



MAYO

SPORTS PARTNERSHIP
ANNUAL REPORT

2019



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —

www.mayo.ie/sports-partnership





MAYO SPORTS PARTNERSHIP

2019

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FOREWORD

We are delighted to introduce the 13th Mayo Sports Partnership annual report utilising Sport Irelands evaluation framework. It highlights the significant contribution that Mayo Sports Partnership is making to advance the goals set out in the Department's National Sports Policy 2018-2027 and also of our own Strategic Plan "More People Enjoying More Sports" 2017-2021.

The range of opportunities that MSP offers for people to become involved in sport and physical activity is significant. The case studies section of this Annual Report provide a small glimpse at the bespoke programmes on offer across the county. In 2019, 13,780 people were supported by MSP through locally delivered participation initiatives. Of that, 2,422 female participants took part in 8 local Women in Sport initiatives, targeting women and girls across society and providing opportunities for engagement in a supportive and inspiring environment. Once again our flagship event the West of Ireland Womens Mini Marathon and the Primary Schools Mini Mini event attracted some 2,600 participants on a fantastic day for all.

With the additional support of Dormant Accounts and Healthy Ireland funding, Sport Ireland has once again been able to increase resources for harder to reach communities; removing barriers to participation and continuing to showcase the positive impact that sport can have on people's lives.

Despite the COVID 19 Pandemic, every day, in communities across Mayo, MSP continues to help people to get active and removing barriers to physical activity and involvement in sport. In response to the COVID 19 pandemic, our staff have mobilised by continuing to work from home where possible and assisting in Mayo County Councils "The Community Call" campaign. MSP is delighted to have helped in providing local community contacts, who played a vital role in connecting people in need and communities in crisis. We would like to thank everybody who gave their time and help so generously.

On a final note, we would like to take this opportunity to thank the MSP staff, partners, agencies and volunteers who continue to contribute to the success of Mayo Sports Partnership. All have been vital to the successful delivery of programmes that make sport and physical activity accessible to all at a local community level. Also to John Treacy CEO Sport Ireland and outgoing Mayo County Council CEO Peter Hynes a massive thank you for their continued support.



Cllr Michael Loftus

CHAIRMAN

Mayo Sports Partnership



Charlie Lambert

SPORTS CO-ORDINATOR

Mayo Sports Partnership



Key Findings

I.I Key Findings

This report is the 13th annual report of MSP using the Sport Ireland evaluation system.

Background, Resources and Funding

- €717,433 was invested in MSP in 2019. This figure includes benefit-in-kind funding of €174,500 from partners
- Funding from Sport Ireland accounts for 37% of the total MSP funding in 2019, 17% from Dormant Accounts with the remaining 46% coming from other sources. These figures include benefit-in-kind funding.
- 15 people served on the MSP board in 2019.
- In 2019, 4 people worked full-time on behalf of MSP and 2 part time Sports Hub co ordinators. 4 were 100% directly funded by Sport Ireland. MSP also provided work placement to students from 3rd level colleges for work experience and opportunities to develop skills.

Achievements of Mayo Sports Partnership in 2019

Development of Sports Infrastructure in Mayo

- In 2019, MSP provided funding supports to 150 clubs and 20 community groups throughout the county.
- 85 groups have been supported in the delivery of their activities
- 25 clubs/communities were helped in developing their organisational, policy or management structures;
- MSP planned and delivered 19 training and education courses, workshops and seminars
- 780 people attended these courses

Delivering Sport Ireland Programmes

Active Leadership

- 299 sports leaders have been trained in 20 Active Leader Courses since it commenced.

Code of Ethics – Safeguarding 1, 2 & 3

- 175 participants completed 10 Code of Ethics Basic Awareness – Safeguarding 1 courses
- 53 participants completed 3 Club Children’s Officer – Safeguarding 2 courses
- 19 participants completed 3 Designated Liaison Person – Safeguarding 3

Local Programme Delivery

- 13,760 people participated in 81 locally delivered participation programmes.
- 6,585 participants came from disadvantaged backgrounds.
- 5,696 of these participants were children
- 2,422 female participants took part in 8 local Women in Sport programmes.
- Sports Disability Inclusion Programme – 516 participants.

Building and Sustaining Partnerships

- In 2019 MSP was involved in 42 different policy actions.

Information Provision

21,232 individuals provided with general or specific sport-related information through MSP online, social media or text promotion

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

2019 MAYO SPORTS PARTNERSHIP



€717,433 INVESTED IN 2019

13,760 participants

81 LOCALLY DELIVERED PROGRAMMES

5,696



OF THESE PARTICIPANTS WERE CHILDREN

SPORTS DISABILITY Inclusion Programme



516 participants in 18 programmes



individuals
provided with information through
MSP ONLINE,
social media or
text promotion

21,232



299

Sports Leaders TRAINED

2,422

FEMALE participants took part in



8

Local women in sport PROGRAMMES

WHO WE TARGET

- Unemployed
- Disadvantaged Areas
- Older Adults
- Young People
- People with Disabilities
- Women & Girls
- Ethnic Minorities



2

Background, Funding and Resources

2.1 Background to MSP

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key role played by Mayo Sports Partnership in sports participation and how it can assist in the delivery of the participation actions set out in this Policy.

“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). Thanks to an increase in government investment in 2019, Sport Ireland was in a position to increase capacity and capability of Mayo Sports Partnership and provide additional regional supports to the smaller NGB's. In 2019 Mayo Sports Partnership has a minimum of four staff, namely:

- Coordinator
- Administrator
- Sports Inclusion Disability Officer (SIDO)
- Community Sports Development Officer (CSDO).

This report is the thirteenth annual report of Mayo Sports Partnership . It reflects the work of the Partnership for 2019. Information provided through the Sport Ireland reporting system is collated into a database tracking the depth and breadth of MSP initiatives. MSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section 3 of this report.

2.2 Project Funding Sources

CORE INVESTMENT

Sport Ireland supports Mayo Sports Partnership to co-ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. Core investment in MSP has been increasing year on year, from €210,540 in 2014 to €266,960 in 2019.

This core investment supports the core work of MSP; including the delivery of national Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officer(CSDO), the Sports Inclusion Disability programme, Women in Sport programmes and general participation programmes.



Figure A – Breakdown of MSP Core Investment 2014-2019

DORMANT ACCOUNT INVESTMENT

MSP's national funder Sport Ireland has worked with the Department of Transport, Tourism and Sport on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, MSP 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).

All projects funded by Sport Ireland through Dormant Accounts target:

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

Dormant Account investment in MSP has been hugely significant in helping to deliver on a range of innovative projects at a local level.

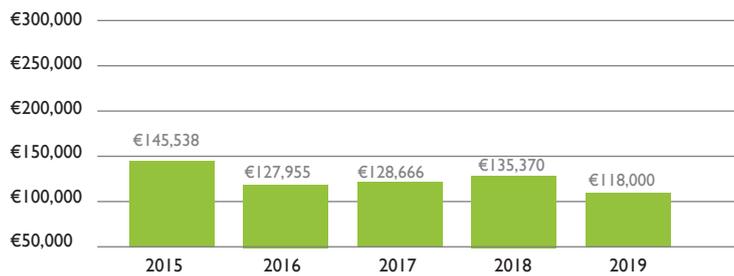


Figure B – Breakdown of MSP Dormant Accounts Fund investment 2015-2019

Funding from Sport Ireland (Core, Disability and Women in Sport) accounted for 37% of the total MSP funding in 2019. Additional funding was also secured for MSP by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 17% of overall funding. The remaining 46% was raised from local sources, including benefit in kind funding.

