

MAYO

SPORTS PARTNERSHIP

ANNUAL REPORT

2015



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative



MAYO.IE

2015

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FOREWORD

On behalf of Mayo Sports Partnership, we are once again delighted to welcome this annual report, which provides an overview of the work of the Partnership in 2015.

Mayo Sports Partnership seeks to provide accessible participation opportunities for all through involvement with key local and national stakeholders. We do plan to further develop structures and build capacity in communities through our upcoming 3rd Strategic Plan for Sport in the County. With limited resources at our disposal we do have to be strategic in our work and there is a need to prioritise actions.

There is a wide range of sports and physical activity programmes available through Mayo Sports Partnership. In addition to the 11,652 people that took part in 69 local programmes, an additional 3263 female participants took part in 8 Women in Sport programmes and over 400 participants took part in the Sports Disability programmes in 2015.

2015 saw the Partnership celebrate its 10th Anniversary since the launch of the umbrella body on the 10th March 2005 in the Westport Leisure Park. Since then it has delivered 516 programmes targeting 62,374 people from all sectors of the population in Mayo plus 54 Women in Sport initiatives for 31,263 Women. We are also proud of our Women in Sport programme which was emphasised in the launch of the Mayo / Sligo Participation Report in July where research, conducted by Sport Ireland & Ipsos MRBI, found that Mayo and Sligo were the only 2 counties in the country where more women 49% were participating in sport than men 47%.

A particular highlight from the report has been through Dormant Account funding the development of the Ballyhaunis Community Sports Hub, Youth Sport Leadership and further delivery of the Goal to Work Programme.

MSP continues to be very thankful to Mayo County Council CEO Peter Hynes, Director of Services Joanne Grehan, John Treacy and all the staff in Sport Ireland, HSE West, other local agencies on the Sports Partnership board and Minister Rings Department of Transport, Tourism and Sport for their continued support and investment which enables us to do our job.

Finally, the Partnership thanks all those who have contributed to the compilation of this annual report and also to the team of instructors / tutors who were involved in the many programmes. Special mention goes to the Mayo Sports Partnership Administrator Padraic Durcan, Sports Inclusion Disability Officer Ray Mc Namara, Community Sports Project Worker Anne Ronayne, Jobbridge Interns Donal Newcombe and Elmer Pieterse.



Brendan Mubroy

Chairman
Mayo Sports Partnership



Charlie Lambert

Sports Co-ordinator
Mayo Sports Partnership

Key Findings

This report is the 9th annual report of MSP using the SPEAK self-evaluation system.

Background, Resources and Funding

- €681,598 was invested in MSP in 2015. This figure includes benefit-in-kind funding of €213,000 from partners
- Funding from Sport Ireland accounts for 33% of the total LSP funding in 2015, 21% from Dormant Accounts with the remaining 46% coming from other sources. These figures include benefit-in-kind funding.
- 19 people served on the MSP board in 2015.
- In 2015, 4 people worked full-time on behalf of MSP. 2 were 100% directly funded by Sport Ireland with the Sports Disability Officer funded 50%. The Community Sports Project Worker is funded by partners and generated income. Two Interns were also employed under the government's Jobbridge Initiative.

Achievements of Mayo Sports Partnership in 2015

Development of Sports Infrastructure in Mayo

- In 2015, MSP has provided 580 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding.
- 80 clubs / groups were supported in making funding applications and fundraising.
- 80 groups have been supported in the delivery of their activities.
- 35 groups have been supported with regard to developing their organisational or management structures.
- MSP planned and delivered 19 training and education courses, workshops and seminars.
- 711 people participated on these courses.

Delivering Sport Ireland Programmes

Active Leadership

- 164 sports leaders have been trained in 12 Active Leader Courses since it commenced.

Code of Ethics – Safeguarding 1&2

- 218 participants completed 17 Code of Ethics Basic Awareness – Safeguarding 1 courses.
- 31 participants completed 2 Club Children's Officer – Safeguarding 2 courses.

Local Programme Delivery

- 11,652 people participated in 69 locally delivered participation programmes.
- 5,711 of these participants were children
- An additional 3263 female participants took part in 8 local Women in Sport programmes.
- Sports Disability Inclusion Programme – 403 participants in 18 programmes.
- 570 volunteers supported the delivery of these programmes

Building and Sustaining Partnerships

- In 2015 MSP was involved in 45 different policy actions involving over 300 different organisations

Information Provision

- Over 12,000 individuals contacted MSP in order to access general or specific sport-related information.

Background, Resources and Funding

▶ Are you a **male**
and **aged 35+?**

▶ Do you want to
feel fitter,
lose weight,
have fun,
have more energy
meet new people

If you do why not
get involved in

men Activity Programme
on
the **move**

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1.1 Background to Mayo Sports Partnership

MSP is a central pillar of both Mayo County Councils and the Irish Sports Council's strategies in sport and recreation. This report is the 9th annual report of MSP, utilising the SPEAK self evaluation system reflecting all its workings in 2015.

1.2 Project Funding Sources

Funding from Sport Ireland accounts for 33% of the total MSP funding in 2015, 21% came from Dormant Account Funding with the remaining 46% coming from other sources. These figures include benefit-in-kind funding.

	Total €	%
MSP Monetary Funding Leveraged Locally	102,168	15
MSP Benefit-In-Kind (BIK) Leveraged Locally	213,000	31
Sport Ireland Core/Programme	192,780	28
Sport Ireland Disability Funding	25,000	4
Sport Ireland Women in Sport Grant	3,650	1
Dormant Accounts	145,000	21
Total	681,598	100

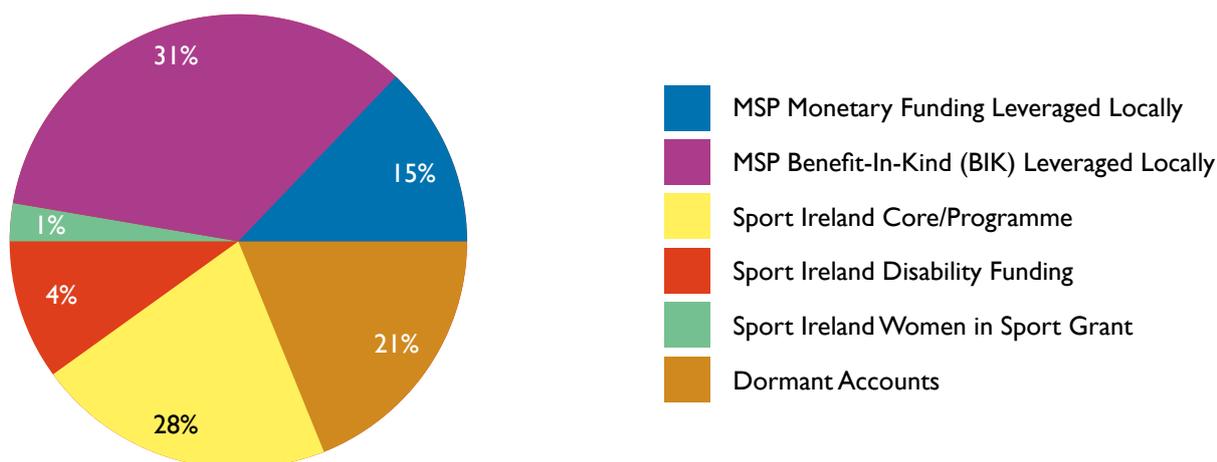


Figure A – Total funding received by MSP in 2015

After core funding from Sport Ireland funding from the Dormant Accounts Board was the next most significant source of monetary funding. Mayo County Councils in-kind support for MSP in 2015 was the highest amongst all partners. Other significant funders and in kind contributors were the HSE,

Mayo, Sligo, Leitrim ETB, Waterford IT, Mayo North East Leader Partnership, South West Mayo Development Company, Department of Transport, Age and Opportunity, GMIT, Disability Organisations and the Western People Newspaper Sport Ireland funding to MSP increased by € 10,740 or 6% from €210,540 in 2014 to €221,430 2015.

MSP monetary funding leveraged locally decreased by €13,704 with in-kind support for the Partnership increasing by by €27,000 which accounts for % of overall support to MSP.

Total MSP Funding has increased by €169,186 due to the allocation of Dormant Account funding . The investment of €681,598 is a significant contribution ito promoting sport within County Mayo.

I.3 MSP Management and Staff

Boards of Management Participation and Representation

- A total of 19 people served on the Mayo Sports Partnership board in 2015.
- On average 20 hours was committed by the board, including the work undertaken by board sub-committees in 2015.

Mayo County Council and Mayo Sports Forum continue to be the organisations who have the most participants on the board. (See appendix A)

MSP Staff

MSP has staff which are funded by Sport Ireland and staff funded through other sources. Along with the co-ordinator and the administrator, who are funded by Sport Ireland, both the Sports Inclusion Disability Officer and the Community Sports Project Worker are funded through board partners and through MSP generated funds. In 2015 MSP once again availed of the Jobbridge Scheme and employed an assistant Sports administrator and a Sports Development Officer assistant. Mayo County Council employs staff on behalf of the Partnership.

