



# Community sports hubs 2023

**Supported by**



Offaly Sports Partnership is a multi-sectoral subcommittee of Offaly County Council. It is hosted by the Community & Culture Section of Offaly County Council; and receives its core funding from Sport Ireland.

## CONTENTS

Section		Page
1	Fáilte / Welcome	3
2	 	4
3	 	5
4	 	9

## Fáilte / Welcome

Supported by Sport Ireland and Dormant Accounts, Offaly Sports Partnership's three existing sports hubs in South Offaly (Crinkle), Daingean and Mucklagh continued to outreach physical activity and sport programmes for low income communities; while a fourth community sports hub was established in Ballycumber in quarter 4. Among the programmes delivered in the Daingean, Mucklagh, Ballycumber and South Offaly sports hubs were: -

	<ul style="list-style-type: none"> <li>• Fast Feet primary schools programme</li> <li>• after schools' programmes</li> <li>• teens programmes</li> <li>• exercise classes for adults and older adults including HITT, Pilates, strength &amp; conditioning and yoga</li> </ul>
	<ul style="list-style-type: none"> <li>• Fast Feet primary schools programme</li> <li>• RINKA fitness for children aged three to nine years</li> <li>• after school programmes in badminton, basketball, fun games and soccer</li> <li>• exercise classes for adults and older adults</li> <li>• activator poles for older adults</li> <li>• adapted physical activity programmes for groups supporting people with disabilities</li> <li>• sports days and summer camps</li> </ul>
	<ul style="list-style-type: none"> <li>• Fast Feet primary schools programme</li> <li>• Healthy Ireland funded "Drop &amp; Move" programme for adults</li> <li>• walking football for adults and older adults</li> </ul>
	<ul style="list-style-type: none"> <li>• Fast Feet primary schools programme</li> <li>• Healthy Offaly funded after schools' programme for children</li> </ul>

For more information on the work of the community sports hubs, check out the following pages: -



Community  
Sports Hub

In April, I took over the management of the Daingean Community Sports Hub. Throughout quarters 2 to 4 of 2023, a range of programmes were delivered including: -

- strength & conditioning classes for older adults - following Shauna's departure from the Hub in October, a new tutor has been sourced to continue delivering this programme to year end. Alana Roddy is now delivering the classes on a Monday and Wednesday with an average attendance of 16 per class
- HITT classes for women on Tuesdays with an average attendance of seven weekly
- badminton on Friday nights from 6.30 – 8pm
- Pilates and Yoga
- gymnastics
- play school activities for 48 children across the months of October, November and December
- after school coaching with a focus on basketball on Mondays since November



I'd like to take this opportunity to thank Shauna Sweeney for her work in Daingean Sports Hub in recent months; and to wish her well in her new venture

For more information on the work of the Daingean sports hub, search Facebook / Daingean Community Sports Hub



# MUCKLAGH COMMUNITY SPORTS HUB

Following the establishment of the “*Mucklagh Sports Hub*” in January, the following programmes were rolled out across quarter 1 of the year. Among the programmes delivered were: -

- activator poles for older adults – over 30 older adults regularly participated on the programme
- an adapted physical activity programme in Rahan National School - three classes from the Mochuda Unit catering for children aged three to five years were supported with fun activity sessions. The programme ran until the end of March
- after school basketball programme – this six-week programme catered for 55 children from four local primary schools
- after school basketball for teens – eight boys participated on this programme
- a multi-sport programme for the National Learning Network - 12 young adults with additional needs participated on this programme which ran to the end of March
- recreational walking
- Rinka fitness for children aged three to nine years
- schools’ badminton blitz to conclude the “*shuttle time*” programme rolled out in association with Badminton Ireland, the community sports development programme and local schools across the last quarter of 2022
- six-week Pilates programme



*After schools’ basketball programme*



*Badminton Ireland “shuttle time” blitz*



Quarter 2 saw several successful programmes continue including the “*activator pole*” programme. Several additional programmes were also rolled out via the Hub including: -

- multi-sport mornings for Ukrainian families in Tullamore Town Park delivered by Mucklagh Hub tutors
- Easter camp for 45 children
- folk dance showcase as part of a wider social inclusion event

Quarter 2 also saw the launch of the Mucklagh “*Moby Bike scheme*”. The Moby Bike scheme is a pay as you ride scheme installed with the support of Offaly County Council in 17 locations throughout the Tullamore area; one such location being at Mucklagh Community Centre. For more information on the Moby Bike scheme and its locations in Tullamore, check out [www.mobybikes.com](http://www.mobybikes.com)



Quarter 3 saw the arrival of a range of sport and physical activity equipment in July to support the delivery of the Mucklagh Sports Hub summer programmes. Among the programmes facilitated by the sports hub throughout the summer were: -

- sports day on the 18<sup>th</sup> of July
- two sports camps for 70 children aged 6 to 12 years, one in July and one in August
- two summer camps for children and young people of an ethnic minority background. The first camp catered for 16 children aged 6 to 12 years from Daingean, Geashill, Kilbeggan, Kilcormac and Tullamore. The second camp catered for young people aged 12 to 16 years



*Action from the summer camps for children and young people of an ethnic minority background*

Quarter 4 saw the ongoing delivery of several of the more successful Sports Hub programmes including: -

- activator poles for 60 older adults twice a week
- adapted physical activity programme for Rahan NS
- after school programmes in badminton, basketball, fun games and soccer for 50 children
- exercise classes
- two 10 week adapted physical activity programmes for community-based disability services including the Muiriosa Foundation from Tullamore and St Anne's Service from Birr
- Rinka fitness for children aged three to nine years



*Activator poles*



*After school programme*

The hub also supported the delivery of “Drop & Move” for 20 women; and “Fast Feet” in primary schools within the Mucklagh sports hub catchment area



Mucklagh Sports Hub was officially launched on 7<sup>th</sup> October. Over 200 people were in attendance for the opening with a variety of activities delivered for all

For more information on the work of Mucklagh sports hub, search Facebook / Mucklagh Community Centre





Community  
Sports Hub

The Ballycumber Community Sports Hub, situated in the Ballycumber Activity Centre on the grounds of Ballycumber GAA, was officially opened by the President of the GAA at the end of November. Among the programmes delivered in the hub across November and December were: -

- i. *“Fast Feet”* - five schools (Clonmacnoise NS; Scoil Bhríde, Clara; St Ciaran’s NS, Boher; St Cynoc’s NS, Ferbane; and Tubber NS) and 700 children within the Ballycumber sports hub catchment area availed of this programme; and the hub also hosted one of the regional finals
- ii. *“Drop & Move”*, funded by Healthy Offaly; and modelled on a *“stay and play”* concept, Ballycumber GAA was one of nine pilot sites for the programme; and saw adults and older adults take part in weekly guided physical activities while children and grandchildren were participating in their own juvenile training session onsite
- iii. *walking football* for adults aged 30+ yrs. also commenced in the hub. With an average attendance of 12 at each session and numbers slowly increasing, one lady aged 73 yrs. came down for 10 mins just to say she had played on the new astro, but then stayed on to participate in the full session and has indicated her intention to keep participating on the programme



*Official opening of the  
Ballycumber Activity Centre & Sports hub*



*Walking football in the Ballycumber Activity Centre*

For more information on the work of Ballycumber sports hub, search Facebook / Ballycumber Activity Centre and Community Sports Hub