

CARLOW SPORTS PARTNERSHIP

ENGAGEMENT IN 2021

4,246

people participated in **68** Carlow Sports Partnership (CSP) programmes and initiatives

1,002 persons with a disability engaged in **18** targeted physical activity programmes

104 females took part in 5 targeted Women in Sport programmes



70

Older adults completed a 12-week resistance training initiative

34

Clubs were supported and engaged with by Carlow Sports Partnership

411

People across 284 clubs completed 29 training courses

39,988

Digital views were reached on 51 weekly e-bulletins distributed every Friday

9,418

Views were reached on www.carlowsports.ie

766

Posts were published to a combined following of 8,189 people across 3 social media platforms

5

Booklets and 10 press releases were published and printed

12

National campaigns were promoted and supported by Carlow Sports Partnership



€139,580

of grant funding was distributed to **97** clubs and community groups



Contents

Message from the Chairperson of Carlow Sports Partnership	4
Foreword from the Coordinator of Carlow Sports Partnership	5
Section 1 - Background, Resources and Funding	6
Section 2 - Training & Engagement	13
Section 3 - Sports Development Officer Reports	21
Section 4 - Case Studies	31
Section 5 - Next Steps	38
Section 6 - Appendices	42
Appendix 1 - List of Local Sports Partnerships	43
Appendix 2 - Glossary of Terms	44

Summer 2021
Inclusive
Sports
Activities



Message from the Chairperson of Carlow Sports Partnership



It is fantastic this year to be able to discuss the re-opening of the majority of sporting activities as we learn to live with the impact of COVID 19. The new arrangements allow for much welcomed increased access to sport and recreation with the resultant positive impact on the health and wellbeing of all in our community. The past two years have been difficult, and I commend the sports partnership staff and thank each of them for their adaptability, innovation, professionalism and consideration right through the pandemic. We have all learned new ways of working, meeting, debating and discussing; many of which are improving how we work and are here to stay. 'Declan, you are on mute' is now a fixed feature in daily life.

CSP provides essential assistance to clubs, community groups, schools, coaches and volunteers to support them through the challenges they have faced as a result of COVID 19 and now in the new phase of the country living with COVID. CSP and National Governing Bodies of Sport (NGBs) in conjunction with partner organisations have engaged volunteers, coaches and participants through inspiring participation and training opportunities.

We have been hugely successful in competing for and winning funding bids for various projects and initiatives and we now have funding for the staff we need. Moving forward the Carlow Sports Partnership (CSP) advisory committee must continue to support the building of capacity within the sports partnership.

I want to specifically mark the departure of Martha Jane Duggan from Carlow Sports Partnership. Martha Jane 'was' the sports partnership for a long period. Her commitment and energy brought us to where we are today, and she left the committee in a very healthy situation. I wish her every success in her new post and thank her for her work on behalf of our stakeholders. In addition, I would like to acknowledge the fantastic work done by Majella Fennelly, especially in Bagenalstown. Majella is leaving CSP and I wish her every success in the next part of her career.

Deborah Foley has stepped up to the mark since taking over the role of Coordinator. She has brought her own energy and ideas to the post in recent times and there has been a positive and strong transition so well done to her, to Sandra, Majella and Teresa for their continued work to make Carlow a healthier place to work and live. I would like to mention Brian O Donovan who was a brilliant resource for our governance committee and who eased our journey through the governance code. I would wish him every success in his future career.

Declan Doyle

Declan Doyle

Chairperson of Carlow Sports Partnership

Foreword from the Coordinator of Carlow Sports Partnership



This is the annual report of Carlow Sports Partnership for the year ended 31st December 2021. Carlow Sports Partnership has continued to help people get active and reap the benefits of being active by removing barriers to participation in sport and physical activity despite the Covid-19 pandemic. The 2021 Carlow Sports Partnership Annual Report highlights the innovative, inclusive and progressive programmes and initiatives that Carlow Sports Partnerships have delivered to ensure that everyone in our society has the opportunity to be physically active. This annual report has been submitted to the Carlow Sports Partnership Advisory Board, Carlow County Council Chief Executive and Sport Ireland as required under the terms and conditions of the funding allocated.

This report outlines the major aspects of Carlow Sport Partnership's work including;

- the number of people participating in sport and physical activity
- the number of programmes and events organised;
- building the capacity of local sports clubs and physical activity leaders; and
- continuing the development of the Bagenalstown Community Sport & Physical Activity Hub

The work of the Local Sports Partnerships has never been as important as it was over the course of the last twelve months. Whether it was pivoting to online delivery, adapting procedures to ensure safe participation for children, sport kept communities active and spirits up through the most challenging of times.

At the start of 2022 I will leave my role as Coordinator of Carlow LSP to take up a new role in the Community Department in Carlow County Council. I would like to express my gratitude for the opportunities I have had over the past fifteen years as Coordinator of Carlow Sports Partnership. I have been privileged to work alongside excellent and talented development officers and administration staff. I would like to thank the members of the Carlow Sports Partnership Advisory Committee and my colleagues in Carlow Sports Partnership for their excellent support and guidance over the years.

I would also like to acknowledge and sincerely thank all the partner agencies, organisations, schools and clubs, staff, and volunteers, who contribute to the successful delivery and accessibility of sport and physical activity opportunities at a local community level. These individuals play a vital role in connecting people and communities and creating opportunities for all to participate in sport.



Martha Jane Duggan

Coordinator of Carlow Sports Partnership

Section 1

Funding, Resources & Background

1.1 Increased Investment

The Sport Ireland investment in the network of 29 Local Sport Partnerships (LSPs) in 2021 increased by 15% to €9,551,309.00. This increase in investment provided an opportunity to support a locally led safe return to sport. Sport Ireland used the increased investment in 2021 to build the capacity of LSPs and to increase the reach and impact of LSP initiatives across Ireland. The 2021 investment strategy was informed by the goals of the Sport Ireland Strategy and the actions of the National Sports Policy and the National Activity Plan which are now captured in the Sport Ireland Participation Plan.

Sport Ireland's strategy to increase investment in LSP programming supported and continues to support both the return to safe in person opportunities as well as build on the virtual opportunities developed in 2021. LSPs are continuing to ensure that everyone in our society has the opportunity to share in the enjoyment as well as the mental and physical health benefits of sport and physical activity during what has been and continues to be uncertain and unprecedented times.

1.2 Key Themes of the Sport Ireland 2021 LSP Investment



Women in Sport

€265,000 was allocated for the Women in Sport programme. This fund supported sport and physical activity programmes aimed at increasing participation opportunities for women and girls of all ages in sport and physical activity, as well as supporting the LSP to work toward objectives from the Sport Ireland Women in Sport Policy such as providing coaching courses and increasing visibility of female role models in their local area.

Community Sports Development Officer

€729,400 was allocated to support the Community Sports Development Officer (CSDO) positions across the 29 Local Sports Partnerships. These CSDOs continue to support the development of exciting and dynamic opportunities to increase participation for people who are sedentary and build capacity for smaller National Governing Bodies (NGBs) that do not currently have development officers to deliver services to increase participation. The CSDOs will also continue to develop sustainable local leadership for sport within communities.

Sports Inclusion Disability Officer

€945,000 will be allocated to support the Sports Inclusion Disability Officer (SIDO) positions across the 29 partnerships. These positions continue to support and increase opportunities for people with a disability to participate in sport and physical activity. This applies to both mainstream activities and specific clubs and sports for people with a disability.

Programme Funding

With increased investment in SIDOs and CSDOs across the network it is important to provide these positions with the support and resources required to develop and deliver innovative programmes and initiatives at a local level for the specific target groups they are tasked with activating. In 2020 Sport Ireland developed evidence-based Community Sports Development Guidelines with specific chapters for each of the target groups identified in the National Sports Policy. To implement these guidelines at a community level Sport Ireland provided a 54% increase in programme funding to the LSP network, from €868,510 in 2020 to €1,344,704 in 2021. Programme funding is at the core of the LSPs engagement with participants and allows for the delivery of a huge range of community, club and school-based initiatives, programmes and events.

Club Development Grants

Sport Ireland anticipated an increased need for support from sports clubs and communities around the country as they return to sport in 2021 and attempt to recruit and activate their members, participants and volunteers. As such, they increased the club and community development fund by 100% to €840,000 so that LSPs would be in a position to provide these supports at a local level. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding supported the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

Building Awareness

The challenge of building awareness was also one of the major findings of the LSP Insights Report and the Community Sports Hub Evaluation Report. Sport Ireland provided a €461,000 investment, distributed across the network of 29 LSPs proportionate to the county population, for the implementation of the guidelines to promote sports participation opportunities across their targeted communities. Increased visibility and awareness will increase recruitment of volunteers, local investment and most importantly reach to the most challenging target groups.

