



## ANNUAL REPORT 2018

Compiled by the staff of Offaly Sports Partnership



**SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS



Offaly County Council  
Comhairle Chontae Uíbh Fhailí

Offaly Sports Partnership is a multi sectoral sub committee 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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## 2018, A Year in Review

2018 was a busy, fruitful year for Offaly Sports Partnership.

Significant highlights of 2018 included: -

- Continuing investment possibilities through various agencies including Dormant Accounts, Department of Justice and Equality, Department of Community & Rural Development, Department of Children & Youth Affairs, Department of Transport, Tourism & Sport, Healthy Ireland, the Health Services Executive and Sport Ireland resulted in Offaly Sports Partnership securing just over €375k in financial contributions and €212k of benefit in kind contributions.



- The attendance of Minister of State, David Staunton, TD at the Diversity Games in January and December in Athlone International Indoor Arena.

January saw Offaly Sports Partnership and the AIT International Arena play host to the inaugural Diversity Games (deferred from December 2017), one of 131 community integration projects funded by the Department of Justice & Equality in late 2017. 300 primary and post primary pupils / students were in attendance, with over half of those participating children and young people of an ethnic minority background.

Following a second round of community integration project funding from the Department in 2018, Offaly Sports Partnership and the AIT International Arena hosted the second annual Diversity Games across two days in December. Almost 500 primary and post primary pupils / students were in attendance, again over half of those participating were children and young people of an ethnic minority background. We look forward to continuing to work with the Department on projects designed to increase the participation of under represents groups such as people of an ethnic minority background in sport and physical activity

- Re-employment of a Sports Inclusion Development Officer. Jean Brady joined the staff of Offaly Sports Partnership in May 2018, and is currently working with various under represented groups such as people with disabilities, older adults, women and girls in an effort to increase their participation in sport and physical activity
- Employment of a Community Sports Development Officer. Denise Coghill joined the staff of Offaly Sports Partnership in October 2018, and is currently working in west Offaly in an effort to increase the participation of people from west Offaly communities in sport and physical activity

- 2018 also saw Offaly Sports Partnership host a sports volunteer celebration night in December at which Packie Bonner was the keynote speaker. 12 sporting volunteers across athletics, badminton, camogie, canoeing, community games, cycling, GAA, hockey, pitch & putt, rugby, rowing and soccer were recognised for their extensive volunteer work in their respective sports over the years. *"A huge congratulations to you all, and many thanks for your work in promoting participation in your chosen sport over the years"*.



General activities in 2018 included: -

- a comprehensive schools' fitness programme with 41 schools and over 3,500 pupils participating
- education and training programmes for over 140 volunteers / coaches in clubs and organisations
- the delivery of sports leader training for over 200 transition year students in post primary schools across the county
- integration projects including Diversity Games and the Integrated Academy for Athletics Performance
- A significant number of primary and post primary schools sport and physical activity programmes directly and indirectly supported by the Sports Partnership
- inter-generational sport and physical activity programmes such as Operation Transformation, Bike Week, Play Day and Recreation Week
- sport and physical activity programmes for low income communities, older adults, and women and girls
- Sport and physical activity programmes as part of Healthy Offaly supported by Healthy Ireland

It is anticipated that continuing work in these areas will address objectives and strategic outcomes identified.

## Board, Executive / Working Groups & Staffing of Offaly Sports Partnership

### Board of Offaly Sports Partnership

In 2018, the Board of the Partnership comprised representation from: -

- Offaly County Council (one representative as the employer; and three public representatives, one from each municipal district - Birr, Edenderry and Tullamore). Representatives included Martin Daly, Head of Section , Community & Culture, Offaly County Council; Cllr John Carroll, Birr Municipal District; Cllr John Foley, Edenderry Municipal District; and Cllr Danny Owens, Tullamore Municipal District
- An Garda Síochana (one representative) - Sgt David Scahill
- Health Services Executive (one representative) - Clodagh Armitage
- Laois / Offaly Education and Training Board (one representative) - Cllr Eddie Fitzpatrick
- Local Community Development Committee Liaison—Cllr Declan Harvey
- The private business sector (three representatives, up from one). Representatives included Sean Campbell; Pippa Hackett; and Sean Loughnane
- The sports sector (six representatives, up from four). Representatives included Darren Butler, Athletics Offaly; Eamonn Brady, Combined Counties Football League, Football Association of Ireland; Robert Mc Dermott, Leinster Rugby; Miriam O Callaghan, Offaly Camogie; Jude Feehan, Offaly Community Games; and Caitriona Nolan, Offaly Rowing Club
- Third level sector (one representative) - Joe Meegan, Athlone Institute of Technology
- Disability sector representative (nominated by the Offaly Public Participation network) - Lorraine Regan



*Board of Offaly Sports Partnership 2018*

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### Executive and Working Groups of Offaly Sports Partnership

Following the Sports Partnership's AGM in September, the Executive for 2018 / 2019 consisted of Miriam O Callaghan (Chair), Jude Feehan (Vice chair), Darren Butler (Financial monitor), Martin Daly (Offaly County Council representative), Cllr Declan Harvey (Offaly Local Community Development Committee liaison) and Eamon Brady (Sports representative).

In addition to the Executive, there were three sub groups in 2018: -

- i. Governance working group reviewing internal policy and corporate governance
- ii. Cycle forum leading out on Bike Week activities
- iii. Volunteer in sport acknowledgement committee responsible for putting together the Sports Partnership's volunteer recognition night in December at which Packie Bonner was the keynote speaker

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### Staffing in 2018

In 2018, Offaly County Council continued to facilitate the employment of Offaly Sports Partnership staff.

The two core positions of Coordinator and Administrator were 100% funded by Sport Ireland; with Eamonn Henry and Olivia Murphy continuing in their respective roles.



Following the resignation of Aoife Byrne as Sports Inclusion Development Officer in late 2017; a recruitment process was undertaken in early 2018, and in May 2018, Jean Brady (*pictured*) joined the staff of Offaly Sports Partnership as our new Sports Inclusion Development Officer on a full time (five days per week) contract. Ms Brady's role was 50% funded by Sport Ireland, 35% funded by the Health Services Executive and 15% funded by Offaly County Council.