2019 Total €	€	%
Monetary Funding (Locally Leveraged)	156,299	22%
Benefit In Kind (Locally Sourced)	174,500	24%
Sport Ireland Core/Programme & Disability Grant	258,560	36%
Sport Ireland Women in Sport Grant	8,400	1%
Sport Ireland Dormant Accounts Funding	119,674	17%
Total	717,433	100%

Table I – Breakdown for 2019 MSP Funding

After core funding from Sport Ireland, Healthy Ireland funding, HSE grant aid, event / course fees were the next most significant sources of monetary funding with benefit in kind support mainly coming from Mayo County Council. Other significant funding partners were the Department of Transport Tourism and Sport.

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

Healthy Ireland	31%	Course Fees	12%
HSE	19%	Dept of Transport, Tourism and Sport	3%
Mayo County Council	13%	Other Funding Sources	3%
West of Ireland Womens Mini Marathon	19%		

Table 2 – Local Monetary Funding Providers to MSP in 2019

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

Mayo County Council	53%	Sports Organisations	6%
Media (Western People & Local Radio)	14%	South West Mayo Development Company	4%
Local Support Services (Disability Groups, Family Resource Centres, Interagency Groups etc)	9%	Board Members	3%
HSE	8%	Mayo North East Leader Partnership	3%

Table 3 – The Local Benefit in Kind Providers to MSP in 2019

Sport Ireland funding to MSP increased by 4.5% from €255,401 in 2018 to €266,960 in 2019.

MSP continues to be successful in securing funding from local sources. 46% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 22% of overall MSP support and benefit in kind support accounts for 24% of overall funding.

Including Dormant Account Funding MSP is once again pleased to note that over 50% of its costs are being sourced locally. This follows a recommendation from the 2005 Fitzpatrick & Associates Review of the LSP programme.

2.3 MSP Management and Staff

Board of Management Participation and Representation

Following the 2019 local elections a new MSP board / committee was formed.

- A total of 15 people served on the MSP board in 2019. 33% of MSP board members are female which is ahead of the Women in Sport Policy and National Sports Policy target which set a minimum female representation of 30% on the boards of funded bodies by 2027.
- Board members bring specific skillsets to their work within MSP. 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 MSP.

As with recent years, representatives from Mayo County Council, Local Agencies and Sports Bodies continue to be the three most active participants on MSPs Board.

MSP STAFF

MSP core staff members are funded by Sport Ireland while other part time personnel are funded through other sources. Along with the co ordinator and administrator MSP employs a Community Sports Development Officer (CSDO) and a Sports Inclusion Disability Officer (SIDO), which is supported by Sport Ireland. In 2019, MSP also contracted two Sports Hub (Ballyhaunis & Ballinrobe) co ordinators plus a Castlebar Urban Adventure co ordinator with the aid of Dormant Account funding and provided placements to students from 3rd level colleges for work experience and opportunities to develop skills.

MSP also contracted a further 25 tutors to deliver programmes, courses and initiatives within the Partnerships structure.



3

**Achievements
of MSP in 2019**

3.1 Introduction

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

- Working to develop clubs, coaches and volunteers and supporting partnerships between local sports clubs, community based organisations and sector agencies
- Creating greater opportunities for access to training and education in relation to sports and physical activity provision
- Provision of targeted programmes, events and initiatives to increase physical activity and sport participation
- Providing information about sport and physical activity to create awareness and access.

3.2 Development of Local Sports Clubs & Communities

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

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

FUNDING FOR CLUB AND COMMUNITY SUPPORTS

In 2019, MSP provided funding supports (Club Development Grants, Volunteer Supports or Other) to 150 clubs and 20 community groups throughout the county.

CLUB DEVELOPMENT WORK

MSP supports providers of sports and physical activity across the county, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise.

To this end, in 2019:

- 85 clubs/communities were supported in the delivery of activities;
- 25 clubs/communities were helped in developing their organisational, policy or management structures;
- 22 clubs/communities availed of MSP resource packs;
- 24 clubs / communities attended Club Development Workshops;
- 20 clubs/communities were provided with templates from MSP
- 120 meetings or phone calls took place between clubs/communities and MSP to share advice;

MSP 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.

3.3 Training and Education Courses

MSP provides a range of important upskilling and training opportunities at local level for volunteers, coaches and administrators. Two such programmes are Youth Leadership and Volunteer Supports.

YOUTH LEADERSHIP

This programme develops generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. It also continues to develop trained volunteers who can assist with the delivery of sport and recreation initiatives within their community while providing training for young people, keeping them engaged, increasing their responsibility and developing their confidence and self-esteem and provides them with an opportunity for lifelong volunteering.

VOLUNTEER SUPPORTS

This initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members, etc.

- MSP planned and delivered 19 training and education courses, workshops and seminars with their partner agencies;
- 780 people participated on these training courses.

Figure C – Breakdown of Training and Education Courses delivered by MSP



3.3 Delivering Sport Ireland Programmes

SAFEGUARDING WORKSHOPS & ROLES

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

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

The details of these workshops are outlined below:

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

CLUB CHILDREN’S OFFICER

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

DESIGNATED LIAISON PERSON

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

In 2019, 175 sports leaders and volunteers completed the Safeguarding 1 training across 10 courses run by MSP. Some 53 volunteers attended the follow-on Children’s Officer training across 3 courses. In the rollout of Safeguarding 3, 19 Designated Liaison Persons received training on 3 programmes organised by MSP.

Table 4 - Summary of Safeguarding outputs for 2019

	Safeguarding 1	Safeguarding 2	Safeguarding 3
	2019	2019	2019
Number of courses delivered	10	3	3
Number of participants	175	53	19



