ANNUAL REPORT 2021

ROSCOMMON
Sports Partnership
SPORT IRELAND
www.rosactive.org

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

ROSCOMMON SPORTS PARTNERSHIP

ROSCOMMON Sports Partnership
SPORT IRELAND

2021 IN NUMBERS

4268

people participated in **116** RSP local programmes and initiatives

554

people with a disability participated in **21** targeted physical activity programmes

2613

school children were engaged with by RSP through **38** schools

378

participants took part in education and training initiatives

4601

social media followers across Facebook, Twitter & Instagram

Flagship initiatives & campaigns that RSP took part in include:

Bike Week, European Week of Sport, HER Outdoors Week, Women in Sport Week, International Day of People with Disabilities, Men's Health Week, Fit for All Week, Inclusion Week and Let's Get Back to Sport campaign

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Name of organisation:	Roscommon Sports Partnership CLG
Organisation Type:	A company limited by guarantee
Company number:	352219
Registered Office:	Administrative Offices, Roscommon Vocational Education, Lanesboro Street, Roscommon
Auditor:	DJ Martin Ltd T/A Healy Martin & Co. Certified Public Accountants & Registered Auditors, Boeshill, Mohill, Co. Leitrim
Principal Bankers:	Bank of Ireland, The Square, Roscommon
Directors:	Martin Blighe (Resigned 26th May 2021) Maire Allen Kevin McBrien Ivan Connaughton Kathleen Shanagher Sandra Shanagher Jacqueline McCormack Fiona Ni Chuinn Aaron Clogher (Appointed 28th April 2021)
Company Secretary:	Jacqueline McCormack (Appointed 26th May 2021) Martin Blighe (Resigned 26th May 2021)

Roscommon Sports Partnership Organisation Structure

Figure 1

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SECTION 1: BACKGROUND, FUNDING & RESOURCES

Section 1: Background, Funding & Resources

1.1 Background to Roscommon Sports Partnership

Roscommon Sports Partnership (RSP) 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 RSP and oversees the implementation of the strategic plan. RSP is managed on a day-to-day basis by the RSP Coordinator, Noel Feeley.

In 2018, the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The objectives of this policy are the basis of which RSP operates and will for the duration of the policy's lifetime. Among those objectives include, increasing overall participation in sport and physical activity from 43% to 50% by 2027 and tackling inequalities in sport opportunities.

"The Sports Partnership 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).

This report is the nineteenth annual report of RSP. It reflects the work of the Partnership for 2021. 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 in Section 3 of this report.

1.2 Sport Ireland Core Investment

Roscommon Sports Partnership is one of 29 Local Sports Partnerships that are supported by Sport Ireland to co-ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. Core Investment by Sport Ireland continues to increase year on year.

In 2021, this investment further increased to support LSPs to safely return to providing sport and physical activity opportunities locally following the continued struggle with the coronavirus pandemic. This increase allowed RSP to increase the reach and impact of RSP initiatives across Roscommon.

The core investment supports the core work of the LSP network, including the delivery of National Programmes, Education & Training initiatives, Strategic Development, the Community Sports Development Officer (CSDO), the Sports Inclusion Disability Officer (SIDO), Women in Sport programmes and general participation programmes. The core grant allocation to RSP for 2021 was €245,730.

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

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). This allows LSPs to apply for funding through the national Dormant Accounts Fund (DAF), administered by Sport Ireland.

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

Table 1

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 is a hugely beneficial source of funding for RSP each year. In 2021, RSP were successfully allocated €18,000 which supports Sports Inclusion Disability Projects and Youth Leadership training to assist young people in gaining leadership qualifications.

1.4 Other Funding

Funding from Sport Ireland (Core and Women in Sport) accounted for 56% of the total RSP funding in 2021. Additional funding was also secured for RSP by Sport Ireland in response to the COVID-19 pandemic and specific projects under the Dormant Accounts Scheme to the value of 12% of overall funding. The remaining 32% was raised from local sources, including benefit-in-kind funding.

In response to the COVID-19 pandemic, Sport Ireland continued to offer additional funding support to LSPs in 2021 through the COVID-19 Grant Scheme. €25,950 was allocated to RSP, which included funds to administer a COVID-19 Club Small Grant Scheme and funds for Grassroots Restart Fund Programmes including Women's Social Soccer, Healthy Communities Physical Activity Programme and Soccer Skills for All.

RSP received €5,015 from Healthy Ireland Funding, via Roscommon County Council and secured additional funding of €7,500 for Small Capital Bikes purchase. This additional

funding allowed for the purchase of an additional 15 bicycles to aid in the delivery of the Transition Year On Your Bike (TYOYB) programme, which will allow more students to access cycling throughout the school year.

Through HSE Section 39, RSP received €4,300 with a focus to promote health and inclusion.

Table 2: Breakdown of Funding and Benefit in Kind secured by RSP in 2021

Funding and Benefit in Kind secured by RSP in 2021	€	%
Monetary Funding (Locally leveraged)	20,800	5%
Benefit In Kind (Locally sourced)	112,520	27%
Sport Ireland Core / Programmes Grant	228,985	54%
Sport Ireland Women In Sport Grant	6,400	2%
Sport Ireland Covid-19 Grant Scheme	25,950	6%
Sport Ireland Dormant Accounts Funding	18,000	4%
Sport Ireland Supplementary Programme Funding	10,345	2%
Total	**423,000**	**100%**

Table 2

Roscommon Sports Partnership continues to be successful in securing funding from local sources. 32% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 5% of overall LSP support and benefit-in-kind support accounts for 27% of overall funding.

