Annual Activity Report 2021

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Contents

Overview of the LSP 5
Chairperson's Statement 7
Structure, Governance and Management 8
Organisation and Governance 8
Board Directors 8
Governance Standards 8
Staffing 9
Objectives, Achievements and Performance 10
Commentary on the year 10
Good Governance 10
Finance 11
Objectives for the year: 11
Objective 1: Building Capacity 11
Objective 2: Creating Opportunities 11
Objective 3: Good Governance 11
Programme Area Reports 12
Active Communities – Pat Sexton 12
Kilrush Community Sports Hub 12
Shannon Community Sports Hub 13
Get Clare Walking 13
Get Clare Running 14
Get Clare Swimming 14
Get Clare Cycling 15
Bike Week 2021 15
Men on the Move 16
Women in Sport – Leadership Programme 17
Club Development – Jessica O'Keeffe 18
Minority Communities 18
Introduction and Needs Analysis 18
Small Club Grant Round 1 18
Small Club Grant Round 2 19
Other Club Development Grants 20

Stronger Clubs 21
Stronger Coaches Webinar Series 21
Covid Volunteer Support – Rebooting Sport Webinar 21
Covid Volunteer Support – Coaching Supports 22
R.O.S.E. Project 22
Minority Communities 24
Introduction & Previous Summary 24
Covid Community Support - Membership Bursary 24
Traveller Men's Soccer Programme 25
Traveller Women's Exercise Programme 25
Active Inclusion – James Murrihy 27
Older Adults 27
Group Support 27
Go for Life Games League 27
Activator Poles Training 27
Walking Hockey 27
Online Exercise App 27
Disability Inclusion 27
Boccia League Project 27
Training & Education 27
Autism Camp in conjunction with Clare GAA 28
Inclusive Watersports 29
Podcast 29
Inclusive Cycling Programme for PWD 29
Active Schools / Active Youth - Lizzy Mc Nicholas 30
Keep Well 30
Active Schools – Primary 30
Active Homework Challenge 31
Active Play workshop 31
Sports Hall Athletics 31
Active Storytime 31
School Scuttle 31
Playground Markings 32
Active Schools – Post Primary 32

Sports Hall Athletics 32
Get Going Get Rowing 32
Tug of War 33
Community Youth 33
Online Summer camps 33
Teen girls programme 33
Teen boys programme 34
Youth Sports Leadership programme 34
Urban Outdoor Adventure Hub 35
Kayak Le Chéile 35

Overview of the LSP

The main object of Clare LSP is to enable the ongoing development of quality sporting and active recreational opportunities throughout the county in an environment that promotes healthy lifestyles, maximum participation, and achievement. The Company devotes itself to the attainment of the main object of the LSP and will undertake a range of activities in Clare, which may include but not be limited to:

- allocation and distribution of funds for sport
- administration and development of sport
- enhancement and improvement of coaching in sports
- encouragement of increased levels of participation in sport, especially amongst specific target groups such as those who live in identified disadvantaged communities, unemployed people, people with disabilities, migrants, ethnic minorities, young people, older people, girls and women and men over 40
- development and promotion of local sports clubs
- development and management of volunteer training programmes
- the compilation of directories of sports bodies and facilities
- compilation and dissemination of information on sports bodies, programmes, initiatives, and facilities
- engaging in research on sport in keeping with the LSP's main object and Sport Ireland's research policies
- entering into arrangements for the better use of sports facilities
- establishment of clear priorities for the provision and improvement of sports facilities with related quality management initiatives
- provision of links between relevant bodies including but not limited to schools, clubs, local community, national governing bodies of sport, and the corporate sector
- promotion of local sports competitions, events programmes, facilities, and opportunities

Vision: Where everyone in County Clare can enjoy sport and physical activity to their full potential, where sport and physical activity is valued and supported at every level of society and is everyone's responsibility.

Mission: By providing leadership and support, Clare Sports Partnership will increase participation in sport and physical activity throughout County Clare to ensure that Sport & Physical Activity becomes normalised for all members of our community.

Our Values: At Clare Sports Partnership, our values are built around:

- Strategic Leadership
- Working in Partnership
- Honesty and Transparency
- Inclusivity

Clare Sports Partnership provides strategic leadership and partnership in County Clare, while operating simultaneously with the relevant local and national strategies and policies, in an honest and transparent manner in order to promote and support the development of

inclusive sport and physical activity in our county. We honour our values by empowering people and clubs, who are the lifeblood of many towns and villages throughout County Clare in their role of enhancing and enriching people's lives and providing a healthy and enjoyable sport and physical activity experience.

Chairperson's Statement

As Chairperson of the Clare Local Sports Partnership, it gives me great pleasure to bring to you this annual report for 2021. As we emerge from the Covid-19 pandemic, and work to ensure it remains in our rearview mirror. I believe, as an organization, we continue to excel in the way that we have gone about reaching our objectives for the year.

I am conscious that at the start of the year the staff, under the guidance of our coordinator John Sweeney, continued to provide the quality services and programs we have always done.

That said, like every good organization or sports team, we continue to adapt to the ever-changing environment in which we find ourselves. As Chair, I would like to thank John and all the team for their professional approach and dedication in this regard.

As a Board, we are delighted to confirm that we meet the deadline for the Sport Ireland Governance Compliance Code, thus, ensuring that our organization has solid governance standards and practices.

I acknowledge the cooperation of the other local sports partnerships that are companies limited by guarantee. With the Coordinator, I Chaired the group that engaged the Institute of Public Administration to develop framework policies for the organizations.

Succeeding in this endeavor will guarantee continued funding and support for CLSP from Sport Ireland for 2023 and beyond. The current Board of Directors have done an immense amount of work on this code, and it will be incumbent of the incoming Directors to maintain the principles and practices of the code going forward.

The establishment of the 3 Sub-committees,

- Finance, Audit & Risk
- Governance
- Strategic

will be the tools by which we will achieve this outcome.

