamore Community Training Centre.

On the 25th May, Offaly SP hosted its second annual “Africa Day athletics” event in the Tullamore Harriers.

Eight schools across four counties participated on the day



June

June saw several of our teen summer programmes kick off and run throughout the summer months of June, July and August including: -

- *Rounders* – the initial two sessions of this summer rounders programme was held in June; with seven teens in attendance
- *Multi-sport camps* – a multi-sport camp was hosted for nine teens in Tullamore. Many thanks to Tullamore GAA for the use of their “Dr Kelly’s” pitch for this event
- *Kayak sessions* – the first of seven kayak sessions was delivered in Tullamore in June for 13 teens



Teen summer programmes – rounders, multi sport camps & kayaking

Quarter 3 – July to September

July

July saw the ongoing delivery of our teen summer programmes in the areas of kayaking and rounders. Two more rounders programmes were hosted in Daingean and Tullamore; while a further three kayak sessions for 40 teens were hosted in Daingean, Shannonbridge and Tullamore.

I also hosted a summer camp for 40 children as part of the ACE programme in the Tullamore Harriers; while the “*Games on the Green*” programme in association with the Housing section of Offaly County Council continued throughout July.

“Thanks a million guys, my three boys had a great time and will definitely go again. Great for them to try new sports too 🍒”

*Feedback from participant on the
ACE summer camp*



Games on the Green



*Teen kayak programme –
Shannonbridge*

August

August saw the last of our teen summer programmes being delivered. Three more kayak sessions were hosted for 55 teens in Daingean, Shannonbridge and Tullamore



I also attended the Offaly Junior Golf Academy tournament which took place on the 24th August. Over 50 children and young people aged between 8 and 18 years took part

I further supported the delivery of: -

- a summer camp for children of an ethnic minority background in association with Mucklagh sports hub
- an inclusive Cúl camp with Offaly GAA; and
- a multi-sport camp for Laois / Offaly Families for Autism, in association with my colleague, Jean (Sports Inclusion Development Officer

I continued to support the delivery of the “*Games on the Green*” programme in association with the Housing section of Offaly County Council continued throughout August.



September

September saw the recommencement of our in-school physical activity support programmes with the “*Fast Feet*” programme being delivered across 32 national schools; while our new sports leadership programme for TYs was rolled out across two secondary schools in the county.

I delivered the six week TY sports leadership programme in Edenderry. The programme is a mix of theory and practical work with a focus on leadership skills, fundamental movement skills and adapted physical activities. The students also get an introduction to the work of the Sports Partnership when they support us to deliver events as part of the practical element of the programme



Quarter 4 – October to December

October

October saw the Healthy Offaly funded “Drop and Move” programme recommence in several locations across the county.



As quarter 4 progressed additional clubs joined the programme and by the end of December, “Drop and Move” was running in nine locations (*Arden View Tullamore Ballycumber, Bracknagh, Clareen, Cloneyhurke, Kinnitty, Mucklagh, Rhode and Tullamore*) with 100+ adults participating on a weekly basis

November

November saw the conclusion of the “Fast Feet” programme with five days of fun competition held in Edenderry, Ballycumber, Tullamore, Drumcullen and Portarlinton across the week of 20th to 24th November. 31 national schools took part in the week of competition; with 33 schools taking part across the entire six-week programme.

The talent on display was exceptional; while the feedback from the schools has been very positive. I would like to thank the programme staff for their support in delivering the in-school programme and competition; and the various venues that hosted the competition throughout the week.



November also saw the conclusion of the Sports Partnership's new sports coaching programme for transition years in St Mary's Secondary School, Edenderry and Colaiste Naomh Cormac, Kilcormac. The 50 participating students from across the two schools supported the delivery of: -

- two adapted sports days for 70 primary school children attending SEN units from across the county, in the Mucklagh and Ballycumber community sports hubs
- the Tullamore Harriers based "*Fast Feet*" regional final in November under the guidance of the Offaly Sports Partnership's ACE Coordinator alongside staff and tutors of the Sports Partnership
- schools coaching in Ballybryan NS





Community
Sports Hub

In April, I took over the management of the Daingean Community Sports Hub. Throughout quarters 2 to 4 of 2023, a range of programmes were delivered including: -

- strength & conditioning classes for older adults - following Shauna's departure from the Hub in October, a new tutor has been sourced to continue delivering this programme to year end. Alana Roddy is now delivering the classes on a Monday and Wednesday with an average attendance of 16 per class
- HITT classes for women on Tuesdays with an average attendance of seven weekly
- badminton on Friday nights from 6.30 – 8pm
- Pilates and Yoga
- gymnastics
- play school activities for 48 children across the months of October, November and December
- after school coaching with a focus on basketball on Mondays since November



I'd like to take this opportunity to thank Shauna Sweeney for her work in Daingean Sports Hub in recent months; and to wish her well in her new venture

Advocacy work

The South East Technological University, Carlow campus approached me to develop links between the Sports Partnership and several of their students studying on their sport, media, and marketing programme.



