

Sports Inclusion Development Programme - Mid year review 2014

Welcome



On behalf of Offaly Sports Partnership, we would like to welcome Aoife Byrne to our staff team. Aoife joins the staff of the Partnership as the Sports Inclusion Development Officer.

In her short time with us, she has made substantial progress in the implementation of sustainable projects for the disability sector; and in building capacity within the sector for the delivery of health enhancing physical activities for people with a disability. Disabilities are divided into three types of impairment: -

1. Intellectual
2. Physical
3. Sensory



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The following pages will give an overview of Aoife's work in 24 areas to date: -

In the area of **intellectual disability**, Aoife has delivered ?? projects / programmes as follows: -

Come Try Sports Day

Over 130 adults with intellectual disabilities from four services in Edenderry and Tullamore attended a come try sports day in the Tullamore Harriers. Local sports clubs delivered a range of activities on the day including: -



- Athletics with the Tullamore Harriers
- Basketball with the Tullamore Basketball Club
- Boccia with RehabCare and the National Learning Network
- Long Kic and Long Puc with Offaly GAA
- Rounders with RehabCare
- Soccer penalties and matches with Tullamore Soccer Club
- Sports day relays with Aura Tullamore
- Tag rugby and Welly throwing
- Target throw with the Muriola Foundation
- Tug of War with Boyneside Tug of War Club
- Zumba with Darinda



The guest of honour was Alan Mulhall, Offaly GAA Goalkeeper and Offaly GAA Games Manager



Football for All

In conjunction with Birr Soccer Club, this programme targeted 30 adults with an intellectual disability and with the support of the Birr Soccer Club coaches introduced the participants to the game of soccer. William Doyle, an intern with Offaly Sports Partnership also assisted with the delivery of the programme.



Get Active with Aura, Tullamore

In conjunction with Aura Tullamore, a fitness programme for 24 adults with intellectual disabilities was developed.



Following on from the success of this and other programmes, Aura Tullamore now offer a reduced membership fee to those involved in our Sports Inclusion Development Programme.

Get Active 2014

Venue: Fitsquad Gym, Edenderry

Start Date: Monday 9th June 2014

Time: 10:00-11:00

This 'Get Active' Programme incorporates overall body toning exercises including



- Aerobics
- Circuit sessions
- Step aerobics
- Core work
- Free weights
- And much more



Cost: €4.45 per person

(Please note places are limited so book in advance)

For further information:

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Get Active with the FITSquad in Edenderry

In conjunction with the FITSquad gym in Edenderry, the instructors deliver a weekly fitness programme for the KARE centre and other groups of adults with intellectual disabilities on Monday mornings.

Lawn bowls

With the support of Olivia Murphy, Administrator Offaly Sports Partnership and ex u25 international bowler; and Tullamore Bowling Club, staff and clients of the Rehab Care Autism Centre and Rehab Care Tanyard were introduced to the playing of lawn bowls. The groups play every Tuesday morning in the park





National Learning Network (NLN) Football Association of Ireland (FAI) League

Training for these players takes place every Tuesday in Leah Victoria Park, Tullamore. 18 to 20 players currently participate in NLN teams.

RehabCare Fitness Programme

In conjunction with staff from RehabCare, Aoife has designed two fitness programmes for service users, a general well being programme and an older adults activity programme.

Staff have been trained in the delivery of these programmes, and in ways to best use the equipment they have available to hand; thereby encouraging sustainable participation on a daily basis.

Special Olympics

In conjunction with Special Olympics Leinster, information sessions on Special Olympics were delivered in St Joseph's National School and the Offaly School for Special Education. Gary McCabe, a local Special Olympian who has represented Ireland in basketball at the World Games presented at these sessions. Offaly Sports Partnership would like to express our gratitude for his support of the information sessions.

Following on from these sessions, a new Special Olympics Club was established in St Joseph's National School and boasts a membership of eight athletes; while great interest was expressed by parents and staff of the Offaly School for Special Education in relation to the Ireland Games held in Limerick in June 2014.

26 athletes from across the county went on to represent Offaly at the Ireland Games in Limerick, with each and every athlete achieving a modicum of success. One athlete from Camcor Warriors has since represented Ireland in aquatics at the European Games in Antwerp; and one additional athlete from Ballinamere Special Olympics will also be representing Ireland at the Los Angeles World Games in 2015.

With the support of Special Olympics Leister, it is also the intention to deliver inter club events between Ballinamere National School, the Offaly School of Special Education and St Joseph's National School. The aim of these events are to create regular, sustainable sessions where pupils can meet with peers from other schools in a fun, positive atmosphere while also promoting Special Olympic activities. Delivery of activities will be supported by transition year students, thereby building rapport between schools and increasing students' disability awareness.



Special Schools GAA

GAA activities were delivered in four schools with special education needs units - Ballinamere National School, Dromakeenan National School, Nano Nagle Centre in Presentation Primary National School Portarlinton, and St Joseph's National School Tullamore.



Three GAA coaches, all teachers and special needs assistants were trained in the delivery of inclusive GAA activities and received a resource pack to assist them in the future roll out of this programme.

In the area of ***physical disability***, Aoife has supported clubs / organisations as follows: -



Offaly Rowing Club

Aoife has supported Offaly Rowing Club in promoting their adapted programme among groups and organisations catering for those with physical and sensory disabilities.