I would, once again, like to thank Sport Ireland and all our funding partners without who we could not achieve the levels of success we have. 2022 will bring many opportunities for sports participation in the county as the level of funding increases for the coming year. This have brought about generous opportunities for clubs to ensure the continued return to sports , activities and participation. We promise that we will continue to support those who are at most disadvantage in our community through our sports hubs and other dedicated programs for these target groups.

Finally, I would like to thank all my colleagues on this Board, for their dedicated work throughout the year and the support that they have given to me, as the Chairperson.

Tim Forde

Chairperson Clare Local Sports Partnership

Structure, Governance and Management

Organisation and Governance

Board Directors:

The Board is collectively responsible for leading and directing the LSP, supervising the management of the organisation, and reporting on stewardship and performance.

The organisation is governed by a board of 7 directors. The board are mandated to meet at least 6 times per year. They met 7 times in total. The appointed directors 2021 were:

Tim Forde (Chairperson), Dr. Paul Mc Kenna, Mr. Jim Madden, Mr. Ger O'Halloran, Cllr. Ann Norton, Cllr. Joe Garrihy, Cllr. Joe Killeen. This was the same board as in 2020 as it was agreed by special resolution at the A.G.M. that there ought to be no change due to the ongoing restrictions and the work being carried out on the Governance code for Sport. Towards the end of the period, Mr. Ger O'Halloran stepped down for personal reasons and Ms. Anne Hayes was apointed as director.

In addition to the board, three sub-committees have been set up to ensure support and direction is given to the Coordinator and staff to receive the required assurances and give oversight in relation to the governance of the organisation.

1) Finance Audit and Risk (FARC)
2) Strategic Committee
3) Governance Committee

Sub committees meet at least 4 times per year and there is a provision for more if needed.

Governance Standards

As part of the Governance Code for Sport, Clare Sports Partnership wishes to state that it has completed the process as set out for its organisation type and now complies with the principles and practices of the code for a three-year period.

Staffing

In order to deliver on our strategy in the most productive way and to target those that are of most sport disadvantage, we are organised so that our team have specific areas of responsibility. This is because we need to ensure that we are working in unison with each other, across our targeted programme areas. The diagram below gives a visual representation of how we are organised. As our staff resource grows, the areas of responsibility will be spread even more strategically across our professionals. We very much value working in partnership with each other to ensure knowledge and information is shared across each programme area.

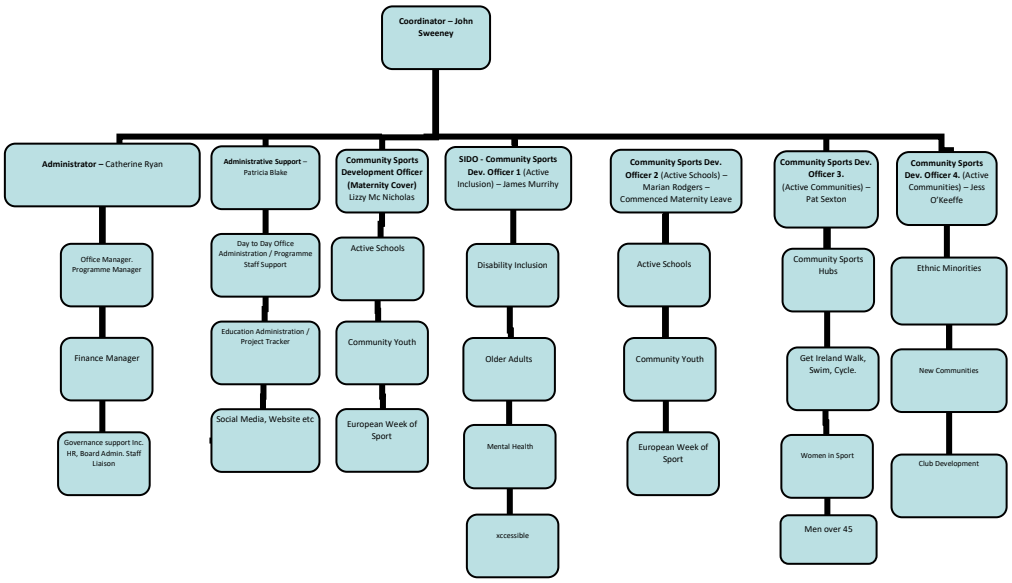


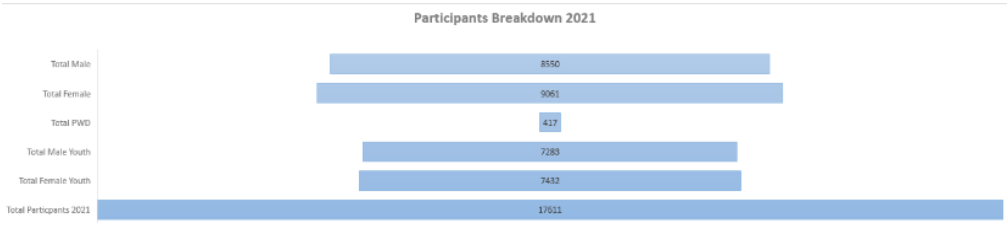
Fig. 1 - Clare LSP Staffing Structure December 2021

Objectives, Achievements and Performance

Commentary on the year

2021 started in the way that 2020 finished due to the uncertainty of the pandemic. As an organisation the team adapted to this and it was decided that our main role was to support clubs and organisations to remain as functional as possible in terms of their ability to keep sports and organised physical activity operational.

In total we engaged with 17,611 participants over the course of the year. This was an increase on 2020 due the easing of restrictions and the return of schools fulltime etc. The numbers are reflective of the work that we put into our youth and schools programmes. We have a great focus here in order to help give children the opportunity to develop good physical literacy. In engaging the target audience, there were approximately 237 individual projects across our work areas – Active Youth/Schools, Active Adults, Active Inclusion, Active communities, and Club Development. Within these areas, we focused on a number of target groups which have been selected due to national and international policy – Youth, Disadvantaged Communities, People with Disabilities, Women in Sport, Ethnic Minorities and Older Adults.



Good Governance

The function of governance is to ensure that an organisation fulfils its overall purpose, achieves its intended outcomes for its key stakeholders, and operates in an effective, efficient, and ethical manner. Good governance ensures that a framework of structures, policies, and processes are in place to deliver on key obligations, and it allows for an objective assessment of performance.

A culture of good governance is at the core of our organisation. Clare Local Sports Partnership CLG are a soon to be signatory to the 'The Governance Code' for not for profit organisations as administered by Sport Ireland.

The governance codes collectively assert that good governance is about delivering priorities, achieving objectives, behaving with integrity and acting in ways that are consistent with legal, regulatory, and governance obligations. Within the LSP, this incorporates the set of relationships between the board, the chairperson, the co-ordinator, staff and wider stakeholders.

Our initial declaration for this code came in 2012 when we became one of the first sporting organisations to declare the set standard of governance. In December 2021, the Board of Directors officially declared their compliance to the 'The Governance Code for Sport' as required by our main funding partner, Sport Ireland. The code is based on 5 principles:

1) Leading the organisation

2) Exercising control over the organisation

3) Being transparent and accountable

4) Working effectively

5) Behaving with integrity

Finance

Our accounts are independently audited on an annual basis. The 2021 accounts have been prepared by our company accountants, Vaughan & Co Accountants · 42 Abbey St, Ennis, Co. Clare. Accounts are available on request by emailing cathy@claresports.ie.

Our organisation cannot exist without the continued support of our funding partners and we would like to thank them for their ongoing belief and support. Our primary and core funding partner was Sport Ireland. Our other main funding partners that we would like to thank are:

- Dormant Accounts
- HSE
- Clare County Council
- Healthy Ireland through Healthy Clare

Objectives for the year:

Our annual work plan is developed around 3 core objectives that span the life of the strategy. In turn, a series of actions are:

Objective 1: Building Capacity

To build the capacity of all relevant sporting organisations and individuals, to deliver a life-cycle approach to competitive and recreational sports.

Objective 2: Creating Opportunities

To ensure that there are ongoing and appropriate opportunities for all members of society to participate in competitive and recreational sport in county Clare.

Objective 3: Good Governance

To establish governance structures that will stand up to any public scrutiny.

Programme Area Reports

The following reports are the high-level reports that aim to give an overview of the practical work that the sports development officers have been engaged in throughout the year. It is important to note that not all projects are included here due to space restrictions.

Active Communities – Pat Sexton

Kilrush Community Sports Hub

The main goal in the Kilrush CSH for 2021 was to help restart sport and physical activity in Kilrush and surrounding areas following the restrictions placed on society due to Covid-19. We worked with other agencies to target the most disadvantaged members of Kilrush and engage them in sport.

With Covid restrictions continuing well into Q2 of 2021, participation was fully delayed until summer-time. All mainstream outdoor sports resumed but indoor sports remained closed so we supported these with financial support with a Covid grant scheme.

Outdoor sports were supported to achieve pre-2020 levels. It was apparent that there was a challenge in getting new volunteers into sport so we helped clubs by providing supplementary training such as safeguarding and first aid training.

Working with Clare Youth Services we hosted 5 a-side-soccer with early school leavers for six weeks, following on from this they participated in the “West Clare Beat the Streets” soccer league, which we hosted in Kilrush for the first time in six years. Open water swimming has increased greatly during the pandemic. We organised a “Beach to Buoy” programme in Kilkee. It was so popular, that we sold out a second programme just from the waiting list. With Kilkee Waterworld back in operation, we were delighted to partner with them to run a beginner “Women in Sport Swim Programme” for ten females from the

West Clare area. Also, we were able to team up with them on our "Improver Women in Sport Swim Programme".

Shannon Community Sports Hub

The main goal for the Shannon CSH in 2021 was to create a network of sports clubs to understand and support the roll out of sporting opportunities for all members of the Shannon area.

Due to restrictions it was more challenging to interact with the sports clubs. However, like Kilrush, we helped to provide supports for new and returning volunteers through volunteer supports around safeguarding, first aid courses etc. Later in the year as clubs settled back into sport, we were able to work more directly with clubs to run targeted initiatives. An example of this was with Shannon Jets Basketball club where we facilitated a successful "Women in Sport Social Basketball Programme". In total, sixteen females returned or took up basketball for the first time and are now registered as Basketball Ireland members.

Get Clare Walking

In 2021 we wanted to maintain or increase the volume of people walking regularly and provide them with opportunities to view our beautiful county by joining us on our monthly walks throughout county Clare.

We decided at the start of the year that all our traditional walking programmes were to remain as virtual programmes in order to maximise the community reach. We ran two programmes with 402 participants taking part; "Banner Buddies" and "The Banner Marathon".

Numbers of our virtual programmes increased on 2020. We helped create a community feel to our programmes to keep people motivated and engaged in walking activities via Strava and Facebook groups.

Get Clare Running

Like the "Get Clare Walking Programme", we wanted to increase the number of people in Clare running on a regular basis by building a virtual "Couch to 3km".

As traditional programmes were not possible due to the restrictions, we again decided to use our online platforms to get people running, which included podcasts, Strava and Facebook groups. 120 participants took part in total.

Building on the success of the" Couch to 3k" and "3-5k" programmes, we had our first "Couch to 1k" programme to encourage walkers into running. This was a targeted programme for those that had high levels of sedentary behaviour. 12 persons started the programme and 8 completed it and they have since reported that they remain active.

Get Clare Swimming

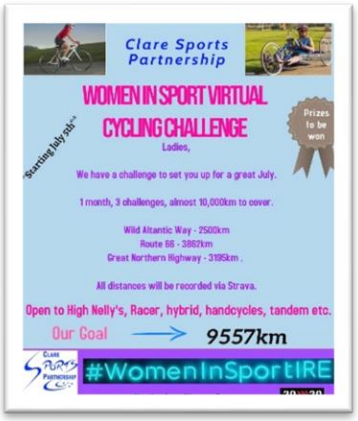
As part of the Get Ireland Swimming programme, our local initiatives focused on providing swimming opportunities for the people of Clare with the help of local swimming pools. However due to the restrictions, all pools were closed for an extended period, and no group classes or training was allowed. We adapted and developed two open water swimming programmes in Kilkee over 6 weeks as part of the Community Sports Hub initiatives. We teamed up with Clare Water Safety on these programmes and chose Kilkee due to it high level of safety and the beach having lifeguards on duty. It was fantastic to see over 25 people swimming across the bay in Kilkee after 6 weeks of training

Later in the year, when restrictions lifted we did manage to complete two of our WIS swimming programmes in September and October in Kilkee (Water World) and Shannon (Leisure Centre), our two CSH areas. In total we had 50 swimmers in the water this year.

Get Clare Cycling

With restrictions very much in place for all of spring and much of summer, we finally got three "Bike for Life" programmes in place for Shannon, Newmarket on Fergus and Kilrush. Also, in July we ran our second "Women in Sport Cycling Challenge" event. In total, almost 60 participants took part in our cycling programmes.

Our second virtual "Women in Sport Cycling Challenge" was another success with 39 ladies posting over 10,000km throughout the month of July.



Bike Week 2021

In 2021 we wanted to build on the successful rollout of Bike Week 2020; to sustain and increase our partners; create stronger links with the cycling community in Clare and to showcase and celebrate all things cycling within the county.

<u>Adaptations to Covid-19 restrictions in 2021:</u>

Due to Covid-19, Bike Week in June was postponed and rescheduled for September again; this changes the project, with the main differences being weather and daylight hours compared to the annual June event. We put a strong emphasis on cycling clubs/communities to run events in their own areas to reduce the spread of Covid 19. By asking the clubs to help, we could increase our resources and capacity to get the people of Clare up on their bikes in a safe place. Competitions took place to promote cycling to school, again we had a strong response from the primary schools in the county! We also promoted cycling to work and ran a competition for this purpose. We ran a further competition to encourage children 4-12 years old to practice their cycling at home to be in with a chance of winning a cycling helmet, again a very encouraging response from the public.

Men on the Move

"Men on the Move" targets men over 45yrs. This demographic is difficult to engage in normal circumstances; however, with the right timing and promotion, we ran a very successful virtual programme in February/March and then in October 2021 we managed to run a face to face programme in Kilrush Community Sports Hub.

<u>Opportunities Covid-19 presented:</u>

Having the continued support of our tutors from the previous online programme we ran an 8-week online course with 43 men signed up. Again our meeting every Monday evening was well attended and support continued via the use of Strava to monitor our walks. We were thrilled to have Michael Lyster on our final night to speak with the men.

In October, we got the opportunity to run a traditional men on the move programme in Kilrush, serving all West Clare. In total, 23 men signed up. Over the 10-week programme, sessions held firm with an average of 15 in attendance most nights. In total, 66 men took part in our 2021 programmes.

Women in Sport – Leadership Programme

Taking the Women in Sport Policy into account, we had an objective in 2021 to offer supports and increase the numbers of female coaches throughout sports in both recreational and competitive sport in Clare. One of the mechanisms we used to achieve this was by providing an in-depth course to educate and support coaches on how best to deal with their athletes; enhance their own leadership quality and focus their coaching style to suit their playing group.

This course was completed online; held twice per month. It has started extremely well once again with attendance nearly at 100%. 19 female sport coaches are taking part in the course.

The online format has suited coaches schedules and it has opened the door to helping them realise they are in a role of important leadership for young people. It is being so well received that we hope to engage these women to help build a Women in Sport policy for Clare to encourage the next generation of female leaders in a sporting context.

Club Development – Jessica O'Keeffe

Minority Communities

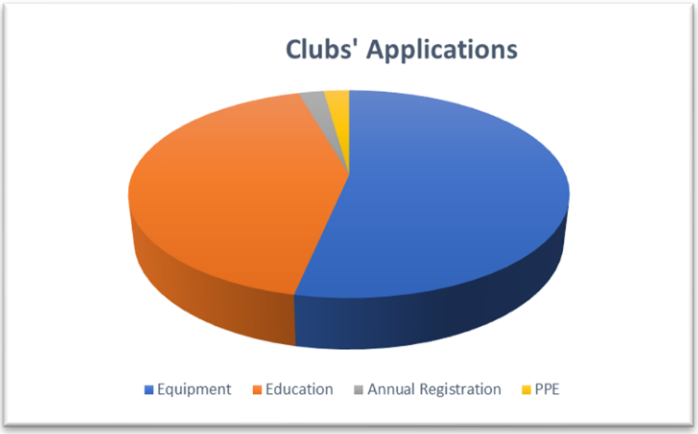
1. Introduction & Previous Summary
2. Covid Community Support - Membership Bursary
3. Traveller Men's' Soccer Programme
4. Traveller Women's Exercise Programme

Introduction and Needs Analysis

A needs analysis survey was carried out in January and February 2021 and sent to 140 clubs in County Clare. 93 clubs responded to the club survey. These clubs including a range of sports: soccer, rugby union, GAA, ladies' football, camogie, basketball, badminton, athletics, sailing, kayaking, martial arts, hockey, volleyball, scouts, and equestrian.

The primary needs raised by clubs were around funding due to lack of funding opportunities. Another theme was volunteer retention due to Covid-19 restrictions and the constant turnover of volunteers. Finally, there was apprehension on how clubs could safely operate in the current climate.

This needs analysis combined with the experience of the SDO informed the Club Development strategy for 2021. The following schemes and programmes were rolled out with the sports clubs needs and feedback a key factor.



Small Club Grant Round 1

The Small Club Grant Scheme has been split into two schemes. This is to coincide with the lifting of Covid restrictions for Sports and to facilitate club development throughout the year. 57 applications were submitted in June 2021 for the first round. Clubs could apply for the maximum of €300.

8 clubs did not meet the criteria such as being register with an NGB, being based in Clare, applying for an eligible cost. 2 that applied got funded through a different funding stream and 2 more did not submit their paperwork to drawdown their funding.

A total of 45 clubs were supported through this scheme. They were assessed through a matrix which was printed and signed off by both the SDO and the finance and governance manager. 43 were funded through Club Development and 2 were funded through Covid Community Support.

The total amount drawdown was €12,082.15 from Club Development and €600 from Covid Community Support.

To drawdown their funding each club had to supply us with the following:

- Proof of expenditure (invoices/receipts)
- Proof of insurance
- Club bank details

The application form and the drawdown process were similar to previous schemes to help with ease of completing it for volunteers in clubs. All the paperwork processed by clubs were filed in both electronic and paper form.

Flexibility

Due to the nature of volunteers and committees' clubs required a degree of flexibility. We extended the deadline once to allow extra time for clubs to gather their paperwork. We supported clubs through numerous phone-calls and emails. Some clubs didn't have access to proof of insurance, and we supported them with accessing this. Other clubs don't have internet banking, or the applicant didn't have access to their clubs' bank details.

Feedback from Clubs

Jessica, we appreciate any funds that are available from the grant and thank you so much for all your help.

Many Thanks for the 300.00 grant and your help and support.

Fantastic, thanks Jessica. Just checked the account and I confirm receipt on our side. Much appreciated.

Thank you very much for the below, it is very helpful.

Small Club Grant Round 2

This was the second round of grants open to sports clubs. This was open for 6 weeks until November 9th, 2021. The maximum amount that could be applied for was €750. We received an unprecedented number of applications with 80 clubs applying for this round.

14 clubs did not meet the criteria such as being register with an NGB, being based in Clare, applying for an eligible cost. 1 club got referred to another funding stream from our SIDO. 2 clubs accidently put in duplicate applications. 63 clubs were then assessed through our matrix on an excel file. Due to environmental reasons and the high volume of applications an effort was made to process this round electronically and this will be the policy going forward.

Total amount granted: €23,835

A total of 36 clubs are being funded. Of this 2 Clubs to be funded through Women in Sport funding, 2 Clubs to be funded through Kilrush Community Sports Hub and 3 Clubs funded through Shannon Community Sports Hub. €19,234.85 was funded through Club Development and Covid Community Support.

These clubs are in the process of drawing down their funding during December 2021 and it is envisioned it could be January 2022 before all funds are distributed.

Feedback from Clubs:

Hi Jessica, thank you for the funding, and thanks for all the support.

Jessica, Thanks for your email. The grant is very much appreciated.

Thanks for the good news just before Christmas. This will go against the purchase of a defibrillator for the Club.

That's great news Jessica, thanks a million. I expect we'll make our purchase early in the new year.

Jessica, that is fantastic news, thank you so much. I will confirm once we have received funding.

Thanks, Jessica, for letting me know. We will apply again in 2022 Clare Sports Partnership have really helped us out in 2020 and 2021 and we are very grateful for grants received.

Other Club Development Grants

The following Clubs were support with specific projects at a time of year when there was no grant scheme running. These were discussed amongst staff before the SDO, and governance manger signed off on their project. Each club need a letter requesting support signed by two committee members, bank details, insurance, proof of expenditure.

The following clubs were supported:

- Ennis Hockey Club - €120 towards training and education.
- Shannon Paddlers – €750 50% funding towards a REC 2 first aid course.
- East Clare Paddlers - €750 50% funding towards a REC 3 first aid course.
- Corofin All Stars -€1,000 towards inclusive sports equipment
- Clarecastle LGFA - €1,000 towards equipment and jerseys for a restarted ladies football team.
- Boru Blazers - €1,000 for the establishment of a new basketball club in Killaloe.

Feedback from Clubs:

The course was excellent, very interesting and informative. We're much better prepared now to deal with emergencies. We are very grateful for the support Clare Local Sports Partnership! Many thanks on behalf of East Clare Paddlers and hope to see you on the water.

Jessica, Thank you so much for your support and help. It is absolutely brilliant.

Hi Jessica, On behalf of Brid and the Shannon Paddlers I would like to thank Clare Sports Partnership for the contribution towards our REC2 training. It will indeed be of great benefit to our club going forward.

Stronger Clubs

This dormant account funding is for volunteer supports. A high demand for Sports First courses was flagged in the needs analysis and a total of 6 Sports First Aid courses were ran in 2021. 2 Disability awareness courses were run for clubs. Clubs were also referred on to the next available safeguarding course. A stronger clubs webinar series on recruiting and retaining volunteers, and committee roles will be run in January 2022 in conjunction with Clare Volunteer Centre.

Stronger Coaches Webinar Series

We targeted coach education as informed by our needs analysis aiming to bring sport science and coaching and make it accessible and available to any volunteer coach in Clare. Our dormant accounts funding from Stronger Clubs allowed us to run this series in November 2021. It was led by David Passmore. We were very fortunate to retain David's' services as he is a Lecturer in Coaching Science & Education at Dublin City University. He apples the practical knowledge gained as a teacher, coach, coach developer, and high-performance director to various sporting contexts and academic areas of research.

The webinars were:

- Creating a Positive Environment and Team Culture
- Building an Athlete-Coach relationship
- Communication as a coach

38 coaches signed up to take part. An average of 19 people attended each Wednesday evening.

<u>Feedback surveys after each workshop showed the following:</u>

How satisfied were you with the webinar? Average Score: 9.5 out of 10

How relevant and helpful do you think it was for your coaching role? Average Score 9.5 out of 10

How likely are you to recommend this webinar to another coach? Average Score 9.25 out of 10.

Covid Volunteer Support – Rebooting Sport Webinar

This project was in response to the concerns raised by clubs about volunteers and coach turnover. There was also apprehension in going back to sport post Level 5 lockdown. CSP worked with the following: Limerick Sports Partnership, Munster Rugby, Clare GAA, Athletics Ireland, FAI, Andy Burke – Leadership and Nollaig

O'Sullivan – Sports Psychologist. 149 coaches registered for this event. It received fantastic feedback from clubs and coaches.

Survey feedback was as follows:

How satisfied were you with the webinar? Average Score: 9.3 out of 10

How relevant and helpful do you think it was for your coaching role? Average Score 9.4 out of 10.

How likely are you to recommend this webinar to another coach? Average Score 9.5 out of 10.

Covid Volunteer Support – Coaching Supports

This project was in response to clubs needing new coaches in their clubs to cope with increased demand post-covid. NGB were directly funded to run coaching courses at a nominal fee for coaches in Clare. The courses ongoing are as follows: Assistant Athletics Coach, Athletics Sprint Coach, Futsal course x 2, PDP1, Introduction to Basketball, Level 1 basketball, Introduction to Volleyball, Gymnastics and Mountain Skills.

R.O.S.E. Project

Rowing as Outdoor Sport Education (R.O.S.E) is an Erasmus+ funded project which includes partners from Ireland, France and Portugal. It is 18 months long with 12 month completed to date. This international collaboration project aims to promote and educate young people through the practices of rowing. The international steering group consists of: Comité Régional Olympique et Sportif des Pays de la Loire (France), Ligue d'aviron des Pays de la Loire (France) Clare Local Sports Partnership (Ireland), C.I.M. Alto Minho (Portugal) and WeAtlantic. Along with our partners, we are looking to increase awareness of rowing, create opportunities for participants to try rowing, and enhance rowing already in existence within County Clare. Coaches from each country have been collaborating to develop rowing as a sport for education across the areas of Health, Environment and Inclusion. Clare Sports Partnership hosted a virtual stand at the Atlantic Action Plan Conference in Dublin 2021.

Ennis, August 1st Transnational Event

The first in-person meeting of this project took place in Ennis in August 2021 and was a huge success. This event set the tone for the project and the other transnational events. Participants from Portugal and France got to try out Curragh rowing thanks to our partners Clarecastle Curragh Club. They then got to experience Rowing Ireland's Get Going Get Rowing program on the River Shannon from Castleconnell Boat Club. The international collaboration of coaches worked together which led to valuable outcomes such as educational files.

Feedback captured include a score of 3.89 stars out of 4 in event satisfaction and 3.89 for the event schedule.

'Many thanks Jessica, it was an excellent session, very interesting and rewarding and very friendly.'

'Thank you so much for your involvement in the project. Special thanks to Jessica for organisation of this first meeting'

'Thank you all for the experience and knowledge sharing. Thank you for the companionship and good discussion.'

<u>Saint Nazaire, France, November 2nd</u>
<u>Transnational Event</u>

As part of the Clare Action Group 5 people travelled to this meeting. In Saint Nazaire, France, the Clare Action Group got to learn how CROS des Pays de la Loire run their schools' rowing programmes called "RAME en 5eme". There was a tour of local rowing clubs both at a lake and at the ocean. Participants had a cold but refreshing coastal row on the Atlantic. The coaches collaborated and created more educational lesson plans to help coaches use rowing as an educational tool for Health, Inclusion, and Environment.

Minority Communities

Introduction & Previous Summary

Two programmes as mentioned below progressed into the winter months. A Roma exercise programme was piloted in Cloughleigh Hall, but it did not have sufficient attendance numbers to continue, this will restart at a different time of year. The summary from the September report is as follows:

CSP had planned to deliver six programmes with minority communities in the Operational Plan for 2021. Although the Covid emergency and restrictions which came with it affected this target cohort all programmes were adapted and innovated to support the hard-to-reach target cohort. Interagency meetings have had high attendance on Zoom which ensures high-quality collaborative work. Overall, we delivered six 'in-person' programmes as per the operational plan in addition to the innovative support during the Level 5 lockdown.

Covid Community Support - Membership Bursary

This bursary is to support families struggling financially post-covid. This is to assist young people in joining sports clubs or accessing physical activity by removing the financial barrier. The process is as follows: key workers on the ground will refer families or young people on to this scheme. They will contact the club or organisation directly about membership for the young person. CSP will then pay the club/organisation directly. They key workers are mostly involved in the interagency meetings and can be: CLDC development officers, SICAP officers, youth workers, resettlement officer, home school liaisons, and family support workers.

This scheme has supported:

- 4 teenage traveller boys for kickboxing
- 2 teenage girls with difficult family situations to kickboxing
- 2 Syrian teenage girls 3 months in the gym in Shannon
- 1 Syrian girl for swimming
- 2 Syrian teenagers for karate in Shannon.

In 2021 33% of this fund has been spent with the rest earmarked over to early 2022, primarily for working with the recent resettlement of Syrian refugees who arrived this August to Shannon and Ennis.

Feedback from Key Community Workers:

The family you helped with the sports bursary are very grateful. Thank you.

Once again, I'd like to thank Jessica and the Clare Sports Partnership, it's a great resource to have in Clare.

I have spoken to the young person I work with and her mother and they are both excited to start.

Traveller Men's' Soccer Programme

In partnership with the THU - this soccer programme was delivered by our tutor Tony at Cloughleigh all-weather astro-turf. It ran for 9 weeks on Wednesday evenings during September to November. Numbers were limited to maximum 15 due to Covid guidelines. The programme was well attended with an average of 12 participants each week. There was positive feedback from the group and tutor. We look forward to seeing the programme progress next year.

Feedback from the participants:

The soccer programme was a great success with the men really looking forward to the sessions each week. It was great to see so many attending and some of the lads that attended never do any sports. Tony is a great coach and we had a great laugh with him every week. It was good to see the lads fitness improving a liitle each week. It's also a great way of the men getting together and a nice way to clear the head. We are looking forward to continuing with the soccer next year and building on what we have achieved this year.

Traveller Women's Exercise Programme

I delivered an indoor exercise class weekly at Cloughleigh community centre in partnership with the THU. It was limited to 6 people indoors due to Covid guidelines and had an average attendance of 5 participants each week. The programme ran for 7 weeks during September to November and participants progressed to using dumbbells and learning new exercises. There was positive feedback and engagement. We look forward to working with this group again.

Feedback from the participants:

The classes were really enjoyable, and we looked forward to attending them. Every week there was something different done which kept it interesting. Jess is a lovely person and a great instructor - very friendly and helpful. Some of our fitness levels are very low while other ladies doing the classes were a little better, but Jess supported everyone equally with us all getting what we needed. It was lovely meeting the ladies doing the classes, great to get out of the house and we had great fun as well. We are looking forward to doing more classes in 2022.

Active Inclusion – James Murrihy

Older Adults

Group Support

We continued to support 26 older adults groups throughout county Clare through external providers. The groups were a mix between Indoor /Outdoor/Online at various stages during year with an average of 13 Classes per week and 300 people per week

Go for Life Games League

Due to covid, we had to adapt our original plan and host an online league which saw a participation of 40 people per week for 4 weeks. 8 of these participants competed in a 3-week national online league

Activator Poles Training

We carried out Activator Poles Tutor Training (Outdoor Walking Programme). We trained up 6 tutors and 85 older adults have completed a 4-week walking programme using Activator Poles.

Walking Hockey

In conjunction with Ennis Hockey club we ran a 5 week walking hockey programme for over 55's with 8 participants which continues to be an ongoing programme.

Online Exercise App

In conjunction with OBAIR, Newmarket on Fergus, we facilitated an online Exercise Resource App that will reach over 350 older adults weekly as part of a meals on wheels programme in county Clare.

Disability Inclusion

Boccia League Project

The league project should have involved 5 different services coming together to play on a monthly basis. However due to restrictions 4 Internal Service Boccia leagues ran in groups of 8 on a weekly basis in accordance with government guidelines (32 people weekly)

Training & Education

We had 50 participants across 5 Disability Awareness Training courses that were delivered to the general public. We also had 140 Secondary School students across 7 courses as part of the NextGen programme. All courses were delivered online. Disability Inclusion Training courses did not take place due to national non delivery.

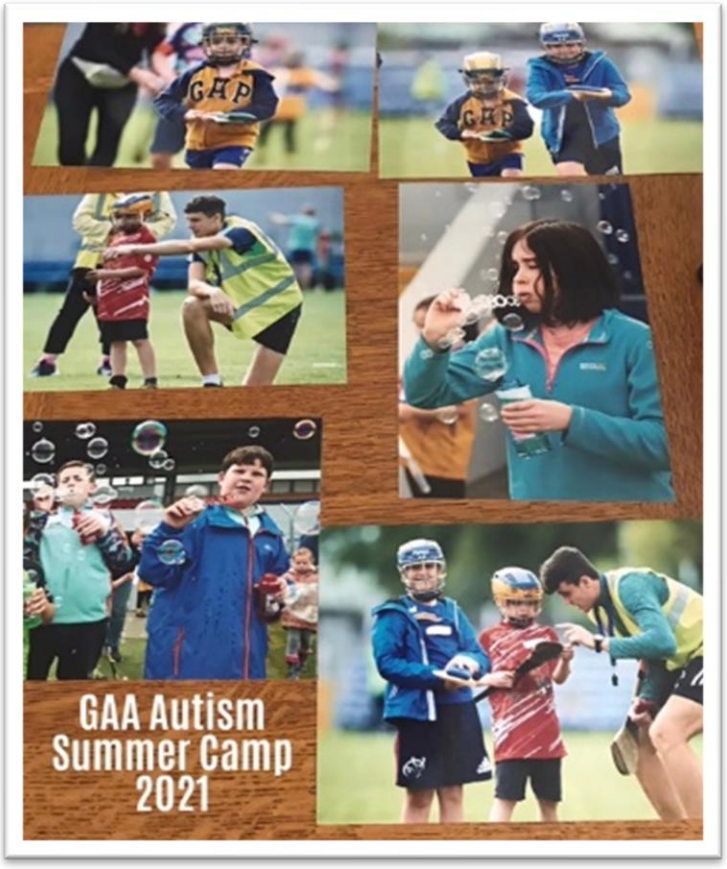
In conjunction with Get Autism Active we delivered 3 club and group specific Autism and Physical Activity Courses to Tulla AC, Corofin GAA and Clare GAA Summer Camp Coaches. We also ran 6 pilot programmes targeting Coaches, Parents, Disability Key Workers, SNA's, Pre School Providers and Teachers. Across the 9 courses 74 people participated

In conjunction with Cycle Right tutor, Leroy Kuczynski we ran 3 Inclusive Cycling courses with 30 participants that included children with Autism and Down Syndrome and young adults with Down Syndrome.

In conjunction with Sailing Ireland 6 people took part in Inclusive Watersports Training at Kilrush Marina. We also delivered 2 Inclusive Youth Sport Leadership courses to 16 Secondary School students with a disability

Autism Camp in conjunction with Clare GAA

On the first week of August in conjunction with Clare GAA, 55 children took part in a 3-day Autism summer camp in Cusack Park, Ennis. In what was a big undertaking for Clare LSP there was 18 coaches with another 20 volunteers that made the camp a major success. In 2022 we plan to work with other NGB's in Clare to roll out other disability specific summer camps.



Inclusive Watersports

During October / November the weather was very kind to us, and as part of our Inclusive WaterSports initiatives we ran a 3 week Learn to Kayak programme in Dromore Woods in partnership with Clare Kayaking. 10 people with intellectual disabilities took part in the programme with 4 of them experiencing watersports for the first time.

Podcast

We developed a 6 part Inclusion Podcast Series with Gavin Grace where he spoke to paralympian's, parents and clubs about the important role that participation in sport has on their lives. The podcast series aimed to inspire and encourage everyone to go out and get active no matter what their level of ability.

Inclusive Cycling Programme for PWD

As part of Bike Week and in conjunction with Cycle Right tutor, Leroy Kuczynski we ran 3 Inclusive Cycling courses. There were 34 participants that included children with Autism and Down Syndrome and young adults with Down Syndrome. We used Clarecastle NS and Gaelscoil Mhíchíl Cíosóg as venues and worked with Clare Down Syndrome Branch and Ennis Voices for Autism to source participants to take part in the programme.

Active Schools / Active Youth - Lizzy Mc Nicholas

Keep Well

Keep Well Brochures – We developed healthy living brochures for those living in Direct Provision. One brochure was for adults and the other brochure for children. Both brochures contained information about the benefits of physical activity along with how much you should be doing, examples of exercises that can be done at home and healthy eating tips. It is hoped that through the brochures, awareness will be brought to both children and adults living in direct provision, about the importance of healthy living for the body and mind. Brochures were translated into 12 different languages before being distributed to 3 Direct Provision centers – Clare Lodge - Ennis, Kind Thomond - Lisdoonvarna and Kockalisheen. (see images below)

Active Schools – Primary

Active Homework Challenge

This year our Active Homework Challenge was hosted online due to Covid-19. This 3-week programme engaged 54 primary schools and 31 families in a range of different physical activity challenges. Videos included challenges from our CSDO, hip hop dance tutorials from Breakthrough Dance, Ennis and gymnastic routines from Ennis gymnastics.

Active Play workshop

Due to Covid-19 restrictions, our Active Play workshop was hosted online via zoom in April of this year, for staff of Clare based childcare facilities. The workshop focused on the importance of infant, toddler, and pre-schooler activity levels. The interactive session covered topics such as the importance of physical activity, its many benefits and promoted discussion surrounding barriers and facilitators to physical activity in a childcare setting. What's more, each of the 20 participating community childcare facility received a free equipment pack.

Sports Hall Athletics

The delivery of this programme was altered slightly because of Covid-19. Schools got a sportshall athletics pack along with an online manual and videos to help teachers' rollout the programme in their school. Also, additional sports hall athletics packs were purchased which helped us engage with over 5,000 primary school children throughout the year and give 10 DEIS primary schools a Sportshall athletics pack to keep for good.

Active Storytime

Unfortunately due to Covid we were unable to attend to schools to do the Active Storytime however, both community pre-schools and primary schools were involved in our adapted active storytime initiative this year. Several new 'Buddy's Adventures' were created via pdf/powerpoint and emailed the resources to 10 pre-schools and 10 – primary schools.

School Scuttle

Due to Covid-19 this programme was changed to 'Move Week'. Children were encouraged to be as active as possible within school during this week. School's participating in our 'Move Week' sent in pictures of the children in their school being active and 4 schools won €100.00 each, towards the purchase of sports equipment for

their school. Some of the equipment purchased by the winning schools included yoga mats, basketballs, and a parachute.

Playground Markings

27 primary schools and pre-schools borrowed playground markings packs throughout the year to design and decorate their playground. We also created a new pre-school pack which includes hand/footprints, animal shapes, numbers and letters.

Active Schools – Post Primary

Sports Hall Athletics

There were 4 secondary schools that took part in this TY led programme from September – December 2021. Initially 97 TYs from the 4 schools were trained in SportsHall athletics by our CSDO. Each trained TY class then trained up the other TY classes, and in turn all TYs trained the 1st/2nd years in their respective schools. Due to covid-19, schools were trying to keep to their own school bubble as much as possible, hence, the there was no opportunity for these schools to have an intercounty SportsHall athletics competition. However, we adapted this programme so that the TYs in each school had the option to run an in-school SportsHall athletics competition for 1st/2nd years with the help of our CSDO.

Get Going Get Rowing

As an action from the R.O.S.E project, this is a new TY programme that was launched this year in conjunction with Rowing Ireland to introduce rowing into schools in Co. Clare. 2 schools will have completed the programme this term and 2 more will be participate in the programme next term. This is a TY led 6-week programme whereby TY's coach the 1st/2nd years in the participating school indoor rowing. CSP purchased 6 of our own rowing machined for use in this programme and community programmes.

Tug of War

This new initiative in conjunction with Tug of War Ireland launched in September of this year.

A teacher from each participating school along with some of our LSP staff were trained up as Tug of War tutors prior to this programme commencing. This was done so that, should Covid-19 restrict our access to schools, the qualified teacher in each school could still run the Tug of War programme. 100 TY students from 3 different schools across Co. Clare took part in a 5-week Tug of War programme, with a national school's competition scheduled to take place in Dublin in January 2022.

Community Youth

Online Summer camps

We funded 120 physical activity equipment packs which were distributed to 89 families and 239 children as part of Clare Care summer camps which ran online in July of this year.

Teen Girls Programme

We had to adapt our swim and gym programme due to Covid-19 restrictions, so instead, we facilitated two Yoga and Life coaching online afterschool programmes via zoom, for teen girls across the county. A total of 20 inactive teen girls took part in these programmes. The programme consisted of one session a week for 6 weeks, which included some gentle yoga and discussions concerning stress, self-reflection, resilience, and body image.

Teen Boys Programme

We hosted an online programme which saw 24 inactive teen boys, part-take in 3 sessions of physical activity each week for 6 weeks via zoom. The third session of each week consisted of a talk about well-being, including discussions on nutrition, sleep, and stress.

Youth Sports Leadership Programme

9 secondary schools across the county took part in our Youth Sports Leadership progamme. This programme involved students taking part in a 4 Leadership workshops with Andy Burke from Blue Vista before they chose which NGB coaching qualification they wanted from either Soccer, GAA, or Athletics.

Urban Outdoor Adventure Hub

Kayak Le Chéile

A Kayak club has been established in Scoil Chríst Rí in Ennis. 14 sit on kayaks have been purchased and the completion of a storage shed at the school in due before Christmas. Kayak Le Chéile, with the help of the Burren Outdoor Education Centre ran various kayaking programmes on the River Fergus for the school children, and their mothers and fathers. For example, they have run a traveller Dad's programme that has been hugely successful. Many in the community associate this river with suicide so the creation of a Kayak club and kayaking programmes helps people view the river in a more positive light and this project has been massively successful so far.

Thanks to all our partnerships and supporters
Community Sports Hub Killaloe/Ballina
Clare Sports Partnership
Clare Sports Partnership
SPORT IRELAND
Local Sports Partnerships
SPORT IRELAND
Community Sports Hub Kilrush
Clare Sports Partnership
ciste na gcuntas díomhaoin
the dormant accounts fund
Comhairle Contae an Chláir
Clare County Council
Clare Local Development Company
HSE Mid West
pobal
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive
cyclingireland
CARA
Men Move
Volleyball Ireland
go for life games
Badminton Ireland
Clare Public Participation Network
volunteer centre
Irish Heart Foundation
Your Forum for Sport
Federation of Irish Sport
Athletics Ireland
Swim Ireland
FAI
Get Ireland Walking
Active Walks
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