I conducted mock interviews with 20 of their students based on the application processes employed in the recruitment of staff for the sport partnership network

Local Sports Partnership network

The wider Local Sports Partnership Network (28 members) has established a national communications group; and I represent Offaly SP on same. Throughout the year I attended various meetings to develop processes to promote the work of the network nationally. Among the processes developed were: -



A national newsletter highlighting the work of all sports partnerships in 2022 posted across all the network's social media websites, platforms, etc



The development of a national communications policy for the network

Sport Ireland events



I attended Sport Ireland's two day "*national sports development officer conference*" in Dublin in May. This was a great event, and provided an ideal opportunity to meet sports development officers in other counties working in similar roles to discuss successful programmes and best practise guidelines

I also attended the regional sport development officer meetings in October alongside my colleague, Jean Brady Sports Inclusion Development Officer

For more information on the ACE Programme or Daingean Sports Hub, contact Liam on 086 0756897 or email loreilly@offalycoco.ie



Appendix B

Community Sports

Development Programme,

Daingean sports hubs &

Ballycumber sports hub

2023

Supported by



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IRELAND**

Fáilte / Welcome

The context for the delivery of Offaly Sports Partnership's (Offaly SP) Community Sports Development Programme (CSDP) in 2023 is as follows...



Denise Coghill (pictured), Community Sports Development Officer (CSDO) with Offaly SP, was on maternity leave in quarters 2 and 3 of 2023. She returned from her maternity leave in October. While Denise was on maternity leave, Jean Brady (Sports Inclusion Development Officer) and Liam O Reilly (ACE Coordinator) with Offaly SP oversaw the delivery of the community sports development programme on behalf of Denise

In addition to her CSDP work, Denise also continued to manage the Daingean Community Sports Hub until she went on maternity leave in March. Throughout quarters 2 and 3, Liam O Reilly (ACE Coordinator) managed the Daingean Community Sports Hub. Following Denise's return to work in October, she began work on establishing Offaly SP's newest sports hub, Ballycumber Community Sports Hub, situated in the Ballycumber Activity Centre on the grounds of Ballycumber GAA; while Liam continued to manage the Daingean Community Sports Hub. Both the Daingean and Ballycumber Community Sports Hubs are made possible with funding from Sport Ireland Dormant Accounts.

Denise was supported in her CSDP and community sports hub work by various tutors of Offaly SP.

The Community Sports Development Programme (CSDP) is made possible with funding from Sport Ireland and miscellaneous other funding agencies. The CSDO's role is to work towards increasing participation by various communities; and people from identified low participation groups¹ in sport, physical activity, and active recreation.

The following pages will give an overview of the CSDO's work in 2023

¹ Identified low participation groups of Offaly Sports Partnership's include 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

Quarter 1 – January to March

January / February

January / February saw three primary schools (Clonmacnoise, Rashina and St Cynoc's), and one secondary school (Gallen) take part in a "six-week in school basketball" programme. 300 primary school pupils and 75 secondary school students participated. An "after schools basketball" programme for 30 primary school pupils and 20 secondary school students was also delivered

March

March saw the "Good to Go" programme being rolled out for older adults and people working in the disability sector.

Modelled on the longer eight week "Physical Activity Leader" and "CARE PALS" training programmes delivered by Age & Opportunity Active, this shortened version provided older adults and volunteers working with people with disabilities, with the skills to lead out quickfire physical activities (shift your bits), social games and dance (step to the beat) programmes with their respective groups.

Across the three workshops, there were 20 - 30 volunteers in attendance.



good2GO! OFFALY

introduction
good2GO! OFFALY comprises a suite of workshops designed to enable participants plan and lead periods of sociable, health-enhancing physical activity for older adults and adults with a disability. As a result it is expected that end-users will:

- increase their participation in physical activity.
- improve their levels of functional fitness.
- enhance their physical, social and mental health.

participants
The workshops will be of interest to people willing to take a lead role in leading physical activity for older adults and adults with a disability. This might include:

- members of voluntary community groups (e.g. Active Retirement, Mens Sheds, ICA Guilds, Special Olympics Club)
- staff in community-based support organisations (e.g. Family Resource Centres, Day Care Facilities, Disability Services)
- professional staff or volunteers involved in the organisation of activity programmes at Sports/Community/Leisure Centres (community or private)
- health & fitness professionals.
- professional staff or tutors of Offaly LSP.

workshops
good2GO! OFFALY comprises a suite of themed 3hr workshops including:

SHIFT your BITS! explores short movement routines designed to enhance mobility, flexibility, balance, strength, and aerobic fitness.

STEP to the BEAT! explores a series of short, simple, social folk dances from different parts of the world.