In addition, Offaly Sports Partnership also secured funding from Sport Ireland to employ a Community Sports Development Officer. Following a recruitment process undertaken during the summer, Denise Coghill (*pictured*) joined the staff of the sports partnership in October 2018. Her work, going forward in 2019 will focus on increasing participation in sport and physical activity in communities in West Offaly



Offaly County Council also continued to facilitate the FAI's employment of a "Soccer in the Community Officer"; and the extension of contracts for Leinster Rugby Club Community Rugby Officers. Gary Seery, FAI development officer continued to roll out grassroots soccer programmes (e.g. glow football, late night leagues, schools soccer, walking football, etc.); while Leinster Rugby's club community rugby officers continued to roll out grassroots rugby programmes (e.g. tag rugby, schools rugby, womens rugby, etc.) throughout the county.

Furthermore, with the establishment of the South Offaly Sports Hub in 2017, operating out of Crinkle Sport and Recreation Centre, funded by Sport Ireland Dormant Accounts; the Hub has delivered a range of outreach programmes to schools, clubs and organisations; as well as continuing to secure greater usage of

the facilities at the Crinkle Sport and Recreation Centre by local schools, clubs and organisations. Many thanks to the staff of the Crinkle Sport and Recreation Centre - Declan Cooke, Kevin Cooke, Patricia Flynn and Conor O'Brien; and the Hub - Mairead Daly, Emmett Dynan and Simon Whelehan - for their work in supporting the delivery of outreach programmes of Offaly Sports Partnership to the community of Birr and its environs.

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#### **Contracted tutors / Interns / Student placements / Volunteers**

Much of the work of the Sports Partnership throughout the year is also made possible through the efforts of contracted tutors, interns, students on placement and a number of volunteers who assist us in the delivery of a range of actions and events.

These included tutors from Athletics Offaly who supported delivery of our Healthy Offaly couch to 5k recreational running, couch to 3k (teens) and diversity games programmes; Jean Brady (schools programme and sports leader tutor, prior to her employment as Sports Inclusion Development Officer); David Caffrey (Healthy Offaly schools agility programme tutor funded by Healthy Ireland); Pauline Curley (women in port programme tutor); Eimear Lynch (schools programme tutor); Sarah Mc Carthy (Healthy Offaly daily physical activity programme tutor funded by Healthy Ireland); Conor Mc Namee (Healthy Offaly schools agility programme tutor funded by Healthy Ireland); Buntu Mlisena (integration programmes tutor); and Karen Walsh (safeguarding programme tutor)

In addition, the partnership facilitated work experience placements for three transition year students during the course of the year; while students from Athlone Institute of Technology and post primary schools in Offaly continued to assist in the delivery of various sports festivals such as Diversity Games and SPORTSHALL Athletics which are coordinated by Offaly Sports Partnership.

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The Board and staff of Offaly Sports Partnership wish to express their thanks to all those that helped in the delivery of our programmes in 2018. *"Go raibh mile maith agaibh!"*

### **Pillar 1 - Instil fundamentals & Improve youth fitness**

Offaly Sports Partnership is committed to instilling fundamentals and improving fitness levels among young people. A range of actions in the areas of instilling fundamentals, monitoring youth fitness and providing complementary schools physical activity programmes were written into our operational plan for 2018 to address this pillar.

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#### ***Instilling fundamentals***

Offaly Sports Partnership continued to deliver its **SPORTSHALL Athletics programme** which remains the primary programme in developing fundamentals for children. Nine primary schools and over 950 pupils participated on this programme. The annual SPORTSHALL Athletics festival for primary schools was once again coordinated by Offaly Sports Partnership with the support of Athletics Ireland. 13 counties and 650 pupils participated at the event.

Following the securing of €14,000 in support from Healthy Offaly via Healthy Ireland, the Sports Partnership also delivered the SPORTSHALL Decathlon challenge in eight primary schools for 1,200 pupils.

In addition, the FAI officer and Leinster Rugby's club community rugby officers (CCROs) continued to deliver sport specific fundamental movement skills programmes in schools across the county.

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#### ***Monitoring youth fitness***

Offaly Sports Partnership, with the support of the its south Offaly sports hub, established in 2017 as a result of Sport Ireland Dormant Accounts funding, delivered its Fit Class Award (rebranded Fit School Monitor) as a means of continuing to monitor youth fitness.



41 of 70 primary schools, and just over 3,500 pupils from 1st to 6th class participated on the programme. "One minute endurance" and "Max speed" tests were completed by all class pupils across participating schools; with new baselines established for the max speed test, while overall results from the one minute endurance test were calculated for comparison against the 2014 / 2015 baselines. See appendix 1 for Fit Class results. Fit Class Award certificates were presented to 23 of 41 participating schools with the remaining schools receiving a copy of their finishing positions in each test

The Sports Partnership wishes to thank local Olympians, Pauline Curley, Gordon Kennedy and James Nolan for endorsing this award. See appendix 1 for the fittest classes from 1st to 6th class.

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### ***Complementary schools physical activity programmes***

Offaly Sports Partnership delivered a range of complementary schools physical activity programmes to improve fitness levels. Among these programmes were: -

- Spring and Winter fitness programmes in schools in the south Offaly sports hub catchment area. 12 schools were targeted for delivery of these programmes in spring and winter by the Hub; with 25 schools and over 2,000 pupils being reached.
- Eight school soccer programmes delivered by FAI via its development officer for 2,250 pupils / students across 40+ schools
- Additional schools rugby programmes delivered by Leinster Rugby via its club community rugby officers across 11 primary and two post primary schools for 300+ pupils / students funded by Offaly Local Community Development Committee



*School cycle days in Lough Boora, Bike Week 2018*



*FAI Schools Futsal programme*

- “Athletics Offaly” schools based programmes including schools competitions; and the Healthy Ireland funded couch to 3k teens programmes. Four schools and over 300 students participated on the programme taking part in regular training sessions and competing in fun runs across the county
- National programmes such as Bike Week delivered locally. This year, the Sports Partnership delivered a range of cycling events for primary school pupils including school day cycles in Lough Boora Discovery Park; and a lunchtime cycle in Birr
- Healthy Ireland funded 20 min daily physical activity programme in five primary schools. This programme is a piece of action based research modelled on the “Daily Mile” concept - which is reputed to help improve fitness; reduce childhood obesity; improve concentration in class; and subsequently lead to better academic performance - consisting of pre programme tests; a 20 week (October 2018 - March 2019), 20 minute daily physical activity programme intervention; and post programme tests. Five schools and 1,000 pupils are participating on the programme; with results of the overall programme due at Easter 2019.