Additional human resources

As sport planned its recovery from the COVID 19 pandemic in 2021 there was, more than ever, a need for increased capacity at a local level to effectively support the delivery of the National Sports Policy. Sport Ireland ring-fenced funding of €1,295,000 for the employment of additional human resources in the LSP network. This additional funding allowed for LSPs to build long lasting capacity to continue to deliver on the National Sports Policy actions into the future. This funding was allocated based on business cases submitted by each individual LSP.

1.3 Dormant Account Investment

Sport Ireland has worked with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, Sport Ireland delivers on a range of sport and physical activity programmes under the following measures which align with the National Sports Policy and the National Physical Activity Plan (NPAP).

Measure 1	Community Sport and Physical Activity Hubs
Measure 2	National Sport Education and Training Hub
Measure 3	Sports measures for Disadvantaged Communities to support NPAP
Measure 4	Provision of Sports Equipment in Disadvantaged Areas

All projects funded by Sport Ireland through Dormant Accounts target:

1. The personal and social development of persons who are economically or socially disadvantaged;
2. The educational development of persons who are educationally disadvantaged;
3. Persons with a disability (within the meaning of the Equal Status Act 2000).

Dormant Account investment in Local Sports Partnerships has been increasing year on year from €1.7M in 2015 to €4.1M in 2020 to deliver on a range of innovative projects at a local level.

CSP secured €119,412.00 from the Dormant Account Fund in 2021 as illustrated in the table below:

Dormant Accounts Funding Secured 2020	Amount
Youth Leadership – 100%	€15,000
SIDO Programme Capital Supports – 10%	€1,100
2nd Round Hub Funding Bagenalstown – 10%	€4,000
3rd Round Hub Funding Bagenalstown – 90%	€30,312
Volunteer Training & Supports – 100%	€15,000
Urban Outdoor Adventure Initiative – 90%	€40,500
Sports Inclusion Disability Projects – 90%	€13,500



1.4 Covid-19 Grant Scheme

CSP secured €79,750 from Sport Ireland in 2021 as illustrated in the table below:

Covid - 19 Grant Scheme Secured 2021	Amount
Covid - 19 Small Grants Scheme	€28,800
Grassroots Restart Fund Programmes	
Community Link Inclusion Programme	€10,800
School Wellbeing Programme	€21,250
Activity Packs to Support Disadvantaged Populations	€18,900

1.5 Breakdown of CSP Income Secured in 2021

CSP secured €314,742.23 in additional income in 2021 as illustrated in the table below:

Income Secured 2021	Amount
Sports Ireland Core Funding	€228,164
Sport Ireland Women in Sport	€10,000
Sport Ireland Research Grant 2021	€9,742.50
Carlow County Council	€29,500
Carlow County Council Community Resilience Fund	€4,300
HSE	€7,650
Bike Week	€5,909.12
National Play Day 2021	€3,000
Course Income	€16,476.61



1.6 LSP Staff and Advisory Committee

LSP core staff members are funded by Sport Ireland while other Local Sports Partnership personnel are funded through other sources. Along with Coordinators and Administrators, there were 29 Community Sports Development Officers (CSDOs) and 29 Sports Inclusion Disability Officers (SIDOs) supported through Sport Ireland funding within the LSP network in 2021. This increased staffing levels to a minimum of 4 positions in all 29 Local Sports Partnerships and delivered on Action 12 of the National Sports Policy which specifically relates to the following:

"In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport".

There were five full time members of staff in CSP during 2021

Coordinator – **Martha Jane Duggan** – Appointed in 2006

Administrator – **Sandra Corrigan** – Appointed in 2007

Sports Inclusion Development Officer – **Teresa O'Meara** – Appointed in 2017

Sports & Physical Activity Hub Coordinator – **Majella Fennelly** – Appointed in 2020

Community Sports Development Officer – **Deborah Foley** – Appointed in 2021

The CSP Advisory Committee Members 2021

Name	Membership
Declan Doyle	Chairperson Community Rep
Michael Brennan / Brian O' Donovan	Vice-Chairperson Carlow County Council
Karen Mullins	Carlow Youth Services
Carmel Lynch	Community Rep
Olive Fanning	HSE
Garry Coady	Community Rep
Tom Geoghegan	Community Rep
Donal McNally	IT Carlow
Ronan Dempsey	Community Rep
Denis Shannon	Community Rep
Helen Rothwell	Carlow Volunteer Centre
Dylan Thomas	Community Rep
Bríd Nolan	Community Rep
Brian O'Reilly	Community Rep
JJ Grace	Community Rep

1.7 Background of the LSP Network

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The 2021 programme for Government has clearly set out new and ambitious objectives for sport to deliver on, most notably in the sports participation goals, which increased from 50% of adults regularly playing sport, as set out in the 2018 National Sports Policy to 60% of adults regularly playing sport by 2027. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key roles played by the Local Sports Partnerships in sports participation and how they can assist in the delivery of the participation actions set out in this Policy.

“The LSP network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.”

– National Sports Policy 2018-2027

The National Sports Policy has a total of 57 actions, 26 of which relate to sports participation. Fundamental to delivering on the Participation Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs).

Information provided through the Sport Ireland reporting system is collated into a national database tracking the depth and breadth of LSP initiatives. LSP activities from this database are highlighted as examples of good practice and are presented as case studies of this report.





County Carlow
Local Sports Partnership

SPORT IRELAND

Section 2

Training & Engagement



2.1 Development of Local Sports Clubs and Communities

A key focus for Carlow Sports Partnerships, and all LSPs, is that there is a sustainable level of development within the local sports structures. CSP works with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options.

This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

2.2 Funding for Club and Community Supports

In 2021 Carlow Sports Partnership provided a total of €139,580 in funding supports to 97 clubs, groups, organisations and schools across County Carlow. The table below provides a breakdown of funding distributed locally through 2021.

Funding for Clubs and Community Supports 2021

	Clubs Receiving Grants	Amount
Bike Week	15	7,647.66
LSP Participation Grant 2021	22	36,113
COVID 19 Round 2	20	22,935
Secondary Schools Physical Activity Fund	10	25,000
Volunteer Grants 2021	4	1,878.34
Carlow Regional Youth Services	2	5,606
DA SIDO Capital Projects 2021	10	10,400
Bagenalstown HUB Capital Grant	14	30,000
Total	97	139,580



2.3 Training & Education Courses and Workshops

Carlow Sports Partnership provides a range of upskilling and training opportunities at local level for volunteers, coaches and administrators. The initiatives aim to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community support and physical activity leadership skills.

The below table illustrates a breakdown of Carlow Sports Partnership Training Courses for 2021

Course	Date	Venue	Number of Participants	Number of Clubs
Safeguarding 1	25th January 2021	Online - Zoom	5	5
Safeguarding 1	22nd February 2021	Online - Zoom	12	5
Safeguarding 1	24th March 2021	Online - Zoom	15	13
Safeguarding 1	13th April 2021	Online - Zoom	18	11
Safeguarding 1	17th May 2021	Online - Zoom	16	14
Safeguarding 1	15th June 2021	Online - Zoom	16	9
Safeguarding 1	17th June 2021	Online - Zoom	15	10
Safeguarding 1	24th June 2021	Online - Zoom	14	5
Safeguarding 1	26th July 2021	Online - Zoom	14	13
Safeguarding 1	10th August 2021	Online - Zoom	15	14
Safeguarding 1	24th August 2021	Online - Zoom	15	14
Safeguarding 1	28th September 2021	Online - Zoom	16	1
Safeguarding 1	4th October 2021	Online - Zoom	13	10
Safeguarding 1	11th October 2021	Online - Zoom	16	10
Safeguarding 1	9th December 2021	Online - Zoom	17	9
Safeguarding 2	9th March 2021	Online - Zoom	8	7
Safeguarding 2	10th May 2021	Online - Zoom	13	10
Safeguarding 2	21st June 2021	Online - Zoom	9	9
Safeguarding 2	29th June 2021	Online - Zoom	9	3
Safeguarding 2	9th September 2021	Online - Zoom	12	8
Safeguarding 2	15th November 2021	Online - Zoom	15	9
Safeguarding 3	25th June 2021	Online - Zoom	14	12
Safeguarding 3	19th July 2021	Online - Zoom	7	7

Course	Date	Venue	Number of Participants	Number of Clubs
Safeguarding 3	7th October 2021	Online - Zoom	14	14
Sports First Aid	20th July 2021	Talbot Hotel, Carlow	9	1
Sports First Aid	20th & 22nd October 2021	Talbot Hotel, Carlow	11	8
Sports First Aid	6th November 2021	Talbot Hotel, Carlow	10	6
Webinar Sports Capital & Equipment	4th February 2021	Online - Zoom	42	31
Autism in Sport Workshop	15th March 2021	Online - Zoom	21	16
Badminton Shuttle Time	27th October 2021	Online - Zoom	27	20
Tug of War Training	13th November 2021	Online - Zoom	6	6
GDPR Level 1	24th November 2021	Online - Zoom	11	8
Total			455	318

2.4 Safeguarding

Sport Ireland's Safeguarding programme is aimed at sports leaders and adults who are involved in the organisation of sport for children and young people. The goal of the programme is to promote awareness of best practice and legal requirements in the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in the area of safeguarding and child protection.