Offaly Rowing Club's facility is currently wheelchair accessible; they own two adapted boats; and currently count people with disabilities among their membership.

Tullamore Municipal District

Aoife is currently liaising with the Tullamore Municipal District to ensure that play facilities in Tullamore are more accessible for people with disabilities; with Tullamore Municipal District in the process of installing an "ability swing" in Lloyd Town Park.

Future developments for Lloyd Town Park and other play areas are also being looked at.



In the area of **sensory disability**, Aoife has delivered ?? projects / programmes as follows: -



Fitness classes for people with visual impairments

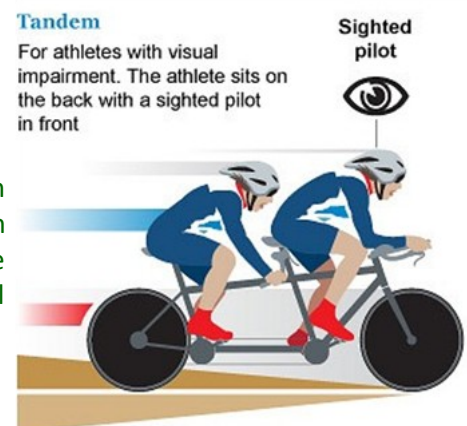
In conjunction with Aura Tullamore, fitness and spinning classes have been held for 16 people with visual disabilities / impairments.

DeafHear

Following presentations to DeafHear, Aoife is working with management, members and staff in developing programmes for people with hearing impairments.

Tandem cycling

Lough Boora Parklands (just outside Blueball, Tullamore) through Lough Boora Cycle hire have access to two tandem bicycles for people with sensory disabilities to enable them and their family / friends to cycle regularly. Offaly Sports Partnership would like to thank Grand Canal Sports and Killucan Cycling Club for the use of these bicycles.



Aoife has also developed and implemented a range of **pan disability programmes** for various disability groups; and a range of groups experiencing mental health difficulties. Among the programmes delivered were: -

Couch to 5k

This programme has been adapted from our mainstream meet and train programmes. The programme take place over six to eight weeks, and encourages participants to progress from walking to jogging, and jogging to running. One session a week is led out by one of our meet and train tutors, while the additional one / two sessions are led out by staff members, of the service provider or the sports partnership.

Go for Life Games

Based on Go for Life's national Go for Life Games concept, a number of local Go for Life Games events have been delivered for a variety of groups including Offaly Community Mental Health groups in Birr and Tullamore.





Keep Fit with Aura Tullamore



Open to PAN disabilities

- Stay fit this winter with overall body toning exercises in a fun, friendly environment.
- Meet new people and enjoy the health benefits of this programme.
 - €4.45 per person
 - Reduced membership

(Please note places are limited so book in advance)

For further information:

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Keep fit classes

Following on from the success of the wide range of keep fit classes offered for people with intellectual, physical and sensory disabilities through our partnership with Aura Tullamore, this programme has since been expanded to cater for pan disability groups.

The classes take place on a Monday from 12pm and on Wednesday from 2pm, with many participants going on to avail of the reduced long term membership rates for the centre for those involved in our Sports Inclusion Development Programme.

Midlands Boccia

In conjunction with Westmeath Sports Partnership, Offaly Sports Partnership is delivering a Midlands Boccia League for pan disability groups.



League games take place every six to eight weeks, and there are over 20 teams taking part in the league. Each participating organisation trains one or two officials to assist with the officiating of the event.





Swimming

In conjunction with Aura Tullamore, 70 people with various disabilities now avail of regular weekly swim lessons.

Walking challenge

Offaly Sports Partnership adapted a number of walking challenges and encouraged anyone with a disability to keep a log of the distance and time that they walked in order to reach specific targets.

55 people participated in the challenge and all participants received some level of recognition for the work that they put in.



To support clubs, organisation and schools endeavouring to make their activities more accessible for people with disabilities, Aoife has delivered a range of training and support initiatives. Initiatives delivered include: -



CARA disability inclusion training

In 2014, Offaly Sports Partnership facilitated their first “disability inclusion training” workshop” for 19 participants from a variety of backgrounds.

Participants took part in a range of theoretical and practical sessions on adapted physical activity and disability awareness.





Disability housing strategy

Working with the housing section of Offaly County Council, Aoife is working towards establishing a steering group to develop a disability housing strategy for Offaly.

Physical Education for All teacher training

Aoife is currently drafting a “physical education for all teacher training programme”. This programme will target primary school teachers, suggesting practical methods on incorporating children with disabilities into physical education classes.

Following the initial training, schools will receive follow up visits where guest speakers with a background in disability will give pupils an insight into their experiences; and to conclude the programme, all schools will be encouraged to participate in Deaflympic / Paralympic / Special Olympic events.

Xccessible Leisure

Aoife is currently supporting Aura Tullamore and the Bridge House Hotel Leisure Centre to achieve the gold standard in the white flag award scheme run by Ireland Active.

Aoife is also promoting Xccessible Leisure Centre training for all staff in support of this award.



Should you have any further queries on the Sports Inclusion Development Programme, feel free to contact Aoife on 057 93 57463 or by [email](#). Alternatively visits our [website](#) to see what we have on offer.