



Mayo Sports Partnership




Compháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

promoting an active mayo

strategic plan plean stráitéiseach

2010 | 2014





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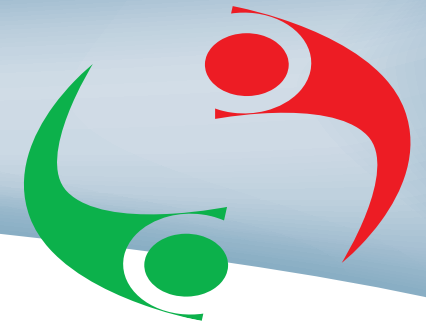
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messages teachtaireachtaí

Message from Chairperson



Sport in Co. Mayo has always been an important aspect of community life and we have had many success at top level both individually and in team sports all of which we are justly proud. More recently interest in the broader range of participation in sport and leisure activities has increased enormously leading to greater demands for facilities, coaching and training and also the necessity to coordinate the development of sport in a structured way.

The setting up of the Irish Sports Council in 1999 put in place a framework which subsequently led to the setting up of local sports partnerships. Mayo Sports Partnership was established in 2004- its underlying purpose is the continual development of a strategic plan to promote sport and leisure activities at all levels into the future and continually aim at increased participation, education, training, facilities, amenities, communication and coordination. Mayo Sports Partnership has driven this strategy successfully to new heights over the last number of years with huge input by many people in various bodies and communities

throughout the county-the partnership is most grateful to all concerned and looks forward to your continued support at individual, clubs and community level. As chairman I wish to sincerely thank the members of the Mayo Sports Partnership, Sports Coordinator Charlie Lambert and Sports Consultant Frank Fahy for your hard work and effort in formulating this plan-it is a credit to all concerned.

Thank you to all whom have made any contribution during the consultation process particularly Mayo County Council and Mayo County Development Board for your ongoing support. Go níeirí and t-ádh le chuide sarracht sna bliainní atá le tíocht.

Henry Kenny

Chairperson, Mayo Sports Partnership.

Message from Chief Executive Irish Sports Council



The Irish Sports Council has produced three strategies. Central to these strategies has been the importance of establishing a sustainable national structure for local sports development to increase and then maintain levels of sports participation.

The Irish Sports Council considers the strategic planning process to be an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs. This ensures that the plan can be a working document, which will show results over its lifetime.

This is the second strategy of the Mayo Sports Partnership. It aims to build on the benefits accrued over the life of the first strategy and to ensure that the Mayo Sports Partnership grows in strength and continues to be the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond. This document is the final product of an intensive process of examination, evaluation, consultation and discussion in the future direction of the Partnership. I would like to thank all those who contributed to the strategy process and I wish everybody involved in the Mayo Sports Partnership all the best for the future.



John Treacy

Chief Executive, Irish Sports Council.

Message from Coordinator



As the County Sports Co-ordinator, I am delighted to see this second strategic plan for sport and physical activity in Mayo completed. The process involved in the preparation of this plan involved wide consultation with local sporting organizations, community / voluntary groups, agencies and board members all of whom I warmly thanks for their valued knowledge and input.

Our 2nd plan "Promoting an Active Mayo" builds on the theme on increasing participation in sport and physical

activity which was central to our first plan 2006-2009. In these challenging economic times sport / physical activity can play an ever more important role in building self confidence and helping people to have a more positive outlook on life in general. The plan provides us with a platform to provide opportunities for those that may be need it most such as people who are unemployed, people with a Disability, youth at risk, disadvantaged, women, ethnic minorities and older people.

Central to the work and development of the partnership has been the involvement, support and investment of key stakeholders and local agencies. Their ongoing support and indeed investment in partnership activities is vital and to all involved I want to express my sincere gratitude. In particular I would like to acknowledge the role that Mayo County Council has played in the partnerships success by providing substantial support and resources which ensures the partnership can deliver high quality outputs.

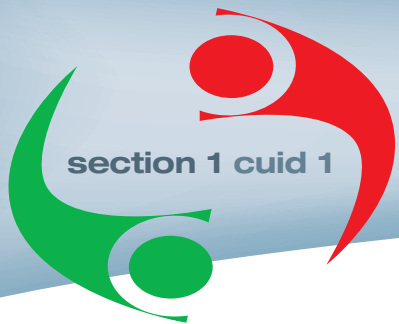
I would also high to acknowledge the fantastic contribution made by volunteers from a whole variety of backgrounds, who have assisted us in delivering so many physical activity opportunities since our inception in 2005. Without this help it would have been impossible to achieve our goals.

My thanks to John Treacy and all the team of the Irish Sports Council for their ongoing support and guidance. Thanks also to Frank Fahey of Fizzical Ltd who assisted in the facilitation of the strategic planning process. Finally a special acknowledgement our fantastic staff, Andrea Farrell Sports Administrator, Ray Mc Namara Sports Inclusion Disability Officer and Anne Ronayne Community Sports Project Worker, for their commitment and dedication to the success of Mayo Sports Partnership.

I believe that sport / physical activity can improve the quality of life of Mayo people and create a positive environment which can give us all hope for the future. I look forward towards working with everybody to make it happen.

Charlie Lambert

Sports Co-ordinator, Mayo Sports Partnership.



section 1 cuid 1

executive summary

The national network of 33 Local Sports Partnerships are a key vehicle in delivering

- the Department of Arts, Sport and Tourism's objective of increasing participation and interest in sport - and thereby contributing to healthier lifestyles and an improved overall quality of life.
- the Irish Sports Council's *Participation Strategy* which focuses on removing barriers and increasing participation by the largest numbers possible.

Mayo Sports Partnership was launched in 2005 and produced its first strategic plan in 2006 to cover the 2006-2009 period. This strategic plan gives direction to the work of Mayo Sports Partnership in developing sport in the county for the period 2010-2014.

This proposed work is outlined under four thematic goals and a range of objectives - aimed at achieving an agreed long-term vision for sport in the county.

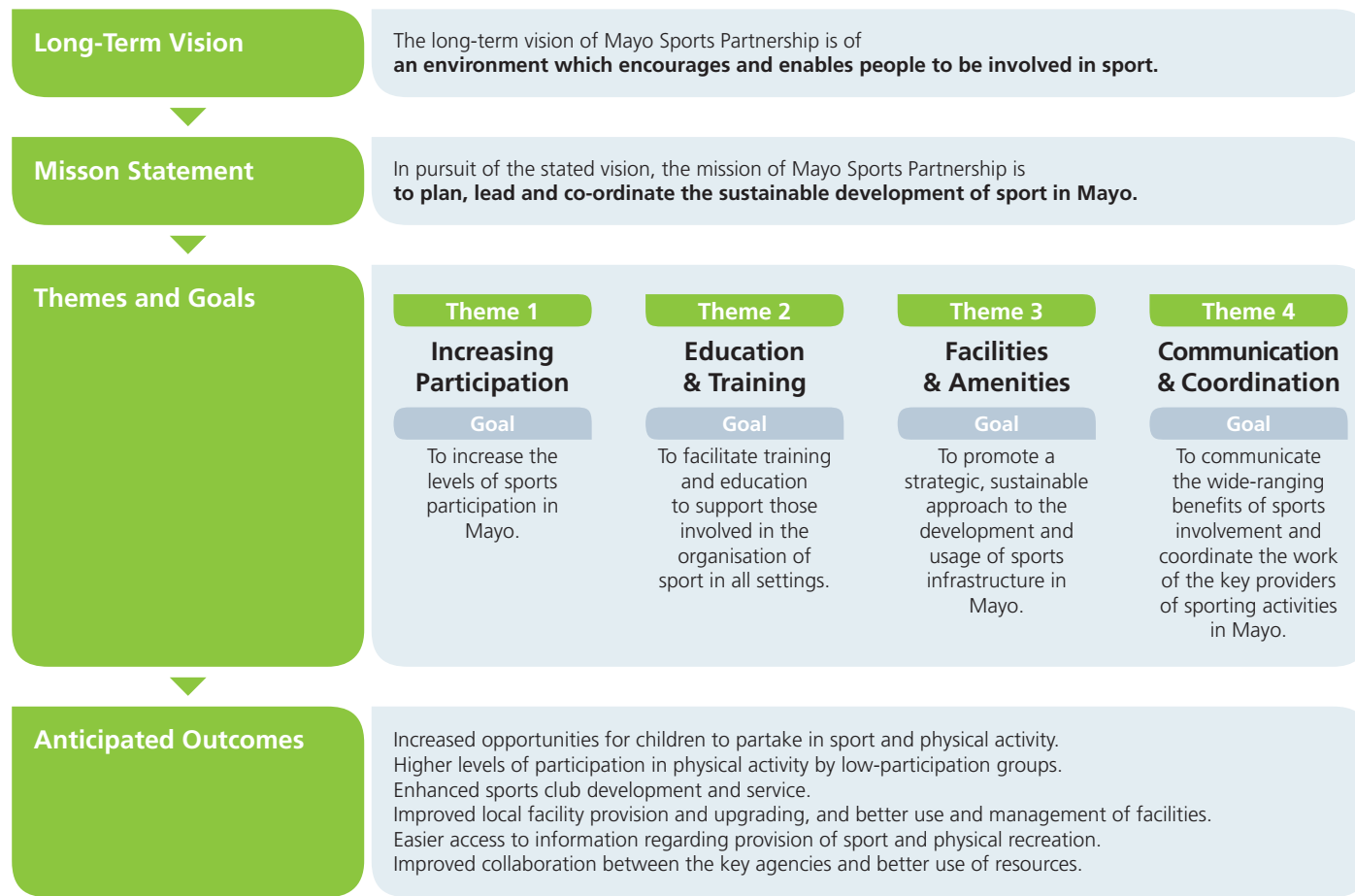
In the compilation of this plan, Mayo Sports Partnership has sought to take on board the input of the key stakeholders in sport in the county including individuals, community and voluntary organisations, sports clubs, schools and statutory bodies.