Figure B – Mayo Sports Partnership Staff

	Male	Female	Total
Full time staff, funded by ISC, other programmes and agencies	3	1	4



Charlie Lambert
Sports Co-ordinator



Ray McNamara
Sports Inclusion
Development Officer



Padraic Durcan
Sports Administrator



Anne Ronayne
Community Sports
Development Project Worker

MSP also contracted a further 25 tutors to deliver programmes, courses and initiatives within the partnerships structure

Achievements of Mayo Sports Partnership In 2015



2.1 Introduction

The extensive work of MSP is characterised as falling under four main headings:

- Building more sustainable infrastructure in clubs and communities
- Increasing participation in sport / physical activity amongst the population
- Greater access to training and education for volunteers and community activists
- Acting as an information hub about sport and physical activity at a local level

2.2 Building more Sustainable Infrastructure

A key priority for MSP is that there is a sustainable level of development within the local sports infrastructure. MSP works with clubs and groups to ensure that structures are in place to enable citizens from across all target groups to participate in a wide range of sport or physical activity options. This sustainable environment is further facilitated through supporting volunteers and coaches to access opportunities to develop their skills and improve the quality of sports participation in their communities.

Funding Work

In 2015, MSP has provided 580 sports clubs, groups and organisations throughout the county with important information and advice in the area of funding. MSP has worked directly with 30 of these clubs to assist them in developing funding applications, while another 50 clubs / groups would have received assistance in the annual small grant scheme.



PIC:

2015 Special Participation Grant Scheme to 39 Sports Clubs / Groups

Club Development Work

MSP supports existing providers of sports and physical activity across the county and work with sports clubs, communities and individuals in order to introduce new sporting opportunities and sustainable pathways for ongoing participation in physical exercise.. To this end, in 2015:

- Some 80 groups have been supported in the delivery of their activities
- 39 sports clubs / groups supported through the annual Special Participation Grant Scheme
- Some 20 groups have been supported with regard to developing their organisational or management structures
- A further 15 groups were assisted in tackling development or policy issues.

This support work assists clubs to improve and develop and helps them to attract and retain members. MSP also plays a key role in advising clubs in the areas of club planning and in the development of inclusive policies.

Other Infrastructural Developments

Having initiated a number of participation programmes ie Meet and Train, Men on the Move, Couch to 5K, parkrun, Operation Transformation etc at Lough Lannagh Castlebar in recent times, a new sports infrastructural development including a local authority swimming pool and outdoor pursuit centre has recently commenced. This would place Castlebar as a significant sports hub for the region and would be central to sport development policy in the 3rd strategic plan for sport / physical activity which is due to be published in 2016. Sports hubs are also been developed in Ballyhaunis, through Dormant Account funding and also in Ballina where a new athletic track and greenways have given a huge lift to the community.

Our close working relationship with the parks superintendent of Mayo County Council Peter Gill, Leader Partnership Companies and the development of Sports Forum/ networks in a number of communities has led to the addition of many Multi Use Games Areas and other facilities around the county.

Work in promoting Mayo as the outdoor adventure capital of Ireland and promoting outdoor adventure events over recent years has led to Outdoor Activities / Adventure been central in the development of Mayo County Councils Destination Mayo Tourism Strategy.

Mayo Sports Partnerships work with Mayo Trails Partnership in the promotion of walking in the county has led to communities / clubs looking to physically develop walking routes and walkways. Several clubs including Achill and Islandeady GAA clubs successfully applied for funding under the Sports Capital Grant Scheme.



PIC:

Group pictured with An Taoiseach Enda Kenny, Minister of State for Sport Michael Ring and Sonia O Sullivan at the Opening of the Turlough Greenway in May 2015

The overall development of sporting and recreational infrastructure in the county has vastly improved with the latest round of sports capital funding in 2015 adding to this portfolio. Lobbying and influencing local representatives and our own Junior Minister for Sport and Tourism has assisted key projects such as Rice College Recreational Development, Ballina Athletic Track etc to progress. The very fact that more collaboration is happening at local level can be attributed to networking opportunities and educational seminars for sports volunteers. Funding information nights which increases awareness about guidelines and best practice can be influential in nurturing partnership in local communities.

2.3 Increasing Participation

Programme Delivery

MSP uses its local knowledge and expertise to identify specific needs, and thus to plan, develop and implement targeted programmes to directly increase the levels of local participation particularly amongst the harder to reach social groups. In 2015, MSP maintained its robust delivery and support of an innovative range of participation programmes:

- 11,652 people participated in 69 locally delivered participation programmes
- 5,711 children accessed these programmes
- An additional 3,263 female participants took part in 8 local Women in Sport programmes
- 537 volunteers supported the delivery of all these programmes



PIC: Participants in the Active Teens Secondary School Training Programme with Minister of State, Michael Ring.

MSP strives to deliver programmes that reach both the general public and the hard-to-reach groups and minorities to ensure that everyone has a chance to take part in some form of physical activity. Delivering close to 70 quality programmes across the county requires proper planning and evaluation to ensure that the recipients are getting the best experience possible. MSP is constantly learning from the outcomes and feedback from participants. This type of feedback is very important to ensure that programmes are running effectively.

MSP continues to answer the demand for organised events which appeal to the general public. From the continued development of the Western People West of Ireland Women’s Mini Marathon and the popularity of the Operation Transformation walks and runs, MSP continues to provide high quality events for those new to physical activity, and to those already participating. These mass participation events allow MSP to reach a much greater audience and MSP can continue to direct participants to other programmes to ensure they stay active.

Impacts

In 2008 there was only one adult athletic club in the county with the emphasis on competitive participation rather than leisure. With the promotion of the Fit4Life / Meet and Train Programme by Mayo Sports Partnership and Athletics Ireland participation has massively increased with Fit4Life clubs established countywide. Membership of these athletic clubs has mushroomed in the last number of years and awareness and interest of children’s programmes such as “Introduction to Athletics” has really taken off. The amount of local events adding Children’s 2k or similar initiatives as part of their activities has grown in the last year or so and this could be partly down to increased awareness through the Mini Mini 2K event for primary schools which takes place prior to the mini marathon.

Growth of these Fit4Life / Meet and Train Groups has also helped to sustain the parkrun programme in the county. Parkrun takes place in Ballina, Castlebar and Westport with many of the volunteers assisting them coming from these groups.

Operation Get Active Mayo and other campaigns have led to the establishment of many walking groups. Groups are assisted in their development by training and perhaps small grants. Local festivals are starting to grow and this has a knock on effect on local tourism etc

July 2015 saw the announcement of pilot physical activity hub funding for Ballyhaunis. The forming of a local sports network and the design of an action plan for the funding application has given the local community a sense of ownership of the programme. A number of actions such as Youth Leadership, Goal to Work Sports Coach Training Programme, Schools Healthy Living, participation programmes and the building of a cricket practice area are taking place. Due to the composition of the community with a high % of foreign nationalities living in the area, the development of clubs in cricket and basketball will be vital to the sporting infrastructure in the area.

2.4 Greater Access to Training and Education

MSP provides quality opportunities for education and training at local level for volunteers, coaches and administrators.

- MSP planned and delivered 19 training and education courses, workshops and seminars with their partner agencies
- 711 people participated on these training courses.

2015 saw the Partnership involved in Mayo GAA Health and Wellbeing Seminars and Youth Sport Leadership Training funded through Dormant Accounts. As in other years the most popular courses run by MSP were Club Development Courses ie First Aid, Sports Seminars, Active Leadership, Disability Awareness/Inclusive Games Training, Be Active After School Training, Walking Leader Training and coach education.

Impacts

Mayo Sports Partnerships involvement in Westport GAAs health and wellbeing seminar initiated several queries from GAA clubs towards developing their own events seeking advice and support to organise seminars in their own locality. The GAA healthy club project has drawn interest from clubs such as Achill who have participation programmes such as Men on the Move and are seeking leadership training for their local volunteers.

2015 saw the delivery of the Goal to Work West Mayo Sports Coach Training programme funded through Dormant Accounts. This programme is the 6th since 2010 and has had several impacts on the sporting environment in the county. At least 2 coaches have received employment as local sports co-ordinators in local community centres, another coach in Kilcommon from the Erris programme is conducting a primary schools coaching programme on behalf of the club. Another Erris based coach has helped to deliver a Little Athletics programme where at least 3 schools have purchased their own equipment.

Assistance through our annual small grant scheme for outdoor training and education leadership programmes has helped to increase the menu of activities available and support making Mayo the Outdoor Adventure Capital of Ireland. Examples in 2015 have been Dragon Boat Helmsmanship, Kayak Level 1 and walking leader training. Support for Triathlon events and other adventure sports events in the county is available through promotion and access to Sports First Aid training.

Following collaboration with the Western Regional Drug Task Force in organising Success in Sport Seminars and bringing top sports people to the county, there are proposals to hold a sporting excellence seminar in 2016 where numerous high profile sports personalities will come to the county on a particular weekend. As well as providing access for sports volunteers /coaches to a knowledge bank it will also boost local tourism by bringing people in to the county.



PIC: Olympic Silver Medallist Kenneth Egan at the Success in Sport Seminar in Westport

2.5 MSP as an Information Hub

Mayo Sports Partnerships work in working with target groups of the population through programmes such as Men on the Move, Couch to 5K, Meet and Train, Active 55 etc has encouraged sports facilities such as Westport Leisure Park and Lakeside Ballinrobe to become community sports hubs. They have promoted numerous participation programmes which not only utilise their facilities but also the outdoor environment. These programmes have not only opened up new markets to the facility but also open a very valuable revenue stream for them.

In 2015 Mayo Sports Partnership provided the following information outcomes

- 10,000 hits on MSP Website
- 12,000 people on MSP email distribution list
- 12 Newsletters distributed
- 3,000 Facebook followers
- 1,200 Twitter followers
- 20 Radio Interviews
- 30 Press Releases issued to local media



Since 2010 the West of Ireland Women's Mini Marathon has increased women's participation in sport significantly with recent research for the Mayo / Sligo region showing women's weekly participation standing at 49% which surpasses men's weekly participation of 47%.

Not only can this trend be attributed to feeder programmes to the mini marathon such as Fit4Life, Couch to 5K, Fit Walk , Operation Transformation etc but also to better local facilities such as greenways, walking routes, athletic tracks etc. Groups, clubs, individuals throughout the length and breadth of the county are participating as a norm in physical activity.

Social Media has also played a major part in creating interest countywide with Mayo Sports Partnership Facebook page running at close to 3,000 likes and 1500 followers on twitter, These platforms are constantly updated with programmes and local initiatives with most well populated because of the interest. Our platforms are well recognised as credible to be on and as an effective medium to promote local events.

Local media have recognised the credibility and pull of Mayo Sports Partnership programmes in the region and have come on to board to be media sponsors in areas such as Men on the Move, which is championed by Tommy Marren on Mid West Radio and the Connaught Telegraph in Operation Transformation. Along with the Western Peoples 10 week long lead in promotion to the West of Ireland Womens Mini Marathon it has given great profile to MSPs activities.

2.6 Delivering Sport Ireland National Programmes

The Safeguarding programme for Child Protection in Sport is the flagship programme delivered locally by Mayo Sports Partnership.

Safeguarding

The Safeguarding programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

The Safeguarding programme consists of three workshops:

- **Safeguarding 1** - A 3-hour basic awareness training module for leaders within sports club
- **Safeguarding 2** - A further 3 hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.
- **Safeguarding 3** – A 3 hour workshop for designated officers in clubs who would deal in reporting to statutory authorities.

There was considerable demand for courses in 2015 due to the new safeguarding structures and the imminent arrival of new child protection legislation. No Safeguarding 3 workshops took place in 2015 but are planned for 2016.

In 2015, 206 completed Safeguarding I training on 16 courses run by MSP.

	Safeguarding 1			Safeguarding 1		
	(2013)	(2014)	2015	(2013)	(2013)	2015
No. of courses delivered	(17)	(26)	17	(2)	(2)	2
No. of participants	(320)	(373)	218	(21)	(33)	31

Figure C - Summary of Code of Ethics outputs for 2013, 2014 and 2015. Figures in brackets are for 2013 and 2014.

As a Child Protection Tutor for Mayo Sports Partnership I work with approximately 150 sports volunteers per year. Consistently and without exception in each of the 150 evaluations completed each year, all participants have stated that they benefitted immensely from the information and training on Child protection and at least 75% of all those who participated in the training stated they want the programme delivered to other volunteers within their community, voluntary and sports group. Months later, I will meet the same participants at a follow on Child protection training course and they tell me anecdotally how much of an impact the training has made, mainly that coaching is easier because codes of conduct are being implemented, parents are happier and more children are participating in the sport with fewer dropping out.

Louise Mc Bride - Child Protection in Sport Tutor Mayo Sports Partnership

2.7 Programme Delivery

MSP strives to deliver programmes that reach both the general public and the hard-to-reach groups and minorities to ensure that everyone has a chance to take part in some form of physical activity. Delivering close to 80 quality programmes across the county requires proper planning and evaluation to ensure that the recipients are getting the best experience possible. MSP is constantly learning from the outcomes and feedback from participants. This type of feedback is very important to ensure that programmes are running effectively.

MSP provides a variety of supports through small investment schemes enabling sports clubs and community groups to provide accessible participation opportunities locally.



PIC: 6th West of Ireland Womens Mini Marathon

Bike Week 2015 – Joy Squad Ballinrobe

The Joy Squad, youth mental health working group was set up to respond to a need in the community to promote positive mental health for youths in the locality. The Youth Mental Health Working Group hosted a Bike Week event on Sunday 21st June 2015, as part of Promoting Positive Mental Health during Bike Week. The event highlighted the existence of the working group to the wider community, whilst linking positive mental health with physical activity. A Cycle Safe talk and helmet check took place prior to the cycle, and it was promoted as a family event. 9 women, 9 men and 24 youth attended. After the event there were refreshments, music, face painting and information on road safety and positive mental health. The feedback from the participants was very positive, with a request to make this an annual event.

The Bike Event that the Joy Squad organised was in partnership with the local Sports and Fitness Club, Western Lakes Cycling Club and Mayo Sports Partnership. This event was a wonderful opportunity for the youths to work collectively with various businesses and community organisations in the town. Thus, engaging in civic responsibility, whilst promoting positive mental health and wellbeing through physical activity. Funding of €250 was received from Mayo Sports Partnership, and without this funding, this event would not have been possible.

Grace McGee - Community and Youth Development Officer, Tacú Family Resource Centre



PIC: Inclusive Summer Camp 2015

Le Cheile Summer Camp Castlebar

Le Cheile Community and Family Resource Center (FRC) received €400 from Mayo Sports partnerships Special Participation 2015

Le Cheile Family Summer Camp provided affordable accessible Summer Camp support to families from disadvantaged groups affiliated to Le Cheile FRC.

Le Cheile aim's to encourage family & community participation in enjoyable social activities at developmentally appropriate level and at an affordable cost. Create a welcoming environment and provided equal access to all families with Summer Camp support.

Achievements:

Le Cheile provided a very successful pilot project summer camp for 15 Children from 4- 12 years of age along with 15 parents/guardians. The full week of activities include,

T-Shirt design with paint and fabric pens, fitness and warm up exercise, Parachute games, football and racket Ball
Healthy Eating, diet Nutrition and healthy lunches for the week of summer camps.

Mayo Art Squad provided a art and craft workshops

Noelene Cashin –Facilitated a Mindfulness workshop -for Parents/Guardians on relaxation techniques

Eco Workshop

Road Safety on keeping safe on road and using bike when on the roads

The Children and families who attended were extremely happy with the service. The camp was very child friendly and parent focus too, where parents could attend with their children. The overall feedback was very positive and great social inclusion for all groups attending the centre from various background and cultures. Also parents expressed an interest for Easter camps and for older children 9 -12 years. We also carried out a Child friendly evaluation forms where children felt they would participate in more activities such as using their bikes and taking up physical activities such as jogging or football

Ann Conway - Castlebar Family Resource Centre

Sunshine Club – Irish Wheelchair Association

IWA received €400 from Mayo sports partnership to purchase equipment for our Sunshine Club, the club caters for children between the ages of 4 and 16, and consists of children with varying levels of disability, physical, sensory and learning disabilities.

The club was started early in 2015 as there was a lack of social outlets for children with disabilities in Erris, and IWA set about firstly insuring all staff and volunteers received Child protection training and we had a consultation open day with parents and children to assess what the shortfalls were in services.

As a result of this survey we have had a monthly service for children, involving sports, cookery, social outings in the community etc. We now have 12 children attending the club.

Rosaleen Lally - Erris Irish Wheelchair Association

2.8 Women in Sport Programmes

The 'Women in Sport Initiative' launched by the Irish Sports Council in 2005 also set out to address findings that the involvement of girls and women in sport and physical activity at school age and in adult life has tended to be much less than that of their male counterparts. The overarching objectives of the Women in Sport programme have been to raise overall physical activity levels among women and to support women's roles within sports organisations. A specific fund is allocated to Women in Sport programmes across the LSP network.

In 2015 3,263 female participants took part in 8 local Women in Sport programmes.

A local participation report for Mayo / Sligo which was

published in June 2015 showed that 49% of women in Mayo are taking part in regular sport i.e. at least once a week compared to 47% of men. Both Mayo and Sligo have the highest participation rates for women in the country with progress attributed to the many Women in Sport initiatives progressed in both counties.



PIC: Winners of the 2015 County Boccia League

Greenway Utd Ladies Soccer

In June 2015, Greenway Utd was delighted to receive €500 from Mayo Sports Partnership to go towards the setup of a girls U12 soccer team. Despite Burrishoole (Newport, Mulranny and Cuilmore) having a lot of national success in Community Games with girl's soccer, there wasn't an actual soccer club in the area. A lot of talented girls travelled to Castlebar Celtic to play club football. Because of this, a number of parents decided to form a club to initially cater for U12 girls in the Newport area. The biggest expense was going to be a set of goals which cost approx €800. U12 girls play 7-a-side and use smaller goals and they have to be a specific standard hence the cost. The funding went a long way towards paying for the goals and Greenway had 13 girls on the team in 2015. We had a successful league campaign where we contested the final of Division 2 but unfortunately lost. Overall, it was a fantastic debut and Mayo Sports Partnership was a major contributing factor. We look forward to 2016 where more girls will, no doubt, come on board.