According to Sport Ireland data for 2021, 39% of the LSP network costs are being sourced locally and RSP is in line with those trends. This is lower than previous years and lower than the 50% recommended in the 2005 Fitzpatrick & Associates Review of the LSPs. This percentage decrease is largely due to the large increase in Sport Ireland funding provided to Local Sports Partnerships through Dormant Account and Covid-19 funding. It is also attributed to the impact of Covid-19, which lead to a reduction in locally generated income, through increased restrictions on the delivery of programmes locally.

Sport Ireland will continue to monitor this area to ensure the Network is strengthened as we exit the pandemic and returns to meeting the recommendations of the 2005 Fitzpatrick & Associates Review.

1.5 Staff, Board of Directors & Committees

The staff of RSP are employed to carry out the work of the LSP as detailed in the strategic plan and to work with its many partners and stakeholders to support and develop opportunities to participate in sport and physical activity throughout County Roscommon.

Sport Ireland Core funding ensures employment of the Sports Coordinator post and an Administrator post, while a full-time Community Sports Development Officer (CSDO) and a Sports Inclusion Disability Officer (SIDO) were also supported through Sport Ireland funding in 2021. In addition, Sport Ireland awarded funding for a full-time Communications and Administration Officer post in 2021.

The Sports Inclusion Disability Officer (SIDO) is responsible for increasing the participation of people with disabilities in sport, fitness and physical activity throughout County Roscommon. 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 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 in Roscommon. Their goal is to establish and develop opportunities to increase participation and develop sustainable local leadership for sport within communities. The target groups include: older adults, men, women and girls, schools, clubs and youths. They also support local sports clubs and coaches with a particular focus on training and education.

As the LSPs continued to deal with the COVID-19 pandemic in 2021, there was a more than ever need for increased capacity at 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. The funding was allocated based on business cases submitted by each individual LSP. Under this funding stream, RSPs applied for a new Communications and Administration Officer to heighten the awareness of RSP and the work that it does, as well as to assist with the ever-growing amount of administration work in line with the ever-growing output of RSP. Funding was successfully granted by Sport Ireland and in November 2021, RSP appointed a new staff member to the role, increasing the number of RSP full-time staff from 4 to 5.

RSP also contracted 31 tutors who coordinated and facilitated a range of inclusive physical activity programmes, workshops, courses and initiatives across Roscommon. RSP also provided work placement to students from 3rd level colleges and secondary school students for work experience and opportunities to develop skills.

Coordinator – Noel Feeley

Community Sports Development Officer – Damien Martin

Sports Inclusion Disability Officer – Elaine Igoe

Administrator – Michelle Dempsey

Communications and Administration Officer – Michaela Fallon

ROLE OF THE BOARD

RSP, as a company limited by guarantee, continues to be governed by a Board of Directors. The Board is responsible for the strategic direction of the organisation, for monitoring and reviewing its activities and oversees the implementation of its strategic plan. In 2021, the monthly meetings, along with the AGM, continued to be held via Zoom due to the COVID-19 pandemic restrictions.

There are 15 seats in total on the Board of RSP. 7 are fixed places allocated to representatives from Roscommon County Council, Roscommon VEC (now GRETB), the Partnership (Roscommon Leader Partnership/RIDC), FÁS (now Solas), Roscommon GAA, FAI and HSE. Directors are primarily elected at the AGM however the Board can opt to fill a vacancy at any time.

RSP DIRECTORS

Nine people served on the RSP board in 2021. 67% of RSP board members were female, which is one of the highest female representations of all 29 LSPs and more than meets the objectives of female representations on boards of funded bodies, as set in the Women in Sport Policy and National Sports Policy. This is a direct reflection of the diversity in sport and physical activity throughout the county.

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. The board is comprised of representatives from various sporting organisations, the local authority, statutory/development agencies, community and voluntary organisations from all areas of County Roscommon.

2021 BOARD STRUCTURE

Member
Ivan Connaughton (Chairperson)
Máire Allen (Treasurer)
Jacqueline McCormack (Secretary – appointed on 26th of May 2021)
Kathleen Shanagher
Sandra Shanagher
Aaron Clogher (Appointed on 28th April 2021)
Fíona Ní Chuínn
Kevin McBrien
Martin Blighe (Resigned on 26th of May 2021)

Table 3

RSP BOARD COMMITTEES

Audit & Risk Sub Committee

The purpose of the Audit & Risk Sub Committee is to provide oversight of the financial reporting process, the audit process, the company's system of internal controls and compliance with policies and procedures.

Members: Jacqueline McCormack (RSP Board Director), Maire Allen (RSP Board Director) and Noel Feeley (RSP Staff Representative)

Amalgamation Sub Committee

The purpose of the Amalgamation Sub Committee is to oversee the amalgamation between RSP as a company limited by guarantee towards RSP being a division of Roscommon County Council. The committee's aim is to make the transition as smooth as possible in a way that is beneficial to both parties.

Members: Noel Feeley (RSP Staff Representative), Ivan Connaughton (Chairperson), Elaine Igoe (RSP Staff Representative), Fíona Ní Chuínn (Roscommon County Council Representative) and Kevin McBrien (RSP Board Director)

SECTION 2: ACHIEVEMENTS

Section 2: Achievements

2.1 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 five 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.

2.2 Development of Local Clubs, Communities & Organisations

One of the main goals of RSP is to work in partnership with local clubs, communities and organisations to promote the sustainable development of their structures. RSP assists clubs and community groups through grant funding, volunteer training and through partnering for programmes to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity options.

