

Mayo Sports Partnership



Compháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative



MAYO SPORTS PARTNERSHIP

2014



ANNUAL REPORT

2014

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Foreword



On behalf of Mayo Sports Partnership, we are delighted to welcome this annual report, which provides an overview of the work of the Partnership in 2014.

Mayo Sports Partnership has always placed a particular emphasis on ensuring sport is progressive and attracts participants throughout Mayo, from every age group and from all social backgrounds. This is a fundamental principle of the Sports Partnership which aims to remove any barrier that prevents participation in sport.

There is a wide range of sports and physical activity programmes available through Mayo Sports Partnership. In addition to the 10,632 people that took part in local programmes, an additional 4,259 female participants took part in 10 Women in Sport programmes and over 400 participants took part in the Sports Disability programmes in 2014..

A particular highlight from the report has been the expansion of the Men on the Move programme to 10 locations countywide, the Couch to 5K beginner programme and the Childrens Mini Mini Fun Run as part of the West of Ireland Womens Mini Marathon event.

MSP continues to be very thankful to Mayo County Council CEO Peter Hynes, John Treacy and the Irish Sports Council, HSE West, other local agencies on the Sports Partnership board and Minister Rings Department of Transport, Tourism and Sport for their continued support and investment which enables us to do our job.

Finally, the Partnership thanks all those who have contributed to the compilation of this annual report and also to the team of instructors / tutors who were involved in the many programmes. Special mention goes to the Mayo Sports Partnership Administrator Padraic Durcan, Sports Inclusion Disability Officer Ray Mc Namara, Community and Sports Project Worker Anne Ronayne.

Brendan Mubroy

Chairman
Mayo Sports Partnership

Charlie Lambert

Sports Co-ordinator
Mayo Sports Partnership

Key Findings

This report is the 8th annual report of MSP using the SPEAK self-evaluation system.

Background, Resources and Funding

- €512,412 was invested in MSP in 2014. This figure includes benefit-in-kind funding of €186,000 from partners
- Funding from the Irish Sports Council accounts for 41% of the total LSP funding in 2014, the remaining 59% is raised from other sources. These figures include benefit-in-kind funding.
- 18 people served on the MSP board in 2014.
- In 2014, 4 people worked full-time on behalf of MSP. 2 were 100% directly funded by the ISC with the Sports Disability Officer funded 50%. The Community Sports Project Worker is funded by partners and generated income. Two Interns were also employed under the governments Jobbridge Initiative.

Achievements of Mayo Sports Partnership in 2014

Development of Sports Infrastructure in Mayo

- In 2014, MSP has provided 580 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding.
- 130 clubs / groups were supported in making funding applications and fundraising
- 90 groups have been supported in the delivery of their activities
- 60 groups have been supported with regard to developing their organisational or management structures
- MSP planned and delivered 17 training and education courses, workshops and seminars
- 259 people participated on these courses.

Delivering Irish Sports Council Programmes

Buntús Start

- 349 Pre School practitioners from 132 centres have participated in the programme since its inception.

Active Leadership

- 151 sports leaders have been trained in 11 Active Leader Courses since it commenced.

Code of Ethics

- 373 participants completed 26 Code of Ethics Basic Awareness courses.
- 33 participants completed 2 Club Children's Officer Courses.

Local Programme Delivery

- 10,632 people participated in 78 locally delivered participation programmes.
- An additional 4259 female participants took part in 10 local Women in Sport programmes.
- Sports Disability Inclusion Programme – 403 participants in 18 programmes.

Building and Sustaining Partnerships

- In 2014 MSP played an important role in facilitating 20 networks and forums
- MSP were also actively participating on 9 local committees and networks and held 15 awareness raising events

Information Provision

Over 10,000 individuals contacted MSP in order to access general or specific sport-related information.

Challenges to MSP

Continuing high levels of unemployment have caused us to look at delivering quality sports programmes which might assist this target group in attaining some level of part time employment ie Goal to Work and activity ambassadors Initiative.

Because of the success of the numerous programmes we deliver there is increased demand from groups / organisations across the county for similar initiatives in their area. Capacity and resources becomes an issue as a result.

Financial and in kind contributions from partner agencies on the board towards projects and initiatives is always challenging.

Mental health issues within the county are also a cause for concern especially amongst youth at risk and middle aged men.

Effective use of modern communication systems ie Facebook, Twitter etc is a challenge to all staff.

There is a particular need to provide additional opportunities for teenagers. The roll out of the Active Teens Initiative through second level schools is proving challenging due to work pressures etc of those in the education system.

Haddington Rd work agreement is proving a barrier towards internal initiatives targeting local authority staff for exercise initiatives and also in school programmes ie Be Active After School.

Decreasing discretionary finance available to people is perhaps impacting on peoples participation in sporting activity in clubs, participation in events etc.

There is a need to encourage organisations and clubs to look at the bigger picture and outside their own environment and to look at the possibility of sharing facilities and other resources.

The ongoing issue of obesity amongst all sectors of the population continues to be an issue.

There continues to be a lack of parental awareness of the importance of physical activity and sport. Recognition for participation in sport / physical activity by education authorities and others needs to be prioritised.

Mayo is largely a rural county and isolationism is a major challenge as identified in the Irish Sports Council /ESRI report on participation in sport and physical activity for Mayo.

Need for more qualified leaders and people to champion sport / physical activity in the community Programmes for young people at risk in schools.

Challenge of motivating people towards involvement and participation in sport / physical activity.

Obtaining programme funding to assist our ever increasing range of programmes also proves challenging.



Members of the New Mayo Sports Partnership Board 2014-2019 (Back Row, Left to Right: **James Larkin** Sports Forum, **Tom Doherty** Foróige, **Jimmy Murphy** Mayo Mental Health, **Mick Fahy** Sports Forum, **Gerry O'Neill** South West Mayo Development Company, **Paddy McNicholas** Sports Forum, **Anna Connor** Trails Officer Mayo County Council, **Nigel Jennings** GMIT, – Front Row, Left to Right: **Brian Mescal** Sports Forum, David Horkan in situ for **Liz Murphy** Sports Forum, **Charlie Lambert** Sports Coordinator, **Henry Kenny** Councillor, Mayo County Council, **Brendan Mulroy** Chairman / Councillor, **Thelma Birrane** HSE West.

Other members include **Sean O'Coisdealbha** Údarás na Gaeltachta, **Siobhán Carroll-Webb** Mayo North East Leader Partnership, **Neil Sheridan** Community and Enterprise, Mayo County Council, **Breda Ruane** Mayo, Sligo, Leitrim ETB, **Sean Molloy** Local Engagement Network, **Paul Butler** Mayo Education Centre.



Background, Resources and Funding



I.1 Background to Mayo Sports Partnership

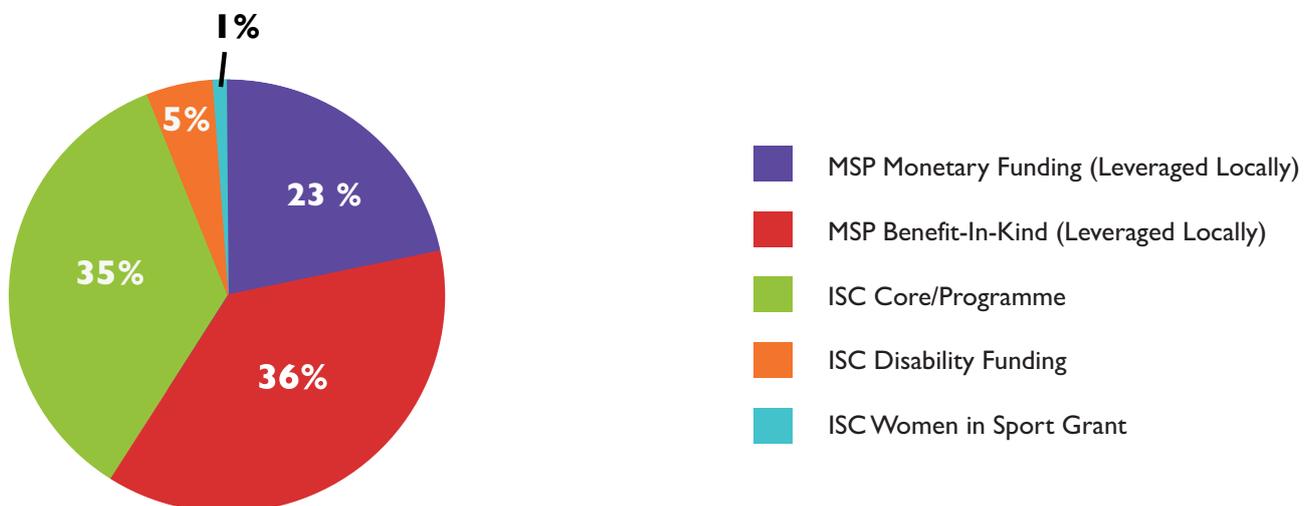
MSP is a central pillar of both Mayo County Councils and the Irish Sports Council's strategies in sport and recreation. This report is the 8th annual report of MSP, utilising the SPEAK self evaluation system reflecting all its workings in 2014.

I.2 Project Funding Sources

Funding from the Irish Sports Council accounts for 41% of the total MSP funding in 2014, the remaining 59% is raised from other sources. These figures include benefit-in-kind funding.

Figure A – Total funding received by MSP in 2014

	Total €	%
MSP Monetary Funding Leveraged Locally	115,872	23
MSP Benefit-In-Kind (BIK) Leveraged Locally	186,000	36
ISC Core/Programme	182,040	35
ISC Disability Funding	25,000	5
ISC Women in Sport Grant	3,500	1
Total	512,412	100



After core funding from the ISC, significant funders and in kind contributors were the HSE, Mayo, Sligo, Leitrim ETB, Mayo County Council, Mayo North East Leader Partnership, South West Mayo Development Company, Department of Transport, GMIT, Udaras, Disability Organisations and the Western People Newspaper.