- Safeguarding 1 - Basic Awareness (all coaches)
- Safeguarding 2 - Club Children's Officer (role specific)
- Safeguarding 3 - Designated Liaison Person (role specific)

The details of these workshops are outlined below:

<p>Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop</p> <p>All Coaches, Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare and Protection Basic Awareness Workshop. This Workshop educates participants on the implementation of best practice & legal requirements in protecting the welfare of children involved in sport.</p>	<p>Safeguarding 2 - Club Children's Officer</p> <p>A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and follow this with the Club Children's Officer 3 hour workshop. This Workshop will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the area of safeguarding in the club.</p>	<p>Safeguarding 3 - Designated Liaison Person</p> <p>A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness workshop) and should complete the Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.</p>
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Club Children's Officer (role specific)

The Club Children's Officer should be child-centred in focus and have, as the primary aim, the establishment of a child-centred ethos within the club. They are the link between the children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and sports leaders.

Designated Liaison Person (role specific)

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána/PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

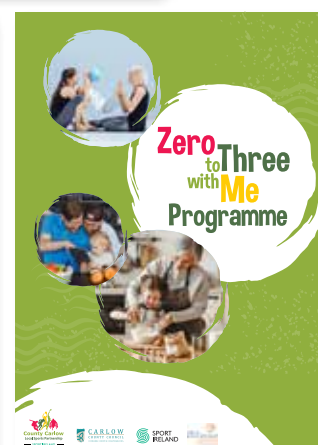
2.5 Building and Sustaining Partnerships

Carlow Sports Partnership acts as an information hub and point of contact within our local community. CSP works to share information, as well as direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community-based organisation, or a volunteering opportunity. CSP collects ongoing information on the nature and extent of their work to provide information to our communities and profile our activities and programmes. The following table presents an overview of the range of communication platforms that CSP uses, both via traditional and social media outlets.

Social Media Reach	2021
Facebook: Number of posts in 2021	256
Facebook: Number of Followers	5,875
Twitter: Number of tweets in 2021	320
Twitter: Number of Followers	775
Instagram: Number of posts in 2021	190
Instagram: Number of Followers	1548
Weekly 5-Bullet Newsletter Reach	2021
Number of newsletters written	52
Number of digital newsletter views	39,988

Media interaction	2021
Number of press releases issued	10
Number of articles in local press	10
Number of local radio interviews	6
Number of television appearances	1

Information Leaflets & Booklets Produced in 2021
ConnectFit Exercise Booklet
ConnectFit Training Booklet
Primary Schools Physical Activity Programme
Family Orienteering Guide
CSP Annual Report
Family Together Programme Carlow African Support Group
Zero to Three with Me



2.6 Networking, Advocacy and Awareness Raising

Local networks and committees bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national level. These networking and awareness raising actions allow for an increase in the reach of the CSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what the LSP can do to assist sports clubs and partners. Actions in advocacy and policy allow for LSPs to promote the importance of sport in community life.

Overview of the type of actions LSPs have been involved in 2021

Types of actions	Number of actions
Campaigns and Lobbying Efforts	9
Local Networks or Committees participated in	7
Regional and National Networks participated in	2
Research projects involved in	8
Conferences attended	1
Policy/Strategy submissions made	4
Total	31

List of committees & Boards with CSP Representation in 2021

1.	Carlow Volunteer Centre
2.	Carlow Universal Access Committee
3.	Carlow Integration Forum
4.	Carlow Age Friendly Committee
5.	Carlow Mental Health Association
6.	Healthy Carlow Committee
7.	Connecting for Life Committee Carlow
8.	Sport Ireland National LSP Network
9.	Sport Ireland National LSP Processes & Procedures Sub-committee



2.7 Evaluation

In order to assess the impact of their work, LSPs have adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sport and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at 3 month follow up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.

**LSPs work to move
the inactive towards
increased levels of
activity**



The role of Carlow Sports Partnership and other Sport Ireland funded participation initiatives is to move participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that Sport Ireland can present strong visual evidence of the benefits of its work to government, partners and the funded bodies.

Sport Ireland continue to support Local Sports Partnerships and National Governing Bodies to collect impact evaluation data for their participation programmes using M1. These guidelines have now been expanded to include a validated two-item questionnaire for measuring physical activity levels in children aged 10-15 years called PACE+. Sport Ireland are now receiving M1 data on an ongoing basis from LSPs. This data improves our understanding of what makes a physical activity initiative successful (or not), which will influence how we meet the National Sports Policy targets.

The M1 data collected to date demonstrates that LSP initiatives are targeting the right people with 7 out of 10 participants not meeting the National Physical Activity Guidelines at registration and almost 20% of them being classified as inactive. Further, the data demonstrates that the LSP initiatives are successful in sustainably moving a significant percentage of people from inactivity towards activity.

LSP Insights Report

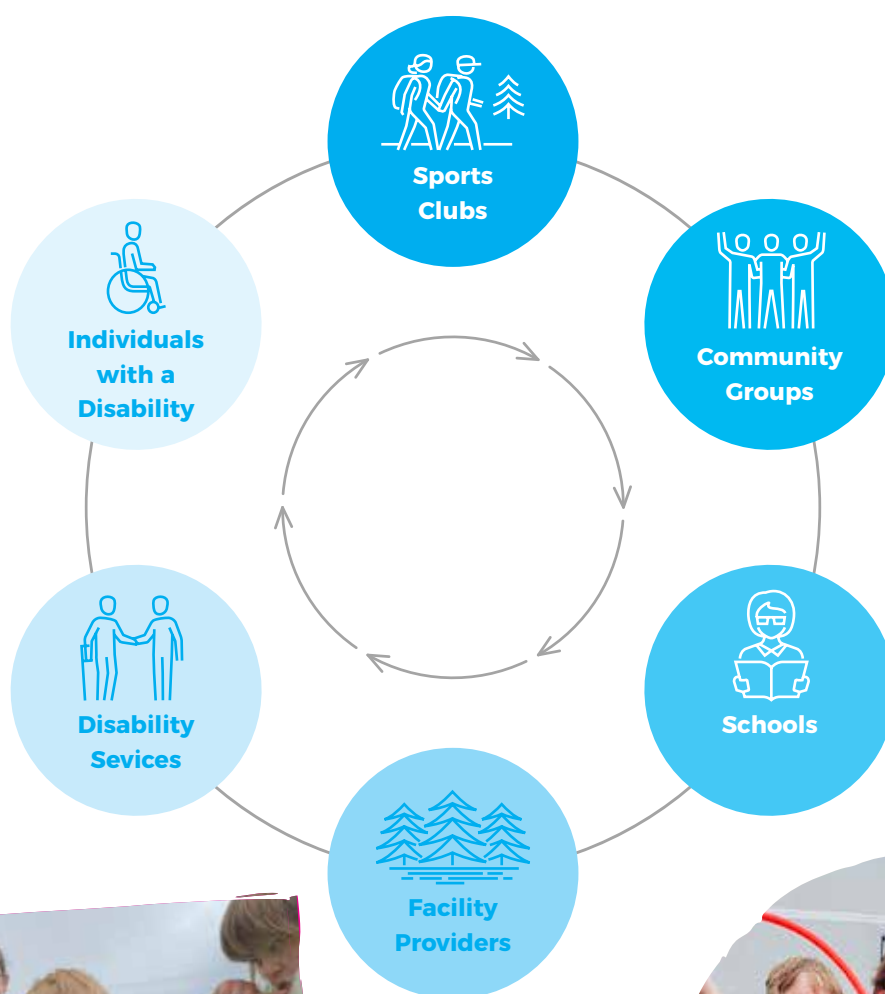
The LSP Insights Report provides a holistic review of the work of the LSPs. The review is based on a range of quantitative and qualitative data gathered from the LSP network. It is intended for internal distribution to Sport Ireland's network of LSPs to provide a reference document to consult in the development of operational plans and budget submissions to Sport Ireland. The report provides insight into the strengths, weaknesses, and opportunities that exist for the LSP network and highlights areas of future work for both Sport Ireland and the national network of LSPs in order to further the goals of the National Sports Policy, the National Physical Activity Plan and the Sport Ireland Strategy as well as the LSP strategies and the Local Sports Plans. The report includes chapters dedicated to LSP Finances, Programmes and Initiatives, Training and Education, Governance, Communications, and Club and Community Development. This report highlights that increasing sport and physical activity participation requires a multifaceted approach and relying on programmes alone may not be enough to increase county level participation. It establishes several important principles to adhere to that, when aligned, will help encourage maximum participation.