*Lunchtime cycle in Birr as part of Bike Week 2018*



*Presentation of Fit Class Awards*

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Continuing funding opportunities under Dormant Accounts and Healthy Ireland have ensured that children and young people have had greater access to varying fundamental movement skills programmes.

The continued availability of a FAI development officer and Leinster Rugby community club rugby officers as well as support from Athletics Offaly is ensuring that children and young people are continuing to be exposed to a range of fundamental movement skills across varying sports which can only stand them in good stead into the future.

The identification of baselines and programmes such as Fit Class are allowing Offaly Sports Partnership to monitor youth fitness and identify areas of work going forward.

## Pillar 2 - Increase adult & older adult participation

A range of actions in the areas of increasing adult participation, increasing older adult participation and the delivery of national physical activity programmes locally were written into our operational plan for 2018 to address this pillar.

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### *Increasing adult participation*



With the support of Healthy Ireland; and our local partners, Offaly Athletics and their network of clubs, Offaly Sports Partnership supported the delivery of a 10 week / 20 session couch to 5k programme across eight locations (Ballyskenach, Banagher, Birr, Clara, Edenderry, Ferbane, Daingean and Tullamore) in the county. Over 500 adults took part in the programme.

Furthermore, Athletics Offaly hosted a road race series with an average turnout of 300 people per event.

In addition, the Mount Lucas Park Run (established by Pippa Hackett, sports partnership board member) continues to go from strength to strength with an average turnout of 50 participants per run every Saturday morning.




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### *Increasing older adult participation*



In addition to our o50s boccia programme supported by Go for Life, which caters for 150 older adults on 25 teams from 12 groups; Offaly Sports Partnership with the support of Healthy Ireland also delivered a range of programmes including older adult in sport come try days. 75 older adults participated in our initial come try day in November, with follow up older adult in sport events due to take place in early 2019.

In addition to the come try day, older adults were trained in the use of the new older adult FitZone in Lloyd Town Park, Tullamore; as well as introduced to functional fitness classes in Aura Tullamore; while walking football as delivered by the FAI officer has also proven to be very popular.



### ***Delivering national physical activity programmes locally***

Offaly Sports Partnership continues to support local delivery of national programmes such as: -

- i. *Bike Week* - following receipt of Bike Week funding, the Sports Partnership supported the delivery of cycling events via its own work, and the work of local clubs. Among the events on offer were a lunch time cycle in Birr; and meet and spin programmes rolled out by local cycling clubs. 50 adults participated across the range of activities on offer.



*Bike Week lunchtime cycle in Birr*

*Operation Transformation national walk day*

- ii. *Operation Transformation* - linked to the Operation Transformation programme, the Sports Partnership delivered a 5k walk in Mount Lucas for over 100 people

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Continuing funding opportunities under Healthy Ireland have ensured that Offaly Sports Partnership has been able to expand its range of adult and older adult physical activity programmes across the county; with evidence indicating that many of the participants on these programmes continue to remain active even after programmes conclude.

### Pillar 3 - Include the least active

By far, Offaly Sports Partnership's largest area of work is our commitment to delivering measures to involve, sustain and mainstream the inclusion of underrepresented groups in sport and physical activity in the county.

In 2018, interventions reached all eight underrepresented groups (*i.e. low income communities (rural and urban); Older people; People with a disability; People of an ethnic minority; the Unemployed, Travellers; Women and Girls; and Youth at risk*) as named in Active Offaly 2016 - 2020.

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#### **Low income communities**



Continuing support from Sport Ireland Dormant Accounts in 2018 ensured that the south Offaly sports hub, established in 2017, continued to outreach physical activity and sport programmes to low income communities in Birr and its environs. Among the programmes outreached were school fitness programmes, Play Day and Recreation Week.

In addition, the FAI Officer and Leinster Rugby Community Club Rugby Officers continued to deliver grassroots programmes of the FAI and Leinster Rugby to low income communities. Among the programmes delivered were twilight tag rugby and late night soccer leagues.

The Sports Partnership also supported the delivery of summer camps for low income communities through partner agencies in the community sector.

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#### **Older people** (*see increasing adult and older adult participation under pillar 2 heretofore*)

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#### **People with a disability**

Jean Brady, our new Sports Inclusion Development Officer delivered a range of sport and physical activity programmes supporting the participation of people with physical, sensory and intellectual disabilities; as well as those experiencing mental health difficulties.

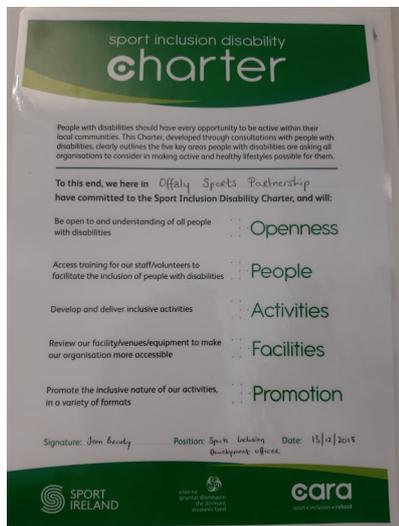
In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver soccer sport for all programmes and adapted rugby programmes for people with disabilities, including those experiencing mental health difficulties. Among the programmes delivered were football for all and inclusive soccer for people with disabilities; as well as disability tag rugby and couch to five tags.



Scoil Bhride PS @sc... · 15/06/2018 ✓  
Our sports for all day is off to a start!!

Across all the programmes delivered in 2018, over 500 people with disabilities have been afforded opportunities to participate in sport and physical activity programmes.

For more information on the Sports Partnership's Sports Inclusion Development Programme, see appendix 2, sports inclusion development programme update for 2018 or contact the office on 057 93 57463.



2018 also saw the Sports Partnership sign up to the Sport Inclusion Disability Charter in which we have committed to: -

- Being open to and understanding of all people with disabilities
- Accessing training for our staff / volunteers to facilitate the inclusion of people with disabilities
- Developing and delivering inclusive initiatives
- Reviewing our facility / venues / equipment to make our organisation more accessible
- Promoting the inclusive nature of our activities in a variety of formats

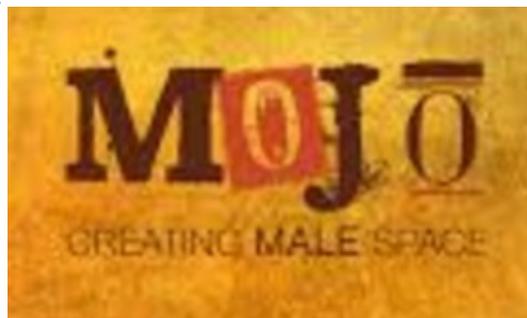
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***People of an ethnic minority*** (see pillar 4, integration & celebration)

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### ***The unemployed***

Offaly Sports Partnership also supported the delivery of physical activity programmes for MOJO, an evidence based mental health and well being programme for men who are motivated to make changes in their lives, delivered by Offaly Local Development Company.