FUNDING FOR CLUBS AND ORGANISATIONS

With the increased need for support for sports clubs and communities to return to activity, Sport Ireland invested €840,000 in Club and Community Development support across the LSP network through Core Funding in 2021. As a result of this funding, LSPs were in a position to provide support at a local level, enabling clubs and community groups to return to sport and activate their membership. Throughout Ireland, LSPs provided funding supports to 2,395 clubs and 557 community groups, this funding supported the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

CLUB AND COMMUNITY SUPPORTS

RSP works closely with local clubs and organisations to provide support with their existing sport and physical activity structures as well as introduce sustainable pathways to participation in sport and physical activity. 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.

The staff at RSP have a wealth of knowledge and experience in carrying out sport and physical activity in County Roscommon and are always keen to offer support or advice to fledgling clubs. RSP plays a key role in advising clubs in the areas of planning, evaluation and in the development of governance standards and policies. This support work helps clubs to make improvements to attract and retain members. The support that RSP has offered to local clubs and organisations in 2021 includes:

- Supporting with delivering programmes
- Providing grants and funding opportunities
- Providing training and education opportunities
- Assisting with grant applications
- Conducting meetings to share advice on organisational structures, how to set up a club, governance and ways to attract and retain members

2.3 Training & Education

RSP recognises the need for volunteers, coaches and administrators to continuously upskill and further their training in order to keep up to date with relevant processes and widen their capacity to deliver sport and physical activity opportunities.

SAFEGUARDING

RSP'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. There are three workshops in the area of safeguarding and child protection.

• Safeguarding 1 - Basic Awareness (all coaches) – 3-hour workshop educating participants on the implementation of best practice & legal requirements in protecting the welfare of children involved in sport.

• Safeguarding 2 – Club Children's Officer (role specific) – 3-hour workshop aimed at helping 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.

• Safeguarding 3 – Designated Liaison Person (role specific) – 3-hour workshop aimed at a club's Designated Liaison Person who must have completed Safeguarding 1 prior to completing this workshop.

In 2021, 151 volunteers and leaders involved in sport and physical activity completed the Safeguarding training across 15 workshops run by RSP. 2021 saw RSP continue to adapt successfully to the challenges posed by the Covid-19 pandemic, delivering these courses online via Zoom.

Table 4: Summary of Safeguarding Output

	Safeguarding 1	Safeguarding 2	Safeguarding 3	Total
No. of workshops delivered	13	2	0	**15**
No. of participants	132	19	0	**151**

Table 4

CARA TRAINING

In 2021, RSP delivered two online CARA Inclusion Workshops through the SIDO programme. 20 people participated in the Autism in Sport Workshop, while there were 12 participants in the Disability Inclusion Training Workshop.

The Autism In Sport Workshop provides attendees with an understanding of Autism focussing on the delivery of sport. It helps participants to recognise and understand key areas of difference as well as looking at practical strategies which help to include people with autism in sport sessions.

The Disability Inclusion Training Workshop provides participants with the knowledge, skills and ideas on how to adapt and modify sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.

SPORTS LEADERSHIP TRAINING

The Level 1 Qualification Sports Leadership course is designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active.

RSP provides the 3-day (18 hours) Sports Leadership programme to transition year students. The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. Participants learn the skills such as communication, teamwork, problem solving and the preparation and planning of activities to help them develop, lead, and evaluate their own activity. It has a multi-sport practical approach where learners are introduced to a wide variety of generic and sport specific games to ensure a fun, practical learning experience.

In 2021, four schools availed of the programme with 202 students receiving their Level 1 Award in Sports Leadership.

OTHER TRAINING & EDUCATION INITIATIVES

The training and education initiatives offered by RSP is aimed at individuals volunteering or working with people with disabilities, or in clubs and communities where they can use the skills and knowledge to become leaders and coaches of physical activity. 8 people successfully completed Walking with Poles training in 2021. This method of physical activity is becoming increasingly popular due to its benefits and its suitability for people with balance concerns or mobility issues and those with low fitness levels.

Due to COVID-19, a number of training initiatives previously planned or started were delayed until they could be resumed safely and effectively. This included Go For Life - Physical Activity Leaders (PALS) and Walking Leader Training. RSP have provision to continue these initiatives in 2022.

Table 5: Overall Training & Education Participation in 2021

COURSE	NO OF PARTICIPANTS
Safeguarding 1	132
Safeguarding 2	19
Sports Leaders	202
Walking with Poles	8
First Aid	5
CARA Disability Inclusion Training	12
CARA Autism in Sport Training	20
TOTAL	**398**

Table 5

2.5 RSP Participation Initiatives

Community Sports Development Programmes

The Community Sports Development Officer's (CSDO) role is to work with relevant organisations and individuals to develop, coordinate and implement a comprehensive plan to promote outdoor sports and physical activity in County Roscommon. The CSDO 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 seeks to maximize participation, engage the local community and promote community leadership.

Over the course of 2021, the CSDO delivered a wide range of programmes throughout County Roscommon. They were:

Keep Well Campaign

As part of the Keep Well Campaign in January during lockdown, RSP delivered online presentations on being Physically Active, Minding Your Mind and Nutrition.

Online Couch to 3k Walk to Jog

40 participants took part in an online Couch to 3K Walk to Jog programme in January. The aim of this programme was to support participants to improve their fitness from walking to jogging through an online platform.

Online Couch to 5k Walking

34 participants took part in an online Couch to 5k walking programme in January. This online programme targeted participants who were interested in increasing their walking distance and physical fitness. Participants received weekly health and fitness tips throughout the programme.

