Annual Report 2019

Roscommon Sports Partnership Annual Report 2019

Foreword from the Chairperson, Cllr. Ivan Connaughton and Sports Co-ordinator Noel Feeley.

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CHAIRMAN'S REPORT

I would like to thank everyone who has been or is currently involved with Roscommon Sports Partnership delivering our programmes to ever increasing numbers. This report highlights the significant contribution that Roscommon Sports Partnership is making to advance the goals set out in the Department's National Sports Policy 2018-2027 and also of our own strategic plan 2015-2020. Organisations like ours would not work without a dedicated team – our board, our staff, very ably led by Noel Feeley do a tremendous job with the tutors and volunteers who help out, none of what we could achieve would be possible without you. 2019 was an exceptional year for Roscommon Sports Partnership with the addition of two positions to the team. Damien Martin was appointed as Community Sports Development Officer (CSDO) and Elaine Igoe is the new Sports Inclusion Disability Officer (SIDO) thus increasing capacity for RSP.

The increasing numbers of people young and old who are engaging in some type of healthy sport/leisure activity especially in cycling, running and walking all over the county many aided and supported by RSP.

RSP is also very visible in many schools throughout the County, primary and post primary, delivering programs such as our very popular TY programme, Cycle Safe, supporting Active Schools Week and the Sport Leadership Awards.

I would like to thank our main funder, Sport Ireland, for their continued support and backing.

Our Strategic Plan 2015-2020 is being implemented and rolled out across the County, make sure you visit our website and our activities are updated regularly on Facebook and Instagram so please make sure to follow us on social media.

Yours in Sport,
Ivan Connaughton
Chairperson
Roscommon Sports Partnership

COORDINATORS REPORT

The current strategic plan is a more focused document which clearly outlines the objectives needed to be achieved. We have specific target groups and have made an impact on almost all. We continue to see great demand for all of our programmes particularly in the area of participation. There is however a big focus on general participation in physical activity and there are a few areas that will require monitoring going forward. We have made great strides in such areas as School Children both Primary and Secondary People with a Disability Older adults and adults both male and female with new participants coming on board all the time. We do however have concerns that this increase in activity is nearly all physical activities such as walking, running, cycling and swimming as well as general activities such as classes etc. the increases in participation in recreational sport is not showing similar increases and we need to work closer with NGB'S in this area. Sports participation for children as a rule is good but the competitive nature of Irish sport continues to be a barrier. There is however a marked improvement among all the local population in their awareness levels of the benefits of exercise and almost all local communities are making efforts to provide activities.

Most local sports facilities are more than adequate to cater for their designed function and make a great contribution in their own right. Most sports clubs have upgraded facilities over the years. There does however need to be a review both at a national and local level of the usage of local sports facilities. Our own view is that clubs at least need to make their facilities available to the local community for activities such as walking running etc. as well as indoor activity classes. This is of benefit to clubs as it provides additional income and also increased publicity for the club. There again needs to be a look at increasing recreational sport availability. Apart from sports facilities local areas need to focus on developing walkways, parks, lakes and rivers etc. to expand the range of activities for participation. This also has an added tourism potential that would be welcome in most rural areas. However it also needs to be realised that no sports activity or recreation area can happen in Ireland especially without the local volunteers.

The access to coach training and training for volunteers has improved hugely in the area of child protection and full credit is due to all involved in that area. The access to coach education outside of the main areas of population continues to be slow. Standards of basic coaching are good but high level coaches are rare and there seems to be still an unwillingness to improve amongst the sports community. Similarly most coaches train to provide competitive opportunities not participation opportunities. Looking at the two main recreation activities of running and cycling there is a good example of how recreational coaches will become available as the volume of participation increases and there is a living to be made from these activities.
We are delighted with the constantly increase in the demand for information form RSP and the assistance that such information gives to local volunteers and communities in accessing activities or in setting up new activities. The RSP website and associated electronic media such

as Facebook have played a huge part in getting both information out and increasing the profile of RSP and the Participation message.

Summarising Outcomes and Impacts

We are delighted with the outcomes for 2019 especially in the area of general physical activity programmes and we can see this continuing to increase in 2020. We would see the need to simplify programmes with focus on three core area/activities i.e. Running/walking, Cycling and Swimming. We look forward to working on the National Sports Strategy as we hope this will strengthen our efforts to develop the recreational sport area as this requires further attention and investment along with development of new approaches to increasing participation. We would like to see increased efforts at secondary school level especially in the area of teenage boys and feel this needs to be a designated target group based on the current research and our own experiences.

Yours in Sport,
Noel Feeley
Coordinator
Roscommon Sports Partnership

Contents

Section One: Key Findings

Background to RSP

Resources and Funding

€372,917 was invested in RSP in 2019. This figure includes benefit-in-kind funding of €101,430 from partners.

• Funding from Sport Ireland accounts for 57% of the total RSP funding in 2019, 3% from Dormant Accounts with the remaining 40% coming from other sources. These figures include benefit-in-kind funding.

• 9 people served on the RSP board in 2019.

• In 2019, 4 people worked full-time on behalf of RSP. RSP now has a full-time Community Sports Development Officer (CSDO), Sports Inclusion Disability Officer (SIDO) and Administrator. All were 100% directly funded by Sport Ireland. RSP also provided work placement to students from 3rd level colleges and secondary school students for work experience and opportunities to develop skills.

Achievements of Roscommon Sports Partnership in 2019

Development of Sports Infrastructure in Roscommon

Delivering Sport Ireland Programmes

Code of Ethics – Safeguarding 1, 2 & 3

• 97 participants completed 8 Code of Ethics Basic Awareness – Safeguarding 1 courses.

• 7 participants completed 1 Club Children's Officer – Safeguarding 2 course.

• 10 participants completed 1 Designated Liaison Person – Safeguarding 3 course.

Local Programme Delivery

• 3743 people participated in 121 locally delivered participation programmes.

• 2170 of these participants were children under 18.

• 915 female participants took part physical activity opportunities locally.

• Sports Disability Inclusion Programme – 246 participants in 12 programmes.

Building and Sustaining Partnerships

In 2019 RSP collaborated with 42 NGB's, Disability NGB's and other External Partners.

Information Provision

Over 10,000 individuals were provided with general or specific sport-related information throughour website and social media.

Section Two: Background, Resources and Funding

Background to RSP

Roscommon Local Sports Partnership (Roscommon LSP) was established in 2002 by the Irish Sports Council (now Sport Ireland) to plan, lead and coordinate the development of sport and physical activity in County Roscommon. This is achieved through partnership with sports organisations, community and voluntary organisations, local and national agencies and statutory bodies.

Roscommon LSP is a company limited by guarantee, governed by a Board of Directors. The board is representative of sports organisations, statutory /development agencies, community and voluntary organisations from all areas of County Roscommon. The Board is central to the strategic direction of Roscommon LSP and oversees the implementation of the strategic plan. The LSP is managed on a day to day basis by the LSP Coordinator.

This report is the seventeenth annual report of Roscommon Sports Partnership. It reflects the work of the Partnership for 2019. Information provided through the Sport Ireland reporting system is collated into a database tracking the depth and breadth of RSP initiatives. RSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section four of this report.

Project Funding Sources

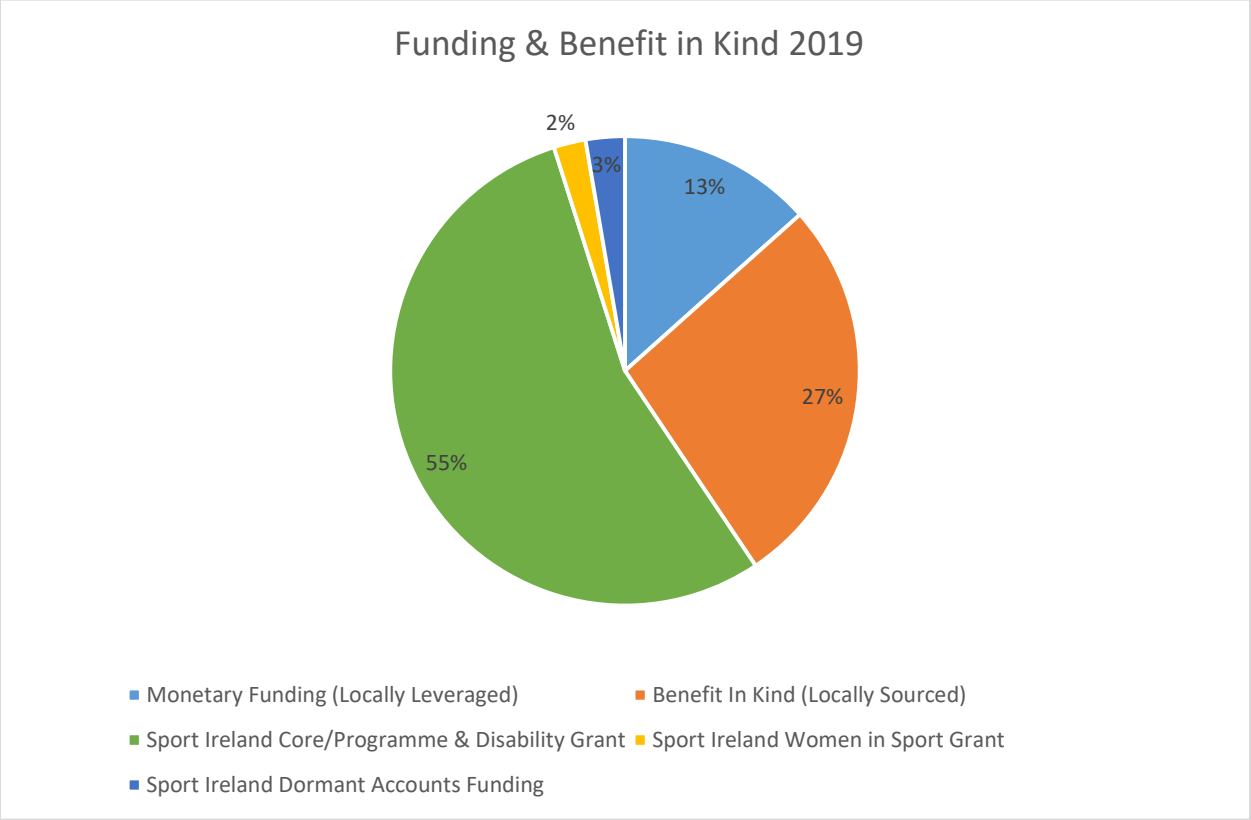
Funding from Sport Ireland (Core, Programme and Women in Sport) accounted for 56.7% of the total LSP funding in 2019. Additional funding was also secured for RSP by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 2.7% of overall funding. The remaining 40.6% was raised from local sources, including benefit in kind funding.

	€	%
Monetary Funding (Locally Leveraged)	50,017	13.4%
Benefit In Kind (Locally Sourced)	101,430	27.2%
Sport Ireland Core/Programme Funding	203,070	54.5%
Sport Ireland Women in Sport Funding	8,400	2.2%
Sport Ireland Dormant Accounts Funding	10,000	2.7%
Total	372,917	100%

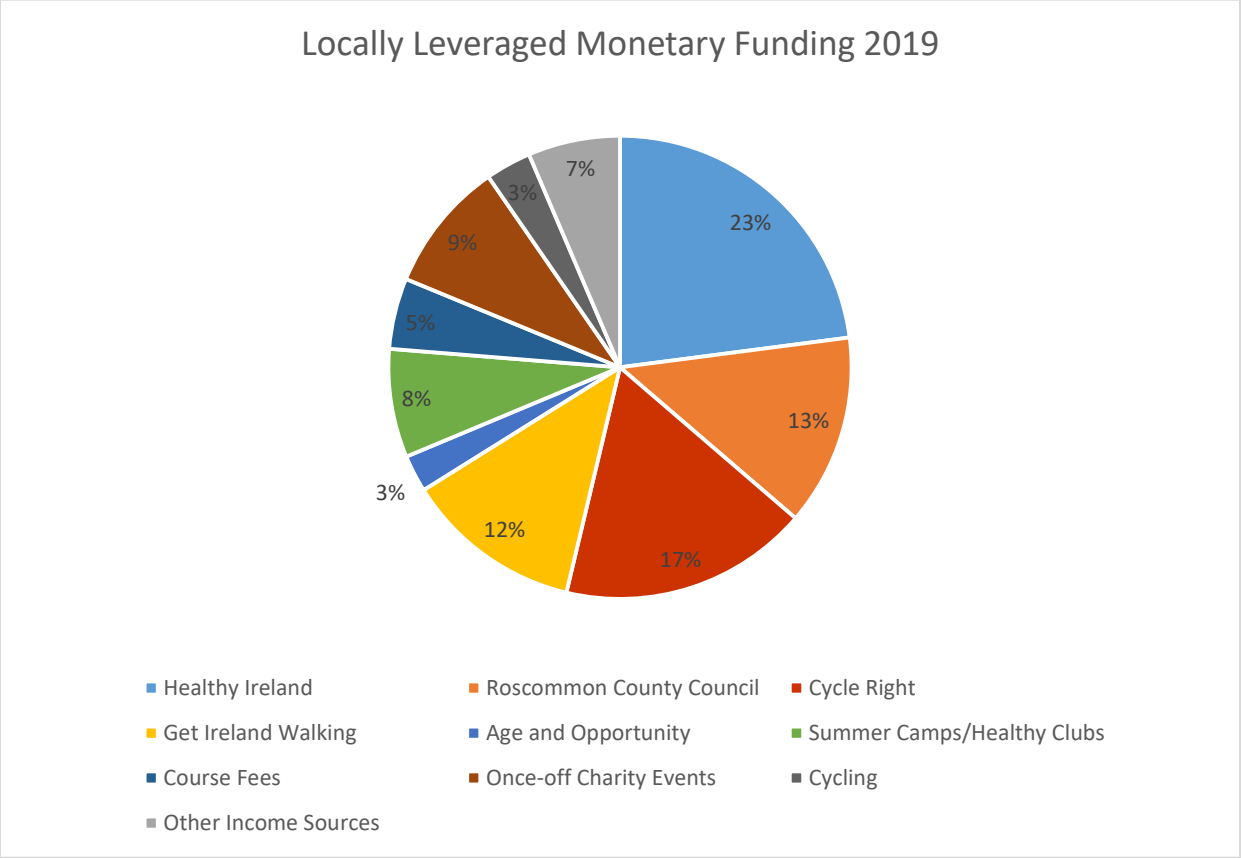
Figure A: Breakdown of Funding and Benefit in Kind Received by RSP in 2019

After core funding from Sport Ireland, Healthy Ireland were the next most significant source of monetary funding with benefit in kind support mainly coming from Galway and Roscommon Education

and Training Board (GRETB). Other significant funding partners of the network were Roscommon County Council and the Department of Transport Tourism and Sport.



Below are the top contributors of locally monetary sourced funding to the LSP network, excluding Sport Ireland.



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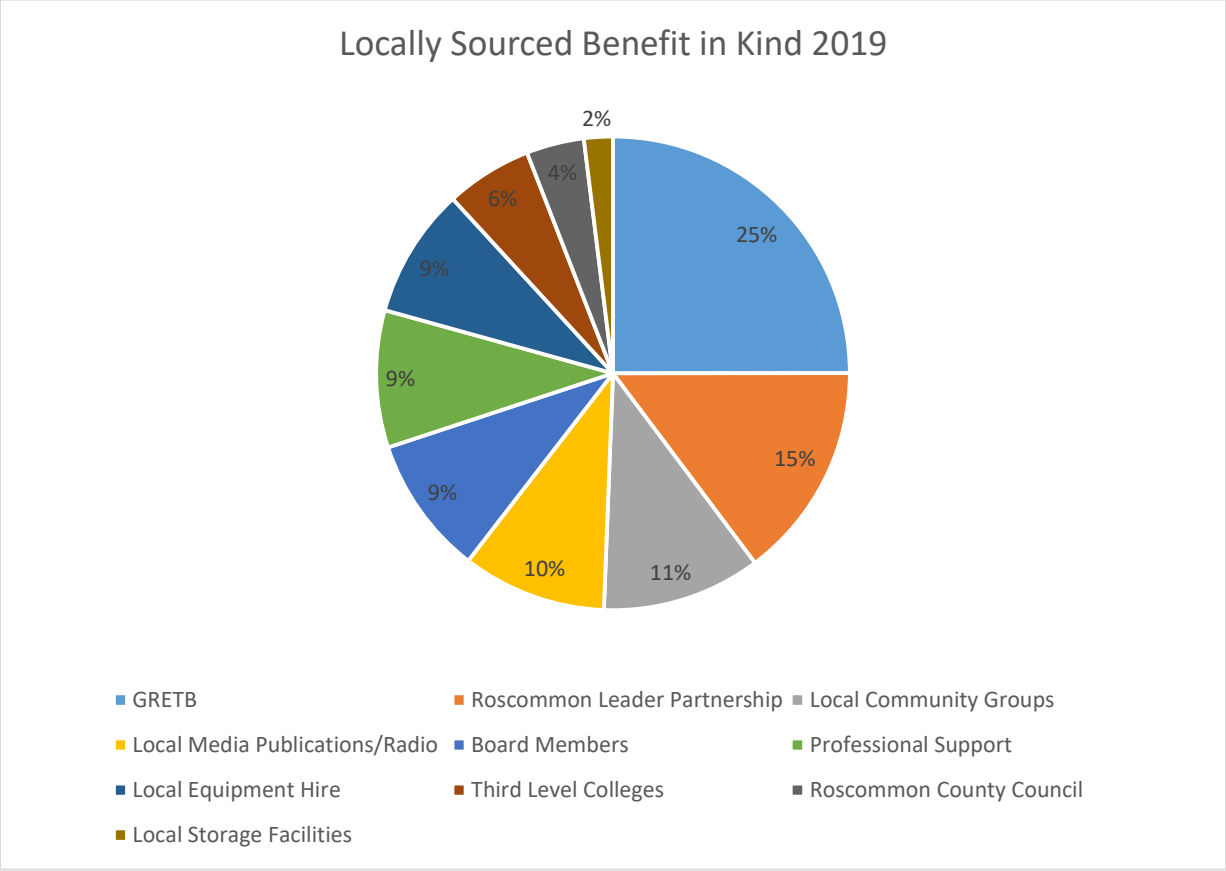
Below are the top contributors of locally sourced benefit in kind funding to RSP in 2019, excluding Sport Ireland.



Sport Ireland funding to RSP increased by 68.4% from €144,557 to €211,470 in 2019. This increase allowed for the allocation of a Community Sports Development Officer (CSDO) and Sports Inclusion Disability Officer (SIDO) position.

RSP continues to be successful in securing funding from local sources. 40.6% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 13.4% of overall RSP support and benefit in kind support accounts for 27.2% of overall funding.

LSP Management and Staff

Board of Management Participation

• A total of 9 people served on the RSP board in 2019. 55% of RSP board members are female, which is positive in terms of diversity on Boards;

• Board members bring specific skillsets to their work within RSP. This expertise is in the areas of finance and management, as well as public relations, governance and human resources. All of this helps to contribute to the effective running of RSP.

RSP Staff

RSP core staff members are funded by Sport Ireland while other tutors are funded through other sources. Along with the co-ordinator and administrator RSP now employs a Community Sports Development Officer (CSDO) and a Sports Inclusion Disability Officer (SIDO), which are fully funded by Sport Ireland. RSP provided placements to students from 3rd level colleges for work experience and opportunities to develop skills. RSP also contracted a further 14 tutors to deliver programmes, courses and initiatives within the Partnerships structure.

Section 3: Achievements of RSP in 2019

3.1 Introduction

RSP undertakes a wide range of actions with the aim of increasing sport and physical activity participation levels in their local communities. These actions are grouped within four outcome areas:

Participation Work to ensure that participation levels increase across all sectors of our Community

Places: Local quality recreation sports/physical activity facilities and opportunities

Promote: Promote the benefits of an active lifestyle

Performance: Maintain an effective and accountable organisation

Partnership: Work in partnership with all organisations to increase participation in sport/physical activity

3.2 Development of Local Sports Infrastructure

RSP collaborates with local sports clubs and groups to deliver participation opportunities to all community members. Volunteers and coaches are essential in supporting RSP in the development of the local sports infrastructure and further enhancing participation for the local community.

Training & Education

RSP provides a wide range of training opportunities locally for volunteer coaches. The community coaching is one such opportunity and it is due to be ran in January 2020 at Castlerea Prison.

Course	No of Participants
Irish Heart Foundation Walk Leader Training	10
First Aid Course	8
Sports Leaders	69
Basketball Foundation Coaching	10
Safeguarding	114

Section 4 Case Studies

Case Study 1: Men's Movement & Motivation Mentorship Programme for Ballaghaderreen Men's Shed

What is the purpose of the Programme?

To deliver a six week programme of physical activity workouts and health promoting workshops, specifically designed for men aged 35 and older living in rural Roscommon. The programme targeted the most disadvantaged and focussed on men experiencing rural isolation. The target group were traditionally hard to reach and were experiencing health inequalities.

What are the aims of the Programme?

- Deliver physical activity and health promotion workouts tailored for men over 35.
- To facilitate cross-sectoral and partnership networks that promote health and wellbeing and increases and enhances social connectedness.
- Implement Action Area Six 'sport and physical activity in the community' from the National Physical Activity Plan for Ireland.

What was involved in the running of the Programme?

- Roscommon Sports Partnership secured funding under Healthy Ireland.
- The programme was coordinated by Roscommon LSP's Community Sports Development Officer Damien Martin and The Movement & Motivation Mentor Laura Tully.
- A 6-week programme was delivered every Tuesday from 7pm-9pm consisting of health promoting workshops for the first hour and then followed by a specialised physical activity plan.
- There was a grand finalé event on week 7 to recap on successes, for presentation of certificates with relevant local agencies present to view the programme outcomes.
- The programme partners were the Irish Men's Shed Association, the Irish Heart Foundation, Mental Health Ireland, Diabetes Ireland and the Marie Keating Foundation.

What were the outcomes of the Programme?

- There were significant improvements in weight, BMI, abdominal circumference, cardiovascular fitness and strength in this group following the six-week movement and motivation mentorship programme. All participants reported experiencing an enormous sense of positive wellbeing as a result of participating in the programme.
- There was a substantial increase in sit to stand performance. The average score at baseline 22 repetitions and this increased to an average score of 31 repetitions in the post intervention testing.
- The exceptional outcome of this programme is the legacy of sustained engagement in physical activity. The Men's Shed participants have registered their group with 'Get Ireland Walking' and continue to walk weekly on Tuesday's at 7pm.

- The Men have become role models for their community and have welcomed some new members to their walking group since the programme concluded.

What are the next steps for the Programme?

- Information on local activities, events and programmes available to the participants e.g. Operation Transformation, Walking Programmes, RSP Programmes etc.
- In 2020 Roscommon LSP hope to develop the programme further with feedback from participants.
- The program has already been introduced to other locations in Roscommon.

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

"When I meet the lads, no one wants to talk about the bad news, we just start walking and chat begins to flow, we talk about other things and give ourselves a break from the worry and negativity"

Key Statistics

- 24 men completed the program
- The event was greatly supported by the local community

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Case Study 2: ICA Swimming

What is the purpose of the Initiative?

To deliver a 6 week swimming programme to the members of Roscommon ICA. Through discussion with the chairwoman of the branch it became evident that members were interested in learning to swim and improve their water confidence.

What are the aims of the Programme?

- Introduce swimming to beginners
- Increase physical activity
- To enable women to participate in a new activity

What was involved in the running of the Programme?

- The programme was coordinated by Roscommon LSP's Community Sports Development Officer Damien Martin and Pauline Healy Sports and Leisure Coordinator for Roscommon Town Guild
- Communication and collaboration with Roscommon Leisure Centre and Roscommon ICA to plan the event
- Six weeks of intensive swimming lessons and 6 sessions where participants practiced in their own time

What were the outcomes of the Programme?

- Feedback from the programme determined that a large number of participants have continued to swim
- All participants increased their swimming ability and are much more confident in the water

What are the next steps for the Programme?

- Information on local activities, events and programmes available to the participants e.g. Operation Transformation, Walking Programmes, RSP Programmes etc.
- In 2020 Roscommon LSP hope to develop the programme further with feedback from participants.
- RSP aims to introduce the programme to other locations in Tipperary and to roll out similar programmes other target groups

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

“I was very nervous at the start however the instructors were excellent and made me feel right at ease”

“Outside of our swimming lessons we practiced weekly in small groups and it really made a huge difference. It was an excellent initiative.”

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Case Study 3: Moving with Macra

What is the purpose of the Initiative?

To deliver a 6 week sport and physical activity programme to the members of Macra Na Feirme Roscommon. Through discussion with the chairman of the branch it became evident that members were interested in taster sessions of various sporting activities.

What are the aims of the Programme?

- Introduce a variety of sport to Macra members
- Increase physical activity
- To create new pathways for local clubs and signposting members to the club

What was involved in the running of the Programme?

- The programme was coordinated by Roscommon LSP's Community Sports Development Officer Damien Martin and Debbie Donnelly Training and Development Officer with Macra.
- Communication and collaboration with Roscommon Macra and various sports coaches for self-defence, basketball, soccer and badminton
- Six weeks of various sporting activities

What were the outcomes of the Programme?

- Feedback from the programme determined that a large number of participants have continued to keep physically keep active
- All participants increased their physical activity

What are the next steps for the Programme?

- Information on local activities, events and programmes available to the participants e.g. Operation Transformation, Walking Programmes, RSP Programmes etc.
- In 2020 Roscommon LSP hope to develop the programme further with feedback from participants.
- RSP aims to introduce the programme to other locations in Roscommon and to roll out similar programmes other Macra members

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

"I really enjoyed the variety of sports over the six weeks especially the badminton and self-defence".

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Case Study 4 – Go For Life Game

What is the purpose of the Initiative?

The Go for Life Games have become an integral part of the RSP year. Active Age, ICA, retirement and Rural Men's Sheds Groups from around the county come together to play the game. Participation in Physical Activity is increased within these groups year around, as they partake in the Let's Get Active programme delivered by RSP tutors. The programme as a whole has huge benefits to the physical, mental and social health of all participants.

What are the aims of the Programme?

- Provide Physical Activity Opportunities to groups in Roscommon
- Delivery of the Go For Life Games by a RSP tutor to individual groups
- Run Go for Life Games sessions and Blitz at a central location
- Bring a team to the National Games in DCU in June
- Support groups to continue the Games in their own facility by providing grants, equipment and information

What was involved in the running of the Programme?

- Delivery of 4 week block of Let's Get Active and Stay Active programmes to individual groups
- Running 2 training/practice days all groups (New groups get the opportunity to learn the games)
- Running a county wide blitz at a central venue in Four Mile House, Kilbride Community Centre.
- Choosing a team to represent the county at the Nation Go for Life Games in DCU
- Supporting the teams throughout the year by providing programmes, lending of equipment and support with grant applications to continue games in their own groups.

What were the outcomes of the Programme?

- A total of 430 older adults took part in the Let's Get Active and Go for Life Programme in Roscommon
- A total of 60 people attended the County practice session from 11 Active Age Groups
- 30 older adults took part in the Blitz day from 8 Active Age groups in the county
- A team of 12 played at the National Go for Life Games in DCU. Our oldest participant on the day was 88 years old with the average age attending being 68.

What are the next steps for the Programme?

- Our Go for Life groups in the county will be regularly updated with events and programmes
- Support will be provided regarding equipment loans, providing Tutors, upskilling such as PAL's and also assistance with grant applications etc.
- The programme runs all year around where possible, this will continue and will be advertised for new groups to get involved.
- We hope to target approximately 50 new participants each year to the programme.

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

"my groups year is focused on getting through the blitz and getting to DCU for the day in June, we have been 3 times now and it's a fantastic day – we meet new people, play, eat and have a sing along on the bus home"

"I'm turning 89 this year and hope to get to the games every year, I'm not as able anymore but the men in Dysart always make sure I'm with them, I'm not too bad at the skittles"

"the games are great, we want to play as much as we can because we only started our group this year, we already have equipment bought and practice most days"

Case Study 5 – Sports Inclusion Programme - Woodlands for Health

What is the purpose of the Initiative?

Woodlands for Health offers a recovery focused eco-therapy programme which complements traditional mental health treatment. It involves social inclusion of people who experience mental health difficulties. The concept of the programme is simple; taking a walk in a 'green space' such as a local park or woodland area.

What are the aims of the Programme?

- Implement a walking programme in Coillte sites in County Roscommon for people who experience mental health difficulties
- Build a tailored programme for the participants, focusing on time in nature whilst also progressing their walking ability over 12 weeks

- Provide a social element for participants with a introduction day, refreshments after each walk and a final presentation day.
- Link with the partner services to ensure sustainability and provide support with programmes and other physical activity opportunities

What was involved in the running of the Programme?

- Links were developed with Mental Health Ireland in Roscommon/Mayo region.
- Services were approached to partake in the programme, namely HSE training centres
- Coillte and Get Ireland Walked were informed of all plans and provided support
- Various locations were chosen which were convenient to Coillte sites and to the training centres.
- Transport was addressed for participants and arrangements made
- RSP tutors delivered a tailored programme including warm up, main walk and cool down. A Coillte rep attended each walk and talked about the area, the trees and wildlife.

What were the outcomes of the Programme?

- In 2019, a total of 26 people from 4 HSE training centres in County Roscommon took part.
- Week 1 the participants walked 2.3km, in week 12 the participants walked 4.8km in just over the same time – this walk was over challenging terrain i.e. steeper gradients and various surfaces.

What are the next steps for the Programme?

- RSP plan to apply for funding for this programme each year.
- Participants will be sought from more locations with a hope that there will be 50% new participants on each new programme.
- The popularity of the programme is growing and the RSP expect that additional programmes may need to be ran in the coming years.
- Participants will be supported with more RSP programmes such as cycling and Go for Life and Boccia to ensure they continue partaking in Physical Activity

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

"Can we continue the walks every week, I started walking at Park Run but I like being with this group, we talk all the way around and it's good for my health"

"it was great to hear we walked 4.8km today, one of us had over 8000 steps done, I struggled that first day but not a bother to me now"

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Case Study 6 – Swimmin' 4 Women

What is the purpose of the Initiative?

The overall purpose of this programme is to get adult women who can swim back into the pool. The 6 week swimming programme consists of two swims a week, one coached and one self-guided session, and aims to improve swimming technique, build confidence in the water and increase distance. There is also a social aspect to the programme which is meeting other women from the community who are at the same level of swimming as each other.

What are the aims of the Programme?

- The aim of the programme is to encourage women to continue their swimming after the programme finishes.
- Introduce swimming to beginners
- Increase physical activity
- To enable women to participate in a new activity

What was involved in the running of the Programme?

- Participants are recruited through posters put up in local communities and through social media marketing
- Participants receive a laminated booklet with all sessions within to allow them to bring it on deck to ask questions about sessions and complete their self-guided session with ease

What were the outcomes of the Programme?

- Feedback from the programme determined that a large number of participants have continued to swim
- All participants increased their swimming ability and are much more confident in the water
- Two Swimmin' 4 Women programmes were delivered during throughout 2019 with over 20 participants taking part

What are the next steps for the Programme?

- Information on local activities, events and programmes available to the participants e.g. Operation Transformation, Walking Programmes, RSP Programmes etc.
- In 2020 Roscommon LSP hope to develop the programme further with feedback from participants.
- RSP aims to introduce the programme to other locations in Roscommon and to roll out similar programmes other target groups

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

“ Swimmin’ 4 women was a brilliant initiative and definitely worthwhile for me ”

‘’I know I have a lot to learn but even getting my head under water and trying the various techniques has been fantastic’’

Case Study 7 – Transition Year TY on Yer Bike's Programme

What is the purpose of the Initiative?

This programme is targeted at Transition Year students in all schools in County Roscommon. As part of the TY curriculum, many schools adopt a safe travel element. Through the provision of a tailored cycle programme we can enable students to cycle, feel confident on the bike and become more proficient using the road. Cycling is targeted at this age group in the attempt to create a sustainable source of transport for students.

What are the aims of the Programme?

- Enable TY students to learn or progress their cycling
- Deliver a 4 week programme across the county
- Help students become more confident at cycling with the hope that they would adopt this mode of transport more – cycle to school, cycle to social events etc
- Through the provision of Bicycles for the duration of the programme we hope to encourage the students to get their own bike
- Provide various bikes to ensure the programme is inclusive i.e. tandem, trike etc.

What was involved in the running of the Programme?

- Expressions of interest are sought at the beginning of the school year
- Staff co-ordinate with schools and arrange a suitable schedule of events over the course of the programme.
- Students are signed up and broken into groups according to their ability.
- Bicycles, helmets and high visibility vests are assigned to each student.
- The programme is monitored and evaluated throughout.

What were the outcomes of the Programme?

- A total of 309 TY students took part in the programme.
- Of this total, 6 were students with a disability.
- There was an increase in students cycling to school after the programme ended.
- Students noted feeling fitter, healthier and more confident.

What are the next steps for the Programme?

- Funding has been secured from Healthy Ireland to run the programme to 12 schools over 2020 and 2021.
- We hope to target more schools in the county over the following year
- The bicycle fleet owned by the RSP is continuously maintained however capital funding has been received for the purchase of more bicycles and inclusive bikes.

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

“I started cycling in and out of school most day’s since we started, definitely happier out on the road now”

“it’s a bit of fun, and we get out of class for most the day too, I never cycled through the town before but I feel safer out in traffic now”

“I joined a cycling group along with my Dad and we go out on Leisure Cycles most Sundays, it’s really helped my fitness”

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Section 5: Next Steps

5.1 Delivering on the National Sports Policy

The Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy on the 25th July 2018. The aim of the National Sports Policy is to increase the sports participation rate in Ireland from 43% to 50% by 2027. In order to achieve this outcome, the policy highlights the requirement to address participation gradients through 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.

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5.2 Building Capacity to Deliver

In order for RSP to continue to deliver the National Sports Policy objectives, continued investment and support from Government is required. There was a significant increase in Government Investment for 2019 therefore enabling RSP to increase its workforce. There is now four fulltime staff:

- RSP Coordinator
- RSP Administrator
- Community Sports Development Officer
- Sports Inclusion Disability Officer

The function of the CSDO is to work with disadvantaged communities, minority groups and the smaller sports and NGB's who may not have a network of regional development officers. The SIDO will work specifically to work with people with a disability and the disability NGB's of Sport

5.3 Demonstrating the Impact

Critical to bringing the National Sports Policy vision to life is the capacity of RSP. Through direction of Sport Ireland, RSP is able to evaluate the impact of its programmes and initiatives. RSP made significant progress in 2019 in evaluation with the introduction of Sport Ireland's self reporting measure. This reporting system adopted by Sport Ireland enables RSP to evaluate all programs and initiatives using the single item question. The internationally validated self-report measure - the single item question - has been adopted to measure participant's levels of physical activity. Trends generated by this data are then further explored through the use of qualitative measures. This evaluation ecosystem will form the basis for decisions relating to not only programme design but also strategic investment and funding streams.

In 2019, our evaluation work will focus on answering the questions- what works, for whom and under what conditions. A mix of quantitative and qualitative tools will be used to understand what works when trying to get people to be active, whom it works for and what conditions must exist for it to work. These overarching questions will govern all evaluations undertaken across the breadth of RSP activities. Projects being evaluated in 2019 include Swimming 4 Women, Moving with Macra and Ballaghadereen Men's Shed to name a few.

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.

CSPAH – Community Sport and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAHs 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.

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.

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.

RSP – Roscommon Sports Partnership

Roscommon Local Sports Partnership (Roscommon LSP) was established in 2002 by the Irish Sports Council (now Sport Ireland) to plan, lead and coordinate the development of sport and physical activity in County Roscommon. This is achieved through partnership with sports organisations, community and voluntary organisations, local and national agencies and statutory bodies.

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.

Older People

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

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.

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.

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 MSP participation programmes)

A 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