The plan seeks, in particular, to

- build on the many achievements of the first strategic plan;
- coordinate more effectively the work of the agencies already involved in all aspects of sport development in the county;
- add value to current sports provision;
- increase participation in sport.

The plan has received the endorsement of the Irish Sports Council.

Vision, Mission, Thematic Goals and Outcomes



achoimre fheidhmeach

Tá ról fíorthábhachtach ag an ngréasán náisiúnta de Chomhpháirtíochtaí Áitiúla Spóirt - a bhfuil 33 acu ann

- i sprioc na Roinne Ealaíon, Spóirt agus Turasoireachta i dtaobh spéis agus rannpháirtíocht in imeachtaí spóirt a mhéadú a bhaint amach. Ina theannta sin tá sé i gceist acu daoine a spreagadh i dtreo stíl bheatha níos folláine agus caighdeán beatha níos airde.
- Tá sé i gceist ag an *Straitéis Rannpháirtíochta* Chomhairle Spóirt na hÉireann an tslí a réiteach don oiread sin daoine agus is féidir chun páirt a ghlacadh in imeachtaí spóirt.

Bunaíodh Comhpháirtíocht Spóirt Mhaigh Eo sa bhliain 2005 agus foilsíodh an chéad phlean straitéiseach aici sa bhliain 2006, a chlúdaigh an tréimhse idir 2006-2009. Bíonn an plean straitéiseach seo ina threoir d'obair na Comhpháirtíochta Spóirt agus iad i mbun cúrsaí spóirt sa chontae a fhorbairt sna blianta 2010-2014.

Leagtar amach an obair bheartaithe seo faoi cheithre chuspóir théamacha, a bhfuil sé mar aidhm acu ar fad fis fhadtéarmach aontaithe a bhaint amach do chúrsaí spóirt sa chontae.

Le linn an plean seo a bheith á chur i dtoll a chéile, rinne Comhpháirtíocht Spóirt Mhaigh Eo iarracht moltaí páirtithe leasmhara eile maidir le cúrsaí spóirt sa chontae a chur san áireamh; ina measc bhí daoine aonair, eagraíochtaí pobail agus deonacha, clubanna spóirt, scoileanna, agus comhlachtaí reachtúla.

Is iad príomhaidhmeanna an phlean seo

- cur leis na héachtaí a rinneadh le linn thréimhse an chéad phlean straitéisigh;
- obair na ngníomhaíochtaí atá i mbun gach gné de chúrsaí spóirt sa chontae a fhorbairt cheana féin a chomhordú chun éifeachtachta;
- cur le héifeacht an tsoláthair spóirt atá ann faoi láthair;
- rannpháirtíocht in imeachtaí spóirt a mhéadú.

Tá an plean seo á thacú ag Comhairle Spóirt na hÉireann.

Fís, Misean, Cuspóirí Téamacha, agus Torthaí

Ráiteas Misin

Is é misean Chomhpháirtíocht Spóirt Mhaigh Eo an fhís a chur siad rompu a bhaint amach trí **fhorbairt inbhuanaithe an spóirt i Maigh Eo a phleanáil, a stiúradh agus chomhordú.**

Fís Fhadtéarmach

Is é fis fhadtéarmach Chomhpháirtíocht Spóirt Mhaigh Eo **na dálaí a chruthú ina mbeidh daoine in ann páirt a ghlacadh in imeachtaí spóirt.**

Téamaí agus Cuspóirí

Téama 1

Rannpháirtíocht a mhéadú

Cuspóir

Leibhéal na rannpháirtíochta in imeachtaí spóirt i Maigh Eo a mhéadú.

Téama 2

Oideachas & Oiliúint

Cuspóir

Oideachas agus oiliúint a chur ar fáil dóibh siúd a eagraíonn imeachtaí spóirt i ngach saghas dála.

Téama 3

Áiseanna & Conláistí

Cuspóir

Cur chuige straitéiseach, inbhuanaithe a chur chun cinn maidir le forbairt agus úsáid áiseanna spóirt i Maigh Eo.

Téama 4

Cumarsáid & Comhordú

Cuspóir

An pobal a chur ar an eolas faoin iliomad buntáiste a bhaineann le beith páirteach in imeachtaí spóirt, agus gníomhaíochtaí na bpríomhsholáthraithe imeachtaí spóirt i Maigh Eo a chomhordú.

Torthaí Réamh-mheasta

go mbeidh tuilleadh deiseanna ar fáil do pháistí a bheith páirteach in imeachtaí spóirt agus i ngníomhaíochtaí coirp; go n-ardófar rannpháirtíocht na ngrúpaí daoine nach nglacann páirt i ngníomhaíochtaí coirp ró-mhínic; go dtiocfaidh feabhas ar fhorbairt agus ar sheirbhísí clubanna spóirt; go dtugfar tús áite do sholáthar agus do fheabhsú áiseanna áitiúla spóirt, agus go gcuirfear feabhas ar bhainistíocht áiseanna; go mbeidh sé níos éasca teacht ar eolas maidir le soláthar spóirt agus aclaíocht áineasa; go mbeidh an comhoibriú idir na príomhghníomhaireachtaí spóirt feabhsaithe, agus go mbeidh úsáid níos éifeachtaí á baint as áiseanna.

county mayo in change contae mhaigh eo á athrú

A profile of County Mayo is outlined in the first strategic plan under the headings of

- Geography
- Education
- Population and Projections
- Economy, Employment and Disadvantage; and
- Community Development

The environment within which Mayo Sports Partnership operates is constantly evolving - politically, economically, culturally and socially. It is important that the partnership remains attuned to changes and adjusts its focus to take account of changes. This section highlights significant changes that have taken place in the short period since 2006 (when the first strategy was framed) - in particular at economic and social levels.

Rising Unemployment

Unemployment rates have increased sharply - in 2010 the national figure was over 13%. In parallel with the national picture, the numbers of people signing on the Live Register in Mayo show sharp increases, with an increase of 84% recorded in the year to March 2009.

Economic Downturn

Since late 2007 there has emerged a radical economic downturn which is placing real pressure on the levels of funding available to organisations and agencies in every sector to deliver essential services and maintain staffing levels.

Rural Depopulation

Although the overall population of Mayo has increased in recent times, the growth has been concentrated in the urban areas. The population in many rural areas, meanwhile, has reduced dramatically- North West Mayo has been worst affected. The long term population and settlement patterns indicate a continuing trend towards more clustered and urbanised settlements and a decline in the population of the more rural parts of the county.

Consumer Spending

Levels of consumer spending has reduced substantially - linked to unemployment and uncertainty about job prospects. This reduction in spending directly affects the ability of many organisations (including sports bodies) to develop and/or survive.

Immigration

As a result of substantial levels of immigration in the past decade, many of Mayo's population now claim non-Irish nationality. While the level of immigration has reduced somewhat in the past 2 years, there now exists a high level of diversity across the county.

Disadvantage

Mayo is now the sixth most disadvantaged County in the State. There is significant variation within the county, however, and Mayo has some of the most disadvantaged rural areas in the country. The most disadvantaged areas of the County are in the North West and are often also suffering from depopulation.



mayo sports partnership comhpháirtíocht spóirt mhaigh eo

3.1. The Irish Sports Council

The Irish Sports Councils aim is to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland. The Council places a large emphasis on a *Participation Strategy* which focuses on removing barriers and increasing participation by the largest numbers possible.



Amongst the key goals for the Participation Strategy 2009-2020

Long-term

- an increase from 33% to 45% in participation in sport by adults (over 16yrs) at least once a week.
- a reduction in sedentarism from 18% to 13%.

Short-term

- support and improve existing participation programmes and initiatives based on best-available evidence.
- develop high-quality, accessible opportunities at local level for active participation throughout the population.
- enhance existing monitoring systems for measuring active participation and improve systems for evaluating impact of programmes and initiatives.

3.2. Local Sports Partnerships

Central to the achievement of the Participation Strategy is the network of 33 Local Sports Partnerships which have been set up with the twin aims of;

- increasing participation in sport by improving access to opportunities in sport for all;
- ensuring that the resources invested in sport at a local level are used to best effect.

Local Sports Partnerships are expected to provide leadership, coordination and direction particularly in disadvantaged areas.

Local Sports Partnerships are required to develop targeted outcomes which are clear, credible, and value for money; and to prove their effectiveness in qualitative terms and/or quantitative terms.

A monitoring and evaluation framework (SPEAK) has been developed and reports published for 2007, 2008 and 2009.

3.3. Mayo Sports Partnership

Mayo Sports Partnership was officially launched in 2005 as a sub-office of Mayo County Development Board.

Mayo Sports Partnership currently employs four staff

- a Coordinator
- an Administrator
- a Sports Inclusion Disability Officer, and
- a Community Sports Development Project Worker

The Board of Mayo Sports Partnership comprises representatives of the key agencies that invest in, or have an interest in sport development in the county and a number of stakeholder groupings including;

- the Sport Forum
- the Community Forum, and
- the Disability Forum.