Women's Pilates & Mamalates

RSP delivered a 6-week Women's Pilates and a Mother & Baby Pilates online programme. Participants learned about the fundamentals of Pilates and experienced better mobility, flexibility and posture following the programme. This programme addressed the need for a fun and challenging activity during COVID-19 restrictions.

Jump for Joy Skipping Programme

A pilot Jump for Joy skipping initiative was delivered in Moore for women over 40 over a four-week period. Participants reported that over the 4 weeks, they skipped an average of 2-6 days per week. Programme participants continue to use skipping as a sustainable form of exercise.

Fit Farmers

The Fit Farmers online programme proved very successful. 75% of participants increased their physical activity to five days or more per week and recorded having a boosted mood and are eating and sleeping better.

Primary School Cycle Right Programme

Primary School Cycle Right Training has been steadily growing year on year. Cycle Right is the National Standard for Cycle Training and provides practical cycle safety and skills training to promote competent and confident cyclists. RSP continued to provide Cycle Right Training to numerous schools during the school term.

Secondary School Cycle Safety Training

Transition Year Cycle Safety Training is becoming increasingly popular with Secondary Schools in Roscommon. The training is designed to provide practical cycle safety and skills to promote competent and confident cyclists. RSP delivered Cycle Safety training to schools throughout Roscommon.

Primary School Dance Programme

In May, Trisha McDermott from the McDermott School of Classical Ballet and Dance delivered a virtual dance programme to four primary schools. Each primary school received four weeks of online dance classes.

Primary School Skipping

Seven primary schools availed of skipping workshops. The schools completed a full day of skipping with Mark from SkipnRope. Each school received 30 skipping ropes and one large family rope to encourage the pupils to keep skipping.

Foróige Cycling

RSP tutors delivered two days of Cycle Safety training to children from Foróige in Ballaghaderreen. 20 participants took part. Participants learned about the rules of the road, safe cycling in groups and skills to move safely through the road system, an environment shared with other road users.

Summer Camps

RSP's first summer camp of 2021 commenced in Lisnamult on 19th July for a week of fun activity and games, with Monksland starting on Monday 26th.

Open Water Swimming

There were two blocks of eight-week open water swimming programmes in Ballyleague, Lough Key and Hodson Bay during July and August. This programme was delivered in collaboration with Swim Ireland and proved to be a very popular programme.

National Play Day

RSP tutors delivered fun exercise videos for children as part of National Play Day in July. The online videos received very positive feedback as this was the first time National Play Day was online.

South Roscommon Family Resource Centre

RSP tutors delivered family activities and dance over two days to children from the SRFRC.

Foróige Kayaking

RSP tutors delivered kayaking sessions to Foróige in Ballyleague in August.

HER Outdoors Events

HER Outdoors Week took place from 9th-15th August 2021 and was an opportunity to re-introduce females to the power of outdoor sports. The week was the first of its kind in Ireland and was an opportunity for all females to escape to the outdoors and try something new.

20km Cycle

RSP hosted a 20km cycle for women as part of HER Outdoors Week.

Kayaking for Women

A Kayaking for women taster session was delivered in Lecarrow Harbour.

Kayaking for Girls (10–17-Year-Olds)

A Kayaking for Girls taster session was delivered in Lecarrow Harbour.

Tennis for Women

Boyle Tennis club hosted a 'Come and Try' tennis session for women.

Tennis for Girls

Boyle Tennis club hosted a 'Come and Try' tennis session for teenage girls.

55km Cycle

Female participants took part in a 55km cycle after completing eight weeks of cycling training with RSP.

Junior Tennis

A successful 4-week junior tennis programme was delivered in Roscommon town. Participants were aged between 6-12 years of age.

Kids Kayaking

Kids Kayaking took place in Lecarrow Harbour over a two-week period. The programme was a huge success.

Bike Week 2021:

Bike Week took place in September. This is always a busy week full of activities and events such as:

- 20km Family Cycle
- Bike to Work Day
- Adult Cycle Safety Workshops
- Cycle to School Competition
- Cycle to the Shop Day
- Workplace Lunchtime Cycle
- Disability Cycling Workshop
- Old/Vintage Cycling Display
- BikeWeek photo competition

Lough Key Swim

The annual Lough Key Swim in collaboration with Swim Ireland took place in September. Participants had the option of taking part in the 500m, 1500m or 3000m swim. Over 260 participants took part from all over the country.

Fitness Class Taster Sessions for Women

As part of Sport Ireland's 'Let's Get Back' campaign, Snap Fit in Roscommon Town delivered a 6-week physical activity programme for women. Participants received a taster session of each class that Snap Fit provide.

ICA Roscommon

A 6-week beginner swimming programme took place at Roscommon Leisure Centre in November for the ICA Roscommon Guild. Participants learned the fundamentals of swimming and increased their water confidence.

Walk & Talk

A 6-week Walk & Talk programme took place in Padraig Pearses GAA Club with over 30 participants taking part. Participants received weekly health and wellness advice from qualified walk leaders.

Youth Reach

A 6-week girls get active programme was delivered in collaboration with Youth Reach. Participants received various taster sessions of physical activity programmes over the 6-week period.

Sports Leaders

Transition Year Students from numerous schools in Roscommon took part in Sports Leader training throughout the school year. Participants who qualified in Sports Leadership learned and demonstrated important life skills such as effective communication and organisation whilst learning to lead basic physical activities for younger people, their peers, older generations and within the community.

