


LOCAL SPORTS PARTNERSHIPS 2022 HIGHLIGHTS



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

VOLUME 1

LOCAL SPORTS PARTNERSHIPS

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What is a Local Sports Partnership (LSP) 



MEN'S SHED

A 16-week programme of multi-modular physical activity for Carlow town's Men's Shed.

Community initiative

OLDER ADULTS LIFTING

Carlow Sports Partnership had over 80 adults, aged 60 and over, begin a 12-week resistance training programme in April 2022. This was a collaboration between SETU Carlow and Carlow Sports Partnership and was conducted as part of two PhD students research projects.

This project was initiated during the COVID-19 pandemic to increase the physical activity of over 60's in the community. Participants were split between 3 groups, (1) trained face to face in a group, (2) trained through group video-call, (3) trained once face-to-face in a group and once at home unsupervised. Measures of psychological well-being and physical functioning were taken pre and post programme.

The initiative successfully engaged 80 older people in a resistance training programme during the pandemic.

All resistance groups improved their physical functioning and psychological well-being from pre to post. The participants with the greatest attendance saw the greatest improvements.

"All resistance groups improved their physical functioning"



PLAY DAY

Building and flying kites, treasure hunts and orienteering were held in Duckett's Grove, Carlow.



INCLUSIVE SUMMER CAMPS

A variety of sports were provided at inclusive summer camps across County Carlow.





SPORTS ABILITY EVENING

We held our first ever Sports Ability evening to highlight sport and physical activity opportunities in Cavan for children with a disability.



Community Initiative

COMMUNICATION BOARDS

Cavan Sports Partnership were delighted to launch the installation of communication boards at thirteen playgrounds across the county during National Go All Out Week in July. The boards are primarily a communications support, with particular benefit to children or adults who are either pre-speakers or non-speaking and/or have communication difficulties.

WALK TO WELLNESS

This six-week Secondary School programme promotes physical activity, mental health and body image. Participating students received a pack containing a health watch, step record card, mental health and Bodywhys resources. Students were tasked to build their step count to 10,000 steps daily with the help of their buddy.



WALKING MONTH OF JUNE

CSP co-ordinated the delivery of a month-long celebration of walking. Over 750 walkers enjoyed nineteen community led walks throughout the county in partnership with seven Community groups and the Geopark, seven six-week Older Adult activator programmes and three events including Orienteering, Bug Hunts and Teenager Target Wellbeing Walk and Paddle.

SUPPORTING UKRAINIANS



Discretionary Grant Scheme was disseminated to communities to provide opportunities for Ukrainians to partake in physical activity.

11

Clubs took part in a 12-week training process of developing a Club Needs Analysis Resource to support them for future projects.





KEEPING CLARE KIDS ACTIVE!

We run an enjoyable Active Story time programme in Clare every year in the pre-school and primary school setting. [Watch](#)



The R.O.S.E. Project

ROWING INTO CLARE

Clare SP is delighted to be a steering group partner of ROSE (Rowing an Outdoor Sport for Education). This project aims to promote and educate young people through the practices of rowing, create opportunities for participants to try rowing, and enhance rowing already in existence within County Clare. [Watch Video](#)

Our team of coaches and eight young people traveled to France to participate in a Youth Rowing and Cultural Week April 4th – 9th. We joined other rowers and coaches from both Portugal and France.



Together, we piloted the new rowing lesson plans created by our coaches to enhance rowing in schools and clubs. We had rowing relays, erg relays and coastal rowing on the Atlantic. The young people enjoyed some river rowing at the rowing club in Saint Nazaire before embarking on an exciting treasure hunt which involved teams following a map and rowing to various points on the lake.

BEACH TO BUOY 2022



MOUNTAIN SKILLS TRAINING COURSE

Excellent content and delivery. Brilliant course. Gained new knowledge while having fun. Very professional, practical, and outdoors-based course. [About Course](#)





WALK21 SATELLITE CONFERENCE

CSP recently hosted a satellite Walk21 conference highlighting the key work of the Get Cork Walking project. [Read More](#)



Active Community Awards

CELEBRATING COMMUNITY VOLUNTEERS



The Cork Sports Partnership Active Community Awards 2022 took place in November to honour, recognise and celebrate individuals and groups, who go above and beyond in their efforts to promote sport and physical activity in communities across Cork. To find out more or watch back this year's celebration, see [here](#)



WOMEN IN SPORT

CSP coordinated 11 specific women in sport projects in 2022, as well as taster events, to provide women and girls of all ages and abilities with the opportunity to try a new activity in a supportive environment. Check out some recent project highlights and some upcoming opportunities [here](#)



ACTIVE CITIES CORK

Following the recent launch of Active Cities by Sport Ireland, the project in Cork is gaining significant momentum with over 60 stakeholder organisations engaged in local projects, programmes, events and workshops to increase physical activity levels in Cork City. Check out some of the Active Cities Cork projects [here](#)



CORK SPORTSABILITY MONTH

September played host to Cork SportsAbility Month where over 400 people participated in Come and Try events.

