

## *Sports Inclusion Development Programme update*

*January – September 2017*

Aoife Byrne, Sports Inclusion Development Officer (SIDO) continues to deliver programmes for people with disabilities in 2017.

Programmes are being delivered to support the participation of people with physical, sensory and intellectual disabilities; as well as those experiencing mental health difficulties. Ms. Byrne is also delivering a number of education and training programmes; and pan disability programmes on the sports partnership's behalf. Highlights to date include: -

### Tag Rugby



On 17th December 2016, Tullamore Tigers had the opportunity to play at half time of the Leinster v Northampton game in the Aviva stadium.

This was a great experience for the Tigers and their friends/family with over 600 people from Tullamore Rugby Club attending the match and supporting the Tigers.

Tullamore Tigers showed great skill and confidence and made everyone proud with their performance. Well done Tigers!

### Transition Year Boccia Training

On Monday 9th January I delivered training to Colaiste Choilm TY students on how to play and officiate boccia as well as how to organise a tournament.

On Monday, 16<sup>th</sup> January, the TY students commenced a six week boccia programme with the Irish Wheelchair Association.



This programme is very beneficial in terms of disability awareness, integration and inclusion as well as developing the leadership skills of the students; and it was great to see the students and members from the IWA interact and learn new skills from each other.

Well done to IWA Team 1 who have retained their title once again this year and thank you to all involved in the programme

### Floorball

On Wednesday 11th January and for four weeks thereafter, pupils from St Joseph's SOC and Transition Year students from Tullamore College travelled to Portarlinton Community Centre to take part in floorball games using the official rink in advance of their first Floorball blitz which took place in Newry on Saturday, 11th February.



Congratulations to Moira, Becky, Alex, Abbey and Oliwia (pictured above) who travelled to Newry to participate in their first Floorball blitz on Saturday, 11<sup>th</sup> February. The team got a chance to play against teams from Special Olympics Ulster; and the blitz served as a great opportunity for the athletes to put their skills into practice in game situations. They were a credit to their class, their school, their families and to Special Olympics! Special thanks, also, to Helen and the parents who travelled to ensure their child could take part.



On Tuesday 28th February St Joseph's SOC reviewed their participation in the Floorball project. Representatives from Special Olympics Leinster, Tullamore College, St Joseph's NS, families and friends of the athletes were in attendance; and the day was a celebration of the success of the programme and the progress the athletes have made.

On the day, many of the students from Tullamore College also registered as volunteers with Special Olympics and will be helping out at the next athletics event in May in Kilkenny.

This was a hugely beneficial programme for everyone involved and we wish St Joseph's SOC every success in the future. Well done to Áthas teacher Helen for organising this event and all her hard work with Special Olympics.



### Mojo Health and Fitness

On Thursday 2nd February Offaly Sports Partnership began a new health and fitness initiative with Mojo.

Mojo is an evidence based mental health and well being programme for men who are motivated to make changes in their lives and is delivered by Offaly Local Development Company.

The programme is run over 12 weeks and Offaly Sports Partnership are delivered the fitness element of this course every week.



### NCBI Gym Programme

On Wednesday 8th February NCBI began their gym programme in Aura, Tullamore.

10 people attended this programme on a weekly basis where they participated in spinning classes, body-weight exercises, mobilisers and light weight training



### Couch to 5K



On Tuesday 14th February I began a couch to 5k programme in partnership with The Community Mental Health Service.

16 participants attended this session which was delivered on a weekly basis with the overall aim of being able to walk/jog 5k by the end of the programme.



### Inter schools programme (including disability awareness training)

On Wednesday 1st March Disability Awareness Training was delivered to Transition Year students in Oaklands Community College.

This was a practical workshop which increased their understanding of a range of disabilities and how we can adapt activities to suit the needs of our participants.

The students were then split into four groups and spent four weeks delivering activities in local schools before hosting inter-school events for all schools involved in this programme.



The first of two Edenderry inter-schools programmes began on Wednesday 8th March with TY students delivering activities in Scoil Bhríde, Gaelscoil Eadan Doire and The Oak Centre. This was a great opportunity for the students to gain experience working with children with disabilities while also developing their leadership skills. The programme is very successful in creating an inclusive culture and developing partnerships between schools. This is also very effective in aiding transitions for pupils moving into secondary school.