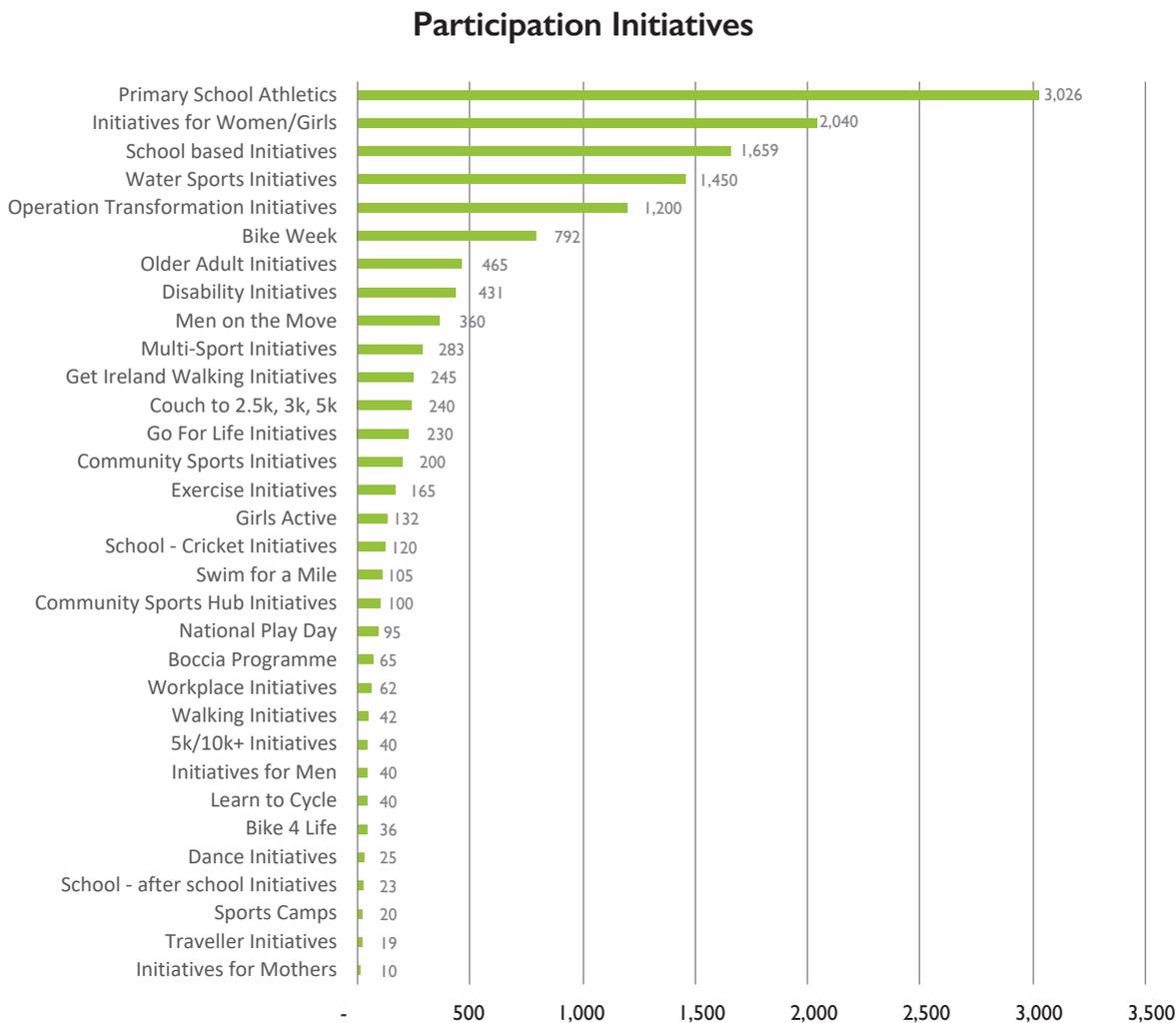
PIC: Participants at a Safeguarding 2 Workshop

3.4 MSP Participation Initiatives

The design, delivery and review of targeted programmes by MSP directly increases the level of local participation particularly amongst the harder to reach social groups. Through their local expertise and connections within the sports infrastructure, MSP is able to identify specific needs and plan accordingly. In 2019, MSP maintained its delivery of an innovative range of participation programmes;

- 13,760 people participated in 81 locally delivered participation programmes
- Of that, some 2,422 female participants took part in 8 Women in Sport programmes

Figure D – Number of Participants in Programmes



In addition to the above initiatives, MSP also supports a number of physical activity interventions such as parkrun, Playground Markings, Daily Mile initiatives. These interventions have not been included in our reach figures as they are either primarily lead by external stakeholders (e.g. parkrun), or are difficult to measure (i.e. how many people were active and how frequently they were active e.g. Playground Markings). They are however important interventions which contribute significant figures towards participation levels in the county.

3.4.1. MSP Initiative Categorisation

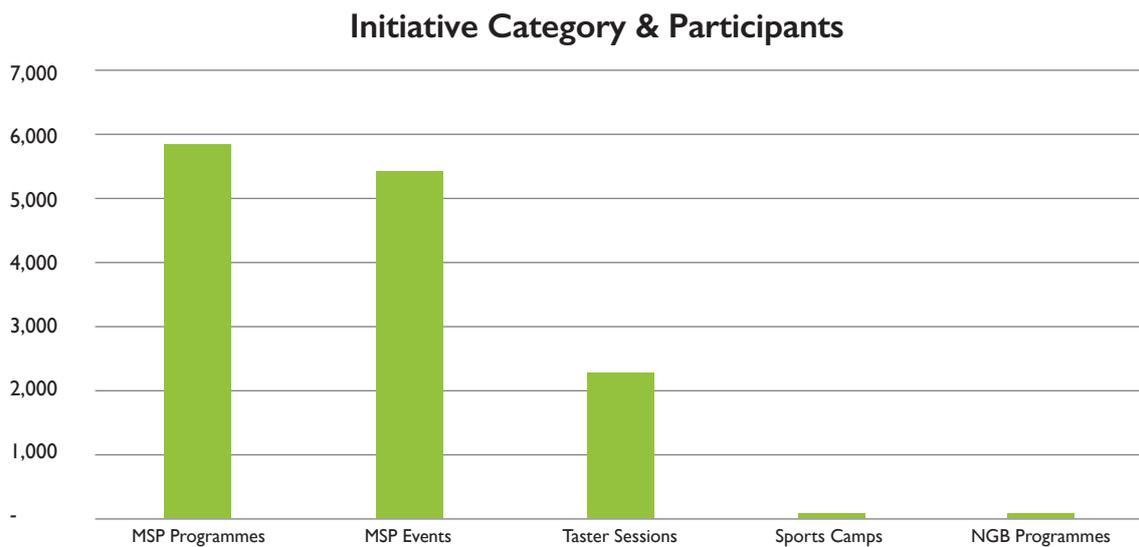
Of the 13,760 participants reached by these initiatives in 2019, 5,892 people were engaged through MSP programmes, 5,485 people were engaged through MSP events, 45 people were reached through NGB programmes, 2,276 people were engaged through taster sessions and 62 people were reached through sports camps. A brief description of the 5 categories of MSP initiatives are highlighted in the table below.

Table 5 – Description of Initiative Categories

Initiative Category	Description
MSP Programmes	Defined as fixed duration participation opportunities which last longer than one or two sessions. Usually delivered over a number of weeks or non-consecutive days e.g. Men on the Move, Go For Life, Community Walking Programme
MSP Events	Defined as fixed duration participation events usually lasting single days. Participants would usually set a goal to enter the event and undertake some training or require underlying fitness or skill to take part. E.g. 5k runs, Cycle Series, Mini Marathons
Taster Session	Defined as once off participation opportunities which offer no more than a single experience, although they may sign post to more long term opportunities. Participants usually need no training in advance and minimal previous skill/fitness to take part e.g. Fun days, Be Active Nights, family events, promotional weeks etc.
Sports Camps	Defined as sports camps which offer sports participation opportunities in a sport or multi sports. Usually lasting less than a week e.g. FAI Soccer Camps, GAA Cúl Camps
NGB Programmes	Defined as participation opportunities with and NGB as the main deliverer of the initiative. Support and resources may be provided by MSP. E.g. Rugby tournaments, GAA blitzes, soccer leagues

The below information illustrates the number of participants reached by each category.