SOCIAL target GAMES! explores a number of simple, sociable, target games suitable for indoor venues.

supports
Offaly Sports Partnership offers various supports to trainees including:

- comprehensive participant notes for each workshop, and appropriate music where relevant.
- loan of equipment required in the organisation of activity sessions/programmes (e.g. Scooch, Flisk, Frisbee, Boccia)
- assistance (mentoring, advice, etc) by Offaly LSP staff/Tutors in the delivery of activity sessions or programmes - if required.
- advice in seeking financial assistance for activities.
- information relating to further training opportunities for trainees.

March also saw Offaly SP its second annual women in sport week from the 6th to 12th March. Among the events delivered by the Sports Partnership were: -

- a "Gaelic football blitz" for 150 third and fourth class girls from eight schools (Ballinagar; Ballinamere; Clonmacnoise; Presentation Portarlinton; Scoil Bhride, St Mary's and St Patrick's, Edenderry; and Scoil Mhuire, Tullamore) in the Faithful Fields, Kilcormac
- "3v3 basketball" for 90 secondary school girls from the Sacred Heart School and Tullamore College

- the launch of Offaly SP's research project *"Coaching the Female Athlete, Special Considerations"* on *"International Womens' Day"*. The research project is being delivered in association with the Technological University of the Shannon, Midlands (Athlone) Campus
- *"7-a-side rugby blitz"* for 100 secondary school girls from five schools (Killina Presentation Secondary School; St Brendan's Community School, Birr; St Mary's Secondary School, Edenderry; Tullamore College; and Wilsons Hospital School) in the Tullamore Rugby Club
- *"Futsal blitz"* for 140 secondary school girls in the Sacred Heart School, Tullamore
- *"Pauline Curley Relay Marathon"* saw 40 girls from five schools run the relay marathon in 2h 10m 19s



Rugby blitz



3v3 Basketball

Various clubs also delivered a range of activities for women and girls across the week.

Quarter 4 – October to December

There was limited activity in the area of community sports development across quarter 4 2023 as Denise was supporting the delivery of end of year programme events in the areas of sports inclusion (managed by Jean Brady, Sports Inclusion Development Officer); and the assisting children excel programme (managed by Liam O Reilly, ACE Coordinator).

The o50s boccia programme recommenced in quarter 4 with 24 teams and over 120 older adults participating across three leagues – men, women and mixed. The semi-finals and finals will take place in quarter 1 2024; and we wish all participating teams all their best in their round robin games.

For more information on the Community Sports Development Programme, contact Denise on 086 7912513 or by email to dcoghill@offalycoco.ie



Community
Sports Hub

Now in its fourth year, January saw the launch of a revised programme of activities in the Daingean Community Sports Hub. Several successful programmes continued to be rolled out, while a few new programmes have also been introduced into the Hub. Among the programmes delivered across quarter 1 in the Hub were: -

- i. after schools SPORTSHALL Athletics for primary school children continued with 30 participants attending weekly
- ii. teens sport & physical activity programmes – two programmes were rolled out for teens in quarter 1. The first programme is a Friday afternoon kick about which has had 15 teenage boys in attendance weekly. Our second teens programme is a Friday afternoon fitness class for girls, launched as part of our Women in Sport week activities 2023
- iii. o50s strength and conditioning twice weekly - the typical attendance across the week is 20, with a few men now starting to join the sessions also
- iv. Pilates with Michelle and Sean; and Yoga with Shauna – eight-week blocks commenced in the new year in both programmes with a typical attendance of 20, 10 each at the Pilates and Yoga programmes
- v. the badminton programme which commenced before Christmas for children, young people and adults culminated in the hosting of a five-week inter-generational Friday night tournament for 30 teens and adults. Following the success of the programme, a club has now been established

January also saw the selection process for Offaly SP's newest community sports hub conclude. Four expressions of interest were received before Christmas. All four sites were assessed by a panel of judges, with the Ballycumber Activity Centre being selected as the newest site to be submitted to Sport Ireland for consideration as a community sports hub.

March saw Liam O Reilly, ACE Coordinator with Offaly Sports Partnership take over the management of the Daingean Community Sports Hub while Denise was on maternity leave. Even after Denise's return in October, Liam continued to manage the Daingean Community Sports Hub while Denise

commenced work on establishing Offaly SP's newest sports hub, Ballycumber Community Sports Hub, situated in the Ballycumber Activity Centre on the grounds of Ballycumber GAA.

For more information on the work of the Daingean Community Sports Hub across quarters 2 to 4 of 2023, check out the ACE Coordinator's annual update, or contact Liam by phone or email to loreilly@offalycoco.ie.