Irish Sports Council funding to MSP increased by € 1,500 or 1% from €209,040 in 2013 to €210,540 in 2014. MSP monetary funding leveraged locally increased by €3,533 with in-kind support for the Partnership decreasing by €5,600 which accounts for 36% of overall support to MSP.

Total MSP Funding has remained approximately the same as in 2013. The investment of €512,412 is a considerable contribution in promoting sport within County Mayo.

MSP is once again pleased to note that 50% of its costs are being provided locally. This follows a recommendation from the 2005 Fitzpatrick and Associates review of the Local Sports Partnership programme.

I.3 MSP Management and Staff

Boards of Management Participation and Representation

- A total of 18 people served on the Mayo Sports Partnership board in 2014.
- On average 18 hours was committed by the board, including the work undertaken by board sub-committees in 2013.

Mayo County Council and Mayo Sports Forum continue to be the organisations who have the most participants on the board. (See appendix A)

MSP Staff

MSP has staff which are funded by the ISC and staff funded through other sources. Along with the co-ordinator and the administrator, who are funded by the Irish Sports Council, both the Sports Inclusion Disability Officer and the Community Sports Project Worker are funded through board partners and through MSP generated funds. In 2014 MSP availed of the Jobbridge Scheme and employed an assistant Sports administrator and a Sports Development Officer assistant. Mayo County Council employs staff on behalf of the Partnership.

	Male	Female	Total
Full time staff, funded by ISC, other programmes and agencies	3	1	4

Figure B – Mayo Sports Partnership Staff

			
Charlie Lambert Sports Co-ordinator	Ray McNamara Sports Inclusion Development Officer	Padraic Durcan Sports Administrator	Anne Ronayne Community Sports Development Project Worker

MSP also contracted a further 30 tutors to deliver programmes, courses and initiatives within the partnerships structure

2

Achievements Of Mayo Sports Partnership In 2014



2.1 Introduction

The extensive work of MSP is characterised as falling under four main headings:

- Promoting the sustainability of Mayo sporting infrastructure by supporting club, coaches and volunteers
- Working to increase levels of local participation, especially amongst specific target groups
- Building sustainable partnerships across local sports clubs, agencies and working partners to influence and support sports and physical activity provision
- Acting as a provider of information about sport and physical activity at a local level to create awareness and drive opportunities.

2.2 Development of Local Sports Infrastructure

A key priority for MSP is that there is a sustainable level of development within the local sports infrastructure. MSP works with clubs and groups to ensure that structures are in place to enable citizens from across all target groups to participate in a wide range of sport or physical activity options. This sustainable environment is further facilitated through supporting volunteers and coaches to access opportunities to develop their skills and improve the quality of sports participation in their communities.

Funding Work

In 2014, MSP has provided 580 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding. MSP has worked directly with 130 of these clubs to assist them in developing funding applications. Some examples are listed below

Westport Squash Club

Westport Squash Club received funds in 2014 to assist in our junior programme initiative our club has improved considerably in a very short space of time. We have managed to purchase rackets, goggles, balls and very basic footwear for introducing juniors to the game of squash. We are now running sessions for junior members and non-members on Wednesday evenings and Sunday afternoons. Without the funding from the Mayo Sports Partnership this programme would not have been possible. Keep up the good work which no doubt helps to lead and co-ordinate the sustainable development of sport in Mayo, well done and thanks!

Mayo Traveller Support Group

Mayo Traveller Support Group received €1,000 in 2014 from the Mayo Sports Partnership special participation grant. The funding was used to facilitate a womens health and fitness project in Ballina and a men's gym project in Ballinrobe. Both projects facilitated and supported weekly fitness plans and some participants went on to take out a gym membership. The projects also facilitated participants to access their community gym and supported health awareness for diet and nutrition.

Club Development Work

MSP supports existing providers of sports and physical activity across the county and work with sports clubs, communities and individuals in order to introduce new sporting opportunities and sustainable pathways for ongoing participation in physical exercise.. To this end, in 2014:

- Some 90 groups have been supported in the delivery of their activities
- Some 60 groups have been supported with regard to developing their organisational or management structures
- A further 40 groups were assisted in tackling development or policy issues.

This support work assists clubs to improve and develop and helps them to attract and retain members. MSP also plays a key role in advising clubs in the areas of club planning and in the development of inclusive policies. Several examples are given below

Westport Camogie Club

Westport Camogie Club has 125 girls registered from Westport and the outlying areas of West Mayo. As a result of the players enthusiasm it was decided to provide indoor training for 5th and 6th class pupils in winter 2014. This is a new venture made possible by Mayo Sports Partnership.

4 parents and 4 transition year students took part in a foundation coaching course for indoor camogie. This was held in Ballyvary over 2 nights, 3 hrs. per night at a cost of €160. All our participants enjoyed it and were presented with certificates at the end. 8 members of the club including 5 u18s attended one-night training for indoor camogie in Ballina in November. We, as a club, are very happy that we started indoor camogie this year as we can see the benefits to the players both in fitness levels and socially. Finally we have a great group of players who enjoy sport and the resulting social aspect of it. We are very thankful to Mayo Sports Partnership for helping us to extend our training /playing season for the 5th and 6th classes this year and we feel this is a very positive step for the future.

Cáit Geraghty

Treasurer, Westport Camogie Club 2015



Minister Michael Ring presenting Westport Camogie Club with their SPG 2014 funding

Newport Sea Angling Club

May 2014, Newport Sea Angling Club was awarded funding from the Mayo Sports Partnership. The club used the funding in the following months to purchase shore angling equipment in order to develop a junior shore angling branch of the club. Our aim was to introduce shore angling to approximately 25 new young anglers ranging in ages from 11 years to 18 years of age.

The purchase of new equipment for the club would not otherwise have been possible without the funding provided through the Mayo Sports Partnership.

The equipment allowed young anglers to experience the joys of shore angling without incurring the expense associated with the purchase of new equipment when trying out a new sport for the first time.

The numbers of Junior Anglers representing their club in shore angling events both in the Connaught Region and on a National level is in decline. We feel, as a club, we have a duty to try to sustain the existing numbers and encourage new anglers if possible. If a Junior Angler is encouraged and nurtured in the right way, he or she will go on to become a Senior Angler in the club and help sustain numbers into the future.

Declan Moran

Newport Sea Angling Club

Erris Irish Wheelchair Association

In the past year the numbers of service users taking part in sports has increased from 6 to 19. This is a major increase and the impact these programs have on these people's lives cannot be measured.

Boccia is very popular with two teams travelling and participating in Monthly league games, we have hosted the game in Belmullet on a few occasions and we have made great friends along the way, for example the Ballina active retirement have visited our centre in Belmullet on to occasions to have a game of Boccia and some fun and crack with our members. It's lovely to make connections like this with other clubs and interact with clubs outside competition is wonderful.

Rosaleen Lally

Erris Irish Wheelchair Association

Rehab Care Soccer Club

Rehab Care soccer group has increased from 8 members in 2009 to 21 members in 2014.

This is a direct result of development changes made by ourselves and MSP. The group is divided into ability so all ranges can participate. One of the challenges of this are staff resources and the ability to fund a hall to take the larger capacity.

Out of this group interest in other sports was shown, i.e. tag rugby. This was added as an additional group in 2014. MSP has also established a network of other teams that our service users meet and play against.

Training and Education Courses

MSP provides quality opportunities for education and training at local level for volunteers, coaches and administrators.

- MSP planned and delivered 17 training and education courses, workshops and seminars with their partner agencies
- 259 people participated on these training courses.

Similar to previous years the most popular courses run by MSP were Club Development Courses ie First Aid, Social Media Training etc, Sports Seminars, Active Leadership, Disability Awareness/Inclusive Games Training, Be Active After School Training, Walking / Cycling Leader Training and coach education.

Be Active After School Activity Programme

This programme funded through the HSE and delivered through the LSP network was established to provide 7 to 8 year olds in primary schools additional opportunities to participate in physical activity sessions outside of school time. 22 Schools are engaged in the programme with 59 teachers trained since the commencement of the initiative in 2013. In 2014 two training workshops for teachers took place one in Castlebar and the other in Ballina. Teachers are provided with resources to enable for them to set up an after school programme in their school with the assistance of parents, volunteers etc.

Goal to Work

Established initially in 2012 to provide 12 jobseekers with the necessary skills to seek employment as sports coaches in their local community. 59 sports coaches have completed the programme to date with 50% of course 1 having received some part time / full time work. In course 2 only 2 of the 13 are full time unemployed with 2 seeking internships, 3 on education courses, 3 working in sport and 3 working in other areas. In 2012 a third course took place in Ballyhaunis targeting the East Mayo area. 2013 saw the course delivered in the Erris area. 2014 saw another course taking place in Swinford which also led to several trainee coaches obtaining employment and internships. The success of the programme is such that it is planned that the model will be rolled out in 2015 nationally through funding obtained from Dormant Accounts . Goal to Work is an award winning programme under the Aontas Adult Education Awards.

Foundation Level Cycling Training Course

Due to the huge growth in cycling in Mayo and the formation of new clubs in Achill, Islandeady, Claremorris and Ballycastle Mayo Sports Partnership in association with Cycling Ireland held the above training course in November 2014. Overall 15 clubs were represented with 24 participants trained with plans for a follow on Bike for Life Course in Spring 2015. With the formation of a Bike Week Steering Committee it is planned that these volunteers will be a resource for the committee to roll out participation events across the county.

Operation Transformation Training Workshop for Communities

The overall aim of this training was to assist clubs who may be interested in setting up an Operation Transformation Programme in their area. Following the success of the Operation Get Active Campaign in 2013 over 25 groups / communities registered with the initiative with 10 groups attending the training which was delivered by Frank Fahy Fizzical Ltd. Overall the training provided volunteers with the tools to set up a group in their locality and to link in with Mayo Sports Partnership in relation to resources, templates, posters, promotion etc.