Key Agencies

Mayo County Council
 Mayo County Development Board
 Mayo Vocational Education Committee
 Health Service Executive Western Area
 Galway Mayo Institute of Technology
 F A S - the Training Authority
 Mayo Education Centre
 Udaras na Gaeltachta
 Mayo North East Mayo Leader
 South West Mayo Development Co.

Mayo Sports Partnership Board

County Sports Forum

County Community Forum

Mayo Disability Forum

3.4. Strategic Plan 2006-09

In 2006, Mayo Sports Partnership produced its first Strategic Plan - a comprehensive strategy for increasing participation in sport in the county. The plan presented a long-term vision of;

an environment which encourages and enables people to partake in sport’.

and identified four Themes / Goals for the 2006-2009 period.

- 1. Increasing Participation.** To increase the levels of sports participation in Mayo.
- 2. Education and Training.** To facilitate training and education to support those involved in the organisation of sport in the club, community and school settings.
- 3. Facilities and Amenities.** To promote a strategic, sustainable approach to the development and usage of sports infrastructure in Mayo.
- 4. Communication and Co-ordination.** To collate and disseminate key sport-related information.



the past four years na ceithre bliana seo caite

Mayo Sports Partnership has developed significantly since its inception over the 2006-2009 period. This section outlines the key developments in each of the themed areas of the Strategic Plan 2006-2009.

4.1. Increasing Participation

The main achievements of the *participation* strategy are under the sub-headings Promoting Outdoor Recreation, Targeting Low-Participation Groups, Challenging Sports Clubs, and Empowering Communities.

Promoting Outdoor Recreation

Walking Partnership Group

Mayo Walking Partnership continues its efforts to promote an inter-agency approach to the development of walking in Mayo and to *“establish Mayo as the walking capital of Ireland”*.

Walking Strategy

A key objective of Mayo Walking Partnership was the development of a County Walking Strategy and Action Plan to co-ordinate and drive the sustainable development and promotion of walking in the county. This document was published in 2007.

Walking Development Officer

In 2007 a Walking Development Officer was appointed to commence the delivery of a 3yr implementation plan. The appointment has considerably improved the promotion and usage of natural amenities throughout the county.

Mayo Walks Website

The Mayo Walks website is being developed as a one-stop shop for all enthusiasts of walking in the county. The site is one of the only kind in the country.

Adventure Sports Strategic Plan

In 2008 a Strategic Plan for the Promotion of Adventure Sports in County Mayo was published. The aim of the plan is to increase the levels of participation by people in outdoor recreation.

Mayo Adventure Sports Forum

One of the objectives of the Adventure Sport Strategic Plan was the establishment of an Adventure Sports Forum. The Forum was inaugurated in March 2010 and provides an opportunity for adventure sports clubs and organisations to network, exchange information and propose areas where Mayo Sports Partnership might assist.

Mass Participation Events

Cycle for Fun Series 2010

The Cycle for Fun Series was organised in conjunction with the Irish Sports Council, Western Lakes Cycling Club, North Mayo Cycling Club, Castlebar Cycling Club and the Covey Wheelers Cycling Club. Families and individuals were invited to try cycling for fun during July, August and September.

Gaelforce West Adventure Festival

The Westport *Get Out There* Adventure Festival is supported by Westport Chamber of Commerce, Destination Westport, Gael Force, Mayo County Council, FÁS, and Fáilte Ireland.

Over the weekend the town is turned into a series of adventure points, each featuring a different adventure activities for children, teens and adults.

Festivals of Sport

Two very successful Festival of Sport events have been organised (in 2009 and 2010) as part of the Westport *Get Out There* Adventure Festival.

The festivals provided opportunities for families to sample a wide range of adventure sports (orienteering, climbing, water sports, archery, etc.). The events also provided a shop window for sports which often struggle with promotion.





section 4 cuid 4

Targeting Low-Participation Groups

People with a Disability

Mayo Adapted Sport and Recreation Group

In 2006 an *Adapted Sport and Recreation Group* was formed. The group continue to guide Mayo Sports Partnership in their efforts to increase the levels of sports participation by people with a disability.

Strategic Plan

Guided by the *Adapted Sport and Recreation Group* a strategic plan was developed with the key stakeholders. The plan proposes a long-term vision where people with a disability are enabled to be involved in sport with frequency and satisfaction, and enabled to achieve their full potential in sport.

Sports Inclusion Disability Officer

In 2007 a Sports Inclusion Disability Officer was appointed to progress the implementation of the strategic plan. The Development Officer's work with the many leaders involved in this arena - has enhanced the confidence and competence of participants and leaders in this area.

Participation Programmes

A range of programmes have been initiated including

- County Boccia League
- Inclusive Summer Camp for Children
- Arthritis Exercise Programme
- Disability Awareness Training Courses
- Achill Outdoor Adventure Day 2010
- Disability Gym Programme
- Children's Saturday Club



Social Inclusion

Funding was secured from the Department of Justice National Action Plan against Racism Fund for three projects in 2007 and 2008.

Parkside Sports Induction Programme

Parkside Community Initiative in Ballina includes people from varying ethnic backgrounds in a programme which delivers pathways to involvement in local sports clubs.

Martial Arts Programme

This programme sought to attract new members from diverse backgrounds to participate in martial arts - leading to a competitive element for some.

Volleyball for Everyone

Volleyball is now available in a number of centres including Castlebar, Claremorris and Foxford.

Older People

Go for Life Grants

Over 50 groups in Mayo have drawn down grants to increase participation by older people. The partnership assists clubs in preparing the applications where necessary.

Be Active 55 Scheme

The Be Active 55 Scheme mixes exercise and social interaction for older people. Leisure centres in Ballina, Ballinrobe, Erris, Castlebar, Claremorris, Lacken, Mulranny and Westport now participate in the scheme. The project is a joint initiative with the Health Service Executive and leisure industry.

Women and Girls

Through funding secured from The Irish Sports Council a number of projects have been initiated to increase the involvement of women and girls in sport. These include;

Mayo in Motion

Twenty communities participate in this project which has been implemented in June of 2008, 2009 and 2010. In 2010 over 800 people participated in the timetabled walk.

Hip to Hop Teenage Dance Programme

This programme targets teenage girls (15-17yrs) who do not participate in mainstream sports. Fifteen schools and 300 girls have participated.

Go Move, Shift Project

In 2008 five Youth Clubs participated in a pilot project in which teenage girls partook in an 8-week programme of Aerobics, Dance and Martial Arts.

Active Women Project

In 2007, over 150 women from five Communities in South Mayo participated in a project to increase physical activity amongst women aged over 30yrs. Local community centres offered Aerobics / Keep Fit sessions twice a week for 8 weeks. After 8 weeks the community took ownership of the project and ensured sustainability.

Challenging Sports Clubs

Special Participation Grant Scheme

The annual Special Participation Grant Scheme seeks to encourage organisations implement sustainable projects to increase participation in sport - particularly in disadvantaged sectors of the population.

The scheme encourages projects which;

- introduce new sports projects/initiatives for low-participation target groups where opportunities do not already exist
- cater more fully for people with disabilities.
- reflect a wide geographical spread.
- provide for mass participation.
- introduce young people from disadvantaged backgrounds to outdoor education.
- new initiatives/sports clubs promoting participation in sport and physical activity by groups with low participation rates.



Promoting Sport at Community Level

Appointment of Project Worker

Funding was sourced for the appointment of a project worker whose key roles include

- developing action plans with communities;
- initiating participation programmes and introducing new sports;
- leadership training; and
- promoting social inclusion.

Community Programmes

A substantial start has been made in terms of empowering communities and increasing participation through a community approach. Key outcomes include;

Fit4Life and Meet & Train

Fit4Life groups and Meet and Train Groups have been established in communities across the county.

Link 2BActive

Link2BActive offers discounted rates for physical activity opportunities for job seekers in Mayo.

Fit4Work

A pilot *Fit for Work Programme* is being delivered in Castlebar for staff of the Health Service Executive, Mayo County Council, Western Care, Mayo VEC and Galway Mayo Institute of Technology. Feedback from participants and preliminary outcomes have been very positive.

Womens Mini-Marathon

The first ever Womens Mini-Marathon was held in Castlebar in May 2010. Almost 3,00 women took part in this inaugural event - many of the participants were sourced through initiatives carried out at community level.



Introduction to Athletics

The Introduction to Athletics programme targeted National Schools in communities across the county and culminated in an Athletics Fun Day. One of the key aims is to link children with their local Athletics Clubs.

Sport for Women

A number of initiatives have been supported to establish sports clubs for women who are not involved in mainstream sports (general sport, Gaelic for Mothers is a good example).

Goal to Work

The *Goal to Work* initiative gives 12 unemployed people an opportunity to become trained soccer coaches.



section 4 cuid 4

4.2. Training and Education

Sports Leaders

Sports volunteers are supported through a training programme which includes subsidised workshops and courses in;

Coach Education

Code of Ethics and Best Practice in Sport Workshops

Approximately 1500 persons had participated in the training from approx 350 sports clubs. Overall, the sport sector has bought into the concept of child protection in a positive way.