Figure E – Participants by Initiative Category



3.4.2 MSP Initiatives delivered in 2019

The following presents an overview of the types of initiatives delivered in 2019

Participation by Sport & Participants

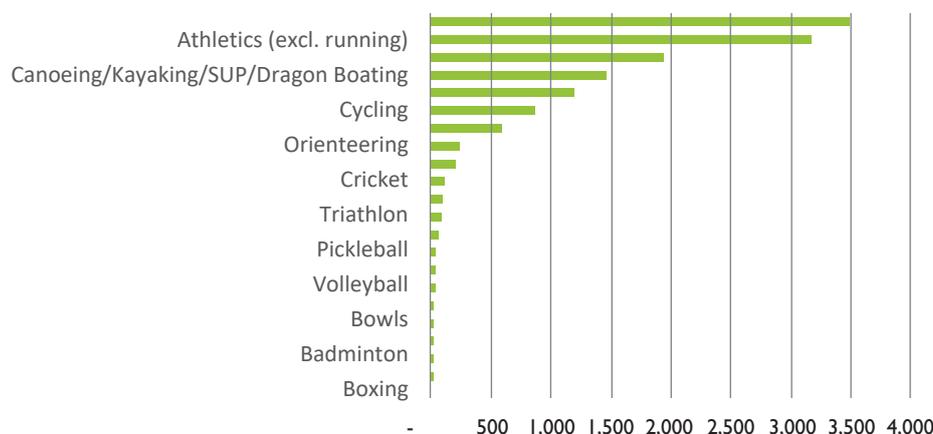


Figure F - Participation Initiatives by Sport and Number of Participants

3.4.3 Behaviour Change Theory

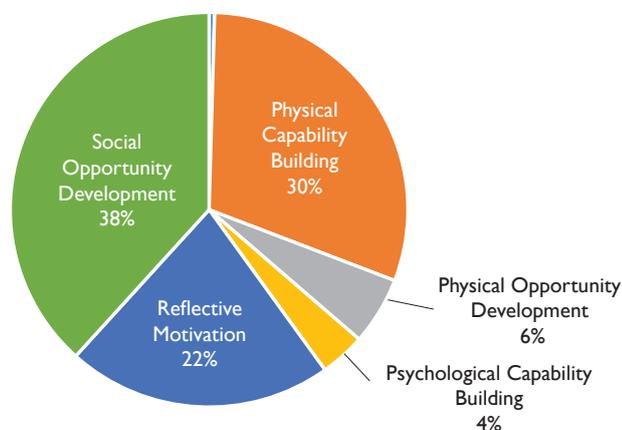
In order to develop an understanding of the application of the Behaviour Change Theory to MSPs work in increasing participation in sport and physical activity, they were asked to categorise the primary effect of each initiative under the pillars of the COM-B Behaviour Change Model. The table below describes the COM-B effects in more detail. Some actions will span multiple COM-B effects, in this case MSP selected the most significant effect.

Table 6 - COM-B Behaviour Change Model

BCT PRIMARY COM-B EFFECT	Description
Physical Capability Building	Actions that primarily develop the skills of the participant e.g. programmes over multiple sessions.
Psychological Capability Building	Actions that primarily develop the knowledge of the participant e.g. taster days, information focused communications
Physical Opportunity Development	Actions that primarily develop infrastructure, facilities, equipment or reduce cost or improve access e.g. capital developments, discounts, provision of information such as club and facility directories
Social Opportunity Development	Actions that primarily develop a culture of participation in sport and physical activity e.g. socially focused communications
Reflective Motivation	Actions that primarily provide goals for participants e.g. participation events, some goal focused communications
Automatic Motivation	Actions that primarily develop participants habits e.g. longer lasting interventions usually with easy access and small individual impact

The COM-B model suggests that an individual must have Capability (Physical and Psychological), Opportunity (Physical and Social) and Motivation (Reflective and Automatic) in order to change behaviour. The below graph shows that 30% of MSP interventions primarily develop Physical Capability, 38% primarily develop Social Opportunity and 22% aim to support reflective motivation. Some work is required to establish the national baseline levels of capability, opportunity and motivation to help focus the efforts of MSP to the most effective area of work. If all 6 areas of the COM-B model are required to change behaviour there may be a need for MSP to focus more resources to initiatives that develop participants in aspects beyond Physical Capability.

Figure G: Behaviour Change Theory and Number of Participants



	Participants
Not Stated	62
Physical Capability Building	4,182
Physical Opportunity Development	764
Psychological Capability Building	508
Reflective Motivation	2,974
Social Opportunity Development	5,270
Grand Total	13,760

3.5 Building and Sustaining Partnerships

INFORMATION PROVISION

MSP acts as an information hub and point of contact within communities. MSP works to share information, as well as direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community based organisation or a volunteering opportunity.

MSP collects ongoing information on the nature and extent of their work to provide information to their communities and profile their activities and programmes.

The following table presents an overview of the range of communication platforms that MSP use, both via traditional and social media outlets.



PIC: Primary School Introduction to Athletics Programme

Providing Information to Community Traditional Media	2018	2019	Providing Information to Community Social Media	2018	2019
Number of Radio Interviews	5	8	Facebook: Number of posts / updates	150	400
Number of articles in local press / radio	20	14	Facebook: Number of likes	4,500	5,043
Number of newsletters printed	3,000	6,000	Facebook: Number of tweets	500	600
			Facebook: Number of followers	2,200	2,291
Providing Information to Communities Online	2018	2019	Providing Information to Community Text-based	2018	2019
LSP Website: Number of new articles	33	40	Number of texts sent via text service	500	800
LSP Website: Number of hits	7,452	6,036			

Table 7: Summary of MSP Promotion in 2019

MSP is also active in developing specific resources to highlight and promote the range of activities and opportunities available locally. This can be in the form of newsletters, press releases, booklets, directories, as well as through translated documents. MSP maintains active databases of local organisations and groups as well as email contact lists.

MSP can also promote their work through annual reports such as this document. Research publications and presentations are also used regularly to disseminate their key messages regarding participation. In 2019, 18 presentations were delivered to Councillors, Local Authority staff, community groups and other partners/stakeholders.

Production of Information Resources	2019	Local Community Interest	2019
Number of newsletters	6	Number of directories produced / updated	8
Number of press releases issued	20	Number of people / clubs / groups on email list	4,000

Dissemination of Research and Reports	2019
Number of annual reports issued	200
Number of presentations delivered	18

Table 8: Summary of MSP Information Production and Dissemination 2019

3.6 Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for MSP, as well as representing key concerns in the policy arena. In order to carry out this strand of its work, MSP actively engages in committee work and networking activities at local and national level. In 2019, MSP has participated in some 42 actions associated with building networks and advocating on behalf of their 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 MSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what MSP can do to assist sports clubs and partners.



PIC: New Outdoor Gym at the Friary, Ballyhaunis

Table 9: Overview of the type of actions MSP has been involved in 2019.

