

Annual Report 2023



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1. ABOUT KRSP



ANNUAL REPORT

01 January 2023 to
31 December 2023

Contact Details



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2. KRSP'S STORY



OUR VISION

Getting Kilkenny Active

MISSION

Kilkenny Recreation & Sports Partnership (KRSP) will work collaboratively to empower people and communities to participate in lifelong active recreation, sport, and physical activity.

OUR VALUES

Empowering

We will work to unlock potential by motivating, inspiring and building skills and confidence in communities, clubs, organisations and volunteers.

Integrity and Accountability

We will be professional, open, honest, and transparent in how we operate. We will do the right things in the right ways to Get Kilkenny Active.

Enjoyment

Sport and physical activity should be fun. Enjoyment, enthusiasm, optimism and positivity will be at the heart of our approach.

Evidence Informed

We will use evidence-informed programmes to improve the lives of those we work with in order to achieve most impact in the community.

Diversity and Inclusion

We will embed a culture of diversity and inclusion across the organisation by proactively targeting those most excluded and those who face the most barriers to participation.

Together

We will collaborate internally and externally to optimise the quality of our work and help people in Kilkenny become active and stay active.

OUR KRSP PILLARS

Our work over the period 2023-2025 is structured under six pillars. Each pillar is supported by an overall Strategic Goal and a series of objectives, action areas, and key performance indicators.



**Active
Empowerment**



**Active
Promotion**



**Active
People**



**Active
Partnerships**



**Active
Places**



**Active
Governance**



Report and Commentary for 2023




We are delighted to present our Annual Report for 2023. 2023 marked a significant year, defined by innovative initiatives, and a steadfast commitment to inclusivity.

KRSP has actively participated in the LSP Communications Project, supported by Sport Ireland, aimed at improving communication across the 29 LSPs nationwide. Since September 2023, we have welcomed a Regional Communications Officer for Leinster and Ulster. Through collaboration with the National Communications Coordinator, we've gained insights into LSP challenges and opportunities, fostering collective learning. Placing this role strategically within KRSP has enhanced our understanding of operational and communication dynamics. In just three months, the RCO's contributions have significantly boosted KRSP's visibility across social media, website, and branding efforts, positively impacting both the national network and our own organisation.

Throughout the fiscal year, the Board, in collaboration with management and in consultation with Sport Ireland, engaged in ongoing deliberations concerning the staffing framework within the Partnership, aimed at encouraging organisational expansion. Amidst uncertainties surrounding future structures and funding, KRSP made the decision to defer replacing a vacant SDO position. Consequently, there was a reduction in staff members, which had a noticeable impact on the execution of partnership initiatives, contributing to decreased participant numbers over the course of the year.

In our commitment to furthering equality, we partnered with Carlow IT (now SETU) on a comprehensive report titled "Equality in the Field." This initiative aimed to delve into the experiences of individuals from the LGBTQ+ community in sports and physical activities across Kilkenny and Carlow. Our ambition is to cultivate an environment where everyone feels acknowledged, valued, and embraced. This insightful report not only highlighted areas necessitating improvement but also provided a roadmap for the future. With secured funding allocated for the next phase, we are poised to advance our efforts in promoting diversity and inclusion.

“Our ambition is to cultivate an environment where everyone feels acknowledged, valued, and embraced. “



We are equally thrilled to share the success of our new secondary schools programme in partnership with Weightlifting Ireland, specifically tailored for females. The programme has proven to be immensely successful, empowering young women to explore and excel in weightlifting.

The inclusive swim resource, launched at the Swim Ireland Swimming Teachers Conference 2023, entitled "Me, Myself, and the Water," is a testament to our dedication to inclusivity. Aimed at parents and carers of children with disabilities, this resource is a guide for both caregivers and swimming teachers, ensuring that every child, regardless of ability, can access the pool safely.

Looking ahead, KRSP is energised by the prospect of continuing our journey towards a more inclusive, diverse, and vibrant community. The Board and Staff remain committed to building a future where everyone can belong and thrive in sport, regardless of background or ability.



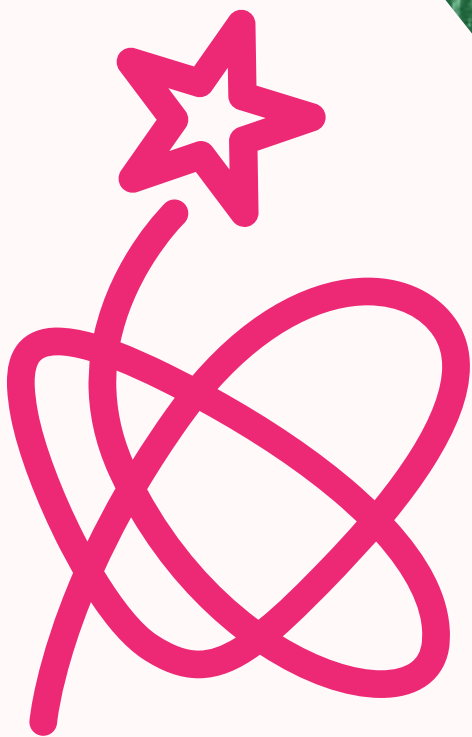
David Denieffe

Chairperson



Nicola Keeshan

Sports Co-ordinator



3. STRUCTURE, GOVERNANCE & MANAGEMENT

Trustees, Board Directors/ Committee Members

The Board assumes collective responsibility for guiding and overseeing KRSP, supervising organisational management, and reporting on stewardship and performance, as outlined in the KRSP Schedule of Matters reserved for the Board. The Sports Coordinator acts as the accountable individual to the Board for implementing the strategic plan and operational priorities to ensure alignment with performance goals.

In accordance with the KRSP Board Terms of Reference, the KRSP Board is assigned various responsibilities, which include:

- Setting the strategic direction and reviewing progress.
- Keeping up to date on strategic issues and changes affecting KRSP.
- Monitoring organisational performance.
- Ensuring that legal, regulatory, and governance obligations are adhered to.
- Monitoring and assessing its performance and that of its committees.

The Board oversees the financial governance, financial management, and internal control of the organisation. According to its schedule of matters, the Board makes critical decisions related to financial management.



Specifically, the Board is responsible for:

- Approving the annual budget and operational plan and monitoring of its implementation.
- Approving of draft accounts of KRSP, prepared after the end of the financial year and engaging with the external auditor.
- Determining annually the effectiveness of KRSP's system of internal controls, including financial controls. For example, role and responsibilities, cash and cheque procedures, recording, payments and direct debits, purchasing, wages, and salaries, etc.
- Approving of banking arrangements.
- Approving delegated KRSP levels (including spending thresholds).
- Determining and approving procedures to monitor, report, and enforce the relevant rules and requirements as set by the different funding sources contributing to KRSP.

Board of Directors

KRSP Directors are nominated in line with the KRSP Constitution and are selected based on their influence and relationships in Kilkenny with those areas that we need access to. The directors who served throughout the financial year, except as noted, were as follows:

	Position	Representative	Tenure
David Denieffe	Chair	South East Technological University (SETU)	
Saoirse Prendergast	Vice-Chair	Carlow Kilkenny Education Training Board Chief Executive Nominee	
Mary Cowman	Secretary	Co-option	
Catherine Byrne Murphy		Kilkenny County Council Chief Executive	
Cllr. Eamon Aylward		Kilkenny County Council Elected Representative	
Ann Bates		HSE	
Declan Rice		County Kilkenny Leader Partnership	
Pat McAuley		Representative: County Kilkenny Leader Partnership Board Nominee	
Dr. Niamh Richardson		South East Technological University (SETU)	Resigned 01 Dec
Anthony Reynolds		National Association of Principals and Deputy Principals	
Rita Comerford		Kilkenny City & County Youth Organisation	
Cllr. Pat O'Neill		Co-option	
Marypaula Kelly		Co-option	

KRSP Board Meetings

In 2023, KRSP held six Board meetings. Among these, one meeting took place online through MS Teams, another was held in person, and the remaining four were hybrid, providing the option for participants to either attend through MS Teams or in person.

The KRSP AGM was held on 21st June 2023 and was held in person.

Member Attendance at Board Meetings 2023

	22 Feb (Hybrid)	26 Apr (Hybrid)	21 Jun	27 Sep (Hybrid)	01 Dec (Online)	13 Dec (Hybrid)	Total
David Denieffe	✓	✓	✓	X	✓	✓	5
Saoirse Prendergast	X	X	✓	✓	X	✓	4
Mary Cowman	✓	X	✓	✓	✓	✓	5
Catherine Byrne Murphy	✓	✓	✓	✓	x	✓	5
Cllr. Eamon Aylward	✓	✓	X	X	X	X	2
Ann Bates	X	X	✓	X	✓	X	2
Declan Rice	✓	✓	✓	✓	✓	✓	6
Pat McAuley	✓	✓	✓	X	X	✓	4
Dr. Niamh Richardson	✓	✓	✓	✓	✓	Resigned 01 Dec	5
Anthony Reynolds	✓	X	X	X	X	X	1
Rita Comerford	✓	✓	✓	✓	X	✓	5
Cllr. Pat O'Neill	✓	X	✓	✓	X	✓	4
Marypaula Kelly	✓	✓	✓	X	✓	X	4

KRSP Sub Committee Meetings

KRSP has the following sub committees:

Finance Audit and Risk Committee:

In November 2021, the Board established the Finance, Audit, and Risk Committee (FARC) as a Committee of the Board. This committee aims to aid the Board in meeting its responsibilities regarding sound financial governance, financial reporting, and the management of risks and control systems. This includes assessing and evaluating the comprehensiveness of assurances presented to the Board and ensuring that these assurance requirements are fulfilled.

However, ultimate responsibility for all of these areas rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.

FARC Programme of Work 2023

Policies Reviewed for Board Approval

- Risk Policy and Risk Appetite
- Diversity and Inclusion Policy
- Business Continuity Policy
- Health and Safety Policy

Reports Reviewed for Board Approval:

- Finance Report
- Risk Register
- Audited Accounts Y/E 31-Dec-22
- Annual Report 2022



FARC Meeting Dates 2023

	06-Apr	06-Jun	01-Sep (FARC/Strategy)	27-Nov	30-Nov	Total
David Denieffe	✓	✓	✓	✓	✓	5
Saoirse Prendergast	✓	X	X	✓	X	2
Mary Cowman	X	✓	✓	✓	✓	4
Catherine Byrne Murphy (Chair)	✓	✓	✓	✓	✓	5

Governance Committee:

In February 2021, the Board established a Governance Committee as one of its official committees. The primary purpose of this committee is to assist the Board in meeting its responsibilities related to upholding good governance practices. The committee focuses on ensuring the efficient and effective conduct of Board and committee meetings, providing support for induction and ongoing professional development programmes, and overseeing compliance with ethical and conduct obligations for both Board and committee members.