Each MOJO programme takes 12 weeks to complete and the Sports Partnership supports the delivery of physical activity programmes as part of each 12 week block.

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### ***Travellers***

Following the establishment of the Hub in south Offaly, Offaly Sports Partnership via the Hub has been in a position to outreach targeted programmes to specific underrepresented groups such as Travellers in 2018. Working with the Birr Traveller and Settled People's Group, the Hub supported the delivery of a boxing programme for this group.

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### Women & Girls



With the support of Pauline Curley Fitness, Offaly Sports Partnership delivered a second 10 week physical activity challenge for women. The programme commenced on the 25th September; and 30 women took part in two physical activity sessions every week, one jogging and one fitness.

Fitness levels increased greatly and some of the participants who began the programme as walkers progressed onto running a 5k in the last week.

In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver their soccer and rugby women in sport programmes. Among the programmes delivered were glow football, “live your goals” festival and soccer sisters for over 200 girls



2018 also saw the Sports Partnership sign up to the Federation of Irish Sports 20x20, “If She Can’t See It, She Can’t Be It” #showyourstripes campaign. As part of our commitment to this campaign, Offaly Sports Partnership has committed to contribute to the objective of **increasing female participation at player, coach, referee, volunteer or administration level by an overall average of 20% by the year 2020**. To this end we will be hosting a range of sport and physical activity programmes; and education and training programmes in 2019 to address this commitment.

### Youth at risk



In 2018, Offaly Sports Partnership worked with Youthreach to deliver physical activity programmes for young people attending their service.

Bangher Youthreach took part in a nine week come try physical activity programme. The participants got the opportunity to experience cycling in Boora, hip hop dance classes and badminton over the nine weeks.

In addition, the FAI officer and Leinster Rugby community club rugby officers continued to deliver their community oriented soccer and rugby programmes. Among the programmes delivered were late night leagues and summer soccer programmes for youth at risk

Continuing funding opportunities under Dormant Accounts, specifically in relation to the south Offaly sports hub has ensured that areas of disadvantage continue to be supported to avail of sport and physical activity opportunities; while the continued availability of a FAI development officer and Leinster Rugby community club rugby officers, as well as the employment of a new Sports Inclusion Development Officer has ensured that Offaly Sports Partnership has been able to deliver sport and physical activity programmes across the lifespan from cradle to grave; and targeted sport and physical activity programmes for low participation target groups

## Pillar 4 - Integrate & Celebrate

In keeping with Offaly Sports Partnership's vision, mission and equality statement, we seek to ensure that people of all backgrounds and abilities living in Offaly will have the opportunity to integrate into, and be visible within our county's organised sports clubs and facilities.

Furthermore, as a county which loves sport and strives towards a more vibrant sports culture, the Sports Partnership will seek to acknowledge and celebrate the achievements of Offaly's sports' people.

A range of actions in the areas of integration and celebration were written into our operational plan for 2018 to address this pillar.

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### *Integration*

#### 1. *People with a disability*

While existing integrated clubs established via the Sports Inclusion Development Programme in recent years continue to flourish; new clubs were not established in 2018. Instead, Jean Brady, our Sports Inclusion Development Officer worked with schools to support pupils / students and teachers to deliver integrated programmes as follows: -



- Scoil Bhríde Edenderry hosted a "sport for all" day for 3rd and 4th class, and the special education needs unit which was led out by their 6th class pupils who Jean supported with adapted physical activity training.
- Jean also delivered four adapted physical activity workshops for teachers and special needs assistants (SNAs) in primary schools. These workshops introduced teachers and SNAs to adapted games and sports which could then be rolled out as part of PE classes for special education needs units, etc.

- Furthermore, Jean delivered a four week special education needs physical activity programme in Tullamore Educate Together which focused on activities to develop fundamental movement skills

In addition, working with our community coaches, Jean delivered a range of adapted physical activity programmes as part of summer camps being run across the county.

#### 2. *People of an ethnic minority*

Continuing funding opportunities with the Department of Justice and Equality, and Dormant Accounts (via Athletics Ireland) has ensured that Offaly Sports Partnership has been in a position to keep supporting our range of programmes which encourage children and young people of an ethnic minority to remain involved in sport and physical activity. Among the programmes delivered were: -

- Integrated Academy for Athletics Performance (IAAP)* - the long term goal of the academy is the visible participation of persons of a migrant background at all levels in mainstream athletics in numbers, which at a minimum, is reflective of the new make-up of Irish society. The academy in Portarlington continued to flourish with over 20 children participating on the programme. Two training groups continue to meet regularly, one focusing on general participation in athletics while the second group focused on preparing athletes for provincial, national and international competition. An independent review of the work of the Academy is underway and should be completed by the end of the first quarter of 2019





ii. *Communities integration programme* - January saw Offaly Sports Partnership and the AIT International Arena play host to the inaugural Diversity Games (deferred from December 2017), one of 131 community integration projects funded by the Department of Justice & Equality in late 2017. 300 primary and post primary pupils / students were in attendance, with over half of those participating children and young people of an ethnic minority background. Minister of State, David Staunton, TD opened the games



Department of Justice & Equality tweets - Diversity Games, January 2018

Following a second round of community integration project funding from the Department in 2018, Offaly Sports Partnership and the AIT International Arena hosted the second annual Diversity Games across two days in December. Almost 500 primary and post primary pupils / students were in attendance, again over half of those participating were children and young people of an ethnic minority background. We look forward to continuing to work with the Department on projects designed to increase the participation of under represents groups such as people of an ethnic minority background in sport and physical activity



Department of Justice & Equality tweets - Diversity Games, December 2018

The Sports Partnership also delivered support programmes in 10 of the 13 primary schools that signed up the diversity games. In total, across the support programme and the two diversity game days, 1,500 pupils / students were reached.

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### ***Celebration***

Offaly Sports Partnership continues to acknowledge the sporting successes of Offaly's local sports people at local, national, European and international level.



