



Appendix E

Community Sports Hubs

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Fáilte / Welcome

The context for the delivery of Offaly SP's Community Sports Hubs in 2024 is as follows: -

- Community Sports Hubs have a focus on bringing local people together to provide a home for local clubs and sporting organisations, thereby increasing the number of people of all ages participating in sport and physical activity in their communities
- Community Sports Hubs are made possible with funding from Sport Ireland Dormant Accounts
- Three community sports hubs were in operation in Offaly in 2024



Community
Sports Hub

Established in 2020, Daingean Sports Hub operates out of the Daingean Community Sports Centre at Daingean GAA; and was managed by Johnny Corboy and Liam O Reilly



MUCKLAGH
COMMUNITY SPORTS HUB

Established in 2022, Mucklagh Sports Hub operates out of the Mucklagh Community Centre; and was managed by Liam O Reilly



Community
Sports Hub

Established in 2023, Ballycumber Sports Hub operates out of the Ballycumber Activity Centre at Ballycumber GAA; and was managed by Denise Coghill

The following pages will give an overview of the work of the community sports hubs in 2024...



Community
Sports Hub

Various programmes were delivered in the Daingean Community Sports Hub in 2024 for various target groups of the Sports Partnership. Among the target groups catered for and programmes delivered were:-

Children & Young People

Ready, Steady, Play

On behalf of Offaly SP, Ready Steady Play delivered developmental play, movement and music classes in Daingean for children across pre and primary school classes in Daingean Childcare and Daingean National School.



National schools' fundamental movement skills programme

As part of the wider work of the Sports Partnership, the "assisting children excel" athletics programmes were delivered.

Programmes delivered included spring athletics, community games athletics and Fast Feet



After schools' programmes

A number of after schools' programmes were delivered throughout the year including basketball and soccer



Adults & Older Adults

Pilates

This programme ran throughout the year on Wednesdays from 11.15am to 12.15pm, with an average attendance of 10 per session



Strength & Conditioning for older adults

This programme ran throughout the year twice weekly with an average attendance of 20 per session



Pickleball

Pickleball is an adapted racket sport taking game elements from tennis, table tennis and badminton.

The court used is a badminton sized court; the nets used are similar to tennis nets; the bats used are similar to but larger than standard table tennis bats; while the ball is a light weight plastic ball with holes in it.

These elements make it an extremely versatile game for older adults to play, alleviating pressure on the joints and reducing the speed of the game.

Pickleball in Daingean commenced in March and has continued to grow from strength to strength



Chair Yoga

Chair yoga commenced in July on Tuesdays from 10.15 to 11.15am, with an average attendance of 30 per session.

It has also been a great opportunity for older Ukrainian refugees living in the area to get to know their neighbours.



Mens' fitness programme

A mens' fitness programme for those aged 35 to 55 years commenced recently on Wednesdays from 8 to 9pm.

This programme provides those men recently retired from playing competitive sport an opportunity to continue to remain active



For more information on the activities in Daingean Sports Hub, check out our Facebook page, [Daingean Community Sports Hub](#)



MUCKLAGH
COMMUNITY SPORTS HUB

Various programmes were delivered in the Mucklagh Community Sports Hub in 2024 for various target groups of the Sports Partnership. Among the target groups catered for and programmes delivered were: -

Children & Young People

Rinka fitness

A number of “Rinka fitness” programmes for over 100 children aged 3 to 12 years were delivered throughout the year.

Rinka fitness classes are an alternative to competitive sports and provide children with an opportunity to develop fundamental movement and sport specific skills, participate in physical activity challenges and focus on health and wellbeing.



National schools’ fundamental movement skills programme

As part of the wider work of the Sports Partnership, the “assisting children excel” athletics programmes were delivered.

Programmes delivered included spring athletics and Fast Feet



After schools’ basketball

The after schools’ basketball programme was delivered throughout the year on Tuesdays



Term time camps

The Hub hosted a number of term time camps throughout the year for children aged 6 to 13 years. Participants got to try out a wide variety of sports such as badminton, basketball, pickleball, soccer and much more as well as fun games during these camps

Adults & Older adults

A particularly popular programme delivered for older adults in the Hub were the twice weekly “*Activator Pole*” classes, held on Tuesdays and Thursdays all year round.

The programme is designed to promote long term fitness and independence through increasing balance and functionality.

On average, 0 participants attended each of the sessions regularly



The Hub also played host to Offaly SP's “*older adult in sport boccia league*” finals in March.



The other older adult programme hosted by the Hub which also proved popular was the “*older adult social sport mornings*” held throughout April and May 2024. This six week programme saw over 175 people take part in activities such as badminton, boccia, chair volleyball, flisk, pickleball, scooch, social darts and walking football

Offaly Sports Partnership Older Adult programme for April / May 2024		
 All Activities in Mucklagh Hall	Programmes Taster Morning Boccia Pickleball Walking Football Darts Scooch Chair Volleyball Flisk Activator Poles Go for life games Come down and see what programmes we offer	
	Chair Volleyball Tournament Monday 15th April 10.30 - 1.00 Registration at 10.00 Teams of 6 Individuals welcome	Pickleball Monday 22nd April 10.30 - 1.00 Learn the rules Quick Games All abilities and beginners welcome
Contact Denise 086 7912513	Boccia Tournament Monday 13th May 10.30 - 1.00 All abilities and beginners welcome	Social Darts Monday 29th April 10.30 - 1.00 All abilities and beginners welcome.
		Badminton Tournament Monday 26th May 10.30 - 1.00 All abilities and beginners welcome

Pickleball also commenced in the Hub in September and has seen sessions go from strength to strength. With four courts available onsite, average attendance at the Pickleball mornings is 20, with a good mix of genders and ages from 40 to 70 years.

