

APPENDIX 2



Sports Inclusion Development Programme 2021

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Fáilte / Welcome



Jean Brady, Offaly Sports Partnership's Sports Inclusion Development Officer continued in her role in 2021.

Ms Brady's role is made possible with funding from Sport Ireland (salary costs); while the Health Services Executive provides funding towards programme delivery.

The Sports Inclusion Development Officer's role is to 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.

The spike in Covid19 cases between December 2020 and January 2021, and ongoing health restrictions thereafter had a significant impact on the roll out of planned sports inclusion development programmes throughout 2021.

Furthermore, Eimear Lynch joined the staff of Offaly Sports Partnership as interim Sports Inclusion Development Officer to cover Jean Brady's maternity leave between September 2021 and April 2022.



As in 2020, programme delivery options were adapted to suit the prevailing health conditions in situ at the time of delivery; and a range of programmes were delivered for over 600 people with disabilities.

The following pages will give an overview of the SIDO's work in 2021

Quarter 1 – January to March

Keep Well

As part of the “Keep Well in the Community” initiative that ran from November 2020 to March 2021, Offaly SP disseminated 150 “keep well” packs to people who participated on the SIDP, and programmes of the sports partnership targeting older adults and women in quarter 1. The packs included a hi viz vest, hat with a head torch, snood and gloves



Supporting the National Learning Network Tullamore 'Fitness Friday':

👉 Today's online Fitness Friday session was brought to us by Offaly Sports Partnership.
... See more



The National Learning Network in Tullamore delivered an excellent initiative to their students called 'Fitness Friday'.

Every Friday a guest instructor delivers an online exercise session that reaches up to 75 students. So far, the students have taken part in strength and conditioning, Pilates and yoga.

Offaly SP are delighted to be able to support this programme by sourcing tutors from different areas of fitness to deliver the online sessions. Well done to the National Learning Network on delivering such a worthwhile programme to their students.

Online exercise programmes for disability services in County Offaly:

The programme consisted of a 10-week online exercise session for disability services in County Offaly. The programme was delivered in three disability services - St. Cronans, Birr; Riverview Resources, Birr; and The Bannon Centre, Tullamore. Each service was allocated a dedicated tutor to deliver a varied and fun exercise programme.



SEN Exercise and Movement Video Programme:

With the reopening of schools for junior classes and SEN units, Offaly SP delivered a SEN exercise and movement video programme for 25 classes and over 280 pupils. The programme involved dissemination of three videos / resources for dance, yoga, strength and conditioning or athletics to participating schools each week. Teachers could then support their students to participate in the programme as part of their in-school physical education curriculum



Quarter 2 – April to June

Access Great Outdoors Training:

I attended CARA's Access Great Outdoors Online Training on Wednesday 14th April. This training is designed to give an overview of the best practice outlined in "*Great Outdoors, a guide for accessibility*" and a foundation understanding of how to approach implementation of the guiding principles and recommendations of this document.

SIDO / IWA Information Day:

The Irish Wheelchair Association held an online information day for Sports Inclusion Development Officers on Thursday 22nd April.

The day was very informative, it was great to learn about the IWAs collaborations with Sports Partnerships and what programmes might be suitable for the Offaly area.



Sport Inclusion & Disability Awareness Online Workshop:

I am delighted to be assisting Edenderry GAA Club with the establishment of a GAA for All section within the club, which will cater for participants with disabilities across the entire disability spectrum. In preparation for this new venture, the club undertook Sport Inclusion and Disability Awareness Training on Tuesday 27th April with CARA. The course was attended via zoom by 13 enthusiastic coaches and volunteers. Well done to all who completed the course and thanks to CARA for a very informative evening.



Edenderry GAA for All

The first session of the new Edenderry GAA for All club took place on Saturday 8th of May.

Great fun was had by all with a wide range of ages enjoying a variety of fun activities

Learn to Cycle Programme with Down Syndrome Offaly:

The first of our learning to cycle programme for children with Down Syndrome took place on the 9th of June. This 1:1 individual training from a specialised cycling leader will be delivered to 14 children in County Offaly.



Disability Inclusion Training with Rhode GAA:

I am delighted to be assisting Rhode GAA Club with setting up a GAA 4 All Club that will cater for all disabilities. In preparation for this new venture, the club undertook Sport Inclusion and Disability Awareness Training on Thursday 24th of June with CARA. Well done to all who completed the course and we wish them the very best of luck with their new venture.

Activator Poles Training Session:

On the 28th of June, we held a training day for tutors who will be delivering the activator poles programme to older adults and people with additional needs. Thanks to Frank Fahey for a lovely morning in Tullamore Town Park. All enjoyed the practical session; and we look forward to scheduling activator programmes in the coming months.

Edenderry Golf for Autism:

I had the pleasure of attending Edenderry Golf Club on the 28th of June where I saw first-hand the fantastic Golf Programme being delivered for children with autism. The programme runs every Monday evening from 6.30 to 7.30pm. Along with Robert McDermott (Chair, Offaly SP) I was delighted to attend a presentation to the children in recognition of their hard work over the past few weeks.

Outdoor Boccia Blitz for Disability Services:

An outdoor Boccia Blitz was held in Colaiste Choilm on the 29th of June for people with a disability. The day was well attended with groups from the National Learning Network Tullamore, Riverview Resources Birr and St Cronans Birr. A great day in the sunshine was had by all. Congratulations to Tullamore Amigos who were victorious on the day. A special thanks to Colaiste Choilm who are always so accommodating with their fantastic venue.