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

TYPE OF ACTIONS	NUMBER OF ACTIONS	2019
Campaigns and Lobbying Efforts		4
Local Networks, forums or Committees participated in		29
Regional and National Networks participated in		4
Seminars or Conferences attended		2
Submissions made		2
Research projects involved in		1
Total		42

3.7 Partnership Engagement

MSP aims to lead and coordinate sport and physical activity opportunities locally. In 2019, 21 initiatives were delivered by MSP core and contract staff, however 60 initiatives were delivered by tutors, contractors, community groups, clubs, NGBs, volunteers and other partners. The below figure illustrates the range of deliverers of initiatives in 2019.

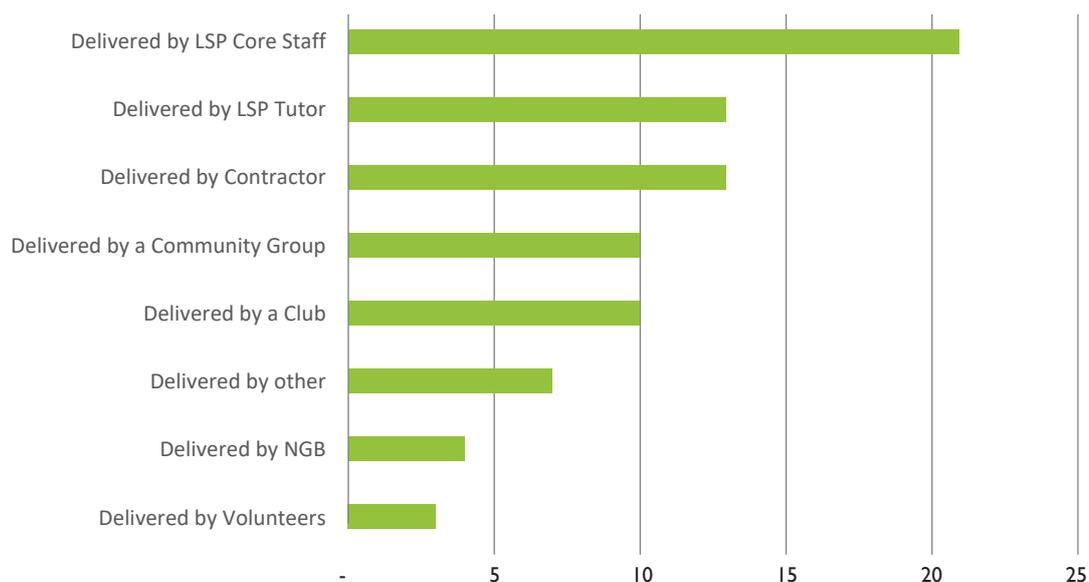


Figure H: Primary Delivery Mechanism for Participation Initiatives

Developing partnerships with other organisations to promote physical activity and sport participation is also a key part of MSPs work. To this end, MSP engaged with some 51 organisations in 2019.

Clubs, volunteers and community groups were the main delivery partner for MSP in delivering initiatives in 2019.

- 3,211 people were reached through initiatives involving clubs as the main delivery partner.
- 1,617 people were reached through initiatives involving volunteers as the main delivery partner.
- 990 people were reached through initiatives involving Community groups/organisations as the main delivery partner.

During 2019 MSP engaged with a range of different sports in providing participation opportunities to their audience. The following shows the range of sports that participants were engaged in during their involvement in participation initiatives in 2019. Over 22 sports were participated in during this period. Excluding Multi Sport, the most popular 5 activities in 2019 were running, athletics (excluding running), walking, Canoeing/Kayaking/SUP/Dragon Boating and cycling. 3,495 people were reached through running, 3,176 people were reached through athletics initiatives, 1,944 people were reached through walking initiatives, 1,462 people were reached through Canoeing/Kayaking/SUP/Dragon Boating initiatives and 1,192 were reached through Multi Sport.

Participation by Sport & Participants

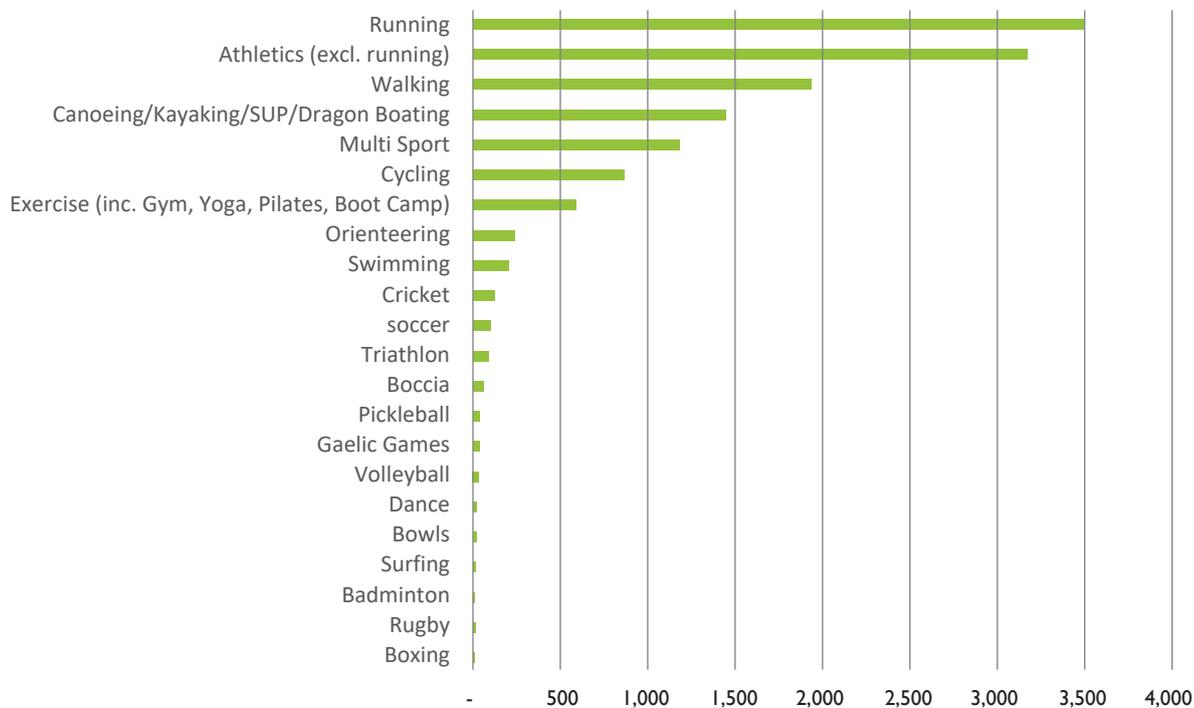


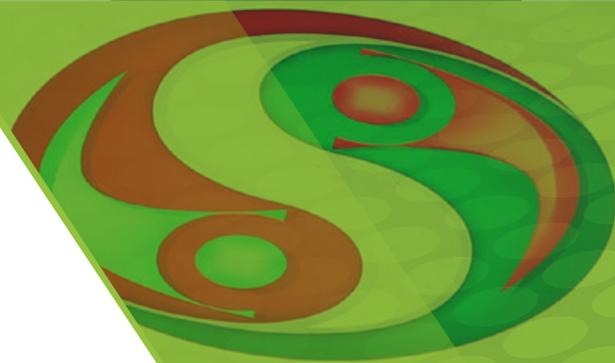
Figure 1: Type of Sport & Number of Participants



Mayo Sports Partners

4

MSP Case Studies



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Case Study I

Castlebar Urban Adventure Hub Launch Day

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

The Castlebar Urban Outdoor Adventure Initiatives was set up to deliver outdoor adventure activities not normally only practiced in urban settings. The project launch targeted disadvantaged communities in and around the urban sprawl of Castlebar as well as persons with disabilities. The range of sports/activities that were considered under the launch were both land (orienteering) and water (kayaking & canoe polo) based sports

Stumbling blocks identified were suitable instructors to cater for the need and abilities of participants, such as making sports accessible to the physically (e.g. wheel-chair users) and mentally impaired (learning difficulties).