The Sports Partnership also hosted a sports volunteer celebration night in December at which Packie Bonner was the keynote speaker. 12 sporting volunteers across athletics, badminton, camogie, canoeing, community games, cycling, GAA, hockey, pitch & putt, rugby, rowing and soccer were recognised for their extensive volunteer work in their respective sports over the years.

*“A huge congratulations to you all, and many thanks for your work in promoting participation in your chosen sport over the years”.*

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The availability of more long term avenues such as integrated clubs for continuing participation has resulted in a number of Offaly Sports Partnership's programmes outlined heretofore under pillars one to three (i. Instilling Fundamentals & Improving Youth Fitness; ii. Increasing Adult & Older Adult Participation; and iii. Including the Least Active) becoming more sustainable. Coupled with the support available from our staff team, the Sports Partnership appears to be achieving its twin aims of integration and celebration

## Pillar 5 - Improve capacity & Inform the sector

In keeping with the primary functions of sports partnerships as identified by Sport Ireland, this pillar is concerned with improving the capacity of the wider sports and physical activity sector by providing education and training programmes; and acting as an information hub for the sector.

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### *Education & training*

In 2018, the delivery of education and training programmes was our second largest area of work. This was primarily due to the availability of Dormant Accounts funding which ensured our support of community coaching programmes; sports leadership training programmes for students; and our standard education and training programmes which are available to the wider sports and physical activity sector. Education and training programmes delivered included: -

#### *Child protection training*

Nine workshops from the Safeguarding programme were delivered for 135 volunteers from 30 clubs / organisations



#### *Community coaching*

2018 saw Offaly Sports Partnership deliver a community coaching programme for young people aged 16 - 25 years. 14 young people commenced the programme, with 12 completing it. The trainees assisted the Sports Partnership in the delivery of summer camps as part of their work experience module.

#### *Sports leadership for young people*

10 sports leadership programmes were delivered. Nine Sports Leader 1 courses were delivered for 200 students from four post primary schools; while one Sports Leader 2 course was delivered for 14 young people as part of the Sports Partnership's Community Coaching programme during the summer



#### *Sports specific coaching*

With the continuing employment of a FAI officer, education and training programmes of the FAI have been outreached to over 650 people working in clubs, communities and schools across the county

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### Interagency cooperation

In addition to the education and training supports provided, inter agency cooperation has assisted Offaly Sports Partnership in promoting sport and physical activity opportunities in Offaly for people of all ages and abilities. Key successes in the area of inter agency cooperation in 2018 include: -

1. Following the publication of the Healthy Offaly Plan 2018 - 2020, a Healthy Offaly Team was established to oversee the implementation of the strategic priorities for Healthy Offaly. Offaly Sports Partnership is represented on this working group; with “Physical Activity” having been identified as a key area of work. With the securing of funding under Healthy Ireland, the Sports Partnership has delivered a range of programmes to: -

*Healthy Offaly Plan 2018-2020*

National Government Framework to Improve Health and Wellbeing  
County Offaly- Healthy County Plan 2018-2020



- i. support the continued development of accessible and affordable physical activity for all ages and abilities - activities supported in 2018 included couch to 5k for over 500 adults and older adults; and couch to 3k for over 300 young people
- ii. support the development and implementation of initiatives to achieve targets as set out in “Get Ireland Active” - SPORTSHALL Decathlon challenge in eight primary school for 1,200 pupils; and the schools 20min physical activity programmes in five primary schools for 1,000 pupils (see pillar 1 - instil fundamentals & improve youth fitness for more information)
- iii. work with partners to develop a range of recreational physical activity programmes, facilities, etc.



DEPARTMENT OF JUSTICE AND EQUALITY  
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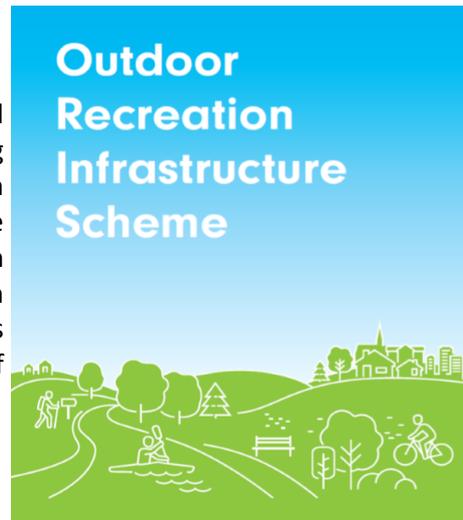
OFFICE FOR THE PROMOTION OF MIGRANT INTEGRATION  
OIFIG CHUN LÁNPHÁIRTEÁIOCHT IMIRCEACH A CHUR CHUN CINN

2. Continuing funding opportunities with the Department of Justice and Equality, and Dormant Accounts (via Athletics Ireland) has ensured that Offaly Sports Partnership has been in a position to keep supporting our range of programmes which encourage children and young people of an ethnic minority to remain involved in sport and physical activity (see pillar three, integration & celebration for more information)

### Communities Integration Fund 2018

3. The continued availability of a FAI development officer and Leinster Rugby community club rugby officers as well as support from Athletics Offaly is ensuring that sport specific grassroots programmes for schools, clubs and other local groups outlined heretofore under pillars one to three (i. instilling fundamentals & improving youth fitness; ii. increasing adult & older adult participation; and iii. including the least active) continue to be supported. See appendix 3 for an update on the work of the FAI development officer and Leinster Rugby community club rugby officers
4. Access to funding via Sport Ireland Dormant Accounts Funding has also ensured that the south Offaly sports hub established in 2017 continued to be supported in 2018 to deliver a range of outreach programmes to schools, clubs and organisations (see pillars 1 - instil fundamentals & improve youth fitness; and 3 - include the least active for more information). See appendix 4 for an update on the work of the Hub (south Offaly community sports & physical activity hub) for a more in-depth look at their work in 2018

5. The securing of Department of Community & Rural Development funding has supported the continuing development of sport and physical activity infrastructure in the county; while the securing of capital funding for the development of play and recreation facilities has resulted in continuing improvements in play infrastructure for children and young people. In addition, following a call for sports capital in 2018, the Sports Partnership supported a number of clubs to make applications under this scheme.