2.3 Delivering Irish Sports Council Programmes

The Code of Ethics national programme for Child Protection in Sport is the flagship programme delivered locally by Mayo Sports Partnership.

Code of Ethics

The Code of Ethics training programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

The Code of Ethics programme consists of two workshops:

- A 3-hour basic awareness training module for leaders within sports club and
- A further 6-hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.

There was considerable demand for courses in 2014 due to increased awareness amongst clubs and sports volunteers. 10 courses in the basic awareness would have been directly organised by MSP with the remainder privately booked by clubs / organisations.

Childrens Officer Courses were very popular this year mainly due to heightened awareness in clubs that changes in legalisation are imminent.

In 2014, 373 completed Basic Awareness training on 26 courses run by MSP.

	Basic Awareness			Club Children's Officer		
	2012	2013	2014	2012	2013	2014
No. of courses delivered	(16)	(17)	26	(2)	(2)	2
No. of participants	(219)	(320)	373	(23)	(21)	33

Figure C - Summary of Code of Ethics outputs for 2012, 2013 and 2014. Figures in brackets are for 2012 and 2013.

Throughout the year of 2014, I was often struck by the impact that the Child Protection training courses were having in sports groups and communities. The Courses encourage sporting organisations regardless of their size, age or funding stream to devise, develop and implement a range of child centred approaches in the Club through the implementation of the recommended best practice contained in the Code of Ethics and Good Practice for Childrens sport which is known locally as the "blue book".

There was an acknowledgment that implementing best practice benefited everyone e.g. children, parents/guardians and volunteers and sports leaders themselves. Some of the most memorable moments for me as a facilitator was listening to a Soccer club from Westport speak about how they implemented the learning from the 3 hour COE course. The coach said "one weekend we travelled to North Mayo for a safe match, sure we were going to win and our result was in the bag. The other team proved tougher than we thought and we ended up losing the game. I wondered if the boys would be annoyed on the way home on the bus, blaming each other and putting each other down. We stopped at a take away shortly after getting on the bus, got the boys bags of chips and turned the radio up and we were all singing along with the music. There was no blame, no tears, no bad feeling, nothing. We taught them to put the team and each other first and the Code of Conduct meant that no one on that bus felt they were to blame for the result nor did the blame anyone else".

When I asked the coach if the Child Protection training the volunteers and club had received made the difference, he answered "without a doubt".

Louise Mc Bride,

Child Protection in Sport Tutor

2.4 Programme Delivery

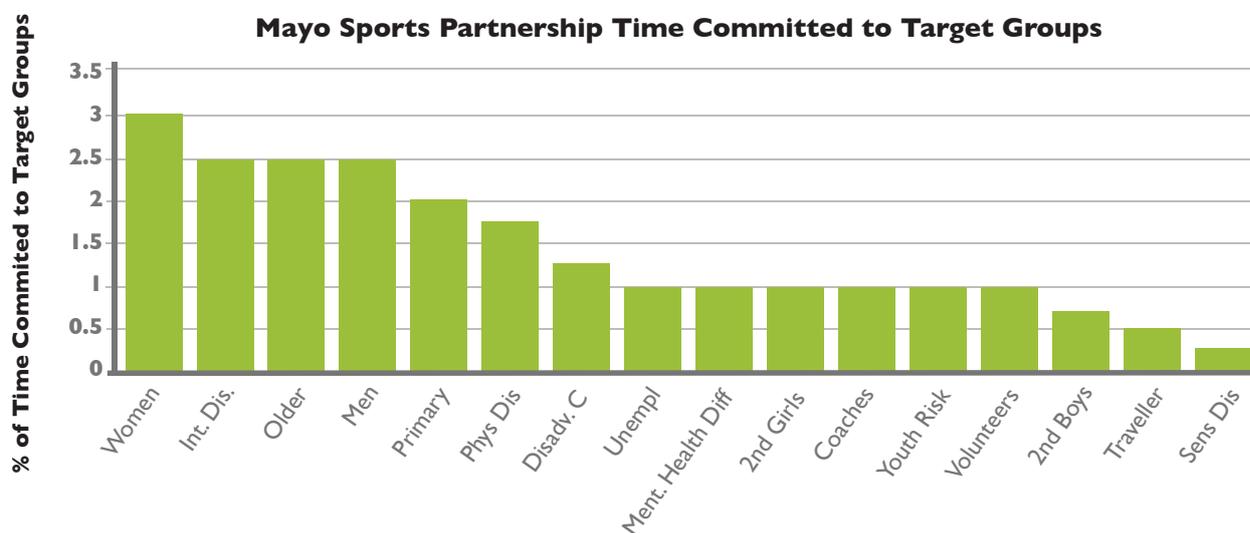
MSP uses its local knowledge and expertise to identify specific needs, and thus to plan, develop and implement targeted programmes to directly increase the levels of local participation particularly amongst the harder to reach social groups. In 2014, MSP maintained its robust delivery and support of an innovative range of participation programmes:

- 10,632 people participated in 78 locally delivered participation programmes
- An additional 4,259 female participants took part in 10 local Women in Sport programmes
- 24 % of MSPs time was spent directly or indirectly on supporting target groups. The chart below outlines the profile of the people in the Community with which Mayo Sports Partnership works, and how they fall into particular Target Groups. As the chart shows, MSP spends most of the time it spends working with Target Group Women aged 18-50.



Castlebar Schools / Public Bike Week Cycle

Figure D - Breakdown of time spent with primary target groups in MSP local programmes in 2014. NOTE: 24% of MSPs time was spent directly with above target groups.



MSP strives to deliver programmes that reach both the general public and the hard-to-reach groups and minorities to ensure that everyone has a chance to take part in some form of physical activity. Delivering close to 80 quality programmes across the county requires proper planning and evaluation to ensure that the recipients are getting the best experience possible. MSP is constantly learning from the outcomes and feedback from participants. This type of feedback is very important to ensure that programmes are running effectively.

MSP continues to answer the demand for organised events which appeal to the general public. From the growth of the Western People West of Ireland Women's Mini Marathon and the popularity of the Operation Transformation walks and runs, MSP continues to provide high quality events for those new to physical activity, and to those already participating. These mass participation events allow MSP to reach a much greater audience and MSP can continue to direct participants to other programmes to ensure they stay active.

MSP plays a key role in providing opportunities for those people who may not have direct access to organized sport or physical activity. MSP creates programmes that will help break down these barriers for the minority groups that might be affected i.e. people with disabilities.



5th West of Ireland Women's Mini Marathon

Erris Water Come & Try It Activity Day

The Erris Water Sports Come and Try It activity day for people with a disability was a tremendous success from the point of view of the service users who had an absolute ball, and for the Uisce staff and our staff, because it was very much a trial and error situation. But to say it went well would be an understatement. Our members were assisted onto the catamaran and had a trip each around the bay and learned about the boat and how it works, Nicolle also had a spin on the power safety boat which she loved. The staff couldn't do enough for us and were more than accommodating to our needs. One service user said "it was the best experience of my life" Noel Cawley said "Man what a BLAST" they truly loved every second of it.

Rosaleen Lally Erris – Irish Wheelchair Association



Erris Outdoor Disability Day

Balla Community

On a personal level, my friends and I have availed of the Couch to 5K programme which commenced in October 2014. This we thoroughly enjoyed and have now progressed to running with the Fit 4 Life group with the intention of increasing our distance. Some of our partners have also joined the Men on the Move initiative and other initiatives the Mayo Sports Partnership have pioneered.

Here in Balla National School the teachers and staff participated in the Buntús Training and other coaching/training programmes. The pupils have access to the whole Athletics programme organised by the Partnership and attend the wonderful facility of the running track in Claremorris in order to do this.

Clubs in the area have availed of Child Protection Training and coaching courses and parents and the wider school community have all availed of many of these initiatives part funded and organised by the Mayo Sports Partnership also.

I cannot commend the work of the Mayo Sports Partnership highly enough and all the advantages it brings to the welfare of both children and adults alike. Its members do Trojan work to help facilitate and encourage sport and exercise in our community and this work benefits both the physical and mental health of every member of society. This is surely an essential component of life in 2015.

Neassa Maloney

Principal Balla National School

Mayo Parkrun Initiative

Over the last number of years Mayo Sports Partnership has helped to raise funds and set up a number of parkruns within the County, this has proved to be hugely popular and a fantastic way of bringing every age together in a recreational setting.

parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These events take place in pleasant parkland surroundings and encourage people of every ability, from those taking their first steps in running to Olympians, from juniors to those with more experience.

Castlebar parkrun takes place every Saturday at 9:30am in Castlebar Tennis club, Lannagh Road, Castlebar. It is not a race against other runners, but a recreational 5k timed run and it can be whatever you want it to be, whether that's for fun or as part of a training plan.

It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy the beautiful scenery of Lough Lannagh and get physically active into the bargain. We want to encourage people to walk, jog or run together irrespective of their ability ? this event is truly open to all and best of all it really is FREE!

Parkrun also takes place every Saturday morning also in both Ballina and Westport at 9.30am. For more information go to www.parkrun.ie

Maggie Heneghan Castlebar Parkrun



Ballina parkrun was launched in November 2014

2.5 Women in Sport Programmes

In 2005, research conducted by the ESRI for the Irish Sports Council revealed that less than one in five Irish women came close to achieving the accumulated 30 minutes of physical activity per day, for at least five days per week, as recommended by the World Health Organisation for good health. The research also showed that approximately the same proportion of women was sedentary.