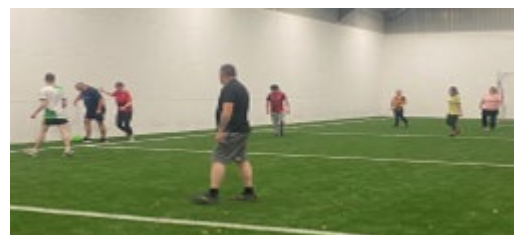
Community
Sports Hub

The Ballycumber Community Sports Hub, situated in the Ballycumber Activity Centre on the grounds of Ballycumber GAA, was officially opened by the President of the GAA at the end of November. Among the programmes delivered in the hub across November and December were: -

- i. *"Fast Feet"* - five schools (Clonmacnoise NS; Scoil Bhríde, Clara; St Ciaran's NS, Boher; St Cynoc's NS, Ferbane; and Tubber NS) and 700 children within the Ballycumber sports hub catchment area availed of this programme; and the hub also hosted one of the regional finals
- ii. *"Drop & Move"*, funded by Healthy Offaly; and modelled on a *"stay and play"* concept, Ballycumber GAA was one of nine pilot sites for the programme; and saw adults and older adults take part in weekly guided physical activities while children and grandchildren were participating in their own juvenile training session onsite
- iii. *walking football* for adults aged 30+ yrs. also commenced in the hub. With an average attendance of 12 at each session and numbers slowly increasing, one lady aged 73 yrs. came down for 10 mins just to say she had played on the new astro, but then stayed on to participate in the full session and has indicated her intention to keep participating on the programme



*Official opening of the
Ballycumber Activity Centre & Sports hub*



Walking football in the Ballycumber Activity Centre

For more information on the community sports hub in Ballycumber, contact Denise on 086 7912513 or by email dcoghill@offalycoco.ie



Appendix C

Sports Inclusion

Development Programme &

Mucklagh sports hub

Supported by



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Fáilte / Welcome

The context for the delivery of Offaly SP's Sports Inclusion Development Programme (SIDP) in 2023 is as follows: -

- The SIDP has a focus on supporting the increased participation of people with disabilities, additional needs, etc in sport and physical activity
- Jean Brady (pictured) continued in her role as Sports Inclusion Development Officer
- Jean also managed the Mucklagh Sports Hub, Offaly SP's third community sports hub established with the support of Sport Ireland Dormant Accounts
- Furthermore, Jean jointly coordinated the delivery of the community sports development programme with Liam O Reilly, ACE Coordinator with Offaly SP while Denise was on maternity leave from April to October



The SIDP is made possible with funding from Sport Ireland, Healthy Ireland, the Health Services Executive and miscellaneous other funding agencies.

Jean was supported in her SIDP and community sports hub work by various tutors of Offaly SP.

The following pages will give an overview of the SIDP in 2023...

Quarter 1 – January to March

January

In conjunction with the Offaly Local Development Company and the Tullamore Community Mental Health team, our *“Healthy Choices / Healthy Community”* programme began on the 11th of January. The programme consisted of a walk / jog / exercise session on Wednesday and Friday mornings, and a healthy cooking demonstration on Wednesday afternoons. The programme ran for eight weeks and 60 people took part in the programme.



Following the success of the pre-Christmas adapted physical activity programme delivered for the Muiriosa Foundation, an *“eight-week multi-sport”* programme commenced in Mucklagh Community Centre in January.

15 service users across three houses enjoyed the activity sessions every Tuesday in Mucklagh Community Centre.

St Marys Secondary School also enjoyed their final session of the *“adapted physical activity”* programme for SEN units. 25 teenagers with varied levels of additional needs really enjoyed the programme. The students continued to play Boccia every Wednesday in preparation for the upcoming sports inclusion day in March

January / February

A six-week learn to swim programme for children with additional needs took place across January and February.

The feedback from children, parents and Birr Leisure Centre has been fantastic; with several children now booked into the mainstream learn to swim programmes in Birr Leisure Centre.



Many thanks to all in Birr Leisure Centre for their support in delivering this programme.



The final sessions of the “1:1 physical activity support programme” for children and young people with additional needs were delivered throughout January and February.

Funded by Laois / Offaly CYPSC¹ and Healthy Ireland, 26 young people up to the age of 24 years were supported to participate in on this programme across a six-week period during the winter (October 2022 to March 2023)

February

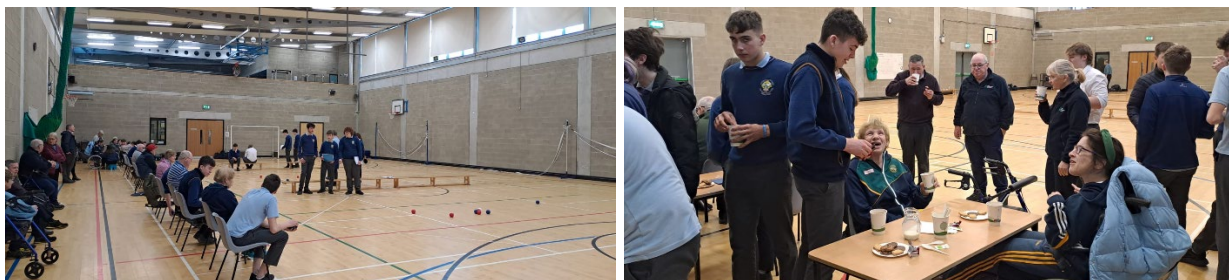
On Friday 17th February, I was delighted to visit the “Midland Powerchair Football” team who train in Mucklagh Community Centre; and lie second in the league.

Three of the team will represent Ireland in the World Games this year; and I look forward to assisting the group in any way I can going forward



¹ Laois / Offaly CYPSC – Laois / Offaly Childrens and Young Persons Services Committee

The “*Banagher College / Irish Wheelchair Association (IWA) five-week boccia*” programme commenced on the 21st of February. TY students were trained to support delivery of the programme; and three teams each from Banagher College and the IWA took part across the five weeks, while the remaining students officiated each week



Congratulations to IWA Team 2 who were crowned victorious after a final that went to sudden death



March

With the ongoing success of the “*Muiriosa Foundation’s physical activity programme*” in the Mucklagh Community Centre, additional programmes utilising the same model as Muiriosa were also rolled out with the National Learning Network and RehabCare. A further 40 adults with additional needs were supported with these programmes.

March saw Offaly SP host its second annual women in sport week from the 6th to 12th March. Among the events delivered by the sports partnership were: -

- a “*Gaelic football blitz*” for 150 third and fourth class girls from eight schools (Ballinagar; Ballinamere; Clonmacnoise; Presentation Portarlinton; Scoil Bhríde, St Mary’s and St Patrick’s, Edenderry; and Scoil Mhuire, Tullamore) in the Faithful Fields, Kilcormac
- “*3v3 basketball*” for 90 secondary school girls from the Sacred Heart School and Tullamore College

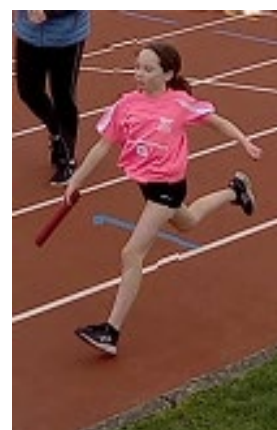
- the launch of Offaly SP's research project *"Coaching the Female Athlete, Special Considerations"* on *"International Womens' Day"*. The research project is being delivered in association with the Technological University of the Shannon, Midlands (Athlone) Campus
- *"7-a-side rugby blitz"* for 100 secondary school girls from five schools (Killina Presentation Secondary School; St Brendan's Community School, Birr; St Mary's Secondary School, Edenderry; Tullamore College; and Wilsons Hospital School) in the Tullamore Rugby Club
- *"Futsal blitz"* for 140 secondary school girls in the Sacred Heart School, Tullamore
- *"Pauline Curley Relay Marathon"* saw 40 girls from five schools run the relay marathon in 2h 10m 19s



Futsal blitz



Women in Sport coaching workshop



Pauline Curley Relay Marathon

Various clubs also delivered a range of activities for women and girls across the week.



As part of Offaly SP's community sports development programme, I attended the three week "*Good to Go*" training programme, for older adults and volunteers working with people with disabilities, delivered by Frank Fahey of Fizzical.

Modelled on the longer eight week "*Physical Activity Leader*" and "*CARE PALS*" training programmes delivered by Age & Opportunity Active, this shortened version provided older adults and volunteers working with people with disabilities, with the skills to lead out quickfire physical activities, social games and dance programmes with their respective groups.

Across the three workshops (intro to physical activity, physical activity and music, and social games), there were 20 - 30 volunteers in attendance

March also saw the hosting of a "*multi-sport day*" for 40 secondary school students with additional needs from four schools (Ard Scoil Chiarain Naofa, Clara; Colaiste Naomh Cormac; Oaklands Community College and St Mary's Secondary School, Edenderry).



Previously these schools would have availed of an "*adapted physical activity*" programme rolled out in their schools in quarter 4 of 2022 and January 2023



After a two-year hiatus due to Covid, the finals of the *o50s bocchia league* took place in the Mucklagh Community Centre at the end of March. The winning teams included Belmont Men, Clonbullogue Women and Seir Kieran Mixed



Belmont Men



Clonbullogue Women



Seir Kieran Mixed

Quarter 2 – April to June

April



April saw the launch of “Zumba” in St Mary’s Youth Centre for participants from the “*Healthy Choices / Healthy Community*” programme from quarter 1.

I also supported the delivery of: -

- the ACE easter camp for 40 children in the Tullamore Harriers
- the Mucklagh Sports Hub easter camp
- five semi-final days for the “*ACE spring fitness*” programme.



Alongside my colleague, Liam, we supported the schools in Clara to deliver their “*Positivity Week*” in late April. Three events were delivered: -

- Sports day for special education needs units in Scoil Bhríde and Scoil Phroinsias Naofa primary schools and Ard Scoil Chiaráin Naofa secondary school
- Sports day for sixth classes from Scoil Bhríde and Scoil Phroinsias primary schools delivered by students from Ard Scoil Chiaráin Naofa
- Community walk for all three schools



May

May saw the continuation of “*Zumba*” sessions in St Mary’s Youth Centre, while participants were also invited to try out “*Pilates with Michelle Flynn*” in Leah Victoria Soccer Club.