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#### **Information provision**

Offaly Sports Partnership continues to use a wide variety of communication channels to get our message of inclusive participation across the life span in the public domain. Our website, [www.offalysports.ie](http://www.offalysports.ie) and our social media channels (Facebook, Twitter, Instagram, etc.) provide in-depth information on sport and physical activity programmes, funding schemes, etc.; and we will continue to develop these methods of communication going forward

**Appendix 1 - Fit Class Award**  
**1a - Fit Class Award 2018**



**Girls – overall winners**

<b>Class</b>	<b>Small Class (1 - 9 pupils)</b>	<b>Medium Class (10 - 19 pupils)</b>	<b>Large Class (20+ pupils)</b>
1 <sup>st</sup>	Rashina NS	Shinrone NS	St Mary's Edenderry
2 <sup>nd</sup>	Coolanarney NS	Rahan NS	St Joseph's NS
3 <sup>rd</sup>	Mountbolus NS	Dromakeenan NS / Ballinagar NS	St. Mary's Edenderry
4 <sup>th</sup>	Gaelscoil na Laochra, Birr / Clonmacnoise NS	Kileen NS	St. Mary's Edenderry
5 <sup>th</sup>	Coolanarney NS / Carrig NS	Kileen NS	St. Mary's Edenderry
6 <sup>th</sup>	Broughal NS	Killeigh NS	St. Philomena's Tullamore

**Boys - overall winners**

<b>Class</b>	<b>Small Class (1 - 9 pupils)</b>	<b>Medium Class (10 - 19 pupils)</b>	<b>Large Class (20+ pupils)</b>
1 <sup>st</sup>	Mountbolus NS	Rahan NS	St.Joseph's NS
2 <sup>nd</sup>	Ballyboy NS	Rath NS	St.Joseph's NS
3 <sup>rd</sup>	Gaelscoil Éadaoin Doire	Cloneygowan NS	Scoil Mhuire Bainrion
4 <sup>th</sup>	Coolanarney NS	Dromakeenan NS / Daingean NS	Scoil Mhuire Bainrion
5 <sup>th</sup>	Broughal NS	Killeigh NS	Scoil Mhuire Bainrion
6 <sup>th</sup>	Coolanarney NS	Dromakeenan NS	Scoil Eoin Pol / Scoil Mhuire Bainrion

**1b - Fit class award baselines (Max speed) & comparative results in One Minute Endurance****Boys 1 Minute Sustained Run Test (2014 / 2015 Baselines)**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	210m	250m	235m	210m	190m	175m
2 <sup>nd</sup>	215m	255m	245m	220m	195m	170m
3 <sup>rd</sup>	230m	265m	255m	230m	205m	190m
4 <sup>th</sup>	235m	265m	260m	240m	210m	195m
5 <sup>th</sup>	240m	280m	265m	245m	215m	195m
6 <sup>th</sup>	250m	300m	285m	255m	225m	200m

**Boys 1 Minute Sustained Run Test (2018 Results)**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	215m	250m	240m	215m	195m	180m
2 <sup>nd</sup>	225m	260m	245m	225m	200m	195m
3 <sup>rd</sup>	230m	265m	250m	230m	200m	190m
4 <sup>th</sup>	240m	290m	270m	245m	215m	200m
5 <sup>th</sup>	245m	290m	270m	250m	215m	200m
6 <sup>th</sup>	255m	295m	280m	250m	225m	205m

**Girls 1 Minute Sustained Run Test (2014 / 2015 Baselines)**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	205m	240m	230m	205m	190m	175m
2 <sup>nd</sup>	210m	250m	235m	215m	195m	175m
3 <sup>rd</sup>	220m	255m	250m	225m	200m	190m
4 <sup>th</sup>	230m	260m	255m	230m	205m	200m
5 <sup>th</sup>	235m	275m	260m	240m	210m	200m
6 <sup>th</sup>	240m	280m	270m	245m	220m	200m

**Girls 1 Minute Sustained Run Test (2018 Results)**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	210m	250m	230m	215m	195m	180m
2 <sup>nd</sup>	220m	250m	240m	220m	200m	190m
3 <sup>rd</sup>	225m	265m	250m	230m	205m	190m
4 <sup>th</sup>	235m	270m	255m	235m	210m	200m
5 <sup>th</sup>	245m	275m	265m	245m	220m	205m
6 <sup>th</sup>	255m	295m	275m	255m	230m	215m

**Boys 25m Max Speed (time in seconds) 2018 Baselines**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	5.03	4.23	4.49	4.99	5.57	6.01
2 <sup>nd</sup>	4.73	3.98	4.24	4.64	5.30	5.78
3 <sup>rd</sup>	4.57	3.80	4.09	4.50	5.10	5.51
4 <sup>th</sup>	4.32	3.68	3.88	4.24	4.74	5.29
5 <sup>th</sup>	4.24	3.60	3.75	4.21	4.69	5.19
6 <sup>th</sup>	4.05	3.47	3.62	4.00	4.50	4.86

**Girls 25m Max Speed (time in seconds) 2018 Baselines**

Class	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	5.14	4.30	4.60	5.07	5.70	6.15
2 <sup>nd</sup>	4.89	4.19	4.41	4.80	5.36	5.79
3 <sup>rd</sup>	4.71	4.04	4.19	4.68	5.21	5.59
4 <sup>th</sup>	4.54	3.87	4.12	4.46	4.99	4.54
5 <sup>th</sup>	4.33	3.75	3.93	4.28	4.72	5.02
6 <sup>th</sup>	4.22	3.55	3.76	4.12	4.76	5.09

**Boys 25m Max Speed (max speed – km/h) 2018 Baselines**

Class	Mean Speed	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	17.89	21.28	20.05	18.04	16.16	14.88
2 <sup>nd</sup>	19.01	22.61	21.23	19.40	16.98	15.57
3 <sup>rd</sup>	19.69	23.68	22.00	20.00	17.65	16.33
4 <sup>th</sup>	20.82	24.46	23.20	21.23	18.99	17.01
5 <sup>th</sup>	21.21	25.00	24.00	21.38	19.19	17.34
6 <sup>th</sup>	22.20	25.94	24.86	22.50	20.00	18.52

**Girls 25m Max Speed (max speed – km/h) 2018 Baselines**

Class	Mean Speed	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 <sup>st</sup>	17.50	20.93	19.57	17.75	15.79	14.63
2 <sup>nd</sup>	18.41	21.48	20.41	18.75	16.79	15.54
3 <sup>rd</sup>	19.12	22.27	21.48	19.23	17.27	16.10
4 <sup>th</sup>	19.82	23.26	21.84	20.18	18.04	16.79
5 <sup>th</sup>	20.79	24.00	22.90	21.03	19.07	17.93
6 <sup>th</sup>	21.31	25.35	23.94	21.84	18.91	17.68

## Appendix 2 - Sports Inclusion Development Programme update 2018

*(submitted to the Health Services Executive as a condition of their contribution (34%) towards the salary costs of the Partnership's Sports Inclusion Development Officer)*

### Fáilte / Welcome



Following the resignation of Aoife Byrne as Sports Inclusion Development Officer in late 2017; a recruitment process was undertaken in early 2018, and in May 2018, Jean Brady (*pictured*) joined the staff of Offaly Sports Partnership as our new Sports Inclusion Development Officer on a full time (five days per week) contract.

