

SPORTS INCLUSION DEVELOPMENT OFFICER PROGRAMMES (2020)

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

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



Fáilte / Welcome

Jean Brady (pictured opposite), Offaly Sports Partnership's Sports Inclusion Development Officer (SIDO) continued in her role in 2020

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

The SIDO's role is to: -

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

In an effort to address these objectives, the SIDO has delivered a range of physical activity and sport programmes for 250 people with disabilities, and 250 people from other target groups of the Sports Partnership. The following pages will give an overview of the SIDO's work in 2020.

Healthy choices, Healthy Community / Healthy Body, Healthy Mind programme:

Healthy choices, Healthy Community / Healthy Body, Healthy Mind programmes kicked off in Tullamore on Monday, 13th January; and in Birr on the 17th February

"Healthy Choices - Healthy Community"

8 week programme in association with
Tullamore Community Mental Health Team, Offaly Local Development Company
and Offaly Sports Partnership

Begins: January 13th
Ends: March 4th



Healthy cooking
demonstration
once a week

Monday - exercise session (Town Park 11.15am)
Wednesday- exercise session (Town Park 11.15am)
Wednesday- cooking demo (Offaly Local Dev Company 2pm)
Thursday - dog walking group (Canal Line 10am)

3 exercise sessions per week



Contact:



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"Healthy Body - Healthy Mind"

8 week programme in association with
Birr Community Mental Health Centre & Offaly Sports Partnership

Would you like to take part in
a Walking Challenge ?
and make some healthy
changes to your diet?



Healthy Eating Tips
from a qualified Nutritionist

... Come join us ...
Mondays - 10.30am walk in Birr Castle
Thursdays - 1.30pm Healthy Eating Tips in Birr C.M.H.C
Start date - February 17th

Group Walks in Birr Castle



For more Information:
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The programme, run in conjunction with the HSE and Offaly Local Development Company offered a wide variety of people including local disability services, active retirement groups and those in the community a chance to exercise in a fun group setting and gain tips on healthy eating and cooking.

The programme was a great success with over 50 people of varied ages and abilities taking part across the two programmes

Multi Sports Programme with the Cairdeas classes in Geashill N.S

On Tuesday the 14th January I began a six week multi sport programme with the Cairdeas deaf unit in Geashill National School.

Each week the group were introduced to a new activity including sportshall athletics, bowling, bucket ball, boccia, sitting volleyball and Scooch.

It is hoped the teachers will continue the activities with the group once the six weeks has ended.



Operation Transformation Walk

The National Operation Transformation Walks took place nationwide on Saturday 18th January. Offaly Sports Partnership hosted the Offaly walk in Tullamore Town Park.

This year was extra special as Operation Transformation cameras were at the walk which was led by TV presenter of the show Katherine Thomas.

Over 650 people of all ages and abilities took part in the walk. A great morning was had by all.



The Public Sector Training Workshop

I attended The Public Sector Duty Training Workshop in Tullamore Court Hotel on 15th January. The workshop was attended by Offaly County Council and members of the Midlands Conversation Group. 40 people attended the workshop which was led by Liam Cornally and Jimmy Dooner.



Following on from the training workshop I took part in the review process: Checking Offaly County Council for Accessibility on the 22nd January.

Activator Poles for Older Adults

On Tuesday 28th January a six week activator poles programme began in Mucklagh Community Centre.

The activator poles programme focuses on improving stability, core strength, posture and helps promote a functional gait pattern.

The programme has been a great success to date with nearly 50 older adults turning up to Mucklagh every Tuesday afternoon.

Huge thanks to our instructor Moez who keeps the programme fun and energized each week.



NCBI Aura Fitness classes

On Wednesday 29th January the NCBI members resumed their gym programme in Aura Leisure Centre Tullamore.

This is an excellent programme where participants have the opportunity to experience a range of classes including spinning, light weight exercises, core strengthening and flexibility exercises.

This is also a great way to promote social inclusion and integration in leisure facilities.



Multi Sports Programme with Rehab Care



On Thursday 30th January a six week Multi Sports Programme began in Mucklagh Community Centre with participants from Rehab Care in Tullamore.

The group will take part in a range of activities throughout the six weeks including walking football, chair volleyball, pickleball, badminton, scooch and circuit training.

Rock Steady Boxing

Following on from our successful Rock Steady Boxing taster session before Christmas a new programme began on Thursday 30th January in Tullamore.