On Wednesday 29th March our second inter-schools event was held in the Edenderry area. This event was delivered by TY students from Oaklands Community College who showed great organisation and enthusiasm on the day. A great day was had by all pupils, trying out a range of activities and making new friends. We hope to link this programme to the Special Olympics club we are currently establishing in Edenderry. Well done to all involved!



On Wednesday 5<sup>th</sup> April, Colaiste Choilm hosted an inter-schools event with pupils from Offaly School of Special Education, Ballinamere NS, St Joseph's NS and Daingean NS in attendance. Nuala O'Donovan from Special Olympics Leinster local athlete Alex Felico were also in attendance on the day. Alex gave a great speech to the athletes and presented them with their certificates.



It was great to see the athletes display their skills across a range of activities and interact with other schools. Well done to the TY students who were excellent on the day.





### Midlands Boccia League



Tuesday 7th March saw the return of the Midlands Boccia League in Moate Community Centre with 26 teams participating.

The programme concluded on Tuesday, 6<sup>th</sup> September in Mucklagh Community Centre. A great event with a high standard of skill on display, the eventual winners were "Boccia Police" from the National Learning Network in Tullamore after a hard fought contest against Springfield.

Well done to all teams who took part in this excellent tournament and a special thank you to all the staff who officiated throughout the league. Without them it would not be possible to sustain the league.

We look forward to expanding this league in the future



### Powerchair Football

On Saturday 11th March, Midlands United Powerchair Football team hosted a 'Come and Try' event in Colaiste Choilm Tullamore to try promote participation in their sport across the Midlands. This event was very well attended with many new players signing up on the day. Best of luck to Midlands United in their future games.



### Derry Rovers Football for All Blitz



On Sunday 26th March, Derry Rovers FFA held their second annual Sean O'Connor Tournament for Football for All teams across the country. This was an excellent day with over 150 participants taking part in the sunshine. Well done to Derry Rovers FFA who are setting an example for all clubs!



### Active Community Walking Programme

On Wednesday 5th April Offaly Sports Partnership began it's first Active Communities Walking Programme in partnership with RehabCare.

A workshop was held with walking leaders; and all participated in a short walk highlighting important safety concerns when walking as a group.

This programme takes place every Wednesday at 1pm; and and we are hoping to establish an active community walking group as part of this programme





### Teacher Training

Another successful 'Inclusive PE for All' teacher training workshop was held on Thursday 6th April. This workshop was held in St Brendan's NS, Birr to cater for schools in this area. Orla Dempsey (IWA) and Aileen Ahern (NCBI) were also in attendance to offer their knowledge and experience. It is great to see schools being proactive in promoting inclusive PE lessons and showing a willingness to learn and adapt.

### Tullamore Tigers

Tullamore Tigers resumed their training on Monday 10th April in Tullamore Rugby Club with the addition of some new members.



The Tigers went straight into action as they took part in an open training session with the Ireland and England u18 teams in Kings Hospital Dublin. The Tigers also competed in blitzes with DLSP Eagles of Palmerstown and Westmanstown Wasps; and took part in the mainstream tag rugby season in Tullamore Rugby Club.

A huge well done to all involved in moving this programme forward.

### Midlands Multi-Sport Club

Offaly, Westmeath and Longford Sports Partnerships joined together with IWA Sport to try develop a midlands multi-sport club for children with physical disabilities and their siblings.

This involved a 6 week introductory programme where children had the opportunity to sample a range of sports while parents were briefed on the aims of the clubs and how we could sustain this club going forward.

Unfortunately there was not enough interest to develop this club further, however all children who attended the club have been linked into other SIDP programmes to ensure they continue their participation in sport and physical activity



### Walking Challenge



The annual SIDP Walking Challenge began on 3rd May.

This challenge encouraged participants to walk as far as they could between 3rd May and 12th July. All participants kept a record of their walks in a log book with weekly group walks taking place on Wednesdays at 1pm in Tullamore and 11am in Birr Castle led by service users and staff.

Huge numbers participated across the county, and many of the groups who participated continue to remain active in walking activities.

Well done to all who have participated and keep up the good work.

### Tag Rugby



Thanks to Tullamore CCRO, Johnny Burns and volunteers Paul and Gareth Cronin, we developed a new tag rugby programme for those involved with community mental health services in Offaly.

This programme began on 8th May and ran for 6 weeks which led into the Tullamore Rugby Club Tag Rugby season. As a result of this programme, participants were encouraged to enter a team into the Tag Rugby League with many gaining opportunities to play with other teams.



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It is great to see this programme feed into the rugby club structure and it is hoped this will encourage people to become members of the club. We also hope to roll out a similar model with Edenderry Rugby club later in the year.

### Sports Leader Award

On Tuesday 16th May a group of 12 participants from RehabCare Tullamore began a Sports Leadership Award in St Mary's Youth Centre.

This qualification involves practical and theory sessions on effective leadership and aims to develop a range of skills and qualities.

The course ran over 6 weeks, providing opportunities for participants to increase their knowledge and confidence in this area.

All participants thoroughly enjoyed the award and fully committed to all aspects of the programme, finishing with an assessment which involved delivering a sports session to a group of young people. They are now qualified to assist with the delivery of sports sessions in schools and their local community. Well done everyone



### Mucklagh Football for All



Well done to all at Mucklagh Schoolboys/girls for a fantastic season with the Football for All club.

Thank you to the coaches who provided weekly training sessions and entered teams into local blitzes.

The feedback from participants and parents has been excellent and we look forward to next season.

Congratulations to the club on being awarded Midlands League Club of the year 2016/17.



### NLN Sport and Recreation

Well done to all the participants on the NLN Sport and Recreation programme who completed their FAI module. This module involved a number of assessments including the ability to demonstrate their playing skills, coach a team, organise a mini blitz, referee and officiate.



The students organised a blitz for pupils from Scoil Bhride Tullamore in Leah Victoria and a great day was had by all.

The students demonstrated high standards of organisation and communication and it is great to see their confidence grow. These students will now assist in future SIDP programmes.

### Scoil Bhride Leader Training / Sport for All Day

On Thursday 8th June I delivered inclusive games and leadership training to 5th and 6th class pupils in Scoil Bhride Edenderry.

This training allowed pupils to learn new games and develop their leadership skills while coaching each other.

This was very effective as these pupils then led each activity at the Sport for All Day in their school the following day. Well done to all the leaders!

As part of Active School Week, Scoil Bhride Edenderry were keen to deliver an inclusive sports day that would show case a range of Special Olympic and Paralympic sports in addition to fun games and activities that could be adapted to suit all pupils.



This event was held on Friday 9th June and was a great success with every pupil having the opportunity to try activities such as goalball, boccia, sitting volleyball, floorball, target throw, jigsaw relays, bucketball, knock the cones, standing long jump and target shoot.



As well as pupils enjoying the event, it also gave teachers an insight into different sports and activities and how these can be adapted to suit a range of needs. Well done to Scoil Bhríde who are setting an example in inclusion and forward-moving.

### NCBI Tandem Cycling



NCBI resumed their summer tandem cycling outings in Lough Boora with the assistance of Wolftrap Cycling Club and Tullamore CTC.

Thanks to all the volunteers who assisted with the programme and well done to all who took part



### DeafHear Summer Camp



On Tuesday 11th July I delivered a fun summer camp for DeafHear in Tullamore Town Park.

This was a great day with a variety of activities on offer and a fantastic opportunity to develop my knowledge of different forms of communication.



### Riverside Therapy Summer Camp

On Monday 17th July Riverside Therapy held their annual summer camp week.

Offaly Sports Partnership provided the staff with equipment and gave some training on inclusive games and activities to equip them to deliver their own camp. Well done to all the staff and participants at Riverside.

### Sports Day

On Tuesday 18th July we held our annual inclusive sports day in Colaiste Choilm, Tullamore.



This was a great event with over 100 participants in attendance from across the county; and a variety of sports and activities on offer thanks to the Bridge House Leisure Centre, Tullamore Tennis Club, Tullamore Basketball Club, IWA Sport, Braveheart Shotokan Karate Club, Tullamore Rugby Club, Offaly GAA, Tullamore FC, Helen Coyne Tug of War, and Tullamore Harriers.



A huge thank you also to Eoin Carroll (Offaly Senior Footballer) for presenting medals to our participants.

We would also like to thank the Order of Malta and the many members of Tullamore Gardaí who attended our event and participated in many activities.

This was a great success and it would not be possible without the help and support of the dedicated staff and volunteers, well done all!



### Boccia Referee Training

On Tuesday 29th August Boccia Referee training was delivered to more staff members from RehabCare. It is great to see more referees engaging with the Midlands Boccia League and ensuring sustainable participation with their services. Well done to all!

For more information on the Sports Inclusions Development Programme, please contact the office on 057 93 57462 or by email to [sports@offalycoco.ie](mailto:sports@offalycoco.ie)