The purpose of launching Adventure Hub was to introduce a new and dynamic outdoor sporting opportunities to groups/individuals who would not otherwise have the means of accessing these sports.



PIC: Grainne Uaile Dragon Boat Club

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

- Introducing the adventure sports to disadvantage groups & individuals
- Create a base for interaction with local clubs to acquire and develop new members
- Use outdoor recreational sports to impact social inclusion and develop a platform for inclusion
- Increase physical activity to stimulate psychological satisfaction
- Show-case the purchase of new equipment acquired for the hub to use

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

- Collaboration with stakeholders/partners to plan the event.
- Collaboration with National Governing Body to advertise and promote their sport at the event
- Collaboration with local clubs and media partners to advertise the event and ensure participation.

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

- 82 Children participated in two different activities at the launch (kayaking & orienteering)
- Two sport demonstrations were held on Lough Lannagh (Dragon Boat Racing & Canoe Polo)
- The first Dragon Boat Race ever between two competing clubs on Lough Lannagh (Gráine Mboal Castlebar Vs Plurabells of Dublin)
- Four outdoor activity clubs were represented on the day (2 kayaking, 1 Dragon Boat Club & 1 Orienteering)
- Three NGB's were represented on the day (ICU(kayak & Polo), IDBA, & IOA)

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

The local kayak clubs are now running kayaking rolling sessions and teaching safety of kayaking in the local Leisure centre with the newly purchased kayaks equipment. Schools are also up and running with orienteering in the locality of Castlebar and the surrounding areas. Local schools are now partaking in a schools orienteering league. The Irish Dragon Boat Association has expressed interest in running the very first College competition for the sport in Ireland at the Lough Lannagh in late 2020.

Quotes from participants, teachers, parents, partners etc.

“What a great asset to the town, the new boats will only create an environment for sport kayaking to thrive. The fact we can now teach safety techniques such as the eskimo roll inside in a warm pool should allow us to open up to more junior members earlier than summer months too”

Robert Hunt Castlebar Kayak Club

Key Statistics

- 82 children participated in two sports during the Launch (orienteering & kayaking)
- 44 Dragon boat paddler attended the race (22per boat/ full boat plus Helm and Drummer)
- 12 Canoe polo participants conducted a demo of the sport on Lough Lannagh
- 16 volunteers from various clubs were present to help with the launch



PIC: Orienteering at Lough Lannagh

Case Study 2

Women's Try a Tri

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

“Triathlon has one of the highest female participation rates of all endurance sports in Ireland, with the number of women and girls taking part in our sport increasing by a massive 83% in the past four years. But with women and girls making up 34% of all members, female triathletes are still underrepresented in our sport” – Triathlon Ireland

With the development of a new club in Mayo bringing the total number of clubs to five in the County, and taking into account the statistics from Triathlon Ireland above Mayo Sports Partnership decided to focus on the female participation element of the sport of Triathlon, and deliver a training package culminating in a final event to support women's participation in Triathlons in the County and hopefully further afield.



PIC: Approx 100 women participated in the inaugural Tri a Triathlon

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

- Introducing the Sport of Triathlon to women in Mayo
- Creating a link between Female participants and Triathlon clubs in the County
- Creating an awareness around the County in the Sport of Triathlon

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

- Collaboration with stakeholders/partners to plan the event, Mayo County Council, Leisure Complex at Lough Lannagh, Triathlon Clubs around the County of Mayo, Couch to 5K, Swim for a Mile, Cycling clubs in the county
- Collaboration with Triathlon Ireland – The National Governing Body.

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

- 100 Women participated in the event on Mother's Day March 23rd, 2019
- Over 50 Women participated in 2 x Training sessions delivered by Triathlon Ireland in Castlebar in Feb/March
- Four Triathlon clubs were present on the day, including numerous supports from Cycling clubs around the County
- Participating clubs had leaders within the clubs offer an expression of interest in training to deliver Tri heroes training to schools and youth groups.
- Women who participated in this beginner Triathlon continued on to Open water swimming and participating in further Triathlons.

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

Working through the Mayo Sports Partnership and the Development officer's in Triathlon Ireland plans will be further developed to run the event, in conjunction with the clubs again next year.

Along with this programme The Tri Heroes programme will be offered out to schools with the leaders trained up as Tri Hero tutors to deliver the programme to Schools.

Mayo Sports Partnership have plans to offer a Men's Try a Tri also in June 2020



PIC: Tri a Tri participants start out on their cycle.

Quotes from participants, teachers, parents, partners etc.

"It's a fantastic event, I'm 51 years of age, I decided to do this in January and it's the best fun in the world, every woman that's out there should try it, they should do it!"

Adette Gallagher

Mother of Maeve Gallagher Irish Triathlete



PIC: Participants finished with a run around Lough Lannagh Castlebar

Case Study 3

Nordic Walking

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

To enable older People and community groups become more active with the assistance of Nordic walking poles

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

To mobilise more people in more community to become more physically active

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

- Training of leaders in the community to run the programmes
- 4 workshops in 4 different locations within the county
- 2 active age fests held in Castlebar and Ballinrobe



PIC: Participants on the Nordic Walking Workshop Leader Training Course

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

- 2 areas in the county are now running programmes with the assistance of MSP
- The use of poles means the upper body muscles are used as well as the legs
- The poles help to propel the walker along – this means he/she works harder than usual yet the support given by the poles makes it feel easier

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

The role out of the initiative in 2 additional areas in 2020

Key Statistics

- 76 people took part in 4 workshops
- 120 older people took part in 2 come and try active age fest held in 2019
- 30 people participating in 2 community programmes

Mayo Sports Partnership
Comhpháirtíocht Spóirt Mhaigh Eo

fitsticks

Leader Training

Castlebar, Co Mayo

Wednesday September 11th (9.30am - 5.00pm)

The training is suitable for health and fitness professionals, walking group leaders, etc.

Participants will learn how

- Nordic Poles can be used to add value in fitness walking.
- to safely teach the Nordic Walking technique.
- to use Nordic Poles to enhance components of functional fitness including mobility, strength, aerobic fitness, and flexibility.

Nordic Poles will be supplied but places are limited
For information and booking contact msp@mayococo.ie

Case Study 4

Sanctuary Runners – Ballyhaunis Community Sports Hub

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

September saw the launch of Sanctuary Runners Mayo, a national movement based on solidarity, friendship and respect between Irish residents, asylum seekers and refugees. With 1,200 members across Ireland, including over 300 from Direct Provision centres, the initiative uses running to bring people together and raise awareness of the Direct Provision system.