Section 3

Sports Development Officer Reports

3.1 Social Inclusion Disability Officer

The Sports Inclusion Disability Officer (SIDO) is responsible for increasing the participation of people with disabilities in sport, fitness and physical activity throughout County Carlow. This is achieved by working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities. The SIDO is responsible for six main target groups:



Throughout 2021 the Carlow Sports Partnership SIDO coordinated and facilitated a range of inclusive physical activity programmes across County Carlow. They were:

Online Yoga for All was created with a local yoga instructor, Michelle, from Simply Yoga Ireland and addressed the need for an inclusive family activity during the restrictions of Covid-19. Classes were held via Zoom every Friday at 2pm for Children aged 5-10 and every Monday at 7.30pm for children aged 11+ for six weeks.

Couch to Ks saw 100 walking packs delivered, with the help of Carlow Community Guardí - Garda Essmay & Garda Frank, to five adult disability centers in County Carlow; Delta Sensory Gardens Carlow, Cairdeas Centre, National Learning Network Carlow, BEAM Services & Skillbase. The centers were all on a WhatsApp group with local fitness instructor Joe Dunny for support and encouragement throughout the programme.

Easter Sports Packs were delivered as an adapted version of 'Easter Sports Camps' due to the restrictions of Covid-19, 200 sports packs were delivered to 14 schools in County Carlow. The packs contained a football, hula hoop, velcro hand and ball catcher, sensory floating scarf, egg shaped fidget ball, a skipping rope and bubbles.

Cycle Right Training was delivered as it is an inclusive programme structured to include those who may not have cycled independently before and those who may have a disability. The on-road element of training is a goal for all participants, but each trainee completed training appropriate to their individual learning curve, skill level and outcomes reached, which may or may not result in training on the road.

Cycling Camps were held in St Patrick's College, Carlow and in the Queen of the Universe NS in Bagenalstown.

Rugby Camp was organized to build on the continued success of the Bee's Inclusive Rugby team, camp was held in Carlow Rugby Club from 21st – 23rd July. All participants were delighted with a visit from International player and Carlow Sports Partnership Ambassador, Tom Daly.

Basketball Camp was CSP's first ever inclusive basketball camp and was organized in conjunction with the Camp of Champions Basketball Development Academy in Tyndall College Carlow from 23rd – 30th July.

Inclusive Cul-Camp was run in support of Carlow GAA for the 3rd year at Netwatch Cullen Park from August 2nd – 6th.

Watersports were facilitated by Pure Adventure, CSP offered stand up paddle boarding and kayaking to teenagers and adults with additional needs from Carlow Town Park along the River Barrow from August 10th – 13th.

Football for All FAI camp was facilitated by Carlow FAI for a second year in St. Patrick's AFC in Graiguecullen, Carlow from August 16th – 19th.

4-week Activator Poles was delivered to BEAM in Bagenalstown for adults with a disability, the walks were along the River Barrow in Bagenalstown and due to demand two sessions were facilitated each week.

Bike week 2021 had an inclusive cycle skill, obstacle course and bling your bike event was held at Carlow college, St. Patrick's.

6-week Inclusive golf programme was ran from on September to October in Carlow golf center with PGA professional Ian Kerr.

Halloween Learn to Cycle Camp was held in Carlow College from 27th – 29th October.

Inclusive Gymnastics (GYMable Programme) was facilitated for the first time in conjunction with Carlow Gymnastics Club. The GYMable programme, is a gymnastics Ireland initiative which provides gymnastics opportunities for people with disabilities.

Woodlands for Health was an initiative between CSP, HSE, Mental Health Ireland and Coillte and was part funded through Healthy Carlow. Participants completed 4 weeks of the programme with sessions continuing in January 2022. Participants enjoy an hour long walk in Oak Park, Carlow using activator poles with walk leaders and CSP tutors. The session ends with a much-welcomed hot drink and treat. This is a closed with participant referral via an Occupational Therapist a requirement.

Local Programme Participation Breakdown:	Number
Yoga for All (Online)	28
Couch 2 Ks	100
Easter Activity Packs	120
Autism In Sport/Disability Inclusion Training	70
Cycle Right Training	12
Learn to Cycle Camp	118
Basketball Camp	32
Cul Camp	25
Water sports	32
FAI Camp	36
Golf	10
Gymnastics	15
County Carlow Bees Rugby	25

National Programme Participation Breakdown:	Number
Bike Week Cycle Skills	45
Woodlands for Health	12
Fit 4 All week	22
Play Day	300

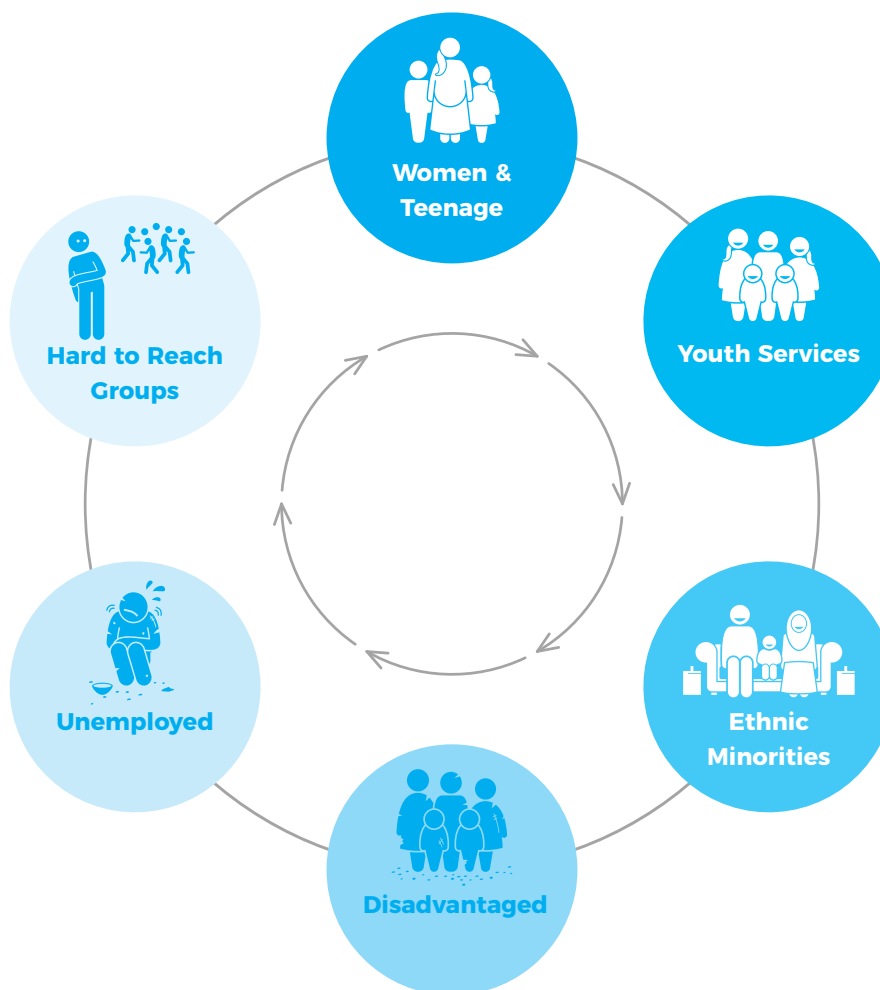


3.2 Community Sports & Physical Activity Hub Coordinator



The Sport & Physical Activity Hub Co-ordinator (CSPAHC)'s role is to work with relevant organisations and individuals to develop, co-ordinate and implement a comprehensive plan to promote outdoor sports and physical activity in Carlow Town & Bagenalstown and their surrounding areas. The CSPAHC works closely with local clubs, schools and community-based organisations to promote the local area's facilities/amenities as a venue for sustainable community sport and physical activity.

The role is a collaborative initiative which seeks to: maximize participation; engage the local community – specifically youth at risk and people residing in disadvantaged areas to: develop capacity in outdoor adventure sports; promote community leadership; create opportunities to engage youth at risk through outdoor sports; and offer a range of sporting opportunities and bring all appropriate partners and key stakeholders together. The main target groups for the CSPAHC to engage with are:



Over the course of 2021 the CSPAHC delivered a wide range of initiatives throughout Carlow Town and Bagenalstown:

Nature on My Doorstep the aim of this initiative was to encourage participants to get creative and engage their imagination while getting fresh air and connecting in green and blue spaces in their own area.

Nifty 50's Walking Group based out of Bagenalstown Family Resource centre, Carlow Sports Partnership provided walking packs and participants completed the Get Ireland Walking 21 days of walking challenge.

21 Day Walking Challenge was a gentle way to reengage young adults in Bagenalstown. This group took on the 21 Day Walking Challenge which helped them turn walking into a habit in just three weeks.

Yoga in Schools Carlow Sports Partnership funded secondary schools to run yoga programmes for both transition and first-year students in schools.

Carlow Africa Support Group was a 4-week 'family together programme' which was coordinated with the Carlow Africa Support Group Committee to deliver a range of activities in the community to promote inclusion and integration in County Carlow.

Pitch & Putt Coaching Sessions were organised in collaboration with Pitch and Putt Ireland to deliver coaching, upskilling, and training for members of Bagenalstown Pitch & Putt club.

