

Kilkenny Recreation & Sports Partnership

Annual Report 2020



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Kilkenny Recreation & Sports Partnership

Mission:

KRSP will work collaboratively with others to empower people and communities across Kilkenny to create an environment that supports lifelong participation in sports and active recreation for all.

Vision:

An active, vibrant community, vitalised by sports and recreation opportunities that are accessible to all.

Our Guiding Principles

The following principles underpin our work:

1. Collaborating and working in partnership with others
2. Promoting inclusion and equality
3. Ensuring honesty, integrity and accountability
4. Basing our work on evidence and best practice
5. Empowering people/communities to become more active and involved in sports and active recreation
6. Maximising Resources
7. Prioritising fun and enjoyment in sport and active recreation

Strategic Priorities 2020 - 2021

In 2020, KRSP conducted an internal review of the KRSP Strategic Plan 2015-2019 and approved an interim Strategic Plan 2020 – 2021.

The following presents KRSP's current strategic priorities

1. Active for Life
2. Active Inclusion
3. Active Partners
4. Active Governance and Management

Chairperson's Report

As Chairperson of Kilkenny Recreation and Sports Partnership, I am pleased to introduce the achievements of the Partnership and the KRSP Annual Report 2020.

The COVID-19 global pandemic meant that the KRSP Annual Operation Plan for 2020 was severely impacted. In line with Government public health guidelines, the KRSP Board, Co-ordinator and staff worked hard to adopt an alternative and flexible approach to sports delivery and participation. In particular, initiatives were developed to target those groups that were less likely to be active during the restrictions such as Older Adults and those with a disability.

Each one of the changes made and lessons learned during this difficult time, are now being used as an opportunity to move positively into the future.

The Government's National Sports Policy tasks all Local Sports Partnerships to adopt the Sports Governance Code by the end of 2021. During 2020, KRSP has made significant progress to ensure that appropriate governance structures are in place to allow for continued funding of the Partnership into 2021.

Significant work has also been done on the KRSP Interim Strategic Plan during this time.

I wish to pay tribute to the members of the Board for their dedication, commitment and support for the past year.

I would like to commend the Co-ordinator and staff for their enthusiasm, hard work and quality of service.

Congratulations to all who made 2020 a success in the face of unprecedented challenges.

David Denieffe
Chairperson

Coordinator's Report

KRSP continued its endeavours in 2020. In 2020, KRSP conducted an internal review of the KRSP Strategic Plan 2015-2019 and approved an interim Strategic Plan 2020 – 2021.

Due to the COVID-19 global pandemic and the subsequent periods of lockdown and public health restrictions imposed by the Government, delivery of the annual operation plan 2020 was significantly impacted from 13th March 2020 up until year end. KRSP has had to adapt, amend and be flexible in its approach to delivery of sports and physical activity. In line with Government advice, due to insufficient office space for social distancing and the health risks of a shared office environment, KRSP staff have operated remotely since March. KRSP worked with Kilkenny County Council on securing alternative office accommodation.

Despite this, KRSP had continued to deliver sports and physical activity within the Government restrictions in place over the course of the year. KRSP contributed to the development to return to sport protocols and implemented these for in-person delivery of activities, promotion and delivery of online activities and the provision of resources and supports for at-home activities to people who don't have or can't access online. Unfortunately, there were a number of programmes and initiatives which we were unable to deliver on due to the restrictions.

As with other years, our programme of activity is only achieved by working in collaboration with our partner agencies, local organisations and community groups and individuals and I would like to thank all those who adapted and were flexible to continue to support and contribute to the work of KRSP.

I would like to pay particular thanks to Sport Ireland (SI) and Kilkenny County Council who provided substantial financial and in-kind support. Additional funding opportunities were availed of during the year from Dormant Accounts, Healthy Ireland through the Local Community Development Committee, Health Service Executive (HSE) and Age & Opportunity.

I would like to acknowledge our partner agencies and in particular the Board of Directors of KRSP for the support, contribution and direction they provided. Our small team of staff deliver the work of KRSP. I would like welcome the new staff members who joined the team in the virtual office and to express my sincere gratitude to all staff who adapted to the circumstance to continue to provide sports and physical activity opportunities for people in Kilkenny.

I would like to thank the Sport Ireland and the National Network of Local Sports Partnerships for their guidance and support.

This collaborative support was all the more significant in the year of social distancing.

Nicola Keeshan
Sports Co-ordinator

Administration

Contact Details

Kilkenny Recreation & Sports Partnership, Johns Green House, Johns Green, Kilkenny

- t. 056 7794991
e. info@krsp.ie
w. www.krsp.ie
f. www.facebook.com/Kilkennysports

Board of Directors

The directors who served throughout the financial year, except as noted, were as follows:

Angela Campion
Cathnia O Muircheartaigh
David Denieffe
Eamonn Aylward
Kevin Murphy
Mary Cowman
Niamh Richardson
Patrick McAuley
Patrick O'Neill
Ronan Ryan
Saoirse Prendergast
Teresa Hennessy

Officer Positions

Director	Position	Dates
David Denieffe	Chairperson	
Saoirse Prendergast	Vice-Chair & Staff Liaison Officer	
Cathnia Ó Muircheartaigh	Treasurer	
Dr. Niamh Richardson	Secretary	October 2019 – June 2020
Mary Cowman	Secretary	June 2020 – To date

Staff

Sports Co-ordinator	Nicola Keeshan
Sports Administrator	Siobhán Minnock
Sports Administrator	Michelle McWilliams
Sports Inclusion Development Officer	Caitriona Corr/Seamus Nugent
Community Sports Development Officer	Seamus Nugent/Sinead Brannigan
Sports Development Officer	Lauren Walsh Kett
Administrative Cover and Support	Aisling Cullen

Student Placements & Leaders

Due to impact of COVID-19 restrictions, KRSP was unable to facilitate student placements during 2020.

KRSP Work Programme 2020

This report sets out the work and achievements of Kilkenny Recreation & Sports Partnership in 2020 from the information collated and submitted as part of the national report on the Local Sports Partnership network.

Case Study – #BeActive at home booklet

At the beginning of phase 1 of COVID-19 government restrictions in March, KRSP recognised the proliferation of online exercise classes. With gyms closed and sporting activities including training prohibited, these new initiatives were good news for most people and important for keeping businesses active.

It became apparent that those without access to internet, in particular older adults who were cocooning and people with a disability who were not attending day services, were going to miss out on these new opportunities.

The aim of the programme was to produce and widely distribute, at local level, an easy to follow, evidence-based resource for use by these groups. KRSP conducted a needs analysis and using the information obtained from this, KRSP compiled the booklet by tapping into resources from partner agencies such as Cara, Age & Opportunity, Sport Ireland.

The booklet contained; Sport Ireland updates on #BeActive; Advice on why, where and how to be active during lockdown; A 6-week activity planner/tracker; An introductory 6 week walking programme; 2 x home exercise circuits; A guide on correct posture; A set of stretching exercises; A comprehensive list of links to online and television activities and video resources; Easy to read and follow motivational articles; Stress management and mental health awareness. Each page included KRSP staff contact details for anybody needing help or assistance with any aspects of the guide or with challenges faced being active.

The 16 page booklet was produced in 4 weeks during the initial lockdown/remote working. 2,000 copies were distributed to KRSP participants (Men on the Move, Monday night walk groups and disability contacts) via post. Kilkenny County Council distributed the booklets as part of the 'In This Together' campaign. This was done through their library services and via their packs for older adults cocooning. The resource was also promoted through social media and available online targeting those who could access it to make the resource available to older adults or people with a disability in their lives.

KRSP Coordinator and Development Officer brought their experiences gained from producing this booklet to the LSP working groups. From this, similar Sport Ireland and LSP branded activity leaflets were produced for disability and older adult groups for distribution across the LSP network nationwide.

As part of the Keep Well campaign, KRSP is preparing an activity bag for older adults and people with a disability with additional exercises included. The activity bag is supported through the availability of online older adult exercise programme available through nursing homes, disability services and a community class in response to the demand locally. This initiative will be delivered during 2021.

KRSP 2020 in a Snapshot

COVID-19 had a huge impact on our ability to deliver in person programmes. In line with government COVID-19 guidelines, in person delivery was only able to happen between January and March and again between September and November. Delivery to vulnerable groups due to cocooning and disability groups who were unable to attend day services was more significantly impacted. This is clearly reflected in our numbers for 2020.

KRSP worked hard to adapt a number of programmes for online delivery so that some level of connection and activity with all of our groups was maintained. Unfortunately, there were a number of programmes that were not suitable for online delivery and these affected the vulnerable groups the most.

- 667 people participated in 55 locally delivered participation initiatives, both online and in person.
- 39 girls and 441 women took part in KRSP programmes
- 11 groups, clubs and organisations were provided with direct support to deliver Women in Sport programmes and initiatives
- 150 (135 female and 15 male) participants took part in 'in person' initiatives targeting Older Adults
- 200 participants took part in the local Operation Transformation walks in January
- 69 people with a disability took part in 'in person' LSP initiatives including multi-sport, swimming, walking and cycling initiatives.
- 10 Clubs/Groups were provided with Club Development funding supports by KRSP
- 18 Clubs/Groups were provided with return to play COVID19 supports by KRSP
- 2,000 KRSP 'Be Active at Home' brochures were posted throughout Kilkenny and also made available online
- 688 social media posts on Facebooks reaching 4,383 followers

GOAL 1: Mobilise communities to increase participation in sport and active recreation.

Objective 1.1: Empower communities to be active

Swim Ireland – Meet and Train (Adults and Teen)

A Swim for a Mile training programme took place in the Watershed in January, running at capacity with a total number of 61 adults and 13 teenagers taking part. This programme ran until 13th March when it had to be cancelled in line with government COVID-19 guidelines.

Men on the Move

Men on the Move uses physical activity as a hook to engage men in their health. It aims to improve the physical fitness, weight status and general health and lives of the men who attend.

In 2020, KRSP once again collaborated with the Watershed for MOTM Kilkenny City. Over 74 men registered for the programme which took place on Friday nights, with 46 registering for the January course and 28 for the October course.

The January course was suspended after the 7th session as a result of the government COVID-19 guidelines. Similarly, after 4 weeks, the October programme was also suspended. However, work was done to get this transferred online via Zoom and the same 28 men signed up and attended the sessions each Friday night. This online method of delivery will also be used in 2021 until the government COVID-19 restrictions are lifted.

Operation Transformation National Walks

Sport Ireland has linked up with Operation Transformation over the last number of years to roll out a number of events and initiatives to get people more active and healthy across the country. These events and initiatives are organised and supported locally in Kilkenny by KRSP.

Three walks were held in Kilkenny to coincide with the National LSP Operation Transformation Walks. Over 200 participants took part in these walks that were held in Kilkenny, Thomastown and Callan on Saturday the 18th January.

The National walks were then followed up with local 6-week walking programmes in the communities of Thomastown and Callan with 65 participants.

Monday Night Walks

Monday night walks from Canal Square, Kilkenny started on 20th January with 59 registered participants. Unfortunately, these walks were suspended on 13th March in line with government COVID-19 guidelines. The walk series re-started on Monday 28th September but were cancelled again in line with government COVID-19 guidelines. Participants were given the option of exercise classes via Zoom. However, there was a very low uptake on this. The walks resumed when restrictions were lifted for the two final nights on December 7th and 14th.

Your Personal Best

KRSP supported the promotion of the national Sport Ireland “Your Personal Best” motivational programme specifically targeting sedentary men. The programme and promotional plan designed by Teneo linked into KRSP Men on the Move programme.

Couch to 5k

KRSP collaborated with Kilkenny City Harriers on an 8-week Couch to 5k coached running programme which started in February 2020. Targeting beginners for those returning to running, the goal of the programme was to provide a pathway to the completion of the Street of Kilkenny 5k event in April. 40 people registered for the programme which unfortunately had to be cancelled after 4 weeks due to government COVID-19 guidelines.

Bike Week

KRSP applied for and received funding for Bike Week. Following the lifting of government COVID-19 restrictions, KRSP modified the programme and reassigned programme funding accordingly.

Community Cycling - Johnswell

As part of Bikeweek, KRSP supported Johnswell in the delivery of a Community Cycling event which took place on Sunday, 27th September.

A 2.5km route was mapped out with 30 children completing the course and with many of the older children completing it multiple times. It was a family occasion and the children's parents acted as stewards throughout the course. Parents were also able to walk along the route and encourage the very small children to complete the course. Prizes of participation were awarded to all involved.

Community Cycling - Kilkenny Walking Cycling Campaign Open Day on the Parade.

As part of Bike Week, KRSP supported the Kilkenny Walking and Cycling Campaign to promote the 'Get to School On Your Own Fuel' in conjunction with Cyclist.ie and the rural collective. A press release was issued to local media and the campaign received radio coverage and had a social media campaign, signage and posters promoting cycling to school.

The group also supported families and small groups trying to cycle to school by providing an experienced group member to accompany them on their route to school.

Bike Maintenance

Bike Maintenance workshops were held on the Parade for three Saturdays during August and September. As the Parade in Kilkenny is a large, open, public space the events were organised in conjunction with the local Saturday market and this helped to attract participants and create an atmosphere. The public were shown how to maintain their bikes by a professional instructor free of charge.

Get Cycling Safely

Get Cycling Safely with KRSP was a 5 week programme that was organised for the 14th October. It was aimed at helping people who wished to learn how to cycle safely with their children to school; cycle safely to work; like to explore Kilkenny on bike; learn a bit more about cycling safely.

In an attempt to eliminate participants either not showing up to or dropping out from the programme a minimal cost of €10 was charged. This was refundable on completion of the programme. The programme was cancelled due to introduction of government COVID-19 guidelines.

Women on Wheels

KRSP Women on Wheels took place in October in the Watershed, Kilkenny. It is a beginner's cycling programme and is run over a 5 week period. It starts at the beginning with each cyclist and works gradually to build their confidence taking them from beginner cyclists on their first easy spin, to 30k in just a few weeks. Roisin Hickey, KRSP's experienced, registered Cycling Ireland Coach, tutored this programme. This programme was cancelled after week 3 due to new restrictions coming into place.

Women Working Out

The Women in Sport programme is utilised to assist the establishment of programmes and activities in communities which could be inhibited by set-up costs. Once established with sufficient attendances, these activities can run independently.

The following groups were assisted by KRSP in the delivery of programmes specifically targeting women and young girls in 2020.

Organisation Name	Initiative Type
Ashgrove Pitch & Putt	Engagement/Return to Sport
Berkely Basketball Club	Health Enhancing Physical Activity
Deans Gate	Health Enhancing Physical Activity
East End United	Engagement/Return to Sport
Evergreen Football Club	Engagement/Return to Sport
Kilkenny Judo Club	Health Enhancing Physical Activity
Kilkenny Masters Basketball	Health Enhancing Physical Activity
Kilkenny United WFC	Engagement/Return to Sport
La Leche League	Health Enhancing Physical Activity
St. Senan's AC	Health Enhancing Physical Activity
The MS Society of Ireland	Health Enhancing Physical Activity

Objective 1.2: Support and encourage pre-schools and schools to prepare and implement an effective Physical Education, Physical Activity and Sport (PEPAS) programme for children and young people

Pre-school Balance Bike Programme

This programme continued in 2020. Some new settings have taken advantage of the programme. Others have since purchased their own balance bikes and some continue to use the bike loan scheme for their pre-schools. In addition to this, balance bikes were also supplied to St. Patrick's Special School for an extra-long duration to use as part of their outdoor programme during COVID-19.

Sports Leaders

Access to this UK certified programme is possible because of Sports Ireland Dormant Accounts funding.

In 2020, 25 pupils from CBS Kilkenny took the Sports Leaders UK Level 1 Award. This is an entry level, coaching award. It enables participants to shadow a coach in delivery of physical activity.

Delivery of Sports Leaders in Castlecomer Community School and Duiske College were suspended in line with COVID-19 government guidelines. These courses have been rescheduled to take place in 2021.

Objective 1.3: Support sports clubs to provide quality opportunities for engagement in sports and active recreation

Funding to support club development and coach education was received in 2020.

COVID-19 Small Club Grant Scheme - Return to Sport

The primary aim of the COVID-19 small clubs grant was to cover the costs associated with implementing COVID-19 hygiene and social distancing protocols. The club grant scheme was designed and intended to support return to sporting activities only.

Sports clubs were able to recoup the costs associated with the return to sporting activities from May 2020. Costs covered included: hygiene consumables, infrastructure costs, venue/equipment cleaning costs, increased venue hire costs to comply with social distancing, volunteer training costs, staff training costs, additional registration costs.

18 Kilkenny sports clubs approved for funding with the amount awarded being a total of €17,797.29

Breakdown of Sports Clubs awarded funding:

GAA	3
LGFA	1
Soccer	1
Athletics	1
Badminton	1
Archery	1
Judo	1
Hockey	1
Rugby	1
Volleyball	1
Camogie	3
Handball	3

Club Development

Club Development Grants prove vital to new clubs starting up and are available to new clubs or new projects within an existing club with no other supports.

At KRSP we appreciate that this year sporting activities have been hugely impacted by COVID-19 guidelines and understand that many of our local club's activities have been and continue to be restricted.

If any club was not in a position to complete a programme funded under the previous Club Development grant scheme, KRSP encouraged them to commit to completing the programme during 2020 or alternatively to submit a change of use for the funding received.

KRSP administered a 2020 Club Development grant scheme supporting 10 clubs with a total of €4,756 awarded to assist clubs in catering for the wider community and creating new opportunities for participation.

The following clubs were supported in 2020 through the Club Development Grant Scheme:

Organisation Name	Grant
Ashgrove Pitch & Putt Club	€500
Castlewarren Celtic FC	€256
East End United	€500
Evergreen Football Club	€500
Kilkenny Aqua Canoe Club	€500
Kilkenny Spartan Volleyball	€500
Paulstown Basketball Club	€500
Spa United AFC	€500
St. Senans AC	€500
St. Patrick's Boxing Club	€500
Total Support	€4,756

Safeguarding Courses

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

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

Safeguarding was equally impacted by the government COVID-19 guidelines with classes moving online after 13th March. Sport Ireland reviewed and adapted the delivery of the programme for an online workshop, including the training and upskilling of the tutors. This became available for LSPs to roll out in September. This did not impact the numbers looking to participate, with the demand for these online courses higher than ever.

Summary of Safeguarding outputs 2020

	SG 1 - Classroom	SG1 - Online	SG 2/3
Workshops delivered	3	2	N/A COVID-19
Participants	54	29	N/A COVID-19

DAF Volunteer Support Programme

KRSP invited expressions of interest from clubs, organisations or community groups in County Kilkenny for funding under our Dormant Accounts Community Volunteer Supports programme. The goal of this programme is to:

- help with the upskilling of volunteers and coaches as leaders in the community/club setting
- to give volunteers the skills and qualifications to provide quality sport and physical activity opportunities
- to increase the number of people in leadership roles with the community/club setting thereby increasing sports and physical activity participation.

Objective 1.4: Support the development and use of sports facilities and recreational amenities

There has been a huge amount of work in the last number of years around the planning and development of facilities and amenities and in particular shared amenities. These are long term processes but they can yield important outcomes and can help strategic developments within the county. This aids in participation and provision of physical activity opportunities for the future and building strong clubs. This has been a visible increase in the investment in outdoor recreation facilities and this will provide an environment for physical activity in the outdoors for all.

Community Sports and Physical Activity Hubs

KRSP has been successful in securing funding for the development of a Community Sport and Physical Activity Hub in Kilkenny. KRSP is working closely with Kilkenny County Council in the planning, design, creation and sustaining of community sports hubs in Kilkenny City and County. The approach will then be embedded in the future planning of public spaces in Kilkenny to help citizens transform their spaces into vital places that encourage sports and physical activity centred on local assets.

The Community Sports Hubs will spur rejuvenation, serve the needs of the neighbourhoods and build stronger, more active communities.

The two projects initially chosen to implement this approach are located in the two largest population centres in Kilkenny, the Abbey Creative Quarter in Kilkenny City and the proposed amenity area at Aylesbury, Ferrybank (Neighbourhood Park).

Community Sports and Physical Activity Hubs – Abbey Creative Quarter - Skatepark

The design and build of the Skate Park had been successfully tendered and the design team worked with local skaters identified through the public consultation process to finalise the design.

In 2020, the construction of the skatepark was initiated and due for completion by year end. It will be opened in conjunction with the Riverside Garden Project in which will allow for community engagement initiatives to be delivered by KRSP on the site.

Community Sports and Physical Activity Hubs - River Access & Permanent Home for Water Users

Initial plans for the proposed watersports home were put on hold as Kilkenny County Council identified potential issues with the overall plan for the Brewery Site that impacted directly on the proposal. The initial location and design of the home for watersports organisations was found to be no longer financially viable. An engineer has been appointed by Kilkenny County Council to explore alternative locations for this development. An alternative site was identified for a watersports home with potential for KRSP office space. A number of surveys and assessments need to be conducted to determine the suitability and feasibility of the site. Kilkenny County Council contracted a survey and feasibility report on the proposed site which was due to completion by year end.

Community Sports and Physical Activity Hubs – Ferrybank Neighbourhood Park

Site works began on the Neighbourhood Park in Ferrybank in October 2019. The development of the park is funded through Kilkenny County Council, Waterford City and County Council and the Department of Housing, Planning and Local Government.

Based on the consultative design process supported by the CSH funding, the construction of the park will create a central amenity facility for Ferrybank, incorporating a children's playground, walking route, teenager meeting point, and playing pitch. A contribution towards the physical activity capital elements of the programme has been made by CSH.

The site was due to be completed in January 2020. However, due to number of stops and starts with construction, the development of the park has been delayed significantly and was opened in October 2020.

Community Sports Hub – Urlingford/Johnstown

An application for funding was submitted by KRSP in 2020 to Sport Ireland to establish a Sports Hub in the Urlingford/Johnstown area. This funding would allow KRSP to run physical activity initiatives in the area and also improve local sports clubs facilities.

Cycling in the City

The Cycling in the City working group consists of Kilkenny County Council, KRSP, CKLP and Cartoon Saloon. It commissioned a comprehensive report on cycling in Kilkenny (Roadplan). The report covered: existing routes and mobility in Kilkenny; prediction of cycling demand for Kilkenny; barriers to cycling in Kilkenny (movement and community severance); shared streets; junction safety; cycle parking; wayfinding and traffic management/safety measures.

Cycle Counters

Under the Cycling in the City project, cycling counters will be placed on cycling routes in Kilkenny. These will monitor cycle trends at key routes, provide robust cycling data and facilitate before and after monitoring to inform investment in cycling infrastructure. Smart technology will also allow for the display of maps, tourist information or public transport information.

Branding and Marketing

The working group tendered for and awarded a contract for design of branding and marketing materials. The tender was awarded to MCO in conjunction with Alice PR. They have promoted the Cycle Kilkenny initiative local and nationally. Part of this has been setting up social media profiles.

Cycle Kilkenny was officially launched on Sunday, the 11th October by Malcolm Noonan, Minister of State for Heritage and Electoral Reform. It took place in line with social distancing guidelines.

GOAL 2: Increase participation among specific groups who are less actively engaged (People with a disability, disadvantaged communities, ethnic minorities and older adults)

Objective 2.1: Strengthen and develop new and existing relationships with relevant target groups and communities

Relationships with target groups and communities is fundamental to the work of KRSP. There has been an increase in the number of clubs, organisations and groups working with KRSP to deliver on its objectives. As the awareness of KRSP programmes grow, the interaction within communities grows and new contacts are made.

Objective 2.2: Increase the number of supported opportunities available to target groups

Healthy Inclusive Communities

The Healthy Inclusive Communities initiative was suspended due to the COVID-19 government restrictions implemented in March 2020. However, due to the continuing nature of the COVID-19 restrictions, it was re-engaged and completed through virtual means with the Sports Development Officer who started in the position on 4th August 2020.

Work has been done by this SDO to become familiar with the project areas, re-establish relationships with key stakeholders and to contribute to work to return to sport and physical activity e.g. return to sport protocols.

Healthy Ireland Fitness Classes for Women

A 'Ladies Let's Move' fitness programme for all ages and abilities was rolled out to female participants in the Urlingford area. The programme took place outdoors in Colaiste Muire, in line with the government COVID-19 guidelines in place at the time. It started on 23rd September and ran for 6 weeks with a total of 14 women taking part.

Following from this, there was an immediate demand for a second programme, which was organised to start in November and again there were 14 female participants registered. The government revised their COVID-19 guidelines mid-way through the programme, which meant that KRSP could no longer continue delivery. The SDO worked closely with the tutor and adapted to programme for online delivery and the second half of the programme was run online. Such was the enthusiasm for this programme that all 14 participants maintained attendance.

Healthy Ireland Men on the Move

KRSP worked with Emeralds GAA Club in Urlingford to develop an online Men on the Move programme to cater both for GAA members and the general population. Despite a strong drive for this programme, the uptake from the community was poor and as there was not sufficient numbers to go ahead the programme was postponed. This programme will be revisited in 2021 when the government COVID-19 guidelines allow for in person delivery.

Healthy Ireland Soccer for Syrian Children

KRSP, the FAI and Ossary Youth developed a soccer programme that catered for Syrian Children based in Callan. This was due to take place in John Lockes GAA in Callan however, before it started, feedback was received from the Syrian Community that as the programme had to take place outdoors (in line with government COVID-19 guidelines at the time) the weather would be a deterrent to the children who were used to a warmer climate. It was agreed by all parties involved to postpone this until Spring 2021 to ensure that the full benefit is derived from this programme for the children involved.

Healthy Streets

The Healthy Streets programme was due to start on Monday, 28th of September 2020 but was postponed in line with government COVID-19 guidelines.

Urban Outdoor Adventure Initiative 2020

In 2019 KRSP developed the Urban Outdoor Initiative from the previous year and extended it to people with disabilities, working closely with schools and disability organisations. Over the last number of years, KRSP has gradually increased the offering of outdoor adventure activities as part of the inclusive summer programme due to the very positive feedback from many sectors of the disability community and ever-growing uptake of activities. In particular, the outdoor adventure activities have proven to have huge benefits from those accessing the Mental Health Services, those on the Autism Spectrum and many others with disabilities, both children and adults.

KRSP continued to look to improve pathways for participation for disadvantaged youth into adventure sports, outdoor activities and clubs. This was done by improving links between outdoor adventure providers (such as Castlecomer Discovery Park), clubs and NGB's and disadvantaged young people and people with disabilities.

Outdoor Education/Adventure Activities Duiske College 2020

Duiske College is situated in the heart of the Barrow Valley and the location positions the school to develop a strong focus on outdoor education. This is further strengthened by their offering of a QQI Level 5 in Outdoor Sport and Recreation.

In the school year 2019/2020, 20 TYs completed a 6 week paddle sports programme. Early in 2020, they completed a walking and orienteering programme (6-7 weeks). Part of this programme was an 'adventure journey' but they were not in a position to complete this due to government COVID-19 guidelines in place at the time.

As the school was closed for the duration of the rest of the school term, there was no other planned activity delivered (forest schools and cycling). The planned adventure challenge for the students to undertake a 2 day expedition along the river Barrow, hiking and canoeing a 38km route, was due to be delivered to the students in December 2020. This had to be postponed due to adverse weather conditions.

The value of the program to TY has been recognised within the school and there is a small team of teachers working to future proof the programme going forward. The outdoors is slowly becoming part of the culture in Duiske College and this year's investment should cement it for the foreseeable future. Some key steps taken in the school to help embed outdoor adventure education into the school include teacher training to deliver orienteering to the students.

Urban Outdoor Adventure Programme for People with a Disability

As in 2019, KRSP had been in the process of planning for a full programme of urban outdoor adventures for adults and children with a disability over the Easter and Summer periods which were unable to be delivered due to COVID-19 restrictions.

KRSP relies heavily on partner agencies, activity providers, disability service staff, tutors, leaders, coaches and volunteers to help run these programmes and activities for this target group. COVID-19 has had a huge impact on these programme areas as the target group is a vulnerable group, many with underlying health issues and at a high risk for difficulties should they catch COVID-19.

The nature of working with these target group generally involves high ratios of leaders to participants and in a lot of cases close or one to one contact. With this in mind, all programmes and events planned had to be postponed. KRSP continues to actively look at ways to implement programmes for people with a disability within the government COVID-19 guidelines.

Teen Mountain Biking

One mountain biking programme ran in December 2020 as part of the UOA initiative in Castlecomer. Eight teenagers completed a four-week programme in Castlecomer Discovery Park.

Orienteering:

In 2020, KRSP worked with Andrew Cox in progressing the development of Orienteering under the Urban Outdoor Adventure Programme with a number of events taking place:

- 12th January, Castlecomer Discovery Park: 204 participants.
- 2nd February, Kilkenny City: 119 participants.
- 16th February, Callan: 69 participants.

KRSP in association with the Irish Orienteering Association also worked to develop Orienteering and Virtual Orienteering across Kilkenny. Permanent courses have been developed and many areas have been mapped. Our aim is that schools, community groups, families and individuals will try out this exciting, inclusive sport. Participants are encouraged to use MapRun to navigate these courses.

A 'Try it out day' for orienteering was held on 16th December in Graiguenamanagh with 5th year students from Duiske College participating.

Ossory Youth – Graignamanagh

A comprehensive and exciting Water Sports Programme in partnership with Ossory Youth and Pure Adventure was planned for the mid-term break in October 2020. Unfortunately, this was cancelled due to COVID-19 government guidelines however, KRSP will look to hold this during 2021.

Older Adult Classes

KRSP continued with the provision of physical activity opportunities for older adults which are accessible, affordable and tailored to their specific needs. Options available up until 13th March 2020, included Aqua Aerobics Classes, Swimming Lessons and Pilates in Kilkenny City, Thomastown and Callan. Classes were fully booked with 150 (135 female and 15 male) participating in Aqua Aerobics, Swimming, Pilates and Chair-based Exercises for each block.

KRSP usually runs three blocks of these classes, however, due to COVID-19 government guidelines we were only in a position to run the first block from January to March.

Go for Life Games

The Go for Life Games did not go ahead this year in line with government COVID-19 guidelines.

Cycling Without Age Trishaw Programme

In January 2019, Kilkenny Recreation & Sports Partnership took delivery of a trishaw bike. Clara Clarke from *Cycling Without Age* facilitated a group of 6 new trishaw pilots for the area. All pilots received extensive training on how the bike works, mounting and dismounting passengers and turning and braking.

There are a number of parties interested in using the trishaw, in particular nursing homes. During 2020, KRSP continued to work closely with these to explore options to

ensure that the trishaw can continue to be used safely and effectively while at the same time adhering to government COVID-19 guidelines.

Community Mental Health

KRSP delivers the Multi-Sports programme in collaboration with Occupational Therapists from the Community Mental Health team and TASK.

The Multi-Sport group meets weekly and the aim for participants is to develop the confidence and interest to get involved in other activities.

The programme is planned, supported and part financed by KRSP, who also provide links to tutors and community service providers. The recruitment of participants is done by the Occupational Therapists team through Community Mental Health and TASK.

Approximately 50 adults participate in these programmes. The nature of the programme is transitional with people accessing the opportunities at different times.

In 2020, this programme ran for the first quarter from January to mid-March but then had to be cancelled in line with government COVID-19 guidelines.

Swimming for Children with Disabilities

KRSP run special needs swimming courses throughout the year. These courses are found to be very beneficial as they are done in small groups with a low swimmer to teacher ratio so they can cater to the individual needs of the swimmer and volunteers are present in the water. The weekly lessons ensure that children make progress and develop skills including confidence in the water, socialising with other children, water safety, breath control and stroke technique. KRSP organise classes in the public pool and the hydrotherapy pool to suit all levels and abilities including mobility impairment and there is a pool hoist available for all swim sessions.

Swimming classes were run in the Watershed from January to March with 32 children taking part. This programme is dependent on the support of volunteers which are recruited through local secondary schools. A number of secondary school students underwent training and became 'swim buddies' during the 2019/20 academic year. The full 3 month programme was not completed as the classes had to finish on 13th March in line with government COVID-19 guidelines.

KRSP looked to re-establish this swim programme later in the year. Following a review of the requirements of the swim participants and their carers and after exploring a number of options with the tutors, it was determined that delivery of the swim programme could not be done safely under COVID-19 government guidelines.

To stay connected with this vulnerable group of children, KRSP has been collaborating with Sport Ireland and Swim Ireland for the production of a printed swimming resource aimed at parents and guardians of children with disabilities. It is hoped that this resource will provide instruction and advice to enable parents and guardians to bring their children to the pool and work through pool-based activities with them, with confidence.

Multi Sports Club for adults with a Disability

The Multisport programme was developed to cater for adults with intellectual disabilities attending day services. The main aim of this programme is to provide opportunities for physical activity and sport at an appropriate level and to create a culture of physical activity in disability organisations.

Staff of the organisations also attend the programme, which aims to educate and enable the staff to increase day-to-day physical activity opportunities, which in turn has the effect of increasing the activity levels of their clients.

By encouraging many organisations to come together, adults with disabilities develop social contacts and connections and carers develop support from their peers.

During 2020 this sport's programme took place on Friday mornings in the Watershed with over 20 attendees. This continued up until March 2020 when it had to be cancelled in line with government COVID-19 guidelines.

Football For All

KRSP Football for All sessions for adults with a disability continued delivery in the Watershed in January – March 2020 with approximately 10 participants. Unfortunately, these sessions had to be cancelled due to COVID-19 government guideline and have yet to recommence given the nature of the activity.

Rock Steady Boxing

A taster session in Rock Steady Boxing took place on Tuesday March 10th in Kilkenny. Rock Steady Boxing aims to help people with Parkinson's disease by improving their quality of life through a non-contact boxing-based fitness programme. The taster sessions were to be followed by a weekly programme in Kilkenny Combat Academy however, this did not go ahead due to the introduction of government COVID-19 guidelines.

Inclusive Basketball

Portlaoise Panthers have followed Kilkenny Stars lead and now have an inclusive section established. Kilkenny Stars were to travel to Portlaoise to play on Saturday 28th of March however, this did not go ahead due to the introduction of government COVID-19 guidelines.

SOS

In November, KRSP arranged online exercise classes for service users with SOS for a 3 week trial period. These were very successful and were extended for another 3 weeks up to the Christmas holiday period. It is hoped to have take-up of these classes by other organisations after Christmas.

Objective 2.4: Support sport and active recreation providers to facilitate participation for all

Online Autism in Sport Workshop

This 2.5 hour workshop held online on Wednesday, November 25th, 2020 provided 20 registered participants with an understanding of Autism, focussing on the delivery of sport. The course content is designed to help participants to recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with autism in sport.

The workshop is facilitated by Colin Patton and is structured for Sports leaders, coaches, volunteers, teachers, principals, special needs assistants (SNAs), parents or anyone who has an interest in making their sport accessible and inclusive for people with Autism.

GAA Healthy Club Initiative

GAA Healthy Club Officer training took place in Nowlan Park on Thursday 20th February. The SIDO spoke to the incoming Healthy Club Officers about the importance of creating inclusive clubs, the experience of other clubs in establishing inclusive sections and the support available to clubs. This is an excellent forum for the inclusion in the GAA.

Kilkenny Dyspraxia Support Group

KRSP had been working with Kilkenny Dyspraxia support group regarding the establishment of a club and have received information about vetting and Safeguarding for sports. They have been put in touch with the Sports Development Officers from the National Governing Bodies and were hoping to start their sessions in March. This work has been suspended to be reviewed when circumstances allow.

Tutor Training

On Friday 11th September, KRSP delivered a COVID-19 Return to Sports Protocols tutor training webinar which was offered to all KRSP tutors. The training was based specifically on returning to sport with Covid 19 guidelines in place. There were nine tutors present.

KRSP SDOs worked with tutors to ensure this training, SI COVID-19 training part 1 & 2 and relevant insurances in addition to risk assessments and COVID-19 officers were in place prior to return to programmes.

GOAL 3: Provide strategic leadership to develop sport and active recreation in collaboration with key partners

Objective 3.1: Enhance and strengthen relationships with partner agencies, clubs and organisations to support the work of KRSP

KRSP continued to strengthen the relationships with local agencies and Fora to ensure physical activity remains an important element of their work.

Participation on committees is carefully considered in terms of time, capacity, relevance and potential. KRSP is represented on the following committees requiring attendance at meetings, reports, updates and collaborative work on joint initiatives:

TrailKilkenny
Kilkenny Leader Partnership Evaluation Committee
Kilkenny Age Friendly Alliance
LSP Evaluation Committee
Irish Physical Activity Research Committee
Youth Leadership Working Group
LSP Network Co-ordinators Forum

Sport Ireland co-ordinates and administers several networking groups specifically for LSP co-ordinators, CSDO and SIDO. These networking opportunities provide for the sharing of knowledge, expertise and collaboration. Sport Ireland engage with other organisations as part of these networking events such as CARA, the National Governing Bodies of Sport, the Federation of Irish Sport etc.

Objective 3.2: Maximise existing resources and work to identify new resources to develop and expand the work of KRSP

KRSP continues to explore different avenues for funding to deliver on its objectives and further the work of the Partnership. KRSP also assists others to identify and access funding opportunities to ensure that sports and physical activity opportunities are created for the people of Kilkenny. Access to Dormant Account funding opportunities through Sport Ireland has significantly increased funding for LSP programmes.

KRSP continually reviews its financial management policies and systems in line with best practice and to ensure an efficient, effective and transparent process.

GOAL 4: Enhance operational systems and structures for effective and efficient governance and management

Objective 4.1: Strengthen and development governance and management systems

The KRSP Board remains fully operational and met on 6 occasions during the year to review operational plan, progress reports and finance reports.

The following members served on the Board during 2020.

Mr Ronan Ryan	Kilkenny Local Authorities
Cllr Eamon Alyward	Kilkenny County Council Elected Representative
Mr Cathnia Ó Muircheartaigh	National Association of Principals & Deputy Principals
Ms Teresa Hennessy	Health Service Executive
Ms Angela Campion	County Kilkenny Leader Partnership
Mr Patrick McAuley	County Kilkenny Leader Partnership Board
Ms Saoirse Prendergast	Carlow/Kilkenny Education Training Board
Dr Niamh Richardson	Waterford Institute of Technology
Mr David Denieffe	Co-option
Ms Mary Cowman	Co-option
Mr Kevin Murphy	Co-option
Cllr Patrick O'Neill	Co-option

The Executive Committee, whose role is to manage and support the coordinator and staff in the implementation and management of the strategic and action plans and associated operational functions met on 6 occasions during the year.

The following members served on the committee during the year:

Mr David Denieffe	Chair
Ms Saoirse Prendergast	Vice-Chair
Mr Cathnia Ó Muircheartaigh	Treasurer
Dr Niamh Richardson	Secretary (January – June 2020)
Ms Mary Cowman	Secretary (June – December 2020)

The Child Welfare and Protection Case Management Committee (CWP CMC), appointed by the KRSP Board, consider and make decisions with respect to child welfare and protection concerns. This committee did not meet in 2020.

Governance Training

KRSP Board continued its work in the area of Governance with full Board training on Governance Code framework delivered by the IPA in December 2020.

Governance Code

The Partnership succeeded in securing funding to further support the development of its governance work which will be implemented in collaboration with the other Company Limited by Guarantee Local Sports Partnerships. KRSP has been registered on the “On the Journey register” with the Governance Code and is working towards compliance.

Systems and Policies

KRSP has contracted the following supports in 2020:

Auditing of Accounts & Company Secretariat Services – O’ Neill Foley Accountants
Information Technology Support – AtoZ Computers
Human Resources Support - Peninsula Business Services & Insight HR
Database Development and Support – Mindaclient

Funding & Support

Funding was secured from Sport Ireland for the operation of the Partnership with additional funding received from its partner agencies, grants and generated by KRSP through course fees and interest on its deposit account. Kilkenny County Council provided office space, associated utilities and storage for KRSP as a benefit in kind contribution.

KRSP accounts are audited annually and the audited accounts approved by the Board at its AGM. O’Neill Foley Accountants completed the audit of accounts 2020.

The following funding grants and fees were recorded as income in 2020:

Sport Ireland - Core Funding	€213,327
Sport Ireland - Women in Sport Funding	€7,214
Sport Ireland - Dormant Accounts	€127,794
Kilkenny County Council	€28,721
Health Service Executive	€13,702
KRSP Fees	€20,924
Age & Opportunity	€916
Get Ireland Walking	€300
Other Operating Income	€14,968
Total	€427,821

Staff Training and Support

Staff Training - KRSP staff avail of training through Sport Ireland Organisation Capacity Building Offering. In addition KRSP organised training for staff, tutors and volunteers.

Objective 4.2: Develop and implement high quality planning, implementation, review and monitoring systems

LSP Evaluation Sub-Committee

As part of the National network of LSPs, the co-ordinator sits on the Evaluation sub-committee which continued its work on developing a framework for monitoring and evaluation of LSPs.

I-PARC – Irish Physical Activity Research Collaboration

The Standardised Evaluation Framework (SEF) has been designed to ask the relevant questions at the key stages of a physical activity initiative (i.e. pre-, during, and post-initiative). KRSP continues to work on the I-PARC Practitioner Advisory Group.

Sport Ireland Annual Operational Plan Report

A review of the KRSP programme of work for 2020 was completed in January by KRSP staff and reviewed by the KRSP Board. This information contributes for the formation of the national LSP report compiled by Sport Ireland.

Programme Planning

Due to the workload and variety of programmes, monthly staff meetings were scheduled with all staff to ensure quality of work and team support. This has aided in communications within the team and ensuring that projects are delivered to a high standard. This is supplemented by individual quarterly planning meetings with staff. Due to COVID-19, KRSP has been working remotely since March 2020 in line with Government advice. Weekly full staff meetings via Zoom have been held in addition to planning and individual meetings.

Objective 4.3: Increase the profile of KRSP work and promote regular participation in sport and active recreation

KRSP continued to develop its Facebook page with 688 posts and a following of 4,384 at the end of 2020. This provides an instant form of messaging, effective and efficient for promoting the work of the partnership and provides interaction with the public.

KRSP has fully taken on board the social media platform, Instagram, during 2020 and already has 388 followers and made 54 posts during 2020.

Text Messaging continues to be hugely effective with over 965 texts sent to participants on the KRSP text messaging system.

KRSP continues to utilise its local means of communication such as access to advertising space through Kilkenny County Council, regular updates through the Age Friendly Alliance column and 10 articles and 10 general press releases submitted to the local papers. There has been an increase in radio and online coverage due to the success of local events with 12 interviews being given.

Work has continued on a bespoke customer management database to improve our effectiveness and efficiency in regard to communicating with our participants. This has been cleared out and updated in-line with GDPR requirements and we are actively working to build on our current number of 264 participants.

KRSP started work on a Communications Plan for the organisation, covering all aspects of marketing, branding and promotion.

In quarter four, KRSP completed a needs analysis for the development of a new KRSP web site.

KRSP also completed the procurement of new KRSP/Sport Ireland branded staff gear which is due for delivery in April 2021.