Clare Local Sports Partnership Company Limited by Guarantee
Annual Directors Report and Financial Statements 2022

Registered Office:
C/O Clare Education Centre, Government Buildings, Kilrush Road, Ennis, County Clare
V95F782

Registered Number: 351270

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Social Media: @claresports #activeclare

Presented to the AGM on the 20th September 2023 for the period January 1st 2022 to December 31st 2022.

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Overview of the LSP

The main object of Clare Local Sports Partnership CLG (Clare LSP / The Company) 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 LSP 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 LSP 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 LSP, Mr. Tim Forde

As we reflect on the remarkable year that was 2022, I am filled with immense pride and gratitude for the dedication, passion, and tireless efforts exhibited by each member of the Clare Local Sports Partnership family. Together, we have achieved significant milestones that have positively impacted our community and promoted a culture of health, wellness, and camaraderie.

A heartfelt thank you goes out to our exceptional CEO/Coordinator, John Sweeney. his visionary leadership and unswerving commitment have been the driving force behind our success. Hisr ability to navigate challenges and seize opportunities has been truly inspiring.

Equally deserving of recognition are our staff, tutors, and volunteers. Your unwavering commitment to our mission has been the cornerstone of our accomplishments. Whether it was organizing engaging events, facilitating inclusive programs, or providing guidance and support to our participants, your dedication has been exemplary.

In 2022, we saw our sport and physical activity initiatives impact lives in profound ways. From fostering community cohesion through sports festivals to empowering individuals with diverse abilities to participate in physical activities, every endeavor has left an indelible mark.

Looking ahead, I am excited about the possibilities that the future holds for the Clare Local Sports Partnership. With the continued enthusiasm and collaborative spirit of the staff and stakeholders, I have no doubt that we will continue to create a positive and lasting impact on the lives of those we serve.

Once again, thank you all for your remarkable contributions. Here's to a brighter, more active future for Clare.

Tim Forde
Chairperson Clare Local Sports Partnership

Structure, Governance and Management

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 9 directors. The board are mandated to meet at least 6 times per year. They met 6 times in total. The appointed directors in 2022 were:

Name	Role	Year Appointed	# Board Meetings Attended since 2021 AGM, September 2022
Mr Tim Forde	Chairperson / Director	2022	5/6
Garda Deirdre O'Doherty	Secretary / Director	2022	5/6
Mr. Eoin Hogan	Treasurer / Director	2022	5/6
Mr. Jim Madden	Director	2001	6/6
Ms. Anne Hayes	Director	2022	5/6
Cllr. Ann Norton	Director	2016	4/6
Cllr. Joe Garrihy	Director	2019	4/6
Cllr. Joe Kileen	Director	2019	6/6
Dr. Paul Mc Kenna	Director	2019	4/6

In In 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

Fig. 1. Staff and directors following a board meeting in December 2022. The staff presented an area of their 2022 work through a case study.

Governance Standards

As part of the Governance Code for Sport, Clare LSP 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.

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 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, Audit and Risk Committee – FARC - Terms of Reference

Purpose

The Board has established a Finance, Audit and Risk Committee (FARC) as a Committee of the Board to support them in fulfilling their responsibilities in relation to good financial governance, financial reporting, risk management and control systems. This includes reviewing the comprehensiveness of assurances provided to the Board, ensuring that the Board assurance needs are met as well as reviewing the reliability and integrity of these assurances. However, ultimate responsibility for this area rests with the Board who must fully consider the advice and approve or amend the recommendations from the Committee.

Membership

- The Committee will consist of 5 members drawn from the Board Members –Secretary, Treasures and one other Board Member and the Board may appoint external individuals onto the Committee to provide specialist skills, knowledge and experience. All appointments to the Committee are ratified by the Board.
- The Chairperson of the Committee may be a member of the Board
- Some members of the Finance, Audit and Risk Committee should have recent, relevant financial experience and other members should have experience in risk management, internal control and the core areas of the Clare Local Sports Partnership's (CLSP) business.
- The Board may co-opt further external members to the Committee to fill skills and expertise gaps
- Each Committee member will be appointed for a term of 3years

- Final determination on the number of members on the Committee is a decision for the Board.

Rights

- In discharging its responsibilities, the FARC will have unrestricted access to members of management, employees, and relevant information it considers necessary to discharge its duties. The FARC will also have unrestricted access to records, data, and reports. The Committee is entitled to receive any explanatory information that it deems necessary to discharge its responsibilities
- The Committee shall have access to sufficient resources in order to carry out its duties and will be facilitated in this by the Secretary designated to support the committee.
- The Committee may procure and/or avail of specialist ad-hoc advice at the reasonable expense, subject to budgets agreed by the Board, on any matter within its terms of reference.
- The Committee has rights to access to members of the Board and other Committees to seek information relevant to its functions as per this Terms of Reference.

Access

The Internal Auditor and the External Auditor will have free and confidential access to the Chairperson of the Committee.

Secretary to the Committee

- The Committee will be provided with a secretariat function by a member of the staff
- The Secretary will ensure that the Committee members receive information and papers in a timely manner to enable full and proper consideration to be given to issues
- With the support of the Chairperson, the Secretary is also responsible for the formal induction of new members of the Committee and organising mentoring for Committee members where required
- The Committee Secretary, in conjunction with executive leads, will also have a role in facilitating overall co-ordination of the work of the Committees and their reporting to Board

Meetings

- The Committee will meet at least 5 times a year. The Chairperson of the Committee may convene additional meetings, as deemed necessary
- The Chairperson of the Committee together with the executive lead/Secretary will consider and the agenda for the meeting. Members may also propose items for the agenda to the Chairperson
- Notice of each meeting confirming the venue, time and date together with the agenda, minutes of the previous meeting, actions log and relevant papers should be circulated to Committee members and to the extent relevant and necessary to any other person required to attend, five working days in advance of the meeting

- A minimum of 3 members of the Committee will be present for the meeting to be deemed quorate
- The chairperson of CLSP can be considered to make up the quorum and he/she can delegate a board member in his/her absence
- Board members can sit in to satisfy the quorum subject to a maximum on one
- The Secretary of the Committee shall minute the proceedings and resolutions of all meetings of the Committee, including recording the names of those present and in attendance
- The committee will meet with the external auditor without the executive present at least once a year
- The Committee may ask the Co-ordinator and staff to attend to assist it with its discussions on any particular matter
- The Committee may ask any or all of those who normally attend but who are not members to withdraw to facilitate open discussion of particular matters
- The Board may ask the Committee to convene further meetings to discuss particular issues on which they seek the Committee's advice

Information Requirements

For each meeting the FARC will be provided with:

- a progress report on the financial position and performance summarising
  - income and expenditure (and a comparison with budget profiles and estimates)
  - significant assets and liabilities and material trends
  - overall cash and treasury position
  - exception reporting on issues arising, if appropriate, and explanations of variances; and
  - any key issues and relevant matters within the committee's remit that need to be highlighted.
- a progress report from Internal Audit summarising:
  - work performed (and a comparison with work planned)
  - key issues emerging from the work of internal audit
  - management response to audit recommendations
  - any key issues and relevant matters within the committee's remit that need to be highlighted

- a progress report in relation to risk management which includes:
  - a copy of the strategic/corporate risk register
  - a summary of any significant changes to the strategic risks and how these risks are being addressed
- a copy of the report for each internal audit review and other relevant third-party assurance reports

- a progress report (written/verbal) from the external audit representative summarising work done and emerging findings (this may include, where relevant to the organisation, aspects of the wider work carried out by external audit)
- on a periodic basis management assurance reports and details of third party and other reviews undertaken across the organisation

As and when appropriate the Committee will also be provided with:

- the draft financial statements of the CLSP
- a report on any changes to accounting policies
- external audit's management letter and report
- the risk management policy.

Duties and Responsibilities

In overall terms the role of the FARC is to provide advice to the Board across a range of its key financial, risk and audit area including corporate governance and financial management obligations as follows:

Financial Reporting

The Committee shall advise the Board on the accounting policies and monitor the integrity of the financial statements, reviewing and reporting to the Board on significant financial reporting issues and judgements which they contain

- In particular, the Committee shall review and challenge where necessary:
  - the consistency of, and any changes to, accounting policies
  - the methods used to account for significant or unusual transactions
  - whether the CLSP has followed appropriate accounting standards
  - all material information presented with the financial statements
- The Committee shall advise the Board on the process for review of the financial statements prior to submission for audit levels and on the letter of representation to the external auditors
- Where requested by the Board, the Committee should review the content of the annual report and accounts and advise the Board on whether, taken as a whole, it is fair, balanced and understandable and provides the information necessary for stakeholders to assess the CLSPs performance and strategy

<u>Financial planning and budgeting</u>

The Committee will

- oversee the annual and multi-annual budgetary planning cycle
- examine the annual budget and plan prepared for the CLSP
- provide advice to the Board and, as appropriate, recommend the budget for approval by the Board

<u>Financial performance</u>

In the context of the annual and multi-annual budgetary process, the Committee will

- scrutinise the management accounts and related financial performance reports on income, expenditure and cash
- review the outturns against the forecasted position as per the annual budget profiles
- monitor the financial position and consider alternative scenarios, options or variations necessary to sustain the budgetary targets

Financial strategy

In supporting the work of the strategy committee, the FARC will

- oversee the preparation of the financial strategy of the and advise the sub-connittee and Board in relation to its adoption
- monitor and report on the strategy and specifically its alignment with the overall strategic plan
- review expenditure on all major projects both operational/ activity and capital infrastructure, from their inception to conclusion, in the context of the approved business cases, budgets and programmes
- review and advise the Board in relation to the pension and other related obligations

Financial policies and procedures

The Committee will

- Review and oversee, as required, the development of new policies relating to the financial governance and financial management and recommend them to Board for approval

Banking, Investments, Treasury and Borrowings

The Committee will

- Oversee and as appropriate make recommendations to the Board in relation to banking arrangements, investment and treasury policy
- Oversee approval of authorised signatories for banking and related activities

Contracts and Agreements

The Committee will

- provide oversight and where appropriate review and make recommendations to the Board in relation to contracts and agreements with third parties as well as joint ventures and similar type activity
- Advise the Board on the financial aspects of significant capital projects

Internal Controls and Risk Management Systems

- The Committee shall review the adequacy and effectiveness of the internal control systems including financial controls and the control environment, control procedures and risk management systems

- The Committee shall advise the Board on the risk management framework and on its effectiveness in supporting the arrangements for risk management, internal control and governance
- The Committee will consider and advise the Board in relation to the statements to be included in the annual report concerning internal controls and risk management
- The Committee shall consider the risk register, including an assessment its principal risks and the mitigating controls in place or being put in place
- The Committee shall consider updates from management in relation to the risk profile, risk appetite and/or risk tolerance

Compliance

The Committee shall consider reports and updates from management in relation of the adequacy and effectiveness of the policies and compliance management systems and their consistency with compliance programmes

The Committee will consider the Directors' Compliance Statement to be included in the annual report and provide a recommendation to the Board in relation to this statement.

Internal Audit

- The Committee shall monitor and review the effectiveness of the internal audit function in the context of the overall risk management system
- The Committee shall
  review periodically reports on the results from the internal auditor's work
- The Committee shall review and monitor management's responsiveness to the findings and recommendations of the internal auditor

External Audit

- The Committee shall consider and make recommendations to the Board in relation to the appointment, re-appointment and removal of the external auditor
- The Committee shall meet regularly with the external auditor, including once at the planning stage before the audit and once after the audit at the reporting stage. The committee shall meet the external auditor at least once a year to discuss their remit and any issues arising from the audit
- The Committee shall review any representation letter(s) requested by the external auditor before they are signed by management
- The Committee shall review the management letter and management's response to the auditor's findings and recommendations

Other

- The Committee will work and liaise with all other Committees as necessary
- The Committee will work to an annual work programme approved by the Board
- The Committee will also periodically review its own effectiveness (including reviewing its terms of reference) and report the results of that review to the Board

- The Committee's duties and responsibilities can be amended and updated by the Committee as and when required
- The Committee shall advise the Board on assurances relating to the management of risk and corporate governance requirements and consider the organisation's overall assurance processes

Conflict of Interest

The process for recording declarations of conflicts of interest of the Committee members will be the same used at Board level. Each member of the Committee will take personal responsibility to declare any potential conflict of interest arising in relation to any items on the agenda for FARC Committee meetings. The Committee will specify its procedures where a conflict of interest arises in the context of a particular agenda item, including a requirement that the relevant member brings the potential conflict of interest to the attention of the Chairperson and, where necessary, leaves the room for the duration of the discussion of the item and does not take part in any decisions relating to the item. Similar arrangements should apply in relation to meeting documentation, with documentation relating to the item not being made available to the member. This should be noted in the minutes of the meeting.

Confidentiality

The agenda, papers, reports and documentation provided in the context of the work of the Committee are confidential and will contain sensitive material and information necessary to allow members to carry out their duties. Members and those in attendance, shall not, without the approval of the Chairperson, discuss with or disclose, directly or indirectly, information to third parties.

Reporting

- At all Board meetings the Committee will provide an update to the Board (including updating the Board on any previous Committee meeting, Committee business and any recommendations, advice and any relevant matters that should be brought to the Boards attention). This update is in the form of the mutes of the previous FARC meeting
- The Committee must advise the Board between Board meetings if a matter is urgent and/or serious
- The Committee shall make a statement and provide an overview of its activities in the Annual Report
- The Committee will provide the Board with an Annual Report summarising its conclusions from the work it has done during the year, progress with the work programme and the outcome of its self-effectiveness review. This Report will be timed to support finalisation of the organisation's annual report and financial statements.
-

Review
This Terms of Reference is required to be approved by the Board and reviewed by the Board (at least annually).

These Terms of Reference were reviewed, and amendments made Wednesday 15th March 2023

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

Audited Accounts

Company Number: 351270

Clare Local Sports Partnership Company Limited By Guarantee

Annual Report and Financial Statements

for the financial year ended 31 December 2022

Clare Local Sports Partnership Company Limited By Guarantee
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Clare Local Sports Partnership Company Limited By Guarantee
DIRECTORS AND OTHER INFORMATION

Directors	Jim Madden Paul McKenna Ann Norton Tim Forde Joe Killeen Joseph Garrihy Anne Hayes (Appointed 26 January 2022) Eoin Hogan (Appointed 15 June 2022) Deirdre O Doherty (Appointed 15 June 2022)
Company Secretary	Deirdre O Doherty (Appointed 15 June 2022) Ann Norton (Resigned 15 June 2022)
Company Number	351270
Registered Office and Business Address	C/O Clare Education Centre Government Offices Kilrush Road Ennis Co. Clare
Auditors	BRV & Associates Limited T/A Vaughan & Co. 42 Abbey Street Ennis Co Clare
Bankers	Allied Irish Bank Bank Place Ennis Co Clare

Clare Local Sports Partnership Company Limited By Guarantee
DIRECTORS' REPORT
for the financial year ended 31 December 2022

The directors present their report and the audited financial statements for the financial year ended 31 December 2022.

Principal Activity
The principal activity of the company is to carry on the business of a non profit making county based enterprise to establish and promote various sports activities and to carry on any related activities.

The Company is limited by guarantee not having a share capital.

Financial Results
The surplus for the financial year after providing for depreciation amounted to €20,158 (2021 - €21,175).

At the end of the financial year, the company has assets of €604,840 (2021 - €632,194) and liabilities of €446,363 (2021 - €493,875). The net assets of the company have increased by €20,158.

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

Jim Madden
Paul McKenna
Ann Norton
Tim Forde
Joe Killeen
Joseph Garrihy
Anne Hayes (Appointed 26 January 2022)
Eoin Hogan (Appointed 15 June 2022)
Deirdre O Doherty (Appointed 15 June 2022)

The secretaries who served during the financial year were:

Deirdre O Doherty (Appointed 15 June 2022)
Ann Norton (Resigned 15 June 2022)

There were no changes in shareholdings between 31 December 2022 and the date of signing the financial statements.

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

Future Developments
The company plans to continue its present activities and current trading levels. Employees are kept as fully informed as practicable about developments within the business.

Post Balance Sheet Events
There have been no significant Post Balance Sheet events since the accounting year end.

Auditors
The auditors, BRV & Associates Limited T/A Vaughan & Co. have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Statement on Relevant Audit Information
In accordance with section 330 of the Companies Act 2014, so far as each of the persons who are directors at the time this report is approved are aware, there is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

DIRECTORS' REPORT

for the financial year ended 31 December 2022

Accounting Records

To ensure that adequate accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at C/O Clare Education Centre, Government Offices, Kilrush Road, Ennis, Co. Clare.

Signed on behalf of the board

Tim Forde
Director

Paul McKenna
Director

7 June 2023

Clare Local Sports Partnership Company Limited By Guarantee

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2022

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be readily and properly audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board

Tim Forde
Director

Paul McKenna
Director

7 June 2023

INDEPENDENT AUDITOR'S REPORT
to the Members of Clare Local Sports Partnership Company Limited By Guarantee

Report on the audit of the financial statements

Opinion
We have audited the financial statements of Clare Local Sports Partnership Company Limited By Guarantee ('the company') for the financial year ended 31 December 2022 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement and notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued in the United Kingdom by the Financial Reporting Council.

In our opinion the financial statements:
- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2022 and of its surplus for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion
We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other Information
The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014
In our opinion, based on the work undertaken in the course of the audit, we report that:
- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

INDEPENDENT AUDITOR'S REPORT
to the Members of Clare Local Sports Partnership Company Limited By Guarantee

Matters on which we are required to report by exception
Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the Company. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements
As explained more fully in the Directors' Responsibilities Statement set out on page 6, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operation, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is contained in the appendix to this report, located at page 9, which is to be read as an integral part of our report.

The purpose of our audit work and to whom we owe our responsibilities
Our report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

John Byrnes
for and on behalf of
BRV & ASSOCIATES LIMITED T/A VAUGHAN & CO.
42 Abbey Street
Ennis
Co Clare

7 June 2023

Clare Local Sports Partnership Company Limited By Guarantee
APPENDIX TO THE INDEPENDENT AUDITOR'S REPORT

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.

- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Clare Local Sports Partnership Company Limited By Guarantee

INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
Income		**746,966**	698,173
Expenditure		**(726,808)**	(676,998)
Surplus for the financial year		**20,158**	21,175
Total comprehensive income		**20,158**	21,175

Approved by the board on 7 June 2023 and signed on its behalf by:

Tim Forde
Director

Paul McKenna
Director

Clare Local Sports Partnership Company Limited By Guarantee

BALANCE SHEET

as at 31 December 2022

	Notes	2022 €	2021 €
Fixed Assets			
Tangible assets	7	**9,468**	13,390
Current Assets			
Debtors	8	**-**	13,530
Cash and cash equivalents		**595,372**	605,274
		595,372	618,804
Creditors: amounts falling due within one year	9	**(442,686)**	(486,060)
Net Current Assets		**152,686**	132,744
Total Assets less Current Liabilities		**162,154**	146,134
amounts falling due after more than one year	10	**(3,677)**	(7,815)
Net Assets		**158,477**	138,319
Reserves			
Income and expenditure account		**158,477**	138,319
Equity attributable to owners of the company		**158,477**	138,319

The financial statements have been prepared in accordance with the small companies' regime.

Approved by the board on 7 June 2023 and signed on its behalf by:

Tim Forde
Director

Paul McKenna
Director

Clare Local Sports Partnership Company Limited By Guarantee

RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2022

	Retained surplus	Total
	€	€
At 1 January 2021	117,144	117,144
Surplus for the financial year	21,175	21,175
At 31 December 2021	138,319	138,319
Surplus for the financial year	20,158	20,158
At 31 December 2022	**158,477**	**158,477**

Clare Local Sports Partnership Company Limited By Guarantee

CASH FLOW STATEMENT

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
Cash flows from operating activities			
Surplus for the financial year		**20,158**	21,175
Adjustments for:			
Depreciation		**6,033**	5,593
Amortisation of government grants		**(4,138)**	(4,138)
		22,053	22,630
Movements in working capital:			
Movement in debtors		**13,530**	9,145
Movement in creditors		**(43,374)**	153,936
Cash (used in)/generated from operations		**(7,791)**	185,711
Cash flows from investing activities			
Payments to acquire tangible assets		**(2,111)**	(6,570)
Net (decrease)/increase in cash and cash equivalents		**(9,902)**	179,141
Cash and cash equivalents at beginning of financial year		**605,274**	426,133
Cash and cash equivalents at end of financial year	**17**	**595,372**	605,274

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2022

1. General Information

Clare Local Sports Partnership Company Limited By Guarantee is a company limited by guarantee incorporated in the Republic of Ireland.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance
The financial statements of the company for the year ended 31 December 2022 have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014 and in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS 102) issued by the Financial Reporting Council.

Basis of preparation
The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014.

Income
Turnover represents the total income receivable for the year from various sources, refer to the analysis in the supplementary pages attached to the financial statements.

Tangible assets and depreciation
Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery	-	20% Straight Line
Fixtures, fittings and equipment	-	12.5% Reducing Balance
Computers	-	33.33% Straight Line

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Trade and other debtors
Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Trade and other creditors
Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Employee benefits
The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

Taxation
The company Games & Sports Exemption reference is GS 1627.

Capital grants
Capital grants received and receivable are treated as deferred income and amortised to the Income and Expenditure Account annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Income and Expenditure Account when received.

Foreign currencies
Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Income and Expenditure Account.

3. Departure from Companies Act 2014 Presentation

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

4. Operating surplus

	2022	2021
	€	€
Operating surplus is stated after charging/(crediting):		
Depreciation of tangible assets	**6,033**	5,593
Amortisation of Capital grants	**(4,138)**	(4,138)

5. Employees

The average monthly number of employees, including directors, during the financial year was 9, (2021 - 8).

	2022	2021
	Number	Number
Staff	**9**	8

6. Employee Costs

No. of Employees	Salary
1	€80,000 - €90,000

continued

7. Tangible assets

	Plant and machinery	Fixtures, fittings and equipment	Computers	Total
	€	€	€	€
Cost or Valuation				
At 1 January 2022	15,761	534	14,712	31,007
Additions	-	2,111	-	2,111
At 31 December 2022	15,761	2,645	14,712	33,118
Depreciation				
At 1 January 2022	4,990	485	12,142	17,617
Charge for the financial year	3,152	313	2,568	6,033
At 31 December 2022	8,142	798	14,710	23,650
Net book value				
At 31 December 2022	**7,619**	**1,847**	**2**	**9,468**
At 31 December 2021	10,771	49	2,570	13,390

8. Debtors

	2022	2021
	€	€
Trade debtors	-	13,530

9. Creditors
Amounts falling due within one year

	2022	2021
	€	€
Taxation	**5,435**	7,152
Accruals	**437,251**	478,908
	442,686	486,060

10. Creditors
Amounts falling due after more than one year

	2022	2021
	€	€
Capital grants	**3,677**	7,815

11. Status

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding € 1.27.

12. Sport Ireland - Department of Transport, Tourism and Sport

The company received the following grant aid from Sport Ireland - Department of Transport, Tourism and Sport during the year ended 31st December 2022:

Sport Ireland Core & Programmes	€ 352,041
SI Women In Sport	€ 17,000
SI Urban Outdoors	€ 3,510
SI Health Ireland	€ 750
SI Capital Fund	€ 10,000
SI Small Grants Scheme	€ 360
SI Covid Grant scheme	€ 60,000
Dormant Accounts Youth Leadership	€ 14,900
Dormant Accounts Volunteer Supports	€ 20,000
Dormant Accounts SIDP	€ 1,000
Dormant Accounts Community Sports Hub	€ 52,736
Dormant Accounts Sports Inclusion Disability	€ 24,750

In addition to this funding which the company received in 2022 it had deferred income forward of €439,160 less closing deferred income of €416,829 and less an opening debtor of €13,530. Therefore, the net income as displayed in the accounts in respect of Sport Ireland - Department of Transport, Tourism and Sport amounted to €581,564. Please refer to the attached Schedule for additional details.

13. Compliance

From our examination of the books and records of Clare Local Sports Partnership we can confirm that the company is compliant with the relevant circulars including Circular 13 / 2014 and Circular 44 / 2006.

14. Capital commitments

The company had no material capital commitments at the financial year-ended 31 December 2022.

15. Contingent liabilities

Under agreements entered into with certain orgainsations the company received grants which may be revoked or abated in certain circumstances.

16. Post-Balance Sheet Events

There have been no significant events affecting the company since the financial year-end.

17. Cash and cash equivalents	**2022**	2021
	€	€
Cash and bank balances	**595,372**	605,274

18. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 7 June 2023.

CLARE LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE

SUPPLEMENTARY INFORMATION

RELATING TO THE FINANCIAL STATEMENTS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2022

NOT COVERED BY THE AUDITORS REPORT

THE FOLLOWING PAGES DO NOT FORM PART OF THE AUDITED FINANCIAL STATEMENTS

Clare Local Sports Partnership Company Limited By Guarantee
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the financial year ended 31 December 2022

	2022	2021
	€	€
Income		
Sport Ireland funding	**581,564**	593,341
HSE funding	**22,392**	35,610
Clare Co. Co. - Healthy Ireland	**26,250**	24,150
Clare Co Council Bike Week	**15,100**	-
Clare Co Council	**10,000**	10,000
Clare Co Council National play Day	**2,875**	-
Club development grants	**-**	692
Mid West Regional Drugs Task Force	**9,000**	-
CYPSC	**-**	3,001
Gura Gura Limerick CYPSC	**19,505**	-
Health Safety HR & Governance	**11,993**	680
DEASP	**3,167**	3,762
ROSE	**8,719**	5,393
Non staff Admin	**2,661**	17,406
National Lottery	**1,179**	-
Disadvantaged Youths	**1,000**	-
Other income	**27,423**	-
Amortisation of government grants	**4,138**	4,138
	746,966	698,173

Clare Local Sports Partnership Company Limited By Guarantee
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the financial year ended 31 December 2022

	2022	2021
	€	€
Expenditure		
Wages and salaries	**302,597**	293,275
Social welfare costs	**34,955**	33,394
SIDO program costs	**4,456**	1,341
Operation Transformation	**-**	1,470
Dormant Account Volunteer Supports	**10,725**	3,808
Community Sport Hub - Kilrush	**15,852**	20,987
Community Sports Hub - Shannon	**22,101**	2,266
SIDP Sports Inclusion	**9,000**	11,685
Dormant Account Urban Adventure	**-**	27,767
Keep Well	**-**	5,737
Supplementary Programme	**5,776**	3,500
Small Grant Scheme 2	**2,210**	15,993
Capital Fund	**-**	10,020
ROSE	**5,953**	2,393
Community Support Fund	**4,635**	4,885
Club development grants	**30,040**	18,102
HSE	**9,324**	15,709
MWRDTF	**9,000**	-
Women in sport	**12,775**	15,167
Safeguarding / Code of Ethics	**-**	4,680
Sport Ireland CSDO	**12,132**	6,211
Sport Ireland Youth Leadership	**30,000**	11,900
Clare Co. Co. - Healthy Ireland	**-**	11,250
Sports Ireland Programmes	**17,454**	18,754
Clare Co Council Bike week	**7,614**	8,060
SI Covid return to sport	**61,012**	18,399
CYPSC	**12,505**	2,921
Youth Sports Leaders	**531**	2,654
National Play Day	**2,875**	-
Staff defined contribution pension costs	**28,550**	28,601
Staff training	**394**	-
Rent payable	**7,216**	5,505
Insurance	**3,147**	3,147
Printing, postage and stationery	**4,580**	5,450
Advertising	**1,554**	10,899
Lottery awards	**1,114**	-
Telephone	**5,081**	4,802
Computer costs	**6,492**	4,188
Travel and subsistence	**12,850**	9,608
Legal and professional	**20**	20
Bank charges	**598**	475
Health & safety	**20,275**	22,704
General expenses	**2,132**	480
Auditor's remuneration	**3,250**	3,198
Depreciation	**6,033**	5,593
	726,808	676,998
Net surplus	**20,158**	21,175

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.

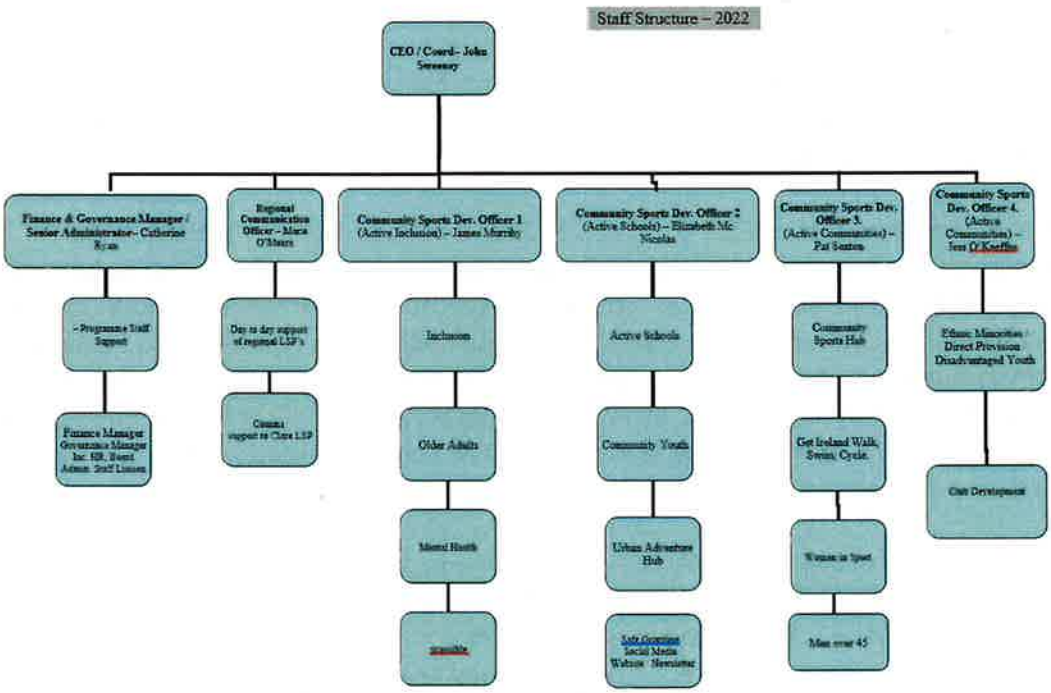


Fig.2- Clare LSP Staffing Structure December 2022.

Objectives, Achievements and Performance

In 2022, the Clare Local Sports Partnership (CLSP) continued to make significant strides in fostering community engagement, promoting physical activity, and nurturing a culture of inclusivity throughout the region. Through its innovative programs, collaborative efforts,

and unwavering commitment to improving the overall well-being of its residents, CLSP emerged as a beacon of inspiration for local sports development.

One of the cornerstones of CLSP's success in 2022 was its diverse range of programs aimed at promoting physical activity and healthy lifestyles among all segments of the population, especially to those that are at most disadvantage. The partnership's emphasis on inclusivity was particularly noteworthy, as it ensured that individuals of all ages, abilities, and backgrounds could access and participate in sports and fitness activities. From youth-oriented initiatives like inclusive summer camps to programs catering to older adults needs, CLSP demonstrated its dedication to addressing the unique requirements of each community group.

The partnership's collaborative approach was another hallmark of its success in 2022. By working closely with local schools, community centres, sports clubs, and health organisations, CLSP maximized its impact and created a ripple effect that extended far beyond its immediate reach. Collaborative ventures such as 'Active Schools' programs and joint initiatives with local sports clubs allowed CLSP to tap into existing networks, leverage resources, and amplify the positive effects of its efforts. This approach not only ensured the sustainability of its programs but also fostered a sense of shared responsibility for community well-being.

The innovative nature of CLSP's projects in 2022 was epitomized by initiatives that transcended traditional notions of sports participation. In line with growing global trends, the partnership introduced novel activities like nature-based fitness trails, outdoor yoga sessions, and adventure sports workshops. These endeavours not only encouraged physical activity but also underscored the importance of interacting with nature and exploring unconventional ways to stay fit. By redefining the boundaries of sports and fitness, CLSP demonstrated its forward-thinking mindset and its commitment to keeping its offerings fresh and appealing to a broad audience.

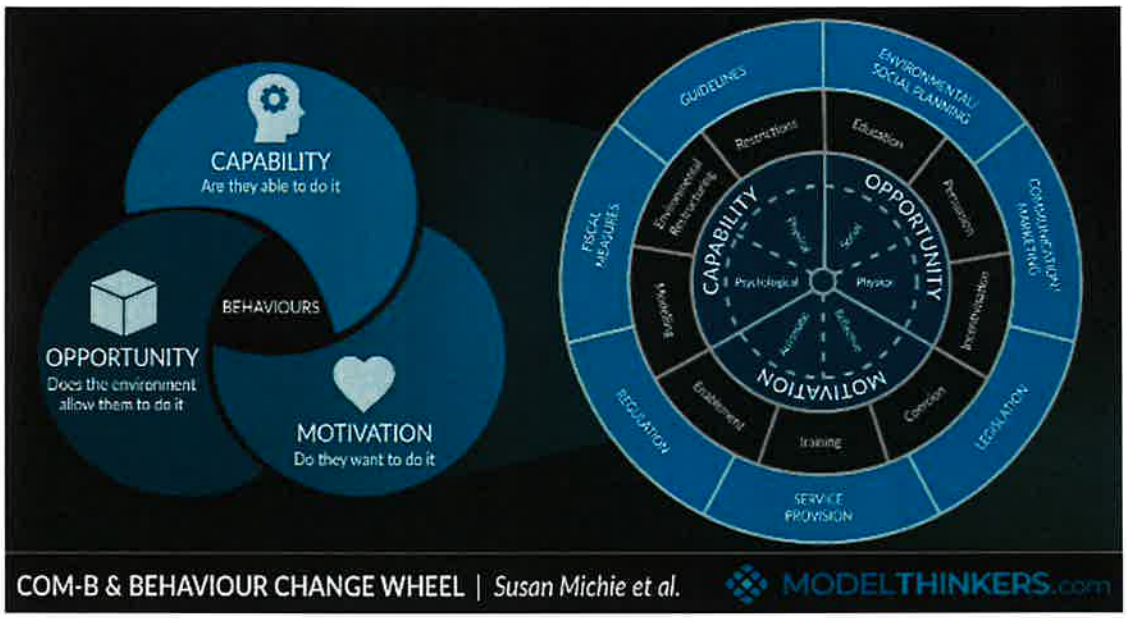
Perhaps the most significant testament to CLSP's impact in 2022 was the palpable change in the community's attitude towards physical activity. More than just an organization promoting sports, CLSP emerged as a catalyst for positive lifestyle changes. Through a post initiative survey, participants reported heightened levels of motivation, improved mental well-being, and a stronger sense of community camaraderie. Testimonials from individuals who had overcome personal barriers to engage in sports for the first time highlighted CLSP's ability to inspire and empower.

In conclusion, the Clare Local Sports Partnership's work in 2022 was a testament to its unwavering commitment to community well-being and sports development. Through its inclusive approach, innovative initiatives, and collaborative efforts, CLSP demonstrated its capacity to adapt to changing circumstances, embrace technological advancements, and foster a culture of physical activity that extended to all corners of the community. As the

partnership continues to evolve and grow, its impact will undoubtedly resonate for years to come, leaving an indelible mark on the region's sports and wellness landscape.

Objectives for the year:

Our annual work plan is developed around 3 core objectives that span the life of the strategy. We underpin our activities by utilising the theory of the COM-B model of behavior change.



Objective 1: Building Capacity / Capability

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

Objective 2: Creating Opportunities

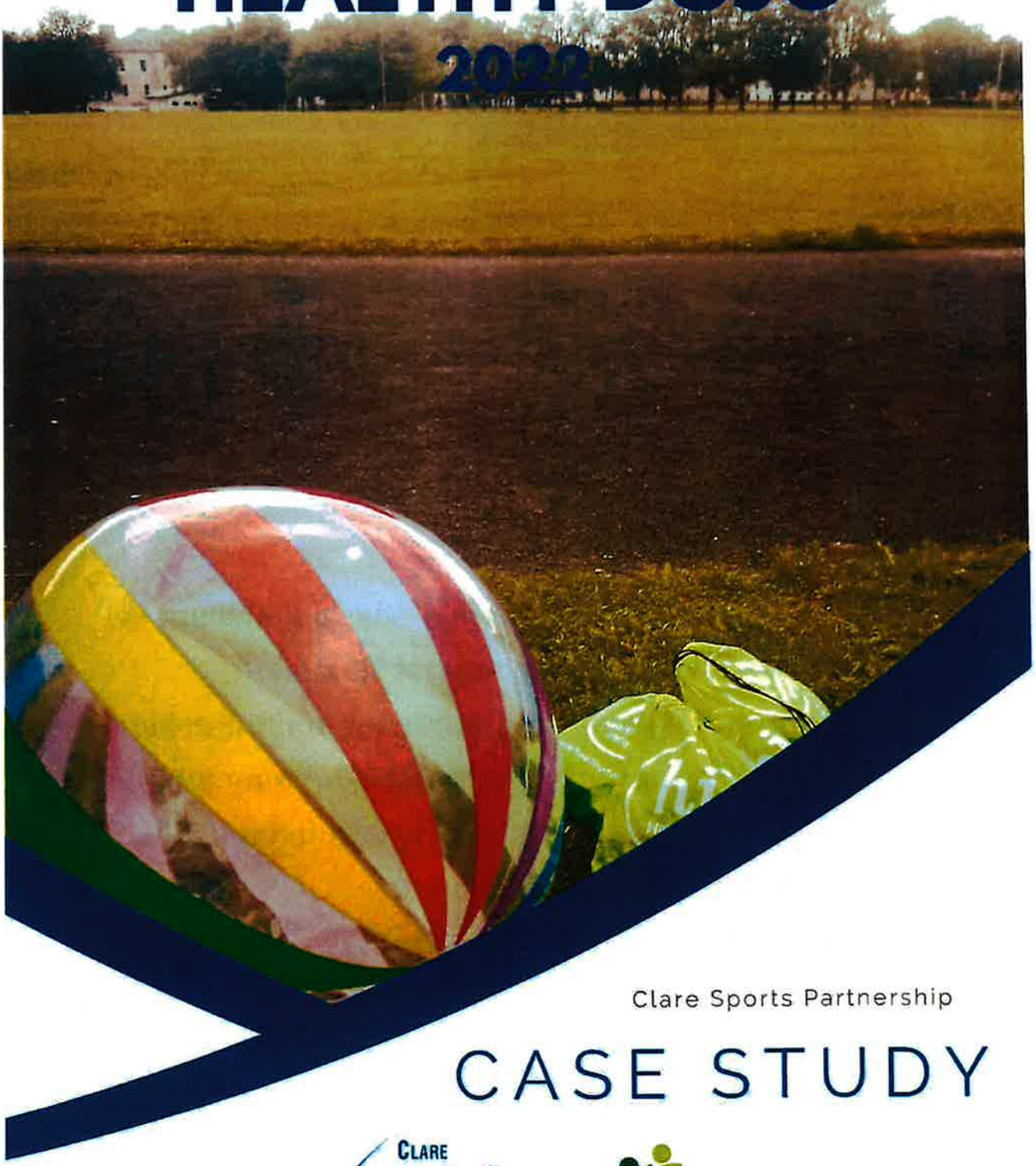
To ensure that there are ongoing and appropriate opportunities for all members of society to participate in competitive and recreational sport in county Clare.

The following are a snap-shot of activities that were undertaken in 2022 that demonstrated the adherence to elements of the model.

Case Studies

HEALTHY DOJO

2022



Clare Sports Partnership

CASE STUDY

CLARE SPORTS PARTNERSHIP

SPORT IRELAND

HSE MID WEST COMMUNITY HEALTHCARE

Mental Health | Older Persons | Disabilities
Primary Care | Health & Wellbeing

OVERVIEW

The aim of this programme was to provide an opportunity for HSE staff working in the Ennis area to participate in a physical activity and well-being programme.

AIMS

- To increase participation in physical activity and improve well-being amongst HSE staff
- To promote exercising outdoors in the fresh air
- To provide opportunity to those who may otherwise usually not engage in exercise due to lack of knowledge, motivation, or time.
- To act as an informal 'needs analysis' for LSP and provide direction on future potential HSE programmes

20	16	2
PARTICIPANTS	SESSIONS	TYPES OF EXERCISE

IMPLEMENTATION

HSE Mid-West recruited 20 participants for this 8 week programme.

Each participant received a set of dubbells, a resistance band and a skipping rope.

Pre and post testing, along with personal goal setting, were an optional part of this programme - 8 participants opted to take part in both.

There were 2 weekly exercises sessions in the Fairgreen - Tuesdays & Thursdays. The exercise class consisted of a mix of strength training, aerobic work and team building activities.

Weekly well-being emails sent to each participant covering topics such as nutirition, stress, smoking, time mangement,advertising workshops, vidoe links etc

"

"this was my first experience of doing aerobic exercise and weights. I loved it! The trainers were fantastic, a good mix of easy going but at the same time able to encourage the group along. they were very professional and explained what we were doing to ensure we did it safely, progressing the group in line as our fitness level increased. best thing I ever did."

HEALTHY DOJO OUTCOMES

- 55% attendance at the exercise sessions throughout the programme
- 100% of participants improved their aerobic endurance
- 100% of participants also increased their upper body strength
- 84.6% felt change in health & well-being
- 100% said they intend to continue to be physically active

NEXT STEPS

Hopefully secure more fuding next year to run more than one Healhy DOJO programme in other areas around the county for HSE staff .

INCLUSIVE SUMMER CAMPS

Clare Sports Partnership

SIDO CASE STUDY

CLARE SPORTS PARTNERSHIP
SPORT IRELAND

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

OVERVIEW

The aim of this programme is to provide an opportunity for children with a disability to get an opportunity to participate in a physical activity Summer Camp suitable to their needs

AIMS

- Work with Sporting NGB's in Clare to offer Summer Camps for Children with a Disability
- Make the camps disability specific
- To help the children to socialize ,have fun and make new friends in a safe environment
- To allow the children to develop their Fundamental Movement Skills while not focusing on the primary sport at the camp
- To provide participants the opportunity to receive Summer camp gear the same as their mainstream peers

PARTICIPANTS	INCLUSIVE SUMMER CAMPS
102	3

IMPLEMENTATION

- In the summer of 2021 we worked with Clare GAA running a pilot Autism Disability specific camp for children
- Created a working group of experts and looked at best practice models to develop how the camp would run.
- Clare GAA provided resources around suitable venue and access to coaches
- Specific training was provided for coaches and volunteers

Camp Timetable

		Yellow Group	Orange Group			Black Group		
	Activities							
	PARACHUTE GAMES	VELCRO CHASE	BEAN BAG GAMES	OBSTACLE COURSE	Music/ Football	TUG OF WAR	BALL GAMES	Foam /Hors
0.05	Each group starts with bubbles/relaxation							
0:15								
0.25								
0.35								
0.45								
0.55								
1.05								
1.15	10mins Spill over time allowing Changeover between FIRST 6 Stations Times							
1-25	BREAKTIME							
1.45	HURLING FOR THOSE WHO HAVE HURLEY/HELMET							
1.35								
1.45								
1.55	RELAXATION AND COOL DOWN TIME FOR ALL							

- In 2022 we ran three camps

OUTCOMES

- Following the 2021 pilot camp, two inclusive clubs, Corofin and Éire Óg GAA set up all star sections in their clubs (running weekly sessions for children with disabilities)
- Following the running of ourthree summer camps in 2022, Newmarket-on-Fergus have ran a pilot programme and two more are in the process of setting up inclusive sections within their clubs

NEXT STEPS

Having run three camps in 2022 the target is to run five camps in the summer of 2022

"

"Its a great opportunity for our kids to get out and play and be part of a team normally they would be left to one side but the smiles on their faces leaving here everyday is immense and for that I am truly grateful"

WOMEN IN SPORT
TRY TENNIS
2022

Pat Sexton CSDO
Clare Sports Partnership

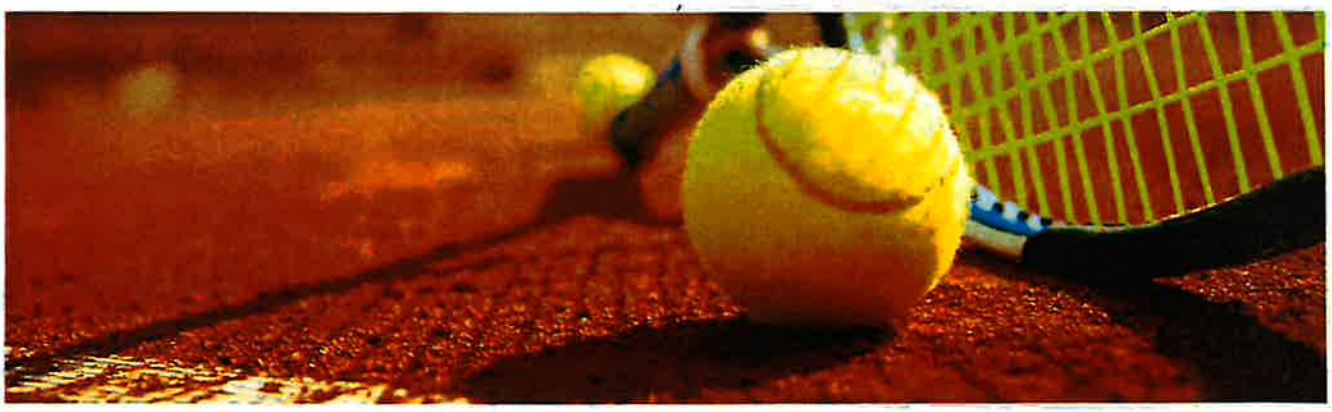
CASE STUDY

Clare Sports Partnership
— SPORT IRELAND —

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

AIM OF THE INITIATIVE

- To increase female participation in Tennis
- To reengage people who participated in their youth
- To provide a beginner setting experience.
- Have a level 2 Tennis coach as a leader
- Reduce the financial barrier to Tennis
- **12 participations over 6 weeks**



THE PARTNERS

Tennis Ireland

- Provide the programme structure
- Fund playing equipment

Ennis Tennis Club

- Provide the playing facility
- Provide the coach

Clare Sports Partnership

- Co-ordinate the programme with Tennis Ireland & Ennis Tennis Club
- Source a level 2 coach
- Fund the court hire/ coach hire
- Promote/registration/admin

Tennis Ireland

CLARE SPORTS PARTNERSHIP

SPORT IRELAND

ENNIS TENNIS & BADMINTON CLUB

- 63 ladies registered their interest in taking part.
- 24 females signed up
- 22 females took to the court
- 14 completed all six sessions
- 5 completed five sessions
- 3 completed four sessions

THE FINAL NIGHT

"Excellent programme. I have joined as a member of the tennis club now and wouldn't have done this if it wasn't for the try tennis programme. Huge thanks to the Clare Sports Partnership and the Ennis Tennis Club."

"So well organised. Ennis tennis club made us feel so welcome and not shy about picking up a tennis racket after nearly 40 years. Very well run, and hope to join the club this year. The great social aspect to it as well."

"The Try Tennis programme was just fantastic. It was a fun, enjoyable experience, and simultaneously, it allowed you to work up a sweat! Annemarie was a brilliant coach."

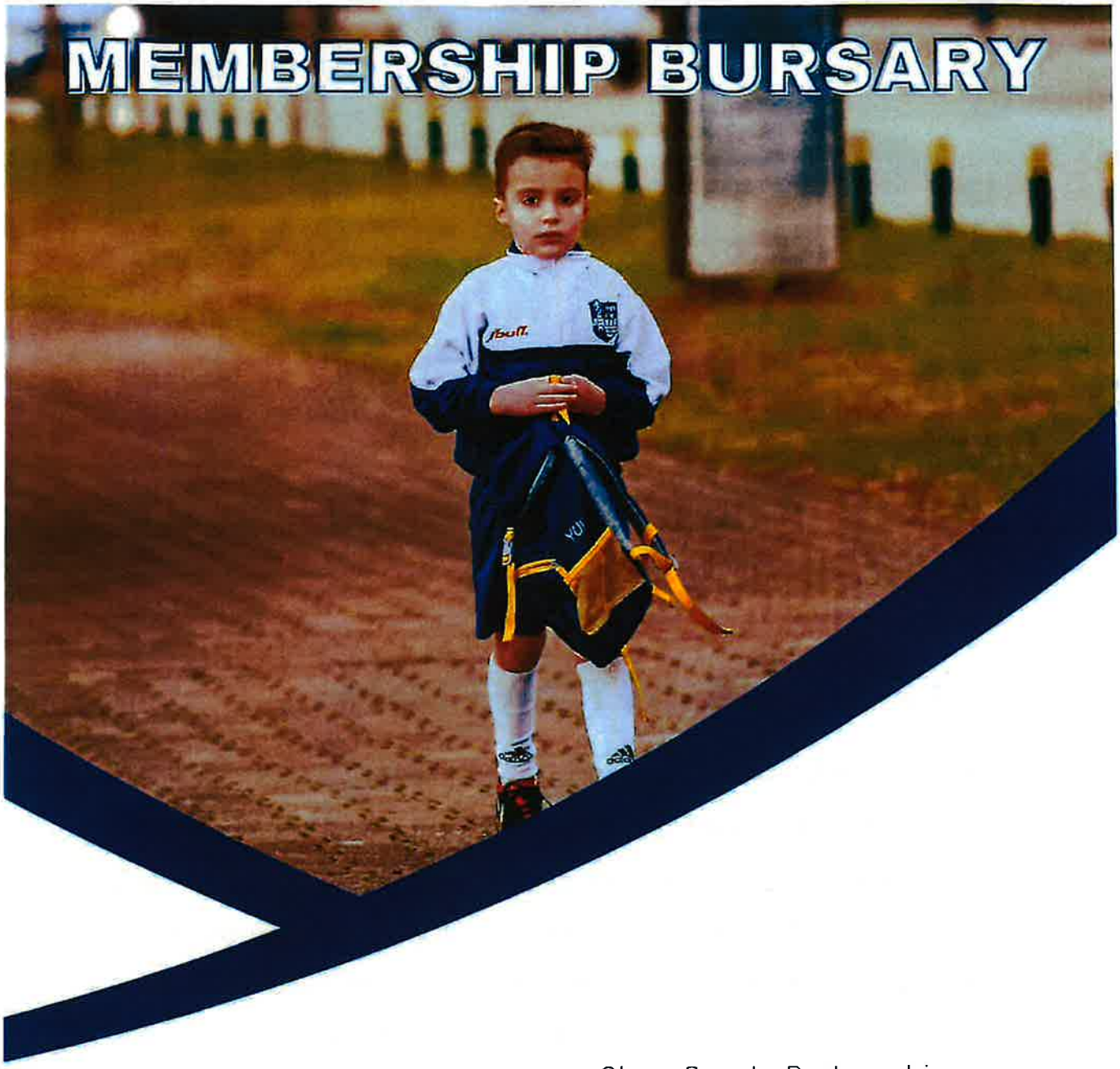
"This was an excellent programme and a great way to get back into tennis. The coach Annemarie was excellent and very enthusiastic and helpful throughout the programme. The other club members were also very welcoming, and as a result of my experience with this programme, I have joined the club and availed of the new member offer. Thank you, Pat and Clare Sports Partnership, for organising this"

Ennis Tennis Club special offer to join the club for

€140 (usually €195) for 13.5 months instead of 12 months.

16 players took up the offer and joined the club

MEMBERSHIP BURSARY



Clare Sports Partnership

CASE STUDY

Jessica O'Keeffe

07/12/2022

CLARE SPORTS PARTNERSHIP

— SPORT IRELAND —

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

OVERVIEW

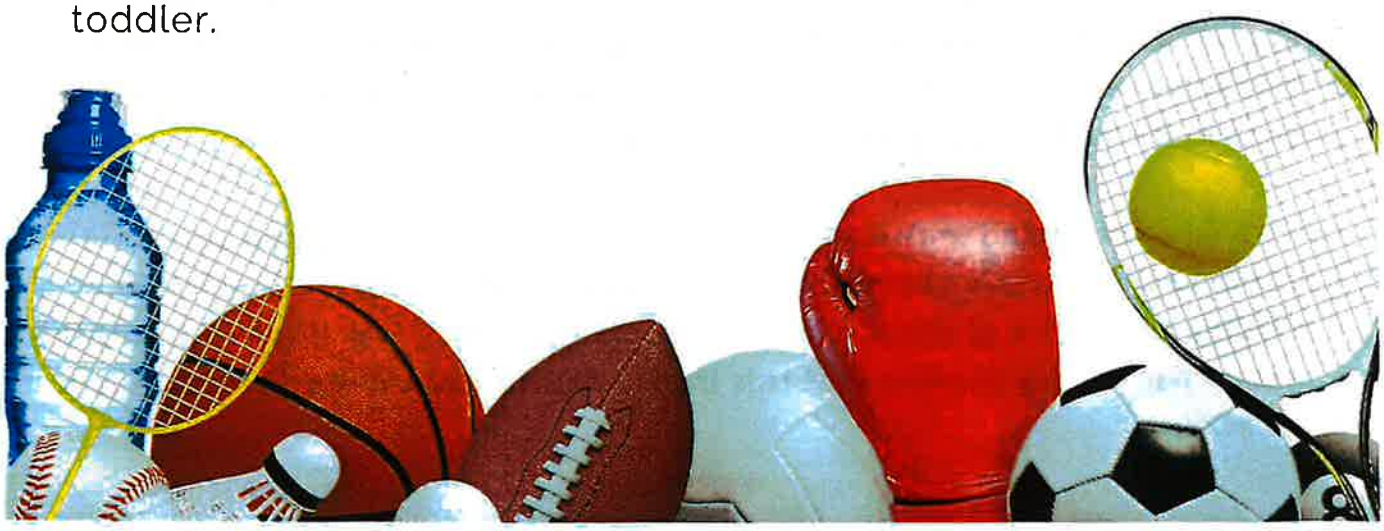
The aim of this programme is to help people who are struggling to access sports and physical activity due to disability, financial distress, socioeconomic background, minority community, and unemployment.

IMPLEMENTRATION

- Key workers on the ground refer clients to CSP.
- Key workers are family support workers, social workers, family resource centers, SICAP workers, youth workers, refugee resettlement workers, school counselors, etc.
- The key worker will work with the client to identify the club or facility which is suitable for the person and contact the sports club.
- They get a membership quote from the club and present all the case information to the SDO.
- The SDO and appropriate team members of CSP assess the application and the grounds on which it was based.
- If successful, the sports club provides an invoice that CSP pays directly.

WHO WAS SUPPORTED IN 2022?

- ·Three Syrian boys aged 8, 12 and 14 have been supported to do Karate and Kickboxing in Shannon.
- ·A Syrian girl was funded to attend a block of swimming lessons to learn how to swim.
- ·A teen girl joined a Gym and Swim Programme. She struggles with anxiety, depression, and self-esteem/ body issues. She was not engaged in any physical activity.
- ·A teen boy with severe social anxiety issues and family financial struggles was supported to do '1 on 1' Muay Thai lessons for 6 months with the hope to progress to the group class. He had not left his room in 18 months.
- ·A 14-year-old boy with ASD and EDS tissue disorder was supported with a 6-month special needs membership to the pool with the option of bringing in one family member or carer to supervise.
- ·An unemployed Mum who is a wheelchair user and has a toddler was struggling to access the average playground. She was supported with a 6-month pool membership for herself and her toddler.



“

Being able to avail of the membership bursary fund has been a fantastic opportunity for our project participant. Before engaging with this programme she was involved in no form of physical activity whatsoever, and was struggling to identify something that she would like to do. She felt very stuck and was lacking in motivation. Since she has started the gym she has rediscovered a love for swimming that she had when she was a child. She is also talking about re-engaging with horse riding .

Though she still has to overcome many personal struggles, she would say that on the days she attends the gym she gets more sleep, feels less negative, has better energy levels, is more inclined to make healthier lifestyle choices and generally has a more positive self image. Her mother has fed back that they sometimes go as a family on a Sunday for a swim and this in not something that they have done in four years.

From a professional point of view dealing with Lizzy and Jess in relation to applying for the fund could not have been more straight forward. Their efficiency and professionalism ensured that the process was a smooth one for both myself, the young person and their family.

On a final note, being included in the membership bursary and offered this opportunity made this young person feel valued, and that someone was willing to give her a chance, and take a chance on her. She had not felt this in a long time. I really hope that this is an opportunity more young people get to avail of.

Shannon Family Resource Centre,
Rineanna View,
Shannon. Co Clare.
Date: 01/12/2022

Membership Bursary Scheme;

To whom it concerns;

I am delighted to get the opportunity to endorse the value that the Clare Sport Partnership membership bursary scheme provides for families in the Shannon community. I had the opportunity on several occasions this year to be able to apply for the scheme on behalf of families that in the main could not afford to access memberships for themselves or their children without the benefit of the membership bursary scheme.

One young person aged 16 had not been outside his home for more than 18 months due to severe social anxiety and a few months ago he linked into Shannon Muay Thai Academy and began taking individual Kickboxing lessons which has supported his personal development and given his mother some hope in the process also. This would not have been possible without accessing the membership bursary scheme as this family does not have the means to pay for the lessons without it.

Another parent commented below on how her child who was recently diagnosed with Autism has availed of the membership to Shannon leisure Centre Swimming pool and how it supports him to regulate his emotions and provides calmness to her son.

"As a family we were extremely grateful to receive the sports bursary which granted to us and allowed our son access to Shannon swimming pool. Our son, Aodhán aged 14, has recently been diagnosed as Autistic, because of the lateness of his diagnosis, he has many issues to overcome. His young life is hindered by overwhelming feelings of anxiety, stress and fear. To allow him to access the pool is honestly a godsend. Aodhán loves the water and the freedom it offers him. He relishes the opportunity to allow the water to calm him. This is vital for him, especially after school, an environment that can prove extremely challenging to an autistic individual. To see my child, content and having fun, helps relieve too, the stress that raising a child with additional needs brings to us, his parents. I cannot recommend or state our appreciation for this grant enough. It has made a positive difference in my son's life".

Thanks to Clare Sports Partnership for the opportunity to access this scheme and I hope that this scheme can continue to be made available to vulnerable families into the future in particular those affected by the increased cost of living and other life traumas.

Yours sincerely,

Cathal Dillon (087 1232489)
Family Support Worker
Shannon Family Resource Centre.
Co Clare, Ireland. www.shannonfrc.com

Future Plan

We will be continuing this project in 2023. We will continue to work with key workers on the ground and work with the appropiate agencies.

Thanks to all our partnerships and supporters

Clare Sports Partnership

— SPORT IRELAND —

Social Media

@claresports #activeclare

www.claresports.ie

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