However, ultimate responsibility for all of these areas rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.

Governance Committee Programme of Work 2023

- Progress on key governance priorities
- Review of Sport Ireland governance and assurance framework
- Progress on executive priorities and deliverables
- Implementation of the corporate/governance risk register
- Review of LSP Governance Framework
- Review of Governance Committee Terms of Reference

Governance Committee Meeting Dates 2023

	01-Jun	04-Dec	Total
David Denieffe	√	√	2
Anthony Reynolds	X	X	0
Ann Bates (Chair)	√	√	2

Strategy Committee:

The Board has established a Strategy Committee as a Committee of the Board to support them in fulfilling their responsibilities in relation to the development, implementation, and monitoring of the strategic plan and annual business plans, the monitoring and oversight of key performance indicators and measures.

However, ultimate responsibility for all of these areas rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.

Strategy Committee Programme of Work 2023

- Performance Management System for Strategy Review
- Risk Register
- AOP 2023
- Review of Strategy Committee Terms of Reference

Strategy Committee Meeting Dates 2023

	29-Mar	04-Jul	01-Sep (FARC/Strategy)	20-Oct	Total
Dr. Niamh Richardson	√	X	X	√	2
Mary Cowman	√	√	√	√	4
Pat McAuley (Chair)	√	√	X	X	2
Marypaula Kelly	X	√	√	√	3

Safeguarding Committee:

The Board established a Safeguarding Committee in April 2023 as a Committee of the Board to regularly review relevant policies and procedures, consider and make decisions with respect to child and vulnerable persons safeguarding concerns, consider allegations of a general nature in regard to children and vulnerable persons, and to consider vetting, disclosures and/or returns referred to the KRSP contact person by Sport Ireland.

However, ultimate responsibility for all of these areas rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.

Safeguarding Committee Programme of Work 2023

- Safeguarding Committee Terms of Reference
- Child Safeguarding Policy V2
- Safeguarding Risk Assessment
- Child Safeguarding Statement
- Safeguarding Committee TOR
- Code of Good Practice for those Leading KRSP Activities
- Garda Vetting Policy



Safeguarding Committee Meeting Dates 2023

	13-Apr	15-Sep	Total
David Denieffe	√	√	2
Anthony Reynolds	√	√	2
Rita Comerford	√	√	2

KRSP Board Induction and Training

KRSP Board signed off a new Board Induction pack and process in July 2022. There were no new Board Members in 2023.

During 2023, Sport Ireland and Charity Board training offerings were circulated to the KRSP Board. The following Board members attended training:

- Mary Cowman, Board Secretary, completed Sport Ireland Strategy Innovation & Sport Ireland Risk Financial Oversight for Board Members.
- Ann Bates, started the IPA, Level 9, Professional Certificate in Corporate Governance in 2022. This was completed in April 2023.

Risk and Conflict of Interest Management

Risk

In alignment with the Governance Code for Sport, KRSP formulated a risk appetite, risk policy, and risk register during 2021. A comprehensive evaluation of these documents was carried out in 2023. Notably, KRSP transitioned from utilising a 3x3 matrix to a more detailed 5x5 matrix for assessing the likelihood and impact of risks on the organisation. This shift in approach allows for a more precise analysis of the potential effects and probabilities associated with various risks faced by KRSP.

KRSP Risk Management is a continuous process involving the Board, Senior Management, and staff to identify, assess, manage, and control potential events and situations. Its purpose is to provide reasonable assurance of objective achievement and drive organisational value.

KRSP aims to manage risks within its risk appetite, while still allowing for acceptable levels of risk that may lead to positive outcomes and value creation. The approach recognises that risk management involves not only managing risks but also identifying opportunities. It emphasises being "risk aware" rather than "risk averse" and entails implementing controls for known risks and intervening promptly to mitigate emerging risks.

KRSP strives to integrate risk management into its organisational culture rather than treating it as a separate function.

The top risks identified by KRSP are:

Risk Appetite	Risk Area
Low	Compliance
High	Collaboration
Low	Financial
Medium	Staff
High	Participation, Growth & Innovation
Medium	Communications/Information Technology
Low	Reputation & Image

Conflict of Interest

During 2023 KRSP sent out updated Code of Conduct and Declaration of Interest forms to all KRSP Board Members. At the end of 2023, all Board members had returned their completed forms.

The KRSP Conflict of Interest Policy and Declaration of Interest Form and Policy were reviewed in September 2023.

Governance Standards

KRSP follows the Sport Ireland Governance Code for Sport. This is a voluntary code of practice for good governance of sport organisations in Ireland, operating on a 'Comply or Explain' basis. The Code has been developed for and by the Community, Voluntary and Charitable (CVC) sector, and it offers KRSP room to decide how it should act while following the principles of good governance.

The declaration of compliance as a Type C Organisation was made at the KRSP Board meeting on 15th December 2021 and the journey has continued since. Throughout 2023, the KRSP Board and staff dedicated efforts to embed the policies and procedures developed during the Governance Code for Sport journey into daily business operations. This work aimed to ensure that the principles and guidelines outlined in the governance journey became integral components of the organisation's day-to-day functioning.

A sample of Governance Policies and Procedures developed, reviewed and signed off by the KRSP Board during 2023 is:

- KRSP Conflict of Interest Policy
- KRSP Schedule of Matters Reserved for the Board
- KRSP Financial Statements for year ending 31st December 2022
- KRSP Annual Report 2022

2023 Staffing

Position	Name
Sports Co-ordinator	Nicola Keeshan
Administrators	Ciara Kelly Mairead Maher
Governance & Finance Officer	Aisling Cullen
Sports Inclusion Development Officer	Seamus Nugent
Community Sports Development Officer	Lauren Walsh-Kett (resigned Oct) Ciara Kelly (appointed Nov)
Regional LSP Communications Officer - Leinster & Ulster	Rose Bergin (appointed Sept)

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. Below is a sample of further education and courses attended by different staff members:

Further Education

- IPA Professional Certificate in Governance 2022-2023

Courses/Webinars/Conferences

- IPA Minute Taking for Meetings
- Revenue Enhanced Reporting Requirements
- Sport Ireland Accelerate Management Development Programme
- Carmichael Roles & Responsibilities of Designated Liaison Person



Volunteers

KRSP ensures inclusive and accessible sports for all demographics across the region. Volunteers play a crucial role in implementing key programmes, notably the Supported Swim Programme and Inclusive Summer Programme for children with additional needs in 2023.

Supported Swim Programme for Children with Additional Needs

The Supported Swim Programme addresses the unique requirements of children with additional needs. To ensure individualised attention, KRSP collaborates with Transition Year Coordinators in local schools, making volunteering an integral part of their curriculum. Volunteers undergo a Sport Inclusion & Disability Awareness session before the programme, fostering understanding and comfort.

Volunteers, mostly Transition Year students, act as Swim Buddies for children, providing one-to-one support for 10 weeks. This bond helps children progress at their own pace, with volunteers reinforcing swim teacher instructions. The programme, totalling nearly 800 volunteer hours, not only benefits the participants but also aids volunteers in achieving their Gaisce Award and building early-stage CVs.



Inclusive Summer Programme for Children with Additional Needs

KRSP's Inclusive Summer Programme offers a diverse range of activities for children with additional needs. The comprehensive schedule includes weeklong camps, GAA programmes, and swim camps, attracting 34 youth and 6 adult volunteers through a careful recruitment process. The programme logged over 1,900 volunteer hours, showcasing the dedication of the volunteers to creating a positive experience for the participants.

Volunteers, irrespective of their sporting background, contribute willingly to help children derive maximum enjoyment from the summer camp. The total volunteer time for both programmes exceeds 2,700 hours. Additionally, volunteers undergo Sport Inclusion & Disability Awareness training, enhancing their ability to support children with additional needs in a wide range of sports activities.

We have, over the years, developed a meaningful volunteer programme for young people. This is often their first time to engage with people with additional needs, their first 'summer job' even though it is volunteering. From the moment of their application to the exit from the programme KRSP staff, tutors and leaders support the young people to ensure that they are an integral part of the programme. While our inclusive summer programme and supported swim lessons are hugely important, we now recognise that recruitment, recognition and retention of our volunteers is equally important for the programme to thrive.



4. OBJECTIVES, ACHIEVEMENTS & PERFORMANCE

Objectives for the Year

Snapshot of Our Work During 2023

3,096



people participated in 52 locally delivered participation initiatives, both online and in person.

303



people with a disability took part in online and in person LSP initiatives including multi- sport, swimming, walking and cycling initiatives.

1,067



girls and 428 women took part in KRSP programmes

737



Secondary school aged pupils took part in KRSP initiatives, 221 Primary School pupils and 171, Pre-School pupils.

58



26 female and 32 male participants took part in initiatives targeting Older Adults

173



participants, including 5 children u18, received Safeguarding 1 certification online. 9 participants received SG2.

200



participants took part in programmes built around sports such as Hockey, swimming and boxing, aimed at social Opportunity Development.

334



social media posts on Facebook reaching 6,500 followers and 250 posts on Instagram reaching 1,200 followers.

Case Studies

Equality in the Field: Sport Ireland Research Grant Scheme

KRSP embarked on an 'Equality in the Field' study which aimed to explore the experiences of LGBTQ+ youth in sports participation and physical activity in Kilkenny and Carlow.

Conducted in November 2022, the mixed methods study employed a transformative queer framework supported by gender affirmation theory. It targeted LGBTQ+ student groups, secondary school students, and university students, with 42 participants in focus groups and 41 completing surveys.

The results highlighted infrastructure and the built environment as major barriers to LGBTQ+ participation in sports and physical activities. Additionally, there was a clear need for non-discriminatory policies, inclusive language, and training for staff and volunteers. The study emphasised the necessity of fostering a respectful, inclusive culture that rejects bullying and harassment and accepts diverse gender expressions and sexual identities.

The study underscores the importance of policymakers, stakeholders, and service providers understanding the unique barriers faced by LGBTQ+ youth in sports participation. It advocates for supportive training for parents, coaches, educators, and sports providers. Despite many study recommendations being low cost or no cost, the main challenge lies in adopting appropriate practices to guide intervention development. Funding for the study was provided by the Sport Ireland Research Grant Scheme.

Currently, KRSP is researching the awareness and uptake of LGBTQ+ theory training and correct terminology among sports clubs and facilities in the Kilkenny/Carlow area. Subsequently, we plan to develop, distribute, and evaluate the use of a toolkit by sports clubs and facilities in the study area to promote inclusivity and acceptance within sports.