Sports First Aid Awareness Workshops

Speed, Agility and Quickness Seminars

Performance Enhancement Seminars

Promoting Best Practice

A series of Best Practice Seminars have been organised where top names in sport share their knowledge with sports coaches and clubs. The list includes;

- Jim Kilty (Coach to Derval O'Rourke)
- Pat Flanagan (Trainer of Kerry Team)
- Mary Davis (Special Olympics)
- John McDonnell (US Olympic Athletics Coach)

Leader Training

Buntus Training for Primary Teachers Buntus START

The Buntus (Generic and Soccer) Programme which includes training and equipment for Primary School Teachers has been rolled out for practically all schools across the county.

Disability Leader Training

The input of the Development Officer with the many leaders involved in this arena has enhanced the confidence and competence of programme delivery for people with a disability.

Active Leadership Training Programme

Clubs and Groups

Club Development Workshops

Club development workshops (including Funding and Financing, PRO Media Training, Volunteer Recruitment, etc.) have achieved a lot in terms of club development. The workshops have also provided clubs with opportunities to network, exchange ideas and information, and collaborate.

Downloadable Resources

Some resources for club development are now downloadable from the Mayo Sports Partnership website. They include;

Club Development Pack

This development pack for start-up clubs covers aspects such as

- roles of club officers
- club constitution
- volunteer recruitment
- planning
- funding and sponsorship opportunities
- useful contact numbers.

Volunteering Handbook

A booklet on issues relating to the recruiting and retaining sports volunteers is now available from the Mayo Sports Partnership website.

Club Training/Development Grants

The Club Development Programme provides grant assistance to sport and recreation clubs/organisations for Club Training/Development and Special Project Participation Initiatives. The scheme aims to increase participation; improve the management and administration of clubs; and develop youth structures in clubs/organisations. Typically, the grants assist clubs avail of Coach Education and/or Committee Training, Volunteer Education, Administration and Management training.

Communities

A range of training workshops and course have been organised to enable community-based individuals plan and lead sessions in various recreational activities. They include;

Walking Leader Training

A number of walking leader training courses have resulted in a panel of leaders in almost 20 communities organising ongoing events and contributing to campaigns such as the Mayo in Motion Month (June), World Heart Day (September) and National Trails Day (October).

Fit4Life Leader Training

A panel of approximately 10 Fit4Life Leaders have received some training to assist in the planning and implementation of their programmes at local level.



4.3. Facilities and Amenities

Facilities Directory

A Sports Facilities directory (detailing facilities by club and sport) has been developed and is promoted on the Mayo Sports Partnership website.

Indoor Facilities - Needs Analysis

A needs analysis of indoor centres was carried out to explore how facility owners/operators could encourage more people to increase their participation in sport. The research highlights issues around *equality, funding, staffing and participation* that include;

- physical standards;
- quality of equipment;
- training in management
- social inclusion measures;
- provision of information; and
- intercommunication.

Facility Audit

A Facility Audit carried out by the County Development Board listed all facilities in the county facilitated by type, geography, etc.

Erris Facility Needs Analysis

A Facility Needs Analysis in the Erris area has been carried out Irish Leisure Consultants for the Corrib Gas Development Fund. It identifies key issues around the level and usage of local facilities and identifies key needs in terms of improving usage at community level.

Sports Capital Grants

The partnership have organised a number of workshops for sports clubs and community groups to assist with applications for facility development grants.

Walking and Cycling Trails

A wide range of walking and cycling trails has been developed - mainly through the efforts of the County Walking Office and the Rural and Recreation Office. The support of landowners, Coillte Teoranta and community groups has been crucial to the outcomes in this regard. As of 2010 a total of 95 trails have been identified that include;

- cycling trails
- walking trails (ways, loops, slis, and community trails)



Great Western Greenway. The recently opened Great Western Greenway is a world-class 18km walking/cycling trail from Mallaranny to Newport. It follows the line of the famous Newport to Mulranny Railway, which closed in 1937. The trail forms part of the National Cycle Network and is the longest off-road cycling experience in the Country.



section 4 cuid 4

4.4. Communication and Coordination

Full Time Team of Staff

In 2010 Mayo Sports Partnership have four full time staff as follows;

- the Sports Coordinator
- an Administrator
- a Sports Inclusion Disability Officer
- a Community Sports Development Project Worker

Strategic Working Relationships

Positive working relationship have been established with;

- Development Officers in National Governing Bodies (Rugby and Soccer) and other strategic people including
- the County Council's Walks Officer; and
- the Rural Recreation Officer at South West Mayo Leader Co.

Inter-Agency Collaboration and Support

There has been a high degree of input from all agencies on the Board – including financial support, taking on lead roles in programme delivery, and inter-agency initiatives.

Collaboration between agencies on the Board has resulted in a number of very successful initiatives including the Fit4Work Programmes, Walking Strategy, etc.

A number of Implementation Groups (established as needs arose to advise on specific areas of work) were extremely productive. Good examples include the Disability Action Group and the Outdoor Recreation Group.

Website

The Mayo Sports Partnership Website www.mayosports.ie has proven to be hugely popular and successful in the exchange of information in both directions.

Relationship with Media

Mayo Sports Partnership have developed strong working relationships with local media that includes newspapers and radio - resulting in regular and extensive promotion and coverage of events and programmes.

Newsletter

The Mayo Sports Partnership Newsletter has been developed to a high standard and a mailing list of approximately 3,000 created.

Sports Directory

A very extensive directory of sports clubs is accessible through the website - clubs and organisations which offer organised sports or physical activity are categorised by town and by sport.

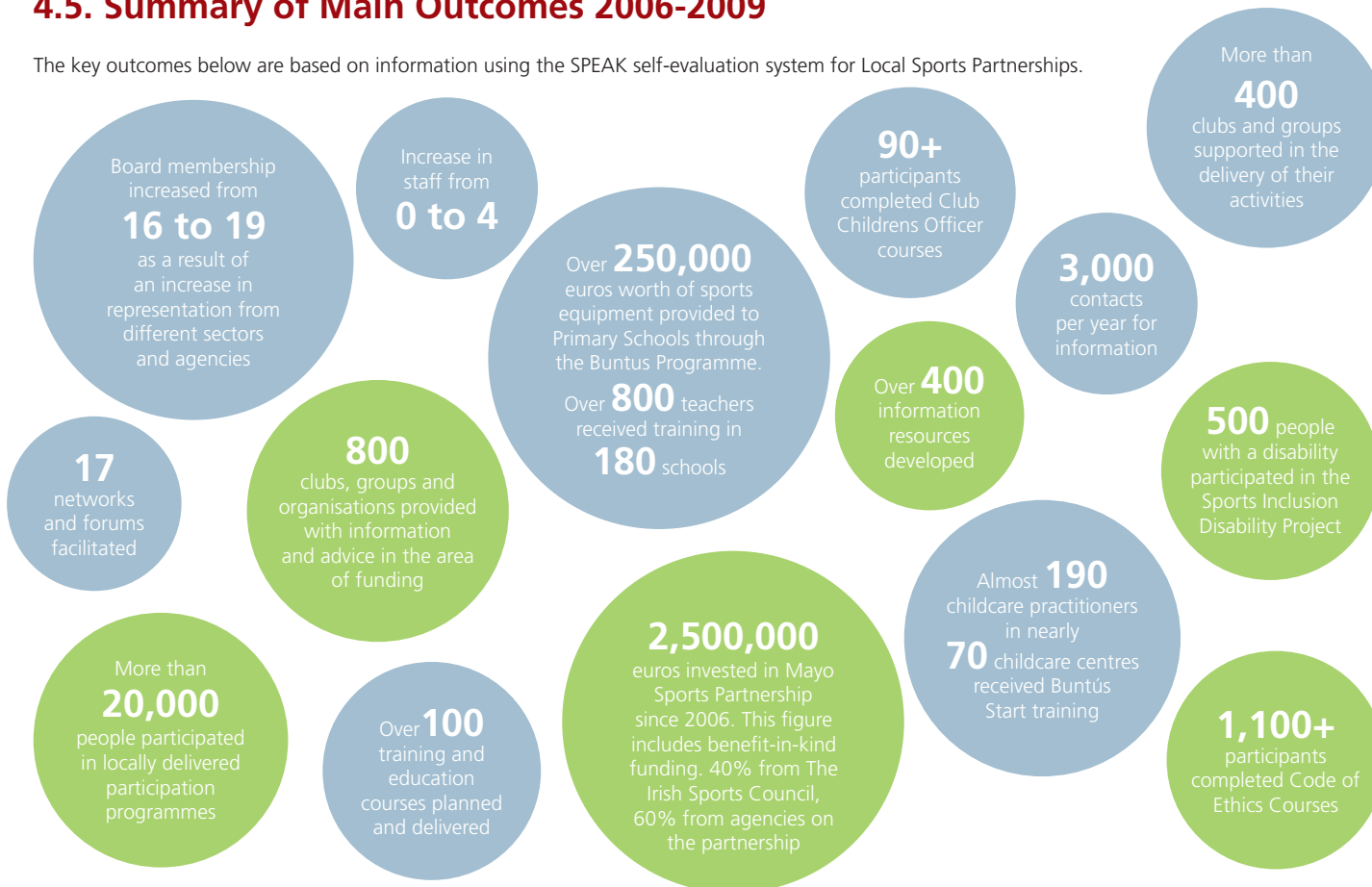
Mayo 4 Funding

The Mayo County Development Board is now providing community, voluntary and business groups in Mayo with the ability to search a comprehensive and up-to-date database with hundreds of funding sources including the EU, Irish Government, and the National Lottery.