People with additional needs

Various programmes supporting the participation of people with additional needs were also delivered in the Hub. Among the programmes delivered were: -

- social sport mornings for the Muirosa Foundation, National Learning Network and Rehab Care
- inclusive sports days which provided opportunities for people with additional needs to participate in activities such as boccia, chair volleyball, flisk, scooch and soccer skills
- strength and conditioning programme for wheelchair users



For more information on the activities in Mucklagh Sports Hub, check out [www.facebook/mucklaghcommunitycentre](https://www.facebook.com/mucklaghcommunitycentre)



Community
Sports Hub

Various programmes were delivered in the Ballycumber Community Sports Hub in 2024 for various target groups of the Sports Partnership. Among the target groups catered for and programmes delivered were: -

Children & Young People

Fundamental movement skills

A five week fundamental movement skills programme was delivered for 125 pupils from Boher National School, including pupils in their special education needs unit.

The pupils were introduced to a wide variety of activities including fun games. It is hoped that their teachers will continue to deliver some of these games in the school at the end of the programme



After schools' athletics programme

As a follow up to the fundamental movement skills programme, a six week after schools' athletics programme was delivered in the Hub after Easter.

Over 40 pupils from 1st to 6th class participated on the programme



Teens programme

In preparation for the teens summer programme due to launch in June, one of the programme elements, Pickleball, was delivered in two of the local secondary schools over a three week period in May.

The teens participating on the programme seemed to enjoy the game; and the participation of those least active and least likely to participate in sport was particularly noticed



The 2024 summer programme for young people aged 7+ years in the Hub was launched at the start of June. Delivered over six weeks, over 300 young people participated across the various programmes. Among the programmes delivered were: -

- Badminton – 73 participants
- Dance – 34 participants
- Dodgeball – 50 participants
- Futsal – 55 participants
- Injury prevention workshops – 27 participants
- Pickleball – 67 participants
- Rounders – 31 participants

OFFFALY SPORTS PARTNERSHIP
2024 SUMMER PROGRAMME FOR TEENAGERS & CHILDREN FROM 7YRS+

OFFFALY SPORTS PARTNERSHIP
All Activities in R35 T1H5
Ballycumber Activity Centre (AC),
Community Hall (CH),
GAA Pitch (PT)

FURTHER INFORMATION

- Programme starts the week of Monday 24th June
- Programme will run for 6 weeks finishing the week of 29th July (Individual programmes are subject to numbers attending)
- No booking Required, just show up • Bring Water, Sunscreen, Lunch

Boxercise (AC) Mondays 12.30pm - 1.30pm Teenagers	Pickleball (CH) Mondays 2.00pm - 3.30pm Teenagers and Children
Dance (CH) Tuesdays 11.00am - 11.30am Children 7yrs+ 11.30am - 12.00pm Teenagers	Badminton (CH) Tuesdays 12.00pm - 1.00pm Teenagers and Children
Injury Prevention (CH) Wednesdays Learn the correct technique when following S&C training plans 12.00pm - 1.00pm Teenage Girls 1.00pm - 2.00pm Teenage Boys	Boys Futsal / Soccer (AC) Wednesdays 2.30pm - 3.30pm Teenagers
Girls Futsal / Soccer (AC) Thursdays 12.00pm - 1.00pm Teenagers	Rounders / Friabees Thursdays 2.00pm - 3.00pm Teenagers
Teenagers Dodgeball (AC) Tuesdays 2.00pm - 3.30pm Teenagers	

Contact Denise
on 086 7912513
for further enquiries



Adults & Older adults

Drop & Move

Funded by Healthy Offaly, this programme provided adults with opportunities to meet their weekly physical activity target of 30 minutes per day of moderate intensity physical activity or 150 minutes across the week.

Open to men and women, classes took place on Mondays from 7.30 to 8.30pm. Numbers participating remained steady across the first quarter of the year; and the programme even made it on to the front page of the "Village Voice"



Fitness classes

Among the fitness classes delivered in the Hub were:-

- boxercise for women – given the significant interest in this programme, various time slots were available for the 80 women to take part in these classes
- HIIT (high intensity interval training) & Circuits for adults with an intermediate fitness level on Mondays from 6.30 to 7.30pm
- Pilates on Mondays from 7.30 to 8.30pm
- gentle fitness for o50s with a focus on mobility, strength, balance and functional fitness exercises. The programme took place on Wednesday from 10 to 11am, with an average attendance of 15 per session
- mens' strength & conditioning programme



People with additional needs

The Hub hosted a number of activities and programmes for people with additional needs including: -

- a four week fundamental movement skills programme for children
- a two day multi sports camp for children
- a four week adapted physical activity programme for day care services



Recreational physical activities / Social sports

A number of recreational physical activities / social sports have been hosted by the Hub throughout the year including: -

- meet & train / social running as part of the “Ireland Lights Up” campaign in quarter 1
- social dancing in April for 14 participants
- pickleball on Tuesday evenings and Thursday mornings, with an average attendance of 15 per session
- social darts for men on Wednesday from 12 to 1pm; and social badminton on Wednesdays from 8.30 to 9.30pm.

An average of 12 men took part in the social darts; while an average of 28 took part in the social badminton

- walking football for adults aged 55+ years, on Wednesdays from 7.30 to 8.30pm, with an average attendance of 20 per session



2024 was a very successful inaugural year for the Ballycumber Sports Hub. The range of facilities available – activity centre, community centre, walking track and pitches – offered opportunities for Ballycumber GAA alongside other local clubs and organisations to host and deliver a wide variety of activities for a large range of target groups.

For more information on the activities in Ballycumber Sports Hub, check out our Facebook page, Ballycumber Activity Centre & Community Sports Hub