May also saw the hosting of an “*Irish Wheelchair Association Boccia tournament*” in Mucklagh Community Centre on the 16th of May - 12 teams from Athlone, Longford, Mullingar and Offaly took part in the event on the day

Working with the Offaly Local Development Company and Oaklands Secondary School, I delivered leadership training for third and fifth year students.

The students worked on their leadership skills throughout the two hours of training, while simultaneously learning a variety of team building games to deliver to younger students within their school community



On the 25th of May, Offaly SP hosted its second annual “Africa Day athletics” event in the Tullamore Harriers

Eight schools across four counties participated on the day

June

Among the programmes delivered in June were: -

- “Learn to Cycle” programmes for 80 pupils with additional needs across six schools in Crinkle, Clareen, Daingean, Killeigh, Rahan and Tullamore (Educate Together)



- the first of Offaly SP's "*July provision days*" commenced at the end of June.

120 pupils with additional needs across four schools in Clara (Scoil Bhríde), Edenderry (St Patrick's) and Tullamore (Scoil Eoin Pól & St Joseph's) took part in the first week of activities



Quarter 3 – July to September

July / August

July and August were extremely busy with the delivery of various *July provision days* and *multi-sport camps for children with additional needs*.

Three July provision days were hosted, catering for 300 children from 10 schools: -

- 5th July in Leah Victoria
- 12th July in Gortnamona National School
- 19th July in Ballinagar National School



A further two *multi-sport camps* and one *Inclusive Cúl camp* were also delivered for 100 children with additional needs: -

- *Inclusive Cúl Camp* in Coláiste Choilm, Tullamore in July – delivered in association with Offaly GAA, 30 children with additional needs and their siblings participated
- *Multi-sport camp in Daingean Sports Hub* in July – 35 children with additional needs participated in a variety of activities including athletics, boxercise, cycling, dance, fun games and soccer



- *Multi-sport camp for Laois / Offaly Families for Autism (LOFFA) in Coláiste Choilm, Tullamore in August - this was my first year linking in with LOFFA to support them in the delivery of a three day multi sports camp for their members. Over 40 children between the ages of 3 and 14 years participated on the camp which was held in the grounds of Coláiste Choilm, Tullamore. The camp was a huge success... Check out some of the feedback below from parents and the LOFFA committee.*

"A big thank you to Jean Brady and team for an amazing camp, [REDACTED] had a ball. You were all so organised and everything ran so smoothly. Your coaches were so patience, kind, gentle and understanding with our members. We are looking forward to next year already 🥰"

"Honestly can't thank you all enough for the effort that went into planning this camp, thank you so much. We normally have to talk [REDACTED] into going to camps everyday but with this camp he was up and ready to go and was truly excited....he wouldn't even say goodbye to the coaches today he was so upset it was over...already looking forward to next year's camp or if you feel like organising a Halloween camp or Christmas camp or winter camp or a camp every weekend we would be free lol 😊"

"A heartfelt thank you to LOFFA and Offaly Sports Partnership. Teamwork makes the dream work 🙏☀️ I am forever grateful to the wonderful coaches and parents alike who gave my daughter encouragement and time. One of [REDACTED] dreams came true today, she learnt how to ride a bike. We all know how huge moments like this are on this journey and I definitely felt the pride for each and every child over the last few days. The best camp by far. My heart is full."

SEACHTAIN AMUIGH FAOIN AER DI

HER OUTDOORS WEEK

August also saw the delivery of Offlay Sports Partnership's second annual "HER Outdoors" week between the 14th and 20th August. The week kicked off with a Zumba session in Lloyd Town Park, Tullamore on Monday. Tuesday, Wednesday and Thursday saw the delivery of a number of kayaking sessions across the county (*Daingean, Shannonbridge and Tullamore*). The week concluded with a Boxercise session in Lloyd Town Park, Tullamore on Friday. A very enjoyable week was had by all; and it was good to see girls and women of all ages "*finding their outdoors*".



September

Among the sport inclusion development programmes delivered in September were: -

- Sports Inclusion Day for Tullamore Camogie



- Walk Leader Training (*trainees pictured opposite*) in advance of the delivery of a “Woodlands for Health” programme due to commence on Wednesday, 4th October



- Secondary schools that participated in our adapted physical activity programme in the first half of 2023 also received equipment packs and additional training resources to assist them in the ongoing delivery of the programme within their schools.

Expressions of interest were also sought for various programmes due to commence in October including 1:1 physical activity supports for young people with additional needs, HER Moves “Come Try Boxing”, Corrective Gymnastics for primary schools, Adapted physical activity programmes for Muiriosa & St Anne’s services, and Woodlands for Health programme

Quarter 4 – October to December

October

October was full steam ahead with the delivery of various programmes including...