Quarter 3 – July to September

Summer Provision Sport days:

There was huge interest in our Summer Provision Sports Day once again this year. Due to high levels of demand, two Summer Provision Sports Days were held. The first day was held in the Tullamore Harriers; and was attended by 80 students from across eight different primary schools in County Offaly. Schools were kept in their own pods and made their way around 10 physical activity stations over the two hours.

The second day took place in Scoil Eoin Phol Tullamore with 35 young boys taking part in a wide range of activities. Thanks to all our fantastic tutors who made sure both days ran smoothly and the children who attended had an enjoyable experience.



1:1 physical activity supports for people with disabilities:

The 1:1 physical activity supports for people with additional needs recommenced in July. 35 individuals ranging from children to older adults will benefit from multiple physical activity sessions with a qualified tutor.

Physical Activity Leader Training with National Learning Network:

On Tuesday 20th July we helped the National Learning Network completed their physical activity exam. The learners were taking through how to lead a warm up, main activity and cool down. They then demonstrated these skills to their classmates. Well done to all from the National Learning Network on completing their active module.

Multi Sports Camp:

Our annual multi sports camp for children with additional needs and their siblings took place on the 21st and 22nd of July in Daingean Sports and Physical Activity Hub. All in attendance got the opportunity to try out a wide range of activities including Soccer, Badminton, Wrestling, Dance, Meditation and Arts & Crafts. The feedback received from both children and parents was brilliant. A

huge thank you to all our wonderful tutors for making the camp so enjoyable for everyone in attendance.



Lots of activities and lots of fun. Plenty of staff working at the camp. Even though I stayed on the grounds because the youngest child was nervous, I would have been happy to leave both children there as there were lots of staff and they were all very caring, helpful and competent with the children.

I had a very happy 6-year-old who didn't want the camps to be over

I would rate this camp as excellent!

Inclusive GAA Cul Camp:

The Inclusive GAA Cul Camp in collaboration with Offaly GAA took place on the 3rd, 4th and 5th of August. 20 children with additional needs and their siblings took part in lots of fun activities over the three days.

A huge thank you to Liam O Reilly and all his coaches along with our fantastic sports partnership tutors who once again were amazing with all the children.



*Dear Jean and Liam,
A massive thank you to both of you and the team of staff working at the inclusive Cul camp, especially Eoin and Kim for facilitating one of the most inclusive experiences for our children Áine and John. The camp was so well organised and your team were so flexible to each individual child's needs. We are thrilled that our children had the opportunity to participate. It was the first time that John with the support of Eoin independently participated in an activity without a parent. Eoin is a fantastic young man and an asset to your team. We can't thank you all enough.*



Eimear Lynch joined the staff of Offaly SP as interim Sports Inclusion Development Officer on Wednesday, 22nd September in advance of Jean Brady taking maternity leave in October.

Eimear started her tenure as interim SIDO supporting the delivery of activator pole sessions for older adults as part of Positive Ageing Week 2021 from the 27th September to the 1st October

Quarter 4 – October to December

Inclusive PE programme

Across the months of October to December, six / eight week inclusive PE programmes commenced in nine schools: -

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|---------------------------------------|----------------------------------|
| i. Durrow National School | vi. Mercy Primary, Birr |
| ii. Scoil Naomh Sheosaimh, Ballinagar | vii. Scoil Mhuire, Tullamore |
| iii. Crinkill National School | viii. Scoil Shinchill, Killeigh |
| iv. Gaelscoil Eadán Doire | ix. Scoil Chartaigh Naofa, Rahan |
| v. Gortnamona National School | |

To date, 60 students have participated in the programme; and have been introduced to activities such as athletics, basketball, boccia, bowling, gymnastics, hockey and volleyball. It is anticipated that the participating schools will continue to deliver this programme within their schools following the initial intervention by Offaly Sports Partnership



In support of this, the sports partnership has made all ability kits available to a number of the participating schools



Clochán House multi-sport programme

On Wednesday, 6th October, an eight-week multi-sport commenced in Clochán House.

Various activities including bocce, chair bowling, circuit training, parachute games, etc. were delivered throughout the eight-week programme; and great fun was had by all



Strength, conditioning & exercise programme for older adults

On Thursday, 2nd November, I commenced a five-week strength, conditioning and exercise programme for older adults. The programme was delivered in two locations, Edenderry and Tullamore, with the support of the Offaly Local Development Company.

Thank you to Offaly Sports Partnership for facilitating group exercises in Tullamore Park from the 3rd of November to the 24th of November.

The instructor, Eimear Lynch was at all times mindful of everyone's abilities and created inclusive and enjoyable sessions. All group members really enjoyed all sessions and I look forward to working with Eimear in the future.

Regards, Amanda

We recently had Eimear facilitate a four / six week fitness programme for a diverse group based in Edenderry. Eimear was a fantastic facilitator; she engaged with every single participant, knew all their names and made everyone feel safe and welcome.

With regards to the exercise, Eimear was excellent at explaining and demonstrating each exercises, explaining the benefits of the exercise and how to use an alternate exercise to make it easier.

The group loved having Eimear every week and are requesting to have her back in the New Year.

Many thanks, Niamh

A further spike in Covid19 cases in December resulted in delivery of the SIDP being suspended; however, we hope to be in a position to recommence delivery of elements of the programme in the New Year subject to the prevailing health conditions in situ at the time of delivery

For more information on the Sports Inclusion Development Programme, contact Offaly SP on 057 93 57462 or by email to sports@offalycoco.ie