Me, My Child and the Water: Inclusive Swimming

In a collaborative effort to address the unique needs of children with disabilities in swimming, KRSP and Swim Ireland proudly unveiled the "Me, My Child, and The Water" resource during the Swim Ireland, Swimming Teachers Conference 2023.

This resource is meticulously designed to cater to parents and caregivers of children with disabilities. Simultaneously, it serves as a valuable tool for swimming teachers, offering guidance to enhance their ability to support children with disabilities during swimming lessons.

The idea for "Me, My Child, and The Water" arose during COVID-19 from insightful feedback provided by parents and guardians who emphasised the necessity for appropriate guidance and support when facilitating swimming experiences for children with disabilities. KRSP, attuned to the community's needs, took proactive measures to develop a comprehensive resource that fills this crucial gap.

The resource is versatile, offering guidance tailored for multiple age groups. It serves as an indispensable tool for parents and caregivers by providing valuable insights into considerations when planning a pool visit, setting expectations for swimming lessons, and offering information that swimming teachers will find beneficial in supporting children with disabilities effectively.

Central to the resource is the integration of CARA's Tree Model, a conceptual framework that proves instrumental in modifying activities to foster inclusivity and accessibility. This model serves as a guide for adapting swimming activities, ensuring that they are not only accommodating but also enriching for children with disabilities.

The formal launch of "Me, My Child, and The Water" at the Swim Ireland, Swimming Teachers Conference 2023, underscores the commitment of KRSP and Swim Ireland to creating an inclusive and supportive environment for all children, regardless of ability. This resource stands as a testament to the power of collaboration and community responsiveness, promoting a more accessible and enriching swimming experience for children with disabilities.

Weightlifting Programme

In our continuous efforts to encourage student participation in sports and recreation, KRSP, in collaboration with Weightlifting Ireland, successfully implemented a new and exciting weightlifting programme in 2023.

An initial pilot programme was delivered to Transition Year girls in Presentation Secondary School in Kilkenny City. Due to the success of the pilot, a subsequent programme was delivered to students in Coláiste Mhuire in Johnstown, Co. Kilkenny later in the year. The programme was tailored to be delivered to Leaving Certificate students, accommodating both male and female students.

The primary goal of the programme was to create a safe and enjoyable learning environment for students to grasp the fundamentals and safety protocols of weightlifting. Structured sessions not only introduced students to the physical aspects of weightlifting but also aimed to instil lifelong skills and values.

Ensuring the highest quality of coaching, Weightlifting Ireland provided two professional coaches at every session. This not only enhanced the learning experience for the students but also ensured that they received expert guidance in weightlifting technique. The presence of professional coaches added a layer of credibility to the programme, reassuring both students and teachers about the programme's commitment to excellence.

A total of 136 students participated in the programme. The sessions incorporated a mix of games, weightlifting activities, and skill-building exercises. The programme's success was not only measured by the weights lifted but also by the positive impact on the students' overall well-being. Participants reported increased self-confidence, improved focus, and a sense of achievement as they progressed through the sessions. Additionally, the sense of camaraderie through shared experiences and team activities contributed to a positive and supportive atmosphere.

What KRSP planned but didn't achieve and why.

In 2023, KRSP experienced a setback with the absence of a Sports Development Officer (SDO) compared to previous years, impacting our capacity to deliver all our planned programmes.

Also, despite best efforts, KRSP encountered difficulties in maintaining programme continuity due to a shortage of tutors. Regrettably, this led to the cancellation of several classes and programmes. The challenges in tutor recruitment and availability highlighted the need for additional planning to ensure the sustained success of KRSP's programmes and courses.

KRSP is continuing to work into 2024 to address these issues.

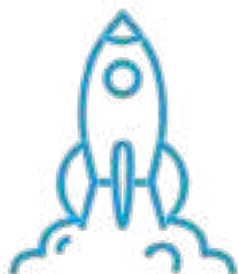
Some examples of these programmes are outlined below:

Programme	Reason
Safeguarding 3	Lack of Numbers
Men on the Move Callan/Castlecomer	No Tutor
Sports Leaders	Excessive administration involved in this programme
Physical Activity Programme for Men Seeking International Protection	No attendees at any sessions despite promotion
Chair Exercises - The Mill	Absence of SDO to organise programme

Key Achievements and Performances for the Year

This report sets out the achievements and outputs of Kilkenny Recreation & Sports Partnership in 2023 from the information collated and submitted as part of the national report on the Local Sports Partnership network.

Pillar 1:



Active Empowerment

Strategic Goal: To support clubs and organisations to develop and deliver more opportunities for people to participate in lifelong active recreation, sport and physical activity for all.

Participation

KRSP Club Supports

In 2023 KRSP had two different programmes of support for clubs available:

2023 COVID-19 Small Grant Scheme

The aim of the scheme was to support Sports Clubs, Community Groups & Organisations to re- start sports and physical activities, re-engage and recruit new members / participants. These grants would cover costs associated with restarting and rebuild following COVID 19.





KRSP

KILKENNY RECREATION
& SPORTS PARTNERSHIP
SPORTS IRELAND

COVID-19 Small Grant Scheme

Name of Club / Organisation	Funding Awarded
Berkeley Boys Basketball Club	€1,410
Brendas Group	€500
Clogh / Aoneenroe Racquetball Club	€1,500
Craobh Doris Harbla City Branch Comhaltas	€895
Doonview Centre	€1,500
Gahoy GAA Club	€742
Craiguenamagh Cante Club	€1,491
Highview Athletic FC	€1,880
Kilkenny Stars Basketball Club	€414
Paststown Basketball Club	€200
Stoneyford Development Association	€1,500
Total amount Awarded: €11,232	




Club Development

This fund aims to encourage the set-up of new clubs and assist existing clubs in their development to increase participation in their sport. Priority will be given to minority sports and low participation groups/target groups identified by KRSP



The graphic features the KRSP logo at the top center, flanked by two stylized human figures. Below the logo is the title 'Club Development'. A table lists the clubs and the funding awarded to each. At the bottom, the total amount awarded is displayed between two starburst icons.

Name of Club / Organisation	Funding Awarded
Callan Handball and Racquetball Club	€842
Clogh / Moneenroe Racquetball Club	€1,500
Graiguenamanagh Canoe Club	€1,500
Highview Athletic FC	€670
Kilkenny City Squash Club	€950
Kilkenny Hockey Club	€1,000
Kilkenny Judo Club	€600
Nore Dragon Paddlers - KACC	€332
Piltown AFC	€1,000
St Martins Canoe Club	€1,000
St Senans AC	€500

Total amount Awarded: €9,894

Urban Outdoor Adventure Programme - REC 3 Refresher training

When an emergency occurs off the beaten track, help can be 4-6 hours away which can turn a minor medical or trauma into a life-threatening situation. The REC 3 course aims to equip the participant with skills and confidence to stabilise the situation until help arrives.

The course fulfils the requirements of all major sporting governing bodies including Mountaineering Ireland and Canoe Ireland. It is run by outdoor medical experts with experience in both the medical field and in outdoor pursuits.

A REC 3 refresher course was offered to Urban Outdoor Adventure (UOA) canoe clubs in Kilkenny, taking place over one weekend in November. 16 participants from two clubs renewed their REC 3 certificates.

Sports Leaders UK Training

KRSP did not run any Sports Leaders courses in 2023. The courses involve a lot of administrative work in terms of registration, certification, submission of documents for continued quality assurance meetings. KRSP have made a decision not to run any further Sports Leaders UK courses and is exploring other options to support youth leadership training.

Catering for Diverse Groups

Kilkenny County Council and Ukrainian Community Forum

KRSP has continued to deliver yoga to a group of Ukrainian ladies in St John of God Convent since September 2022. The class space available in the venue was deemed unsuitable by tutor and participants in early 2023. KRSP sourced another venue in Kilkenny, St Canice's Neighbourhood Hall, to accommodate more participants from the various accommodations throughout the city. However, despite advertising the classes and the new venue through the Ukrainian Response Unit forum and its partners, numbers attending were dropping to unsustainable levels.

KRSP continues to work with the Ukrainian Response Unit and to explore opportunities to signpost refugees to clubs and activities.

- KRSP funded free access to Cúl Camps for Ukrainian children living in Freshford.
- KRSP worked with FAI to get free access to FAI Soccer Summer Camps hosted by Evergreen FC and Freshford FC.
- KRSP provided kayaking for 8 Ukrainian teenagers over a 4-week period. Participants were then offered membership of Kilkenny Aqua Canoe Club and Canoe Ireland.

Sport Ireland Research: Equality in the Field

KRSP's 'Equality in the Field' study examined LGBTQ+ youth experiences in sports in Kilkenny and Carlow. Findings identified infrastructure barriers and the need for inclusive policies, language, and training. Emphasising a respectful culture, it urges policymakers and stakeholders to address these barriers, advocating for inclusive training for parents, coaches, and educators.

A challenge lies in implementing appropriate practices. Funded by Sport Ireland, KRSP is now assessing LGBTQ+ awareness and readiness to participate in training in local sports clubs with plans to distribute a toolkit promoting inclusivity and acceptance. (refer to Case Study for details)

Physical Activity Programme for Men Seeking International Protection

KRSP were approached by Kilkenny LEADER Partnership to support men seeking international protection to engage in physical activity. KRSP drafted a plan to deliver 4 to 5 activities as taster session and engaged a tutor to deliver the programme. The programme was promoted to the group through CKLP development workers. No men attended the first or second sessions despite repeated calls from support workers. The programme was discontinued due to lack of interest.

Dance Workshop for Ukrainian Teenagers

KRSP were asked by Newpark Close Family Resource Centre to support an 8-week physical activity and wellbeing initiative. The FRC staff were working with a group of 15 teenage refugees from Ukraine who were showing signs of mental trauma after fleeing from the war. The programme was wellness based accompanied by expressive dance.





Inclusive Sections in Sports Clubs

Supported by KRSP SIDO, Kilkenny Hockey Club, Kilkenny Rugby Club, Danesfort GAA & Camogie Club and Gowran Park Golf Club established new inclusive sections for children with additional needs.

Kilkenny Hockey Club

In September 2023, Kilkenny Hockey Club, with support from KRSP Sports Inclusion Development Officer, recommenced their inclusive section. Kilkenny Hockey Club applied for a KRSP Club Development grant to purchase new equipment for the inclusive section within the club. The inclusive section of the club now operates independently with continued KRSP contact for support. The programme runs each Sunday morning during the hockey season, from September to March, with a huge volunteer contribution. The inclusive section trains at the same time as the rest of the young people and on the same pitch. Numbers attending are between 8 and 12.

Kilkenny Rugby Club

Continuing from the October 2022 to April 2023 season, Kilkenny Rugby Club inclusive section recommenced in October and has 12 players attending on Monday nights. This programme runs throughout the rugby season.

The club was supported by KRSP in their successful application for the Sport Ireland 'Sport for All' fund - a dedicated €2.2m Local Disability Sports Fund that was put in place to initiate, advance or accelerate local disability initiatives within NGB club network. This purpose of this fund is to enable clubs to deliver disability specific activities which provide inclusive opportunities for participants.

Gowran Park Golf Club

Gowran Park Golf Club successfully launched their inclusive section in 2023. Six young people play golf each Thursday under the guidance of club coach and a large team of assistant coaches/mentors. The programme has been a huge success with two of the players ready to enter the junior section of the club. There are plans to have these young people mentored by experienced junior players.

A report was prepared and presented at the club AGM. Incoming captains in the club have pledged their support for the programme. Golf Ireland have been kept informed of the programme which is one of 16 such programmes in the country out of 400 affiliated clubs.

Danesfort GAA & Camogie Club

Danesfort GAA & Camogie Club ran a 6-week inclusive group on their facilities in Danesfort. 10 young people enrolled, and the group was well supported by club mentors.

Danesfort GAA & Camogie club successfully applied for and received a Sport Ireland 'Sport for All' fund grant in 2023 (details as per Kilkenny Rugby Club above).

Autism in Sport Training and Disability Inclusion Training

KRSP organised and funded the delivery of these two training sessions by Active Disability Ireland. The recipients of the training were coaches and mentors from Gowran Park Golf Club plus coaches from other inclusive clubs who were in the process of establishing their inclusive section. Twenty people attended and were certified in both training sessions.

The SIDO also received training to deliver Active Disability Sport Inclusion and Disability Awareness training. This was delivered to the volunteers on our supported swim programme in September and to the Healthy Club committee in Young Irelands (Gowran) GAA Club.

Volunteers

Youth Volunteers

A comprehensive update on Volunteers can be found under the Structure, Governance and Management section.

The *Supported Swim Programme* caters to children with additional needs, involving Transition Year students from local schools as volunteers. Before the programme, volunteers undergo Sport Inclusion & Disability Awareness training. Transition Year students act as Swim Buddies, providing one-to-one support over 10 weeks, accumulating nearly 800 volunteer hours.

The *Inclusive Summer Programme* offers diverse activities for children with additional needs, attracting 34 youth volunteers. The carefully recruited volunteers contribute about 1,900 hours, showcasing their dedication to creating a positive experience.

DAF Volunteer Support Programme

KRSP supports local clubs and organisations to train and upskill their volunteers by means of providing funds for coaches, leaders and committee members to attend training and education courses that will benefit the club to increase participation.

The volunteer supports initiative provides funding for individuals volunteering in disadvantaged communities or for people with disabilities to gain leadership skills in community sports and physical activities. The funding aims to boost confidence among participants and contribute to community development through their subsequent volunteer work in sports.



Volunteer Support Programme	
Name of Club / Organisation	Funding Awarded
Freemakers RFC	€700
Albany City Squash Club	€700
Wickliffe Judo Club	€600
Kilkenny Town Basketball Club	€600
Kilmeadow Football Club	€600
New Dragon Football Club - KACC	€700
Faulstichs Basketball Club	€700
St Swithin's AG	€700
Total amount Awarded: €4,560	

Bainisteoir Beag: Innovation for Sports Inclusion – Dormant Accounts Funding (DAF)

Following a tender process for the delivery of a proof of concept for the Bainisteoir Beag programme, Animated Technologies were engaged and work commenced on the creation of engaging animations and immersive interactive applications. One activity was chosen to develop as a proof of concept.

Continued support was offered from Creatovation and updates on progress were provided to Sport Ireland Innovation Programme group. Delivery of the prototype is scheduled for January 2024 and following assessment and piloting of this, it is expected that full development of the project will go ahead in 2024.

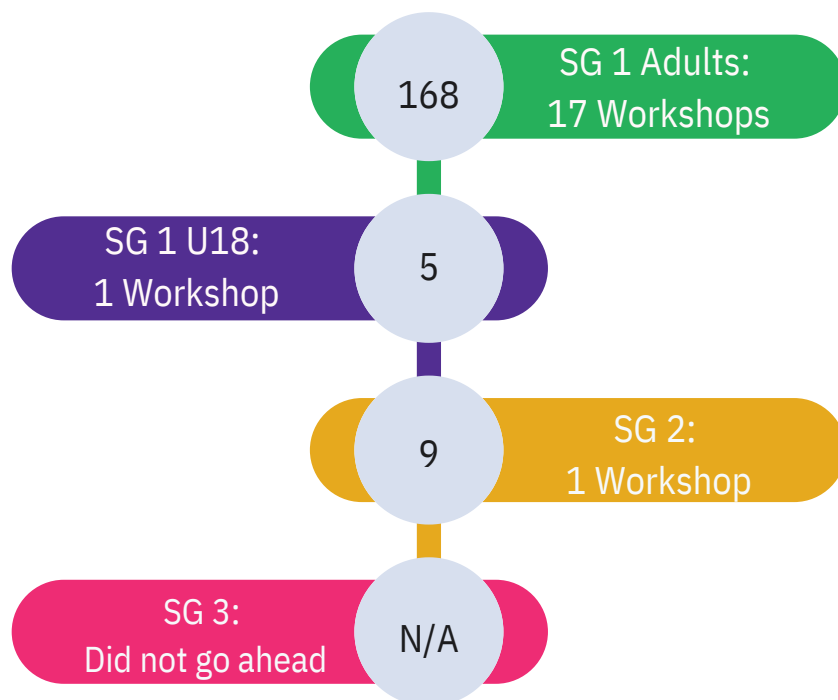
Safeguarding

KRSP facilitates Sport Ireland safeguarding training courses for people who are involved in the organisation of sport for children and young people throughout Kilkenny. All courses are 3 hours in duration and are available in both an online and classroom environment. A fee of €15 applies per person.

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

In 2023, adult safeguarding workshops were conducted online, while U18 safeguarding sessions were held in-person in a classroom setting.

Safeguarding Participants



Pillar 2:



Active People

Strategic Goal: *To increase opportunities for people to get sustainably active, particularly those who face additional barriers.*

Delivery of Programmes and Initiatives

Urban Outdoor Adventure/Initiative (UOA)

In recent years, KRSP has achieved success in securing Urban Outdoor Adventure funding through Dormant Accounts. Initially, the focus was on engaging participants within school settings. Subsequent phases expanded the scope to include people with disabilities and women and girls while focusing on water sport activities. Each funding phase comprised of three main components: a capital element for purchasing equipment to support club and providers enhance their offerings, a capacity-building element to help clubs access training and educational opportunities for their coaches and leaders, and a programme activation element to boost participation in the sport or activity. With the primary goal of engaging individuals from disadvantaged areas in outdoor adventure sports their own communities, these programmes are delivered in Kilkenny City, Castlecomer, Graigueenamanagh, and Thomastown.

UOA - Get Her Kayaking Taster Sessions

Get Her Kayaking taster sessions were run as part of HER Outdoors week in partnership with Kilkenny Aqua Canoe Club (KACC) on Saturday the 19th and Sunday the 20th of August. Participants were introduced to a mix of paddle sports including kayaking, canoeing and SUP boards. They gained experience on short river trips, learned about paddle fitness and learned about water safety as well as the “Leave No Trace” principles. A Paddle Pass certificate was provided on completion of the course and a pathway to join KACC canoe club was offered. There were 12 female participants on this programme.



UOA - Orienteering

KRSP was delighted to provide volunteer support for a Southeast Secondary and Primary School orienteering event. The scenic Jenkintown Woods, a mere 10 minutes outside Kilkenny City, hosted six secondary schools and five primary schools. A remarkable turnout of over 540 students participated in the orienteering meet, focusing on enhancing navigation skills, teamwork, and problem-solving. The event not only promoted physical activity but also fostered important life skills, creating a positive impact on the students' development. KRSP remains dedicated to supporting such initiatives that contribute to the holistic growth of young minds in the community.

UOA - Get Going Get Rowing

Get Going Get Rowing commenced with Duiske College in January in conjunction with Rowing Ireland and Graiguenamanagh Rowing club. 15 participants took part in the programme. Get Going Get Rowing is aimed at TY students, who were trained to coach indoor rowing on ergometer machines kept at their school. Then they in turn coached first-year students over six weeks during their P.E. classes to earn a TrY Coaching Certificate.

UOA - Rock Up & Climb – Rock Climbing Taster Session.

Rock up & Climb is a partnership programme delivered by KRSP with Mountaineering Ireland. Aimed at beginners, this programme is a 2.5 hour introductory to rock climbing course delivered by a qualified instructor. The instructor guides participants through the techniques, the use of the ropes and safety skills to successfully scale the rock face in Ballykeeffe. Courses were delivered over two days with 12 women and 12 teens participating in the programme.



UOA - HEROutdoors

Throughout HEROutdoors Week 2023, women and girls developed confidence in their capacity to participate in outdoor activities by participating in new activities and developing skills and knowledge of these activities. These programmes aim to show women and girls the potential to be more active in the outdoors in Kilkenny even if they are not “sporty”.

Reaching New Heights – Hill Walking Programme.

Working in partnership with Mountaineering Ireland, KRSP delivered Reaching New Heights, a course aimed at introducing women to the hillwalking over a 4-week period. Twelve women from around Kilkenny learned navigation skills, map reading and were guided on walks of increasing difficulty by experienced hillwalkers starting in Castlemorris Woods with a final session on Mount Leinster.



HEROutdoors Castlecomer.

KRSP once again partnered with Castlecomer Discovery Park to deliver two outdoor adventure programmes for teenage girls aged 13-15 years. Thirty teenage girls participated in the four-week programme, in which they got to try several different activities including axe throwing, archery, raft building, zip lining, orienteering and team building activities. This is a fun-filled programme where the girls had the opportunity to make new friends and be adventurous in the outdoors.

Get Her Kayaking.

KRSP held a two-day kayaking and canoe skills course, run in conjunction with Kilkenny Aqua Canoe Club instructors and members. Twelve teenage girls were introduced to a mix of paddle sports including Kayaking, Canoeing and Stand Up Paddleboarding. They got to experience short river trips, learn about paddle fitness, water safety skills as well as the “Leave No Trace” principles. All participants received a Paddle Pass certificate provided on completion of the course and were provided with an opportunity to join Kilkenny Aqua Canoe Club.



Men on the Move

Men on the Move supports men to begin their journey to re-engage in sports and physical activity in a safe and non-judgemental environment. The programme is offered three times during the year in January, April and September. A health and well-being talk is delivered in conjunction with a local GP. Delivered on the running track in the Watershed, Kilkenny City, the men are guided through the programme building their fitness while incorporating strength and conditioning exercises. Numbers vary throughout the year with 32 registered for the September programme.