- *adapted physical activity programmes with SEN units* - following the success of our adapted physical activity programmes with SEN units in primary and secondary schools in the first half of the year, four more schools (*two primary – Ballinamere and Rahan national schools; and two secondary – Coláiste Choilm, Tullamore; and St Brendan’s Community School, Birr*) were invited to participate in this six week programme across quarter 4 of 2023.

The programme concluded with two sports days, one for primary school SEN and the second for secondary school SEN units in November and December.



- 10 week “Woodlands for Health” programme - following the “Walk Leader Training” delivered in quarter 3 in support of a new “Woodlands for Health” programme, the first in a series of 10 woodland walks kicked off along the Grand Canal.

50 people have registered for the programme; and over the course of 10 weeks will visit various locations across the county (including Birr Castle, Cloghan Lake, Derrycastle Lakes & Walkways, Garryinch Forest, the Glebe at Geashill, the Grand Canal at Ballycommon and Kinnitty Castle) for a weekly “woodland” walk



- 1:1 physical activity supports for children and young people with additional needs - following the securing of Healthy Ireland funding via the Laois / Offaly Childrens’ and Young Persons’ Services Committee, a further suite of “1:1 physical activity supports for young people with additional needs” as well as “Learn to Cycle” and “Learn to Swim” programmes recommenced in October.



Action from the “Learn to Cycle” and 1:1 support programmes

Over 35 young people with additional needs received a six week 1:1 intervention across q4 2023 and q1 2024. Eight children with additional needs participated on a “*Learn to Swim*” programme with Birr Leisure Centre; while a further 10 children have been accommodated on a “*Learn to Cycle*” programme which was supported by Courtown BMX Club and Balance Bike Buddies.

Hi Jean

*Just to say we absolutely loved the swimming in Birr. ***** had a great time and the instructors were brilliant. We'd love to go again or the options for other things if possible.*

Thanks ***



I also delivered the six-week TY sports leadership programme in Kilcormac. With a mix of theory and practical work focusing on leadership skills, fundamental movement skills and adapted physical activities, the students get an introduction to the work of the Sports Partnership and support us in delivering events as part of the practical element of the programme

Offaly Sports Partnership’s inaugural “*HER Moves*” programme commenced on the 10th of October after selling out within two days of being advertised.

Delivered in association with Spartacus Boxing Club, this programme saw 16 teenage girls take part in weekly boxing sessions for a period of eight weeks across the months of October and November



November



November saw the conclusion of the “*HER Moves*” eight-week boxing programme with a very special visit from Gráinne Walsh, a local international boxer. She joined the group in mid-November for a quick spar and chat; and also presented the participating girls with their “*HER Moves*” gear, boxing gloves and pads.

Four teenage girls have since joined Spartacus Boxing Club in Tullamore; and the programme concluded in December with a trip to Blanchardstown for an evening of ice skating. Congrats to all the girls who participated on the programme; and a sincere thanks to Spartacus Boxing Club for their support of the programme as well as the tutors Catherine and Aoife for their work on the programme



November also saw the ongoing delivery of various adapted sport and physical activity programmes in schools and communities including: -

- *two adapted physical activity sport days for primary schools, supported by Transition Years from St Mary's Secondary School in Edenderry and Colaiste Naomh Cormac in Kilcormac, in Mucklagh and Ballycumber sports hubs.*

Five primary schools and 70 children with additional needs were accommodated on the programme



Huge congratulations to the TY students of St Mary's in Edenderry and Colaiste Naomh Cormac who led each of the events as part of the experiential learning module on their Sports Leadership training programme.

- “*woodlands for health*” walking programme
- 1:1 physical activity supports for 35 young people with additional needs
- a presentation on adapted physical activity for “*Active Healthy Me*” trainees who will be delivering sport and physical activity programmes for service users of adult disability day services

December

On Wednesday, 6th December, it was the turn of secondary school students with additional needs to attend an inclusive sports day in the Ballycumber Sports Hub. 50+ students from across five schools (*Ard Scoil Chiaráin Naofa, Clara; Coláiste Choilm, Tullamore; Coláiste Naomh Cormac, Kilcormac; St Brendan's Community School, Birr; and St Mary's Secondary School, Edenderry*) participated in a variety of adapted activities, and concluded the day with a hotly contested bocchia tournament.

A great day was had by all with one student crying as she was leaving because she was “*so happy*”; and another remarking “*this was the best day ever*”. Many thanks to all the tutors who supported the delivery of the event



On Thursday, 7th December, I was delighted to assist Chime Tullamore with the delivery of adapted activities for their Christmas party. Chime's mission is to champion and support Deaf and Hard of Hearing People; and to advocate for full inclusion and equality. Thanks to the tutors who helped out on the morning.



