



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.

INDIVIDUALISED PHYSICAL ACTIVITY PROGRAMME FOR YOUTHS WITH ADDITIONAL NEEDS

Programme tailored to suit individuals needs

for anyone aged up to 24 years

6 sessions with tutor

Register via Eventbrite (places limited)

for more info contact: Jean Brady
jbrady@offalycoca.ie

CYPSC hi SPORT IRELAND EPFA

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

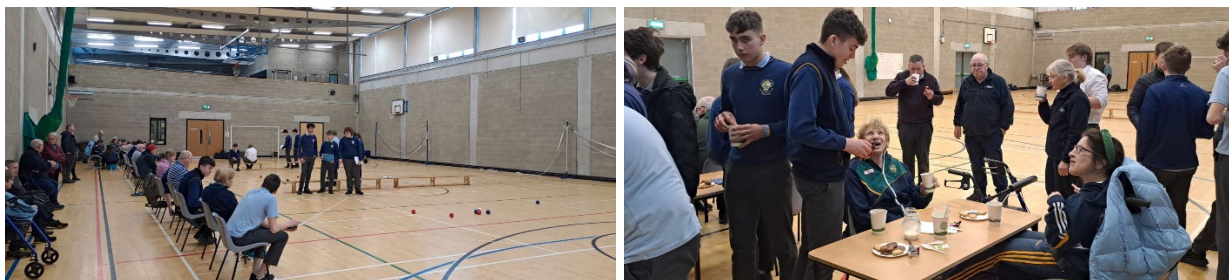
On Friday 17th February, I was delighted to visit the “Midland Powerchair Football” team who train in Mucklagh Community Centre; and lie second in the league.

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

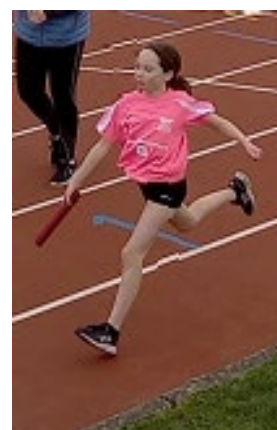
- the launch of Offaly SP's research project *"Coaching the Female Athlete, Special Considerations"* on *"International Womens' Day"*. The research project is being delivered in association with the Technological University of the Shannon, Midlands (Athlone) Campus
- *"7-a-side rugby blitz"* for 100 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 boccia 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

Morning Jean, 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. Best wishes for the New year and thank you for putting these opportunities in place. Kindest Regards *****	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
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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