



Appendix C

Sports Inclusion

Development

Programme 2024

Supported by



**SPORT
IRELAND**



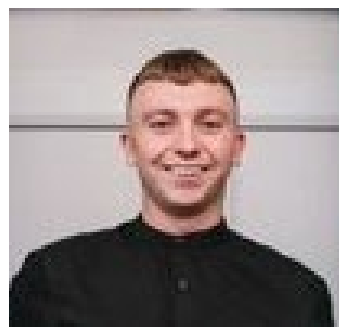
Fáilte / Welcome

The context for the delivery of Offaly SP's Sports Inclusion Development Programme (SIDP) in 2024 is as follows: -

- The SIDP has a focus on supporting the increased participation of people with disabilities, additional needs, etc in sport and physical activity
- The SIDP is made possible with funding from Sport Ireland, Healthy Ireland, the Health Services Executive and miscellaneous other funding agencies.
- Jean Brady (pictured) continued in her role as Sports Inclusion Development Officer but was on maternity leave during the year
- Johnny Corboy, ASPIRE graduate with Offaly Sports Partnership delivered various actions under the SIDP while Jean was on maternity leave



Jean Brady
Sports Inclusion Development Officer



Johnny Corboy
ASPIRE graduate

- Jean and Johnny were supported in their SIDP work by various tutors of Offaly SP.

The following pages will give an overview of the SIDP in 2024...

January:

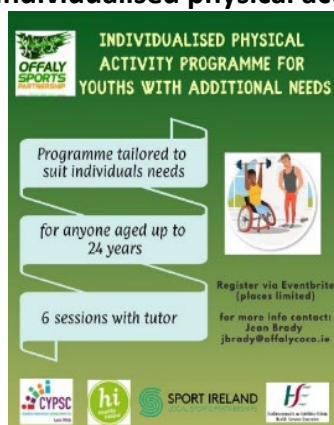
Diversity Games / Future Stars

Offaly SP in association with Athletics Ireland and Paralympics Ireland hosted the “*Diversity Games*” & “*Para Athletics*” festival for primary and post primary schools in the international indoor arena at TUS Athlone on Wednesday / Thursday, 10 / 11 January 2024.

I supported delivery of the programme which catered for over 750 young people from 30 schools across the country across the two days of competition



Individualised physical activity programme for young people with additional needs.



INDIVIDUALISED PHYSICAL ACTIVITY PROGRAMME FOR YOUTHS WITH ADDITIONAL NEEDS

Programme tailored to suit individuals needs

for anyone aged up to 24 years

6 sessions with tutor

Register via Eventbrite (places limited)

for more info contact: Jean Brady
jbrady@offalyspcc.ie

CYPSC hi SPORT IRELAND

The final sessions of the 2023 1:1 programme were delivered across January and February.

Funded by Laois / Offaly CYPSC and Healthy Ireland, 26 young people up to the age of 24 years were supported to participate in 1:1 physical activity sessions across a six-week period

Muiriousa Foundation Multi Sports Programme

Throughout January and February, the Muiriousa Foundation participated on an eight week multi-sport programme. 12 service users across two houses really enjoyed the different types of sports and fun games every Thursday in the Mucklagh Sports Hub

Clara Day Services Activities.

Throughout January and the early part of February, 12 members of Clara Day Services participated in an adapted physical activity. The programme ran for four weeks, and included a variety of games and fundamental movement skills

February.

Activator Poles.



On the 1st February, an activator pole programme for older adults commenced in the Mucklagh Sports Hub

The programme is designed to promote long term fitness and independence through increasing balance and functionality.

Learn to Swim for Children with Additional Needs.

Delievered with the support of Birr Leisure Centre, this six programme supports children with additional needs to learn to swim.

The feedback from children, parents and Birr Leisure Centre has been fantastic; with several children now booked into the mainstream learn to swim programmes in Birr Leisure Centre. Many thanks to all in Birr Leisure Centre for their support in delivering this programme



Banagher College / Irish Wheelchair Association (IWA) Boccia League

In preparation for the annual Banagher College / IWA Boccia League, I delivered a workshop on the game of Boccia on the 8th of February for the four transition year classes. The workshop taught the TY students how to play, referee and organise the four week league. Many thanks to Mr Nolan and Geraldine Walsh (retired worker with IWA) for their help and assistance in delivering this training.

The annual Banagher College / IWA Boccia League commenced on the 27th of February, and took place over four weeks. 24 participants, 12 from Banagher College and 12 from the IWA participated

in the league with the remaining students officiating at each league session. The final took place on the 19th March with Banagher College securing the victory



A great opportunity for TYs to gain experience of working with people with disabilities; while the IWA users experience the joy of adapted competition and interaction with the TY students.

Chime Group.

On February 15th, I had the pleasure of working with eight members from the Chime Group, and their parents and siblings in Tullamore in St Mary's Youth Centre delivering fun games and an introduction to different types of sports such as basketball and soccer.

A brilliant day was had by all, with very positive feedback from the children and their parents.

I look forward to working with this group in the future.

March

Women in Sport Week



Throughout Women in Sport Week 2024, I was involved in numerous activities such as the Primary and Secondary 5s' tournaments with the FAI, Secondary 7 a side rugby and the Pauline Curley Relay Marathon.

Women in Sport week is a great opportunity to showcase the female talent in the county across various sports and I was delighted to be involved in these events

TY Future Leader.

At the beginning of March, I commenced delivery of a “*Future Leaders*” training programme in Ard Scoil Chiaráin Naofa, Clara.

Offered to TY students, this programme provides them with opportunities to upskill and gain experience coaching primary school children with different abilities and capabilities. The programme concluded in April where participants got the opportunity to coach children from their local primary school in the Ballycumber Sports Hub.



Following the TY’s experience of this programme, it is anticipated that some of the students may start to volunteer in their local clubs and continue their coaching journey.

Healthy Choices.

Throughout March, I was also involved in supporting delivery of the “*Healthy Choices*” programme in association with various groups supporting mental health in Tullamore.

A great programme as it provides opportunities for various groups to meet up twice weekly to participate in physical activity programmes including walking and circuits, as well as having the chat at the end of the session

Easter Multi Sport Camp for Children with Additional Needs.



On the 26th and 27th of March, I organized a two-day Easter camp for children with additional needs in the Ballycumber Sports Hub. 19 children with varying additional needs took part in a fantastic two days where they got to try a number of different sports. Feedback from the parents has been excellent with many wondering if similar camps will be run in the future

April

Learn to Horse Ride.

The “*Learn to Horse Ride*” programme commenced in Athlone at the start of April. A fantastic opportunity for children with additional needs to interact with and ride the horses, it allows them to experience the thrills and occasional spills of horse riding. Many thanks to the Athlone Equestrian Centre for facilitating this programme

Older Adults with Additional Needs programme

I started a five week *“Older Adults with Additional Needs”* physical activity programme in Mucklagh Sports Hub in April.

The programme offered participants an opportunity to play a variety of sports and games that they may not have played before. Among the games and activities experienced were boccia, chair volleyball, flisk, scooch and walking football with boccia and chair volleyball proving to be popular choices with the participants



Older Adults Activity Days

In addition to the older adults with additional needs programme, I also supported the delivery of an *“Older Adults Activity Programme”* alongside my colleague, Denise in Mucklagh Sports Hub.

A brilliant initiative aimed at getting adults back into society and mixing with others following the effects of Covid, the programme took place over six weeks and provided opportunities for older adults to participate in boccia, chair volleyball, darts, pickleball and scooch friendlies.

May

Learn to Swim Programme Birr Leisure Center.

Following the success of the first *“Learn to Swim”* programme in Birr Leisure Centre, I decided to put on a second six-week programme aimed at children with additional needs who did not get the opportunity to participate in the previous programme.

The programme is an excellent opportunity for children who may not like participating in the school swimming programme to experience swimming in another way.

The feedback from the participants has been amazing and I will certainly look to put additional programmes on later in the year.

Thanks again to the staff in Birr Leisure Centre for their mentoring of the children and the use of their fantastic facilities.



End of May / start of June saw the next round of 1:1 physical activity supports for young people with additional needs.

A brilliant programme for young people who do not participate in any sport due to their medical needs or anxiety; 22 young people have signed up, with the majority commencing their individualized programmes with our tutors.

June.

Tullamore College Sports Days

I was delighted to be asked to support the delivery of Tullamore College's sports days in June.

Over 40 young people between the ages of 12 and 13 years took part across the two days; and participated in various games such as basketball, dodgeball, running activities and soccer.

It was great to see children with additional needs also participating in the sports days; and I look forward to supporting this programme again next year



July

July Provision

I was delighted to support the delivery of July provision days in Leah Victoria, and for Daingean, Mucklagh, Rahan and Tullamore national schools.

Eight schools and over 90 pupils took part on the first of these days in Leah Victoria; while a further 24 children took part in the July provision days for the other national schools.

Despite the poor weather, participants took part in various catching, running and throwing games; and it was a joy to see the level of excitement and happiness on the children's faces at the end of the day. Fingers crossed, the sun will be shining down on all the amazing children who take part in the programme next year



Learn to Golf Tullamore Golf Club.



I was delighted to be involved in setting up our “*Learn to Golf*” session with Tullamore Golf Club. It was great to see the children so interested in learning a very skilled game such as golf.

I would like to thank the club’s professional, Brian Mc Cormack for the session with the children and a huge thanks to Shane Munnely for allowing use of the venue on the day.

I was also thrilled to hear that as a result of the “*Learn to Golf*” session, one of the children had signed up as a junior member with the club

Learn to Cycle

I was delighted to run a two-day “*Learn to Cycle*” programme for children with additional needs in the Tullamore Harriers. It was amazing to see over 15 children with additional needs having so much fun learning new skills, working on existing skills and conquering the key milestone of learning to cycle a bike.

Many thanks to Jason Clarke for delivering the programme; and Congratulations to the children who took part



National Learning Network and Rehab Care Sports Day.

I had a great day in Leah Victoria Park while attending the National Learning Network and Rehab Care Sports Day.

I supported the delivery of a range of sports including boccia, pickleball, rounders and soccer that the 70 participants got to try out on the day

I look forward to working with the National Learning Network and the Rehab Care team in the future

Multi-Sport Camp for Children with Additional Needs in Daingean.



On the 23rd and 24th of July, I hosted a two-day multi-sport camp for 18 children with additional needs in the Daingean Sports Hub. A fantastic two days was had by all; and I look forward to working with these children in the future.

August.

Inclusive sport specific camps

I was delighted to be involved in two inclusive sport specific camps: -

- Inclusive Cúl Camp in O'Brien Park – 26 children with additional needs took part in this programme; and
- Football 4 All soccer summer camp – 26 children with additional needs also took part in this camp

Many thanks to both the GAA and the FAI for asking us to get involved with these camps; and I look forward to working with both organisations in the future to support the delivery of inclusive programmes



Laois / Offaly Families for Autism Camp

Following a request from the Laois / Offaly Families for Autism (LOFFA) group, I supported them in the delivery of their three day summer camp. Catering for over 80 children between the ages of 4 and 15 years, the three day camp provided children with an opportunity to participate in various activities including boxing, cycling, dancing, games and running events. Many thanks to the LOFFA volunteers and our own tutors for their support of this camp



September.

Strength and Conditioning for Wheelchair Users.

A strength and conditioning class for wheelchair users commenced in the Mucklagh Sports Hub in September. It is anticipated that the programme will support wheelchair users to build their strength in the hopes of making their everyday lives that little bit easier

October.

Coláiste Naomh Cormac, Kilcormac – SEN programme

In association with the special needs assistants in Coláiste Naomh Cormac, I commenced a 10 week physical activity programme for students within the school's special education needs unit

November.

Learn to Cycle

A six-week "Learn to Cycle" programme for children from junior infants to 3rd class, and children with additional needs was delivered in St Mary's Primary School, Edenderry. It was wonderful to see the children progressing in their skills development from week to week

For more information on the Sports Inclusion Development Programme, contact Jean on 086 7912508 or email jbrady@offalycoco.ie