The Old Convent accommodation centre in Ballyhaunis caters for 245 residents making it the fifth largest Direct Provision centre in Ireland. By targeting migrant and disadvantaged communities the project responds to the needs of Ireland's growing cultural diversity by providing pathways for social inclusion with the prospects of building strong links within the community in a sustainable way whilst increasing physical and mental wellbeing.



PIC: Ballyhaunis Sports Hub Co-ordinator Elmer Pieterse pictured with members from the Direct Provision Centre Ballyhaunis at the launch of the Sanctuary Runners project in Sept 2019

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

- Sanctuary Runners Couch to 5k 8-week program
- Provide a platform for people of all backgrounds and abilities to build up to running a 5k in comfort.
- To use running to help build bridges between those living in Direct Provision centres and those in the local communities.
- Increase physical activity
- Introduce people to walk/running group environment
- Social inclusion
- Promote integration

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

- Collaboration with community groups to ensure participation and advertise the event
- Collaborate with running group Leaders on suitability of event, integration with beginners Couch 5k
- Linking in with National Governing Body, Athletics Ireland, and local running clubs to ensure sustainability.

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

- 43 participants started the 8-week event, a huge increase in numbers Couch 5k, (100pc increase on 2018)
- After 8 weeks 27 completed the 5k in Ballyhaunis Friary Grounds
- Local groups brought together, and friendships made
- Members from original group assimilated into local running community with groups regularly attending Claremorris parkrun 5k and the community walks on Saturday mornings in Ballyhaunis.

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

- Continued support of Sanctuary Runners programme with ongoing recruitment and promote Male participation with a goal of participating in the Mayo Athletic Club 5k series.
- March 8th International Women's day Community walk & gathering of local groups

Quotes from participants, teachers, parents, partners etc.

"There is a lovely reach-out and genuine welcome for everyone from the running community in Ireland. A great example of this is how the running community welcomes, encourages, supports and embraces the Sanctuary Runners groups all over the country.

Athletics Ireland is a long-time supporter of the Sanctuary Runners and it was a pleasure to join with the Mayo Sports Partnership in Ballyhaunis this week to pledge our support to the Sanctuary Runners in my hometown. Running is a great way to connect communities."

Frank Greally, Athletics Ireland

"Thank you so much Tracy for bringing us to parkrun & sanctuary runners, I was not fit, I can now bring my children to this lovely park, I am so happy now"

Julieta Canaj, participant Direct Provision

"This is a great place, thank you for giving us this experience"

Ola Mustapha, participant direct provision

"Wonderful to see so many using the friary path, happy & chatting"

Paul Damrom, participant fit4life

Key Statistics

- 43 Members signing up as Sanctuary Runners,
- 27 Participating in the 5k parkrun in Claremorris



Case Study 5

Mayo Autism Camp

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

To give Children with Autism the opportunity to participate in Sport and physical activity

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

Mayo Autism Camp was set up with the aim of providing socially inclusive activities for children and teenagers with Autistic Spectrum Disorder and their families, through meaningful play and peer interactions. MAC also aims to raise awareness of the difficulties involved for children with ASD to access sport or attend sporting activities.

Another aim of the project is to train and educate young people in Autism and disability sport so that they can support and help children and teenagers engage with different types of sport and physical activity. It is important that children with ASD reap the benefits that is to be gained from involvement in sport and games.

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

Last Summer we held the first ASD specific camp in the west of Ireland. With the help and support of Mayo Sports Partnership, we were able to accommodate 70 children over the two weeks. The camp was a resounding success and highlighted the void for camps of this specific nature. Families travelled from all corners of the county and neighboring counties. Unfortunately, we had to turn away a large number of children.

We garda vetting over 50 people. These people gave up their time to support the children on camp. The younger population in the community also got involved. At the end of the two weeks everyone was eager to sign up for the next camp to help! As were the participants! Families of the participants were overwhelmed at the level of support and kindness that was shown to them and their children by all that attended and got involved in the camp.

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

Mayo Autism Camp set up and ran the first ever Autism specific camp in the West of Ireland through the support and guidance of Mayo Sports Partnership and Manulla FC. This camp was a resounding success and received huge media attention from Midwest radio, Castlebar CRC and all the papers in the west of Ireland. The difficulties faced by families of children with ASD was highlighted and spoken about and it brought home to so many people the huge difficulties that people and children with ASD face daily and the need for huge support in helping them participate in the simplest of activities. It also highlighted the range of needs for those with ASD and the importance of being supportive and accepting of their challenges. Most importantly it highlighted the huge altruistic community that exists in the West. They say It takes a village to raise a child, but it takes a supportive community to include all children. Once people heard about the camp, people and businesses couldn't do enough to help from traffic control to organising food for the volunteers. The fire service, guards and Order of Malta also got involved and visited the camp and engaged with the children on camp.



In our efforts to promote more inclusive practices and activities we were one of the winners in the Coca Cola Thank You Fund. We received funding to train and educate the 16 – 25year olds in our community in Autism and disability sport. Our success in this application for funding has further highlighted the needs of the ASD community and given us the opportunity to make changes in the sporting world.

We are currently organising training in Autism and disability sport through the Mayo Sports Partnership and CERA. This will help in setting up a sports club at weekends and so by further the inclusion of children with ASD and disabilities in sport. Through training the younger generation in Autism sport and disability sport, these trained young people will be able to help those with ASD to access and enjoy the many benefits that can be derived from involvement in physical activity.

The success of the camp and the impact it had on the ASD community and the community at large was also acknowledged by the Mayo People of the year Awards. We were one of the recipients of the community award. We were humbled and honoured to receive this award given the caliber of the participants.

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

Camps running during holiday time but also get involved in other events that are occurring during the year that encourage inclusion and participation by all groups in society e.g. social inclusion week, Park Run, Scouts sensory santa and other groups that are hosting inclusive activities.

Quotes from participants, teachers, parents, partners etc.

“Thank you to @mayoautism and all the volunteers and businesses who helped to create this very special camp for children with Special Needs here in Mayo You have made this the best Summer my boys have ever had!”

Amanda

“Thank you so much for organising this. It was so wonderful and my two boys enjoyed it so much. It really was such a fantastic camp and wonderfully organised. The volunteers were incredible too. Thank you”

Linda

“The camp was so well organised from the get go, plenty of information. Soo much to do... can't highlight one particular thing because everything was brilliant. Loads of supervision and help... absolutely fantastic thank you”

Caroline

Key Statistics

70 participants

Case Study 6

Ballinrobe Older Peoples Sports Fest Active Age Day

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

This event was hosted in partnership with Mayo Sports Partnership and Lakeside Gym on Oct 15th 2019 as part of Social Inclusion Awareness Week. Four come & Try activities were hosted (Pickleball, Go for Life Games, Active Dance and Pilates).

The purpose of this programme was to promote physical activity, to engage older people in exercise by introducing new activities and to promote integration and inclusivity within the community

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

- Introducing new activities to older people within the community.
- Using sport to combat against isolation and exclusion.
- Promote social inclusivity and integration
- Increase physical Activity
- Promote integration



PIC: Participants at the Ballinrobe Older Adult Sports Fest in the Lakeside Centre Ballinrobe

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

- Collaboration with stakeholders/partners to plan the event.
- Collaboration with local community groups and media partners to advertise the event and ensure participation.