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 Offaly Sports Partnership

In an effort to address these objectives, the SIDO has delivered a range of physical activity and sport programmes for over 500 people with disabilities, and other target groups of the Sports Partnership. The following pages will give an overview of the SIDO's work in 2018.

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### May

#### Couch to 5 tags

Working with Occupational Therapists from the Bannon Centre and Leinster Rugby, four Tag Rugby taster sessions were held for service users from the Edenderry area.

The programme was well received by all participants; and as a result of the interest shown in the taster sessions, preparatory work is underway to form a new tag rugby group.



## June

### Sport for All day – Scoil Bhride Edenderry

On 15th June I ran a 'Sports for All' day in Scoil Bhride primary school, Edenderry.

The boys and girls in 3rd and 4th and the special classes had the chance to try out adapted activities such as Goal Ball, Boccia, Bucket Ball, Relay races, Bowles, Target throwing and Javelin Throwing.

The 6th class students also gained leadership skills as they were introduced and shown adaptations of each activity, therefore helping run each station on the day.

### Teacher Training

I attended Killeen National School before the school holidays.

I brought a range of equipment and displayed different adaptable games for the teachers and Special Needs Assistants (SNAs) in the school. 4th to 6th class all took part in the games while teachers and SNAs took notes on the set-up and rules of each activity.



### Offaly Age Friendly Strategy

On 29th June Offaly Sports Partnership hosted an information stand at the launch of the Offaly Age Friendly Strategy.

I met with older adults and informed them about the different programmes and activities that the sports partnership are involved in and the opportunities available to them.



## July

### Sports Day

On 10th July an adapted activities day was held in Tullamore Harriers for local children involved in the July Provision Programme.

45 children from St Josephs, Ballinamere, Clara and Rahan schools took part in a wide variety of activities.

Thanks to our community coaching leaders who volunteered on the day. A great day was had by all.





### **Adapted Activities- Cúl Camps**

With the help of our qualified community coaching leaders we attended four days of Cúl Camps around Offaly.

Venues included, Daingean, Mucklagh and Tullamore. Children were given a taste of the GAA Fun and Run programme along with other adapted activities.

### **Older Adults & FitZone**

I attended an introduction for the active retirement groups to the Tullamore Town Park FitZone area.

I showed the group the different types of exercises they could do with each piece of equipment.

It was great to see such positivity and enthusiasm shown by all on the day.



### **Summer Camps**

Throughout the summer we assisted many groups with equipment and set up of fun activities and games. Riverside Summer Camp held a camp for children with physical disabilities where they really enjoyed getting the opportunity to try our new games pack.



Youthwork Ireland hosted a Sports Day in Tullamore Town Park in July. The sports day catered for boys and girls between the ages of 10-13 and it's aim was to promote fun and teamwork between the different youth groups located in the town. I set up each of the activities on the day and explained them to the leaders. The children really enjoyed the variety of activities available to them.

## **September**

### **Primary School Visits**

Since September I have carried out school visits with Educate Together Tullamore, Killeen, Shinrone and Daingean National Schools. During the visits I spoke to teachers and Special Needs Assistant (SNAs) on how to adapt activities so that PE lessons can be all inclusive. Games such as sitting volleyball, boccia, cornhole and scidils were all demonstrated. Equipment was also left with the school so they could experience the games fully.

### Functional exercise Classes



In conjunction with the HSE Primary Care Centre and Aura Tullamore, an older adults functional fitness class commenced in September and ran for eight weeks.

It is hoped another block of classes will begin in the new year. Thanks to Aura Tullamore's Linda who delivered varied and enjoyable classes throughout the eight weeks




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### October

#### Over 50's Boccia League

The o50s Boccia League recommenced on the 7th October.

This year there are three competitions – mens, womens and mixed with a total of 25 teams participating



#### Walking Leader Training with Rehab Care

On the 18th of October the Irish Heart Foundation delivered a community walk leader course for the service users and staff of Rehab Care. The service users and staff really enjoyed the day. It is great to see groups being empowered to take control and deliver programmes themselves.



### November

#### Couch to 5 Tags

Our second block of Couch to 5 tags took place in November. Working with Occupational Therapists from the Bannon Centre and Leinster Rugby five more Tag Rugby taster sessions were held for service users from the the Tullamore and Edenderry area

#### Special Education Needs Physical Activity Programme

I delivered a four week programme in the ARC Unit in Educate Together Tullamore.

Each week the children were introduced to new games where they worked on their balance, co-ordination, agility and fitness



### Healthy Ireland Older Adult Sports Fest

On Wednesday, 21st November we held our inaugural Healthy Ireland Older Adult in Sports Fest.

Over 75 older adults from Birr, Clareen, Cloghan, Clonbullogue, Crinkle, Edenderry, Kilcormac, Mountbolus, Mucklagh, Pullogh, Rahan, Rhode, Shinrone and Tullamore came along on the day and had a chance to experience new sports such as walking football, scooch, pickleball, cornhole and scidils. It was great to see the level of interest on the day, and many thanks to the coaches and An Garda Síochána who facilitated the day.



*Action from Healthy Ireland funded Older Adult in Sports Festival*

### Appendix 3

#### Update on the work of the FAI development officer and Leinster Rugby community club rugby officers

##### **3a. FAI soccer in the community**

Since commencing employment as the FAI soccer in the community development officer, Gary Seery has delivered: -

1. a range of education and training supports including: -
  - coaching workshops for over 100 participants (106)
  - four-week introduction to coaching for six MOJO men
  - kick-start training for 20 participants as part of OSP's community coaching programme
  - PDP (1, 2, 3 and referees) for over 300 participants (309)
  - referee training for over 20 participants
  - safeguarding (child protection and welfare) training for almost 150 participants (144)
  - small sided games workshops for 55 participants
  
2. a range of school supports including: -
  - an after schools' soccer programme in Edenderry for 23 boys which culminated in a trip to the Aviva Stadium
  - fare week for three schools and 130 primary school pupils; and three soccer clubs
  - four-week school sessions for 11 schools for 501 boys and 575 girls across second to fifth class
  - FAI SPAR 5s for over 600 pupils across 26 schools. Two schools qualified for the mid Leinster finals while Clonlisk NS went on to represent Offaly in the national finals
  - "golden time" drop in for 48 boys in one primary school
  - integration through soccer for 15 participants in one primary school
  - post primary futsal for over 100 participants (102)
  - primary futsal for over 225 pupils (228)
  
1. a range of soccer in the community programmes including: -
  - football for all blitz in Edenderry for over 70 participants
  - glow football for 58 girls
  - inclusive soccer for over 100 adults with disabilities as part of Offaly's inclusive sport day
  - late night leagues in two locations (Edenderry and Tullamore) for 123 participants
  - "Live Your Goals" festival for over 60 girls
  - open days in local soccer clubs for 70 participants
  - soccer blitz for 60 girls u12 years
  - soccer Sisters in two locations (Killeigh and Tullamore) for over 45 girls
  - summer soccer camps across six locations for 750 participants
  - summer soccer programmes in two locations (Birr and Tullamore) for 25 youth at risk
  - walking football for 65 older adults

**3b. Leinster Rugby community club rugby officers**

Offaly County Council contributed €5,000 to Leinster Rugby in 2018. The purpose of this contribution was to allow Leinster Rugby to extend the employment of its community club rugby officers in the county beyond Easter and to deliver a range of social inclusion interventions in conjunction with Offaly Sports Partnership. This financial supported has allowed Leinster Rugby to: -

- Work extra hours in 11 primary and two post primary schools delivering programmes to an additional 300+ pupils / students
- Support disability tag rugby in Tullamore for up to 18 participants
- Support mental health tag rugby in Tullamore for up to 18 participants
- Deliver couch to 55 tags, a tag rugby initiative for people experiencing mental health difficulties in Edenderry for up to 15 participants
- Deliver twilight tag rugby, an after schools youth tag rugby programme in Edenderry for 20 participants

#### **Appendix 4 - update on the work of the Hub (Crinkle community sports & physical activity hub)**

The following is an update on the work of the south Offaly sports hub in Crinkle as a result of investment secured by Offaly Sports Partnership via Sport Ireland Dormant Accounts.

This report is presented against the seven objectives in the original application made to Sport Ireland in 2016.

- i. ***To build on the work of the centre to date*** Seven user groups / projects were named in the original application (2015). Currently, over groups / projects catering for over 1,200 people use the centre regularly: -
- Birr Athletic Club – 190 adults, 130 children & young people
  - Fitness Classes etc. – 60 adults
  - Crinkle Active Retirement – 8 older adults
  - Crinkle Handball / Racquetball – 20 adults, 8 children & young people
  - Offaly Handball – 12 adults, 8 children & young people
  - Crinkle GAA Club – 20 adults
  - Birr Camogie Club – 28 women, 40 girls
  - Birr GAA – 36 adults
  - St Brendan’s GAA – 26 adults
  - Offaly Camogie – 38 women, 45 girls
  - St Cillian’s Camogie – 24 women, 50 girls
  - Carrig & Riverstown GAA – 34 adults
  - Shinrone GAA – 35 adults
  - St Cronan’s Special Needs Group – 18 people with disabilities
  - Offaly Traveller Movement – 15 Travellers
  - CRC Gaels – 85 children & young people
  - Birr Town Soccer Club – 20 children & young people
  - Camcor Warriors Special Olympics – 12 people with disabilities
  - Judo Assist – 20 people with disabilities
  - Summer camps for low income communities – 40 children & young people
  - Crinkle National School – 210 pupils
- ii. ***To increase usage of the centre among underrepresented groups*** (i.e. low income communities; older adults; people with a disability; people of an ethnic minority including Travellers; the unemployed; women & girls; and youth at risk). A range of programmes have been delivered for underrepresented groups as follows: -
- a 12 session multi-sport and fitness programme for youth at risk
  - working with Fusion, Birr’s Garda Youth Diversion project, eight youth at risk have participated on this programme
  - programmes for other underrepresented groups
  - the Hub has worked with Birr Traveller and Settled People’s Group, and Birr Boxing Club to deliver boxing programmes for underrepresented groups
- iii. ***To improve adult fitness in the locality*** A strength and conditioning gym within the Hub facility is currently being developed, and delivery of accompanying strength and conditioning programmes will ensue thereafter

iv. ***To develop and deliver outreach programmes to schools and the community in line with the Partnership's priorities*** A range of outreach programmes have been delivered to schools and across the community as follows: -

- a six session outreach schools spring fitness programme to a minimum of six schools - 16 schools and 1,190 pupils reached
- a six session outreach schools winter fitness programme to a minimum of six schools - nine schools and 956 pupils reached
- local delivery of national events (e.g. Mojo, Play Day, Recreation Week, etc.) - one of the Hub tutors has been working with MOJO Offaly to support physical activity programmes for MOJO men. Three programmes have been delivered to date catering for 36 men at risk.

Play Day saw the Hub (south Offaly CSPAH supported by Sport Ireland Dormant Accounts) deliver an inter-generational play day for over 50 people. Adults and older adults in attendance demonstrated playground games of their own era to their children and grandchildren

Recreation Week saw the Hub deliver a three-day community summer camp for 20 young people

v. ***To act as a focal point for leadership training*** No progress has been made on this action, and this objective will need to be reviewed

vi. ***To stage sporting events within the centre*** It is hoped that a large exhibition of boxing can be staged in 2019

vii. ***To hold a data set on local sport and fitness levels***

In 2018, the Hub supported delivery of the Partnership's Fit Class Award programme. 41 schools registered to participate on the programme with the Hub carrying out tests in 28 of these schools among 2,090 pupils.

In an effort to address the concerns raised in 2017 with regard to the speed test protocols and the accuracy of same, in 2018, a new "max speed" test was introduced alongside the "one minute endurance" test.

Data on 41 schools was collated; and baselines for the "max speed" test were identified. See appendix 1 for details of new baselines, and comparative results in the "one minute endurance" test. Fit class award certs were presented to 23 of 41 schools with the remaining schools receiving a copy of their finishing positions in each test