



# Request for Tenders

**Physical Activity and  
LGBTQ+ in Kilkenny**

## **Introduction**

Kilkenny Recreation & Sports Partnership (KRSP) was established in 2004 following a successful bid to Sport Ireland. The key aims of the Local Sports Partnership is to increase participation in sport through coordination ensuring that local resources are used to best effect.

Kilkenny Recreation and Sports Partnership vision for Kilkenny is an active vibrant community, vitalised by sports and recreation opportunities that are accessible to all. KRSP aims to 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.

The outcomes sought from the Local Sports Partnerships by Sport Ireland include:

- Enhanced planning of sport at local level
- Increased levels of local participation, especially amongst specific target groups such as older people, girls and women, people with disabilities, unemployed people and those who live in identified disadvantaged communities
- Club development & volunteer training
- Local directories of sports bodies and facilities
- Clear priorities for facility provision and improvement, with related quality management initiatives
- School/ club/ community and school/ NGB links
- Local Sports events

KRSP is supported in its work by a Board of Management with a broad spectrum of representative groups on the board including statutory bodies and local groups, organisations and individuals representing specific areas of interest.

KRSP employs a Sports Co-ordinator, Governance & Finance Officer, an Office Administrator, a Sports Development Officer, a Community Sports Development Officer, and a Sports Inclusion Development Officer whose posts are funded by Sport Ireland and a number of other agencies.

Institute of Technology Carlow (IT Carlow) is one of the largest technology colleges in Ireland, with campuses in Carlow, Wexford and Wicklow, and part-time provision elsewhere in Ireland. It will become a founding constituent institute of Technological University for the Southeast (SETU) in May 2022.

## **Aim**

The aim of this study is to explore the experiences of LGBTQ+ groups in sport and physical activity in Kilkenny and to identify what KRSP and IT Carlow can do to improve this experience.

## **Background**

Participation in physical activity and sport has huge potential to increase biological and psychosocial health and is also related to positive social-emotional and life skills. Many populations are at high risk of social exclusion and reduced opportunities to participate in physical activity and sport. People who identify as lesbian, gay, bisexual, transgender, queer/questioning (LGBTQ+) are an example of such a group. As a result, the LGBTQ+ group present with higher prevalence of depression anxiety and stress than the general population. Physical activity and sport developed in a safe, inclusive manner can be particularly beneficial to LGBTQ+ people's health and wellbeing because it boosts self-confidence, self-esteem, and overall physical health. In general, adult members of the LGBTQ+ population have lower levels of participation in sport and physical activity than what is recommended for adult health (Ubeda-Colomer, 2020).

In adolescence, youth begin to disclose their identities to others and in light of prejudicial and discriminatory athletic context, disclosures of LGBTQ+ status may prevent participation in sport and physical activity (Greenspan, 2019). Three quarters of the Irish participants in the *Out On The Fields Study* (Denison, 2015) believed that '*youth sports are not safe and welcoming for LGB youths.*' Overall, very little research has been conducted into LGBTQ+ youth experiences and engagement in physical activity and sport in an Irish context.

KRSP has developed a Diversity and Inclusion policy that covers the nine grounds of discrimination including sexual orientation. However, internal discussions have revealed that staff are unsure of what terminology to use, have a fear of unintentionally causing offence and are unsure on what is the best approach to take when actively promoting programmes to the LGBTQ+ community.

KRSP is currently developing a new strategy which will run from 2022 until 2025. As part of the consultation process, it emerged that one of the groups that had no engagement with the general process was the LGBTQ+ community. Ad hoc conversations with other LSPs in the network would confirm that they are finding the same difficulties.

This research will help us to increase understanding of the experiences and needs of the young LGBTQ+ community in sports and physical activity, identify challenges and barriers to participation, provide recommendations on solutions to overcome these barriers for development and dissemination to local sports clubs, youth groups and physical activity providers / facilities. These can be shared to the wider LSP network.

### **Partners**

For the purposes of this research, Kilkenny Recreation & Sports Partnership is working in partnership with IT Carlow. KRSP will work with Ossory Youth LGBTQ+ youth group and the Foróige DRUM Youth Centre.

Ossory Youth is a voluntary, non-profit youth work organisation working with and for young people within the Diocese of Ossory, covering Kilkenny and parts of Laois and Offaly. The Foróige DRUM Youth Centre is a space for young people aged 10 - 24 years from Kilkenny City & County. It is managed by Foróige, the National Youth Development Organisation and funded by Túsla & Kilkenny County Council. KRSP will explore if it is possible / necessary to widen the scope of the study to surrounding counties/LSPs which are deemed similar in size/demographics to Kilkenny to ensure an adequate sample size.

### **Research Structure**

The Research Questions are:

1. What is the experience of members of the LGBTQ+ group in sport and physical activity in Kilkenny?

2. What can KRSP and IT Carlow do to improve this experience and help to increase participation in sport and physical activity for members of the LGBTQ+ group in Kilkenny?

### **Guidance**

Areas for exploration (to be finalised with successful tender provider)

The successful tender provider will conduct a targeted research project and consider the following brief guidelines to answer the Research Questions:

- Physical activity levels
- Participation in sports and physical activity in school/education
- Participation in sports and physical activity in sports clubs
- Roles within sport in school
- Roles within sport outside of school
- Physical activity outside of playing – volunteering, administration
- What Individual / personal exercise is undertaken and where?
- Engagement with activity providers, sports facilities, gyms, trainers, swimming pools – experiences of this?
- Awareness of sport and physical activity available near your home – how is it communicated, promoted and advertised?

*Note: the above are intended only as basic guidelines. The research should not be limited to these. The successful tender provider will show imagination and extensive understanding of the project beyond the above.*

The successful tenderer will also outline which theoretical framework(s) they will use to underpin the research. They will also be able to highlight and use, appropriate, validated research questionnaires when undertaking the study.

## **Methodology**

KRSP and IT Carlow (the partners) require you to outline clearly the proposed methods you will use to conduct this study.

## **Reporting**

A final report will be produced with results, clear recommendations, and conclusions for consideration by KRSP and IT Carlow. Data, graphs, figures must be current, relevant, dependable, and accurate to confidently guide and shape a potential next phase of the project. This report will be of a high standard to present to KRSP Board, IT Carlow, Sport Ireland, participating groups and organisations and other key stakeholders.

## **Working in Partnership**

KRSP and its partners will collaborate with the consultant to provide guidance and feedback throughout the process, agree methodology and consultation process/content, agree milestones and timelines.

## **Timelines**

Closing date for tenders: 1pm on 13<sup>th</sup> May 2022

Project Start Date: As soon as possible once tender is awarded (1<sup>st</sup> June 2022 – project start date)

Final Report: 15<sup>th</sup> July 2022

## **Response to the Tender must include:**

- Proposed methodology and consultation process
- Process / timetable listing kick off date, key milestones, and dates for meeting the final report deadline

- Description of your team, their areas of expertise and experience on similar projects
- Detailed budget for the project (figures must be inclusive of VAT)
- Rates for time and charges
- Identification of any conflicts of interest
- Referee: contact details must be supplied for two referees' that the management group can contact who has used the proposed consultant for similar/ related work.

### **Budget:**

Please outline clearly all fees inclusive of VAT. A detailed breakdown of costs associated with all elements of the project should be submitted. A current tax clearance certificate will be required. This contract will be awarded based on a fixed price contract, and as such, all costs must be quoted (and clearly indicated) as a fixed price in Euro. The successful consultant is expected to work within the agreed budget. **The budget for this project is €15,000 (inclusive of VAT).**

### **Insurance:**

The successful consultant will be required to submit evidence of relevant professional indemnity and insurance details.

### **Timetable**

- The closing date for receiving proposals is 12 noon on 13<sup>th</sup> May 2022. It is important that key milestones for completion of this project are clearly outlined.
- Potential consultants may be required to attend for interview.

### **Lodging a Tender**

- Consultants responding to this brief are required to nominate a lead person from their organisation as a point of contact.

- Consultants are required to provide details of all key staff and experience in the provision of these services.
- Late proposals will not be considered.
- All supporting material and documentation should be included in the response.
- All costs associated with the consultant's response to the Request for Tenders will be the responsibility of the consultant.

### **Tender Acceptance**

- Kilkenny Recreation and Sports Partnership is not bound to accept the lowest, or any tender and will award the contract to its best advantage.
- All unsuccessful tenders will also be advised of the result.
- Unless otherwise expressly agreed, there shall be no binding contract between the tender and the KRSP unless or until, a written contract is signed by both parties.

### **Kilkenny Recreation and Sports Partnership Expressly Reserves the Right to:**

- Extend the time of lodgement of responses to the Request for Tender and/ or to vary the timings and process for their Request for Tender.
- Vary any requirements of the services required for the Request for Tender.
- Following evaluation, accept or reject any or all responses to the Request for Tender.
- Seek and obtain clarification of any responses to the Request for Tender, including additional information.
- Request providers to amend their responses.
- Accept any proposal in part or in total.

### **Tender Evaluation Process:**

Initially the tender proposals will be checked for compliance with the Request for Tender conditions. Potential consultants will be assessed both on their tender proposal and if required, a follow up interview. They will be assessed against the following major attributes:

1. Interpretation of the brief and proposed methodology. (300)
2. Proven capability and experience in research, consultation, and relevant field of work. (300)
3. Capacity to complete the work within the stated timeframe. (200)
4. Cost. (200)

### **Copyright and Confidentiality**

The consultant will be required to assign copyright of the report to Kilkenny Recreation and Sports Partnership. Copyright for any illustrations or other material used should be cleared by the consultant. Sections of the report may be made available for public use by Kilkenny Recreation and Sports Partnership.

### **Contact:**

Please return tender to the e-mail below, with all queries directed to same:

Closing Date: 12 Noon,

Day and Date: Friday 13<sup>th</sup> May 2022

Kilkenny Recreation and Sports Partnership: [seamus@krsp.ie](mailto:seamus@krsp.ie)

Phone: 087 3567884