Sports Inclusion Disability Programmes

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

Throughout 2021 the Roscommon Sports Partnership SIDO coordinated and facilitated a range of inclusive physical activity programmes across County Roscommon, they were:

Woodlands for Health

The 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.

Learn to Cycle for Children with Disabilities

The Learn to Cycle programme is a bespoke programme created to support children with disabilities to participate and enjoy cycling. The programme complements the popular Cycle Right programme and helps children learn and progress their cycling skills. This helps build confidence and enable the children to take part in cycle events in their schools, community and also with their families.

Roscommon Rockets Club

This initiative was created for children and teens with disabilities. The Club proved very popular and will be an annual event. The Club ran over the summer with children

participating in fun games, music and sports which are adapted to suit all. Parents, siblings and carers were encouraged to attend to help children feel more confident. Where needed, RSP tutors assisted children one to one. The club helped to promote confidence, social skills, motor skills and positive mood.

Dormant Accounts Inclusion Capital fund

Through the Sports Inclusion Disability Programme (SIDP) fund, RSP secured funding to provide Inclusive Sports Packs to Schools and Disability Groups in Co. Roscommon. The packs include a variety of equipment, including booklets, and those receiving the packs were offered places in Disability Workshops to help them to use the items and adapt activities. A number of groups have availed of the equipment packs with more to be delivered in 2022.

Disability Group Support

RSP have supported many groups over 2021 in particular, we delivered blended activities to support the return to sports following the COVID-19 pandemic. RSP delivered activities such as dance, nutritional workshops, active age workshops and information sessions to groups such as Special Olympics, Roscommon Stroke Support Group, Brothers of Charity Services etc.

Activator Pole Workshops & Programmes

In 2021, RSP supported groups and tutors to deliver Activator Pole sessions in the county. Activator Poles, is a walking-based activity. Participants who have mobility issues, fear of falling, illness/disability which affects mobility etc., can gain confidence through the support of walking with poles. The poles improve posture and help participants improve their stride and build confidence. Following training, tutors delivered sessions to groups in particular older people and people with disability.

Joint SIDO programmes

RSP partnered with Westmeath and Longford Sports Partnerships, to combine resources and expertise to deliver online programmes across the 3 counties. In particular, Boxercise, Dance, and Soccer Skills were delivered online and proved immensely popular. Sessions were recorded where possible, and participants can complete the sessions repeatedly in their own time.

Roscommon Boccia Programme

Disability services across Roscommon were supported with Boccia sets for use within their facilities. The people supported continued to practice the game of Boccia, which is a seated bowls game, in their services and hope to participate in a county-wide Boccia league in 2022.

School Sports Days

RSP delivered camp style activities to a number of schools as part of their Sports Days or during July provision.

Dance and Multisport Activities

Due to the delay in normal activities, RSP delivered multisport and dance activities to Services across Roscommon. This included sessions in Strokestown, Boyle, Castlerea and Roscommon Town.

International Day of People with Disabilities (IDPD)

Roscommon Town and County supported IDPD. Elaine Igoe, Sports Inclusion Disability Officer, spoke on Ros FM about RSP, who we are, what we do, the work of the SIDO and our hopes for inclusion in Roscommon. RSP turned our logo purple and created awareness on our social media. Inclusive Dance activities from our YouTube channel were shared online.

European Week of Sport

As part of European Week of Sport, RSP organised walking groups for people with disabilities. The walks were leisurely promoting a social element, the services continued to walk following the week.

Older Adult Supports

Active Age groups tentatively returned to activities across the county. Many started with outdoor activities such as walking, Activator Poles etc., and then progressed to indoor activities. RSP tutors adapted activities to suit, with many groups availing of seated movement to music activities.

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, SNAs etc., who wish to adopt a more inclusive ethos into their club, community or organisation.

2.6 Building & Sustaining Partnerships

RSP acts as an information hub and point of contact for sport and physical activity within Roscommon. RSP shares information, as well as directing and referring its 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.

ONLINE ACTIVITY

COVID-19 revolutionised the way people now engage online. RSP was tasked with holding many of its programmes and activities online in the first quarter of 2021. Like all LSPs, registration for programmes and events has all been digitalised, with RSP using Eventbrite as its registration platform.

In order to further reach its audience, RSP now has an email mailing list set up through 'MailChimp' which allows audiences to receive newsletters and updates with relevant information from RSP that may be of interest to them such as programme announcements, details of Sport Ireland campaigns and funding opportunities.

In late 2021, RSP began a process of collecting information from clubs and organisations to build a comprehensive club database. Together with the emails collected for the email newsletter list, RSP hopes to be able to further its reach in 2022.

SOCIAL MEDIA

In 2021, RSP continued to provide regular content on its social media pages to create awareness of the work carried out and increase the level of participation in programmes. Facebook, Twitter and Instagram are still among the most used social media platforms and therefore are the most used platforms by RSP to convey information and promote programmes.

Table 6: Comparison of Social Media Followers from 2020 to 2021

PLATFORM	NO OF FOLLOWERS IN 2020	NO OF FOLLOWERS IN 2021	+/- %
Facebook	3191	3623	+14%
Twitter	145	207	+43%
Instagram	111	771	+595%
TOTAL	**3447**	**4601**	**+33%**

Table 6

WEBSITE UPDATES

RSP recognises the need to constantly improve and keep its online presence up to date in order to reach as many people as possible and provide information effectively. That is why it is currently exploring ways to upgrade the website so users can have an efficient browsing process and increase the level of information available to users on the site.

NEW COMMUNICATIONS ROLE

As mentioned previously in this report, Sport Ireland granted additional funding for LSPs for an additional role within the LSP. Under this funding, RSP was granted funding for, and appointed, a new Communications and Administration Officer in late 2021. The addition of the role will provide additional focus on marketing and communications within RSP. It will heighten the awareness of RSP and further strengthen its partnerships.

2.7 Networking, Advocacy & Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for RSP, as well as representing key concerns in the policy arena. In order to carry out

this strand of their work, RSP actively engages in committee work and networking activities at local and national level. In 2021, RSP participated in some 44 actions associated with building networks and advocating on behalf of their LSP target groups.

The local and national networks 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 RSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what the RSP can do to assist sports clubs and partners.

Table 7: Overview of the type of actions RSP were involved in during 2021.

TYPE OF ACTION	NO OF ACTIONS
Local Networks, Forums or Committees participated in	11
Needs Analysis Completed	6
Seminars or Conferences attended	6
Policy/Strategy Submissions Made	5
Presentations Made to Interest Groups	16
TOTAL	**44**

Table 7

Actions in the area of advocacy and policy allow for RSP to promote the importance of sport in community life.

List of committees that RSP sit on:

LCDC Health and Wellbeing Committee
Public Participation Network
Roscommon Adult Mental Health Services
Health and Fitness groups
Roscommon RIDC
Young Athletes Roscommon Special Olympics Committee
RAD Youth Reach Network
Healthy Ireland Roscommon
Garda Ethnic Liaison Unit
Roscommon Leader Partnership Local Learning Network
Garda Community Policing

2.8 Governance

The Government's National Sports Policy, published in July 2018, tasked 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. In line with this, RSP was committed to being fully compliant with the Governance Code for Sport by December 2021, and as a result there was a significant focus on compliance and conformance by the board in 2021.

The Governance Code is based on five principles each with three sub-principles which contain the practices recommended to implement the principles. The five principles of the code are as follows:

Principle 1: Leading the organisation

Principle 2: Exercising control over the organisation

Principle 3: Being transparent and accountable

Principle 4: Working effectively

Principle 5: Behaving with integrity

The following are the main documents and policies approved by the board during 2021 following their review, update or development:

RSP achieved full compliance with the Governance Code for Sport by mid-December 2021. This was formally signed off at a board meeting which was held on 27th January 2022.

SECTION 3: CASE STUDIES

Section 3: Case Studies

3.1 Introduction

The following case studies give an outline of programmes from both CSDO and SIDO activities which RSP felt made a considerable impact in 2021. Among these programmes are first time initiatives which were very successful, and specific target group programmes which also ran very well. The four programmes are now key programmes in the RSP calendar.

3.2 CASE STUDY 1: PRIMARY SCHOOL SKIPNROPE WORKSHOPS

What was the purpose of this initiative?

- Roscommon Sports Partnership worked in conjunction with SKIPnROPE to offer primary schools skipping workshops that incorporated the movements and skills of skipping.
- This was a pilot programme that introduced primary school children to skipping as a physical activity.
- This was an inclusive programme that allowed everyone from junior infants to 6th class pupils to take part. Seven schools across County Roscommon hosted the one-day workshops.
- Skipping was an ideal way to deliver a physical activity programme while adhering to COVID-19 regulations as it allows for social distancing to be maintained.

What were the aims of the initiative?

- The attraction of introducing SKIPnROPE was the fact can be enjoyed both as an individual and in a team, in many settings such as in school, and at home with family.
- The aim was to introduce children and teachers to the world of skipping and the various benefits it could bring as a method of physical activity.
- To offer a new programme to school children to further develop their physical literacy and introduce more ways to get physically active.
- To introduce a programme that all ages can enjoy in any environment.

- To increase the variety of programmes being offered by Roscommon Sports Partnership to primary schools.
- Skipping is a terrific form of exercise that helps a child's agility, balance, hand-eye co-ordination and can increase speed through footwork.
- When put into team routines, skipping provides children with teamwork skills and encourages them to have confidence in their sporting ability.
- It is a great method of exercising while maintaining good health and having lots of fun.

What was involved in the running of the initiative?

- Funding was secured from HSE Section 39 to deliver a number of pilot skipping workshops to primary schools in Roscommon.
- Roscommon Sports Partnership funded 30 skipping ropes and one family rope to ensure sustainability of the programme going forward.
- Class teachers were given the opportunity to learn some skipping techniques in order to continue the delivery of the activity in the schools.
- Primary schools who expressed their interest in engaging with Roscommon Sports Partnership activity programmes were offered the SKIPnROPE workshops.
- SKIPnROPE delivered the one-day workshops across seven schools, to all students from junior infant classes to 6th class.

What were the outcomes of the initiative?

- 746 pupils from junior infants to 6th class across seven primary schools in County Roscommon took part in the programme.
- The 30 skipping ropes and 1 family rope that was provided to each school encouraged participants to continue skipping as a method of exercise during school PE classes and lunchtimes.
- Every school was satisfied that the skills taught during the workshop would benefit the children and encourage them to stay active.
- The children had great fun while engaging in the workshops and learned various movements and skills. They enjoyed skipping as a method of physical activity which has led them to continue skipping as a regular feature in their PE curriculum.

What are the next steps for the initiative?

- This pilot initiative was a success and generated huge interest among other primary schools in the county.

- Due to this demand, Roscommon Sports Partnership will seek further funding to roll out the programme again in 2022 to more primary schools.
- Roscommon Sports Partnership will continue to explore this method of physical activity for primary school children.

"Sincere thanks to Mark from SKIPnROPE and Roscommon Sports Partnership who had the kids happily skipping into their Summer holidays! Fabulous, high-quality ropes were given to our school, which the kids absolutely love and still use." – School principal.

3.3 CASE STUDY 2: HER OUTDOORS WEEK

What was the purpose of this initiative?

- To celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity.
- To provide an opportunity for females of all ages to engage in sport and physical activity in an outdoor setting.
- To introduce an inclusive programme of events that females of all ages can enjoy in an outdoor setting.
- To increase the variety of programmes being offered by Roscommon Sports Partnership to women.
- As a way of encouraging and motivating females to engage in opportunities.

What were the aims of the initiative?

- To introduce an annual programme of events for women outdoors in order to provide a gateway for participation opportunities.
- To increase participation – get more women involved in physical fitness opportunities.
- To find new and accessible ways for more people to get outside and learn about our amazing environments.
- To rebuild community engagement and work in partnership with key stakeholders.

What was involved in the running of the initiative?

- A large marketing campaign was delivered through social media and local media streams.
- RSP collaborated with local providers who had valuable experience in delivering kayaking, cycling and tennis initiatives.

- HER Outdoors events consisted of a 20km Cycle, Kayaking for Women, Kayaking for Girls, Tennis for Women and Tennis for Girls initiatives during the week.

What were the outcomes of the initiative?

- 56 participants took part across the 5 initiatives.
- Increased social engagement in the outdoors and enhanced physical activity levels.
- Participants had the opportunity to engage in a variety of taster sessions in order to see what the activity was like.
- All participants requested follow on programmes of the taster session that they experienced.

3.4 CASE STUDY 3: WOODLANDS FOR HEALTH

What was the purpose of this initiative?

- Woodlands for Health is an initiative that focuses on exercise in the outdoors. Walking in green outdoor spaces is known to elevate mood and is a low-cost sustainable method of physical activity.
- Nature-based interventions and activities aim to create a connectedness to nature. The main goal is to engage people with mental health difficulties in nature-based experiences in order to improve their overall health and wellbeing.

What were the aims of the initiative?

- Implement a comprehensive 12-week Woodlands for Health Walking programme for adults with mental health difficulties.
- Provide opportunities and support for services in Roscommon county to participate in an expert led health and wellbeing initiative.
- Increase participation in walking from those attending support services.

- Create a safe environment where we promote physical, social and mental wellbeing.
- Provide suitable gateways to participation at all levels and for all abilities.

What was involved in the running of the initiative?

- RSP partnered with various organisations such as Get Ireland Walking, Coillte and Mental Health Ireland and formed a steering group to implement the initiative.
- Participants from local services in Roscommon signed up to take part in the programme along with support staff.
- Locations, staffing, transport and refreshments were organised for the 12 weeks.
- 2 to 3 walking leaders managed the walks, supported by a Coillte representative, Mental Health Ireland representative and staff from the various services.
- Evaluations were completed pre and post initiative with RSP core staff monitoring progress throughout the 12 weeks.

What were the outcomes of the initiative?

- 44 participants signed up to participate over the 12 weeks.
- Participants noted an increased level of fitness, their mood was improved, they felt more motivated and developed confidence.
- Participants progressed over the 12 weeks from completing under 4k in 1 hour to completing a 5k walk in 1 hour.
- Participants joined local walks such as ParkRun or community-led groups following completion.

COILLTE
GROW · TRANSFORM · SUSTAIN

Get Ireland Walking

Mental Health Ireland

3.5 CASE STUDY 4: LEARN TO CYCLE FOR CHILDREN WITH DISABILITIES

What was the purpose of this initiative?

- Cycling is one of Ireland's leading individual forms of physical activity, RSP implemented the Learn to Cycle initiative to engage children with a disability in cycling and create equal opportunities for them to participate.

- The Learn to Cycle initiative supports children who wish to participate in cycling in their school through the Cycle Right programme or to cycle with their siblings/families in their community.

What were the aims of the initiative?

- Provide an opportunity for children with disabilities to learn to cycle.
- Help children to learn and progress their cycling skills, build confidence on the bike and cycle independently.
- Allow children and families the opportunity to try various bikes and equipment which may not be available to them.
- Provide support and guidance to children and parents to enable them to commence and continue cycling at home, school or in their locality.

What was involved in the running of the initiative?

- Funding was sought and provided under HSE section 39.
- RSP engaged suitably qualified and experienced cycling tutors. The tutors delivered 30 minute oneto-one instruction to children over a 4-week programme.
- Children were assessed on their ability and tutors progressed their skills over 4 weeks using a variety of bikes to build confidence and skill.
- Parents were encouraged to support the tutors and in doing so they learned valuable lessons to encourage cycling at home.

What were the outcomes of the initiative?

- 20 children aged between 8 and 14 participated over 2 programmes in 2021.
- Every child improved their cycling ability over the 4-week programme.
- 3 children who were unable to cycle at the start of the programme are now able to cycle independently, 2 children who used stabilisers are now cycling unsupported.
- Children and families were able to try a variety of bike options, such as trikes and tandems to help them progress and decide what suits their child's needs best.

SECTION 4: NEXT STEPS

Section 4: Next Steps

4.1 Introduction

Looking ahead to 2022, the following areas have been identified as needing particular focus. 2022 marks the 20th year since RSP was established, over the years there has been many obstacles and changes that required RSP to adapt to. As Ireland moves past the pandemic, there will be key learnings in how people return to physical activity. It is hoped that through development in the following areas, RSP can further meet participants needs and requirements and continue to successfully promote physical activity throughout County Roscommon.

4.2 COMMUNICATIONS

RSP acknowledges that building awareness of the RSP brand and activity is one of the major challenges it faces. Promoting the opportunities to inactive people and hard to reach target groups such as people from socio-economic disadvantaged communities, ethnic minorities and people with a disability is of huge importance to what RSP stands for. Increased visibility and awareness will further RSP's opportunities for investment and most importantly reach to the most challenging target groups.

A consistent and strong presence on social media is key to raising awareness and allowing engagement with RSP. RSP has also identified the need for a user friendly, interactive website that gives a comprehensive overview of the services that RSP has to offer and details of how to get involved. This is a project that will need extensive attention and consideration.

The addition of the Communications and Administration Officer will also majorly contribute to this objective and allow a heightened focus on communications and marketing that has never been possible in RSP before. Sport Ireland has also allocated €400,000 to employ a national Local Sports Partnerships communications officer and two regional communications officers across the network. These positions will allow RSP to work more effectively with Sport Ireland in order to deliver on its communications objectives.

4.3 NEW STRATEGY DEVELOPMENT

Since its establishment in 2002, RSP has grown significantly in terms of its programme delivery, funding and reach capacity. The latest instalment of the RSP Strategic Plan is

currently in progress to review and redefine the objectives for RSP. It is RSP's first Strategic Plan since the establishment of the National Sports Policy 2018-2027, which is now the basis of RSP operations. This is the fourth strategic plan produced by RSP and is likely to be in place for 5 years, ending along with the National Sports Policy in 2027. The pillars of the latest Strategic Plan are Partnerships & Collaboration, Diversity & Opportunities, Awareness and Governance & Oversight.

4.4 GOVERNANCE

As mentioned above RSP achieved full compliance with the Governance Code for Sport by December 2021. This was formally signed off at a board meeting which was held on 27th January 2022. The RSP Board and staff members have worked diligently to attain full compliance and are committed to implementing and executing best practices in line with governance requirements throughout 2022 and beyond.

4.5 WOMEN IN SPORT

Sport Ireland's Women In Sport Policy outlines their aims for women to have an equal opportunity to achieve their full potential, while enjoying a lifelong involvement in sport, as a participant, a coach or an official. This objective is aligned with the National Sports Policy's objective of increasing participation in this area.

Sport Ireland have been continuously working with the Local Sports Partnership's to promote physical activity participation amongst females. Flagship initiatives such as HER Outdoors Week and Women In Sport Week have been central to this aim. RSP have had success with both of these initiatives and in 2022, will continue to develop and promote Women In Sport focused programmes.

RSP has been supported in this goal with funding from Sport Ireland for these focused programmes.

4.6 TARGETING LOW PARTICIPANT GROUPS

RSP is committed to provide and support opportunities for everyone to participate in sport and physical activity. We will continue to support and enable more opportunities to participate in sport and physical activity for groups including people with a disability, women, men, older adults, ethnic minority groups and disadvantaged communities who

tend to have lower participation. We continue to work with established sports clubs and community groups to develop sustainable opportunities as well as develop our own programmes in line with local needs and national initiatives. We hope to promote accessibility and inclusion for all in County Roscommon.

4.7 INCREASED FOCUS ON OUTDOOR RECREATION

RSP has seen an increased focus in recent times on physical activity in outdoor settings. Swimming, cycling, walking and running have been identified in the National Sports Policy as having the greatest potential for generating higher levels of active participation across the life course. In line with these objectives, Sport Ireland have developed an Outdoor Recreation Policy, which lays out Sport Ireland's vision for sport and physical activity in the outdoors by encouraging Irish people to participate in all forms of sport and physical activity in a sustainable and responsible way.

During the COVID-19 pandemic, the nation was forced to find new ways to become physically active outside of the gym and other indoor settings. The result was record levels of participation activity during the initial transition period, with people utilizing the natural resources available to them within their close proximity. Sport Ireland and the Local Sports Partnerships aim to continue to explore this potential growth area, and this can be seen through initiatives such as HER Outdoors Week.

RSP has noticed increased demand for outdoor activities and plans to further develop outdoor recreation activities as part of its operational plan going forward.

SECTION 5: APPENDICES

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.

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 initiatives 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.

FAI – Football Association of Ireland

The Football Association of Ireland is the governing body for association football in the Republic of Ireland.

Fóroige

Foróige is a youth organisation that work with young people aged 10-18. They accomplish this through volunteer-led clubs and staff-led youth projects. The purpose of Foróige is to enable young people to involve themselves consciously and actively in their development and in the development of society.

GAA – Gaelic Athletic Association

The Gaelic Athletic Association is an Irish international amateur sporting and cultural organisation, focused primarily on promoting indigenous Gaelic games and pastimes, which include the traditional Irish sports of hurling, camogie, Gaelic football, Gaelic handball and rounders.

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, coordinate 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 coordinate 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.

RLP/RIDC – Roscommon Leader Partnership / Roscommon Integrated Development Company

Roscommon Leader Partnership / Roscommon Integrated Development Company is an organisation that brings together key development projects including rural enterprise,

development and social inclusion that work for the betterment of the people of Co. Roscommon.

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 Adults

As used throughout this report, the term older people refer 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 coordinate the sustainable development of competitive and recreational sport in Ireland.

Sports Leaders

Sports Leaders is a UK company that provides courses in sports leadership which RSP deliver locally. The qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active.

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 of alternative opportunities and development of specific programmes targeting women and girls.

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