The 'Women in Sport Initiative' launched by the Irish Sports Council in 2005 also set out to address findings that the involvement of girls and women in sport and physical activity at school age and in adult life has tended to be much less than that of their male counterparts. The overarching objectives of the Women in Sport programme have been to raise overall physical activity levels among women and to support women's roles within sports organisations. A specific fund is allocated to Women in Sport programmes across the LSP network. An additional 4,529 female participants took part in 10 local Women in Sport programmes in 2014. Nine years on we have a good chance to assess where we stand in relation to women's participation in sport and physical activity using the results from the Irish Sports Monitor (ISM). The ISM was introduced in 2007 to monitor participation in sport and physical activity among adults and to identify trends in sports participation. According to the latest results for 2013, almost 1 in 3 women met the National Physical Activity Guidelines through sport while just one in eight women were sedentary.

The 2013 ISM also reports that almost 49% of women in Mayo are taking part in regular sport i.e. at least once a week. This is the highest recorded participation rate for women since the ISM was introduced in 2007 and is the highest in Ireland.

Fit4Work

A bit about me: My name is Orlagh Heverin. I work in Mayo County Council, a sedentary position. I've never really been sporty. I enjoy walking and love to swim, but these were more leisure activities for me. I would like a lot of women, struggle with my weight.

Walks at lunchtime: Initially the first programme I did with Sports Partnership was lunch time walking. It was so good to get outside and away from the desk and get some exercise.

Fit 4 work: I heard about Fit 4 work through e-mails at work. I joined a lunch time boxercise class. The tutor was excellent and really encouraging and I really enjoyed every Wednesday lunchtime as well as getting some exercise. I did maybe three rounds of the classes at lunchtime. Then I started to attend the tutors class in the evening, outside fit 4 work.

Couch to 5K: Through e-mails at work I learned about the couch to 5K. I've always wanted to be able to jog and I never thought that I could. The couch to 5k programme seemed perfect for me. I signed up for a class. The instructors again were amazing. Gentle when required, encouraging, pushing you at points. Each week I was able to jog twice as much as the week before. My confidence gradually built. My improvements are small but I'm proud of them and I'm less self-conscious. I found being part of a group very encouraging. I would keep pace with someone who was jogging at the same level as me and that kept me jogging more than I would normally have. I am delighted that I'm still at the same level that I was at when I left the last round and I hope to improve more. Maybe someday I might be able to jog the West of Ireland's mini marathon.

Orla Heverin

Mayo County Council

Further details on specific programmes aimed at target groups are included in the section 3 of this report.

2.6 Building and Sustaining Partnerships

Networks and Forums

MSP actively engage and promote a wide range of networks and forums at local, regional and national level. In 2014, MSP facilitated 20 networks and forums.

These networks and forums bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners to provide opportunities for partnership endeavours that influence and resource sports and physical activity at county, regional and national level.

These channels allow for an increase in the reach of MSP, as well as profiling ongoing work. Networks and forums communicate the core message of the importance of sport and physical activity. They are also a sounding board for advice and recommendations as to what MSP can do to assist sports clubs and partners.

MSP has also established and participated actively in networks and forums with a specific focus on certain activities and target groups.

Men on the Move County Network

2014 saw the growth of the county wide Men on the Move Initiative to include 10 different locations across the county. This programme which targets Men aged 30 plus for increased physical activity and wellbeing engages local partners such as community organisations, sports clubs, agencies, volunteers etc. A network of activity leaders was formed and this network meets at least 3 times a year to review the programme and to plan ahead for the coming season. It also acts as an information resource for leaders / partners in relation to information sharing and best practice. A national network of a number of counties involved in the Men on the Move programme was also recently formed in late 2014 for the purposes of a National Mens Health Study. This network will be meeting on an ongoing basis with funding secured from the HSE for an intervention programme commencing in 2015.

During 2014 the Mayo Men on the Move Programme has expanded and developed further. The Programme now runs at 10 locations and is a very successful example of Partnership working between the HSE and Mayo Sports Partnership. The Programme is a unique example of delivering a low cost physical activity programme to men who are at significant risk of serious health problems. The success of the Programme is due, I feel to the strong partnership working which has developed here in Mayo between the HSE and the Mayo Sports Partnership, which is also evident in other programmes. The HSE locally here in Mayo are fortunate to have a Sports Partnership who are capable of organising and delivering a programme of this nature in 10 locations and having an active participation rate of approximately 300 men per annum.

Laurence Gaughan

Development Officer HSE West

Mayo Walking Trails Partnership

Through collaboration with this committee and in particular Mayo County Councils Trails Officer Anna Connor the annual Mayo in Motion Walking and Cycling Month is facilitated and promoted. Walking and Cycling has gone from strength to strength due to support in training, resources, information and awareness by members of the committee and their agencies / groups. Further partnerships in the Operation Transformation Walks have resulted in many communities organising their own walking groups, working also in tandem with Get Ireland Walking will see further development of walking groups in 2015.

Awareness Raising and Committee Work

MSP engages in a range of local activities in order to promote the key messages of the Sports Partnership initiative. This may involve membership of relevant committees or structured involvement in awareness raising events.

MSP monitors the number of awareness raising events in which they have played an active role. In 2014, MSP participated in 15 such events.

Erris Healthy Options Week

As part of an initiative to promote healthy living in the Erris area the HOPE project co-ordinated an awareness day which MSP were asked to have an information stand at. As a member of the Erris Community Health Initiative and delivering participation initiatives for all sectors of the population in Erris it provided a useful medium in letting the public know about what we do.

Expos - Jobseeker Training and Education & Mens Sheds

In 2014 MSP had information stands at several of the above events which provided MSP with a useful connect with hard to reach groups. Information on Goal to Work and Men on the Move programmes were particularly relevant to these target groups and several people were signposted to groups.

Monthly Radio Programmes on Local Radio

Castlebar Community Radio and Mid West Radio regularly request MSP to go on air and at times host their own programme to raise awareness about participation opportunities.

Participation in such events highlights the manner in which MSP is embedded in the local community infrastructure. They provide significant platforms in which the work of the Partnerships and their key message of the importance of sport in community life can be highlighted. A further example of the extent to which MSP IS an important part of the fabric of the community relates to the ongoing demand for our time and expertise in committee work. In 2014, MSP actively participated on 9 local committees and networks

2.7 Information Provision

MSP acts as an information hub and point of contact for the community. As MSP enables information sharing, it also works directly with the public to advise, signpost and refer them to the most appropriate next step. This can be a link to a sports club, to a community based organisation or to a volunteering opportunity.

Clubs and sports volunteers recognise that MSP channels participants and interested parties to their doors. The relationship between MSP and the community is based on being a trusted and meaningful source of expertise.

In 2014, almost 10,000 individuals contacted MSP in order to access general or specific sport-related information. Furthermore, almost 500 individuals from all target groups have dropped into MSP in person. MSP is making use of their web presence and social media platforms to promote their activities and resources and to promote their message. These platforms are also becoming increasingly important for MSP in their networking and profiling activities.

3

Mayo Sports Partnership Programme Case Studies



3.1 Introduction

This section presents examples of MSP work practices and case studies of interaction with key target groups leading to capacity building of volunteers and sustainable participation.

Each case study demonstrates important elements of MSPs approach:

- In depth awareness of the needs of the communities.
- Effective delivery of opportunities for sport and physical activity to the wider community, but especially to hard-to-reach groups who are not engaged in mainstream sports.
- Engagement in a partnership approach with a wide range of local links, highlighting the extent MSP is embedded within the local community and local sports infrastructure.
- Focus on the sustainability of programmes through follow up work and collecting feedback.

3.2 Empowering and Acknowledging Volunteers

MSP assists clubs and sporting organisations on the ground in attracting, retaining and up-skilling people to give of their time. MSP provides a range of training programmes, resources and supports for volunteers to grow and sustain their involvement, and to maximise the effectiveness of their voluntary time.

MSP continued to play a critical role in 2014 in supporting club development and sustaining voluntary commitment across the county. Through its direct development work with clubs and sporting organisations on the ground, MSP ensures a steady growth of sport-related volunteerism across Ireland.

Empowering Volunteers

The following example of the Go for Life Games Programme demonstrates the manner in which MSP helps to build capacity in communities. The focus of this national programme is on older people, with a specific leadership component. It works with members of local groups and communities of older people who have an interest in physical activity within their groups. The programme leads to increased capacity among the volunteer base across the county. MSP works in conjunction with Age and Opportunity and the HSE by facilitating Go for Life Games taster days locally. The aim of these taster days is to provide information, ideas and skills to leaders so that they can implement the Go for Life Games in their own community. Games leaders tend to be members of community groups like active retirement associations or clubs. MSP networks with older adult groups locally and can direct them to such taster days. MSP can also help access venues locally, keeping costs down for such training, this approach allows more self-sustainable activity to take place without the need for as much involvement from MSP or other supports.

Case Study:

Go for Life Games

Background

As a result of interest from local active 55's and active age groups in becoming more physically active the Go For Life Games were a perfect programme to run for interested groups.

Through the work done by Mayo Sports Partnership in the Active 55's area and programmes that had been developed there was a greater demand for older people's activities.

From having a good working relationship with Age and Opportunity and looking at work that had already been done in this area Mayo Sports Partnership outlined the support that they were able to provide for programme start up.

Programme Objectives

To promote physical activity to older people in communities throughout county Mayo.

To increase awareness of the benefits of physical activity to older people

To create links between groups as to encourage interaction and activities between different communities.

Programme Outline

The first stage of the programme was to have a Go For Life Games Training Day. This was advertised in local media social media and website as well as contacting all existing active age groups to send 2 people on the training day. From this leaders would go back to their groups and show their groups how to play the games. Support was also provided by MSP to any leaders that needed additional help in getting their groups active. Each group were provided with equipment so that they could run activities with their groups. Another games day was then held where all groups brought members of their groups together to participate in a Go For Life Games Day. From this 3 different groups were chosen to participate in a regional games day with the emphasis on participation.

Tutor

Age and Opportunity provided a tutor for the training.

Leaders

Each group had now a trained leader to show each group how to play

Facility

MSP provided a facility for the training and the games day and age and opportunity provided a facility for the regional day.

Promotion

MSP and Age and Opportunity along with local contact all assisted in promoting the activities through social media, print media email, text word of mouth, radio etc.