Michelle Chambers - Greenway Utd

Na Brideoga Camogie Club

Our club applied for grant aid to help purchase indoor camogie training equipment. We wished to promote year round fitness and to maintain the interest in sport and fitness when the Camogie season ends. The inclement weather in winter means that pitches are closed for weeks on end so we appreciate greatly that the grant contributed to premises rental in a well lit area with ample parking providing a safe (and warm) area for our girls to train. Most importantly indoor camogie requires specialist equipment and our club is most grateful for the opportunity you afforded us, this equipment will last for many years.

Catherine Moran - Secretary, Na Brideoga Camogie Club

Further details on specific programmes aimed at target groups are included in the section 3 of this report.

2.9 Building and Sustaining Partnerships

Influencing Policy and Networking

MSP actively engage and promote a wide range of networks and forums at local, regional and national level. In 2015, MSP were involved in 45 different policy actions and networks involving working with 340 various organisations.

These networks and forums bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners to provide opportunities for partnership endeavours that influence and resource sports and physical activity at county, regional and national level.

MSP has also established and participated actively in networks and forums with a specific focus on certain activities and target groups. A couple of examples are given below:

Mayo Age Friendly Alliance

The Age Friendly Programme will see a range of key agencies working together at both decision making and operational level to promote and maintain the best possible health and well-being for people in the county. The programme recognises that older adults are a diverse and ever changing group and that no single group or organisation is able to respond to the challenges and opportunities that our changing demographics present. At the heart of the programme therefore is partnership, between organisations and with the community, particularly our valuable older adults, with a shared vision of making Mayo a great place in which to grow up and grow old.

A strategy document is under development by the Mayo Age Friendly Alliance in consultation and co-operation with older people from across the county. The Alliance is made up of senior personnel in Public Sector agencies and other key organisations including Mayo Sports Partnership who are able to make decisions on behalf of their organisations in terms of service delivery and development.

Local Community and Development Committee (L.C.D.C.) – Health and Wellbeing Sub Committee

The purpose of the Health and Wellbeing Working Group is to assist in delivering the goal of the Mayo Local Economic and Community Plan which relates to the health and wellbeing of the people of Mayo through an interagency partnership approach.

The Health and Wellbeing Working Group will have a focus on the identification and delivery of Actions for the Mayo Local Economic and Community Plan Action Plan through the Mayo Local Community Development Committee. The focus of the Group's work is on identifying the key areas where inter agency collaboration can be brought to bear on the areas of health and wellbeing.

Membership of the committee includes representatives from the HSE, Mayo County Council, Community Engagement Network, Mental Health Groups, Disability Groups, Mayo Traveller Support Group, Child and Family Agency and Mindspace.

One of the first actions of the group is to draw up an action plan which is meant to be collaborative and avoid duplication in the area.

Programme Case Studies



3.0 Introduction

This section presents examples of MSP work practices and case studies of interaction with key target groups leading to capacity building of volunteers and sustainable participation.

Each case study demonstrates important elements of MSPs approach:

- In depth awareness of the needs of the communities.
- Effective delivery of opportunities for sport and physical activity to the wider community, but especially to hard-to-reach groups who are not engaged in mainstream sports.
- Engagement in a partnership approach with a wide range of local links, highlighting the extent MSP is embedded within the local community and local sports infrastructure.
- Focus on the sustainability of programmes through follow up work and collecting feedback.

3.1 Disadvantaged Communities

Since its inception in 2004 Mayo Sports Partnership has always sought to engage with hard to reach groups. Varying successful initiatives have been developed including the development of the Ballina and Castlebar Sports Forums, engagement with the Mayo Traveller Support Group and the local Intercultural Forum. In July 2015 Mayo Sports Partnership was successful in its application to Sport Ireland for Dormant Account funding towards a community sports hub in Ballyhaunis. Up to 60% of the Ballyhaunis population is made up of foreign nationalities with the sport of cricket a preferred choice for the majority. Unfortunately in Ballyhaunis there is no safe place for people to practice this sport, however the allocation of capital funding has allowed a cricket practice area to be developed in addition to a multi purpose games area to be developed by the local authority.

Case Study: Ballyhaunis Community Sports Hub

Background

Following an identified need for a cricket practice area and to provide increased inclusive opportunities for participation in the Ballyhaunis area an application was made by Mayo Sports Partnership to Sport Ireland for Dormant Account funding towards a Community Sports Hub.

Funding of €90,000 for the Ballyhaunis cricket practice area was secured through Mayo Sports Partnerships successful application. Collaboration with the parks superintendent Peter Gill of Mayo County Council ensured that the cricket development, the first of its kind by a local authority in the Republic of Ireland, could be added to the recreational amenities ie Multi Use Games Area and playground developed in 2015 at the Maples in Ballyhaunis. A Ballyhaunis Sports Network Committee, originally formed in 2008, was reactivated with membership including but not exclusive to Local Authority, Leader Partnership, Community Council, Chamber of Commerce, Mayo Traveller Support Committee, Community School, Mayo Sports Partnership and local sports clubs ie Ballyhaunis GAA etc. 0% of the allocated funding was to be allocated towards programmes in the area.

Programme Objectives

The main aim of a CSH is to increase the number of people of all ages participating in sport and physical activity in their communities.

The objective of the Community Sports and Physical Activity Hubs in disadvantaged areas is to bring local people together and provide a home for local clubs and sports organisations.

Programme Outline

In Mayo Sports Partnerships strategy “Promoting an Active Mayo” under the theme of Increasing Participation we would have identified 2 objectives targeting communities and disadvantaged groups.

I.3.To empower communities increase participation in sport at local level.

I.4 To target low participation groups with a special focus on the unemployed, women, teenage girls, young people at risk, people with a disability, ethnic minorities and older people

Since 2010 we have been involved in setting up some local area sports fora with mixed success. These have included areas such as Ballina, Castlebar, Erris, Westport, Achill and Ballyhaunis. The most successful of these have been in Ballina and Castlebar largely as a result of town council support and other partners.

The Ballyhaunis sports hub initiative provides us with an opportunity to devise a plan to make a difference in a community which is disadvantaged and different in make up from any other community in the county.

The community we are proposing for the purpose of this application is Ballyhaunis which has a Muslim population of 40% of the inhabitants. In fact it is estimated that there are 40 different nationalities living in the area. Ballyhaunis Sports Network was established in 2008 as a result of a new games area built in the town. This network, led by Ballyhaunis Chamber of Commerce, has had limited success and needs a boost as the area would feel particularly neglected compared to developments in other areas. Integration is a major issue in this community with limited success in soccer, GAA etc. Local Muslim leaders have approached both the Sports Partnership and council representatives expressing concern that the young Muslim population do not have anywhere to practice their favourite sport, cricket. Practice currently takes place in an ad hoc setting on unsafe waste ground and is very limited in nature. In fact the local Ballyhaunis Cricket Club has to travel to all games as they have no venue to play their sport, this can cost up to €300 per game.

What is proposed through this initiative is to develop a cricket practice run area which would be adjoined to a community facility which is been developed through Mayo County Council. The facility would provide a safe area for people to practice cricket while also promoting integration with other facilities on site. This development is shovel ready and can be delivered in 2015 under the direction of Mayo County Councils Park Superintendent Peter Gill.

In summary the funding from the Community Sports Hub project would be utilised for

1. Development of a Cricket run practice facility in Ballyhaunis
2. Cricket Coaching Sessions and Coach Development in association with Cricket Ireland
3. Have a Go Sports Weekend in August
4. Ballyhaunis Sports Awards night bringing the community together
5. After School Sports Club
6. Participation Programmes – Couch to 5K, Men on the Move, Walking Group / Club, Disability etc
7. Training / Capacity Building – Active Leadership, Youth Leadership / Active Teens, Code of Ethics, Walking Leadership
8. I.T. Support – Website development
9. Facilitator / Co -ordination Costs

Costs

- €90,000 was allocated towards initiatives in the Sports Hub
- €55,000 Capital and €35,000 programme costs

Outputs

Cricket Practice area developed
Goal to Work Sports Coach Training Programme initiated in Ballyhaunis
2ND Year Active Living Programme delivered in Ballyhaunis Community School
Cricket Coaching Course delivered
Men on the Move, Couch to 5K and After School Programme initiated

Numbers Participating

- 12 trainee coaches on Goal to Work course
- 15 participated in the Men on the Move programme
- 20 participated in the Couch to 5K programme
- 70 participated in the 2nd year healthy living school programme

Sustainability

12 coaches from the Ballyhaunis area trained in cricket, basketball, soccer and hurling. Coaches are utilised as a resource for sports hub programmes and by NGBs for work in the community. Local cricketer Abdul trained to deliver introduction to cricket in schools. Likelihood that community coaches could be employed under an employment scheme.

Quotes

“This Cricket development is the most important thing to happen our community and I would like to thank everyone who had a part to play in its delivery” **Abdul Shafique - Ballyhaunis Cricket Club**

“The power of sport in bringing a community together should not be underestimated. It’s fantastic to see children from all nationalities playing together on these facilities” **Anne Cunnane - Ballyhaunis Chamber of Commerce**

Next Steps

Continue to deliver community sports hubs actions in 2016

Apply for stage 2 funding for the sports hub

Continue to foster collaboration and interaction in the community



PIC: Minister of State for Sport and Tourism Michael Ring launching the Community Sports Hub Initiative in Ballyhaunis July 2015

3.2 Youth Leadership

In January 2015 Mayo Sports Partnership invited 4 schools to participate in a pilot Youth Sport Leadership Programme in 4 second level schools. A team of 6/8 leaders was invited to participate in a training day with all leaders implementing an extra curricular activity programme with the assistance of their PE teachers in their schools.

With the identification of youth sports leadership training as a priority action Sport Ireland invited Local Sports Partnerships to submit applications for Dormant Account funding towards delivery of youth sport leadership training programmes. Based on the Sports Leaders UK leadership programme Mayo Sports Partnership was successful in its application to deliver 3 such programmes.

Case Study: Youth Sport Leadership Course

Introduction

This is an existing programme in the UK rolled out in Ireland in 2015. Mayo Sports Partnership received funding to roll the initiative out and decided to roll 2 programmes out to TYs in Secondary Schools and 1 programme out to Youth clubs.

Youth leadership has been identified nationally and locally as a way to put in place more community leaders in community settings and MSP identified the need to train Transition Years to link with their clubs/communities and lead programmes for younger children in their schools especially those not involved in mainstream sport.

Expressions of interest forms were sent out to the local secondary schools.

The consultation process was between the Principal of 3 Secondary Schools, Their PE teachers, TY coordinators, Foróige leaders and Tacu Centre in Ballinrobe.

Programme Objectives

Create and develop trained young leaders within community

Leaders within the schools

Leaders in clubs and local organisations

Programme Partners

Crossmolina Secondary Schools St Tiernans and Gortnor Abbey, Ballyhaunis Community Secondary Schools and Youth Reach Ballinrobe and Foróige Clubs Mayo

Programme Outline

The programme is a British model and easily transferred to Ireland as a vehicle to train leaders.

There is a significant amount of paperwork, form filling and the trainee coaches keep a log book throughout the 33 hours of training

The training is delivered by a trained Youth Sport Leader Coach trained nationally by Irish Sports Council arranged training programme

The trainee coaches are evaluated by an MSP inspector who checks the progress of the Trainer and Trainees on a regular basis.

The MSP inspector/evaluator then fills out the paperwork after the trainees complete the 33 hours and reports back to Sports Leader UK organisation in Britain.

Trainers must have a full set of resources to deliver the course which includes taught modules and practical modules. The Trainees are given many practical coaching/sports tasks to roll out as part of a group and individually.

The time varied for rolling out the course. In the schools it was rolled out 1 day per week for 6/7 weeks and in the youth clubs it was rolled out over weekends.

Cost

€3000 venues, equipment etc from the participating schools BIK. MSP staff member €600

Number of Participants

60

Programme Challenges

The challenges were in organising the programme in schools and getting the timeframe sorted out with TYs students, teachers, venues etc

The programme worked better within the school structure than youth club setting

It was important to have candidates that were interested in sport and not just candidates that were transition years and ended up in the course by default.

Sustainability

The fact that we have been able to train up young sports leaders, empowering them and giving them the extra confidence to take on small roles in their school or community cannot be over stated.

Schools have reported that some trained coaches are now taking the 1st, 2nd and 3rd year children in sporting activity training.

Outputs

In Crossmolina there are now 26 newly trained youth coaches

In Ballyhaunis there are now 24 newly trained youth coaches

Some of the trained youth coaches now coach within their schools and their communities. Longer term some of them hope to go onto do further coaching within the club/community setting and also to go to do sport in college.

Quotes from Participants

“I feel much more confident now to lead a small group. I was previously helping out at my club but now feel I would be confident to organise and plan a session” Student who participated in Crossmolina

Next Steps

MSP hope to hold more Youth Sport Leadership training in 2016.

We would like to make better links with youth clubs such as Foroige and make them more aware of the benefits of this type of training.

We hope to secure further funding for this programme in 2016



PIC: Students from Gortnor Abbey and St Tiernans Crossmolina who participated in the Youth Sport Leadership 2015.

3.3 Low Participation Groups

MSP works to increase participation levels among specific target groups. These groups include women and girls, older people, people with disabilities, unemployed people, and those who live in identified disadvantaged communities. Each year, MSP designs new programmes to engage with these target groups working in collaboration with local partners, to connect with the harder to reach groups within the community

People with a Disability

LSPs have continued to develop a range of programmes that seek to enhance the engagement and participation of people with a disability and those who are disadvantaged. MSP has developed an integrated approach to promoting participation opportunities for these target groups. The below example is one which involves the collaboration of agencies at a national and local level while also drawing on the goodwill of local volunteers etc.

Case Study: Inclusive Tennis Programme

Background

The programme was started to target people with a disability on the back of successful go for life games programmes ran throughout the Country.

The programme originated from a successful come and try day held at Castlebar Tennis Club.

Much of the evidence of need was through communication with Disability organisations through the Sport and Recreation forum group. Consultation first took place at the Sports and Recreation Forum Meeting which lead to a meeting with interested partners.

Programme Objectives

- Encourage people to become more physically active
- Find and keep hard to reach participants
- Encourage and create participation opportunities for people with a disability.

Partners

MSP and Castlebar Tennis club.

Numbers Participating

12 participants started the programme that has risen to 28

Costs

Approximately €800 was spent with €1500 in kind contribution from partners

Programme Outline

Human resources included MSP staff working on application process and dealing with queries, trained fitness leaders who were able to lead a 'beginners' programme and help from other sources in the community e.g. Castlebar Tennis Club and disability organisations. Programme ran for 8 weeks.

Sustainability

Castlebar Tennis club have committed to giving each group the time slot they have at the moment for the foreseeable future. Through working with the MSP clubs have more help, understanding and willingness to become more inclusive. Castlebar Tennis Club has 2 new volunteers from the initiative.

Programme Outputs

The result of the programme is that Castlebar Tennis Club have joined the enjoy Tennis programme and are running sessions for various disability and mental health groups.

Getting participants more physically active has been a result of the programme and integrating participants into a local club.

Quotes

One of the participants was playing against the coach and the coach noticed that instead of playing back hand shots the participant would change hands and was equally as good off both sides. The coach could not believe this as he said that this 'was so unusual and just natural talent'

Next Steps

The programme will continue in cooperation with all involved Castlebar Tennis Club, Organisations and MSP. It is hoped to roll out the programme in other club within the county.

Ballina Tennis Club is keen to start the programme in their club and Castlebar Tennis club are under taking disability awareness Training workshop. Castlebar Tennis club received funding from enjoy tennis programme.

3.4 National Programmes

Mayo Sports Partnership has engaged in annual campaigns to raise awareness in walking / cycling or just general participation in sport. Since 2010 National Bike Week has been an outstanding success based on the collaboration between local agencies, cycling clubs and communities. Growing on an annual basis, the initiative funded by the Department of Transport through Mayo County Council has led to some sustainable development which is outlined below in the case study.

Case Study: Bike Week in Mayo Introduction

National Bike week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Now in its 7th year, Mayo's Bike Week is an integral part of the National Bike Week initiative.

Mayo's 2015 Bike week was yet another very successful and fun-filled week with a total of 22 local events. These events were a brilliant success and helped to raise awareness around bike safety for children and families and raising the profile of cycling as a whole.

Programme Objectives

National Bike Week promotes cycling as a safe, fun alternative method of transport, highlighting its health, environmental and social benefits as well as raising awareness for the safety of cyclists on the roads and educating cyclists on road safety.

Programme Partners

Events throughout the week are organised by the Bike Week committee incorporating Mayo Sports Partnership, Mayo County Council, An Taisce, Smarter Travel and the Road Safety Authority.

Programme Outline

Mayo's Bike week steering committee organised 7 lunchtime school cycles throughout Mayo in Westport, Swinford, Ballyhaunis, Castlebar, Balla, Claremorris and Ballinrobe. The fun school cycles were led by Gardai on a short cycle around the local towns and all children were accompanied by adults from smarter travel, An Taisce, teachers, parents and local people who joined in on the fun. These events were very successful and aided in raising the profile of Bike Week and awareness of cycling in schools. Each event finished off with refreshments, children received some small goodies from the RSA and the events were thoroughly enjoyed by both children and teachers.

15 Community cycles were organised with the emphasis on family, community, safety and cycling promotion. These events varied from workshops, cycling training, bike maintenance and a variety of short family cycles. Organised by local groups and cycling clubs it also helped to identify potential new members and encourage cycling among beginner groups.

Cost

€5000 in total

- €500 towards refreshments for school lunch time cycles.
- €3500 in grant funding towards community cycles.
- €1000 in promotional campaigns and activities

Numbers Participating

820 Total number of participants

- 320 students across the lunchtime school cycles.
- 500 participants approximately at the community cycles (approx 350 children)

Outputs

With more than 70% of participants across all events being children, Mayo Bike Week has most certainly reached its objectives of promoting cycling and road safety to a young audience, many of whom have been signposted to local cycling clubs, with clubs in the local areas of Ballina, Castlebar, Westport and Ballycastle seeing an increase in membership due to local cycling events.

Kimovee Family Resource Centre and Ballycastle Cycling Club have used their events as a starting point for regular bi-weekly and monthly cycling events with Castlebar Cycling Club now having regular cycles on the Turlough Green Way.