Meet & Train

Swim For A Mile - Adults

KRSP worked with Swim Ireland and The Watershed for the return of the Swim for a Mile support programme. Commencing in January, a ten-week supported training programme provided 50 participants with weekly swim coaching to enable them to improve their technique and build their fitness to participate in the Swim for a Mile event in April 2023. A total of 29 participants took part in the 2023 Swim for a Mile event in Kilkenny.



Monday Night Walks

The Monday Night Walks series is a walk and talk programme for adults in Kilkenny. Starting from the Canal Square, Kilkenny, participants are guided on different routes throughout the city building up distance over the course of the programme. The programme is offered three times during the year in January, April and September. Numbers vary throughout the year with approximately 31 participants.

Activator Poles in Libraries

KRSP, was delighted to partner with Kilkenny County Libraries to bring activator poles into libraries. The public can now rent the activator poles from 4 locations in County Kilkenny with their library card. These locations included Castlecomer, Loughboy, Graiguenamagh and Ferrybank. To celebrate this partnership, KRSP ran a 4-week free taster session in each of the libraries. 30 participants signed up between the 4 programmes. In 2024 we hope to run more pop-up sessions to create community awareness and give confidence to use this equipment.



Community Sports Hub – Urlingford and Johnstown

The CSH initiative was set up to support and activate sports and physical activity in the Urlingford/Johnstown area by supporting clubs and organisations in the community. Following a needs analysis, KRSP worked with each community club and organisation to address their challenges and support them in the provision of quality sports and physical activity opportunities in the community.

KRSP worked in collaboration with The Mill Family Resource Centre, Emeralds GAA Club, Urlingford Boxing Club, Urlingford Community Hall, Spa United AFC, Clomantagh Squash Club and Colaiste Mhuire Johnstown. Sports clubs were supported through the purchasing of capital equipment to facilitate the delivery of participation programmes.

- Clomantagh Squash Club was provided with indoor spin bikes to enable spinning classes for parents and players.
- Urlingford Boxing Club was provided a championship size boxing ring to facilitate their programmes.
- Emeralds GAA Club was provided with outdoor gym equipment installed beside their community walking track accessible to the whole community.
- SPA United FC was provided with small scale equipment to support the delivery of their sport to underage teams and encourage new members into the club.

Weightlifting Programme

A secondary school weightlifting programme in conjunction with Weightlifting Ireland was delivered in Coláiste Mhuire, Johnstown for 6th year students within a mixed class setting. 18 young people completed the programme and became members of Weightlifting Ireland.

Boxercise

A female only Boxercise programme was delivered in November in Johnstown. The programme supported participants to improve motor skills, reaction times and agility, improve hand-eye coordination and increase overall fitness and health. This 4-week taster introduced 20 women to the programme.



Couch to 5/10K

KRSP delivered a 6-week Couch to 5/10km programme in Urlingford in February. This programme built on previous couch to 3/5k programmes to support participants to increase their distances at their own pace in addition to welcoming newcomers. 13 women participated in the programme.

Bike Week 2023

Bike Week is pivotal for cycling enthusiasts nationwide, coordinating initiatives and promotions across different national and local media platforms. This boosts the visibility of Bike Week stories, promoting cycling locally and expanding campaign reach. It also encourages networking among local groups and organisations, allowing for relationships to be built. In Kilkenny, events aim to increase participation, access to education and to promote cycling. This ultimately builds cyclist confidence, changes social norms, and develops a cycling culture.

Children's Learn to Cycle

KRSP ran two Learn to Cycle programmes consisting of three lessons run over three consecutive days. A total of 28 children participated in the programme ranging from 3 to 11 years of age. The programme was advertised to the general public and specifically to parents of children with a disability. The course is delivered as a mixed ability programme with a focus on full integration. This works very well and all but two of the children learned to cycle over the course of the programme with the younger two children learning to move confidently on balance bikes.

Feedback from parents was very positive with many amazed at the progression over a short period of time. The programme was delivered by On Your Rothar in Gaelscoil Osraí in Kilkenny City, supported by three KRSP staff members.

Adults Cycle Right

KRSP ran a Cycle Right programme for adults in Kilkenny City which was promoted extensively. The aim of this programme was to teach participants the skills to cycle confidently and competently on the road.

Participants gained skills and knowledge on a phased basis over the 3 weeks moving from a designated car-free space, to cycling within the city environs in traffic. Although the number of participants was small at 4, many of the participants stated that they were quite nervous cycling around the city before the programme and all were more confident at the end of the programme.

Bike Maintenance Workshop: Castlecomer Discovery Park

KRSP ran a Mountain Bike Maintenance Workshop on 15th May in Castlecomer Discovery Park, delivered by Altitude. Four participants took part in this workshop, the aim of which was to learn how to service and maintain a mountain bike. As Castlecomer Discovery Park has a mountain bike track, the workshop was held in the locality with the aim of providing knowledge and skills to local mountain bikers. The participants found this workshop interesting and learned a lot about keeping their bikes in good condition.

Bike Maintenance Workshop: Newpark Close Family Resource Centre (FRC)

The Basic Bike Maintenance workshop was held at Newpark Close FRC on 17th May 2023. There were 7 participants on this workshop, delivered by Altitude, who provided the participants with valuable information and insights on how to maintain and repair their bikes. A number of participants brought their own bikes, so that they could learn and work on their own bikes throughout the evening. Many of the participants were beginner cyclists and took the opportunity to ask questions throughout the evening.

KRSP Bike Week 2023 – Summary

Activity/ Programme	Participants
Children's Learn to Cycle	28
Adult's Cycle Right	4
Mountain Bike Maintenance Workshop	4
Basic Bike Maintenance Workshop	7
Balance Bike Workshop - BikeFest	86
Activator Poles - BikeFest	7

Balance Bike Workshop at BikeFest

KRSP provided 2 tutors to deliver balance bike and Activator poles activities as part of BikeFest in Kilkenny City on Sunday 14th May 2023. KRSP had their CSDO in attendance to support the event.

A balance bike station was available with a tutor on hand to teach children how to use a balance bike. A balance bike is a bike without pedals and it helps children to use their motor, agility, and coordination skills to find their balance on a bicycle without having to pedal. 86 children participated in this station over the 3 hours.

Activator Poles at BikeFest

An Activator poles session was delivered with our tutor on hand to guide participants on the use of poles to get the most out of walking through a warmup, a main session and cool down. Activator poles are designed to help balance and take pressure off your back and joints while walking, the poles stay in front of the hip and are kept in a vertical position throughout exercise. A total of 7 people participated in this workshop.

Primary School Support Programme Balance Bike Programme

KRSP provides a balance bike loan scheme suited to pre-school and primary pupils up to first class. Settings are provided with 6-7 balance bike and helmets for a period of six weeks. In 2023, the following settings availed of the programme:



Date	School
February	Appletree Farm Montessori Skeoughvosteen NS
April	First Steps Montessori Muckalee Community Project
July	St. Mary's NS, Thomastown
October	Appletree Farm Montessori SN Moin Ruadh

Badminton Programme

5 primary schools around Co. Kilkenny were invited on a teacher training day. This training day provided teachers with the necessary information and skills to teach badminton in their school. Each teacher also received a badminton pack. There was a blitz for all 5 schools to meet and play games. Unfortunately, only St. Patricks De La Salle were able to attend on the final day on the 5th of May in the Watershed.

Capital Equipment

Sportshall Athletics is an indoor athletics programme that specifically develops a child's running, jumping and throwing skills. It consists of track & field events and promotes multi-skill development for children from 3rd to 6th class.

KRSP bought five sets of Sportshall Athletics equipment with capital funding received in 2018. This equipment helps students work on their fundamental skills. This programme will be rolled out in 2024. KRSP will arrange a session where the school teachers will learn how to use the equipment and explain how to play games with the students.

Playground Markings

Playground markings make a fun and colourful addition to any school playground and they encourage children to be active, play and socialise with their peers. Playground markings were completed in The Model School, Kilkenny in February.

KRSP sought expressions of interest from primary schools in Kilkenny interested in playground markings, with a schedule of schools ready for implementation of the programme in 2024.

Secondary School Support Programme

Secondary School Weightlifting Programme

KRSP initiated a new partnership with Weightlifting Ireland to deliver an Introduction to Weightlifting programme through secondary school settings.

An initial pilot programme was delivered to teenage girls within Presentation Secondary School in Kilkenny City in March 2023. Delivered over 6 weeks by qualified personnel from Weightlifting Ireland, the programme provided instruction on how to lift weights correctly and safely. The techniques learned through this programme can be applied in other settings such as gyms, leisure centres and at home and can also provide the young people with the confidence and knowledge to start this activity safely. The programme proved hugely popular resulting in 118 students signing up to be a member with Weightlifting Ireland.

Under our Community Sports Hub programme, this programme was delivered in Colaiste Mhuire, Johnstown to 6th year students within a mixed class setting. 18 young people completed the programme and became members of Weightlifting Ireland.

Following the success of these programmes, KRSP intends to expand this programme to other secondary schools in County Kilkenny.

Women in Sport Initiatives

KRSP directly supported the following club and community groups in providing additional sports and physical opportunities for girls and women through its Women in Sport Support Programme.

Buggy Buddies Programme

KRSP delivered a 6-week Buggy Buddies programme for mothers in June & July. 12 women participated in the programme, which was held in Kilkenny Castle Park. The aim is to help get mums back into physical activity postpartum and to allow them the opportunity to exercise with their child without needing childcare.

Newpark Close Nifty Fifties Ladies Group

KRSP supported the delivery of a 6-week programme of very gentle chair-based exercise to a group of older ladies in Newpark Close Family Resource Centre. This programme was delivered in Jan/Feb to 12 participants.



Name of Club / Organisation	Funding Awarded
Askegrove Pitch and Putt	€600
Grady's Gaelic Model City Branch Committee	€600
High View Athletic FC	€675
Kilkenny City Squash Club	€600
Kilmoree Football Club	€750
Home Dragon Publishers - KACE	€750
Wicklow APC	€750
Stonewall Development Association	€750
Total amount Awarded: €4,745	

Older Adult Programmes

Cycling Without Age

The Cycling Without Age bike has been given to Mount Carmel care home on a long-term loan and continues to be used as part of the activities of the home.

Older Adults Bowling and Boccia

This programme took place in September and ran for 10 weeks each Monday morning in the Watershed. Moving the programme to Monday morning instead of Monday evening helped to increase numbers slightly from 6-8 participants to 10-12 participants.

Stretch & Move

Using Activator Poles, this programme ran from January to Easter (10 weeks) and from Easter to May. It recommenced in September with 12-15 older adults and two people with a disability attending each week. It takes place in Kilkenny Castle Park and participants have the option to stay and have a cup of coffee and a chat in the grounds afterwards.

Activator Poles - Mullinavat Active Retirement

Mullinavat Active Retirement Group is a large and very active group. They sought support from KRSP to get them outdoors following the winter. KRSP supported the group by providing an 8-week tutor led walking programme using Activator Walking Poles, which was enjoyed by all. This led to the group planning many trail and beach walking activities themselves following the KRSP programme.

Activator Poles – Danesfort Going Strong Group

Danesfort Going Strong group sought support for a walking programme for early summer. They aim to deliver activities weekly at their meetings throughout the year and wanted an outdoor programme as part of their commitment to providing year-round activities for older adults. A KRSP tutor delivered a four-week introduction to Activator walking poles programme on the walking track at Danesfort GAA & Camogie grounds in June and into July with between 12-15 attending each morning.



Programmes for People with a Disability

A number of disability programmes were run during 2023. These programmes aimed to address the specific challenges faced by those with a disability. Through these programmes, significant strides were made towards creating a more inclusive society.

Sport Ireland & Healthy Ireland Funding

Adult Summer Programme – Give it a Try Week

This programme was delivered as part of the KRSP summer programme for adults with a disability through funding from the HSE. It targeted adults with additional needs and provided 7 taster activities over 6 days. Activities included a community walk/stroll, adapted games and introduction to aqua in the Watershed, cycling using KRSP bikes, pitch & putt in the Lacken Pitch and Putt Club, walking football in Freebooters astro turf and a spinning class.

Having funding available meant that the week of activities was offered for €10. 32 Adults attended the programmes over the 6 days.

Swim Camps

KRSP ran a week of swim camps for children with a disability – 3 sessions per day over 5 days, attended by 24 children. There was a huge demand for this programme and KRSP will explore increasing capacity for next year subject to pool, tutor and volunteer availability. The programme helps bridge the gap between the supported swimming lessons that KRSP provide in Spring and Autumn/Winter. KRSP try to make this programme affordable for parents and having funding available helps to do this.

The camps catered for 45 children - some children attended multiple camps i.e. a week in the Watershed and a week swimming. The Watershed offered discounted rates for facility hire and a slightly discounted swim price for participants.

Supported Swimming Lessons – Children

Supported swimming lessons were delivered for 28 children with additional needs during 2023. The lessons ran for 10 weeks from January to Easter and 6 weeks from Easter to May. They recommenced in October for a further 10 weeks.

Twelve one-to-one youth volunteers were recruited to support the programme in January. A further 34 were recruited in September to support the programme through December and into 2024.

While 28 children can attend the programme, there are limitations. Allotted pool time of 40 minutes in a swimming lane and 2 hours in the learner pool in the Watershed limits the programme, as does the availability of qualified swim coaches who have experience delivering in the disability sector.

Adapted Cycling Programme

KRSP provides access to hand cycles and adapted bikes for people with a disability to participate in tutor led handcycling programmes. The programme runs each Monday morning on the Watershed athletics track. Participants attend with care staff and pay a discounted rate directly to the Watershed to participate. KRSP provides the tutor for the programme which has 10-15 participants.

National Learning Network (NLN)

Face-to-face exercise programmes were delivered on Wednesdays to students attending the NLN - January to Easter (10 weeks); Easter to May (6 weeks) and September to December (10 weeks).

NLN provides a range of flexible training courses for people who have experienced a setback, have had an accident, a mental health issue, an illness, injury or have a disability and need extra support. As part of their personal learning plans, the students are taught how to be independently active throughout life. This is done by having physical activity as part of their weekly programme. The KRSP programme is an essential part of this to support NLN.

Cois Nore

KRSP, through Healthy Ireland funding, supported Cois Nore during 2023. Cois Nore supports people with cancer and their families in Kilkenny City and County with a wide range of free services. KRSP supported the group through the provision of yoga mats and a yoga class for those who are recovering from cancer. Delivered for 12 weeks between September and December, the programme was really well attended in the beginning, however numbers dropped off in December.

HSE Funding

Activator Walking Poles Programme – TASK Group

This Activator walking pole programme has been running for two years with TASK. The initial group have stayed together, developed a rapport with the tutor and attribute the programme as an essential part of their recovery from mental health issues. In 2023, TASK adopted the programme for the group and continued to engage the services of the tutor themselves.

A new group within the TASK programmes has formed and KRSP are now working with this group on a multisport programme on Mondays. The feedback has been very positive with the initial three weeks being spent on various sport taster sessions. The programme commenced in September and ran until December with plans to run again in January 2024.

The Community Walk

The Community Walk is a tutor led programme for people who want to start slowly and gradually build fitness specifically for people with a disability.

KRSP delivered three programmes in 2023: January to Easter, Easter to May and September to December. Participants are recruited through disability support services in Kilkenny. KRSP delivered this programme on Thursday mornings and all participants (and their care staff) reported that they enjoy the programme which takes place in nature walks around the Linear Park, Canal Walk and Castle Park in Kilkenny City. The programme is based on the Woodlands For Health model. Approximately 20-30 attend each week (dependent on weather conditions) and numbers have often exceeded 30 participants.

The programme is hugely social as it offers an opportunity for people from various services and their carers to mix during the walk.

Evergreen FC Football For All – Children

Football for all for children is a programme that runs each Saturday throughout the football calendar year. The programme was established as a partnership with Evergreen Football Club and KRSP as part of the FAI Football For All programme. The programme is run by Evergreen Football Club with minimum support from KRSP. The group has between 30 and 40 children who might not ordinarily get an opportunity to play soccer attending each week.

Numbers have fallen in the youth section of this programme. KRSP were approached to help with recruitment of new participants. The SIDO worked with club officials and conducted a recruitment campaign through schools in Kilkenny. The programme was also advertised on social media and some new members were recruited as a result. The programme is also recommended to parents who contact KRSP in search of activities for their children.

KRSP Football For All – Adults

The programme was successfully delivered each Friday from January to May and again from September to December. The first block of sessions was delivered in the Watershed. Following this, a partnership with Freebooters AFC was developed and they now host the programme on their new astro turf pitch in the Fair Green, Kilkenny. The benefits of this are that the club is aligned with the Football For All programme and KRSP do not have the cost associated with venue hire each week.

Multi-Sport Activities

KRSP provided multi-sports activities for children with a disability in Kilkenny City. The activities are provided 24-weeks of the year - 10 weeks January to Easter, 8 weeks Easter to Summer and 8 weeks October to December. The venue used is very suitable as KRSP has the option of having indoor or outdoor facilities depending on the weather. Activities provided target improvement of fundamental movement skills for children with additional needs. KRSP had to change the time of this session due to tutor availability and this led to very small numbers ranging from 2 to 8 participants attending each week.

Woodlands For Health

KRSP partnered with Mental Health Ireland (MHI) and the HSE to deliver a 6-week Woodlands for Health programme. The programme was delivered in Jenkinstown Wood by a KRSP tutor who was supported by HSE staff, an MHI development officer and the KRSP SIDO. 12 participants attended each week, and the walking was supplemented by wellness talks and followed up with tea/coffee and scones.

HSE worked with their clients to produce an evaluation of the programme and this showed very positive outcomes.

Inclusive Summer Programme

KRSP's comprehensive summer programme ran for the full month of July in 2023.

- Youth Volunteers:

Through KRSP safe recruitment process, 41 volunteers, mainly young people, were recruited to support attendees on our summer programme. (see Active Empowerment section).

- Sports Camps:

A 4-week programme of events was planned for the 2023 summer camps and having sufficient funding through the HSE meant that KRSP was able to provide an extensive and diverse programme of activities. KRSP engaged with Development Officers from several National Governing Bodies to support the programme - the Kilkenny based FAI Development Officer, Leinster Rugby Club Community Rugby Officer, Badminton Ireland and Kilkenny GAA Development Officer.

KRSP delivered two full weeks of inclusive summer camp activities for children with additional needs. To do this we recruited 35 young volunteers and 6 adults volunteers who worked with KRSP staff, KRSP tutors and local NGB Development Officers.



Disability Inclusion training was delivered by Active Disability Ireland to the volunteers a week before the summer programme began. Safeguarding 1 training was delivered to those volunteers who were 16 years and older.

Camps were from 10am to 2pm each day, and while some days had to be cancelled due to weather conditions, a great time was had by all the children. 48 children took part in the camps, which provided an opportunity for physical activity not otherwise available by mainstream camps. Through the camps, KRSP aimed to support parents and guardians of children with additional needs by providing an active summer programme and also by introducing them to pathways for clubs and activities in Kilkenny.

Camp activities included tennis, rugby, soccer, cycling, arts & crafts, GAA, badminton, basketball and athletics. A popular activity every year in the programme is kayaking and canoeing however, this had to be cancelled due to the poor weather and high water levels in the river

KRSP partnered with Kilkenny GAA to deliver 2 days of GAA camps in MW Hire GAA centre, Dunmore, Co. Kilkenny. Great fun was had but the second day had to be cancelled due to a severe weather warning. Again, the programme was supported by KRSP staff, tutors and volunteers. 20 children registered for these camps.

Advertising for both programmes was done through our work with the various disability agencies in Kilkenny and through the KRSP database of contacts.



Purchase of Disability Bikes

Through Sports Capital Funding secured from the then Department of Transport, Tourism and Sport in 2018. KRSP purchased two adapted tricycles for children with additional needs. The bikes have many ways of being adapted to suit the different needs of the individual. The bikes were used on our Inclusive Summer programme and Learn to Cycle programme.

Learn to Cycle

KRSP delivered a 3 day Learn to Cycle programme to a mixed ability group of 24 children during the Halloween break from school. There were two groups of 12 children (aged up to 8 years and over 8 years). They attended for a one-hour cycle lesson each day, delivered in St. John's Senior School. A Cycling Ireland tutor and a local cycling tutor and a KRSP staff member delivered the programme. The majority of the 24 attendees learned to cycle in the programme.



Pillar 3:



Active Places

Strategic Goal: *To maximise the use of existing facilities and support the development of accessible, welcoming sport and physical activity environments*

Future Facilities

Dormant Accounts Funding - Community Sports Hubs - Watersports Home

Kilkenny County Council secured funding under Bord Failte to support the development of a water sports facility in Kilkenny. KRSP continued to support Kilkenny County Council and the water sports clubs and organisations in the planning of this facility. Kilkenny County Council engaged a consultancy firm to conduct stakeholder consultations and to start the development of the scope, scale and budget for the facility. KRSP supported them in engaging the water sports clubs and organisations and promotion of the consultation to the wider community. KRSP is awaiting the outcome of the scoping project.

St. Canice's Masterplan

Kilkenny County Council, in conjunction with the Health Service Executive (HSE), has begun preparation of a Framework plan for the HSE lands surrounding St. Canice's hospital at Lacken. There has been no further action on this plan since 2022 and KRSP are awaiting an update from Kilkenny County Council and the HSE.



Pillar 4:



Active Promotion

Strategic Goal: *To create an increased awareness of KRSP and its mission to promote lifelong active recreation, sport and physical activity for all.*

Promotion and Awareness Communications Policy

The most successful and enduring organisations and leaderships cultivate a reputation founded on trust, transparency and integrity. KRSP plays a key role in the community as a valued provider of information and services for our target groups. It is essential that KRSP communicates to all its stakeholders across a range of communications platforms in a way that inspires confidence.

Having this communications policy guides KRSP towards 'Being Transparent and Accountable' (Governance Code for Sport) and protecting and promoting KRSP's reputation.

National Communications Project

KRSP plays a vital role as a member of the 3-member Local Sports Partnership (LSP) project team overseeing the LSP Communications Project for the entire network. This comprehensive initiative aims to define the role of communications within the LSP network and formulate and implement a robust communications strategy to work across all 29 LSPs nationwide.

Since September, KRSP has hosted the Regional Communications Officer (RCO) for Leinster and Ulster, a pivotal step in gaining insights into the challenges and opportunities faced by LSPs within the region.

The strategic placement of this role within an LSP provides a unique perspective, offering a firsthand understanding of how an LSP operates and communicates currently.

In the initial three months, the RCO has provided valuable insights, particularly in enhancing KRSP's visibility through various channels such as social media, the website, and branding and promotion. Importantly, the challenges and opportunities identified are often shared among LSPs, highlighting the project's potential to generate collective learning that can be applied across the entire network, benefiting all participating LSPs.

From September the project team wished to implement an evidence-informed communications plan and undertook a comprehensive situational analysis to assess the landscape for enhancing communication strategies within the LSP network. This involved a combination of desk research, surveys targeting LSP Coordinators and communication staff, and essential in-person meetings known as LSP Check-Ins.

The research has informed the most effective ways to deliver the project. Overall, there has been encouraging engagement with the LSP network but there are challenges locally with capacity and capability in delivering communications.

Recommendations include fit-for-purpose capability development, a guidance-led approach, access to professional resources, and strategic investments in digital presence and storytelling.

Building on the insights gathered from the research, the project has initiated impactful measures to enhance communication within the LSP network. Key initiatives include the establishment of a central SharePoint hub and fostering collaboration through the sharing of key communication assets, templates and campaign information. The project has kickstarted capability development through training sessions on design and the development of core brand guidelines. Notably, a monthly online Communications Meetup has been established, providing a platform for peer learning and collaboration, fostering a dynamic and supportive communication community within the LSP network.

Website

The primary goal of the KRSP website is to provide participants with important information of KRSP's activities such as Events, Programmes, and Education. An important page on our website is the Events page, which is a direct feed from our current registration platform, www.eventbrite.ie, this allows participants to easily navigate to booking onto one of our programmes. We had 5,792 website visits in 2023 and our top visited pages were:

1. Events
2. Older Adult
3. News and
4. Active Kilkenny

Social Media

KRSP continues to build its presence on the social media platforms, Facebook, Instagram and

with less priority on X (formerly Twitter). These social media platforms are the main medium for promoting our programmes, events and workshops. It also allows us to promote the positive effect our programmes have on participants.

In 2023 we started to expand our scope on our socials by using more video form posting which has allowed up to increase our engagement.

Facebook

6,500 followers with 334 posts in 2023 (decrease of 11%)

Instagram

1,200 followers with 250 posts in 2023 (increase of 16%)

X (formerly)Twitter

449 followers with 11 posts.

Canva

In 2023 we were able to access Canva Pro free of charge as we are a not-for-profit organisation. This has been a game changer in terms of creating posters and promotional material for print and social media. The quality of our promotional material has improved immensely due to the access to this tool. We were able to upload our brand guidelines and infographics to Canva, this allowed us to save time and ensure a more consistent approach when it comes to creating promotional materials.

Branding

Kilkenny County Council painted our office building and following this we got our KRSP signage installed.

We have used various printers in Kilkenny to design and print some KRSP promotions materials including the 2022 Annual Report and promotional leaflets for dissemination at stand and events.

Database

We currently have 1,381 active participants on our database. We sent out three newsletters to all participants and targeted emails participants to promote certain workshops.

Text Messaging

Text messaging continues to be hugely effective with 3,763 texts sent to participants on the KRSP text messaging system. We are no longer using our text messaging system as a tool for marketing. Text messages are now used only to contact participants in relation to the programme that they have signed up for.

Advertising

KRSP continues to utilise its local means of communication with 2 articles and 1 press release were submitted to the local papers. 4 radio interviews were given throughout the year to KCLR and Kilkenny Community Radio.

Information Leaflets & Booklets

Me, My Child and the Water

Swim Ireland and KRSP formally launched the Me, My Child, and The Water resource at the Swim Ireland Swimming Teachers Conference 2023. The resource is aimed at parents and carers of children with disabilities. It will also help swimming teachers to support children in their lessons.

Me, My Child, and the Water was created as a result of feedback received by KRSP from parents and guardians which highlighted the need for appropriate guidance and support in catering for a child with a disability when swimming. The resource, which can assist in supporting multiple age groups, contains useful guidance on things to consider when planning a pool visit, what to expect from swimming lessons and what information swim teachers will find useful to help them best support a child with a disability. The resource also presents CARA's Tree Model, which is a useful model to use when modifying activities to make them more inclusive and accessible.

Getting Kilkenny Active

KRSP carefully designed and printed 500 copies of a promotional brochure for broad awareness of the diverse programmes offered by KRSP. This high-level overview encourages individuals to connect with us, visit our website, or explore our social media channels for more details. We plan to distribute this flyer at events, in libraries and among current participants, aiming to extend its reach to the wider Kilkenny community.



Pillar 5:



Active Partnerships

Strategic Goal: To work collaboratively to maximise resources and increase opportunities for people to participate in sport, recreation and physical activity.

Effective and Purposeful Partnerships

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:

Local networks or committees on which the LSP is represented:

- Cycle Kilkenny
- CYPSC - Health & Active Sub Group
- Healthy Ireland Kilkenny Committee
- Kilkenny Access Group
- Kilkenny Age Friendly Alliance
- Kilkenny Community Resilience Forum
- Kilkenny Night Time Economy Stakeholder Group
- Kilkenny Watersports Hub Stakeholder Group
- St. Canice Masterplan Steering Committee
- Trail Kilkenny
- Kilkenny Leader Partnership Evaluation Committee

National networks or committees on which the LSP is represented:

- i-PARC Practitioner Advisory Group
- LSP Communications Working Group
- LSP/GAA Cul Camps Working Group
- LSP Evaluation Sub-Committee
- SIDO Network
- Women in Sport Stakeholder Group
- LSP Evaluation Committee

Sport Ireland co-ordinates and administers several networking groups specifically for LSP Co-ordinators, GFOs, CSDOs and SIDOs. 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 .



I-PARC

KRSP continues to support the work of I-PARC and sits on the Practitioner Advisory Group on this collaboration between Government Departments, Government Agencies and Research Institutes.

The annual I-PARC conference took place on January 18th and 19th in the George Moore auditorium in University College Dublin. The theme of the conference was 'Getting more people active: Building bridges and pushing boundaries.'

The SIDO presented the results from KRSP LGBTQ+ research project, Equality In The Field, in the breakout session on equality, diversity and inclusion in sport and physical activity on day one of the conference.

Kilkenny Access Group (KAG)

KRSP continues to contribute to the work of this group. In March, KRSP attended a workshop in Kilkenny to identify key objectives for Kilkenny Access Group. Following this meeting KAG Strategy Document (first draft) was produced.

In September, KRSP attended a presentation on 'Make Way Day'. This is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share.

KRSP supported the group in recruiting volunteers for an audit of disabled parking bays. The results of this audit were presented to the KAG in a November meeting.

Kilkenny Age Friendly Alliance

KRSP continues to attend and contribute to meetings of Kilkenny Age Friendly with updates on activities for older adults. In 2023 there were two meetings held as the September and December meetings were cancelled.

Kilkenny PPN

There was no PPN Plenary session held in 2023.



Pillar 6:



Active Governance

Strategic Goal: KRSP will operate to the highest standards of professionalism, accountability and integrity.

Governance and Finance

Funding Streams

KRSP secures funding via grant applications to various bodies, with Sport Ireland (SI) being the primary source through its LSP Core Grant Scheme, Dormant Accounts Funding, and other specific opportunities. Additional funding comes from Kilkenny County Council, the Health Services Executive, and Age and Opportunity, targeting initiatives like Healthy Ireland and Bike Week.

To ensure good governance, KRSP conducts annual three-year financial projections. This aids in securing resource, risk identification, and project delivery.

Board

Throughout 2023, the KRSP Board provided oversight of numerous policies and procedures. This included overseeing the review of key policies such as Risk Management and Diversity & Inclusion, alongside important reports such as Finance and Audited Accounts. They monitored governance priorities, executive deliverables, and risk management frameworks.

The Board oversaw the establishment of a Safeguarding Committee in April 2023 to regularly review relevant policies and procedures, consider and make decisions with

respect to child and vulnerable persons safeguarding concerns, consider allegations of a general nature in regard to children and vulnerable persons, and to consider vetting, disclosures and/or returns referred to the KRSP contact person by Sport Ireland.

Governance Code for Sport - Compliance

KRSP has fully adopted Sport Ireland's Governance Code for Sport (GCS). In 2019, Sport Ireland took over the Governance Code for Community, Voluntary and Charitable Organisations as a Governance Code for Sport and put supports in place to assist LSPs/NGBs and other funded bodies on this journey to compliance.

The KRSP Board has worked hard in recent years to implement the GCS. To this effect, a public statement of compliance (as a Type C organisation) with the Governance Code for Sport was submitted to Sport Ireland in December 2021 and our compliance documentation is available on the KRSP website.

In 2023, KRSP worked to integrate the drafted policies and procedures into our day-to-day operations. This ensures that our organisational practices align with the established framework, promoting transparency, accountability, and adherence to the Sport Ireland GCS journey.

Systems and Policies

KRSP contracted the following supports in 2023:

- Auditing of Accounts & Company Secretariat Services – O’ Neill Foley Accountants
- Information Technology Support – AtoZ Computers
- Human Resources Support - Peninsula Business Services
- Database Development and Support – Mindaclient
- CLG LSP HR Consultation on shared work – Voltedge
- Health & Safety Support - Peninsula Business Services
- Pension Trustee Services – General Investment Trust
- Pension Management and Advice - WillisTowerWatson
- Poe Kiely Hogan Lanigan – Legal services
- Bluescope – Website support



Comply with CRO and Funder Requirements

All required documents were submitted to O' Neill Foley Accountants for filing with the CRO. Funding requirements were adhered to and all reports submitted by due dates. KRSP worked with the individual funders regarding the extension of delivery dates, drawdowns and returns etc.

Impact and Evaluation

Asset Tagging

KRSP implemented an asset tagging process for KRSP sports and office equipment in 2023. Following a review process, the AssetTiger system, a cloud-based asset management tool, was selected as the best option. The system allows us to track the whereabouts of the equipment and also to upload loan agreements and photos to keep all the information in a central location.

KRSP procured customised asset tags to suit different types of equipment and worked to tag and upload the KRSP equipment to the AssetTiger database. A step-by-step process document was completed and rolled out to the KRSP team. The first equipment that was trialled for this process was the activator poles that were loaned out to the libraries in Kilkenny and so far, there have not been any issues reported. The full roll out of the system will be implemented in 2024.

Records Management

KRSP has worked to standardise the filing system in KRSP to allow for easy tracking of documents and ease of compliance with GDPR retention and destruction policies. This system was rolled out in December 2023 for use in January 2024.

Sport Ireland Annual Operational Plan Report

A review of the KRSP programme of work for 2023 was completed early in January 2024 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

Throughout 2023, the Annual Operation Plan (AOP) remained our primary document for work and programme planning.

Considerable effort is invested at the beginning of the year to ensure sufficient budget and staff time allocation for each task.

Regular updates were made to reflect progress at each Board meeting and to align with Sport Ireland's reporting requirements.

However, KRSP faced a challenge with reduced staffing, which placed added strain on the remaining team to achieve AOP goals. This led to the postponement or cancellation of certain programmes and projects.

Beneficiaries & Stakeholder Engagement

Sport Ireland Research Grant

KRSP successfully applied for funding under the Sport Ireland Research grant scheme. KRSP research proposal sought to get a better understanding of the experience in and levels of sport and physical activity by young LGBTQ+ people in the Kilkenny/Carlow area. KRSP partnered with SETU Carlow and worked with Ossory Youth, Foróige and Carlow Regional Youth Services during the study.

A tender was developed for the research to be conducted on behalf of KRSP and LinkAge were appointed. Interim meetings and reports were attended and produced for Sport Ireland and a final report on the project was delivered in early 2023. The title of the report was Equality In The Field. It was disseminated throughout the LSP network (hard copy) and also made available to the likes of Shoutout, Sporting Pride and other relevant organisations.



KRSP SIDO presented the findings from the report at the Irish Physical Research Collaboration annual conference in UCD. Debra O'Neill (LinkAge) presented an overview of the research at Pride Research Day in Trinity College Dublin. This event was attended by KRSP Co-ordinator and SIDO. Additionally, the SIDO presented the project report at the Sport Ireland National Development Officers Conference in Dublin in May.

Based on the findings of the research, KRSP successfully applied for Sport Ireland Research Evaluation funding. A tender process was administered with the deadline for submissions in December 2023.

This research project will assess training awareness and uptake in sporting clubs and sports facilities in Carlow and Kilkenny. It will also look at LGBTQ+ awareness and gauge willingness to undertake training with a view to the clubs and facilities becoming more LGBTQ+ supportive. It is envisaged that a toolkit will be developed and disseminated to sports clubs and facilities in Kilkenny / Carlow area. The awarding of the tender and completion of the project is scheduled for 2024.

Challenges

KRSP had a successful year overall, although not without its challenges. Throughout, we remained dedicated to delivering our programmes and courses as our top priority. These challenges, both internal and external, while testing for us, we continue to work to overcome them. This will lead to growth and even greater success.

Governance

In 2023, we continued to integrate the best practices outlined in the Governance Code for Sport. While we recognise their importance,

meeting these governance requirements poses a significant challenge for our small organisation, both in terms of board capacity and day-to-day operations. Alongside the board, we have four sub-committees whose terms of reference require implementation.

Streamlining administrative burdens on our small staff is a priority. With six new board members appointed in 2022 and additional members joining in 2023, we welcome fresh perspectives and diverse experiences. However, integrating these new members also entails a learning curve as they familiarise themselves with the work of the KRSP Board and the company's operations.

Staffing and LSP Structure

Throughout 2023, the efforts led by Sport Ireland (SI) in collaboration with the National Network of LSPs to develop a Statement of Ambition continued. While SI unveiled its Statement of Strategy 2023 – 2027 in September, the corresponding Statement of Ambition for the LSPs will be launched in 2024. Various structural proposals were discussed, taking into account the diverse staffing setups and HR considerations across the network. Recognising the limitations of a one-size-fits-all approach, a suggested minimum structure for SI funded positions was introduced to address this challenge. Each LSP was then encouraged to consider incorporating this minimum setup into their overall staffing structure.

However, ongoing uncertainties surrounding SI's funding for certain positions have resulted in delays in KRSP Board decisions. As a result, this has impacted the Partnership in addressing issues and implementing necessary changes to accommodate new roles and support growth. The organisation's capacity has been affected, leading to a reduction in participants.

Expectations & Funding

While access to funding opportunities and potential new resources are welcome, there can be an expectation on the Partnership to apply for all opportunities available. Managing these opportunities and expectations can be challenging given the size of the organisation and the additional capacity needed to deliver any successful applications. With the accumulation of funding during COVID-19, the phased basis and timing of Dormant Account Funding and the reduction of Development Officer staffing, there is a considerable amount of deferred funding. We are actively working to decrease this amount and we saw success in reducing it in 2023. Moving forward into 2024 and beyond, we will continue to operate on this basis.

Operations

We work closely with others to deliver the work of the Partnership. Across the LSP network, it is challenging to recruit self-employed physical activity providers (tutors). Across the wider sports industry, the recruitment of volunteers is even more challenging since the pandemic, with a large number of volunteers not returning after lockdown. This reduces our capacity to deliver programmes, especially in rural areas where the time to travel to and from rural communities doesn't make it financially viable for tutors.





5. Finances -Income & Expenditure

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 at a significantly reduced cost 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 2023.

The full set of accounts can be found on our website: <https://www.krsp.ie/publications/>.

INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Income	6	487,004	510,511
Expenditure		(472,240)	(497,531)
Surplus before Interest		14,764	12,980
Interest Receivable and Similar Income		15	15
Surplus before Tax		14,779	12,995
Tax on Surplus		-	-
Surplus for the Financial Year		14,779	12,995
Total Comprehensive Income		14,779	12,995
Retained Surplus Brought Forward		99,256	86,261
Retained Surplus Carried Forward		114,035	99,256



TRADING STATEMENT

for the financial year ended 31 December 2023

	Schedule	2023 €	2022 €
Income			
Sport Ireland - Core Funding		355,319	381,297
Sport Ireland - Women in Sport		5,741	10,070
Kilkenny Local Authorities		26,477	30,264
Health Service Executive (HSE)		9,247	11,404
Course Programme Fees		18,629	15,225
Other Funders		4,825	2,193
Sport Ireland - Dormant Account Programmes		44,936	19,907
Get Walking Ireland		-	275
Pobal - Healthy Ireland		6,098	27,177
		471,272	497,812
Gross Surplus Percentage		100%	100%
Overhead Expenses	1	(472,240)	(497,531)
		(968)	281
Miscellaneous Income	2	15,747	12,714
Net Surplus		14,779	12,995

SCHEDULE 1 : OVERHEAD EXPENSES

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Administration Expenses			
Wages and Salaries		248,816	240,840
Social Welfare Costs		27,369	26,613
Sport Ireland Programme Costs		50,540	75,642
Women in Sport Programme Costs		5,740	10,070
HSE Programme Costs		8,892	11,574
KRSP Programme Costs		5,930	-
Kilkenny CoCo Programme Costs		1,478	5,264
Get Ireland Walking Programme Costs		-	285
Age and Opportunity Programme Costs		4,825	1960

	Notes	2023 €	2022 €
Sport Ireland Dormant Account Programme Costs		32,409	12,712
Pobal - Healthy Ireland		5,808	21,217
Staff Defined Pension Contribution Costs		16,513	18,015
Staff Training		890	2,982
Rent Payable		7,453	7,214
Insurance		5,877	5,631
Repairs and Maintenance		1,396	1,462
Database		443	443
Printing, Postage and Stationery		1,728	2,677
PR & Branding Costs		2,105	4,716
HR Support		1,698	-
Telephone		1,783	2,036
Website		921	209
IT Support and Software		5,085	5,783
Travel and Subsistence		7,828	4,807
Legal and Professional		2,663	2,999
Consultancy Fees		-	9,063
Bank Charges		218	208
General Expenses		-	(37)
Subscriptions		350	963
Auditor's Remuneration		5,116	6,321
Depreciation of Tangible Assets		17,567	14,963
Amortisation of Tangible Assets		799	799
		472,240	497,531

SCHEDULE 2 : MISCELLANEOUS INCOME

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Miscellaneous Income			
Amortisation of Government Grants		15,732	12,699
Bank Interest		15	15
		15,747	12,714



6. FUTURE PLANS

Future Plans

As we eagerly look forward to the future, KRSP is poised for a great year in 2024, filled with exciting initiatives and strategic advancements.

One of our key focal points is the completion and launch of the Bainisteoir Beag App, a cutting-edge tool designed for young leaders in schools. This application hopes to empower and inspire the next generation of leaders, marking a significant milestone in our commitment to youth development.

Building on our dedication to inclusivity, we are getting ready for the widespread roll-out of the LGBTQi+ toolkit. This resource hopes to foster an environment where everyone feels seen, heard, and valued within our community. It underscores our commitment to creating spaces that celebrate diversity and promote understanding.

2024 marks three years since KRSP became Sport Ireland Governance Code for Sport compliant. By the end of 2024, KRSP is required to let Sport Ireland know that our Board has reviewed our practices and considers that we remain compliant with the Code. This reaffirms our commitment to upholding the highest standards of governance, transparency, and accountability in all our operations.

Additionally, an upcoming restructuring of the Local Sports Partnership (LSP) will further enhance our organisational efficiency and effectiveness. This strategic initiative will position us to better serve the community, aligning our resources to meet the evolving needs of the people of Kilkenny.

As we embark on these exciting ventures, we are thrilled about the prospects that 2024 holds for KRSP. The passion, dedication, and collaborative spirit of our team and community partners continue to be the driving force behind our success. Together, we look forward to a year of innovation, inclusion, and positive impact, reinforcing our commitment to building a healthier, more vibrant, and connected community and 'Getting Kilkenny Active'.