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

20 Adults and 10 TY students attended and availed of the activities available. All enjoyed the morning which took place from 10.30am – 1pm.

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

There was considerable interest in Pickleball. A 'Come & Try' was hosted November 7th at Lakeside Gym in partnership with Mayo Sports Partnership. This led to the formation of a Ballinrobe Pickleball group. Which includes 6 members to date, who meet on a weekly basis.

Quotes from participants, teachers, parents, partners etc.

“Really loved all of the activities, would there be a possibility of running events like this more often”

A member of Ballinrobe Active Age.

“It was a pleasure to work with the community and Mayo Sports Partnership to host this event as part of social inclusion week. Feedback has been very positive and plans are in progress to build on the momentum of this event”

Janette Slattery Ballinrobe Sports Hub





5

**Next
Steps**

Mayo Sports Partnership seeks to increase investment to build the capacity of MSP and to increase the reach and impact of initiatives across the county. The investment strategy of MSP is determined at board level with the goal of increasing capacity and capability of the Partnership to deliver a consistency of high participation opportunities in every community. This investment strategy is informed by the goals of the Mayo Sports Partnership Strategy and the actions of the National Sports Policy and the National Physical Activity Plan. The key themes of MSPs current investment strategy are outlined below.

SPORTS INCLUSION DISABILITY OFFICER (SIDO)

MSP will continue to support the Sports Inclusion Disability Programme. The aim of the programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDO works in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities.

The National Sports Policy, Action 12 specifically relates to the following “In addressing the disability gradients in participation we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport”. Each year MSP receives funding from Sport Ireland for the employment of a SIDO and for resources required to deliver the Sports Inclusion Disability Programme. Sport Ireland providing ongoing support to MSP for the employment of a SIDO achieves the National Sports Policy objective of a SIDO in County Mayo.

COMMUNITY SPORTS DEVELOPMENT OFFICER (CSDO)

MSP will seek to continue, with the aid of Sport Ireland funding, to invest in the employment of a CSDO for Mayo. The Community Sports Development Officer is tasked with activating communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. The CSDO also supports the objective of the National Physical Activity Plan action to ‘Strengthen and enhance the capacity of MSP to further develop locally led plans and more long-term sustainable physical activity programmes’.

WOMEN IN SPORT

Additional support for Women in Sport is also referenced in the National Sports Policy, specifically referring to the high-level goal of increasing participation through the “elimination of active sport participation gradient between men and women”. MSP works with the Sport Ireland Women in Sport lead and focuses specific initiatives on female target groups including; women in disadvantaged communities, women with a disability, older woman and teenage girls.

PROGRAMMING

It is important to provide the SIDO and CSDO with the support and resources required to develop and deliver innovative programmes and initiatives for the specific target groups they are tasked with activating.

Programme funding is at the core of MSPs engagement with participants and allows for the delivery of a huge range of community, club and school based initiatives, programmes and events. Each year, MSP aims to secure additional programme funding from generated income and investments from partner agencies to support the delivery of these programmes. This funding supports an increase to the delivery of Safeguarding courses, programme funding and club and community development funds. By investing in the development and implementation of innovative programmes and initiatives for underrepresented target groups this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy as well as our own “More People Enjoying More Sports” Strategy 2017-2021.

EVALUATION

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



Figure J: Activity pathway

The role of MSP funded participation initiatives is to move

participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that MSP can present strong visual evidence of the benefits of its work to local partners and stakeholders.

Following evaluation training in 2019, MSP has started to use MI to measure the impact of their work on levels of physical activity. MSP forwards MI data on an ongoing basis to Sport Ireland. This data improves MSPs understanding of what makes a physical activity initiative successful (or not), which will influence how we meet our targets. To date we have forwarded MI data for over 160 participants at baseline. Sport Ireland has received 3-month follow up data for over 100 participants, which indicates that MSP programmes are sustainably moving participants from inactivity to activity.

GOVERNANCE AND RISK MANAGEMENT

Mayo Sports Partnership has begun a process of compliance with Sport Ireland governance code. All 2019 board members have received training on their roles and responsibilities in conjunction with appropriate processes and procedures in place. As MSP is a sub section within Mayo County Council many of the policies and procedures are already in place which is a massive plus for the organisation. A recent audit by Sport Ireland has highlighted risk management, board code of conduct, board review and asset register as areas for improvement. It is a prerequisite for Sport Ireland funding from 2021 onwards that all sports organisations are governance code compliant.



PIC: Sports Inclusion Paddle Boarding Programme at Lough Lannagh

BUILDING AWARENESS

In recent years, one of MSPs biggest difficulties has been building awareness of opportunities amongst the hard to reach target groups such as people from socio economic disadvantage, ethnic minorities and people with a disability. Despite the great work and impressive number of people who complete MSP programmes, this lack of awareness is a limiting factor in the ability of MSP to advocate on behalf of sport locally, to recruit volunteers, to secure investment and most importantly to reach the most challenging target groups. MSP has collaborated with Mayo County Council in the design of a new website <https://www.mayo.ie/sports-partnership> , an online newsletter and a social media platform. One of the biggest challenges going forward is accessing some human resource to continually update these communication mechanisms uniformly.

LOCAL SPORTS PLAN

Action 8 of the National Sports Policy has identified Local Authorities in the development of Local Sports Plans. It is hoped that with the support of Sport Ireland that a the process of a joined up local sports plan could commence in the near future. Selection of a number of pilot areas, by Sport Ireland and local authorities, will commence in 2020.

MANAGING ECONOMIC RISKS

MSP is aware of the downward risk Brexit and now Coronavirus present to the local Economy and that there is a potential reduction in investment from central government in the coming years if the economic consequences prove to be negative. By increasing programme investment over human resource investment, MSP is better equipped to absorb potential economic shocks in the future with reduced risk of disruption to human resource and the associated HR fallout.

Appendices

Appendix A

List of Local Sports Partnerships

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

Appendix B

Glossary of Terms

CARA

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

Club Children's Officer

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

CSDO - Community Sports Development Officer

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

CSPA - Community Sport and Physical Activity Hubs

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

CYPSC - Children and Young People's Services Committees

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

Department of Transport, Tourism & Sport

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

Designated Liaison Person

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

DAF - Dormant Accounts Fund

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

ETBs - Education and Training Boards

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

Fitzpatrick & Associates Review of LSPs

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

GIW - Get Ireland Walking

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

HI - Healthy Ireland

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

HSE – Health Service Executive

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

LCDC - Local Community Development Committees

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

LSP – Local Sports Partnership

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

MSP – Mayo Sports Partnership

Mayo Sports Partnership is a sub committee of Mayo County Council and core funded by Sport Ireland. Established in November 2004 its main remit is to increase participation in sport and maximise use of resources at local level.

NGB – National Governing Body

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

NPAP – National Physical Activity Plan

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

Older People

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

OT – Operation Transformation

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

SIDO – Sports Inclusion Disability Officer

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

SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna

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

SPEAK – Strategic Planning, Evaluation and Knowledge system

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

Sport Ireland

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

SIDP - Sports Inclusion Disability Programme

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

Sustainability (with regard to MSP participation programmes)

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

TUSLA - Child and Family Agency

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

WIS – Women in Sport

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

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

— SPORT IRELAND —

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