Recreation Week 2021 saw the Carlow Muaythai club showcasing their sport at the Kilree Celtic grounds in Bagenalstown for a cross promotion of clubs and taster sessions for children.

Yoga & Dip Session was organised in conjunction with Swim Ireland, Yoga by Orla and Water Safety Ireland lifeguards & youth sport leader Covid-19 officer. The yoga sessions were held at Bagenalstown Soccer Club who granted access to the grounds over the 7-week programme. Bagenalstown Pitch and Putt grounds were the background this is an ideal setting for Yoga outdoors, this was followed by a gentle stroll to the designated bathing area at the River Barrow. Some of the group enjoyed a relaxing dip while other more competent swimmers took a longer swim.

Urban Outdoor Adventure Hub Water Sports with Carlow Youth Services (CRYS) & Bagenalstown was a collaboration between CSPAHC and CRYS in Tullow, Carlow & Bagenalstown to deliver an exciting schedule of outdoor recreation activities for teenagers during July & August 2021. Participants engaged in activities including kayaking & stand up paddle boarding which were facilitated by Pure Adventure, fishing, rowing in partnership with Carlow Rowing Club and also a new idea incorporating fishing, cycling & a boat trip in partnership between Carlow Regional Youth Services & boattrips.ie The programme was labelled as a 'huge success' by participants.

Basketball Taster Session in Bagenalstown was delivered by Camp of Champions Basketball Development to deliver a taster day at the Presentation, De La Salle College.

Cricket Taster for women & girls was coordinated as part of the Bagenalstown Cricket Club strategic plan, they have committed to developing a women's section, so that women can have the chance to play and enjoy the game. This session was for women and girls 12yrs + to come and experience the game with Cricket Leinster and the Bagenalstown Cricket Club members.

SouthEast Spin was a collaboration by four South East Local Sports Partnerships (LSPs) to come together to develop a virtual SouthEast Spin during Bike Week 2021. This event saw Carlow, Kilkenny, Tipperary, Waterford and Wexford LSPs together with their Local Authorities encourage people all around the South East to take part in their own virtual cycle, any distance, any day during Bike Week 2021.

Adult Learn to Cycle saw six participants learn to balance on a bicycle and build their confidence in an adult group session. By the third session in Carlow Town Park all participants were all cycling, one 67-year-old participant was so delighted that she could finally go cycling with her grandchildren. The group was a mix of ethnic minorities and the Bike Week learn to cycle was a great way to create social inclusion and integration within the community.

Hub Canoeing Sessions were running as part of the #BeActive European Week of Sport. The 'Come & Try' canoeing sessions in Bagenalstown were a great way to increase local engagement on the River Barrow.

Swimmin' Women was a six-week programme which was established to encourage and empower women to participate in water sports to learn how to swim and experience how swimming can support females throughout and during the perimenopause and menopause transition periods. This programme was held at St Fiacc's swimming pool.

Dragon Boat Project was funded by Healthy Carlow and created a positive splash during November 2021 by linking in two secondary schools Gaelcholáiste Ceatharlach and St Mary's College Knockbeg as part of the Dragon Boat Youth Project via CRYS. There was also a second programme which encouraged local women to become involved in participating in sessions on the River Barrow.

Activator Poles Project the purpose of this programme was to re-activate County Carlow and encourage all target groups to re-engage in physical activity in the outdoors, encourage social interaction, improve mental wellbeing and community building after the easing of restrictions. Carlow Sports Partnership worked in conjunction with Fitwalk Ireland, Carlow Social Prescribing, Carlow Tourism, Carlow Mental Health Association, Bagenalstown Activity Hub, Local Community Groups, Ethnic Groups, Older Adults, & People with Limited Mobility in facilitating this programme.

Programme Participation Breakdown:	Number
Nature on My Doorstep	288
Nifty 50's Walking challenge	9
21 Day Walking Challenge	14
Yoga in Schools	120
Carlow Africa Support Group	145
Pitch & Putt Coaching Sessions	20
Recreation Week	36
Yoga & Dip	26
Urban Outdoor Adventure Hub Water Sports with Carlow Youth Services & Bagenalstown	196
Tullow Youth Services	32
Basketball Taster Bagenalstown	25
Cricket Taster Women & Girls	16
SouthEast Spin	7
Adult Learn to Cycle	6
Hub Canoeing Session	18
Swimmin' Women	20
Dragon Boat Youth Project	84
Dragon Boat Women's Project	36
Dragon Boat Carlow Regional Youth	14
Milford Taster Activator Poles	8
Carlow Town Tour Activator Poles	16
Activator Poles, Yoga & Dip	28
Eire Óg Activator Poles	16
Social Prescribing Activator Poles	5
Eire Óg Activator Poles	15
Activator Pole Taster Day	10
Total	3786



3.3 Community Sports Development Officer



The role of the Community Sports Development Officer (CSDO) is to foster and encourage a culture of active participation, supporting opportunities for and access to, sport and physical activity through Carlow Sports Partnerships.

The goals of the CSDO are to:

1. Support the development of exciting and dynamic opportunities to increase participation for people who are sedentary.
2. Capacity build smaller NGBs that do not currently have development officers and other stakeholders to deliver services to increase participation.
3. Develop sustainable local leadership for sport within communities.

The main target groups for the CSDO to engage with are:



Over the course of 2021 the CSDO delivered a wide range of initiatives across target groups:

#FeelGoodFebruary was launched across all Carlow Sports Partnership social media platforms on 1st February 2021. This campaign saw information shared every day which supported the 'keep well' campaign, an initiative from the Government of Ireland. This initiative has been very well received among the public and gained national attention from Sport Ireland, Healthy Ireland, the Department of Culture, Arts, Gaeltacht, Sport & Media and Local Authorities Ireland.

Watch for walkers' campaign was launched on 17th February 2021. The CSDO made a launch video featuring local community and traffic Garda from the Carlow Town Station. This video was viewed over 2,100 times on Facebook and 200 walking packs sold out in 2.5 hours after advertising.

Operation Transformation (OT) 2021 was held virtually across all of Ireland. The CSDO shared information as requested from Sport Ireland, advertised and promoted a local link for registration for the OT virtual 5km walk.

ConnectFit was a collaborative research programme which took place with two researchers from IT Carlow over 8 weeks. The programme was aimed at older adults and provided them with the skills to participate in resistance-based exercise.

Badminton Teacher Training was the first virtual badminton training session to be held virtually in Ireland. This training was provided by Basketball Ireland in conjunction with the YM Badminton Club with seven schools represented at the training.

Zero to Three with Me was designed and created in conjunction with CSPAHC which provided physical activity and nutritional supports to parents and guardians of young toddlers. Participants were provided with equipment and resources needed to participate. The CSDO filmed and edited 2 x 30-minute sessions of physical activity programming as additional resources for the programme.

Brighter Days Ahead was an event that the CSDO organised in conjunction with Healthy Carlow, Carlow PPN, IT Carlow, Carlow Volunteer Network, Carlow Older Adults Forum, KCLR FM and the Community section of Carlow County Council. The CSDO organised and collected packs for the older adult's morning in Ballymurphy. This initiative was a 'welcome back' for vulnerable older adults who experienced a high level of isolation during the mandated lock-down periods of the Covid-19 pandemic.

Her Outdoors Kayaking was organised as part of the #HerOutdoors week which is promoted by Sport Ireland. The CSDO organised two full day kayaking trips on the 12th & 15th August from Goresbridge to Graiguenamanagh which were facilitated by GoPaddle.ie

Doorstep Dances was a joint initiative between CSP, Healthy Carlow and the VISUAL arts centre in Carlow whereby older adults were provided with dance lessons on their doorstep. This programme targeted older adults who were living alone and were experiencing isolation due to the restrictions of the Covid-19 Pandemic.

Primary Schools Programme was an initiative designed and implemented by the CSDO which was offered to all primary schools throughout Carlow. Each school, in conjunction with the relevant NGB, was offered; Basketball, Badminton, GAA Handball, Skipping, Orienteering, Tug of War, The Daily Mile, Sports Hall Athletics & Learn to Cycle.

Active Retirement Groups were continuously supported and engaged with by the CSDO in 2021. All groups were provided with Activator Pole sessions, walking programmes, Pickleball and seated yoga. The groups engaged with were Bagenalstown, Leighlinbridge and Carlow Active Retirement.

Barnardo's Women's Group along with providing a closed version of the Zero to Three with Me programme, this group were provided with membership to Supreme Fitness in a bid to reduce the financial barrier experienced by this group to participate in sustainable, long-term physical activity.

European Week of Sport (EWOS) walking festival saw two x family friendly introduction to orienteering sessions hosted in Duckett's Grove and Oak Park in September 2021.

Programme Participation Breakdown	Participants
#FeelGoodFebruary	Social Media Campaign
Watch for Walkers	200
OT 2021	100
ConnectFit	98
Badminton Teacher Training	29
Zero to Three	12
Brighter Days Event	20
Her Outdoors Kayaking	20
Her Outdoors Kayaking	20
Doorstep Dances	75
Primary Schools Programme	350
Active Retirement Groups	40
Barnardo's Women Group	8
EWOS Walking Festival	236
Total Participants	1,208



Section 4

Case Studies



4.1 Learn to Cycle



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



COMHAIRLE CONTAE
CHEATHARLACH
CARLOW COUNTY COUNCIL



Full Programme/Initiative/Event Name?

Inclusive learn to cycle camp in conjunction with Cycling Ireland and Carlow College St. Patricks.

Was this a programme funded through Dormant Accounts?

No.

What was the purpose of the Programme/Initiative/Event?

Carlow local Sports Partnership worked in conjunction with Cycling Ireland to offer children aged 5-7 years to learn to cycle, the camp was suitable for children with and without additional needs.

The purpose of the camp was to provide children with an opportunity to learn to cycle in a safe, enjoyable and exciting environment and to build social skills and boost confidence. The camp was held at Carlow College St. Patricks.

What were the aims of the Programme/Initiative/Event?

- Increase physical activity through cycling, in a fun enjoyable way.
- This initiative targeted Children aged 5-7 years and was suitable for children both with and without additional needs.
- To enable children to cycle in a safe secure environment.
- To cycle as a skill for life and to cycle a two-wheeled pedal bike without stabilisers.
- To increase awareness of the work Carlow Sports Partnership do and of the Sports Inclusion Disability programme in the Carlow area.

What was involved in the running of the Programme/Initiative/Event?

Carlow LSP met with Roisin Hickey from Cycling Ireland and Averil from Carlow College prior to the camp to discuss all aspects of the Learn to cycle camp and to decide what area of the college would be best suitable, with enough space but would also be safe and secure.

Carlow LSP provided CARA "Autism in Sport", Cycling Ireland "Sprocket Rocket" and "Cycle Right disability tutor training" for tutors to upskill their knowledge of working with children with a disability and learn how to coach a child how to cycle.

The week before the camp all parents of the participants received an email.

Carlow LSP co-ordinated the camp during the 3 days. There were 30 children participating and these children were separated into 3 groups of 10. Each group had 2 tutors, who each taught a fundamental movement skill such as getting on the bike, steering, using the breaks and balancing.

What were the outcomes of the Programme/Initiative/Event?

There were 30 children aged between 5-7 years from Carlow and surrounding areas participating. All participants gained the valuable experience of learning to cycle a two wheeled pedal bike without stabilisers. Cycling is an aerobic activity which means the participants were giving their heart, blood vessels and lungs a workout.

Cycling can improve both physical and mental health and reduces the chances of experiencing many health problems.

Parents reported that after completing the camp participants were keen to go out and be active after learning a new activity. They also reported that receiving a "Bicycle License" made the participants very proud of what they had accomplished.

What are the next steps for the Programme/Initiative/Event?

After the camp Carlow Sports Partnership received a lot of questions and emails about running more learn to cycle camps and about holding camps for the next stage of cycling.

With such demand a second camp was held in Carlow later in the summer of 2021 and also one at Halloween. All camps were fully booked equalling to over 90 children learning to cycle.

Quotes from participants, teachers, parents, partners etc.?

"Trainers were fantastic with the kids, really encouraging and supportive. They made it fun for the kids to learn. Overall, it was very well organised and brilliant value. I would definitely recommend it to anyone looking to get up and going on their bikes. I had so many people ask me about it when they had heard my kids had taken part and gotten on so well. It's a great service."

"My son found the cycling camp brilliant. We had tried so many times to teach him to cycle without stabilisers, but he didn't have the confidence. Cycling camp was brilliant he was cycling by the end of the first day!! I was super impressed with all the staff they had patience, kindness and were full of encouragement. I was amazed and so so impressed with the simple basics that was taught and how when broke down it made the experience so much easier for my son to learn to cycle his bike. I will definitely be shouting about this camp to other parents."



4.2 Activator Pole Initiative



Full Programme/Initiative/Event Name?

Activator Pole Initiative.

Was this a programme funded through Dormant Accounts?

Yes.

What was the purpose of the Programme/Initiative/Event?

Activator Poles are walking poles which assist the user to experience an overall full body workout and to assist in maintaining proper posture, especially in the upper back, and in turn may help to strengthen upper back muscles. Walking poles aid the user by reducing the impact on joints when walking.

Carlow Local Sports Partnership worked in conjunction with Fitwalk Ireland, Carlow Social Prescribing, Carlow Tourism, Carlow Mental Health Association, Bagenalstown Activity Hub, Local Community Groups, Ethnic Groups, Older Adults, & People with Limited Mobility.

The purpose of the Activator Pole Initiative was to re-activate the county and encourage all target groups to re-engage in physical activity in the outdoors, encourage social interaction, improve mental wellbeing and community building after the lockdown.

What were the aims of the Programme/Initiative/Event?

The programme aimed to build on the success of the taster sessions held around the county previously. The main identified objectives of the initiative were:

- To increase participation – get more people involved in physical fitness
- To increase engagement in the outdoors – encourage participants to immerse in nature
- To increase social interaction – meet likeminded people
- To rebuild community engagement – start to encourage community to interact again
- To increase integration – normalised community environment
- To work in partnership with key stakeholders
- To build capacity in communities to facilitate the programme

What was involved in the running of the Programme/Initiative/Event?

The model of delivery applied followed the steps outlined:

- **Carlow Sports Partnership Recruitment Consultation** – The Activator Initiative involved setting up an expression of interest to become Activator Trainers for County Carlow
- **Training Promotion** – Mailchimp was the platform to communicate with fitness providers and Carlow Sports Partnership tutors
- **Capacity Building for Trainers** – FitWalk Ireland delivered the activator online training over 6 weeks and the final session involved the 5 new County Carlow Activator Trainers to meet in person at Carlow Town Park to complete their practical activator poles training and receive their certification.



- **Taster Sessions** – 1 hour Step into Summer sessions were a great success at a variety of venues and created an appetite for weekly sessions
- **Programme Design & Promotion** – The 6-week outdoor Activator Pole sessions were promoted on Eventbrite, published in the local papers and across Carlow Sports Partnerships social media platforms
- **Equipment Purchase** – 30 sets of Activator Poles were purchased and provided on a rota basis to the Activator Trainers to deliver the Activator Poles Initiative for the duration of the sessions

What were the outcomes of the Programme/Initiative/Event?

Increase Participation and enjoyment in Physical Activity - Benefits of participating in an Outdoor Activator Poles session was to complete a Full-Body Workout

Improve & Enhanced Physical Activity Levels - Balance, Core Strengthening, Walking Success, Posture, Cardio Fitness, Weight Management, Aerobic Fitness & Mobility

Increased Social Engagement – Isolation during the Pandemic impacted greatly on our social interaction

Enhanced Sense of Well Being – re-engaging communities assisted in building confidence, and improving overall wellness, re-connecting through the Activating County Carlow with the Activator Initiative

Increased Engagement in Nature – To quote Dr Eddie Murphy “Nature brings Calm into a World that’s Full of Stress”

The Activator Initiative was delivered by:

- 8 Outdoor Community Settings across County Carlow
- 32 Sessions delivered
- 251 Participants Involved
- 30 Sets of Activator Poles Purchased
- Age Range: 12 – 91 years



What are the next steps for the Programme/Initiative/Event?

Going forward into 2022 the Activator Pole Initiative will have the capacity to be incorporated into the Woodlands for Health programme, continue to engage with the services in the county to enhance their walking initiatives and to work closely with an increased number of Active Retirement groups to experience taster sessions and in turn deliver 6-week initiatives and continue to expand the Activate County Carlow initiative.

Quotes from participants, teachers, parents, partners etc.?

Initially I was apprehensive to try the activator poles as I was nervous because I already had several falls and had become quite inactive as a result. Being guided by the Activator Trainer over the 6 weeks help built my confidence and really improved my posture” – Social Prescribing Participant

“Activator Poles sessions turned my Summer from ordinary to extraordinary with the social aspect really enhancing the experience and meeting great people again” – Active Retirement Participant

“The Activator Trainers kept me returning weekly because of their genuine interest in my health and wellness and most of all the chats and social interaction” – Historical Walk Participant



4.3 ConnectFit



Full Programme/Initiative/Event Name?

ConnectFit.

Was this a programme funded through Dormant Accounts?

Yes.

What was the purpose of the Programme/Initiative/Event?

To engage older adults in functional fitness.

What were the aims of the Programme/Initiative/Event?

1. To increase physical activity levels of older adults in Carlow (both healthy older adults and those with chronic medical conditions), thereby increasing physical fitness, functional abilities, and quality of life.
2. To investigate the effectiveness of different delivery methods for physical activity programmes for older adults (online, home-based, and advice-only).

What was involved in the running of the Programme/Initiative/Event?