4.5. Summary of Main Outcomes 2006-2009

The key outcomes below are based on information using the SPEAK self-evaluation system for Local Sports Partnerships.





section 5 cuid 5

participation baselines bonnlínte rannpháirtíochta

5.1. The Key Providers

The provision of sport in the county is through a number of sources that includes;

- Primary Schools (PE and extra-curricular sport)
- Secondary Schools (PE and extra-curricular sport)
- Sports Clubs (Gaelic football, basketball, etc)
- Community Organisations (Youth Clubs, Active Retirement Associations, etc)
- Private facilities (health centres, golf clubs, etc)
- Public facilities (parks, swimming pools, etc)
- Community facilities (parish halls, community centres, etc)

5.2. Participation Rates?

The first strategic plan highlighted the lack of statistical data on all aspects of sports involvement (including participation, club membership, and volunteerism) which is a necessary first step in policy making. While great strides have been made to gather up-to-date information in many areas such as facility provision, sports clubs, etc. an accurate picture of the participation rates and patterns of Mayo people in sport.

Outlined below are the main outcomes from

- the SLAN Survey of 2007
- Childrens Sport Participation and Physical Activity Study (2010)
- the Irish Sports Monitor Report of 2008
- Sport and Recreational Exercise in Mayo/Sligo (2007-2009) (based on findings from Irish Sports Monitor 2007/08)



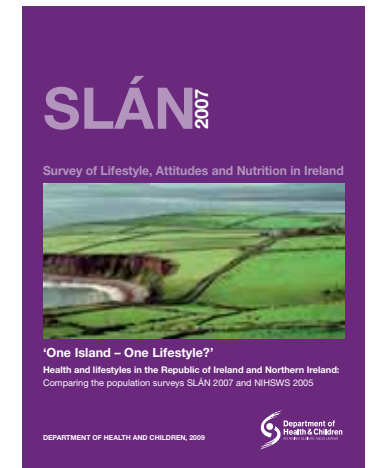
5.3. Participation Nationally?

5.3.1. The SLÁN Survey (2007)

The SLAN Survey of 2007 involved 10,364 respondents aged over 18yrs. In physical activity terms, the key results were;

Activity Levels	% Population
High Levels	24%
Moderate Levels	47%
Sedentary	29%

- high levels of activity were recorded by more men than women and more young people than older people.
- people in the lower socio-economic classes were less active than those in higher social classes.
- there were higher levels of physical activity among younger men, reducing with increasing age.
- there were relatively low levels of physical activity among women across all groups.
- men and those in the 18-29yr age group were more likely to have been physically active for longer than 6 months, compared to women and older age groups.



5.3.2. The Childrens Sport Participation and Physical Activity Study (2010)

In October 2010 The Irish Sports Council launched the *Childrens Sport Participation and Physical Activity Report* which provides a national database of physical activity, physical education and sport participation levels of children and youth in Ireland.

In general, the study found high engagement by children and young people with sport and physical activity - a positive outcome against a worrying international context of decreasing participation in overall physical activity levels. The levels of active travel has increased - with the numbers of children walking to school increasing dramatically.

The positive results may be the outcome of the work on the ground by development officers, teachers, coaches and volunteers. The impact of Local Sports Partnerships in their work with schools and communities may also be a contributing factor.

The research shows, however, that there remains a clear challenge to keep young people, especially girls, engaged in active sports through their teens.

The report makes the sole recommendation **to increase participation in physical activity among children.**

In the context of this strategy, some of the key outcomes are listed in the table across.



General Physical Activity Levels

- 19% of Primary School children meet the Department of Health and Children's health goal of at least 60mins of moderate to vigorous physical activity daily.
- 12% of Post-Primary School children meet the Department of Health and Children's health goal of at least 60 mins of moderate to vigorous physical activity daily.

Physical Education Provision

- 35% of Primary School pupils received the Department of Education and Skills' minimum requirement of 60mins per week
- 10% Post-Primary School pupils received the Department of Education and Skills' minimum of 120mins per week

Active Travel to School

- 31% Primary School pupils walked to school, 1% cycled.
- 40% Post-Primary pupils walked to school, 3% cycled.

Extra-School Sport and Physical Activity (out of school)

- 83% Primary School children participate at least once a week but 11% never take part in community based sports clubs
- 64% Post-Primary pupils participate at least once a week but 34% never take part in community based sports clubs.

Extra-Curricular Sport and Physical Activity (in school)

- 63% Primary School pupils participate at least once a week but 24% never take part in extra-curricular activity clubs.
- 73% Post-Primary School pupils participate at least once a week, but 16% never take part in extra-curricular activity clubs.

Sedentary Behaviour

- Less than 1% of children and young people met the health recommendation of less than 120mins of sedentary screen time during daylight hours.





section 5 cuid 5

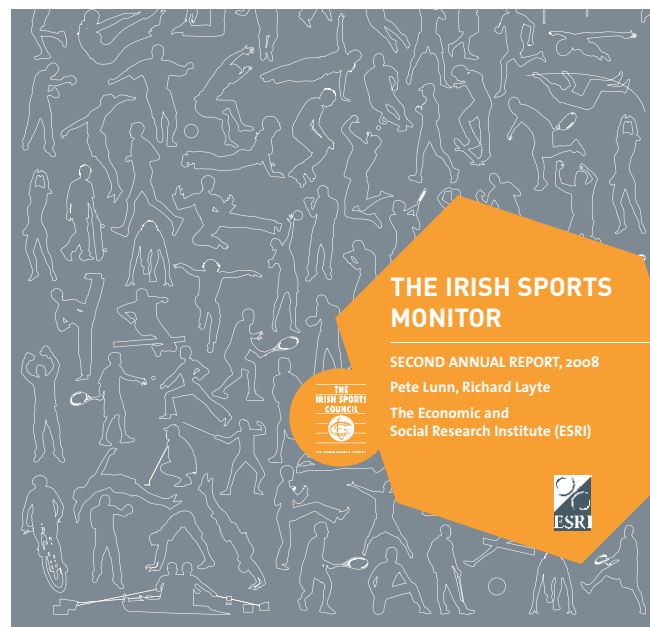
5.3.3. The Irish Sports Monitor (Second Annual Report 2008)

The Irish Sports Monitor is an ongoing survey of participation in sport in Ireland.

The second annual Irish Sports Monitor report written by the Economic and Social Research Institute on behalf of the Irish Sports Council was published in 2008 and compares participation levels with 2007 baselines.

The survey is primarily designed to track levels of participation in sport, both for the population as a whole and various subpopulations of interest.

In the context of this strategy, the key findings are listed across;



Participation Rates and Patterns

- 32% of the population were classified as *just active* with modest falls in the proportion *highly active* or *fairly active* and in the proportion classified as *sedentary*.
- active participation in sport fell by 2% to 30.8%. Evidence strongly suggests that the fall was caused by the recession.

Participation, Employment and Income

- the relationship between income and participation strengthened, but the effect was compensated for by some people having more free time.
- the decline in participation levels was concentrated among lower income households.
- there was a rise in participation among the unemployed and self employed suggesting that these groups used additional free time to participate. The Report warns, however, that cost may ultimately matter and those unemployed for a longer period will find it hard to maintain participation.
- the fall in participation fell disproportionately on young men of lower income.

Volunteering and Membership

- volunteering rates (7.8%) and club membership (32.4%) held up in 2008.
- there was an increase in participation rates among the unemployed for playing, volunteering and membership.
- the GAA remains the predominant organisation for volunteering, although volunteering associated with team sports fell marginally.
- men took on more of the volunteering associated with their children's sport, with women doing less.
- the less well-off become much less likely to be club members than the better off.
- those living in isolated locations had the largest falls in the likelihood of volunteering.

Most Popular Activities

- the overall drop in sports participation was somewhat offset by increases in walking and cycling for transport.
- swimming overtook personal exercise activities as the most popular sporting activity.
- the hardest hit activities were individual sports such as golf and exercise activities (e.g. using the gym) which tend to be more expensive. At least one in every seven members of gyms or health/fitness club in 2007 gave up their membership in 2008.
- among men, individual sports and soccer declined significantly, while only rugby increased participation.
- among women, participation in all popular individual sports declined, while participation in all team sports increased.

Participation by Region

- people in Dun Laoghaire-Rathdown, Waterford and Louth are most active while people in Dublin City, Offaly and Westmeath are least active.
- people in the Midlands region has the highest proportion playing team sports, but a far lower proportion playing individual sports.
- there is very considerable regional variation in the activities undertaken.
- personal exercise, golf and Gaelic games display particularly striking patterns of participation across the regions.

Poor Health and Disability

- approximately 15% of adults have a long-term health problem that hinders participation in sport.
- the effect of health problems is greater among young adults and over-65s, but narrows in middle-age.
- people with long-term health problems who play sport are more likely to swim or play golf and very unlikely to play team sports.
- volunteering is also lower among this group.

5.4. Participation in Mayo?

The results of the national *Irish Sports Monitor* (outlined on the previous page) gives a picture of participation rates and patterns at a national level based on surveys conducted with almost 27,000 adults (over 16yrs) during the 2007-2008 period. During 2010, the Economic and Social Research Institute and the Irish Sports Council conducted a further analysis of the 1,400 results from the Mayo/Sligo area to formulate a *snapshot* of active participation in sport and exercise among adults in those two counties. *The Sport and Recreational Exercise in Mayo and Sligo (2007-2009) Report* is the first in the series of reports for Local Sport Partnerships, and combines information for the two counties to preserve a sufficient sample size in order to produce meaningful analysis.