Costs

- Approximately €1500 was spent on the programme €1000 was on equipment
- €2000 was in kind input from Age and Opportunity
- Outputs
- 12 groups received training in Go For Life Games 36 leaders in total
- 62 participants participated in the Games day ran by MSP
- Leaders now run the programme with their local group

The training day and games days both county and regional were a huge success. Another county games day is planned in 2 locations in 2015 and it is hoped that Mayo will have a team at the national Go For Like Games finals in Dublin in June. 36 trained leaders in Go For Life Games.

Numbers Participating

- 62 at County games day
- 180 in local active age groups

Sustainability

36 new Leaders to run a new programme in 12 different groups that offers physical activity opportunities to the senior members of our communities also providing them with a social outlet to meet and talk to other people which cannot be underestimated. It has also revitalised groups that were struggling a little with numbers and activities to participate in.

Local groups such as ICA, Arthritis Mayo, IWA all sent participants to the leader training day so that they can deliver this programme to their members

Quotes

'I wish to acknowledge the importance of our group's sports grant and the guidance of the personnel of the Mayo Sports Partnership, to all the Mayo local sport units and the community groups.

Our local Young at Heart Group are particularly grateful for the support and guidance of Ray Mc Namara and his team in organising our monthly Boccia day at Breaffy Sports Centre and the Mayo Sports Partnership support in organising our weekly go for life games and exercise at Parke and Turlough community centres
Benefits of M.S.P. grants to Mayo Seniors Groups give great return in health benefits to our communities and to their social/recreational life.

I wish to thank all at Mayo Sports Partnership for their care and attention to the Seniors Groups in Mayo.'

Sean Horkan

Turlough Young at Heart

Next Steps

To ensure groups continue to participate and to encourage new groups to join the programme.

There is 2 Go For Life Games days planned for March and May 2015 to encourage more groups to get involved in the programme. Mayo also hopes to have a team at the national games in Dublin which take place in June.

Facilitate grants from Age and Opportunity to MSP and local groups.



Participants in the Go for Life Games Day November 2014

Acknowledging Volunteers

As well as supporting and up-skilling volunteers through a wide range of training programmes, MSP works to validate, recognise and reward the effort of volunteers through national awards schemes.

The first national Volunteers in Sport awards³ were presented in 2007. The awards scheme was designed to recognise the contribution, commitment and dedication of volunteers who give of their time to sport every year. Sport remains the single biggest driver of voluntary activity in Ireland. The awards are presented by the

Department of Transport, Tourism & Sport, the Federation of Irish Sport, the Irish Sports Council and The Community Foundation for Ireland to recognise coaches, managers, officials and administrators who give of their time to grow and develop amateur sports.

The commitment, dedication and leadership of Ireland's sporting volunteers, estimated to be in the region of 470,000 people, allow athletes and communities to participate in sport all around the country. It is estimated that well over a

million hours are put into sport on a weekly basis by adults volunteering in sport. Ten winners are selected annually to receive an award from the nominations received. An Overall or Lifetime award to honour a volunteer, who has consistently given of their time for a sport, a team, or an event over many years, is also awarded.

Previous winners from Mayo have included Eric Reilly from Erris Utd and Jimmy Corbett Carnacon Ladies GAA. In 2014 Mayo received its 3rd award when Ernie Deasy Aughagower Athletic Club was acknowledged in the Sporting Official category. Minister Michael Ring TD at the launch of the 2014 awards stated that “The work of volunteers is the foundation on which sport in Ireland is built – without volunteers there would be no sport in Ireland.”



Minister Ring presenting Ernie Deasy Aughagower AC with volunteer of the year award 2014

3.3 Tourism / Community

Mayo and in particular the Westport region has developed a name as an outdoor recreation haven with walking, cycling and adventure sports in particular very popular. The West Mayo Municipal Council has developed a unique training programme which seeks people who are jobseekers to become Activity Ambassadors for the Westport area. Launched in 2013 it has expanded in 2014 to include activity programmes for the local community while catering for the visitors who are looking for a unique experience of the area. The below case study of the Ambassador Programme gives more detail on the initiative:

Case Study:

Westport Activity Ambassador Programme

Introduction

In 2013 the Get Out There! Action Plan was developed by Westport Town Council and Mayo Sports Partnership. The actions including the Activity Ambassador Programme resulted from a combination of research reviews and consultation with sports clubs, community organisations and tourist bodies in the town and environs.

Programme Objectives

1. to positively contribute to activity tourism in the town of Westport
2. to increase physical activity levels of residents of the town and particularly those of low-participation groupings.
3. to provide a sustainable pathway for jobseekers interested in sport and tourism to gain work experience in the industry.

Programme Partners

Mayo Sports Partnership
West Mayo Municipal Council
Westport Tourism Organisation
Fizzical Ltd
Mayo County Council
Cycling Ireland

Programme Outline

The Activity Ambassador programme has been developed by Westport Town Council in association with the Mayo Sports Partnership and Westport Tourism Organisation in an effort to increase participation in sport and recreation for both visitor and resident. Initially 6 Trainee leaders completed an intensive 4 week long training programme which included elements such as walking, cycling, first aid, child protection, soft adventure, customer care, social media / promotion, planning etc. In 2014 a further 2 leaders were recruited all through the governments Jobbridge initiative. Leaders actively engaged with recreation providers in the creation of complimentary programmes and also with Westport Tourism Organisation, Westport Leisure Park and Accommodation providers.

The programme runs on an ongoing basis with the emphasis in the summer months on visitors / tourists and in the off season on locals / community.

The Activity Ambassadors develop and promote a weekly activity list in association with local sporting, cultural & visitor attractions and also provide for delivery of activity programmes for specific groups/families.

Cost

Approximately €10,000 on the training programme, recruitment and facilitation

€5,000 through training from Mayo Sports Partnership, Mayo Trails Partnership, Mayo County Council recruitment and Westport Leisure Park who hosted the programme

Number of Participants

Close to 1,000 visitors to the town would have been impacted by the programme in 2014
60 locals would attend the community walks

Programme Challenges

As the programme recruits participants through the governments Jobbridge Scheme it is difficult to recruit enough personnel to work in the programme. Also the scheme may not be incentivised enough to ensure those who take up the internships continue for some time in the role

Sustainability

In 2013 and 2014 the Activity Ambassadors were recruited through the governments Jobbridge Initiative. In all 6 ambassadors took up the placement with just 2 remaining on post training. It is planned that at least 2 would be taken on under a local employment scheme to act as co-ordinators for future placements. Current indications are that future ambassadors would be community volunteers who would be either retired or have time on their hands.

Outputs

A co-ordinated summer programme of activities is scheduled in the tourist town.
From Autumn time activities are organised around four Local Community Centres in the town:

- McConville Park
- Sharkey Hill,
- Tubberhill
- The Quay Community Centre

Increased community usage of the Greenway Network around the town
A team of community leaders.
A weekly free 5K ie parkrun
Increased collaboration between community and local authority.

Quotes

As “Westport Activity Ambassadors” we are offering the residents of our communities an opportunity to become active in an informal, non competitive and most of all in a friendly atmosphere.

Lorella Errani – Westport Activity Ambassador

“The foresight of the West Mayo Municipal Council in recognising the tourism potential of developing Westport as an “Activity Capital” should be complimented. The various initiatives which have been developed has helped to integrate locals with visitors alike thus ensuring a more positive experience for all. The legacy of this development has led to an all year round culture of participation in the 3rd largest town of the county and shows how sport development can make a difference in improving everyone’s quality of life”

Cllr Brendan Mulroy

Next Steps

Mayo County Council and Westport Tourism Organisation are re-launching the Westport Visitor & Activity Ambassador Programme and are seeking volunteers who may be able to offer a minimum of two hours each week. The scheme was piloted very successfully in 2013 and the concept is that the ambassador will welcome visitors to the town and inform them about its facilities as well as the many activities available in the area. It’s about providing visitors with a céad míle fáilte and a great experience. Ambassadors are also encouraged to get to know Westport’s unique hidden gems themselves so they have first-hand experience when making personal recommendations. Example task of the Activity Ambassadors ‘Westport in a Jiffy’ is one activity already piloted in Westport and hailed as popular by visitors. It involves a walk that can last approx 20 minutes and guides people to all the main access points, side-streets, routes to the Quay and Westport House, as well as the Greenway and other attractions and services.



Westport Activity Ambassadors meet Minister Michael Ring

3.4 Low Participation Groups

MSP works to increase participation levels among specific target groups. These groups include women and girls, older people, people with disabilities, unemployed people, and those who live in identified disadvantaged communities. Each year, MSP designs new programmes to engage with these target groups working in collaboration with local partners, to connect with the harder to reach groups within the community
People with a Disability and Disadvantaged Areas

MSP has continued to develop a range of programmes that seek to enhance the engagement and participation of people with a disability and those who are disadvantaged. MSP has developed an integrated approach to promoting participation opportunities for these target groups. The below example is one which involves the collaboration of agencies at a national and local level while also drawing on the goodwill of local volunteers etc.

Case Study: **Sportshall Athletics for Primary Schools**

Background

The programme was part of the CARA Xcessible Inclusive Youth Sport Initiative in which 2 Special Schools participated in. Following this pilot it was rolled out in primary schools in north Mayo, to target Children in Primary Schools in the Erris area. As there is no athletics club in the Erris area this programme is seen as an opportunity to introduce children to athletics. Each school received correspondence on the proposed programme and sent back an expression of interest form to the sports partnership. Information was sent to participating schools giving days and times that an instructor would call to their school to deliver the initiative.

Programme Objectives

Encourage children to become more physically active
Create athletics opportunity for children who would not already have such opportunities.
Make it a sustainable programme for the future which fed into local clubs

Partners

MSP
Mayo County Council
Ballina Athletics Club
CARA Centre Tralee

Numbers Participating

A total of 62 pupils took part in the eight week programme with 45 pupils participating in the jamboree for special Schools.

Over 700 children took part in the Erris programme with over 400 coming together for a little athletics jamboree on the final week.

Costs

Approximately €3,000 was spent with a further €1,000 in kind contribution from partners

Programme Outline

The programme started in January and continued every Wednesday in St Anthony's Special School Castlebar and St. Dymphna's Special School Ballina for 8 weeks with the programme finishing up on 5th March with the two schools coming together for a jamboree

While very well received in both schools with both teachers and pupils really enjoying the initiative and finding it very beneficial, the programme has had a huge impact on the pupils from improvement in balance, coordination and skill. Ballina Athletic club backed the programme providing coaching backup and support. Length of the Erris initiative was 12 weeks where a leader/coach visited each school on two occasions. Human resources included MSP staff working on the application process, putting the programme together and dealing with queries, deliver, trained leaders etc.

Activities included Long Jump, Javelin, Speed Bounce, hurdles Obstacle relays

Sustainability

One of the schools involved in the programme has purchased some little athletics equipment and plan to do activity on a regular basis.

IWA in Belmullet plan to develop an activity club for children with a disability and incorporate the little athletics programme.

In total between the schools and organisations there would be 8 new volunteers.

Programme Outputs

Over 700 children took part in the programme with over 400 coming together for a little athletics jamboree on the final week.

One of the schools have purchased some little athletics equipment.

The coaches were surprised at the level of ability of lots of the pupils as they would not have much experience in coaching people with a disability. The improvement in the performance of the pupils from start to the finish of the programme was very evident and surprised the coaches in that they did not expect such an improvement in such a short space of time



Pics: Teachers and Children of St Dymphnas Ballina who participated in the Sportshall Athletics programme



Quotes

- Excellent organisation, activities were available for pupils with a range of disabilities, physical needs
- Ray had a fantastic relationship with the pupils
- I found the programme encouraged all the children to embrace sport and working together as a team
- I enjoyed the relays and doing the long jump

Next Steps

From our perspective i think the programme was great and the enjoyment alone that the participants got from the activities was clear to see. It has also created a relationship between the school and their local athletic club ie Ballina which will offer opportunities in the future to further develop their skills and get involved in their local clubs. This programme is running again in Spring 2015 with view to having all schools in the area involved in the programme.

The teachers thought that the programme was brilliant and that it created such a buzz with the pupils as well as the learned outcomes.

3.5 Healthy Living Programmes

Mayo Sports Partnership has engaged in partnerships with local organisations and health professionals to develop and implement a range of bespoke programmes at community level that aim to challenge and address the current crisis of inactivity and poor lifestyle choices in relation to diet etc. These programmes work directly with families, schools and communities to offer clear messages and raise parental awareness regarding healthy lifestyles. Programmes aim to improve fitness and increase physical activity levels through educational and practical sessions. The ethos underpinning this type of programme is that there is provision of opportunities for participation and learning made available for all children when they need it, where they need it. One such healthy living programme was the Davitt College 2nd Year Healthy Living Programme run in Castlebar. This project worked with young people to develop a healthy approach to drugs, alcohol and other lifestyle choices

Case Study:

Davitt College 2nd Year Healthy Living Programme

Background

This programme targeted 2nd year students encouraging them to be more aware of their health generally. Funding was allocated from Mayo Drugs and Alcohol awareness task force and the organising committee felt that as there was already an existing programme for 3rd years in relation to junior cert and alcohol that this would be a great intervention programme leading into the 3rd year programme.

Initially there was a consultation process between members of Castlebar sports forum comprising HSE, MSP, GMIT, MTSG, South West Development Company, Gardai and the Secondary School. Together we identified the target group for the project, the school (mixed school), the type of programme that was felt to be most influential of have the best impact.

Programme Objectives

Encourage young people to become healthier through the choices they make in relation to drugs and alcohol.
Encourage children to make the link between the benefits of sport/PA and physical/ mental health
Get all children more active in 2nd year

Partners

Castlebar sports forum comprising Mayo Sports Partnership, HSE, GMIT, MTSG, South West Development Company, Gardai and the Secondary School.

Numbers Participating

There were exactly 100 students participating. 50 girls and 50 boys from the entire 2nd year in Davitt College Castlebar

Costs

€1700 in total
€650 funding from South West Development 'Western Region Drugs task force'
€1050 of BIK from all partners including free hall hire, refreshments supplied by the school, and time spent on the project by partners involved.

Programme Outline

This was a morning programme that consisted of a talk with all 100 teenagers (2nd years i.e. 50 girls and 50 boys) initially for a few minutes to tell them what we were going to do for the morning and explain why we were doing it.

There was then 4 workshops laid on for the children. 1. Sport and recreation 2. Team building exercises 3. Information on Drugs and Alcohol 4. Link between good mental health and Physical Activity. We organised tutors for all 4 workshops trained in each area and broke the 100 children up into mixed groups of 25. Each group rotated from one workshop to another over a 2 hour period (half hour at each). After each group had attended the 4 workshops we brought them together for a chat to find out what they got from the morning.

Sustainability

It is always great to engage with secondary schools. Mayo Sports Partnership already have excellent links with Davitt College and they are always willing to volunteer as students for programmes that we roll out. Especially when they reach Transition year.

Programme Outputs

The short term results were that the children said they had learnt quite a bit about the link between alcohol and the effects it has on your health. E.g. that drink and sport don't mix, the different effects of alcohol on your body, that it's bad for your system and much more.

All the children participated in an evaluation directly after the programme and they said they had learnt a lot of information overall.

Quotes

- It was a really good day
- Really enjoyed it thank you
- Had great fun and would do it again
- Fair play to ye, ye ran a great workshop 10 out of 10
- Fun

Next Steps

This programme is funding dependent and we have a commitment from the WRDTF to give us some assistance in the future. With a little funding could be rolled out in many more places.

We have had a good bit of interest from other schools and would be definitely able to roll a similar programme out in schools with the relevant partners and buy in from the schools themselves resources to do this. No funding secured as yet.



Davitt College students participating in the healthy living programme

3.6 Adult Participation

The Get Ireland Active initiative supports efforts by MSP to develop innovative programmes to engage adults of all ages. An example of such a project is the Couch to 5K programme which targeted all adults to become more physically active.

Case Study: Beginners Couch to 5k

Introduction

The programme was started to target absolute beginners encouraging them to walk or walk/jog a 5k. The couch to 5k idea is not unique but the 'beginner' tag was something MSP felt strongly about promoting. Many people who came to Operation Transformation events and other events would have expressed an interest to participate in an 5k. Much of the evidence of need was anecdotal and through evaluation of programmes. Initially we put piloted the beginners couch to 5k in 3 areas and to create more interest as well as making sure everyone was going to get optimum attention we limited it to just 20 people.

Programme Objectives

Encourage people to become more physically active

Find and keep hard to reach participants

Make it a sustainable programme for the future which fed into other meet and train and fit4life groups

Programme Partners

MSP was the sole organisers of Beginners Couch to5k in association with local facilities and local athletics clubs.

Programme Outline

8 week meet once per week programme with resources to keep people on track. This was an expert led programme.

Human resources included MSP staff working on application process and dealing with queries, trained fitness leaders who were able to lead a 'beginners' programme and help from other sources in the community e.g. athletic club representatives

The programme initially ran for 8 weeks.

Activities included walking/jogging/stretching in a group setting.

Cost

€5,000 with €1,000 in kind ie Facilities, support, assistants.

Numbers Participating

Initially the programme was set out to be 20 people participating in 3 areas but the demand was so high we had 5 programmes. We allowed over 30 into each programme and added an assistant leader in all programmes in all 3 areas. There was in total 160 participants in Autumn 2014.

Outputs

Many of who completed the initial beginners couch to 5k programme went on to join up with their local fit4life group. Some have come back into the follow on programme in Spring 2015.

A major success of this programme was its retention of numbers throughout the whole programme there was little fall off and this we believe is due to MSP consistently following up with participants and leaders to keep it a Beginners programme. The objective is that the leaders are not to lose the people at the back, that the back 5 participants are the most important in the group

Sustainability

Some participants have gone on to join the 3 fit4life groups in Claremorris, Castlebar and Ballinrobe. There are very good links with all 3 established anyway and so the progression is natural. There are also smaller groups meeting up from the beginners couch to 5k and some are taking part in 5k improver programmes. Increased capacity of facilities and use of facilities has been one of the features of this programme. Fit4life perspective leaders were given complimentary access to beginners couch to 5k. However the difficulty can be that the leader may have some resistance towards volunteer leaders, this is always a challenge

Quotes

“The programme was great, I am a complete novice and it has encouraged me to start getting active and I have lost a good bit of weight also”

Couch to 5K Personal Story from Orlaigh. “Through e-mails at work I learned about the couch to 5K. When I was younger we used to have races but I also seemed to get out of breath. I don't think I ever really knew how to breath properly. At tag rugby, I was good at defending but I was not good at running. I've always wanted to be able to jog and I never thought that I could. The couch to 5k programme seemed perfect for me. I signed up for a class. The instructors again were amazing. Gentle when required, encouraging, pushing you at points. Each week I was able to jog twice as much as the week before. My confidence gradually built. My improvements are small but I'm proud of them and I'm less self-conscious. I found being part of a group very encouraging. I would keep pace with someone who was jogging at the same level as me and that kept me jogging more than I would normally have. All the people in the group encouraged each other. I learned that I can exercise in any weather. Before I'd stick my nose out in to the rain and go no way. But we had our classes in November and it was really nice to get some fresh air and the rain was refreshing at points. I've signed up for a second round of couch to 5k and am delighted that I'm still at the same level that I was at when I left the last round and I hope to improve more. Maybe someday I might be able to jog the West of Ireland's mini marathon”



Castlebar Couch to 5K group with tutors Deirdre Donnelly and Aine O Reilly

Next Steps

This programme is running again in Spring 2015 with view to having absolutely new beginners take part in it. It is anticipated that we can develop another area in Ballyhaunis, MSP have identified a suitable venue at the connaght GAA centre and plan to work in partnership with them on rolling out a 4th area in Mayo.

One of the ideas is to create a better bridge from the likes of this absolute beginner programme to fit4life but sometimes the leap is large. It has to be managed and difficult to have the time and resources to do this



Castlebar Couch to 5K group with tutors Deirdre Donnelly and Aine O Reilly

3.7 Children's Participation

Mayo Sports Partnership strives to develop participation initiatives which are available to children from all backgrounds and are accessible. Following on from the Introduction to Athletics and the Sportshall Athletics programmes highlighted earlier in this report an initiative to include children on the biggest day of the year "The Western People West of Ireland Womens Mini Marathon" was proposed. The below case study gives information on the Childrens Mini Mini Run and how local schools embraced the initiative in the weeks leading up to the event.

Case Study:

The Mini Mini Fun Run (a short fun run for children of primary school ages)

Introduction

The programme originated from an idea set down by Sonia O Sullivan at the Women's Mini Marathon in 2013. She suggested that a children's event might work along with the main flagship event the West of Ireland Women's Mini Marathon.

Rationale for this programme relates to obesity in children and the statistics in relation to same. We were already working closely on particular programmes with primary schools and have forged excellent links with them. It was a matter of reaching out to them with something really positive that was free of charge, fun and run in a very professional manner. The key to this event was also exploiting links we have with the local secondary schools where we worked with Transition year students on the Mini Mini as a project for them to roll out. This has worked out exceptionally well and given the TYs a social conscience programme which they can work on from start to finish. TYs are also a great example of role model for the primary children so it is a win win situation for everyone. A consultation process took place between the Principal of the local Secondary School, The PE teacher, The TY coordinator along with members of the local Castlebar Sports forum comprising HSE, MSP, GMIT, MTSG, South West Development Company, Gardai and the Secondary School. Together we developed this fun event for primary school targeting obesity in a very positive way. Making Physical Activity a fun thing but doing it on the back of the womens mini marathon where a very professional Mini Mini can be rolled out. Similar in content to the Main Event.

Programme Objectives

Encourage young people to become healthier in a fun and free of charge way whilst tackling obesity
Create a vehicle for schools to promote healthier lifestyle and physical activity among their pupils
Create a link between older children i.e. teenagers and primary school children while establishing an opportunity for the TYs to roll out a meaningful TY programme

Programme Partners

Davitt College Castlebar, The Western People Newspaper and Castlebar Sports Forum, Westaro Hosing Castlebar

Programme Outline

The programme was designed as a 'once off event' held in conjunction with the women's mini marathon on Sunday May 4th which normally attracts around 3000 women. The Mini Mini was a short fun run held directly after the start of the main womens mini marathon, with all participants being home again before the first womans runner came home.

Because the womens event is done so professionally there was an opportunity for children to link in with all of this and feel that this was something huge which they wanted to participate in. We already had start line gantry in place, stewards in place, gardai, motorbike outriders, bib numbers, fruit, water and refreshments, number pick up system, professional photographers and so forth

The mini mini meant that Mayo Sports Partnership had a lot of extra administration, phone calls, entries etc and we did this with a lot of cooperation from Davitt College and our other partners.

There was at least 4-6 week preparation in relation to the Mini Mini and we secured a local business to supply free t-shirts for each participant

We needed to secure extra stewards along the Mini Mini Route, extra refreshments, extra bib numbers, extra volunteers

Cost

€2000 medals, refreshments, advertising, children's entertainment and photography. €2500 of t-shirts from Westaro Hosing. BIK from Davitt College €3000. BIK from Castlebar Sports Forum €1000 BIK from Western People €2000.

Numbers Participating

500 children of primary school age and younger

Outputs

Reaction to our first ever Mini Mini was exceptional with 500 children taking part, some accompanied by parents, guardians, grandparents, some ran solo but everyone who took part, even children in buggies seemed to really enjoy the occasion

There were great links made with primary schools and in some cases entire primary schools participated along with their parents, there were even lead in programmes to the mini mini in schools

Photographs of the first ever mini mini made the front page of the local paper and even made it into the Irish Runner. A great awareness of children's Physical Activity was accomplished through this event and a good link to combating childhood obesity. All children of all ages and sizes participated and there was no winner or loser, the emphasis was on participation and coming over the finish line in style.

Sustainability

We are definitely going to make this event an annual event for primary school children following the wonderful success and feedback

Parents came together in one of the schools and had a walking/jogging programme for parents and children as a lead in to the event.

Younger people are being introduced to athletics early and schools were made increasingly aware of the importance of preparation for the mini mini

The link with the local secondary school has been a wonderful success with over 30 new volunteers and more importantly a yearly supply of volunteers from the Davitt College in Castlebar. It is always great to engage with secondary schools. We already have excellent links with Davitt College and they are always willing to volunteer as students for programmes that we roll out. Especially when they reach Transition year.

Quotes

Children from all over the county participated but most especially children from around the Castlebar area. Cloghans Hill National schools entire school and parents participated in the event and held a lead in programme.

Next Steps

MSP intends to roll it out annually as an ongoing event.

MSP would like it to become set down in the schools calendar of events and link firmly into physical activity, green flag and so on.

A definite programme to create awareness of Physical Activity for children and of the need to tackle obesity.

A funding partner/sponsor would be most welcome.



Pics: Participants at the start of the Childrens Mini Mini Run in May 2014

4

Next Steps for Mayo Sports Partnership



4.1 Introduction

Increases in participation levels have been consistently evidenced through the work of MSP in 2014. Each case study clearly demonstrates the critical role played by MSP in facilitating the combined efforts of cross-agency working.

The collaborative approach with partners from all sectors has again in 2014 led to further examples of achievement where local initiatives have been able to present innovative, evidence-based, scalable and sustainable results. MSP has demonstrated again the effectiveness and efficiency that true partnering can bring to local initiatives.

This section examines a number of important thematic concerns for the network as it seeks to build on these initiatives. Of particular interest are the following:

Meeting Demand – MSP has worked with other LSPs to make sure that a popular Irish TV show has had a major impact in communities through supporting local events. MSP is now building on these annual events to create ongoing sustainable activities and building their audience through the provision of follow-up events and projects.

Child Protection – as a new policy environment is still emerging, MSP is maintaining its central role in safeguarding children and young people through its work with NGBs, clubs and local organisations.

Effective And Informed Planning – with clear research findings highlighting challenging drop-out rates in sport, MSP is ensuring that the implications and learnings are taken into consideration when developing programmes. MSP evaluate their programmes to improve their level of service and ensure efficient and effective use of funds. This is to be welcomed and it is hoped that through the developments and examples highlighted throughout this report, MSP will continue to ensure the positive trends in participation continue.

4.2 Meeting Demand: Operation Transformation

2014 marked Season 7 of the popular TV Show ‘Operation Transformation’ and the fourth year of Mayo Sports Partnerships involvement . MSP works in partnership with The Irish Sports Council and VIP Productions, the production company, to co-ordinate the local walks and 5km runs featured on the show.

MSP organised 5 simultaneous accessible walks across the county and co-ordinated an Operation Get Active Mayo campaign which involved 20 communities organising a 6 week programme. Approximately 2,000 people participated in all these events with the campaign wrapping up with 5K runs / walks in many locations.

Many participants were encouraged by the social aspect of the walks and runs with MSP receiving many requests for similar events. This demand for organised walks and runs is refreshing with many communities, groups and individuals contacting MSP for advice on how to set up similar initiatives. National programmes and campaigns such as Operation Transformation are hugely important in transmitting the message of active participation by all.



4.3 Being at the Forefront of Child Protection Policy: Code of Ethics

The National Vetting Bureau Act 2012 and the Children First Bill will mean there will be a statutory requirement for all organisations and people working with children in sport to comply with this new legislation. It is a significant change in legislation and will now make it mandatory for organisations to vet both volunteers and professionals who come in contact with children and vulnerable adults. Organisations will also have an onus to provide training to people and will be obliged to keep records of training. To date, the Code of Ethics for Children in Sport has been of a voluntary nature for organisations, although National Governing Bodies (NGBs) in receipt of Irish Sports Council funding have had to sign up to and adhere to the Code of Ethics programme.

The Code of Ethics Basic Awareness Training has been rolled out to over 4,000 individuals to date across the county. We foresee a much greater demand for this training prior to and following the passing of the Children First Bill due to the mandatory nature of the new requirements. This will undoubtedly put additional pressure on MSP to meet this demand. Every sports club has to have a Club Children's Officer. MSP delivers Club Children's Officer Workshops at regular intervals. Through regular communication with local clubs and organisations MSP is working to keep child protection high up on the agenda and will provide advice on the new requirements when the legislation is passed.

4.4 Effective and Informed Planning

The work of MSP is becoming more informed by evidence-based planning and evaluation. MSP is now basing their programme development on several factors, including formal and informal research, participant feedback and programme evaluations. MSP utilises a generic programme template which can be adapted to suit any programme. By using this template, MSP can question several aspects of a programme before deciding if it is a worthwhile investment of time and resources. The "Why Checklist" explores a series of questions including; should MSP be involved, who are the partners, and if there is a clear exit strategy for MSP which will ensure that the programme is sustainable after MSP has stepped away. This will ensure that MSP don't keep delivering the same programmes without considering the long-term impact of their work. Evaluation of programmes will ensure that MSP is constantly improving how they work by learning from previous experience, which in turn informs planning of future work.

In addition to using self-evaluation tools, MSP is using research to plan their work. A major national research report highlighted the important role played by Local Sports Partnerships in putting local interventions in place to get the whole community active. "Keeping Them in the Game" was commissioned by the Irish Sports Council and compiled by ESRI researchers. It represents the largest study of participation in sport and exercise ever conducted in Ireland and provides evidence for policy from three large nationally representative surveys of activity, covering everyone from primary school children to older adults.

2014 saw the publication of the Irish Sports Councils Sports Monitor 2013 report. The Sports Monitor provides the Irish Sports Council with a means of accurately monitoring and tracking active and social participation in sport among adults in Ireland. It found that Participation in sport has risen from 44.8% in 2011 to 47.2%, which is equivalent to almost 1.7 million Irish adults participating in sport regularly.

Key findings include:

- A higher proportion of females are participating in sport than previously, (increasing by 3.7% to 42.7%) resulting in a narrowing of the gender gap in participation. There has been a notable rise in participation among females aged 25 to 44.
- Personal exercise is now the most popular sporting activity for both genders.
- Almost 9 in 10 adults take part in some physical activity on a weekly basis with both men and women equally likely to be active in this regard.

- Over 45% of those playing sport are meeting the National Physical Activity Guidelines.
- The proportion who are sedentary continues to decline with a 1.2% decrease in 2013 and a 5.6% decline since 2007.

John Treacy, Chief Executive of the Irish Sports Council acknowledged “The increase in sports participation since the previous study is undoubtedly encouraging and is likely to be a result of a combination of factors, both in terms of sports policy and activities of Local Sports Partnerships as well as a continued focus on physical activity throughout the population”.

A local report for the Mayo / Sligo region is to be published in 2015 and will inform the future direction of the new Mayo Sports Partnership strategic plan.

4.5 Summary

The continued effective operation and ongoing development of MSP remains a strategic priority for the Irish Sports Council. Developments outlined in this section show that MSP is both responsive and proactive in its work and is ready to address any trends and challenges that arise. With continuous improvement always in mind, the most important role of MSP will be building sustainable pathways for people in their communities to become lifelong participants in sport and physical activity.

At local level changes in the local authority system will have an impact on the governance of MSP who are a sub committee of Mayo County Council. A new Local Community Development Committee is in situ who will oversee the development of a plan which will encompass both community and economic development. Many actions in this plan will include Mayo Sports Partnership objectives and will lead to better collaboration amongst all agencies and stakeholders

2014 also saw the formation of a new MSP board with many new faces on board from all sectors. New Chairman Brendan Mulroy paid huge compliments to outgoing Chair Henry Kenny and board praising them for their outstanding work over the last 5 years. The development and success of MSP is down to teamwork and collaboration between the many stakeholders, agencies and volunteers who engage positively with the Partnership. It is with this continued co operation that MSP will copper fasten its position of influence within the Mayo sporting landscape now and into the future.

Appendices

Appendix A – Local Sports Partnerships

Appendix B – Glossary of Terms

Appendix C – MSP Board



Appendix A.

Local Sports Partnership Network	Year Established
North Tipperary Sports Partnership	2001
Sligo Sport & Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Local Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Local Sports Partnership	2002
Meath Local Sports Partnership	2002
Waterford Sports Partnership	2002
Limerick City 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 Local Sports Partnership	2006
Monaghan Sports Partnership	2006
County Limerick Local Sports Partnership	2007
South Tipperary Sports Partnership	2007
Galway City Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dun Laoghaire Sports Partnership	2008
South Dublin Sports Partnership	2008
County Galway Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sports Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

Active Leadership Award – An Irish Sports Council/Sport Northern Ireland award designed to provide trained, knowledgeable and enthusiastic community based physical activity leaders.

BIK – Benefit in Kind. A contribution, other than financial, made by an agency or organisation to a project / initiative.

Boccia – is a target sport played by individuals, pairs or teams. Boccia is played with 13 balls (6 red, 6 blue, 1 white). The jack ball is used to start off the game and is thrown by one of the competitors on the court. It requires a high degree of muscle control, accuracy, concentration and tactical awareness with the goal being to land six of the coloured balls closer to the white target ball than the opponent's balls.

Boccia is a non contact sport, where the game focuses around a target. The balls used are solid but pliable, that have a good rolling quality and are easy to grip. The balls also have the effect of reducing the advantage of physical strength, so that skill becomes the overriding factor

Buntús – An Irish Sports Council programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

Come & Try – Come & Try events are sports taster events where participants can come and try a range of sports, hassle free and at their own pace. It is a perfect opportunity to see what sports are available in the locality and to meet with local sports clubs and groups.

CARA – National Resource Centre to lead, coordinate and support the developments of sport, physical activity and physical education for people with disabilities.

Economic Impact of Sport – The Economic Impact of Sport is a report published by the Indecon Economic Consultants in 2010 for the Irish Sports Council. The report establishes that sport and sport-related activities generate a very significant contribution to the Irish economy, while also playing a vital role in supporting the development of social capital and contributing to the health and quality of life of the Irish population.

ESRI – Economic and Social Research Institute. The ESRI produces research that contributes to understanding economic and social change in the new international context and that informs public policymaking and civil society in Ireland.

FAI – Football Association of Ireland. The FAI is the governing body of football in Ireland.

Fitzpatrick & Associates Review of Local Sports Partnerships - The Fitzpatrick & Associates Review of Local Sports Partnerships 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.

GAA – Gaelic Athletic Association. The GAA is the governing body of Gaelic games in Ireland.

Fit4Life – Fit4Life is an Athletics Ireland programme to help participants develop their fitness in a fun sociable environment. The programme is suitable for beginners through to regular runners, and the emphasis is on meeting with people of a similar ability on a regular basis to walk or run.

Go For Life – The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by the Irish Sports Council.

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

GMIT – Galway / Mayo Institute of Technology Castlebar Campus

IRFU – Irish Rugby Football Union. The IRFU is the governing body for the sport of rugby union in Ireland.

ISM – Irish Sports Monitor. The Irish Sports Monitor is an ongoing telephone survey of adults aged 16 and over in Ireland, which records sport and exercise activities undertaken in the 7 days prior to interview. In 2009, the Irish Sports Monitor interviewed over 9,700 adults. The survey is primarily designed to track levels of participation in sport, both for the population as a whole and various sub-populations of interest. The 2009 report is the latest in a series of collaborations between the Irish Sports Council and the Economic and Social Research Institute (ESRI) on sport and physical activity.

ISC – Irish Sports Council. The Irish Sports Council is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

LEADER - LEADER is the EU Community Initiative for Rural Development that provides approved Local Action Groups with public funding (EU and National) to implement multi-sectoral business plans for the development of their own areas.

LSP – Local Sports Partnership. Local Sports Partnerships are an initiative of the Irish Sports Council 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 the Irish Sports Council's participation strategy.

Mayo, Sligo, Leitrim ETB - are local statutory education and training authorities. Their service encompasses Second Level Schools, Further Education Colleges, Adult and Community Education, Literacy Support and Youth Support Services.

MTSG – Mayo Traveller Support Group a local agency advocating rights for the travelling community in Mayo

Meet and Train groups - Meet and Train are weekly walking/running groups, set up and supported by LSPs often in conjunction with local athletics clubs. The objective of the Meet and Train group is to provide an opportunity for participants (in particular women) of all ages and levels of fitness to get together to exercise with like-minded people, in a non-competitive environment initially under the guidance of a qualified coach.

MSP- Mayo Sports Partnership. An organisation core funded by the Irish Sports Council and is under the auspices of Mayo County Development Board / Mayo County Council.

National Play Day - This is a multi activity play day targeting families.

NGB – National Governing Body. An organisation, recognised by the Irish Sports Council, that coordinates the development of a particular sport or sports through constituent clubs.

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

PAL – Physical Activity Leader. A Physical Activity Leader is someone who can lead members of their own groups or communities in short exercise routines, straightforward dances and recreational sports.

RAPID – Revitalising Areas by Planning Investment and Development. The RAPID Programme is a Government initiative, which targets 45 of the most disadvantaged areas in the country by focusing State resources available under the National Development Plan.

School Completion Programme (SCP) – The School Completion Programme (SCP) is a Department of Education & Science initiative that aims to have a positive impact on levels of pupil retention in primary and second level schools and on the number of pupils who successfully complete the Senior Cycle, or equivalent. SCP entails targeting individual young people of school-going age, both in and out of school, and arranging supports to address inequalities in education access, participation and outcomes.

SDO – Sports Development Officer. SDOs aim to provide opportunities for participation in sport and physical activity for all sections of the community.

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.

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.

SPG – Mayo Sports Partnerships annual Special Participation Grant Scheme

Sporting Lives – Sporting Lives is a report published by the ESRI in 2008, in conjunction with the Irish Sports Council, on participation in sport over the lifetimes of the current generation of Irish adults. It aims to determine how participation in sport and exercise in Ireland has changed over recent decades and how it varies across the life course, from childhood to later adulthood.

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 LSP 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).

WIS – Women in Sport. An initiative of the Irish Sports Council to increase participation of women in sport, through providing alternative opportunities and developing specific programmes.

Appendix C.

MSP Board

The following table gives a breakdown of the level of working partner participation on the boards of management of Mayo Sports Partnership

Working Partner	Number of Representatives
Mayo, Sligo, Leitrim ETB	1
County Councillors	2
HSE	1
Community Forum	1
Mayo Mental Health	1
GMIT	1
Sports Forum	5
LEADER	2
Mayo Education Centre	1
Udaras na Gaeltachta	1
Foroige	1
Community and Enterprise	1
Walking and Trails Officer	1

MSP aims to ensure that the expertise they bring together at their boards reflects the target groups with whom they work.

Responsibilities of the Board

The Board is responsible for all the activities of the Sports Partnership. These responsibilities can be divided into six main areas:

- To govern the organisation through the proper administration of its affairs
- To provide leadership for the organisation
- To plan the strategy for the development of the organisation
- To establish partnerships with other organisations who can help develop the organisation
- To manage the people involved in running the organisation
- To implement the strategic plans for the organisation and monitor their progress
- To ensure a realistic programme of participation and performance in the organisation as a consequence of the previous six responsibilities.

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Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative