



**Clare Local Sports Partnership Company Limited by Guarantee
Annual Directors Report and Financial Statements 2023**

Registered Office:

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

Registered Number: 351270

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Presented to the AGM on the 25th of September 2024 for the period January 1st 2023 to December 31st 2023.

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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 – Mr. Tim Forde

2023 has been an extremely successful one for the Clare LSP. The fact that over 17,000 people engaged with our programs and initiatives, is a testament to the strength of our community and the dedication of all those who work behind the scenes to make sport and physical activity accessible to everyone. Our mission has always been to create opportunities for every member of society, regardless of age, ability, or background, and this year's engagement numbers show we are well on our way to achieving that goal.

It's wonderful to see the diversity of participants across the county. Whether young or old, athletes with disabilities, women and girls, ethnic minorities, or those from rural areas, Clare LSP is committed to breaking down barriers and providing access to sport and physical activity for all. Sport is a powerful tool for social inclusion, health, and community cohesion, and the role we play in connecting people from different walks of life is something we take great pride in.

Our programs have touched every corner of Clare, from schools to community centers, clubs to corporate spaces. We've seen our schools programmes flourish, engaging thousands of children and encouraging them to embrace a more active lifestyle. Our Older Adults continues to grow, providing safe and enjoyable activities that enhance physical health and social connections for our senior citizens. Additionally, our Inclusive Sports Initiative has ensured that individuals with disabilities are not left behind, offering tailored programs that allow everyone to participate fully and meaningfully.

The success of these programs reflects the collaborative effort of so many—our incredible staff, volunteers, local clubs, coaches, and community leaders. I'd like to take a moment to express my sincere thanks to each and every one of you. Without your passion, dedication, and belief in the power of sport, we would not be where we are today.

Of course, none of this would be possible without the support of our partners and stakeholders. I want to extend a special thank you to Clare County Council, Sport Ireland, HSE, CLDC, Clare Education Centre and all our agency based partners along with our local businesses, and other community organisations who continue to provide invaluable support to our mission. Together, we are building a healthier, more connected, and more active County Clare.

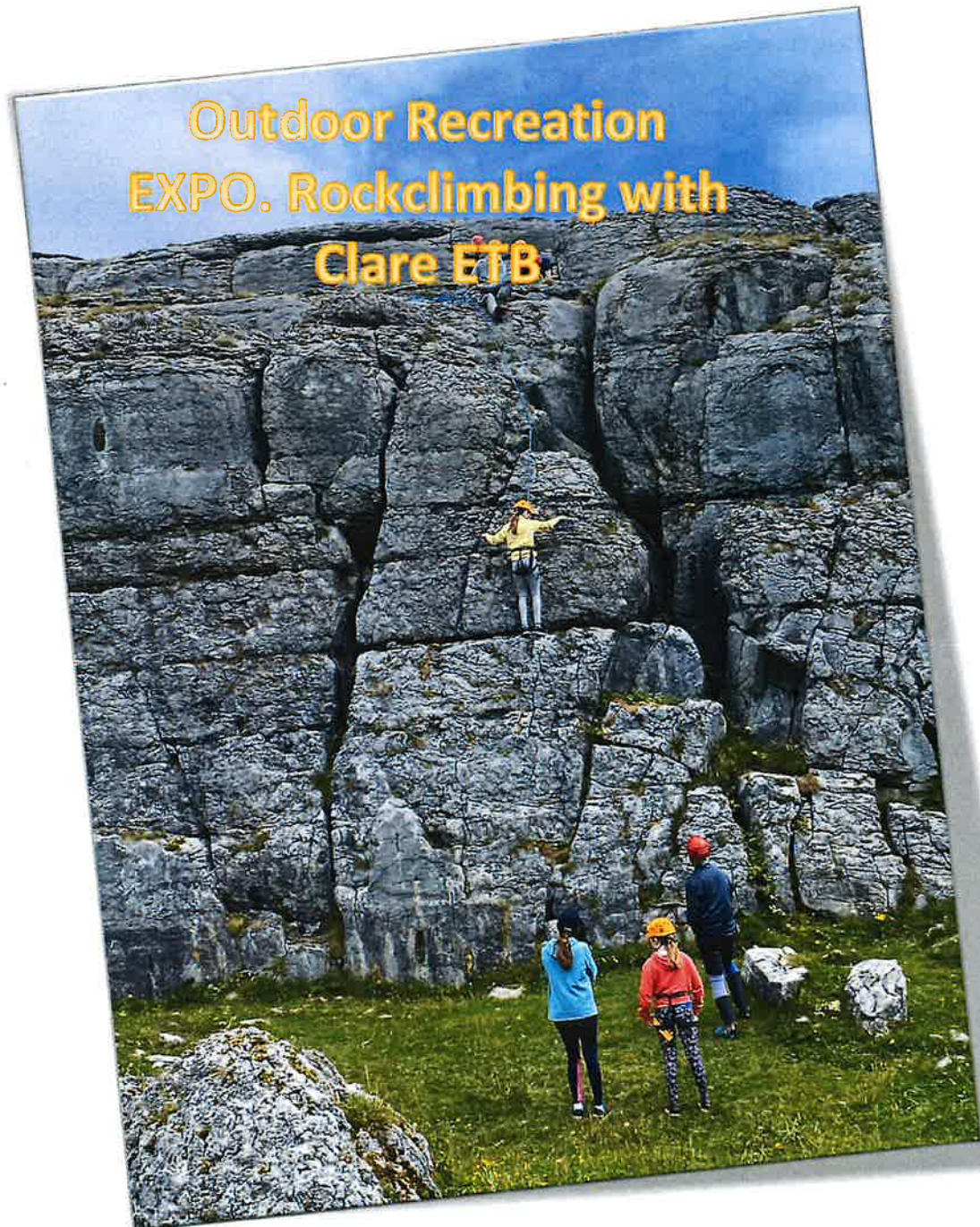
As we look to the future, I am filled with optimism. The impact of sport in transforming lives is clear, and we are committed to expanding our reach even further. In 2024 and beyond, we will continue to innovate, creating new programs and refining existing ones to meet the changing needs of our community. The lessons learned from 2023 have given us a solid foundation to build upon, and I am confident that the Clare LSP will continue to thrive.

In conclusion, let's celebrate the incredible achievement of engaging 17,407 people across Clare this year. It is not just a number—it represents lives touched, friendships formed, and communities strengthened. Together, we can keep this momentum going and make Clare a national leader in sport and physical activity for all.

Thank you.

Tim Forde

Chairperson Clare Local Sports Partnership



Chief Executive Officer's Statement - Mr. John Sweeney

2023 has been a truly exceptional year for Clare Local Sports Partnership (LSP), marked by significant milestones and continued growth in our commitment to making sport accessible for all. With over 17,000 participants across various programs and initiatives, Clare LSP has reinforced its role as a leader in promoting physical activity and community engagement across the county.

At the heart of these accomplishments is the outstanding leadership of our **board of directors and the chairperson Mr. Tim Forde**, whose vision and dedication have propelled the organization forward. **Tim's** commitment to **best governance standards has ensured that the organisation are fully compliant with the Governance Code for Sport.** His leadership has been critical in shaping Clare LSP's strategy, ensuring that we continue to innovate and deliver programs that cater to people of all ages, abilities, and backgrounds.

Supporting this mission is our fantastic team, who have each played a pivotal role in making 2023 a year of tremendous impact.

Catherine Ryan, our Finance and Governance Manager, has been instrumental in ensuring that our operations run smoothly and efficiently. Her meticulous attention to detail and expertise have allowed Clare LSP to manage its finances prudently, ensuring that resources are available to support our wide range of initiatives. Catherine's oversight of governance has been vital in maintaining transparency and accountability, enabling us to secure funding and partnerships that expand our reach.

In the background, Ellen Mulcahy, our Admin Support Officer, has been the backbone of the organization, handling the day-to-day tasks that keep everything running efficiently. Ellen's organizational skills and support across departments have been key to coordinating events, managing communications, and ensuring that our stakeholders and participants receive the best possible service. On the communications front, Marie O'Meara, our Communications Officer, has been vital in spreading the message of Clare LSP. Marie's work in promoting our programs and events through various channels has helped increase public awareness and engagement. Marie left the team towards the end of the year to pursue a role as Chief Operations Officer with the newly structured Treaty United.

Pat Sexton, who leads our Community Sports Hubs, Swimming, Cycling, and Men on the Move programmes, has had an incredible impact throughout the year. Pat's work has created spaces where people of all ages and abilities can come together to enjoy physical activity, develop new skills, and build lasting connections. His focus on swimming and cycling, in particular, has encouraged people to adopt healthy, active lifestyles while enjoying the beautiful outdoor spaces that Clare has to offer.

For our younger participants, Lizzy McNicholas, who oversees Active Schools and Youth Programs, has made 2023 a year of unforgettable experiences. Thousands of children across Clare have benefited from the initiatives Lizzy has led, from Active Schools Week to after-school programs that make physical activity fun and engaging. Her dedication to youth development has laid the foundation for lifelong participation in sport.

Jessica O'Keeffe, responsible for Club Development and New and Ethnic Communities, has been integral in building bridges across different communities in Clare. Jessica's work has empowered new and ethnic communities to take part in local sports, fostering inclusivity and a sense of belonging. Her efforts in club development have also strengthened the grassroots sporting structure in the county, enabling clubs to thrive and grow.

James Murrihy, our Sports Inclusion Disability Officer and lead for Older Adults programs, has been a driving force behind some of Clare LSP's most impactful initiatives in 2023. One of the standout achievements was the successful expansion of Inclusive Summer Camps, delivered in partnership with Clare GAA, Derg AC, and Clare Comets Basketball Club. These camps provided children and young people with disabilities the chance to participate in tailored sporting activities, ensuring that everyone, regardless of ability, had the opportunity to enjoy the benefits of sport in a fun and supportive environment. Additionally, James expanded our Older Adults Programme by introducing new activities like chair yoga and gentle exercise classes, fostering both physical health and community connection. His work has enriched lives across Clare, promoting inclusivity and well-being for all.

Melissa Blunnie joined Clare LSP as the *Links Worker* for individuals in recovery from addiction, a role funded through *Healthy Clare* and based in the *West Clare* region. Melissa has been pivotal in connecting individuals in recovery with supportive, sport-based programs that promote physical and mental well-being. By fostering a sense of community and providing tailored pathways to physical activity, Melissa's work has been vital in helping participants build healthier lifestyles and resilience as they navigate their recovery journey. Her dedication has made a significant impact in West Clare, offering a lifeline to many who are rebuilding their lives through sport.

A particularly exciting development in 2023 was the addition of Conor Mahon as the ESF+ Sport for Empowerment Officer. Joining the team in the latter part of the year, Conor's role focuses on using sport as a tool for empowerment and social change, particularly for marginalized communities. His fresh perspective and energy are already making a difference, and we look forward to seeing the continued impact of his work in the coming year.

As we close out 2023, it is clear that the success of Clare LSP is built on the dedication of our staff, the enthusiasm of our participants, and the unwavering support of our partners, including Clare County Council, Sport Ireland, and local businesses. We are immensely proud of the progress we've made and the lives we've touched.

Looking ahead to 2024, we remain committed to expanding our programs, reaching new participants, and ensuring that everyone in Clare has the opportunity to lead a healthy, active, and connected life through sport.

John Sweeney

CEO Clare Local Sports Partnership

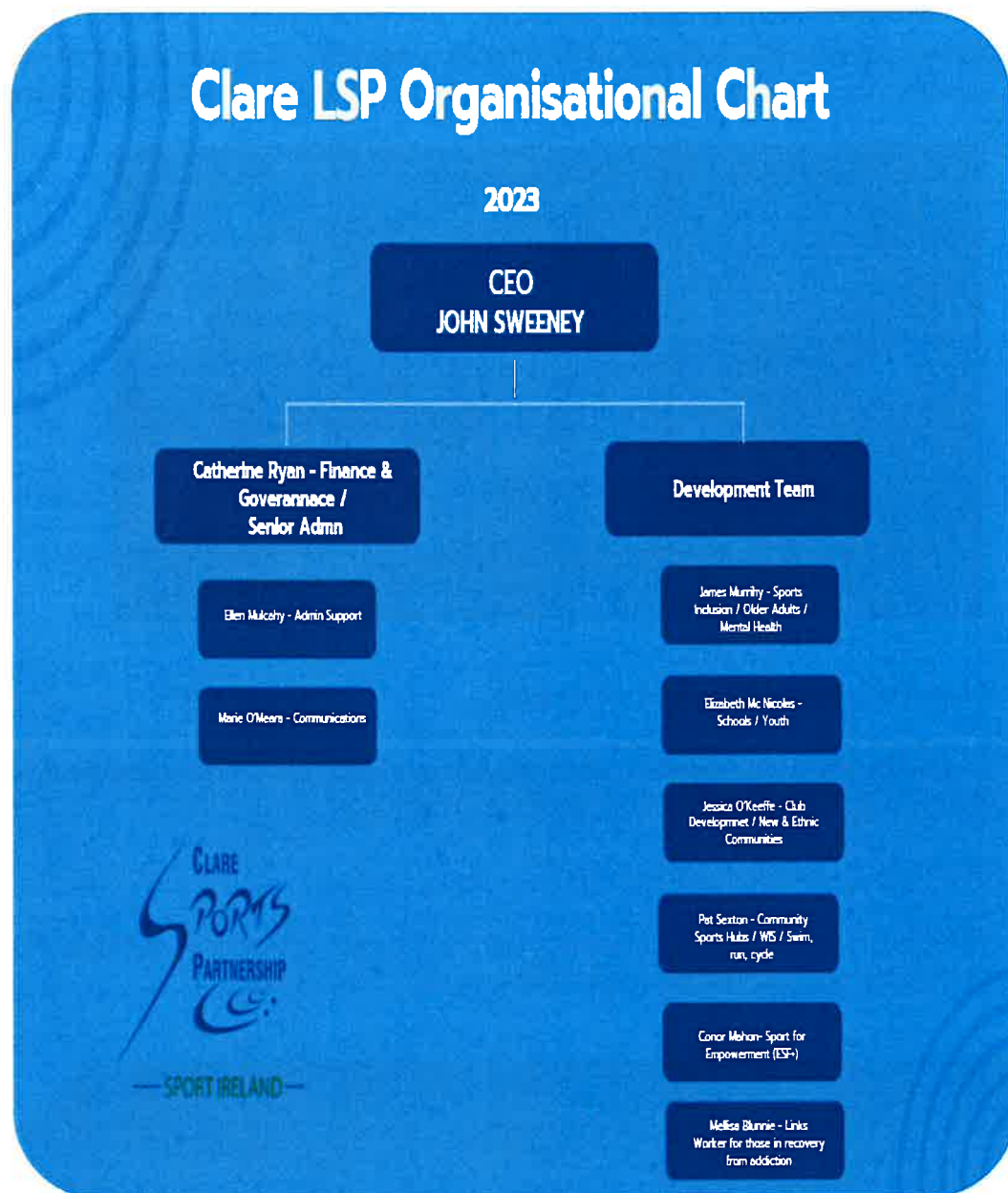
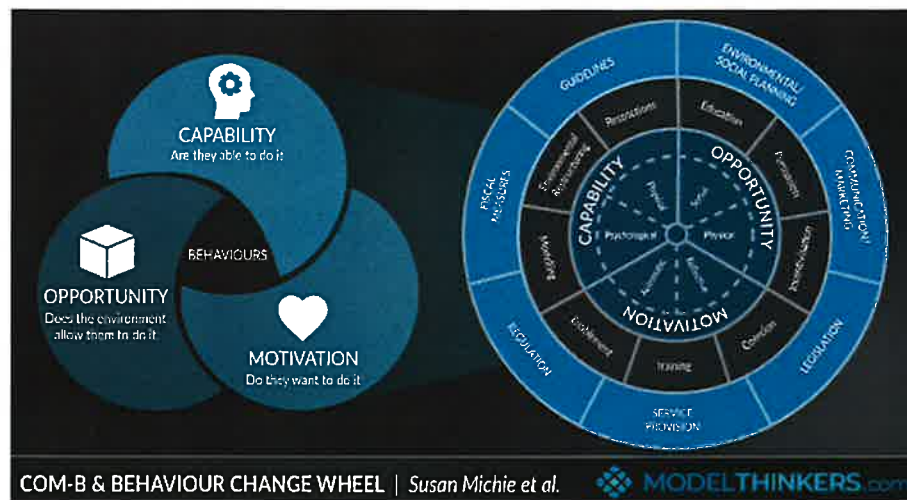


Fig.2- Clare LSP Staffing Structure December 2023.

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.



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 10 directors. The board are mandated to meet at least 6 times per year. In the period, we achieved a 50/50 gender balance as required by the Sports Governance code.

Name	Role	Year Appointed	# Board Meetings Attended
Mr Tim Forde	Chairperson / Director	2022	6/6
Garda Deirdre O'Doherty	Secretary / Director	2022	5/6
Mr. Eoin Hogan	Treasurer / Director	2022	6/6
Mr. Jim Madden	Director	2001	6/6
Ms. Anne Hayes	Director	2022	4/6
Cllr. Ann Norton	Director	2016	3/6
Cllr. Joe Garrihy	Director	2019	4/6
Cllr. Joe Kileen	Director	2019	2/6
Dr. Paul Mc Kenna	Director	2019	5/6
Mary Coffeey	Director	2024	1/2

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



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

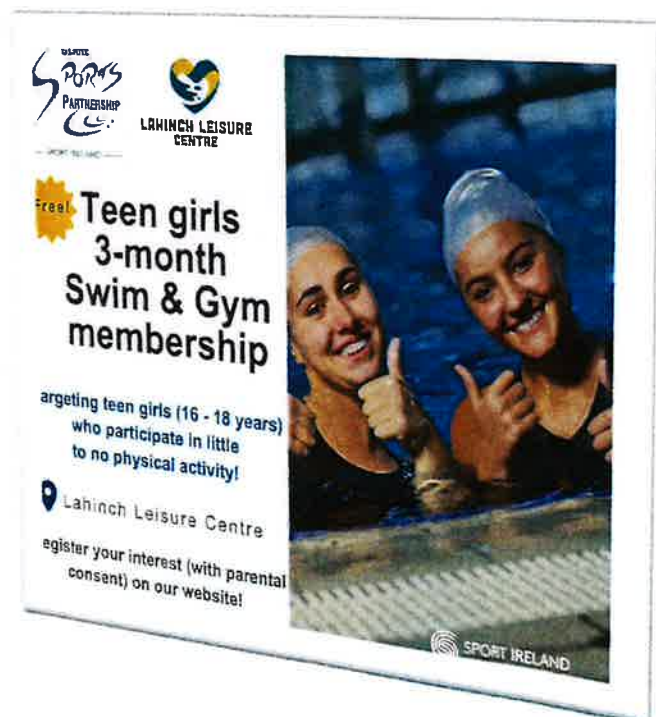
The function of governance is to ensure that an organisation fulfils its overall purpose, achieves its intended outcomes for its key stakeholders, and operates in an effective, efficient, and ethical manner. Good governance ensures that a framework of structures, policies, and processes are in place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

Financial planning and budgeting

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

Financial performance

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-committee 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 minutes 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

Finance

Our accounts are independently audited on an annual basis. The 2023 accounts have been prepared by our company accountants, BR Accountants Limited, Unit 16 Roslevan Shopping Centre, Tulla Road, Ennis, Co. Clare. (Note, BR Accountants Limited was formally known as Vaughan & Co.)

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



CLUB GRANT SCHEME 2023



€51,322 awarded in total



75 successful clubs



10 inclusive clubs grants



22 different sports



41 equipment & training grants



30 Ukrainian club integration supports

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@CLARESPORTS

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 2023**

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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 Eoin
Hogan
Deirdre O Doherty

Company Secretary

Deirdre O Doherty

Company Number

351270

Registered Office and Business Address

C/O Clare Education Centre
Government Offices
Kilrush Road
Ennis Co.
Clare

Auditors

BR Accountants Limited
Unit 16 Roslevan Shopping Centre Tulla
Road
Ennis Co.
Clare

Bankers

Allied Irish Bank
Bank Place
Ennis
Co Clare

Clare Local Sports Partnership Company Limited By Guarantee

DIRECTORS' REPORT

The directors present their report and the audited financial statements for the financial year ended 31 December 2023.

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.

Principal Risks and Uncertainties

The company receives a substantial amount of funding from the Sports Ireland together with grant aid from various sources. This funding is reviewed on an annual basis and the level of grant aid receivable may vary. The directors meet at regular intervals to review the company activities and the budgeted income and expenditure.

Financial Results

The surplus for the financial year after providing for depreciation amounted to €219 (2022 - €20,157).

At the end of the financial year, the company has assets of €557,036 (2022 - €604,838) and liabilities of €398,339 (2022 - €446,360). The net assets of the company have increased by €219.

Directors and Secretary

The directors who served throughout the financial year were as follows:

Jim Madden
Paul McKenna
Ann Norton Tim
Forde
Joe Killeen
Joseph Garrihy
Anne Hayes Eoin
Hogan
Deirdre O Doherty

The secretary who served throughout the financial year was Deirdre O Doherty.

There were no changes in shareholdings between 31 December 2023 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, BR Accountants Limited 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.

Clare Local Sports Partnership Company Limited By Guarantee

DIRECTORS' REPORT

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

Date: _____

Clare Local Sports Partnership Company Limited By Guarantee

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2023

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

Date: _____

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 2023 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement and the related 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 2023 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

BR ACCOUNTANTS LIMITED

Unit 16 Roslevan Shopping Centre Tulla
Road
Ennis Co.
Clare

Date: _____

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 2023

	Notes	2023 €		2022 €
Income		790,533		746,966
Expenditure		(790,360)		(726,809)
Surplus before interest			173	20,157
Interest receivable and similar income		46		-
Surplus for the financial year		219		20,157
Total comprehensive income		219		20,157

Approved by the board on _____ 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 2023

	Notes	2023 €	2022 €
Fixed Assets			
Tangible assets	7	6,287	9,466
Current Assets			
Debtors	8	101,870	-
Cash and cash equivalents		448,879	595,372
		550,749	595,372
Creditors: amounts falling due within one year	10	(396,500)	(442,683)
Net Current Assets		154,249	152,689
Total Assets less Current Liabilities		160,536	162,155
amounts falling due after more than one year	11	(1,839)	(3,677)
Net Assets		158,697	158,478
Reserves			
Income and expenditure account		158,697	158,478
Equity attributable to owners of the company		158,697	158,478

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

Approved by the board on _____ 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 2023

	Retained surplus	Total
	€	€
At 1 January 2022	138,321	138,321
Surplus for the financial year	20,157	20,157
At 31 December 2022	158,478	158,478
Surplus for the financial year	219	219
At 31 December 2023	158,697	158,697

Clare Local Sports Partnership Company Limited By Guarantee

CASH FLOW STATEMENT

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Cash flows from operating activities			
Surplus for the financial year	219		20,157
Adjustments for:			
Interest receivable and similar income	(46)		-
Depreciation		3,179	6,034
Amortisation of government grants	(1,838)		(4,138)
		<u>1,514</u>	<u>22,053</u>
Movements in working capital:			
Movement in debtors	(101,870)		13,530
Movement in creditors	(46,183)		(43,374)
		<u>(146,539)</u>	<u>(7,791)</u>
Cash used in operations			
		<u>(146,539)</u>	<u>(7,791)</u>
Cash flows from investing activities			
Interest received	46		-
Payments to acquire tangible assets	-		(2,111)
		<u>46</u>	<u>(2,111)</u>
Net cash generated from/(used in) investment activities			
		<u>46</u>	<u>(2,111)</u>
Net decrease in cash and cash equivalents		(146,493)	(9,902)
Cash and cash equivalents at beginning of financial year		595,372	605,274
Cash and cash equivalents at end of financial year	9	<u>448,879</u>	<u>595,372</u>

Clare Local Sports Partnership Company Limited By Guarantee

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

1. General Information

Clare Local Sports Partnership Company Limited By Guarantee is a company limited by guarantee incorporated in 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 2023 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.

Clare Local Sports Partnership Company Limited By Guarantee

NOTES TO THE FINANCIAL STATEMENTS

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

	2023	2022
	€	€
Operating surplus is stated after charging/(crediting):		
Depreciation of tangible assets	3,179	6,034
Amortisation of Capital grants	(1,838)	(4,138)
	<u>1,341</u>	<u>1,896</u>

5. Employees

The average monthly number of employees, including directors, during the financial year was 9, (2022 - 9).

	2023	2022
	Number	Number
Staff	9	9
	<u>9</u>	<u>9</u>

6. Employee Costs

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

Clare Local Sports Partnership Company Limited By Guarantee

NOTES TO THE FINANCIAL STATEMENTS

7. Tangible assets				
	Plant and machinery	Fixtures, fittings and equipment	Computers	Total
	€	€	€	€
Cost or Valuation				
At 1 January 2023	15,761	2,644	14,712	33,117
At 31 December 2023	15,761	2,644	14,712	33,117
Depreciation				
At 1 January 2023	8,142	797	14,712	23,651
Charge for the financial year	3,152	27	-	3,179
At 31 December 2023	11,294	824	14,712	26,830
Net book value				
At 31 December 2023	4,467	1,820	-	6,287
At 31 December 2022	7,619	1,847	-	9,466
8. Debtors			2023	2022
			€	€
Trade debtors			101,824	-
Other debtors			46	-
			101,870	-
9. Cash and cash equivalents			2023	2022
			€	€
Cash and bank balances			448,879	595,372
10. Creditors			2023	2022
Amounts falling due within one year			€	€
Taxation			10,424	5,435
Pension accrual			12,549	-
Accruals			373,527	437,248
			396,500	442,683
11. Creditors			2023	2022
Amounts falling due after more than one year			€	€
Capital grants			1,839	3,677

Clare Local Sports Partnership Company Limited By Guarantee

NOTES TO THE FINANCIAL STATEMENTS

12. 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.

13. 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 2023:

Sport Ireland Core & Programmes	€ 305,528
SI Women In Sport Her Outdoors	€ 2,300
SI Cost of Living	€ 15,000
SI Healthy Ireland	€ 750
SI Energy Grant	€ 35,000
SI Programme Manager	€ 30,000
SI ESF+	€ 15,138
Dormant Accounts Volunteer Supports	€ 15,000
Dormant Accounts Her Moves	€ 12,600
Dormant Accounts Urban Outdoors	€ 45,000
Dormant Accounts Community Sports Hubs	€ 41,000

The company is due an additional €108,124 from Sport Ireland - Department of Transport, Tourism and Sport as at 31st December 2023.

The company has treated €355,820 of income received from Sport Ireland - Department of Transport, Tourism and Sport as deferred income as at 31st December 2023.

14. 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.

15. Capital commitments

The company had no material capital commitments at the financial year-ended 31 December 2023.

16. Contingent liabilities

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

17. Post-Balance Sheet Events

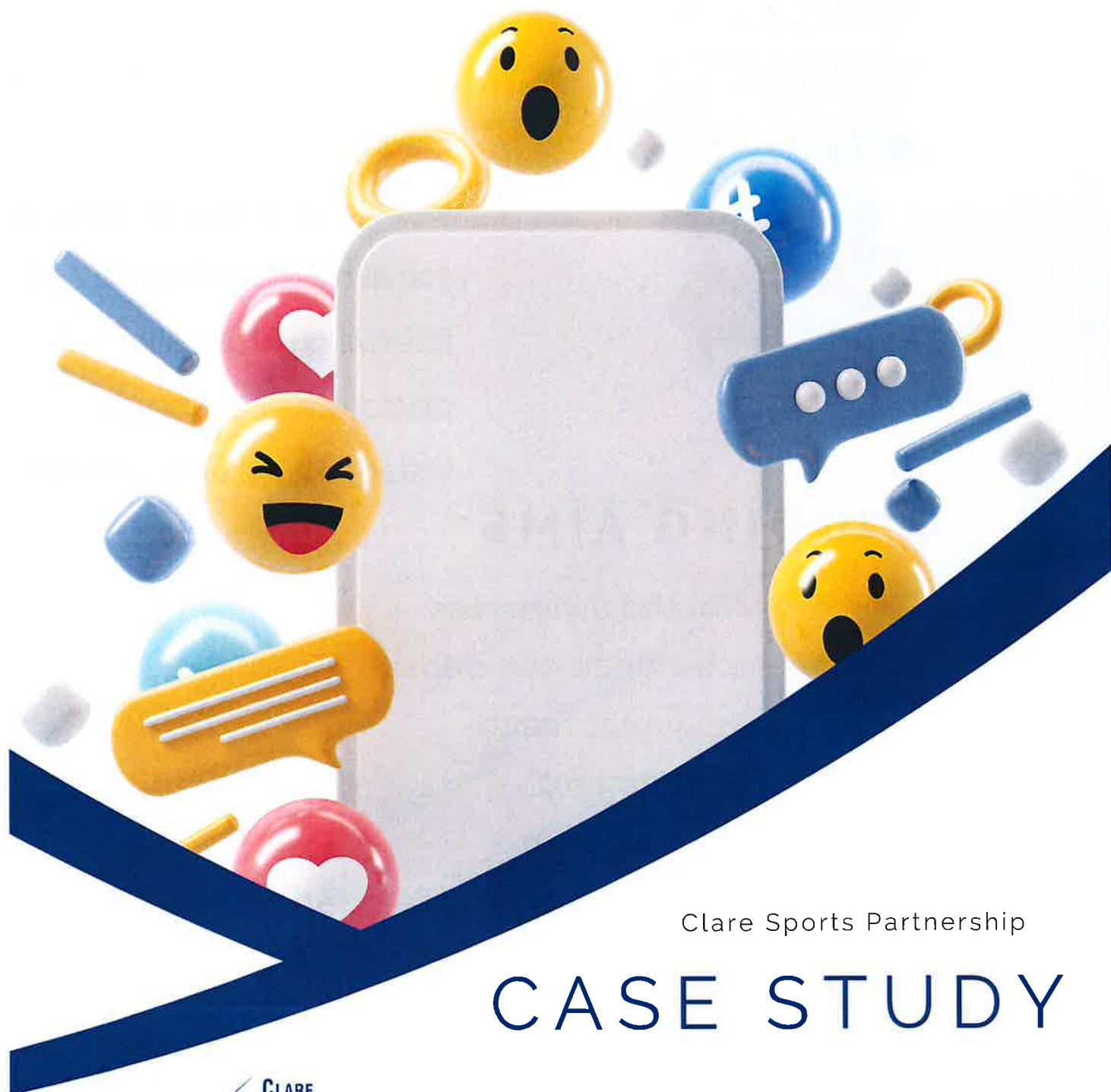
There have been no significant events affecting the company since the financial year-end.

18. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on

Case Studies

WEBSITE & SOCIAL MEDIA



Clare Sports Partnership

CASE STUDY





OVERVIEW

The ongoing aim of this project is to continue to improve our website, making it as professional yet as user friendly as possible. We also want to continue to grow our social media presence and following across all 4 platforms - Facebook, Instagram, (X) and LinkedIn.

ONGOING AIMS

- To improve brand awareness
- To increase traffic to our website
- To increase content reach
- To create new content
- To develop our website
- To not just post but participate on social media
- To increase fans and followers

4

SOCIAL MEDIA
PLATFORMS

3

MANAGEMENT
TOOLS

1

WEBSITE

WHAT'S NEW?

- A 'Bookings' button added to website homepage which takes users directly to a list of events.

Bookings

- We now use 'Hootsuite' - a social media management tool that allows us to schedule content and gain valuable insight into metrics of that content.



- We have designed a 'landings' page for various big events including Bike Week, EXPO and HER Outdoors Week 2023.



- We have created new content including video content of the Outdoor Recreation EXPO,

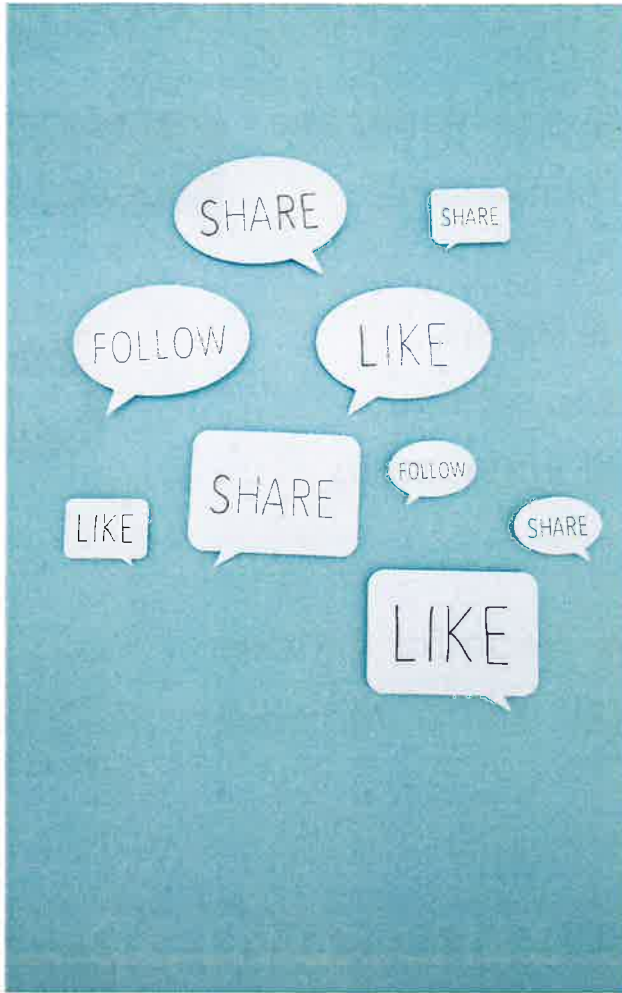


- We have partnered with a new website management company called Bluescope Technologies



- We have recently re-activated our LinkedIn page again.





OUTCOMES SO FAR

July 2023 - Sept 2023 compared to Oct 2023 - December 2023

- increase of 301 new followers across FB, X and Instagram
- 33.3% increase in average post engagement
- 87.4% increase in website clicks from Instagram page

Last 90 days vs previous 90 days

- 7% increase in website traffic
- 20.3% increase in website clicks

Through platform analytic tools like Hootsuite, we can monitor follower count, engagement rates & click rates. This gives us valuable insight into what kind of content our followers respond to best and can tweak our content accordingly.

NEXT STEPS

- Begin using Mailchimp resource
- Distribute monthly newsletters to mailing list
- Encourage people to subscribe to Clare LSP mailing list



Clare Sports Partnership

CASE STUDY
PAT SEXTON



WHAT IS IT?

- 8 to 12-week PA programme, two sessions weekly

Who is it for?

- Men over the age of 35

Why is it needed?

Obesity

16% of (25 - 34)

26% (age 35-44)

30% (age 45-54)

39% (age 55-64)

Men vs Women

Programme numbers in CSP



PROGRAMME CHALLENGES

- Programme design
- Timing
- Target group.

Adaptations

Following the research





Pre programme information

Active for 1 day - 22%
Active for 2 days- 29%
Active for 3 days - 19%
Active for 4 days - 12%
Active 5 days - 10%

OUTCOMES OF 2023

- Seventy-six men have taken part in four programmes in 2023 so far
- Follow-on courses - self funded

“

"This was the opportunity I needed to get back into fitness. Over ten years have passed since I retired from football, and I was new to the gym setting; as a result of participating, I am now a member and attend 3 times weekly."

NEXT STEPS

Continued roll-out of MOM across Clare in Hub areas with HSE Funding



CLARISFORD PARK

Overview of Derg AC as a best practice model for Inclusive Athletics

What is it ?

- To allow children with a disability (ASD and physical disabilities) to enjoy Athletic Activities from Kilaloe and the surrounding areas

Why is it needed?

- To increase physical activity opportunities for children with a disability
- To increase awareness and knowledge of children with a disability amongst mainstream coaches and volunteers within Derg AC
- To create a pathway for children with a disability to progress into mainstream athletics training

Derg AC/ Clare LSP Collaboration

- Clare LSP supported the provision of Disability Awareness, Disability Inclusion and Autism in Sport training for potential volunteers and coaches within the club.
- Clarisford Park Sports Hub was used as the appropriate venue, having both indoor and outdoor user friendly facilities
- To establish best practice links were made with University of Limerick, i Play programme, and Professor Daniel Tindall to help with the content of the programme.
- A programme timeline and start date was agreed and was advertised out

Outcomes of the Programme

- Weekly Athletics sessions based around the school term for children on the ASD spectrum and wheelchair users.
- 28 children have taken part in the programme
- 3 day Summer camps in conjunction with Clare Isp in 2021,2022 and 2023
- 25 children too part in 2023
- In the summer of 2023 Derg AC had 6 athletes participate in the IWA Para Athletics Fest in Carlow

“It has been uplifting to see wheelchair users and physically impaired children participate and enjoy an inclusive sports programme at local level. Integration within their local community through sport and seeing their improvement with their physical and social skills has been overwhelming and an inspiring experience as a coach”.

NEXT STEPS

Athletics Ireland are now looking to use Derg AC Inclusive Athletics Programme as a best practice model and roll it out to other Athletics clubs across the country.

A Learn to Cycle programme has been developed for members of the Inclusive Athletics Group



Inclusive Athletics



Summer Camp
 For children aged 5yrs - 16yrs
 on the Autism Spectrum, with a Physical Disability
 or Impairment
 3 Day Programme
 Wednesday 12th, Thursday 13th, Friday 14th July
 10am - 1pm
 Clarisford Park
 The camp cost is €30 and includes a Camp Kit
 Siblings are free and welcome!

Register on our App @ www.dergac.ie
 For further queries please contact Nicola - 086 3946134, Ursula - 086 0822351 or Debbie - 087 6838799
 or email info@dergac.ie






Derg AC / Clare LSP

Other Collaborations and Opportunities

- Multi-sport activity camp for disadvantaged teenagers. Derg AC provide 5 coaches for 3-hour workshop to 16 participants.
- Ran C25K series over 16 sessions for 42 participants
- 39 participants took part in their Spring in your Step Couch 25K programme.
- Again provided 5 coaches for our multi-sport teenage camp to 16 participants.
- Derg AC provided 10 coaches for SG1 training and 4 for first Aid training.
- Contributed to an open evening in Clarisford Park to display sporting opportunities for all ages among the local sports clubs.

Derg AC Inclusive Athletics
For children aged 5yrs - 16yrs
on the Autism Spectrum, with a Physical Disability
or Impairment
Athletics with a difference!

Derg AC Little Athletics
Ages 5-7
Agility
Balance
Co-ordination

Derg AC Juvenile Athletics
Ages 8-11
Agility
Balance
Co-ordination

Derg AC TEEN'S ATHLETICS
SOMETHING FOR EVERYONE!

Adult Athletics
Spring in your Step Get Moving Program
This is a non-running program that will focus primarily on gradually improving mobility
strengths and building a foundation for increased fitness over time
COUGH TO 5K
The programme is designed for beginners both men and women to gradually build up their running
ability so they can eventually run 5km without stopping
Fit 4 Life
The programme is designed for walkers and runners to maintain and improve their fitness
Seniors/Masters

**Mon: 6:15-7:15
Tues: 6:15-7:15
Sat: 11:30-12:30**

**Mon: Speed Endurance - 7:15-8:15
Tues: Sprints, Hurdles, Relays 7:15-8:15
Thurs: Street Workout/Circuits, middle distance 7:15-8:15
Sat: Field events, sprints and hurdles 11:30-12:45**

**Mon: Outdoor Gym - 7:15-8:15
Tues: 7:15-8:15
Thurs: 7:15-8:15**

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Tues: 7:15-8:15
Thurs: 7:15-8:15**

**Mon: Outdoor Gym - 7:15-8:15
Tues: 6:15-7:15 or 7:15-8:15
Thurs: 7:15-8:15
Sat: Park run 9:30**

**Mon: Outdoor Gym - 7:15-8:15
Tues: 6:15-7:15 or 7:15-8:15
Thurs: 7:15-8:15
Sat: Park run 9:30am
Sun: Long run - 2 mile gate**

Join our Club!



Clare Sports Partnership

CASE STUDY

Jessica O'Keeffe

OVERVIEW

The aim of this programme was to support clubs to increase participation in Sports and Physical Activity across county Clare. It can be used to purchase new equipment or training courses for volunteers. It is funded by Club Development, Sport Ireland.



IMPLEMENTATION

- This scheme was for clubs who are registered with a Sport Ireland recognised NGB.
- For six weeks clubs were contacted to apply through Google Forms for the grant.
- Clubs who required support with their application speak with the SDO.
- All applications were then scored through a matrix
- Clubs sent in the required documents within the timeframe and clubs received payment.
- Clubs then sent a Grant Spend report to the SDO.
- 76 applications were successful and recieved over €50,000 in funding

KILLALOE BALLINA TENNIS CLUB

- Small Club Grant 2023 €750
- The grant allocation included €150 to buy tennis balls for the teenage practice groups
- Below is a photo of some of the teenage juniors at a teenage girls' practice session.





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- €600 - support coach education
- Level 1 Tennis Ireland
- A letter was sent inviting applications from junior members aged 16+ years.
- Three junior members applied for the grant support and each participant received €200 euro from the grant to undertake the training (full cost of training €450)
- Above is a photo of the three junior members turned coaches assisting at a Communities Integration Fund "Tennis for All" summer camp for Ukrainian and Irish Children held from 7th – 11th August.
- This camp was held over 5 days (3 hours per day) and attended by 20 Ukrainian children and 10 KBTC junior members.

Thanks to all our partnerships and supporters



Social Media   

@claresports #activeclare

www.claresports.ie