The key outcomes of the report are summarised as follows;

1. The Summary of Physical Activity table across shows lower levels of activity in Mayo/Sligo than nationally, but once demographic characteristics (e.g. the area's older age profile) are taken into account, activity levels are in line with national figures.
2. The most popular three sports in the region are swimming, personal exercise and soccer, matching the national pattern.
Gaelic Football is more popular in Mayo/Sligo than nationally, for both men and women. Individual sports account for over two-thirds of all sporting activity and are particularly dominant among women.
3. The main factors were associated with greater likelihood of playing sport are;
 - educational attainment
 - income
 - gender; and
 - marital status (among men only).

Socio-economic status has a particularly strong influence in Mayo/Sligo, such that individuals with high educational attainment and/or high income are very much more likely to participate.

Men are more likely to play sport than women, but the gender gap narrows with age, which has a stronger negative impact on men's participation.

Single men are less likely to play sport than married or cohabiting en, perhaps associated with a degree of social isolation in more rural areas.



Summary of Physical Activity

Activity	Mayo/Sligo	% National
Played sport in previous week	26%	33%
Walked recreationally in previous week	57%	59%
Walks for transport at least once weekly	43%	46%
Cycles for transport at least once weekly	9%	11%
Sedentary	19%	17%

Most Popular Sporting Activities

All	Male	Female
Swimming 5.6%	Soccer 7.1%	Swimming 7.4%
Exercise 5.3%	Gaelic Football 4.6%	Exercise 6.1%
Soccer 3.9%	Exercise 4.4%	Dancing 3.4%
Gaelic Football 3.7%	Jogging 4.1%	Gaelic Football 2.7%
Golf 2.6%	Golf 4.0%	Golf 1.2%
Jogging 2.6%	Swimming 3.9%	Jogging 1.0%
Cycling 2.3%	Cycling 3.8%	
Dancing 2.0%	Rugby 2.2%	
Rugby 1.1%		



strategic plan 2010-2014 plean stráitéiseach (2010-2014)

6.1. General

This Strategic Plan will guide the work of Mayo Sports Partnership for the period 2010-2014.

The process of preparing the plan involved;

- a review of the efforts of the partnership over the past four years
- extensive discussion within the Board
- consideration of the implications of the results of research carried out at local and national level
- consultation with key stakeholders.

At the outset of the process it was agreed that the foundations of the first Strategic Plan 2006-2009 remain relevant and should continue to underpin the work of the partnership for the next five years. This Strategic Plan, therefore, has kept the **Vision, Mission Statement, Themes** and **Goals** of the previous strategy.

It was agreed, however, that the more specific **Objectives** and **Actions** will change to reflect changing priorities, newly emerging target groups, more realistic ambitions limited by a changing economic climate, etc. A *keep and add* approach has been adopted - where previous objectives which have relevance going forward are kept, and new objectives added to reflect new challenges and the growing capacity and confidence of the partnership.

This Strategic Plan

- is intended to add value to that which is already happening in sport development in the county.
- is dependant on an integrated approach by a variety of agencies and sectors - bringing together their expertise, resources and energies.
- seeks to dovetail with a range of other plans, and particularly, the Irish Sports Councils Strategic Plan, the Department of Sport, Arts and Tourism Strategy, the National Health Promotion Strategy.

The successful implementation of the plan will require inter-agency support and cooperation in order to achieve a more integrated approach to sports development.

6.2. Definition

For the purposes of this plan, sport is defined as

all forms of physical activity which, through casual or organised participation, aim at improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competition at all levels.

This broad-ranging definition includes play, physical education, physical recreation, exercise and competitive sport.

6.3. Vision

The long-term vision of Mayo Sports Partnership, and the ideal to which the Board aspires, is of

an environment which encourages and enables people to be involved in sport.

6.4. Mission

In pursuit of the stated vision, the mission of Mayo Sports Partnership is; **to plan, lead and co-ordinate the sustainable development of sport in Mayo.**

6.5. Themes and Goals

Mayo Sports Partnership has identified four themes which form the framework under which action will be progressed in the period of this strategic plan.

They are as follows;

- Theme 1 **Increasing Participation**
- Theme 2 **Education and Training**
- Theme 3 **Facilities and Amenities**
- Theme 4 **Communication and Coordination**

Theme 1

Increasing Participation

Goal:
To increase the levels of sport participation in Mayo.

Theme 2

Education & Training

Goal:
To facilitate training and education for those involved in the organisation of sport in all settings.

Theme 3

Facilities & Amenities

Goal:
To promote a strategic, sustainable approach to the development and usage of sports infrastructure in Mayo.

Theme 4

Increasing Participation

Goal:
To communicate the wide-ranging benefits of sport involvement and coordinate the work of the key providers of sport in Mayo.

'an environment which encourages and enables people to be involved in sport'

6.6. Roles

The key roles of Mayo Sports Partnership are;

- to formulate policy and best practice for sport development in Mayo;
- to coordinate the implementation of the strategic plan;
- to foster partnership and collaboration, co-ordination and integration between all organisations involved in the development of sport in Mayo.
- to ensure that all member agencies of the Board contribute to the work of the partnership.
- to involve key stakeholders in informing the future direction of the LSP.
- to integrate the role of sport in the social, economical and cultural development of the county.

6.7. Principles

The key principles which will guide the work of Mayo Sports Partnership for the 2010-2014 period are;

- **equality and inclusion**
We will involve and serve all people equally, irrespective of age, ability or background.
- **empowerment**
We will promote the enablement and empowerment of individuals, organisations and communities.
- **sustainability**
We will promote and support the sustainable development of sport.
- **added value**
We will seek to optimise value-for-money and extract the maximum impact from the available resources, as well adding value to current sport provision.
- **change**
We remain open to change, and committed to change where the need demands.



6.8. The Board

Listed below are the members of the Board of Mayo Sports Partnership for the 2010–2014 period.

Anna Connor (Walking Officer)	County Manager Nominee
Mr John Coll (or nominee)	Director Community & Enterprise
Clr Blackie Gavin	County Councillor
Clr Henry Kenny	County Councillor
Thelma Birrane	Health Service Executive West
Nigel Jennings	Galway Mayo Institute of Technology
Mary Heneghan	Mayo Vocational Education Committee
Art O Súilleabháin	Mayo Education Centre
Fiona Joyce	FAS - the Training Authority
Séan O Coistealbha	Udarás na Gaeltachta
Seamus Weir	North East Leader Partnership
Mr Gerry O Neill	South West Leader Partnership
Deirdre Cavanagh	County Community Forum
Liam Keaveney	County Community Forum
Teresa Warde	Sports Forum (Disability Representative)
Lyndon Jones	Sports Forum (Rugby Representative)
Padraig McHale	Sports Forum (Soccer Rep)
Michael Fahy	Sports Form (Adventure Sports)
Gerry McGuinness	Sports Form (Community Games)

6.9. Analysis of Strengths, Challenges, Opportunities and Threats

Strengths

A sound basis has been developed over the 2006-09 period which will make next strategy easier to communicate and implement.

The team of professional staff (including Coordinator, Administrator, Sports Inclusion Disability Officer, Community Sports Development Officer, and sport-specific Development Officers) gives confidence for meaningful implementation.

Positive working in partnership have been established between the key agencies and the sport and community sector.

There is increased awareness and role of the existence of the Local Sports Partnership and its role in terms of Sport Development in the county.

Good working relationship established with the media.

Links have been formed with an expansive network of sports organisations, clubs and schools.

Extensive range of indoor facilities, expanding range of public, private and voluntary facilities, and rich vein of natural amenities.

Increased numbers of trained leaders in a variety of activities (from walking to organised sports) and a good level of voluntary input into sport.

Strong and growing community spirit.



Festival of Sport, Westport, August 2010.

Challenges

Lower levels of funding anticipated for the period of the next strategic plan.

Need to be SMART with actions chosen - affordability and sustainability are key criteria.

Sustaining the team of staff in order to maintain level of service delivery to people with a disability and in communities.

Staff turnover (or loss) in some of the key agencies resulting in key people on the Board not available.

To become more effective in communicating information and promoting participation.

Geographical spread of county and significant number of areas of disadvantage.

Lower than desirable usage of existing facilities and amenities.

Delivering long-term sustainable outcomes and having the capacity to measure and evaluate these outcomes.



Launch of Fit4Life 5km Series, June/July 2010.

Opportunities

Growing interest in good health and quality of life. Potential to make sport and fitness *fashionable!*

Concerns over insurance issues diminished - opportunities to be more *daring* in activities and programmes.

Re-emergence of community spirit – people wanting to make their locality a better place to work, rest and play!

Increasing numbers of people with more time due to changing employment environment - timesharing, unemployment, etc.

Development during the *boom* has resulted in substantial infrastructure (playgrounds, parks, trails, halls, etc.) and structures (clubs, groups, forums) being established. Opportunity to optimise their usage - focus should be on the *good* and the *available*.

Growing appreciation for activity in the natural environment - potential to develop the range of opportunities for *adventure in the great outdoors* which generally provides ease of access and affordability.

Increasing number of people wishing to partake in activity that is local, simple and affordable. There are possibilities to use community-based facilities in a creative way.

Increased usage of information technology by people improves the potential for promotion and marketing.

Changing employment patterns and work practices (including unemployment, time sharing, etc) means more people have more time available. Opportunity to promote and provide gainful involvement in sport as a leisuretime activity. Opportunities exist through sport to give people things to do, things to learn, new skill sets, potential for employment, etc.

Threats

Over emphasis on competition as a key element of sport is still a major threat to mass participation.

Unemployment inevitably means less disposable income and, therefore, a lack of ability to afford sport. Many people that were previously involved in fee-paying sport (gyms, golf clubs, leisure centres, etc) may not be able to afford membership - and become more inactive.

Economic downturn and unemployment are key factors in increasing levels of isolation, loneliness, depression and anxiety amongst people which, in turn, can result in lower levels of involvement in sport. This is particularly important in the context of young people who may be experiencing unemployment for the first time. The negative effects of loneliness, isolation and depression may mean that these people (who are most in need of sport) become more difficult to reach.

A number of factors contrive to seriously threaten the viability of sports clubs. These include financial aspects, concerns over the child-protection issue, the points race, sub-standard facilities, emigration, etc - all of which result in fewer players, leaders, and officials.



Inclusive Summer Camp for Children, July 2010.

Strategic Theme 1. Increasing Participation

Introduction

Mayo Sports Partnership is committed to the concept of *Sport for All* and believes that sport has not only the capacity to promote the health of the individual but to be an effective tool for social inclusion and community development. Sport should be an integral element of the lives of people of all ages, abilities, needs and interests. The partnership believes that giving positive sports experiences to children and the provision of high-quality recreational sports opportunities for all sectors of the population are key elements in achieving this ideal. Mayo Sports Partnership believe that the areas of *physical recreation* and *exercise for fitness* provide best opportunities in next strategic period for the key mission of increasing participation in sport by all.

Main issues

Based on the outcomes of consultation and research there is a need to;

- to focus on the concept of *easy access to sport*. Further growth in participation rates is possible if sport is made and seen to be affordable, locally-based, offered in shorter programmes, more varied in choice, inclusive and integrated. The terms *fitability, sociability and affordability* to be prominent in marketing strategies.
- broaden the *menu* of sports in the county to cater more fully to the varied interests and abilities of the entire population.
- increase the range and number of opportunities for participation in recreational sport at a community address the trend of sport dropout and sedentary lifestyles amongst teenage girls;
- promote sport as an anti-dote to crime for *young people at risk*.
- continue to promote initiatives to raise levels of participation in sport by women and older adults.
- promote greater participation amongst people with a disability. Inclusion and integration are seen as central to development in this area.
- explore the potential to involve the increasing numbers of *unemployed people* in both participation in, and provision of, sport.
- to further develop and promote the concept of *active workplaces* where people in work are encouraged to incorporate physical activity into their working day.
- to explore the use of *challenge* which seems to be a growing motivator for many would-be participants in events such as Gael Force, Marathons, and Triathlons. The potential to develop and/or promote a calendar of 'challenge events' should be explored to a greater extent.

Thematic Goal 1

To increase the levels of sports participation in Mayo.

Objectives 2010-2014

to continue

- 1.1. to monitor sport participation and provision in the county.
- 1.2. to increase the number of leaders in recreational sport.
- 1.3. to empower communities to increase participation in sport at local level.

and, in addition;

- 1.4. 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.
- 1.5. to explore the potential of mass participation events to showcase the work of Mayo Sports Partnership and support key programmes in clubs and communities.
- 1.6. to develop initiatives to increase activity levels in the *workplace* setting and to conduct some research into best practice and effectiveness of such programmes.
- 1.7. to promote and develop opportunities for *outdoor recreation for all*.





section 6 cuid 6

Strategic Theme 2. Education and Training

Introduction

Mayo Sports Partnership recognises that in today's changing environment there is a great challenge to appropriately support the role of the sports volunteer (including club administrators, sports coaches, recreation leaders and parents) to deliver high-quality service to meet the diverse needs of the population. Quality training and education is seen as a key element of this support. The partnership also believes that in a time of increasing unemployment and the potential to provide some forms of employment in sport development - while at the same time maintaining the volunteer base and ethos of sports. Finally, the partnership believes that needs-led, community-relevant sport provision is crucial to the sustainable development of sport in the county.

Main issues

Based on the outcomes of consultation and research there is a need to;

- further increase the numbers of volunteers in sports clubs and the community and, in particular, to encourage young people and women to volunteer.
- provide appropriate supports to improve the practice and experience of the sports volunteer in a changing and increasingly challenging environment.
- explore the potential to provide employment in sports leadership.
- continue to develop a panel of personnel trained to cater for groups with special needs.
- source and provide quality, localised training for all leaders (coaches, teachers, leaders - both voluntary and professional).
- clarify and simplify regulation and the legal responsibilities of volunteers and the need for, and availability of insurance cover which remains an impediment to people's involvement as participants and/or leaders in sport.
- challenge sports clubs to meet the changing demands of the modern environment.
- enhance the capacity of sports clubs to self-finance in a more difficult economic climate.
- promote and facilitate networking, information sharing, coordination and facilitation among sports clubs and organisations.
- support increased opportunities for extra-curricular sport in schools and seek to involve parents to a greater degree in the promotion of physical activity by their children.

Thematic Goal

To support and facilitate training and education for those involved in organising and leading sport in all settings.

Objectives 2010-2014

to continue

- 2.1. to support and foster the work of the sport volunteer through generic training and education programmes.
- 2.2. to organise *Promoting Best Practice Seminars* as motivational tools for sports coaches.
- 2.3. to facilitate the sustainable development of sports clubs through training initiatives, networking and coordination.

and, in addition;

- 2.4. to promote the concept of Active Primary Schools with a particular focus on the involvement of parents in the provision of extra-curricular sport.
- 2.5. develop and provide localised training for leaders of outdoor activity in the community.



Strategic Theme 3. Facilities and Amenities

Introduction

Quality infrastructure in the form of sports facilities and recreational amenities is a key element in sport development. The provision of needs-led infrastructure is central to achieving the vision of an *enabling* environment. Mayo Sports Partnership is convinced that the future development of the county's sports infrastructure needs to be strategic and coordinated in order to guarantee sustainability, optimise capacity and ensure access for all.

Main issues

Based on the outcomes of consultation and research there is a need to;

- explore new sources of funding for facility construction. Traditional financial supports such as the Capital Grants Programme, Failte Ireland Walk Development budget, Community and Enterprise funding have practically disappeared for the short term.
- optimise levels of usage of existing sports facilities - *better usage* should be the key focus going forward.
- promote Mayo as a great big *outdoor adventure centre!* The provision and development of local outdoor amenities should be prioritised emphasising the potential of natural, non-built amenities.
- improve management structures, and standards of programming, promotion and presentation in existing indoor community facilities.
- promote co-ordination between schools, sports clubs, and community in facility planning and development at community level.
- increase the number and range of facilities which meet the needs of children, young people, people with a disability and older adults.
- promote best-practice projects which will reinforce the concept of strategic and sustainable planning at local level - taking into consideration the needs of sports clubs, community groups and schools.
- increase the focus on 'community-led' facility planning and provision.

Thematic Goal

To promote a sustainable approach to the development and usage of sports infrastructure in Mayo.

Objectives 2010-2014

to continue

- 3.1. to promote best practice for facility and amenity development at community level.
- 3.2. to support schools, communities and organisations in the development of quality facilities and amenities.
- 3.3. to promote usage of the natural environment for sport.

and, in addition;

- 3.4. to support and promote best-practice in relation to optimising the use of the *great outdoors* for sport.
- 3.5. to support efforts in establishing Mayo as the *Walking Capital of Ireland*.
- 3.6. to seek and promote new sources of funding for the development of facilities and amenities.





section 6 cuid 6

Strategic Theme 4. Communication and Coordination

Introduction

A key role of Mayo Sports Partnership is the communication of the message that involvement in sport (through participation, spectating or leadership) brings many benefits to the individual and the community. It is confidently predicted that a greater level of co-ordination between the key providers of sport in Mayo will have the effect of enhanced provision and ensuring that people will have their needs more adequately met.

Main issues

Based on the outcomes of consultation and research there is a need to;

- continue to aggressively market sport as a tool for physical, mental and social health promotion for the individual;
- promote the potential of sport as a tool for community development;
- continue to explore methods to market opportunities for sport involvement. In particular, the use of Information Technology (social networking, etc) and the potential of the support of the medical profession.
- support schools, communities, workplaces, voluntary groups and clubs in promoting sport;
- make information relating to opportunities to become involved in sport more *visible*, readily available and easily accessible.
- facilitate communication and collaboration between all agencies involved in sports development in the county and other Local Sports Partnerships;
- involve agencies with potential roles in sport development (but outside the Board) in the delivery of this strategic plan.

Thematic Goal

To communicate the wide-ranging benefits of sport involvement and coordinate the work of the key providers of sporting activities in Mayo.

