

Sports Inclusion Development Programme

2008

Claire Grehan joined the staff of Offaly Sports Partnership in March 2008 as the Sports Inclusion Development Officer (SIDO). The SIDO's role is to increase the involvement of people with a disability in sport, with a particular focus on Athletics, Boccia, Gym instruction, Power soccer and Swimming.

Claire is currently working with a number of disability groups - Down Syndrome Ireland, Irish Wheelchair Association Sport, National Learning Network and Rehab Care - to roll out a number of programmes in the identified sports. To date, Claire has been involved in the following projects: -

- **Athletics** - In association with Midland Athletics, Claire rolled out an athletics programme every Monday from 7 - 9pm in the Tullamore Harriers Sports Complex during the summer months.
- **Boccia** - Approximately thirty five people from the National Learning Network, Rehab Care, the Sisters of Charity of Jesus and Mary Services, and Irish Wheelchair Association Sport are participating in a Boccia programme in their centres. Following on from the Boccia programmes in the centres, a Midlands Boccia League has begun. There are over twenty teams participating in the league, and the first round of the league took place in September in Moate Community Centre. The second round will take place in November in Athlone Institute of Technology.
- **Bowls** - Ten members of Rehab Care are currently participating in a bowls programme every Wednesday from 2 - 3pm in the Tullamore Town Park.
- **Come Try Sports Days** - Claire has also run three come try sports days for children with a disability, the National Learning Network and Down Syndrome Ireland. Approximately thirty five participants attended over the three days.
- **Gym Instruction** - Twelve people from Rehab care have been participating in a gym instruction programme in Rahan Gym every Thursday from 9.30 - 11am.
- **Swimming** - An Amateur Swim Association Helper's Certificate (swimming for people with disabilities) course took place in Athlone Regional Sports Centre on the 13th September from 9am - 6pm. This course is designed to equip candidates (over the age of sixteen) with an awareness of disability issues, and the basic knowledge in safety and other skills which will enable them to assist a qualified ASA teacher in conducting sessions for people with disabilities. A second ASA Helper's Certificate (swimming for people with a disability) will take place in November.