Sustainability

Many participants have expressed their enthusiasm at the continuation of these events with local groups and cycling clubs happy to continue to continue their events on an annual basis under the National Bike Week umbrella. The school cycle events require very little operating cost and Mayo Sports Partnership will continue them in the future as a way of introducing cycling to a younger audience and to help educate children in road safety.

Quotes

“The Westport Covey Wheelers hosted a Family Fun cycle as part of 2015 Bike Week. This cycle took place on Saturday 20th June. A group of approx. 20 kids and adults turned up on the day. Before starting the cycle, the group were advised on how to correctly wear their cycling helmets and on the basic rules of cycling on public roads. No one in the group was left behind at any point, each time the group had to cross a public road this was completed in a safe manner and all together as one group. At the end of the cycle all the kids were given refreshments. Although we had a small group, everyone who attended the cycle really enjoyed themselves; the event was a definite hit.”

Ann Marie Egan - Secretary Westport Covey Wheelers

Next Steps

As part of National Bike Week, Mayo Sports Partnership will continue to support and facilitate these events on an annual basis, once local community groups and cycling clubs have applied for funding and their events have been approved under the National Bike Week terms and conditions.



PIC: Michael Ring, Minister of State for Regional Economic Development with students on the Turlough greenway, Castlebar.

3.5 Family Participation

In recent years the Operation Transformation initiative has become the foundation stone in our programmes on an annual. January 2015 saw the development of our Get Mayo Active campaign inviting communities across the length and breadth of Mayo to participate in Operation Transformation. The national walks on the 17th January really gave the programme a huge boost creating awareness amongst communities. Below is a case study giving more detail about the initiative.

Case Study: Operation Transformation Mayo

Introduction

Operation Transformation Mayo is an initiative which is run in conjunction with RTE's Operation Transformation TV show to get people more active through exercise. The programme kicked off on Saturday the 17th January with a number of pilot run/walks around different locations in Mayo. There were 5 main areas Ballina, Castlebar, Claremorris, Erris and Westport. The events were open to all ages and abilities, and light refreshments were provided after for everyone taking part. All events were a massive success with huge numbers attending. Thereafter different communities throughout Mayo set up different walks/runs for people to attend for the duration of the programme.

Programme Objectives

The purpose of the programme is to increase participation and try to get the people of Mayo to become more active through different types of exercises e.g. runs/walks & fitness classes.

The idea is to get as many communities throughout Mayo to set up weekly walk/runs and to encourage the less active people in their area to participate.

From there the next step would be to sustain the groups and continue to maintain the activity and sustain the physical exercise among the people or at least get the people to join up with other organised groups such as Beginners Couch to 5k, Men on the Move, Fit for life or Meet and train groups.

Programme Partners

MSP along with RTE's Operation Transformation and all the different communities throughout Mayo that participated i.e. Achill, Ballina, Ballinrobe, Bangor- Erris, Ballintubber, Belcarra, Manulla, Belmullet, Carracastle, Castlebar, Charlestown, Straide, Parke, Knock, Swinford, Ballycastle & Ballyglass.

Programme Outline

Over 25 different Operation Transformation groups from all around Mayo tackled the 5 week challenge and got involved with the programme. Men, women and children from all age categories took part in different walks and runs around the county. Human resources included MSP staff working on application process and dealing with queries, trained fitness leaders who were able to lead programmes and help from other sources in the community e.g. athletic club representatives. Activities included walks/jogs/Runs, 5k & 10K's, pilates and fitness classes.

Cost

A limited budget of €1000 was available which was mainly utilised in promotion. Sponsorship of refreshments etc was supplied through local businesses. In kind support came from Mayo County Council Road Safety Office, Mayo County Council Walking and Trails Office, Communities ie Halls / Facilities, Get Ireland Walking etc.



OPERATION
Get Active **MAYO**

Programme details at www.mayosports.ie

operation get active **mayo**

fitwalk | fitlife | MEN on the MOVE | Get Ireland Walking | CUPH 5K | parkrun

Find us on   **094 904 7025**
 mSP@mayococo.ie

Numbers Participating

Breakdown of participants in each location

Straide	40	Baxter (Castlebar)	85	Ballintubber	50
Bangor	20	Belmullet	50	Swinford	30
Belmullet	50	Knock	60	Ballina	32
Charlestown	30	Carracastle	25	Ballycastle	15
Belcarra	80	Bangor-Erris	20	Ballyglass	25
Kavanaghs SuperValu (Castlebar)	30	Manulla	30		
Knock	60	Achill	20		

Programme Partners

In total over 750 people participated in the programme throughout the entire county of Mayo

Outputs

A lot of the communities that participated in the programme have continued the programme once the 5 weeks were up and the people continue to make huge strides and continue to become even more active. Also a lot of the communities have seen the huge positive impacts these groups can have on the community bringing all different kinds of people together. It has a huge social aspect to it also and is great both physically and mentally. Some participants even expressed their delight after completion having never thought they would be able to run. Overall the average number of people was maintained throughout the programme in spite of the bad weather conditions which was great to see.

Sustainability

As stated a lot of the groups like Achill, East Mayo Ramblers, Parke, Charlestown, Carracastle & Belcarra continued with their groups holding walks/jogs/runs & exercise classes. Some group have even gone onto complete in tougher 8k and 10k races like Ballina and Belcarra. Increased capacity of facilities and use of facilities has been one of the features of this programme. Also, a lot of the group leaders have progressed and further developed themselves to become even better leaders and help the group become more active and better and stronger.

Quotes

'Our walking group has had great success both in terms of fitness and also in the social aspect and involves several parishes'.

East Mayo Ramblers', gathered about 30 participants each week with 5 different walks going ahead during the week. The group includes people aged from late forties to early seventies. The group have been walking for the past 3 years and 'intend to continue for as long as we can'. More positive feedback includes: 'Our walking group has had great success both in terms of fitness and also in the social aspect and involves several parishes'. The group also organized a very successful 30 km walk on the extension to the St Patrick heritage trail from Carreneden in Aghamore, Co Mayo to Balla. This took place on Saturday the 28th and Sunday the 29th of March. The programme got people involved that were not currently active in sport and the group are still together and complete runs once a week. The people who were involved seemed to create a fantastic feel good factor amongst them and made the exercise more enjoyable. 'We are running for 30 minutes straight from not ever running at all. Some have blood pressure down, others sleeping better. Everyone is feeling more energetic.'

Next Steps

The programme will run again next year with a view to be even bigger and get even more people participating.

PIC: Ballycastle OT group still going strong despite the inclement weather conditions.



3.6 Adult Participation

In early 2015 Mayo Sports Partnership applied to be part of the inaugural Community Walking Programme as part of the Get Ireland Walking Initiative. 6 areas in Mayo were invited to participate following a selection process. Below find a synopsis report on the programme:

Case Study: Community Walking Programme

Introduction

National Get Ireland Walking Programme. Mayo Sports Partnership applied to be involved in the programme. 3 tutors were trained including an MSP staff member. The evidence was pointing to the need nationally for community group development.

The process was set down by Sport Ireland / Healthy Ireland/get Ireland Walking Initiative.

Programme Objectives

Encourage and empower communities throughout the county to set up walking groups in their own areas.

Seek out advocates so that the LSPs were pushing open doors in a bid to set up sustainable groups or indeed support faltering groups throughout the county.

Increase physical activity for all throughout the county and create awareness in communities of the benefit of a healthier lifestyle.

Programme Partners

Communities, Sport Ireland, Get Ireland Walking Healthy Ireland

Programme Outline

The programme was designed by Get Ireland Walking where a trained leader assists a community in the setting up of a local walking group

The trained Get Ireland walking leader visits the group on 3-4 occasions over the course of the initial walking programme

The group need a meeting place, indoor hall area and an outdoor safe walking route identified.

Walking programme initially will last for 8-10 week period.

The leader provides support and assistance to the local advocates in the setting up of the programme locally.

Cost

RSA hi viz jackets €250. BIK from community halls, venues, walking routes etc €2000

Numbers Participating

70

Outputs

Cong social walking group

Cong Social walking group held their first walk on the 2nd of July 2015, facilitated by LSP tutor. The group started on the first night with 19 participants which increased to 35 on some evenings. They vary the walking route on most evenings and have a large selection of routes in and around the Ashford castle estate and Cong village. This group are well established and I have the greatest confidence that the group will grow in numbers again coming into the spring time.

Claremorris Walking Group

Claremorris walking group held their first walk on Wednesday the 1st of July 2015. There were 14 participants on this first night and we walked the town park which is called The Land of The Giants. There are a number of routes in this park which can make up 3/5/8km in distance. This group is well established and has continued to grow.

Carracastle Walking Group

Carracastle held their first walk on the 29th of June. The numbers varied each week with a low of three and a high of twenty five, averaging out at 12-15. The group had a number of walks available to them also, as they had previously carried out operation transformation in January. The group hope to get up and going again in the early spring.

Newport Walking Group

Newport held their first walk as part of 'Get Ireland Walking' on Monday Evening July 12th 2015. On the first meeting with the group, numbers were small with 6 people attending but these numbers grow considerably as the week's progressed averaging 16-18 participants mid October. Fortunately for this group they have access to numerous routes in the Newport area varying with long and short walks. The introduction of 'Mystery Walks' and 'Follow the Leader Walks' were a great hit with the group and also the odd detour for a quick cup of tea went down a treat!

As the weeks progressed and number of walkers increased, we met as a group and agreed to add a third night. The group from early November then met on a Monday, Wednesday and Thursday evening at an earlier time of 7pm. They continue to grow in numbers.

Ballina Walking Group

Ballina walking Group commenced on Tuesday evening the 7th July with a very small group of three men. This group was with the travelling community and we met at Beleek Track in Ballina. This group struggled to be sustainable due to lack of attendees.

Sustainability

4 new clubs were formed and at the end of 2015 is still going strong.

There is great capacity within local communities/organisation in the delivery of such a programme some great new local volunteers leading the 4 groups. At least 10 people leading/volunteering

Programme Challenges

The challenges were in getting the advocates to help get the rest of the group to take ownership

Filling out paperwork for Get Ireland Walking did mean a good bit of extra persuasion by the Leaders.

Sometimes the people who initially present as advocates within the community don't turn out to be the ideal leader and there may be local politics or dynamics.

Next Steps

Intend to roll it out to new Get Ireland Walking groups in 2016 funding dependant.

Support and check in with existing groups.

Signpost people to these groups to build capacity and build the volunteer base



PIC: Participants of the Newport Community Walking Group 2015

3.7 Club Development

Each year Mayo Sports Partnership assists in the development of new clubs either through some financial support through the annual Special Participation Grant Scheme or advice / support in training initiatives. New clubs are springing up all the time in the county and with 580 or so existing clubs it's a lot of infrastructure to support. One such initiative in 2015 was the establishment of the Grainne Mhaol Dragon Boat Club which is based at the wonderful Lough Lannagh amenity in Castlebar.

Case Study: Gráine Mhoal Dragon Boat Club

Introduction

The Club was set up to provide exercise to breast cancer survivors due to the specific health benefits of paddling for breast surgery survivors.

Text messages were sent out to approx. 180 breast cancer survivors around Mayo to invite them to attend an open day run by IDBA (Irish Dragon Boat Association) at Lough Lannagh in May 2015

62 women turned up on the day for the roadshow which involved background to the sport, the health benefits and a trial on the lake. Following that roadshow 45 showed interest in being involved.

Programme Objectives

Encourage people to become more physically active

Create an exercise-based support group for cancer survivors

Create a team to compete at competitions

Programme Partners

Julie Doyle of Irish Dragon Boat Association (IDBA) provided the training of 5 helms and 20 paddlers over a 3 day period in June 2015.

MSP provided funding for the initial training

Mayo Co Council for use of the lake and storage facilities at Lough Lannagh holiday village

Programme Outline

Initial 3 day training, 2 days for helms, 1 day paddling workshop

2 training sessions per week of approx 45 mins on the lake, Tues evening and Sat morning to accommodate as many people as possible

The training continues on that basis with extra training sessions put in place coming up to a regatta

All training sessions follow a schedule outlined by the IDBA

The activities include warm-ups and cool downs as a group, preparing and cleaning the boat after the session,

Training ran July – Sept on Tues evenings, July – Nov on Sat mornings.

Land training (in the gym) replaced Tues evenings Oct-Dec.

Cost

Set Up costs (including purchase of dragon boat, 30 paddles, 30 buoyancy aids) **€16,400**

Other costs: insurance, rent, telephone, trolley and boat cover and misc. **€5,700**

€8,500 Mayo County Councillors' allocation

€2,000 HSE New Club Set up Fund

€1,000 Mayo Sports Partnership

Corporate and personal donations and paddle sponsorship

Numbers Participating

62 women attended the Open Day in May 2015
42 women signed up as members in 2015
An average of 18 attended each training session

Outputs

Had 40 members sign up for the half year July-Dec 2015
Participated in the Dublin Dragon Boat regatta in Sept 2015 with a team of 17
We organised extra land training on Tues evenings during the winter months when paddling was no longer feasible.
In a survey of the membership, 92% said their motivation to take part in physical activity has increased as a result of participation in the sport.

Sustainability

Now having two boats which help in having a beginners group and a more advanced group
Have extended membership to non cancer people and currently have 75% cancer/25% non cancer membership.

Programme Challenges

The major challenge was attending to the varying levels of fitness in the group.
Some members wish to enjoy their paddling session once or twice a week, others wish to challenge themselves and train harder and longer and enter competitions
Sometimes health issues interrupt the routines that members have set up for themselves.

Quotes from Participants

The Gráine Mhaol Dragon Boat Club has given me an outlet to do something physical that is well within my capabilities. As a sport it allows me to train despite my disability due to surgery post cancer diagnosis.“

It has been the most enjoyable year. The amount of fantastic women that I have met and struck up friendships with since I joined the team. We can be as competitive as we like. Never thought I would be paddling a boat every week in my late fifties. Look forward to it every week.

Training with the Gráine Mhaol Dragon boat is one of the highlights of my week. Not only because of the positive aspect of the exercise involved and the appreciation of nature, but I love the tasks, the team work and great sense of fun involved and more importantly being able to share this with an amazing bunch of inspirational people makes being a member of the Dragon Boat priceless!



PIC: Grainne Mhaol Dragon Boat Club members training on Lough Lannagh

Next Steps

The Club has set itself a goal to participate in at least 2 regattas per year, aiming to increase our speed in each one.

We will continue to promote our Club and hope in the near future to be able to enter 2 full teams in regattas, one novice and one cancer.

3 additional Helms are being trained in 2016 as more helms are required for the second boat

MSP funding of €500 secured towards training costs.

The future for Mayo Sports Partnership



4.1 Introduction

In 2015 the launch of the Mayo / Sligo adult participation report and the announcement of Dormant Account Community Sports Hub funding for Ballyhaunis were the two most important events of the year. The participation report highlighted the fantastic success of the women in sport initiative in the county with weekly participation levels of 49% surpassing mens participation of 47%. A major concern is now the involvement of middle aged men in physical activity programmes from both a physical and mental health point of view. Following a successful pilot of the Men on the Move activity programme in County Mayo in 2012, Waterford IT have initiated in 2015 a national research programme involving 12 counties. Success may inform future direction of mens health programmes in to the future.

Sports Hubs are becoming more prevalent in communities throughout the country. A Sports Hub seeks to provide a home where people of all ages and abilities can participate in a range of programmes or initiatives; it could be a leisure centre, recreational park, school or outdoor area. In Mayo a number of Sports Hubs are established in places such as Westport Leisure Park, Lough Lannagh Castlebar, Belleek Ballina and more recently through Dormant Account funding The Maples Recreational Park Ballyhaunis. Future development of Sports Hubs will be a priority for MSP in strategic sports planning and will depend largely on collaboration between all stakeholders to ensure success.

2016 will see the development and publication of the 3rd strategic plan for sport development in Co Mayo. Collaboration has led to the successful delivery of the previous two documents and this again will be essential to ensure continued progress. Local plans such as Age Friendly, Local Economic Community Plan, Tourism Strategy and West Regional Outdoor Recreation Plan, along with national blueprints such as the National Physical Activity Plan, points to an increasing emphasis on sport and physical activity as a means to building social and economic capital in communities. Mayo Sports Partnership will have an increasing role to play in leading and co-ordinating these developments in to the future.



PIC: Members of Mayo Sports Partnership Board and staff with Minister of State Michael Ring, John Treacy CEO Sport Ireland and Una May Director of Participation Sport Ireland celebrating the 10th Anniversary of Mayo Sports Partnership in March 2015

4.2 Summary

Overall the impact of Mayo Sports Partnership being part of the local authority structure is plain to see in recent infrastructural developments and the emphasis on improving peoples quality of life. Partnership and collaboration has been key to progressing many participation programmes and centre to all this development is the Mayo Sports Partnership board, who are a very proactive group. Involvement in health initiatives from the HSE, jobseeker training programme support from the Leader Partnership companies, participation programme support from Mayo County Council / GMIT to youth leadership support from the ETB and Mayo Education Centre, everybody helps in whatever way possible.

The development and initiation of community sports hubs, networks and forums is being piloted through support from Dormant Account funding and will inform future support as they are embedded in the national physical activity plan announced before Christmas 2015. Other initiatives which follow current trends and will also be piloted will be Get Ireland Swimming and Cycling programmes. Workplace initiatives will also be part of the menu of programmes in the near future and having piloted and run our own Fit4Work programme locally we will be well placed to co-ordinate such projects.

Further development through phase 2 of the Goal to Work / Community sports coach training / education coaching programmes will also be central to our plans in 2016. Implementing the learning on the ground through local initiatives / programmes will be crucial to significant impacts being achieved. Linkage with NGBS other than the big 3 will be developed in these programmes, depending on the needs of the community.

Use of the great outdoors will continue to be a priority in 2016 with the Get Ireland Walking programme, parkrun and other initiatives to be rolled out. Close liaison with Municipal Councils, Parks Superintendent and Mayo trails officer will be vital. The new sport infrastructural development at Lough Lannagh Castlebar will inform future development of outdoor recreation in the county.

Getting the message out there in the community is at the heart of what we do. Being smart about how we use our limited promotional resources to the best effect is vital. A mixture of the old and the new information mediums will need to be utilised with an update of the current website to the fore. Relationships with local media will have to be continued to be nurtured and new promotional campaigns to be developed.

Appendices

Appendix A – List of Local Sports Partnerships

Appendix B - Glossary of Terms

Appendix C – Mayo Sports Partnership

Appendix A

Appendix A

Local Sports Partnership Network	Year Established
North Tipperary Sports Partnership	2001
Sligo Sport & Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Local Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Local Sports Partnership	2002
Meath Local Sports Partnership	2002
Waterford Sports Partnership	2002
Limerick City Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Local Sports Partnership	2006
Monaghan Sports Partnership	2006
County Limerick Local Sports Partnership	2007
South Tipperary Sports Partnership	2007
Galway City Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dun Laoghaire Sports Partnership	2008
South Dublin Sports Partnership	2008
County Galway Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sports Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

Active Leadership Award – An Sport Ireland /Sport Northern Ireland award deigned to provide trained, knowledgeable and enthusiastic community based physical activity leaders.

BIK – Benefit in Kind. A contribution, other than financial, made by an agency or organisation to a project / initiative.

Boccia - is a target sport played by individuals, pairs or teams. Boccia is played with 13 balls (6 red, 6 blue, 1 white). The jack ball is used to start off the game and is thrown by one of the competitors on the court. It requires a high degree of muscle control, accuracy, concentration and tactical awareness with the goal being to land six of the coloured balls closer to the white target ball than the opponent's balls.

Boccia is a non contact sport, where the game focuses around a target. The balls used are solid but pliable, that have a good rolling quality and are easy to grip. The balls also have the effect of reducing the advantage of physical strength, so that skill becomes the overriding factor

Buntús – A Sport Ireland programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

Come & Try – Come & Try events are sports taster events where participants can come and try a range of sports, hassle free and at their own pace. It is a perfect opportunity to see what sports are available in the locality and to meet with local sports clubs and groups.

Economic Impact of Sport - The Economic Impact of Sport is a report published by the Indecon Economic Consultants in 2010 for Sport Ireland. The report establishes that sport and sport-related activities generate a very significant contribution to the Irish economy, while also playing a vital role in supporting the development of social capital and contributing to the health and quality of life of the Irish population.

ESRI - Economic and Social Research Institute. The ESRI produces research that contributes to understanding economic and social change in the new international context and that informs public policymaking and civil society in Ireland.

FAI – Football Association of Ireland. The FAI is the governing body of football in Ireland.

Fitzpatrick & Associates Review of Local Sports Partnerships - The Fitzpatrick & Associates Review of Local Sports Partnerships is a report published by the Department of Arts, Sport and Tourism in 2005. The report evaluates the progress of the LSPs with reference to the key aims and objectives, and makes a number of recommendations for the LSP initiative.

GAA – Gaelic Athletic Association. The GAA is the governing body of Gaelic games in Ireland.

Fit4Life – Fit4Life is an Athletics Ireland programme to help participants develop their fitness in a fun sociable environment. The programme is suitable for beginners through to regular runners, and the emphasis is on meeting with people of a similar ability on a regular basis to walk or run.

Go For Life - The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by Sport Ireland.

HSE – Health Service Executive. The HSE is a statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

GMIT – Galway / Mayo Institute of Technology Castlebar Campus

IRFU – Irish Rugby Football Union. The IRFU is the governing body for the sport of rugby union in Ireland.

ISM - Irish Sports Monitor. The Irish Sports Monitor is an ongoing telephone survey of adults aged 16 and over in Ireland, which records sport and exercise activities undertaken in the 7 days prior to interview. In 2009, the Irish Sports Monitor interviewed over 9,700 adults. The survey is primarily designed to track levels of participation in sport, both for the population as a whole and various sub-populations of interest. The 2009 report is the latest in a series of collaborations between the Irish Sports Council and the Economic and Social Research Institute (ESRI) on sport and physical activity.

Sport Ireland – Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

LEADER - LEADER is the EU Community Initiative for Rural Development that provides approved Local Action Groups with public funding (EU and National) to implement multi-sectoral business plans for the development of their own areas.

LSP – Local Sports Partnership. Local Sports Partnerships are an initiative of the Irish Sports Council to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of the Irish Sports Council's participation strategy.

Mayo, Sligo and Leitrim ETB - are local statutory education and training authorities. Their service encompasses Second Level Schools, Further Education Colleges, Adult and Community Education, Literacy Support and Youth Support Services.

MTSG – Mayo Traveller Support Group a local agency advocating rights for the travelling community in Mayo

Meet and Train groups - Meet and Train are weekly walking/running groups, set up and supported by LSPs often in conjunction with local athletics clubs. The objective of the Meet and Train group is to provide an opportunity for participants (in particular women) of all ages and levels of fitness to get together to exercise with like-minded people, in a non-competitive environment initially under the guidance of a qualified coach.

MSP- Mayo Sports Partnership. An organisation core funded by Sport Ireland and is under the auspices of Mayo County Council.

National Play Day - This is a multi activity play day targeting families.

NGB – National Governing Body. An organisation, recognised by the Irish Sports Council, that coordinates the development of a particular sport or sports through constituent clubs.

Older People – As used throughout this report, the term older people refers to those over 50 years of age.

PAL – Physical Activity Leader. A Physical Activity Leader is someone who can lead members of their own groups or communities in short exercise routines, straightforward dances and recreational sports.

RAPID – Revitalising Areas by Planning Investment and Development. The RAPID Programme is a Government initiative, which targets 45 of the most disadvantaged areas in the country by focusing State resources available under the National Development Plan.

School Completion Programme (SCP) – The School Completion Programme (SCP) is a Department of Education & Science initiative that aims to have a positive impact on levels of pupil retention in primary and second level schools and on the number of pupils who successfully complete the Senior Cycle, or equivalent. SCP entails targeting individual young people of school-going age, both in and out of school, and arranging supports to address inequalities in education access, participation and outcomes.

SDO – Sports Development Officer. SDOs aim to provide opportunities for participation in sport and physical activity for all sections of the community.

SIDO – Sports Inclusion Disability Officer. SIDOs aim to provide opportunities for participation in sport and physical activity for people with a disability. See Sports Inclusion Disability Programme.

SPEAK – Strategic Planning, Evaluation and Knowledge system. The SPEAK system is a product of NEXUS Research (a not-for-profit research co-operative based in Dublin) which offers organisations the capacity to self-evaluate, leading to a comprehensive understanding of the work of the organisation and the impacts of that work.

SPG – Mayo Sports Partnerships annual Special Participation Grant Scheme

Sporting Lives – Sporting Lives is a report published by the ESRI in 2008, in conjunction with the Irish Sports Council, on participation in sport over the lifetimes of the current generation of Irish adults. It aims to determine how participation in sport and exercise in Ireland has changed over recent decades and how it varies across the life course, from childhood to later adulthood.

Sports Inclusion Disability Programme – A programme to encourage and facilitate more people with disabilities to participate in sport and physical activity, developing sustainable clubs and programmes in all settings.

Sustainability (with regard to LSP participation programmes) – A sustainable programme is one which leads to lasting participation in sport and/or physical activity which is capable of being self-maintained (without direct LSP support).

WIS – Women in Sport. An initiative of the Irish Sports Council to increase participation of women in sport, through providing alternative opportunities and developing specific programmes.

Appendix C - MSP Board

The following table gives a breakdown of the level of working partner participation on the boards of management of Mayo Sports Partnership

Working Partner	Number of Representatives	Working Partner	Number of Representatives
Mayo, Sligo, Leitrim ETB	1	LEADER	2
County Councillors	2	Mayo Education Centre	1
HSE	1	Udaras na Gaeltachta	1
Community Forum	1	Foroige	1
Mayo Mental Health	1	Community and Enterprise	1
GMIT	1	Walking and Trails Officer	1
Sports Forum	5		

MSP also contracted a further 25 tutors to deliver programmes, courses and initiatives within the partnerships structure

Responsibilities of the Board

The Board is responsible for all the activities of the Sports Partnership. These responsibilities can be divided into six main areas:

- To govern the organisation through the proper administration of its affairs
- To provide leadership for the organisation
- To plan the strategy for the development of the organisation
- To establish partnerships with other organisations who can help develop the organisation
- To manage the people involved in running the organisation
- To implement the strategic plans for the organisation and monitor their progress
- To ensure a realistic programme of participation and performance in the organisation as a consequence of the previous six responsibilities.



PIC: New Sports Partnership Board formed in October 2014.

Back L-R: James Larkin - Sports Forum, Tom Doherty - Mayo Foroige, Jimmy Murphy - Mayo Mental Health, Mick Fahy - Sports Forum, Gerry O'Neill - South West Mayo Development, Paddy McNicholas - Sports Forum, Anna Connor - Mayo County Council, Nigel Jennings - GMIT

Front L-R: Brian Mescal - Sports Forum, Charlie Lambert - Mayo Sports Partnership, Henry Kenny - County Councillor, Thelma Birrane - H.S.E.

Absent from photo: Siobhan Carroll - Webb Mayo North East Leader Part, Paul Butter, Mayo Education Centre, Neil Sheridan - Mayo County Council, Seán Molloy - Community Engagement Network, Sean O'Coistealbhá - Udaras Na Gaeltachta, Breda Ruane - Mayo Sligo Leitrim ETB

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Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative