ANNUAL REPORT 2022

ROSCOMMON
Sports Partnership
SPORT IRELAND
www.rosactive.org

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

ROSCOMMON SPORTS PARTNERSHIP

2022 IN NUMBERS

ROSCOMMON Sports Partnership
SPORT IRELAND

5325

People participated in **145** RSP local programmes and initiatives

506
People with a disability took part in physical activity programmes

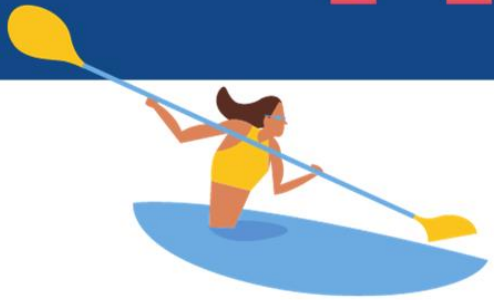
2940
Children particiapted in RSP led initiatives

417
Participants took part in education and training initiatives.

5100
social media followers across Facebook, Twitter & Instagram

Flagship initiatives & campaigns that RSP took part in include:

Bike Week, Go All Out Week, HER Outdoors Week, Women in Sport Week, Men's Health Week, Winter Initiative, Inclusion Week and Community Challenge



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

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SECTION 1: GOVERNANCE & STRUCTURE OVERVIEW

Section 1: Governance & Structure Overview

Name of organisation:	Roscommon Sports Partnership CLG
Organisation Type:	A company limited by guarantee
Company number:	352219
Registered Office: Lanesboro	Administrative Offices, Roscommon Vocational Education, Street, Roscommon, Co. 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
Accountants and Financial Advisors:	Connolly Naughton, Connolly Accountants and Business Advisors Limited, Unit 1, Dolan's Yard, Main Street, Roscommon, Co. Roscommon

1.1 Governance Overview

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.

RSP's governance framework is aligned with the Governance Code for Sport, which is overseen by Sport Ireland, and full compliance was achieved in December 2021.

Roscommon LSP is a company limited by guarantee, governed by a Board of Directors. The board is representative of sports organisations, statutory/development agencies, and 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. The duties of the RSP Board, as set out in the Board Terms of Reference, include:

- **Leadership:** Provide leadership and develop policy and work with local, regional and national agencies to develop sport and its infrastructure across Co Roscommon.
- **Strategic planning:** Working with RSP officers to develop plans that underpin sub-regional priorities within the context of the Sport Ireland (Irish Sports Council) National Sports Policy 2018-2027 and other relevant strategies.
- **Partnerships:** Supporting the development of strong and appropriate links with organisations across the public, private and voluntary sectors.
- **Financial resources:** Determining the allocation of funds received by RSP and striving to secure additional resources and investment in sport based on local priorities.
- **Policy formulation:** Supporting the development of RSP policy and contributing on behalf of the RSP Board, to national, regional or local consultation processes.

- **Induction:** Ensuring effective governance by supporting the induction of new board members with skills and experience to provide leadership for the region.
- **Business:** Conducting productive meetings dealing with key issues in an efficient manner. Engage in self-assessment processes and support activities that promote continuous improvement and strengthen effectiveness.
- **Board and Staff Relationships:** Recognising and respecting staff roles and responsibilities and avoiding interference in operational matters.
- **Staff Management:** The Board has responsibilities regarding the employment and management of RSP staff. The RSP Coordinator is responsible to the RSP Board. The RSP Coordinator is responsible for management of other staff members.
- **Policy:** To actively contribute to and constructively challenge the development of policies and strategic plans.
- **Risk:** To satisfy themselves that financial information is accurate and that systems of risk management are robust and defensible.
- **Results:** To oversee plans and programmes and monitor performance against agreed strategic objectives and targets.