REBEL RUN A MILE

Over 500 adults from 6 disability services throughout Cork took part in the annual programme.



LET'S PLAY



LET'S PLAY DONEGAL

Over 300 people participated in the family fun day hosted by Donegal Sports Partnership at the Bernard McGlinchey Town Park in Letterkenny in July. The "Let's Play Donegal" event was held at the end of what was National Play Week.

Community initiative

MAKING A SPLASH

The open water safety programme delivered by Donegal Sports Partnership on Arranmore Island in June was a hugely successful cross-community project.

The initiative was coordinated by Donegal Sports Partnership in conjunction with its community partners and the sessions were delivered by Wildswim, Maghera Coastal Adventures and the RNLI.

Education and training coordinator with Donegal Sports Partnership, Maggie Farrelly, who oversaw the programme, said: "The common goal for all involved was to create awareness of open water safety by providing opportunities, particularly for the young people on the island, to engage in open water activities in a safe and fun environment."



MIND YOUR MELON



SPORTS ABILITY EVENT



SPORT TOGETHER

Community initiative

CHAMPIONING WOMEN IN SPORT

Dublin City Sport & Wellbeing Partnership is dedicated to providing opportunities for women/girls to get involved or re-engage with sport and physical activity through delivery of the core Get All Girls Active programme (GAGA), ongoing community women in sport programmes and by consistently linking in with national and international initiatives.

While establishing strategic partnerships is critical for providing sustainable pathways for women of all ages and abilities to engage in sport and physical activity, visibility is also such a powerful force behind any seismic shift in our collective attitudes.

For this edition we wanted to highlight the new Developing Women in Sport Technical University Dublin programme which is a collaborative initiative

between TUD and DCSWP. The TUD/DCSWP programme seeks to support female engagement



BIKE HUB CRUMLIN

Book your ride now on a range of Inclusive Bikes. [Visit here](#)



in areas such as coaching, volunteering, club membership and leadership, thereby empowering other women to become involved in a sport within the university and its wider community.



CHANGE FOR LIFE

We will be running our annual Change For Life Programme all across Dublin City starting January contact your local sports officer for more info.



LADIES TRAIL BLAZIN!

As part of the Sport Ireland Winter Initiative, "Blazin Wheels", a new quad skating programme for females over 16 years old was delivered. It was amazing to see the progress over such a short period of time, with lots of laughter and fun! It is planned to run more "Blazin Wheels" programmes in 2023!

DLR INCLUSIVE BIKE FLEET



WOMEN IN SPORT



SPLASHING GOOD TIMES!

The DLR Sports Partnership once again held its Outdoor SportsAbility Water Camps over 5 weeks, in June and July for 70 children. The 1:1 tailored camps are designed to be inclusive and safe for all participants, whilst removing barriers to water sports for children living with complex challenges. Delivered in partnership with DLR County Council and local disability services.

MARATHON KIDS FINAL EVENT



Community Initiative

COMMUNITY 5K FUN!

As part of the County's Festival of Inclusion, Dún Laoghaire Rathdown Sports Partnership in association with local partners held its annual DLR Community 5K. This event, in October at Kilbogget Park, saw over 850 entrants of all ages and abilities put through their paces in a fun, family atmosphere!





Community Event

BALBRIGGAN BEACH FESTIVAL



This year, we saw local clubs of GAA and soccer showcasing their skills during blitz's, national governing bodies of Volleyball Ireland and Cricket Leinster bringing 'come and try' sessions to the beach along with a new addition this year of beach fitness with family yoga and a beach bootcamp.



EXERCISE: ENERGISE

Fingal County Council's Sports Office were delighted to hold the Exercise: Energise "Come and Try" Multi-Sports Day on November 23rd for the first time since 2019. This year's schools Exercise: Energise Programme had a record thirteen Fingal Secondary Schools taking part in the initiative this year.



Marathonkids

Marathonkids launched in September with nearly 4,000 students from 38 schools in Fingal taking part in the 8-week programme. Students from 5th & 6th class performed 4 running sessions each week inching them closer to completing their first marathon as well as learning about the benefits of physical activity through the Marathonkids workbook.





Mass Participation

RACING AROUND GALWAY

Covid-19 restrictions gave us a challenge; how do we get people active but with restrictions? Race Around Galway was born. Participants of all levels and abilities were challenged to cover the distance of the perimeter of Galway; 573km. They would run, walk, jog, cycle, swim or roll the distance. This was the second iteration of the programme which ran from July 4th to October 31st 2022. In all 137 people took part with various competitions and give aways along the journey.



HORSING AROUND

GSP working with the Brothers of Charity delivered a number of equine programmes around Galway. The programmes run for 4 weeks and give people with disabilities the opportunity to experience horse riding and all that entails in equine care. This is a successful and therapeutic programme.



UKRAINIAN TABLE TENNIS PROGRAMME

Working with newly arrived Ukrainian children to provide a fun table tennis event.



GALWAY WOODLANDS FOR HEALTH

This programme delivered in a number of woodland areas across Galway brings physical activity and mindfulness together in one programme.



Galway has 9 Park Run Venues, 7 5k venues with 2 Junior Park Runs.



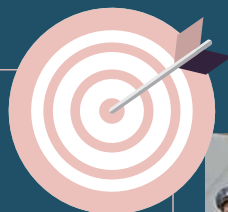
Women in Sport

WOMEN'S SOCIAL SOCCER

In conjunction with the FAI, KRSP organised a successful Women's Social Soccer programme in locations across the county of Kerry. The central aim of the programme is to introduce women to the sport of soccer through fun & sociable sessions while focusing on fun and fitness in a supported environment!

ACTIVE AGEING EVENT

KRSP in conjunction with the Munster Technological University Kerry staff and students of the Health & Leisure Course, organised the 'Active Ageing Event'. This social and informative day for older adults included activities such as Walking Cricket, Pickleball, Dancing, Tai-Chi and working on balance, strength and functional movement.



VOLLEYBALL TASTER DAY



TEENAGE HER OUTDOORS

TRALEE SPORTS HUB

Funded by Dormant Accounts, TSH is located in Ragoonane Community Centre. Our Hub Coordinator, Ray Lally promotes and encourages participation in sport and physical activity amongst the local community.



Strong links have been forged by rolling out programmes including 'Women Empowerment Fitness', 'Multi-Activity Summer Camps' and 'Bounce Fitness Classes'.

2022 BIKE WEEK



AGE FRIENDLY PROGRAMME

Our activator poles programme offers seniors an opportunity to add exercise and movement to their routines. Our sessions take place in numerous locations around County Kildare, and participation levels have grown rapidly. KSP currently hosts sessions for approx. 300 participants in County Kildare.



HILL WALKING PROGRAMME

2022 BIKE WEEK



WOMEN'S SHED AT ATHY SPORTS

30 women participated in Dragon Boating, Cycling, Aqua Aerobics, Shackleton tours and treks of Athy. The feedback was very positive and the women connected, reconnected and made new friendships. While we aim to increase physical activity, we must not underestimate the value of social engagement between participants in Community Sports Hubs.



SPORTS HUB KAYAKING

SPORTS ABILITY



The day was dedicated to celebrating inclusive sports for people of all abilities. We were joined by approx. 250 attendees who tried out new sport activities, connected with local sports clubs and were introduced to the inclusive opportunities offered by organisations such as Leinster Rugby, Golf Ireland & many others.

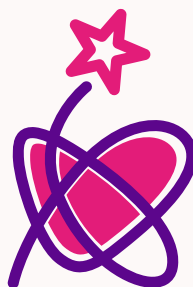




Strategy Launch

MINISTER LAUNCHES STRATEGY

Minister for Sport and the Gaeltacht, Jack Chambers launched the KRSP Strategy 2022-2025. It sets out the ambition for participation in sport and physical activity across Kilkenny.



Widespread consultation helped identify key aspects of work, also setting out emerging priorities. The action areas encapsulate the mission of KRSP to work collaboratively to empower people and communities to participate in lifelong active recreation, sport and physical activity.

KRSP identified engaging with marginalised groups along with the development of new and existing partnerships as some emerging priorities for this strategy.

KRSP looks forward to working towards our vision of 'Getting Kilkenny Active'. [Find out more](#)



ROCK UP & CLIMB

Two rock climbing sessions were held in partnership with Mountaineering Ireland, in Ballykeefe Quarry. A group of teen and adult climbers enjoyed the benefit of being outdoors and worked hard to figure out difficult sequences. Hopefully this will be the first steppingstone for these women to continue getting active outdoors. [More](#)

KRSP INCLUSIVE SUMMER CAMP



COMMUNITY SPORTS HUB URLINGFORD/JOHNSTOWN





LAOIS SPORTS PARTNERSHIP
COMHAR SPÓIRT NA LAOISE
— SPORT IRELAND —

NEW
ACCESSIBLE BIKES



Community Engagement

CELEBRATING 21 YEARS

Laois Sports Partnership celebrated its 21st birthday in August of 2022. To mark this milestone, Laois LSP ran a 10-day lead in campaign online, which consisted of daily competitions and sharing of old photographs and memories, followed by an official celebration on the birthday of the Laois LSP.

Laois LSP were kindly donated several prizes from local businesses to use for the online competitions, some of which included gym memberships and a one-hour flight voucher.

The birthday was held at Laois Leisure Portlaoise. On the day, there were a number of free activities for the public to take part in including basketball, swimming and sit-fit exercises.

The purpose of the birthday was not only to celebrate the LSP, but to thank and celebrate the people of Laois for their engagement and support over the past 21 years. [Read more](#)



IRELANDS FIRST FITSTICKS TRAIL

INCLUSIVE
CAMPS IN 2022



Community Initiatives

BALANCE BIKE PROGRAMME!

The programme was delivered in partnership with Leitrim Childcare committee, and service providers. We delivered 7 programmes with 125 young children participating on the programme, including children with additional needs. Over the 4 weeks, we have seen the children's confidence grows along with their balance and stability on the bikes.

The children who have completed the programme easily transferred their skills over to cycling a bike without needing stabilisers or adult support. This programme was funded through the Healthy Leitrim fund and we also secured more funding to purchase more balance bikes to further develop this programme in 2023.



MAKING NEW FRIENDS

Leitrim Sports Partnership has been working hard with people in Direct Provision and with our Ukrainian guests to help them keep socially engaged, active and healthy.



CHILDREN IN DIRECT PROVISION

KIDS LOVING THEIR BIKES





Social Inclusion



LIMERICK'S BOXING CLEVER!

Boxing Clever is a 20-week substance use recovery and fitness programme supporting participants to develop resilient identities, educational achievement, physical wellness and reduction in harmful or risky behaviours. Our graduates gained two QQI Level 5s in Community Addiction Studies and Health Related Fitness with a 'Boxercise' physical activity strand! [More](#)



ACTIVE CITIES
LIMERICK
PROJECT

Active
Cities
LIMERICK



OUR VIP TYS!

Our V.I.P (Voluntary Inspired Participation) TY programme, identifies potential in students that with supports and encouragement could become future coaches and leaders in the sport and physical activity sector. Students gained nationally recognised sports coaching qualifications, attended health related workshops and undertook 100 hours volunteering at LSP programmes. [Read More](#)



GARRYOWEN & MOYROSS HUBS!



COMMUNITY BEST PRACTICE EDUCATION



GOOD2GO HUBS!

Good2Go Hubs are fun, social community-based hubs that provide physical activities for older adults such as: Functional Fitness, Dance, Scooch, Pickleball and more! This year we established hubs in 7 locations across the city and county to support older adult programmes in the community. [Read More](#)

good2GO
Physical Activity Hub



MINISTER CHAMBERS VISITS LLSP

Louth LSP welcomed Minister Jack Chambers to Louth and share information with him on our winter programmes.



Youth Leadership Louth

TEENAGE KICKS IN LOUTH

Over 90 teenagers from 19 Sports Club in Louth have completed their Level 1 Qualification in 3 Sports Leadership programmes delivered by Louth Local Sports Partnership in 2022. Each programme is open to young people aged 13-17 years old with an interest in Sport & Physical Activity and covers the following areas;

- Understanding Leadership
- Communication & Teamwork
- Motivation & Goal Setting
- Coaching Principles
- Planning a Coaching Session
- Reflection & Evaluation
- Community Sport & Physical Activity.

The young leaders have now gone back into their clubs and communities to volunteer their time to support the development of Sport & Physical Activity opportunities across Louth.



LADIES LAP OF LOUTH

Over 270 ladies took part in the Ladies Lap of Louth Cycling Sportive as part of HER Outdoors week 2022.

LOUTH BIKE WEEK



Over 40 Bike week events took place in Louth in 2022, with a focus on communities and families cycling together. Over 700 participants take part in the events in Louth.



SISTER CLUB LOUTH

Teenage girls enjoying the Sister Club established by Louth LSP in partnership with Dundalk Ravens Basketball Club.

TEAM UPDATE

In 2022 we were shortlisted for Local Sports Partnership of the Year for the first time in our history.



URBAN HORSE PROJECT

LGMA want to carry out a case study on our Urban Horse Project. The objectives of this case-study template are to capture learning around the delivery of communication and engagement customer service initiatives, share best practice, and create a valuable resource that can inform the future development of customer service provision across the local government sector.

LONGFORD TRAIL RUN SERIES 2022



Altogether 250 people registered for one or multiple trail runs with about 120 people taking part in more than one trail run.

Team Update

LOCAL GOVERNMENT AWARDS 2022



Longford County Council were shortlisted for Chambers Ireland Excellence in Local Government Awards this year for the following projects: Urban Horse Project, LIFT Programme, Longford Text Alert, New Community Library in Edgeworthstown. Two of these projects are facilitated by Longford LSP.

Urban Horse Project helps young people from the Travelling and Roma communities and from low-income backgrounds to learn about horses, responsible horse ownership and career opportunities with horses.

LIFT (Longford Inclusive Fitness Trails) Programme under the Health and Wellbeing category. This project included Irish Sign Language instructional videos for outdoor exercise machines in parks around County Longford.

My aim with this class is to not only teach about dance and Nigerian culture but also push body limitations – LONGFORD AFRO DANCE

MSP ANNUAL REPORT 2021

10,838 people participating in some 89 Mayo Sports Partnership programmes



Older Adults

MAYO ACTIVATORS

In Sept 2022 Mayo Sports Partnership launched 13 programmes in 11 locations. Having started in Ballinrobe on September 7th, there are now almost 250 participants taking part in on-going programmes throughout Mayo.



SURFING FOR KIDS WITH AUTISM

Hosted by Surf Mayo, the 4-week course commenced during August in Westport with 5 participants of varying age and ability. This course is an opportunity for kids with additional needs and their families to experience the outdoors and the joy of surfing in a safe and monitored environment.

WOMEN'S FISHING

In partnership with Inland Fisheries Ireland, MSP launched a Women's Come & Try Fishing Session as part of European Week Of Sport 2022 in October at Lough Moher. We had 8 enthusiastic participants and as there was such great interest, we hope to run something similar next fishing season.



BALLINA WOMEN ON WATER

The Ballina Adventure Hub's Urban Outdoor Initiative has opened doors for older women to partake in water sports.



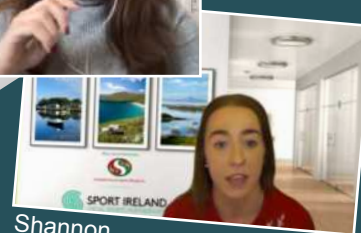
SPORTS VOLUNTEER TRAINING

Endless hours' of input by volunteers are crucial

SHANNON SWEENEY
BOXING CHAMP



Angelina



Shannon



Community Event



MEATH LSP MAKES A SPLASH!

Meath LSP utilised our waterways in 2022 with great success! 322 people across our target populations (Women, Men 35+, Youth and Children with a disability) took part in a variety of water sports such as canoeing, water-skiing, yoga & dip, women on water and open water swimming.



RUN JUMP THROW!

Run Jump Throw is an inclusive multi-sports programme for children with a disability.

The sessions include sports, fun games and obstacle challenges which help to increase their confidence in participating in regular physical activity. 272 families took part in the weekly inclusive sessions in 5 areas!

SPORT SCHOOL PROGRAMMES!

Meath LSP delivered a wide range of sport specific programmes to primary schools in 2022 which included Olympic Handball, Basketball, Orienteering, Cricket, Badminton and Ladies Gaelic Football. In total, 67 schools took part, 88 teachers received training and 4432 students participated in School Blitz's!



ADULT DAY SERVICES FOOTBALL PROGRAMME

MIGRANT PROGRAMMES

Meath LSP supported migrants in participating in sports and physical activity. 378 children and adults took part in programmes, events and summer camps.

1426

The number of older adults who took part in a variety of physical activity programmes in 2022!



LEARN TO CYCLE

“The Learn To Cycle was hugely beneficial to children in our Síolta (ASD) class, all children can now cycle – PRINCIPAL”



Active Adults Programmes

OLDIES 'N' GOLDIES!

MSP ran an Active Adults 50+ activity programme in Autumn 2022 in various locations across the county. Over 350 participants took part in a diverse range of activities, both indoor and outdoor. Activities included our new Games For Life, Woodlands Walks, Aqua Aerobics, Tai Chi, Pilates, Yoga, and many more.



LET'S GO ORIENTEERING

As part of Active School's Week 2022, Monaghan Sports Partnership facilitated an orienteering day in Lough Muckno, Castleblayney in partnership with Orienteering Ireland.

Over 150 children from 5th and 6th classes in primary schools in Castleblayney took part on the day, which included some foundation orienteering training for teachers.

SCOREBOWLS TAKES OFF!

Monaghan Sports Partnership launched a new Disability Day Services Scorebowls league in 2022. The league followed a launch day in June 2022 in which over 50 service users attended.

The Scorebowls kits were funded through the Dormant Accounts Fund and the league offers services fun and friendly physical activity opportunities.



MARATHONKIDS 2022

Over 1000 children from 17 primary schools took part in Monaghan Sports Partnership's 1st MarathonKids programme in Monaghan in 2022.



NEW SPORTS ACTIVITY HUB

The Kilmore & Drumsnatt Sports Activity Hub had over 800 participants take part in year 1 of activities in 2022.





**MULTI-SPORT
INCLUSIVE CAMP**



National School Programme

RETURN OF SPORTHALL ATHLETICS

In September 2022, Offaly Sports Partnership ran it's first, post-pandemic, Sportshall Athletics programme. Over 3200 children from 21 national schools were coached in athletics games. The eight-week programme led up to a two-day competition with over 600 students participating.



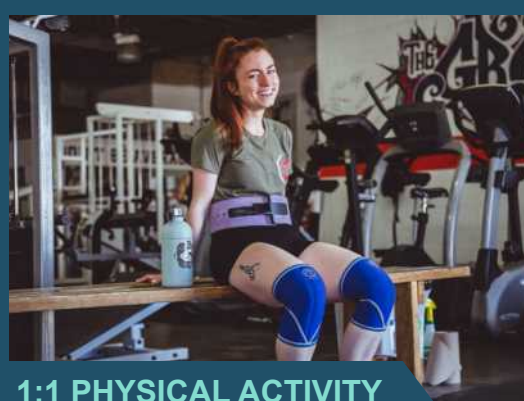
DIVERSITY GAMES 2022

OLDER ADULT BOCCIA

Our Boccia League is very popular, for helping older adults stay physically and socially active. Currently, we have 75 participants across 18 teams (mens, ladies and mixed) meeting weekly to fulfil their fixtures. Semi-finals and finals take place in March, with all category winners receiving a trophy and medals.



SHUTTLE TIME TRAINING



1:1 PHYSICAL ACTIVITY

People with additional needs up to the age of 24 can participate in this 1:1 support programme. Paired with a qualified tutor, participants engage in an activity of their choice for 6 one-hour sessions. Activities included dance, ball games, athletics, strength and conditioning, fundamental movement skills and fun games.

LEARN TO CYCLE

“My son has cerebral palsy. We never thought he would be able to cycle. We cannot believe how much he has achieved and are delighted with his progress. We’ve great respect for Daire, Noel and the RSP team.”

ANN MARIE

TRANSITION YEAR ON YER BIKE

This programme was delivered to over 530 students in 8 schools across County Roscommon. Designed specifically to provide TY students with practical cycle safety and skills training promoting competent and confident cyclists on our roads. This programme highlights the importance of Active Travel. Funding was secured locally under the Healthy Ireland Fund.

LEARN TO CYCLE

This programme enables children with disabilities to partake in cycling. Children received one-to-one tuition over 4 weeks from experienced tutors trying bicycles such as trikes and tandems building confidence and progressing their skills. 18 children completed the programme with parents reporting their child progressed from unable to cycle, to cycling independently.



TIP!
RESHARE

RESHARE MEMORIES

You will get great traction by resharing old events or memories on your social media pages.

380 older adults
took part in Let's Get
Active and Stay Active in
19 Active Age groups.



INTRODUCTION TO HANDBALL

We held a four-week handball programme for primary school children in collaboration with Kilglass Handball Club. This programme was delivered in an inclusive and supportive club environment. Participants received a pair of gloves, goggles, ball and draw string bag! Out of 17 participants, 9 became members of the handball club.



SPORTS KEY LAUNCH



LEARN TO CYCLE PROGRAMME



**PARK ACTIVATOR
POLE WALKS**

PARK YOGA / FIT

This summer saw South Dublin County Parks alive with Park Yoga and Park Fit evening sessions. Over 1500 people joined weekly free classes in the great outdoors. Park Fit and Park Yoga demonstrated the abundance of local free amenities right on our doorsteps within our communities.



Community Events

COLOUR DASH

September saw our End of Summer Colour Dash held at Corkagh Park. On a sunny dry Saturday, over 1500 people of all ages and abilities joined us in a day of colourful celebration, fun and laughter to celebrate the end of Summer.

NEW PARK RUN

South Dublin County saw the launch of its 5th ParkRun in Dodder Valley Park. Despite the weather 346 runners and walkers turned out on the day and experienced the new and improved park facilities. Dodder Valley ParkRun continues each Saturday morning.





An Innovative Solution

MAKING A SPLASH

Many communities face the problem of no access to a pool. In order to bridge this gap and create more opportunities to get as many people swimming as possible, SSRP were delighted to partner with Swim Ireland and supported by Sport Ireland to bring a Pop Up Pool to Tubbercurry.



LANES OF LAUGHTER

Over 1200 children returned to ATU athletics track for the first time in three years for the SSRP Primary Schools Athletics Fest. Members of Sport Ireland, Athletics Ireland and our local athletics clubs welcomed the children back. The atmosphere was electric, as the children enjoyed displaying their skills.



GAA ALL STARS

Local GAA clubs, Curry GAA and St Marys GAA continue to create an inclusive setting for children with disabilities through their GAA All Stars Club programme. Weekly coaching sessions delivered by trained club coaches and volunteers ensured over 35 children from around county Sligo participated in an inclusive club programme.



One of the first Accredited Blueways 'Suir Blueway Tipperary' with TSP, Tipperary Tourism, Tipperary County Council, Failte Ireland, Sport Ireland.

**SUIR BLUEWAY
TIPPERARY ACCREDITED**



Community Sports Hub

BADMINTON CLUB

Tipperary Town Community Sports Hub continues to grow with a variety of programmes delivered throughout the year. As a result of Badminton Taster Sessions with Badminton Ireland a new Tipperary Town Badminton club was established and has over 30 members and continues to grow. Ní neart go gur le chéile.

INCLUSIVE PADDLING

Three Inclusive Paddling Programmes were delivered with Scoil Cormac Special School and the National Learning Network. 18 participants completed 6 weeks on Sit-on-Tops following an Inclusive Paddling Taster Day. 2 participants Kian & Declan went on to win Silver & Bronze medals at a Special Olympic National Kayaking Competition.



765 toddlers achieved their Driving Licence as part of the Wibbly Wobbly Balance Bike Programme which was delivered to 30 preschool settings in partnership with the Tipperary Childcare Committee and supported by Healthy Ireland.

SUCCESSFUL AQUAFIT

Older Adults in Roscrea and Carrick on Suir had a splashing time at aquafit sessions.



ACTIVE NEURO SUCCESS





Older Adults

WATERFORD'S WALKING INITIATIVE



Waterford Sports Partnership ran Activator Pole programmes during the beginning of 2022 which were followed by a high level of enquiries about purchasing poles. We decided to partner with Waterford City & County Libraries in developing the Activator Pole Borrow Scheme to remove the cost burden associated with Activator Walking.

This enabled people to access poles at their leisure in a trusted and safe setting i.e. from their local library. Following a pilot with one library and the development

of 'How to Videos' and leaflets, we expanded to three more libraries. Monthly pop-up pole walks were led from the four libraries. Find out more [here](#)

In 2023, we plan to expand the scheme to more libraries and explore the idea of creating 'Activator Pole Walking Clubs'. We will continue to partner with the libraries as there are many benefits to the libraries and the LSP from this collaboration.



**ACTIVATOR WALKING
POLE RECOMMENDATION**

Don't knock them until you try them, it's definitely a mind and body exercise!

PROGRAMME PARTICIPANT



SAFE GUARDING WORKSHOPS

During 2022, in excess of 200 people participated and feedback remains positive for delivery of Safeguarding workshops on Zoom.

Schools and community initiative

MARATHONKIDS IRELAND

Marathonkids Ireland is an 8-week programme targeting 5th & 6th class students in schools. During the eight weeks students perform running sessions each week inching them closer to completing their first marathon. In Westmeath, 20 schools took part in the programme with 615 students participating from all over Westmeath.

ACTIVATOR POLES

Due to the success of a pilot activator pole walking programme, 12 new programmes were rolled out with community groups, day services, ICA groups and the retirement village over 6 weeks in an indoor and outdoor setting. Activator poles have many benefits including improved stability, reduces impact and much more.



2022 BIKE WEEK



FUN TASTER SESSIONS

Taster sessions and 4-week length programmes in kayak and paddle boarding were provided to 5th & 6th class pupils in the Athlone, Mullingar and surrounding areas in 2022 as well as special ed schools, transition year students, youth work Ireland, family resource centres, national learning network and summer camps.

SUPPORT
FUNDS
PROVIDED

16 Groups

Bike Week (€4,700)

13 Groups

Resumption of Sporting Activity (€16,750)

22 Groups

Volunteer Supports Programme (€22,000)



RAG TREE FEEDBACK


“Rag Tree is a happy place – I love the programme and am extremely grateful for the chance to experience it.”



Mental Health Programme

THE EXERCISE EFFECT

This project is in partnership with Wexford Mental Health Services, and is underpinned by research by W.I.T. An Exercise Practitioner integrates physical activity interventions across all sectors of the mental health services in County Wexford: general adult mental health, older adults; and child and adolescent services.

The target group for this programme are individuals from county Wexford currently availing of the Mental Health Services. Mental wellbeing and quality of life were reported to have been clinically improved through participation in the programme, verified by scores on validated and reliable tools. Learn more about the project [here](#). 



EQUINE ASSISTED THERAPY

We provide a programme for young people in CAMHS at Rag Tree Equine Assisted Learning Centre in Kilmuckridge. It was been proven that the use of animals, particularly horses, is beneficial in supporting children with mental health difficulties. WWETB are involved and participants can achieve a QQI Level 4 certificate.



Beach Yoga HER OUTDOORS WEEK



FUN IN
THE SUN

690

children took part in Sports Active Wexford 'Fun in the Sun' camps over 7 different locations during July/August 2022.



Sports & Recreation Partnership
Comhpháirtíocht Spóirt agus Áineasa Chill Mhantáin

SPORT IRELAND



HER WICKLOW, HER OUTDOORS

We helped over 300 women find their outdoors in Wicklow. From horse riding to kayaking, we hosted 24 events on land and sea, across 15 areas in Wicklow. Missed out? Don't worry, we will be back next year bigger and better! Check out what you missed [here](#)

Inclusive Community Initiative

#SIGNMEUP GAA PROJECT



Rita Brady is an Irish Sign Language (ISL) user who wanted to find a way to make her GAA community more aware of ISL and give people the opportunity to learn some Gaelic Games ISL signs. The #Signmeup initiative includes the Gaelic Games ISL video which shows the most commonly used GAA terms in ISL. Find out more [here](#)



CARNEW MEN ON THE MOVE

"I cannot stress how important this programme has been to me. Tom the instructor is brilliant at what he does and understands completely what is needed for men over 30, would be great to have this continued"



“As I said to the tutors, they gave him wings and we will always be grateful”
PARENT

2022
IN REVIEW

2022 Year in Review	Wicklow Sports & Recreation Partnership	Programme Participants!
8 Virtual Events	182 Learn to Cycle Tutor Hours	206 Programmes Delivered
26 Safeguarding 1	3 Safeguarding 2	1 Safeguarding 3
12 Sports First Aid	8 Disability Inclusion Courses	16,949 Programme Participants!

What is a Local Sports Partnership (LSP)?

In partnership with key stakeholders such as the local authorities, Sport Ireland created the network of Local Sports Partnerships to enable the ongoing development of quality sport and physical activity opportunities throughout the country, in an environment that promotes healthy lifestyles, maximum participation and is inclusive and welcoming for all.

The LSP network facilitates sport and physical activity at a local level through working with clubs, coaches, and volunteers, and supporting partnerships with other organisations and community groups to provide:



Training and education e.g., safeguarding, sports first aid, coaching courses, etc.



Targeted programmes, events, and initiatives to increase physical activity and sport participation



Information about sport and physical activity, creating awareness and access to opportunities



Support to sports clubs in every county through the administration of club sports grants

Find your Local Sports Partnership 