ROSCOMMON SPORTS PARTNERSHIP

ANNUAL REPORT 2020

ROSCOMMON
Sports Partnership
SPORT IRELAND

Roscommon Sports Partnership Annual Report 2020

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Section One

Chairperson's Foreword

2020 has without doubt been an exceptional year. The arrival of the Covid epidemic and the implementation of the restriction of movement meant that there needed to be a swift response and adaptation of how Roscommon Sports Partnership carries out its work. Despite the pandemic Roscommon Sports Partnership continued to provide programmes and activities to help people stay active. The switch to online delivery of programmes was a credit to all involved.

The range of programmes activities and initiatives being offered by RSP continues to expand year on year and I would like to thank everyone staff board members tutors and volunteers who worked with Roscommon Sports Partnership to make this happen. This report highlights the significant contribution that Roscommon Sports Partnership is making to advance the health and wellbeing of all sectors of our community, in particular those who for one reason or another cannot take part in mainstream activities. RSP also continues to provide essential assistance to clubs, community groups, schools, coaches and volunteers to enhance the valuable work that they are doing on the ground.

The increasing workload and constantly changing environment has meant added commitment from both my fellow board members and RSP staff and I would like to sincerely thank them for their dedication and commitment.

In conclusion, none of the above would be possible without the support of our main funder Sport Ireland and the numerous other organisations who fund and partner with us in delivering on our commitments under our strategic plan. I would like to thank our main funder, Sport Ireland, and the numerous organisations who provide funding and support to Roscommon Sports Partnership.

Yours in Sport,
Ivan Connaughton
Chairperson
Roscommon Sports Partnership

Coordinators Report

We set off on our journey to deliver our planned programme of activities at the start of 2020 with the expectation that what lay ahead would be an extremely busy year. The increase in staff and other resources meant that we had increased our capacity not just to increase the volume of activities but also the range of activities. The addition of the Community Sports Development Officer and the Sports Inclusion Development Officer along with additional funding and tutor resources meant we were in a very strong position. An expanded operational plan had been devised over the winter and we looked forward to getting on with the process of delivering our programmes to all our target groups.

Little did we know that within two months the Covid epidemic would strike, and all plans would be out the window. We were left with no other choice than to completely change the range and nature of all our planned programmes but also to totally change the method of delivery from one of direct contact to going totally online. The covid situation also changed our work practices with home working and contact between staff and board again restricted to online methods.

In response to Covid a review took place to firstly identify the needs of our target groups and secondly to put in place a system of delivery that allowed us to deliver relevant and structured programmes that responded to the identified needs. Throughout lockdown we managed to produce a whole host of physical activity programmes that were delivered online. These programmes were extremely well received and participation in the online programmes was extremely high. Full credit is due to the staff and in particular the tutors who worked tirelessly and with great enthusiasm to produce and deliver the online programmes and online resources.

There were however many positives that resulted from the Covid epidemic. Awareness of the importance of Physical activity soared, it was now a priority for all households and certainly an increased appreciation of the local natural amenities resulted. The expertise gained in devising producing and delivering online programmes would not have happened without the lockdown situation. Similarly, many of the work practice changes that were brought in have resulted in more efficiency and time saved in several areas, and indeed many of those changes are here to stay for example the delivery of many training courses online.

As restrictions eased in the Autumn of 2020, we were able to return to more normal operations, we had huge numbers on the programmes that were delivered. We also received great recognition of the ability of the LSP to deliver programmes both during and post Covid. This has led to an increase in funding going forward and our thanks must go to Sport Ireland for their work at national level particularly in accessing new funding streams for the sports partnership network. While the Covid situation will be with us for the foreseeable future we expect that we will have disruption to some of our activities and redesign of both content and delivery, we will come out strong at the other end and have gained some valuable lessons and experiences.

Policy Development and Reporting.

We especially welcome the new National Sports policy as it now gives an overall direction and framework for our work going forward and with 2020 being the last year of our current strategic plan will give us an opportunity to consolidate and innovate in the future. We continue to increase our level of evaluation and analysis of our work and will monitor closely to ensure maximum effect of our target groups. From an operational perspective we continue to update and introduce new policies/practices to assist us in our compliance with the National Governance Code for Voluntary Organisations.

Summarising Outcomes and Impacts

Despite the setbacks we are delighted with the outcomes for 2020 especially in the area of general physical activity programmes and we can see this continuing to increase in 2021. We would see the need to revise some programmes and renewed focus on others. We look forward to working on the new RSP Strategy as we hope this will strengthen our efforts to further develop sports and physical activity. We plan to invest heavily in upgrading our IT capacity as this will require modernisation to cope with the ever-increasing demands on the organisation from a number of areas. In conclusion, I would like to thank the board of RSP for their continued support and the many organisations both local and national with whom we have worked with over the course of the year.

Yours in Sport,
Noel Feeley
Coordinator
Roscommon Sports Partnership

Section Two:

2.1 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 eighteenth annual report of Roscommon Sports Partnership. It reflects the work of the Partnership for 2020. 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.

2.2 Resources and Funding

Following the annual application process, Roscommon Sports Partnership was awarded a core grant of €214,840 from Sport Ireland for 2020. This amount covers all staff salaries, programme costs, grant funding and administrative support for the operation of Roscommon Sports Partnership in 2020.

Additionally, Roscommon Sports Partnership was successful in applying for funding through the national Dormant Accounts Fund, administered by Sport Ireland. The partnership was awarded €13,900 overall which was broken down into the following programmes:

- Sports Inclusion Disability Programme Capital Supports - €10,400
- Youth Leadership (to assist young people in gaining leadership qualifications) - €3,500

In response to COVID-19, Sport Ireland awarded Roscommon Sports Partnership resilience funding of €57,434 which included small club grants, community support and additional targeted programme funding.

The HSE granted the partnership with €7,000 to deliver targeted programmes, particularly with a focus on health and inclusion.

Roscommon Sports Partnership received €16,825 from Healthy Ireland to deliver targeted programmes, with a particular focus on men's health and cycle safety.

Additional funding and support of €116,838 was secured including €97,730 in benefit-in-kind support.

2.3 LSP Management and Staff

• In 2020, 4 people worked full-time on behalf of RSP. Sport Ireland Core funding ensures employment of the Sports Coordinator post and an Administrator post. RSP now has a full-time Community Sports Development Officer (CSDO) and a Sports Inclusion Disability Officer (SIDO). 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.

2.4 Board of Management Participation

• 9 people served on the RSP board in 2020. 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.

Section Three:

Achievements of Roscommon Sports Partnership in 2020

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.

3.3 Delivering Sport Ireland & Local Programmes

Course	No of Participants
Community Coaching	12
CARA Autism in Sport	40
Safeguarding Courses *SG2 &SG3 postponed	153

Local Programme Delivery

- 3230 people participated in both local or online delivered participation programmes.
- 1357 of these participants were children under 18.
- 1085 female participants took part in physical activity opportunities locally.

• Sports Disability Inclusion Programme – 411 participants across programmes and online activities.

Information Provision: Over 10,000 individuals were provided with general or specific sport-related information through our website and social media.

3.4 Programme Delivery - RSP Initiatives Delivered in 2020

Community Sports Development Officer (CSDO) Programmes

Roscommon Community Challenge

Over 250 participants took part in the Roscommon Community Challenge for 2020. Participants had the option of completing a 5km or 10km event either by walking or running. Numerous families took part in the event. Training sessions were delivered every Monday and Wednesday in the lead up to the event. Proceeds from the event went to Roscommon Special Olympics and Roscommon Community Sports Park.

Operation Transformation Walks

Operation Transformation Walks took place in Ballaghaderreen, Monksland and Mote Park. There was a great turnout in all locations at this annual event.

Oran Gets Active

A 6-week circuit training and walking programme was delivered to the community of Oran. The grand finale for participants consisted of a 5km walk.

Men's 35+ Introduction to Resistance Training

A 6-week introduction to resistance training for men aged 35 years and over was delivered by Fullbody Workhouse in Roscommon town. The aim of the programme was to introduce men to the gym environment and empower them to maintain their new found activity levels on completion of the programme.

Operation TransFARMation

Operation TransFARMation was another major success in 2020. The programme was fully booked and attracted farmers from all over the county. It comprised of a six-week programme of health promoting workshops and physical activity workouts, specifically designed for men aged 35 and older living in rural Roscommon. The programme was delivered in Culleen hall.

Roscommon Youth Service Cycle Safety Programme

Roscommon Youth Service availed of four sessions of cycle safety. Participants received instruction on bike safety, maintenance, rules of the road and group cycling etiquette.

Open Water Swimming

The overall purpose of the programme was to introduce adults and teenagers to open water swimming and complete a swimming event at the end of the programme. The programme was delivered in both Lough Key and Ballyleague over a period of 6-weeks. Upon completion of the six-week programme participants had the option of trying an open water swim event as part of European Week of Sport 1500 and 750m for adults and 750m for children aged 11 to 17.

South Roscommon Community Walking Programme

6-week walking programme was delivered in Moore. Pods were implemented throughout the duration of the programme to ensure adherence to social distancing requirements.

Walking with Poles

Taster sessions were delivered to various community groups around Roscommon. Walking with Poles is a great way to increase your activity level and include some upper body work into your walking.

Bike Week

Following receipt of Bike Week funding, RSP delivered numerous events across the county of Roscommon.

Youthreach Cycling

Our Cycling team delivered cycle safety sessions to Youthreach students. A 15k cycle was completed as part of the programme conclusion.

National Walking Day

National Walking Day was on September 27th. We had a glorious morning celebrating National Walking Day on Sliabh Bawn mountain. We were delighted to be joined by with Minister Frank Feighan on the walk. We enjoyed a 6.5km looped walk and incredible views from the summit (262m) which has a raised viewing platform and a new picnic area.

Virtual Programmes

Couch to 3K Walk to Jog

Over 40 participants took part in our Couch to 3K Walk to Jog programme. Participants tracked their progress each week and in week 6 they completed their 3k jog.

Pedal Your Way to Health

Over 50 participants took part in our online Pedal Your Way to Health Cycling Programme. Each week participants received a weekly training programme and tips on how to improve their cycling technique.

Women Wheelers

Over 20 participants took part in this women's cycling programme. Participants received weekly instruction on how to gradually improve their fitness on the bike.

Couch to 5K Healthy Ireland at Your Library

This programme was run in conjunction with Healthy Ireland at Your Library. Over 80 participants took part in the programme. All participants received a T-shirt on completion of the programme and one participant won a Fitbit.

Online Video Content A series of videos were developed to help people remain active during periods of lockdown. All videos are uploaded to the Roscommon Sports Partnership YouTube Page:

- Work Desk to Workout 5 videos
- Kids and Family Dance 24 videos
- Kids Skill Challenge Videos 14 videos
- Health and Wellbeing Tips 6 videos
- Cycling Tips 5 videos
- Walking Fitness Tips 4 videos
- Home Fitness Workout 3 videos

Sports Inclusion Development Officer (SIDO) Programmes

Roscommon Boccia League

The game of Boccia was introduced in 2019 to adult day & residential services in Roscommon with the League being established in early 2020. The league provides an opportunity for services across the whole county to come together and compete in the game of Boccia. Boccia also spelled as Boccé is a versatile game which suits all abilities. The Boccia League in Roscommon is currently on hold due to the pandemic and will be re-established when it is safe to do so. To add a new dimension and excitement to our Boccia League, we have teamed up with Westmeath and Longford to hold the Midlands Boccia League Finals. This will be a fun day out and will allow participants to meet new people, experience competition, fun and comradery.

Woodlands for Health

Walking programme focusing on connection with nature and the outdoors. This initiative is designed for adults with Mental Health Difficulties. RSP partnered with Mental Health Roscommon/Mayo, HSE Training Centres and Woodlands partner Coillte. This programme was postponed due to restrictions and will resume when it is safe to do so.

Home Fitness Programme

(Online via zoom) – this programme was implemented for pan disabilities and delivered through zoom. Programme was implemented for six weeks and was targeted at all ability levels. Participants also had the opportunity to avail of a healthy eating plan to complement online programme.

Home Seated Pilates Programme

(Online via zoom) – this programme was primarily targeted at adults with physical disabilities but was open to all adults with a disability who expressed an interest in taking part. Programme was implemented via zoom and some participants were supported by service providers to take part.

Home Floor Pilates Programme

(Online via zoom) – this programme was open to adults with intellectual disabilities and mental health difficulties. Programme was implemented via zoom and some adults were supported by service providers to partake in this initiative.

Couch to 3k Programme

(Online via YouTube/email) – this programme was open to all ability levels. The aim of the programme was to increase participants fitness levels by following a purposely devised plan with the hope that participants could walk or run 5km on completion of the programme.

Football Programme

(Online via YouTube/zoom) – programme was designed to allow participants partake in football sessions at home or from a service provider utilising outdoor spaces. Programme concentrated on developing participants skill and ability level.

European Week of Sport (EWOS)

In conjunction with Longford and Westmeath Sports Partnerships:

- Home Fitness Taster Session delivered through Irish Sign Language for Adults who are Deaf and Hard of Hearing in conjunction with Chime and Deaf Sports Ireland.
- Home Seated Pilates Programme delivered via zoom with audio description for adults with visual impairments in conjunction with NCBI/Vision Sports Ireland
- Autism in Sport Workshop delivered by Cara Centre – open to members of the public to attend – facilitated via zoom
- Nutrition Workshop delivered through Irish Sign Language for Adults Deaf and Hard of Hearing in conjunction with Chime and Deaf Sports Ireland

- Children's Booklet and Resource pack of inclusive games/activities for pan disabilities developed by the three sports partnerships – launched during EWOS – resource to be utilised on an ongoing basis

Home Fitness Programme

Programme delivered as a follow up from EWOS taster session for adults with visual impairments. Programme consists of live sessions implemented via zoom and participants also receive weekly pre-recorded seated Pilates sessions which can be implemented at a time that suits participants.

Cara Sport Inclusion, Awareness and Autism Workshops

These workshops are designed to build awareness around people with disabilities participating in community sport and physical activity. They are ideal for coaches, club members, volunteers, teachers, SNA's etc., who wish to adopt a more inclusive ethos into their club, community or organisation.

Online/YouTube videos and resources

To target as many people as possible RSP organised suitable activities to be recorded and delivered via Social Media Channels and YouTube. Activities included 'Everybody Dance Now' Inclusive and Active Age Dance sessions, 4 Week/session Walking for Fitness Programme, Home Gym for Wheelchair users or those with poor lower body mobility, Minding Your Mind workshops, Inclusive Home Fitness, Cycle Safe tutorials to name but a few.

Section 4: Case Studies

4.1 CSDO Case Study 1: Introduction to Open Water Skills Programme

- The overall purpose of the programme was to introduce adults and teenagers to open water swimming and complete a swimming event at the end of the programme.
- The introduction to open water skills programme consisted of one coached session per week, and aims to improve swimming technique, build confidence in the water, and increase distance in the open water environment.
- The programme also wanted to highlight the opportunities that exist on our local waterways and to reconnect the community with the outdoors for sporting and recreational activities.
- There is also a social aspect to the programme allowing participants the opportunity to attend a mass participation week as part of European Week of Sport on completion of the programme.
- Roscommon Sports Partnership partnered with Swim Ireland to deliver a six-week and eight-week tailored swimming programme in open water.
- 48 participants attended the mass event in Lough Key, Boyle as part of European Week of Sport.

Feedback from participants:

"My confidence in the water has really improved and the programme has given me a new outlet to keep active"

"I would have never thought that after 6 weeks of training I would be standing here after completing a 750m swim. It feels fantastic"

CSDO Case Study 2: Online Programme

Pedal Your Way to Health

- Over 50 participants took part in our online Pedal Your Way to Health Cycling Programme.
- Each week participants received a weekly training programme and tips on how to improve their cycling technique and fitness over the six weeks.
- The programme was aimed at participants who were new to cycling and recreational cyclists.
- Participants reported increased confidence on the bike and an enhanced sense of well-being
- The programme wanted to highlight the opportunities that exist outdoors and reconnect the community with the outdoors for sporting and recreational cycling

Feedback from participants:

''A big thank you to Roscommon Sports Partnership I'm just back from a holiday cycling around Kerry and Clare ''

''I completed a 60K cycle from Ballinasloe to Loughrea last Sunday. If it wasn't for your 6-week training programme I don't think that would have been possible so thanks a million ''

4.2 SIDO Case Study 1: Online Resources

Everybody Dance Now

- Designed to be inclusive for pan disabilities with adaptations included and suitable for Older Adults or those with lowered mobility
- 14 videos with approximately 30 minutes of content
- The videos include a warm-up to music, learning a routine to a song and a cool down
- The series was viewed over 800 times and is still being accessed regularly by services and individuals

Feedback from participants:

"Trisha teaches in our school and the kids were to have Trisha for a block of Dance. This was cut short due to Covid 19 so getting access to online dance lessons with her has been brilliant."

"I went to dance every Friday with my friends, we dance now on the computer, Trisha plays my favourite songs, it's really good fun"

European Week of Sport Online

- 3 Taster Sessions of Pilates, Home Gym and Nutrition.
- Sessions were delivered for people with disabilities with a focus on including people who are deaf or hard of hearing and people with visual impairment.
- Instructors delivered using Irish Sign Language, Subtitles and using Highly Descriptive Wording.
- CARA Centre delivered an Autism in Sport Workshop for 20 participants
- Resource Pack and Booklet designed for Children with a Disability – available by request online, by email or by phone. 150 packs were distributed. The booklet contains activities and a challenge section. Children who complete the challenge receive a Certificate and Medal.

ROSCOMMON Sports Partnership — SPORT IRELAND

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

Get Bike Ready for People with Disabilities (Bike Week 2020)

- As part of Bike Week 2020, RSP delivered an Online 'Get Bike Ready' Tutorial for people with Disabilities.
- Demonstrations including preparing your bike, wearing a helmet, using high visibility gear, safe cycling on the road etc.
- Designed to enable people to get on their bikes for Bike Week and to assist services etc. to get service users engaged in cycling

Feedback from participants:

"we brought our gang from the Hub Community Café in Strokestown for a spin around the Park House, some of them hadn't cycled in years and tried the trike, this gave them confidence to try the normal bike, we went out twice more that week, no stopping them now, thanks to Roscommon Sports Partnership and Elaine for our prize for taking part, its going towards new helmets!"

ROSCOMMON Sports Partnership — SPORT IRELAND

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

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.

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 are 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 over the past two years 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 2020, 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.

Appendix A

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.

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.

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.

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.

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.

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.

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 RSP 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