1.2 Strategic Direction

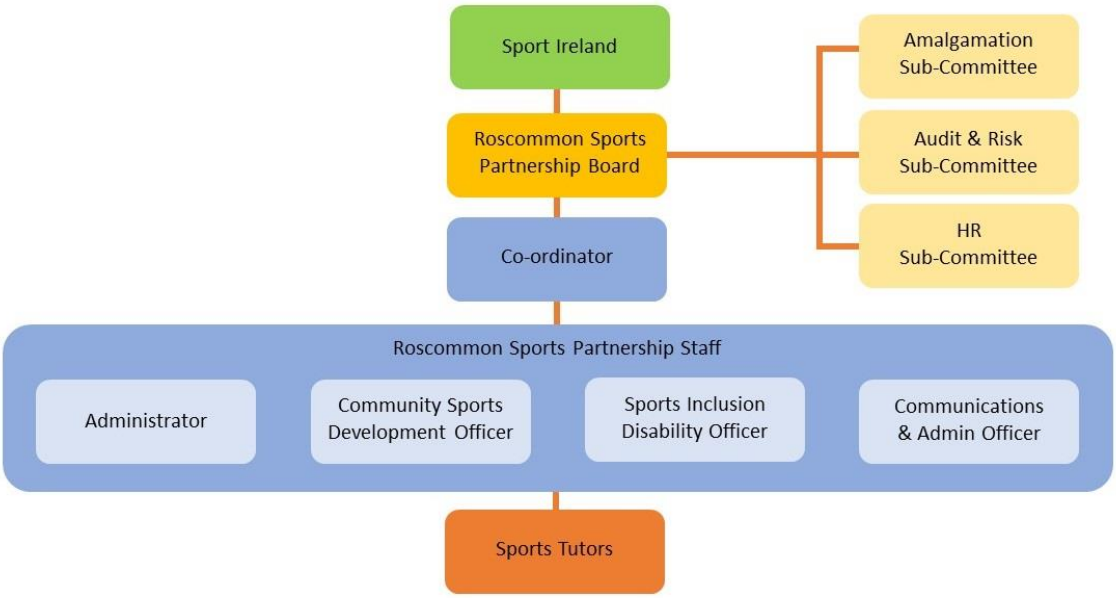
In 2018, the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The objectives of this policy are the basis of which RSP operates and will for the duration of the policy's lifetime. Among those objectives include, increasing overall participation in sport and physical 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 twentieth annual report of RSP. It reflects the work of the Partnership for 2022. 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.

1.3 Board of Directors, Committees & RSP Staff



ROLE OF THE BOARD

The Board is responsible for the strategic direction of the organisation, monitoring and reviewing its activities and overseeing the implementation of its strategic plan. In 2022, the monthly meetings, with the exception of the AGM and the final meeting of the year, continued to be held via Zoom.

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 Board meetings are held a minimum of four times per year. In 2022 the Board of Roscommon Sports Partnership convened for 12 Board meetings and the Annual General Meeting.

RSP STRUCTURE

Eight people served on the RSP board in 2022. 62.5% 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 skill sets 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.

2022 BOARD OF DIRECTORS

Member
Ivan Connaughton (Chairperson)
Máire Allen (Treasurer)
Jacqueline McCormack (Secretary)
Kathleen Shanagher
Sandra Shanagher
Aaron Clogher
Fíona Ní Chuínn
Kevin McBrien

Table 1

RSP BOARD COMMITTEES

The Board of RSP established three committees to deal with issues such as finance, audit and risk, human resources, proposed amalgamation, etc. to assist with efficiently carrying out the functions of the company.

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 aims 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)

HR Sub Committee

The purpose of the HR Sub-Committee is to advise the Board on their financial and legal responsibilities to employees and to recommend measures to be put in place as required to ensure compliance with these responsibilities. To provide updates to the Board as appropriate on significant human resources related issues within the company, as they arise, and to develop, implement and monitor a Performance Management System.

Members: Aaron Clogher (Chairperson), Jacqueline McCormack (RSP Board Director), Noel Feeley (RSP Staff Representative)

RSP STAFF

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 2022. In addition, RSP now employs a full-time Communications and Administration Officer.

The Sports Inclusion Disability Officer (SIDO) is responsible for increasing the participation of people with disabilities in sport, fitness and physical activity throughout County 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.

RSP ran a tutor recruitment campaign in 2022, this broadened the range of skills and activities that we could offer, along with supporting the growth and demand. RSP contracted 35 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.

<u>Employees of Roscommon Sports Partnership in 2022</u>

- Coordinator – Noel Feeley
- Community Sports Development Officer – Damien Martin
- Sports Inclusion Disability Officer – Elaine Igoe
- Administrators – Michelle Dempsey and Ruth Harney
- Communications and Administration Officer – Michaela Fallon and Martin Hannon
-

1.4 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 2022, 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 2022 was € €262,095.

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

1.5 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

ciste na gcuntas díomhaoin
the dormant accounts fund

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.

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 2022, RSP were successfully allocated €92,000. The 2022 Dormant Account Fund allocation shows a substantial increase on 2021, with an additional €60,000 funded to support the establishment of Roscommon's first Community Sports Hub. In addition, the fund supports Sports Inclusion Disability Projects with €13,000 in funding, Youth Leadership training with €14,000 and €5000 for Volunteer Supports.

1.6 Other Funding

Funding from Sport Ireland (Core and Women in Sport) accounted for 50.5% of the total RSP funding in 2022. The funding secured from the Dormant Account Fund accounted for 18% of the total. Additional funding was also secured for RSP by Sport Ireland in response to COVID-19 and for HER Outdoors, to the value of 2.5% of overall funding. The remaining 29% 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 2022 through the COVID-19 Return to Sport 2022 Grant Scheme. €11,250 was allocated to RSP, which included funds for programmes including Movement to Music, Primary School Skipping, Activator Poles and Boccia 4 All.

RSP secured €9,925 in Healthy Ireland Funding, via Roscommon County Council, which concluded the Healthy Ireland Round 3 Funding Cycle.

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

Table 1: Breakdown of Funding and Benefit in Kind secured by RSP in 2022

Funding and Benefit in Kind secured by RSP in 2022	€	%
Monetary Funding (Locally leveraged)	21,526	4%
Benefit In Kind (Locally sourced)	130,585	25%
Sport Ireland Core / Programmes Grant	259,695	50%
Sport Ireland Women In Sport Grant	2,400	0.5%
Sport Ireland Covid-19 Grant Scheme	11,250	2%
Sport Ireland Dormant Accounts Funding	92,000	18%
Sport Ireland HER Outdoors Grant	2,200	0.5%
Total	**519,656**	**100%**

Table 1

Roscommon Sports Partnership continues to be successful in securing funding from local sources. 29% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 4% of overall LSP support and benefit-in-kind support accounts for 25% of overall funding.

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 into 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 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 provided additional funding to Roscommon Sports Partnership for Club and Community Development grants. As a result of this funding, RSP were in a position to provide support at a local level, enabling clubs and community groups to return to sport and grow their membership. 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 with 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 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 2022 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 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 practices and legal requirements in the area of safeguarding and child protection. There are three workshops in the area of safeguarding and child protection.

SPORT IRELAND ETHICS

• Safeguarding 1 - Basic Awareness (all coaches) – 3-hour workshop educating participants on the implementation of best practices and 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 practices 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 before completing this workshop.

In 2022, 177 volunteers and leaders involved in sport and physical activity completed Safeguarding training across 17 workshops run by RSP. 2022 saw RSP mainly delivering these courses online via Zoom.

CARA TRAINING

In 2022, RSP delivered three online CARA Inclusion Workshops through the SIDO programme. 18 people participated in the Autism in Sport Workshop, while there were 40 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 a simple sport or activity. Participants learn skills such as communication, teamwork, problem-solving and the preparation and planning of activities to help them develop, lead, and evaluate their activities. 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.

OTHER TRAINING & EDUCATION INITIATIVES

The training and education initiatives offered by RSP are 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.

RSP endeavours to meet requests and demands by volunteers for specific training that may be needed to support various activities in the county. This can include, Kayaking Level 1, FAI PDP 1, Sports First Aid, Walking Leader, Activator Pole Training etc.

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 2022, the CSDO delivered a wide range of programmes throughout County Roscommon:

Roscommon Community Challenge

The annual community challenge was a tremendous success with over 300 people taking part. Participants had the option of completing either a 5k or 10k event. RSP Provided 8 weeks of training leading up to the event.

Women's Social Soccer

Numerous Social Soccer programmes were delivered around the County. 40 participants took part in soccer programmes in Roscommon.

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 trained more tutors during 2022 to increase the delivery capacity to schools.

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 Movement to Music

RSP collaborated with the McDermott School of Classical Ballet and Dance to deliver Movement to Music programmes to primary schools in Roscommon. Each primary school received four weeks of movement to music classes.

Primary School Skipping

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

Summer Camps

RSP's Summer Camps catered for over 240 children attending Lisnamult and Monksland during the month of July.

Activator Pole Series

The purpose of this programme was to re-engage in physical activity outdoors, encourage social interaction and improve mental wellbeing. RSP collaborated with Local Community Groups, Men's Sheds, Older Adults and Fit Walk Ireland in facilitating this programme.

Men's Shed Programmes

RSP collaborated with the Irish Men's Shed Association to deliver a 10-week Sheds for Life Programme. Ballaghaderreen Men's Shed and Cloonfad Men's Shed took part in the programme.

Lough Key Swim Fest

The annual Lough Key Swim in collaboration with Swim Ireland took place in September. Participants had the option of taking part in the 200m, 500m, 800m, 1500m or 3000m swim. Over 250 participants took part from all over the country.

ICA Roscommon

A 6-week beginner swimming programme took place for the ICA Roscommon Guild. Participants learned the fundamentals of swimming and increased their water confidence. ICA Guilds also availed of Pilates and Activator Poles programmes throughout the year.

Walking for Wellbeing

A 6-week Walking for Wellbeing programme took place in Tisrara Community Sports Park 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 weeks.

Healthy Communities Programme

RSP Tutors delivered 6 weeks of circuit training to numerous communities around the county.

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.

Bounce Table Tennis Academy

RSP supported Bounce Table Tennis Academy in establishing a Table Tennis club in Ballyfarnon to deliver Table Tennis Programmes to children and adults in the area.

EROC Centre

RSP Tutors delivered fun games and multi-sports activities to children in the EROC centre in Ballaghaderreen. Participants availed of numerous 4-week programmes to enhance physical literacy and social interaction among children. The EROC centre is an Emergency Reception and Orientation Centre (EROC) based in County Roscommon. They were specifically designed for the accommodation of persons arriving in Ireland through relocation and resettlement.

Youth Diversion Soccer

RSP in collaboration with the local Brazilian Community established a weekly soccer programme for youth in the town. The programme now caters for over 30 youths every Saturday.

Women in Sport Week

As part of Women in Sport Week 2022, RSP delivered a variety of taster sessions for women including Walk & Talk, Circuit Training and Pilates.

StartBox

StartBox aims to improve physical literacy, movement and fitness levels amongst primary-aged children through the sport of Boxing. Over 200 primary school children took part in the StartBox programme.

Open Water Swimming

There were two blocks of six-week open-water swimming programmes in Ballyleague and Hodson Bay during July and August. This programme was delivered in collaboration with Swim Ireland and participant numbers are increasing year on year.

Introduction to Handball with Kilglass Handball Club

RSP delivered a 4-week Introduction to Handball programme for children aged 8-12. The programme catered for 17 participants of whom 9 joined Kilglass Handball Club.

Her Outdoors

HER Outdoors was an incredible success with a wide variety of events on offer for women. RSP delivered taster sessions in Walk & Talk, Activator Poles, Mother & Daughter Pilates, Pilates & Dip, Kayaking and Rock Climbing.

Bike Week Events

Bike Week is a celebration and promotion of the benefits of cycling.

Each year, RSP receives funding through Roscommon County Council and the Department of Transport to support a variety of Bike Week events across the county.

In 2022, RSP received €5000 in funding and delivered 11 activities and events across the county.

The Bike Week events are designed to target a wide cohort of our population with a focus on disadvantaged people, people with disabilities, school-aged children and sedentary workers.

BikeWeek

Bike Week Events in Roscommon – Saturday 14th – Sunday 22nd May

Date	Event Name/Details	Time	Who are the target participants for this event?	Location(s)
Saturday 14th May	Vintage Cycle Display	11am-3pm	General Public	The Square, Roscommon Town
Tuesday 17th May	Bike to Work Day	n/a	Commuters	Countywide
Tuesday 17th May	Adult Cycle Safety Workshop	7-9pm	Local Communities	Monksland Community Centre
Wednesday 18th May	Adult Cycle Safety Workshop	6.30-8.30pm	Local Communities	Kilbride Community Centre
Wednesday 18th May	Disability Cycling Workshop Register on www.rosactive.org/events	4-6pm	People with a disability	Kilbride Community Centre
Wednesday 18th May	Cycle to School Competition Enter via email to info@rosactive.org	n/a	Schools	Countywide
Thursday 19th May	Adult Cycle Safety Workshop	7-9pm	Local Communities	Tulsk Macra Hall
Thursday 19th May	Cycle to the Shop Day	n/a	General Public	Roscommon Town
Friday 20th May	Workplace Lunchtime Cycle Register on www.rosactive.org/events	1pm	Workplaces	Roscommon Town
Saturday 21st May	50KM Cycle Register on www.rosactive.org/events	From 10am	Cyclists	Starting @ Roscommon Community Sports Park
Saturday 14th – Sunday 22nd	Bike Week Photo Competition Enter via Social Media or Email your entry to info@rosactive.org Closing date 5pm Monday 23rd May	n/a	Cyclists	Countywide

ROSCOMMON Sports Partnership

ROSCOMMON Comhairle Contae Ros Comáin Roscommon County Council

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

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 2022 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.

Learn to Cycle for Children with Disabilities

The Learn to Cycle programme is a bespoke programme created to support children with disabilities to participate in 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 teenagers with disabilities. The Club proved very popular and is in its second year. 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 invest in Inclusive Boccia and Adapted Bicycles. To date, many individuals and groups have benefitted from this investment, the demand has encouraged new collaborations to enable further reach of the opportunities created.

Online Physical Activity programmes

RSP collaborated with Westmeath Sports Partnership and delivered two online programmes through Zoom. The Boxercise and Making Moves Dance programmes attracted 80 participants with disabilities over the 4 weeks.

Disability Group Support

RSP have supported many groups over 2022. RSP delivered activities such as dance, multisports, 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 2022, 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 disabilities.

Joint SIDO programmes

Due to our county's location on the River Shannon, we share a large town with Westmeath. RSP partnered with Westmeath Sports Partnership to combine resources and expertise to deliver location-based programmes such as the Learn to Cycle programme.

Autism Friendly Family Fun Day

The CBS secondary school in Roscommon Town had its first Autism Friendly Family Fun Day in April. RSP provided tutors to deliver a range of physical activities to cater for all attendees, over 200 people attended the day which will now be an annual event.

Easter Inclusion Camps

Children aged between 5 and 17 with disabilities enjoyed 2 days of multisport activities indoors in Kilbride Community Centre. The children were joined by experienced RSP tutors as well as their parents and siblings.

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. To expand further on this activity, RSP have partnered with Roscommon County Library services through the Dormant Accounts Fund to support the wider roll-out of Boccia in the county.

Soccer Skills for All

RSP facilitated a number of Soccer Skills for All programmes. This targeted adults with a disability to learn the skills needed to play soccer in a fun social environment.

School Sports Days

RSP delivered camp-style activities to a number of schools as part of their Sports Days, July provision and their Summer programmes. The programmes aim to reach diverse/minority groups, assisting children with Disabilities, children from Ukraine, children from areas of disadvantage and low-income families.

Work Links Roscommon – employment for people with a disability

RSP supported the Work Links Roscommon programme by providing paid work experience to adults with a disability during our Summer camps. This was organised through Roscommon Leader Partnership.

Scooch for Special Olympics

Scooch is an adapted game similar to Shuffle Board and a large group from Roscommon Special Olympics attended Kilbride Community Centre for 6 sociable evenings of Scooch.

Walking programmes

RSP's Walking Leaders led a number of walks in 2022. The walks aimed to utilise trails which were easy to access and suitable for all abilities. Up to 50 people supported attended walks as well as their carers or support staff.

Dance and Multisport Activities

In 2022, RSP resumed the dance and multisport activities for Adults with Disabilities. This programme is now called Everybody Get Active and is delivered twice weekly in 2 locations.

Older Adult Supports

Active Age groups returned to activities across the county, there is an increase in demand compared to pre-Covid-19. Groups are offered the Let's Get Active programme supported by Age and Opportunity funding. Groups avail of activities such as Movement to Music, Activator Poles, Pilates etc. RSP tutors adapt activities to suit, with many groups availing of seated activities.

Go All Out Week

Go All Out week ran from 18th July – 24th July. The week aimed to promote inclusion in outdoor service providers and encourage outdoor activities and events. RSP encouraged providers of services to advertise inclusive activities over the week. RSP ran outdoor walks in local amenities and also arranged an Angling Boat trip with Lough Ree Access for All.

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

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.

SOCIAL MEDIA

In 2022, 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 2: Comparison of Social Media Followers from 2021 to 2022

PLATFORM	NO OF FOLLOWERS IN 2021	NO OF FOLLOWERS IN 2022	+/- %
Facebook	3623	4000	+10%
Twitter	207	250	+20%
Instagram	771	850	+10%
TOTAL	**4601**	**5100**	**+10%**

Table 2

WEBSITE UPDATES

RSP recognises the need to constantly improve and keep its online presence up-to-date to reach as many people as possible and provide information effectively. RSP are 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 LSP's for an additional role within the LSP. Under this funding, RSP recruited a new Communications and Administration Officer. The addition of the role will provide specific 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. To carry out this strand of their work, RSP actively engages in committee work and networking activities at local and national level. In 2022, 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 3: Overview of the type of actions RSP were involved in during 2022.

TYPE OF ACTION	NO OF ACTIONS
Local Networks, Forums or Committees participated in	11
Needs Analysis Completed	7
Seminars or Conferences attended	9
Policy/Strategy Submissions Made	5
Presentations Made to Interest Groups	14
TOTAL	**46**

Table 3

Actions in the area of advocacy and policy allow 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 continues to be a significant focus on compliance and conformance by the Board.

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

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: HIGHLIGHTS

Section 3: Highlights

3.1 Introduction

The following image from the Sport Ireland Local Sports Partnerships 2022 Highlights document, demonstrates 3 successful programmes from both the CSDO and SIDO.

3.2 RSP Highlights

SECTION 4: NEXT STEPS

Section 4: Next Steps

4.1 INTRODUCTION

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

4.2 COMMUNICATIONS

RSP acknowledges that building awareness of the RSP brand and activity is one of the major challenges it faces. Promoting 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 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 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 defines the objectives for RSP for the next 5 years and 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 will 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.

Vision:

Great opportunities, community wide and lifelong participation.

Some people are fortunate to have found their sport/physical activity for their stage of life and they are self-motivated. Most of us transition into and out of sports and we sometimes experience periods of no sports or physical activity participation due to our life stage, reduced opportunities or a decline in personal resources. The more opportunities there are to take part in sports and physical activity, the more likely we will sustain participation.

Mission:

Empowered individuals, strong partnerships, meaningful opportunities, and inspiring communications.

Roscommon Sports Partnership will continue to lead a culture of sport and physical activity for everyone in the County Roscommon community through partnerships that grow the opportunities and connect the participants.

Principles:

We are guided in our approach and actions by the following principles:

- ***The individual is at the core:*** success is determined by the volume of individuals who engage and sustain participation in positive sports and physical activity experiences.
- ***Everyone at every stage:*** we identify, collaborate and support the delivery of meaningful sport and physical activity opportunities for everyone,[1] especially amongst target groups, regardless of their resources or where they are in their life course.
- ***Collaborative:*** we work with all agencies and organisations with a shared interest in growing and sustaining sport and physical activity.
- ***Continuity and innovation:*** we recognise and support established sports and physical activities and we actively pursue new types of sports and physical activities that engage new participants. We develop innovative programmes and responses to improve the activity levels within the county.
- ***Values and evidence:*** we are guided in our actions by a set of ethical and fair values, our local knowledge, and with reference to the research and data.
- ***Openness:*** we are open to new partners, we listen and respond objectively to others, and we are transparent and accountable in how we operate and how we allocate our resources.

We will ensure that our actions ***reflect key government policies*** with regard to sport and physical activity and we will monitor all current research and reports on current activity levels and successful initiatives.

Strategy Areas and Pillars

Roscommon Sports Partnership recognise that effective sports and physical activity opportunities involve people, places and programmes and our primary actions will be to invest in these three areas:

People: the volunteers and the employed individuals who administer or deliver the sport and physical activity experience. Roscommon Sports Partnership will support the development of these people, promote the opportunities that they make available and introduce these volunteers and staff to new activities or new ways of working.

Places: there are a variety of built or natural settings that are required for sport and physical activity participation. Roscommon Sports Partnership will work with others to develop and operate these pitches, tracks, halls, pools, parks, hills, lakes or forests so that they are available, visible and relevant to participants.

Programmes: taking the first step into a new activity, going back to sport and physical activity, being active in a new location or taking part with new people, often happens because of an opportunity that emerges or a call to action that motivates us. Different people seek different sports and physical activities. A range of diverse sport and physical activity programmes can make participation in a sport or physical activity more likely. Roscommon Sports Partnership will work with others to support new sport and physical activity programmes and to maintain or expand existing ones.

Our strategy will be realised across four key pillars:

Opportunities: we will continue to expand and support a diverse range of sport and physical activity opportunities in the County.

Partnerships and Collaboration: we will work with a range of partners to collaborate on shared objectives.

Awareness: Roscommon Sports Partnership will advocate for the development of sport and physical activity and promote their availability.

Governance and Oversight: we will encourage and support ethical, transparent and accountable standards amongst sport and physical activity participants and organisations and we will hold ourselves to the same standards.

4.4 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.

4.5 TARGETING LOW PARTICIPANT GROUPS

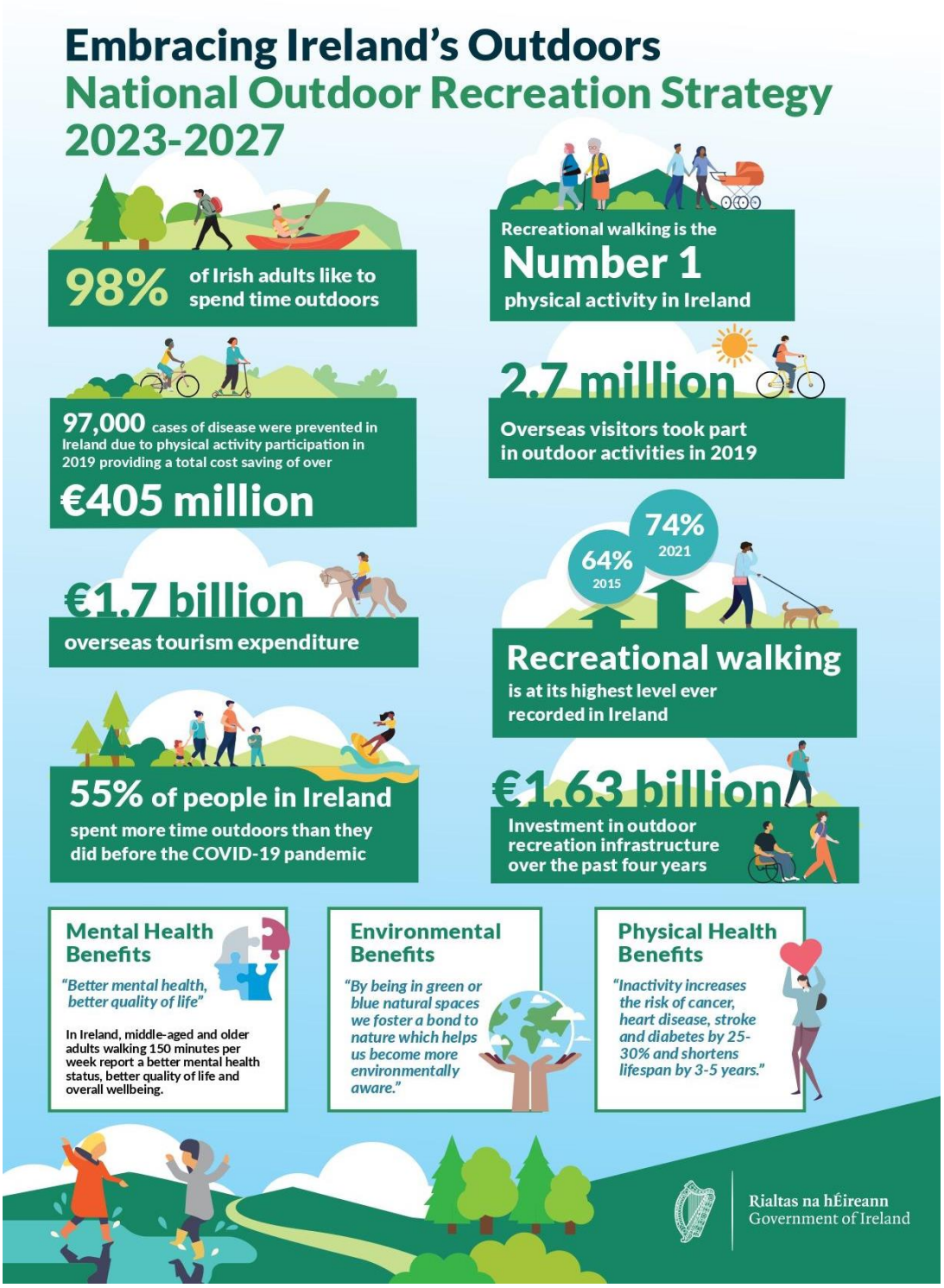
RSP is committed to providing and supporting opportunities for everyone to participate in sport and physical activity. We will continue to support and enable more opportunities to participate in sport and physical activity for groups including people with a disability, women, men, older adults, ethnic 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 programmes in line with local needs and national initiatives. We hope to promote accessibility and inclusion for all in County Roscommon.

4.6 INCREASED FOCUS ON OUTDOOR RECREATION

In November 2022, Sport Ireland, launched the new national outdoor recreation strategy, "Embracing Ireland's Outdoors".

Over the next five years, Embracing Ireland's Outdoors will shape the future of outdoor recreation in Ireland. It will provide a strong strategic focus to underpin the unprecedented investment in the sector with €1.6 billion invested over the past four years. Sport Ireland through the network of LSP's will facilitate the implementation of the strategy.



SECTION 5: APPENDICES

Section 5: Appendices

5.1 GLOSSARY OF TERMS

CARA

CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact 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.

Foróige

Foróige is a youth organisation that works 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 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 the 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 LCDC aims 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 the 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 which 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 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 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 (relating to RSP participation programmes)

A sustainable programme 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 the wellbeing and outcomes of children.

WIS – Women in Sport

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

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