MUCKLAGH COMMUNITY SPORTS HUB

Following the establishment of the “*Mucklagh Sports Hub*” in January, the following programmes were rolled out across quarter 1 of the year. Among the programmes delivered were: -

- activator poles for older adults – over 30 older adults regularly participated on the programme
- an adapted physical activity programme in Rahan National School - three classes from the Mochuda Unit catering for children aged three to five years were supported with fun activity sessions. The programme ran until the end of March
- after school basketball programme – this six-week programme catered for 55 children from four local primary schools
- after school basketball for teens – eight boys participated on this programme
- a multi-sport programme for the National Learning Network - 12 young adults with additional needs participated on this programme which ran to the end of March
- recreational walking
- Rinka fitness for children aged three to nine years
- schools’ badminton blitz to conclude the “*shuttle time*” programme rolled out in association with Badminton Ireland, the community sports development programme and local schools across the last quarter of 2022
- six-week Pilates programme



After schools’ basketball programme



Badminton Ireland “shuttle time” blitz

Quarter 2 saw several successful programmes continue including the “*activator pole*” programme.

Several additional programmes were also rolled out via the Hub including: -

- multi-sport mornings for Ukrainian families in Tullamore Town Park delivered by Mucklagh Hub tutors
- Easter camp for 45 children
- folk dance showcase as part of a wider social inclusion event

Quarter 2 also saw the launch of the Mucklagh “*Moby Bike scheme*”. The Moby Bike scheme is a pay as you ride scheme installed with the support of Offaly County Council in 17 locations throughout the Tullamore area; one such location being at Mucklagh Community Centre. For more information on the Moby Bike scheme and its locations in Tullamore, check out www.mobybikes.com



Quarter 3 saw the arrival of a range of sport and physical activity equipment in July to support the delivery of the Mucklagh Sports Hub summer programmes. Among the programmes facilitated by the sports hub throughout the summer were: -

- sports day on the 18th of July
- two sports camps for 70 children aged 6 to 12 years, one in July and one in August
- two summer camps for children and young people of an ethnic minority background. The first camp catered for 16 children aged 6 to 12 years from Daingean, Geashill, Kilbeggan, Kilcormac and Tullamore. The second camp catered for young people aged 12 to 16 years



Action from the summer camps for children and young people of an ethnic minority background

Quarter 4 saw the ongoing delivery of several of the more successful Sports Hub programmes including: -

- activator poles for 60 older adults twice a week
- adapted physical activity programme for Rahan NS
- after school programmes in badminton, basketball, fun games and soccer for 50 children
- exercise classes
- two 10 week adapted physical activity programmes for community-based disability services including the Muiriosa Foundation from Tullamore and St Anne's Service from Birr
- Rinka fitness for children aged three to nine years



Activator poles



After school programme

The hub also supported the delivery of “Drop & Move” for 20 women; and “Fast Feet” in primary schools within the Mucklagh sports hub catchment area



Mucklagh Sports Hub was officially launched on 7th October. Over 200 people were in attendance for the opening with a variety of activities delivered for all

Advocacy work

Throughout the year, I met various clubs and organisations to support them in the development of their sport and physical activity programmes. Support was provided to the following groups: -

- CHIME
- Irish Wheelchair Association
- Laois / Offaly Families for Autism
- Offaly Special Olympics
- Rehab Care
- the Muiriousa Foundation

I also attended several local networking events including:

- the Offaly Disability & Equality Network events
- the Heathy Offaly train the trainer workshop in February
- the launch of the Laois / Offaly Disability Directory for children and young people with disabilities in Tullamore Library in February



Launch of the Laois / Offaly Disability Directory for children & young people with disabilities

Furthermore, I presented on the 1:1 physical activity programme for children and young people with disabilities to the Management Committee of the Laois / Offaly CYPSC². The stakeholders attending the meeting were delighted with the programme delivery and indicated their hope to be able to annually fund the programme going forward. See some of the quotes from participants on the programme below: -

² Laois / Offaly CYPSC – Laois / Offaly Childrens and Young Persons Services Committee

<p><i>Morning Jean,</i></p> <p><i>Happy New year, I'm Just sending a quick message about the one on one training **** 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.</i></p> <p><i>Best wishes for the New year and thank you for putting these opportunities in place.</i></p> <p><i>Kindest Regards</i></p> <p><i>*****</i></p>	<p><i>As you know **** plays with both mainstream groups and inclusive groups, so Kellie worked on skills that applied to groups that he is already involved in. She also focused on skills recommended by his physio and OT. I can't recommend this programme enough. Once again thanks so much</i></p>
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I also presented on adapted physical activity for “Active Healthy Me” trainees who will be delivering sport and physical activity programmes for service users of adult disability day services

Sport Ireland events

I attended several Sport Ireland events during the year including: -



- the “HER Moves” launch in February. It was great to network with other sports partnerships and national governing bodies of sport on women in sport initiatives.



- a two day “national sports development officer conference” in Dublin in May. This was a great event, and provided an ideal opportunity to meet sports development officers in other counties working in similar roles to discuss successful programmes and best practise guidelines
- the regional sport development officer meetings in October alongside my colleague, Liam O Reilly ACE Coordinator

For more information on the Sports Inclusion Development Programme and the work of Mucklagh Sports Hub, contact Jean on 086 7912508 or email jbrady@offalycoco.ie