Rock Steady Boxing is designed to help improve the movement skills and speech of people with Parkinson's.

Many thanks to our excellent instructor Mirek for all his great work with this group.



Rock Steady Boxing
for people with Parkinson's

Calling all people with parkinson's

- * Underground Combat Sports Club Tullamore
- * Thursdays
- * 11am - 12.30pm

ROCK STEADY BOXING
MIDLANDS

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

For further information contact Jean
(0867912508) (jbrady@offalycoco.ie)



Cycle Leader Training Course

On the 12th February I completed a one day Ride Leader training course in Tullamore Harriers which qualifies me to facilitate group cycles with target groups of the sports partnership

The award included Risk Assessment, Safety Checks, Assessing Riders Ability, Group Cycling, Group Management, Planning a Cycle and Leadership.



Kilcormac Active Retirement Group Visit

On the 13th February I attended Kilcormac Active Retirement Group with my colleague Denise where we led a taster session of Activator Poles and Pickleball.

We introduced and demonstrated both activities to the group over the two hour session. We also chatted to them afterwards about other programmes and events that Offaly Sports Partnership run that may be of interest to them.

The group really enjoyed both activities and were very thankful for our visit.

Operation Transformation Ad Break Challenge

On the 15th February the Operation Transformation team held their last Ad Break Challenge in Tullamore.

It was great to have our local Special Olympic gold medalist Oisin Feery lead out the ad break challenge and speak to the crowd and camera on how people should try to stay active.



Playground Leader Training – Geashill Ns

On the 17th and 19th February I delivered playground leader training to 15 fifth and sixth class students from Geashill NS.

Throughout the training I explained effective leadership, communication and organisation skills and how they are paramount when leading a group. I also demonstrated fun games that the children could lead on the playground during lunch breaks and in the morning before school began.

As there is a deaf unit in the school there was also an element of disability awareness training involved. I challenged the children to come up with different communication methods and ways of delivering each game to make sure that all activities would be inclusive for all children in the school.

PWD Boccia Blitz

Offaly Sports Partnerships annual boccia blitz for people with disabilities took place on the 18th February in Mucklagh Community Centre.

Over 60 people participated in the event from seven centres around the County including centres from Tullamore, Ballinagar, Edenderry and Birr. A great day was had by all.

Congratulations to IWA 1 who won the cup final on the day and the Phoenix Centre who won the shield final.



***Disability Awareness Training and Adapted Physical Activity Training
Oaklands Community College Edenderry***

Throughout February three TY classes from Oaklands Community College in Edenderry completed disability awareness and adapted physical activity training.

During the six sessions the TYs learned about working with people who have a disability and how to adapt activities to include everyone



Disability Awareness Training - Banagher College

Disability Awareness Training was delivered to 70 students from Colaiste Sionna in Banagher at the end of February.

The students were taught how to deliver adapted physical activity games, run tournaments, play and referee Boccia.

A big thank you to Geraldine Walsh from the Irish Wheelchair Association who assisted with the training.



Introduction to Boccia – Bracknagh Community Centre

On the 25th of February I visited Bracknagh Community Centre where I introduced them to the game of Boccia.

Over 30 men and women turned out on the night and really enjoyed the game. The group have decided to meet up every Tuesday to play Boccia together and hope to run a community league in the future.



IWA & Banagher College Boccia League

The Irish Wheelchair Association are participating in a Boccia league with Transition Year students from Banagher College at the moment.

The programme began with a training day for the students involving learning how to play and officiate a boccia game. They also learned how to organise and run a tournament.

On Tuesday 4th March the first round of the league was held and a great time was had by all. The programme will run over four weeks with the winners being presented with the trophy on the final day.

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



Leinster Rugby Womens Blitz

In line with our support of the 20x20 campaign there was a great day of rugby on the 5th March at the inter schools' rugby blitz for post primary girls. The blitz was hosted by Leinster Rugby and Offaly Sports Partnership.

In excess of 100 girls from five local post primary schools took part in the U-16 and U-19 competitions. Congratulations to the winners of both categories who advance to the Leinster competitions.



With the enactment of Covid19 health restrictions, the requirement for older adults and people with disabilities to cocoon from mid-March had an immediate effect on programme delivery with all programmes cancelled; while the fact that many older adults and people with disabilities may have other underlying conditions was a cause for concern during the reopening and the recommencement of the delivery of physical activity and recreational sport activities for these target groups. Despite these concerns, Offaly Sports Partnership continued to deliver a range of physical activity and recreational sport activities as follows: -

Home Workout Newsletter



Offaly Sports Partnership Home Workout 1



This physical activity handout includes some gentle exercises that can be completed on a daily basis. The exercises will help maintain your mobility, strength and balance. All exercises can be done while sitting or standing. Remember to go at your own pace, breath normally and stop if you feel unwell. We hope you enjoy our workout and we look forward to bringing you a new home workout every 2 weeks 😊

Step 1 - Warm Up

Chair/Standing March

1. Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down.
2. Find a rhythm that is comfortable for you & continue for up to 60 seconds.



Offaly Sports Partnership were delighted to be able to contribute to the Offaly Age Friendly Alliance Newsletter 'Connecting the Faithful'.

This was a fortnightly newsletter which was delivered by An Post to those cocooning during Covid 19.

Through our Sports Inclusion Programme we created home workouts which were included in the newsletter to encourage those cocooning to keep active at home.

Age & Opportunity Active “movement minutes”

Join us live on Facebook
this Thursday 19th and
Friday 20th at 11am for
**Age & Opportunity
Movement Minutes**



#AgeandOpportunity

Offaly Sports Partnership also posted links to Age & Opportunity’s movement minutes programme on our social media channels.

The active minutes programme is an Age & Opportunity Active led physical activity programme.

The programme commenced in March with sessions delivered three times per week on a Monday, Wednesday and Friday at 11am.

Outdoor fitness programmes

With the slight easing of restrictions between July and September, a number of outdoor fitness programmes were delivered including five activator pole programmes for 65 older adults

1:1 physical activity supports for older adults and people with disabilities

With the ongoing need for older adults and people with disabilities to cocoon in the latter half of 2020, Offaly Sports Partnership developed a programme of 1:1 physical activity supports for older adults and people with disabilities delivered by three tutors.

47 people (older adults and people with physical, sensory and intellectual disabilities; including those experiencing mental health difficulties) across the life span (0 - 61+ years) were supported to avail of personalised 1:1 physical activity supports.

Each individual programme entailed an initial consultation, an eight week personalised exercise plan and a follow up consultation to discuss the plan and address any queries which may arise. Ad hoc follow ups were also carried out during the course of the programme should such a need be identified as part of the initial consultation. Some of the programme testimonials are outlined below: -

- **“Parent of Male & Female 7 & 9 years of age:** Programme exceeded my expectation. Fantastic Programme tailored to childrens’ needs – minimal equipment which is excellent for me as a parent. Clear cut concise nature was fantastic to do at home. Instructor was amazing and worked so hard with children.”
- **“Parent of Female 18-24 years of age:** I found this programme excellent. Initially (child) only did minimum activity and was out of breath very easily. Gradually (child) improved and (tutor) changed the programme occasionally. To see (child) smile and run to (tutor) to do activities is uplifting for all our family. It is nice to see special needs finally thought of, a week is a long time to fill in for my kids and (tutor) was excellent and (child) did better than I ever could imagine. Even tried exercises she can’t master. With encouragement and music (child) thoroughly enjoyed it. I have tried evening classes with (child) but unfortunately between pace, noise level and others at it, it didn’t work out. Would love this programme regularly as having someone come in to do the class more motivating than ourselves. A massive thanks to (tutor) for showing love, care and respect to my two and speaking to them rather than over them.”

- ***“Male 65-74 years of age: I have really enjoyed the programme – my tutor was excellent. They explained everything thoroughly – I will keep up these exercises in the future.”***

Sport Ireland “activity for all” & “older adult home exercise” resources

Sport Ireland launched two activity resources in October: -

- activity for all resource for people with disabilities
- older adult four-week home exercise plan



Both resources were widely distributed via Offaly Sports Partnership website and social media channels; with copies also made available via Offaly’s Age Friendly fortnightly magazine distribution network, and to older adults participating on outdoor fitness programmes and people with disabilities participating on the 1:1 physical activity support programme

Keep Well in the Community



As part of the Keep Well in the Community initiative running from November 2020 to March 2021 Offaly Sports Partnership disseminated 150 “keep well” packs to people who participated on the sports inclusion development programme, and programmes of the sports partnership targeting older adults and women in an attempt to encourage them to remain physically active in the run up to the shortest day of the year (21st December); and on into the new year, with a focus on getting them out and about again when Operation Transformation hits the screen in January 2021

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