Older adults and people with chronic illnesses from the Carlow area were recruited by Carlow LSP using our existing networks (Age-Friendly Network, Community Gardaí, GPs, OTs etc.)

Participants underwent telephone screening with IT Carlow researchers to determine eligibility and group allocation (Healthy, Chronic medical conditions, Frail, or not eligible to participate)

Each participant was then randomly allocated to a group for an 8 Week Programme:

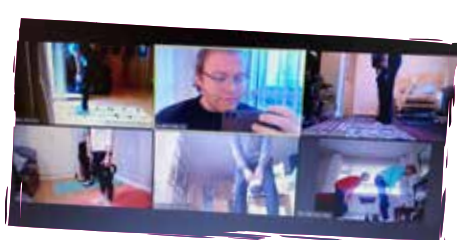
- Group A: Strength training, delivered online via Zoom
- Group B: Strength training, completed independently at home
- Group C: (Control Group) - Social events such as quizzes, delivered online via Zoom. Followed by 8 weeks of the most effective strength training intervention.

All training programmes included two sessions per week.

All training programmes were designed based on current evidence and best-practice guidelines for this population, and will include appropriate warm-ups, exercises, and cool-downs.

Group A was instructor-led. Groups B received weekly 'check-in' phone calls from the project team. Group C participated in an online social programme via zoom weekly.

Required equipment was provided to all groups using Dormant Account Funds and was purchased and distributed via Carlow Sports Partnership. Following the research study Group C was offered the same programme as Group A.



What were the outcomes of the Programme/Initiative/Event?

The instructor-led online strength training group (Group A) experienced the greatest benefit from the programme. Following the programme Group A performed best across a number of physical assessments including upper-body and lower-body assessments measured via the 30s Arm-curl test and the Sit-to-Stand.

What are the next steps for the Programme/Initiative/Event?

The next step for the programme is to further investigate the effectiveness of different delivery methods for physical activity programmes for older adults (face-to-face, semi-supervised, and online).

Quotes from participants, teachers, parents, partners etc.?

"The pace that you guys went at was very good. When I started telling friends about what I was doing they were amazed, they said they would never be able to do that. I think a lot of it is in your mind and you have to visualise yourself doing these things and then you do them. Whereas some people just can't see themselves. I noticed a huge change in my daily activities" – Female, 72

"Understanding the proper way of lifting the kettlebells was important, the way yourself and Conor took such time to make sure we were doing it right. You did say "hold on there now" and you did keep at us to do it right, even though we were hoping you'd leave us alone, to master the right technique" – Female, 70

"First when I saw squats and chair squats I said "oh lord, I don't know about this" but then when I got in on them and started doing them I was surprised and delighted to be able to do them. Then the stronger I felt I was getting, I could feel the burn when I was training and I said gosh this does actually feel very nice, you probably could get addicted to that feeling" – Female, 66

"it was great that we could partake in this programme through zoom. Otherwise we would've had nothing, it was an absolute god send there for a while for the 10 or 12 weeks while it went on" Male, 74

"If you go from starting with the 4kg weight and progress to being able to use the 12kg weight then you know you've made progress. So you think to yourself, what's the potential to lift even heavier things. I mean, the look of my arms was better and the strength was better" – Female, 69



Statistics and other information

- Ninety participants aged over 60 volunteered to partake in the Connect Fit Research Project, with 30 participants assigned to each group (online, home, control).
- Drop-out rates were highest amongst the home group (11), followed by the control group (7). The online group only had 2 dropouts.
- Of the 70 participants that completed the research study, 66% of them were female.
- Sixty-eight was the average participant age.

While all groups appeared to have improved in some outcome measures (including the control group). The online group experienced the greatest benefit from the strength training intervention across the outcome measures. The online group experienced a 46% performance increase in the primary outcome measure of the research study assessing lower limb strength (30s Sit-to-Stand).

From a wellbeing perspective, the health-related quality of life and exercise self-efficacy improved significantly in both the online and home exercise groups.

Section 5

Next Steps

It's all
about
team work

5.1 Looking Forward to 2022

Carlow Sports Partnership has placed itself at the forefront of the journey towards lifelong and inclusive sport for all and continues to be a lead advocate for those currently underrepresented in sport. The 2021 CSP Annual Report highlights the variety of initiatives offered by Carlow Sports Partnerships across the County and demonstrates that there are participation opportunities available for everyone.

On behalf of Carlow Sports Partnership, we extend our thanks to all those agencies, groups and individuals who have contributed to this report, and to all the staff and volunteers who were involved in the delivery of the programmes and projects at local level. The following sections highlight key areas of work for 2022.

Sports Inclusion Disability Officers

In 2022 Sport Ireland have confirmed that they will continue supporting the full network of 29 SIDOs. The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities. SIDO's can also play an important role in helping to activate some cohorts of older adults who may no longer be able to participate in community based or independent sport and physical activity opportunities.

The National Sports Policy, Action 12 specifically relates to the following:

"In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport".

In 2022, Carlow Sports Partnership will continue to receive funding for the employment of a SIDO and for resources required to deliver Sport Irelands Sports Inclusion Disability Programme, achieving the National Sports Policy objective.

Community Sport Development Officers

Sport Ireland have also confirmed that there will be ongoing support for the employment of CSDOs in the LSP Network across Ireland in 2022. This proposal continues to provide support to all 29 LSPs for the employment of a CSDO each, achieving a nationwide rollout of the CSDO initiative. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. During the pandemic, CSDOs have been a crucial resource in providing innovative solutions to activate clubs and communities while observing strict compliance with social distancing protocols.

In 2022 CSDOs will be tasked with increasing the reach of LSPs to ethnic minorities and teenagers. The CSDO's will also support the objectives of the National Physical Activity Plan action to *'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes'*.



Additional LSP Officers

As sport plans its continued recovery from the Covid-19 pandemic in 2022 there is now, more than ever, a need for increased capacity at a local level to effectively support the delivery of the National Sports Policy. Sport Ireland has ring-fenced funding for the employment of additional human resources in the LSP network. This additional funding should allow for LSP's to build long lasting capacity to continue to deliver on the National Sports Policy actions into the future. This funding will be allocated based on business cases submitted by each individual LSP. Carlow Sports Partnership secured funding for an Outdoor Sports Development Officer for a 12-month period. The HR business case has been approved by Carlow County Council and Sport Ireland.

Women in Sport

Additional support for Women in Sport is referenced in the National Sports Policy, specifically referring to the high-level goal of increasing participation through the *"elimination of active sport participation gradient between men and women"*. Carlow Sports Partnership, along with the other LSPs will work with the Sport Ireland Women in Sport Lead and will focus specific initiatives on female target groups including; women in disadvantaged communities, women with a disability, older woman, women from ethnic minorities and teenage girls. The LSPs will also be asked to begin exploring ways of increasing female social participation in sport through club membership and volunteerism.

Programming

With the recruitment of SIDOs, CSDOs and additional Officers across the network it is important to provide these positions with the support and resources required to deliver safe and effective programmes at a local level. Programme funding is at the core of the LSPs engagement with clubs, communities and participants and allows for the delivery of a huge range of initiatives, programmes and events. To ensure LSPs can maintain safety standards while maximising programme reach, Sport Ireland have committed to increase programme investment in 2022. We anticipate a huge need for support to sports clubs and communities around the country as they return to sport in 2022 and attempt to recruit and activate their members, participants and volunteers. Sport Ireland have increased the investment into the club and community development fund so that LSPs will be in a position to provide these supports at a local level. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.



Governance and Risk Management

LSPs have grown significantly since their first inception. As the organisations have grown so too have their responsibilities and administrative workload. The Governance Code for Sport (“the Code”) builds on the work of the Code of Practice for Good Governance of Community, Voluntary and Charitable (CVC) Organisations in Ireland, as taken over by Sport Ireland in June 2019. The Government’s National Sports Policy, published in July 2018, tasks Sport Ireland with overseeing a process whereby all National Governing Bodies (NGBs) and Local Sports Partnerships (LSPs) adopt the Code by the end of 2021. Carlow Sports Partnership has completed the Governance Code and submitted the Statement of Compliance at 2020’s AGM on 27th May 2021 as scheduled. CSP will continue to comply with the Governance Code throughout 2022 and beyond.

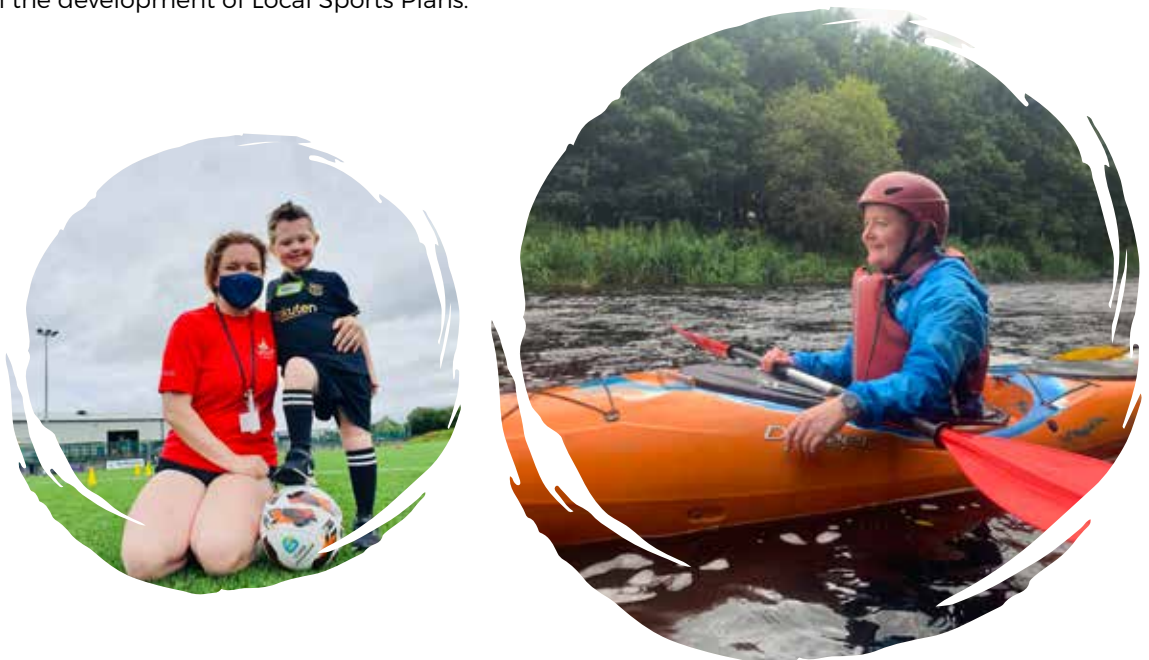
Building Awareness

Building awareness of opportunities is one of the biggest challenges facing CSP. This challenge was most apparent in promoting to inactive people and hard to reach target groups such as people from socio economic disadvantage, ethnic minorities and people with a disability. This challenge of building awareness was also one of the major findings of the recent LSP Insights Report and the Community Sports Hub Evaluation Report.

Despite the great work and impressive number of people who visit LSP websites and complete LSP programmes, this lack of LSP awareness is a limiting factor in the ability of LSPs to advocate on behalf of sport and physical activity locally. Increased visibility and awareness will increase recruitment of volunteers, local investment and most importantly reach to the most challenging target groups. In order to deliver on Actions 6, 7 and 9 of the National Sports Policy LSPs must be resourced “to promote the broadest possible participation ensuring quality and accessibility for all groups”. Carlow Sports Partnership will continue to build on the promotional work and virtual activations delivered locally as well as supporting national campaigns.

Local Sports Plans

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of the National Sports Policy. Sport Ireland will request to meet with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee in 2021. At this meeting Sport Ireland will highlight the role and value of LSPs and discuss the development of Local Sports Plans. Sport Ireland will also discuss the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland has allocated budget in the 2021 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans.



Section 6

Appendices



Appendix 1

List of Local Sports Partnerships

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership	2001
Sligo Sports and Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2006
Limerick Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sport & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008



Appendix B

Glossary of Terms

CARA

CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities.

Club Children's Officer

The Club Children's Officer is a volunteer role within a sports club. S/he is the link between the children and the adults in the club. S/he takes responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders. The Club Children's Officer should be a member of or have access to, the Club Management Committee and should be introduced to the young people in an appropriate forum.

CSDO - Community Sports Development Officer

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of the Local Sports Partnerships to further develop locally led plans and more long term sustainable physical activity programmes under the National Physical Activity Plan.

CSPA - Community Sport and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAs is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

CYPSC - Children and Young People's Services Committees

CYPSC are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Their role is to enhance inter-agency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020.

Department of Transport, Tourism & Sport

The Department of Transport, Tourism and Sport was established in 2011. It has a key role in delivering highly critical aspects of Ireland's economic activity including further development of our transport infrastructure and services and the support and enhancement of our significant tourism and sports sectors.

Designated Liaison Person

The Designated Liaison Person is a volunteer role within a sports club. The Designated Liaison Person is responsible for ensuring that the standard reporting procedure is followed, so that suspected cases of child neglect or abuse are referred promptly to the designated person in TUSLA Child and Family Agency or in the event of an emergency and the unavailability of TUSLA, to An Garda Síochána.

DAF - Dormant Accounts Fund

The Dormant Accounts Fund is the responsibility of the Minister for The Department of Rural and Community Development. Sport Ireland receives Dormant Accounts Funding through the Department of Transport, Tourism and Sport to support sport and physical activity initiative to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

ETBs - Education and Training Boards

ETBs are statutory education authorities that have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes.

Evaluation

Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and to inform future decision-making.

Fitzpatrick & Associates Review of LSPs

The Fitzpatrick & Associates Review of LSPs is a report published by the Department of Arts, Sport and Tourism in 2005. The report evaluates the progress of the LSPs with reference to the key aims and objectives, and makes a number of recommendations for the LSP initiative.

GIW - Get Ireland Walking

The Get Ireland Walking programme is a Sport Ireland initiative that aims to maximise the number of people participating in walking, for health, wellbeing and fitness, throughout Ireland.

HI - Healthy Ireland

Healthy Ireland, A Framework for Improved Health and Wellbeing is the national framework for whole of Government and whole of society action to improve the health and wellbeing of people living in Ireland. It sets out four central goals and outlines actions under six thematic areas, in which society can participate to achieve these goals. The Framework identifies a number of broad inter-sectoral actions, one of which commits to the development of a plan to promote increased physical activity levels.

HSE – Health Service Executive

The HSE is the statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

IPPEA – Irish Primary Education

The IPPEA is an association dedicated to heightening awareness of PE issues in primary schools and it aims to promote physical activity in an educational context.

LCDC - Local Community Development Committees

Under Section 36 of the Local Government Reform Act 2014, each local authority must establish a Local Community Development Committee. The aim of the LCDCs is to develop, co-ordinate and implement a coherent and integrated approach to local and community development.

LSP – Local Sports Partnership

LSPs are an initiative of Sport Ireland and aim to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

NGB – National Governing Body

An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sports through constituent clubs.

NPAP – National Physical Activity Plan

In 2016, the Government launched Ireland's first ever National Physical Activity Plan that aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

National Sports Policy

The Department of Transport, Tourism and Sport National Sports Policy 2018-2027 which was launched on the 25th July 2018.

Older People

As used throughout this report, the term older people refers to those over 50 years of age.

OD&C – Organisational Development and Change Unit

The Organisational Development and Change Unit within Sport Ireland is primarily focused on providing support to the sports organisations which receive funding from Sport Ireland including National Governing Bodies and Local Sports Partnerships.

OCB – Organisational Capability Building

These are the services that the OD&C Unit provide to help develop and build the 8 capability areas for client sports organisations. These 8 capability areas are: Organisational Leadership, Change Management, Risk Management, Strategic Planning, Employee Performance Management, Project Management, Corporate Governance and Stakeholder Engagement.

OT – Operation Transformation

Operation Transformation is a health and fitness television show broadcast on RTÉ. Sport Ireland has partnered with Operation Transformation since 2011 to develop a range of events to promote participation in physical activity.

SARI – Sport Against Racism Ireland

SARI are a not-for-profit organisation with charitable status, dedicated to positive integration and social inclusion through sport.

SIDO – Sports Inclusion Disability Officer

SIDOs aim to provide opportunities for participation in sport and physical activity for people with a disability. See Sports Inclusion Disability Programme.

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna

SOLAS is the national training and employment agency with responsibility for assisting those seeking employment.

Single Item Measure – M1

The Single Item Measure – M1 is an internationally validated self-report measure which allows one to track an individual's rates of participation in sport and physical activity.

SPEAK – Strategic Planning, Evaluation and Knowledge system

The SPEAK system is a product of NEXUS Research (a not-for-profit research co-operative based in Dublin) which offers organisations the capacity to self-evaluate, leading to a comprehensive understanding of the work of the organisation and the impacts of that work.

Sport Ireland

Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

SIDP - Sports Inclusion Disability Programme

A programme to encourage and facilitate more people with disabilities to participate in sport and physical activity, developing sustainable clubs and programmes in all settings.

Sustainability (with regard to LSP participation programmes)

Sustainable programme is one which leads to lasting participation in sport and/or physical activity which is capable of being self-maintained (without direct LSP support).

TUSLA - Child and Family Agency

On 1st January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence. The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children.

WIS – Women in Sport

An initiative of Sport Ireland which aims to increase participation of women in sport through provision of alternative opportunities and development of specific programmes targeting women and girls.





Carlow Sports Partnership

Community, Recreation, Amenity & Housing Department

Carlow County Council

Athy Road

R93 E7R7

Carlow

www.carlowsports.ie



County Carlow Sports Partnership



carlowsportspartnership



@ActiveCarlow



Carlow Sports Partnership