Objectives 2010-2014

to continue

- 4.1. to promote coordination between the partner agencies on the Board and with other stakeholders in sport development in Mayo.
- 4.2. to operate and manage the affairs of MSP in an effective and transparent manner.
- 4.3. to explore best methods to promote the Sports Partnership.

and, in addition;

- 4.4. to further expand methods to market the growing number of opportunities for sport involvement in the county.
- 4.5. to involve other provider agencies (not on the Board) through Working Groups, Implementation Groups, etc.
- 4.6. to collaborate with other Local Sports Partnerships - in particular those in close proximity to the county - to explore potential for joint funding of projects of common interest.



implementation plan 2010-2011 plan feidhmithe (2010-2011)

Theme 1: Increasing Participation

Goal: To increase the level of sports participation in Mayo

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
1.1. To monitor sport participation and provision in the county.	<p>1.1.1. Produce a report on Sport and Recreational Exercise among adults (16+) in Mayo / Sligo 2007-2009</p> <p>1.1.2. Update website sports directory and database of Sports Coaches / Leaders in the County</p> <p>1.1.3. Evaluate pre and post participation rates / trends of Women who participated in the West of Ireland Womens Mini Marathon</p>	<p>Report produced (Nov 2010)</p> <p>Directory and Sports Coaches / Leaders databases updated (June 2011)</p> <p>Evaluation Document Produced (Dec 2010 & Dec 2011)</p>	<p>MSP / ISC / ESRI / SSRP</p> <p>MSP / MSF / MCCF</p> <p>MSP / GMIT / WIT</p>
1.2. To increase the number of leaders in recreational sport.	<p>1.2.1. Continue to train leaders to deliver Sports Partnership programmes in Fit4Life, Adventure Sports, Be Active 55 for Older People, Walking Leader Training etc</p> <p>1.2.2. Develop the potential for jobseeker training programmes such as Goal to Work to have a recreational leader training module</p> <p>1.2.3. Initiate a project, with the Leader Partnerships, to upskill RSS workers in becoming a potential Champion of Recreational Sport</p> <p>1.2.4. Continue to deliver the Buntus Start Programme in Pre Schools</p>	<p>At least 3 leadership training courses delivered (Ongoing)</p> <p>Active Leadership Programmes Delivered (May 2011)</p> <p>Training Programme delivered (Oct 2011)</p> <p>4 Training Workshops Delivered (March & October 2010 / 11)</p>	<p>HSEWA / MSP / MVEC / GMIT / MLAs / SWMDC / MNELP/ GFL/ NGBs</p> <p>MSF / MCDB/ SWMDC / MNELP / DSP/ MSP</p> <p>MSP / SWMDC/ MNELP</p> <p>MCCC / MSP</p>
1.3. To empower communities increase participation in sport at local level.	<p>1.3.1. Select, prepare and implement two communities for local area sport / recreational action plans</p> <p>1.3.2. Develop a pilot participation initiative in a neighbourhood defined area in the RAPID designated Ballina district</p>	<p>Local area fora established and action plans implemented</p> <p>Forum formed, participation initiatives and training delivered</p>	<p>MSP / MCCC / MLAs/ FRCs</p> <p>MNELP / MLAs / MSP/ MCCCC / FRCs / NGBs</p>



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Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
<p>1.4 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</p>	<ul style="list-style-type: none"> 1.4.1. Initiate and further develop programmes such as Link2BActive and Goal to Work which will provide participation opportunities for jobseekers 1.4.2. Identify and further develop Women in Sport initiatives such as Girls Active, Meet and Train, the West of Ireland Womens Mini Marathon and Walking / Cycling Programmes 1.4.3. Establish projects which target youth at risk initially in the 3 main urban areas of Westport, Castlebar and Ballina 1.4.4. Review local participation strategy and further deliver quality participation opportunities for people with a disability, through the Sports Inclusion Disability Officer 1.4.5. Further develop the Be Active 55 Programme for Older People with a special focus on Older Men while also work with Mayo GAA in their social initiative 1.4.6. Develop participation opportunities for ethnic minority groups 	<p>Programmes launched and further developed. Increased opportunities. (Oct 2010 & March 2011)</p> <p>Participation programmes and training courses delivered (Ongoing)</p> <p>Participation programmes developed and increased usage of locally developed facilities (Feb 2011)</p> <p>Strategy reviewed. (June 2011) Increased number of participation opportunities (Ongoing)</p> <p>Participation Programme for Older Men developed and training programmes delivered (Oct 2011)</p> <p>Increased numbers of ethnic minorities participating (Ongoing)</p>	<p>MCDB / MNELP / SWMDC / HSE / DSP / MSF / ILAM</p> <p>MLAs / HSEWA / MSF / MVEC / WP / ISC</p> <p>MSP / MLAs / MSF / DEIS / MVEC / GS / MNELP / SWMDC / MCDB</p> <p>MSP / HSE / MLAs / ISC / MDF/</p> <p>MSF / GFL / ISC / MSP /</p> <p>MLAs / MIA / MNELP /SWMDC</p>
<p>1.5 To explore the potential of mass participation events to showcase the work of Mayo Sports Partnership and support key programmes in clubs and communities</p>	<ul style="list-style-type: none"> 1.5.1. Co-ordinate 2 showcase opportunities in 2010 & 2011 through the West of Ireland Womens Mini Marathon and the Westport Get Out There Adventure Festival to highlight key Sports Partnership Programmes ie Meet & Train, Walking in Mayo, SIDO, Community Sport etc 1.5.2. Facilitate support for local initiatives to promote key programmes at mass participation events through the Special Participation Initiative Grant Scheme 	<p>2 showcase events organized (May 2010 / 11 & September 2010 / 11)</p> <p>At least 2 local Sports Festivals supported</p>	<p>MSP / MLAs / MSF / GMIT</p> <p>MSP / MLAs / ISC / MCCF</p>

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
<p>1.6. To develop initiatives to increase activity levels in the <i>workplace</i> setting and to conduct some research into best practice and effectiveness of such programmes.</p>	<p>1.6.1. Establish a workplace participation initiative titled Fit4Work, which would involve a timetabled series of fitness sessions for staff members of GMIT, HSE, Mayo County Council and Western Care</p> <p>1.6.2. Evaluate Fit4Work Initiative and develop a set of guidelines for other participating workplaces</p> <p>1.6.3. Co-ordinate an alternative transport to work day in Mayo County Council</p>	<p>Initiative developed and promoted in the workplace (Feb 2010)</p> <p>Evaluation completed and guidelines developed (April 2011)</p> <p>Day co-ordinated</p>	<p>MSP / GMIT / HSEWA</p> <p>HSEWA / MSP / GMIT/ IHF</p> <p>MLAs / MSP</p>
<p>1.7. To promote and develop opportunities for <i>outdoor recreation</i> for all.</p>	<p>1.2.1. Continue to promote Westport as the Adventure Capital of Ireland and support the Westport Get Out There Adventure Festival</p> <p>1.2.2. Provide programmes and initiatives which will increase participation in walking, cycling, adventure sports and orienteering for all.</p> <p>1.2.3. Co-ordinate, with other regional LSPs, a regional calendar of challenge events which will promote use of the Outdoors</p> <p>1.2.4. Develop a policy to co-ordinate play and recreation provision in Co. Mayo</p>	<p>Increased awareness of the adventure potential of the area (Ongoing)</p> <p>Programmes / Initiatives delivered</p> <ul style="list-style-type: none"> - Mayo in Motion Walking Month - Bike Week / Cycle for Fun - School / Comm. Orienteering - Adventure Roadshows - Disability Adventure Days (Ongoing) <p>Calendar Developed (Feb 2011)</p> <p>Policy Developed (Oct 2010)</p>	<p>FI / MLAs / MSF / MSP</p> <p>MVEC / HSEWA / MSF / MNELP / GMIT / SWMDC / MLAs</p> <p>LSPs / FI / MLAs / ISC</p> <p>MCDB / MLAs</p>



Theme 2: Education and Training

Goal: To support and facilitate training and education for those involved in organizing and leading sport in all settings

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
2.1. To support and foster the work of the sport volunteer through generic training and education programmes	2.1.1. Promote and provide training in Irish Sports Council generic programmes in Child Protection and Active Leadership	8 Child Protection Courses 2 Active Leader (Ongoing)	MSP / MSF / ISC
	2.1.2. Further develop and deliver quality training courses in First Aid, Disability Awareness and Club Development Workshops	4 Occup First Aid 3 Disability Awareness 2 Club Dev / Funding (Ongoing)	MSP / MCCF / MSF
2.2. To organize Promoting Best Practice Seminars as motivational tools for sports coaches	2.2.1. Co-Organise at least one seminar in the Preparing for Success in Sport Series	Seminar Delivered (Nov 2010)	MSF / MSP / MLAs
	2.2.2. Work with Coaching Ireland in the delivery of workshops in the Lucozade Sport Education Series	Workshops Delivered (Nov 2010 & 11)	MSP / MSF / C I
2.3. To facilitate the sustainable development of sports clubs through training initiatives, networking and coordination.	2.3.1. Support club leaders / coaches in accredited coach education training initiatives delivered by NGBs and participation initiatives through the Sports Partnership grant scheme	Assistance given to clubs / groups and coaches	MSP / MSF / ISC / C I
	2.3.2. Provide opportunities for clubs to network and share information through the County Sports Forum, Adventure Sports Forum and local area Sports Fora established by the Building Communities project	2 Sports Forum, 1 Adventure Sports and at least 2 local fora meetings	MSF / MSP /
	2.3.3. Continue to source and sustain funding for the Community Sports Project Worker and the Sports Inclusion Disability Officer positions	Funding secured	MLAs / HSEWA/ISC / MVEC /

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
<p>2.4. To promote the concept of Active Primary Schools with a particular focus on the involvement of parents in the provision of extra-curricular sport.</p>	<p>2.4.1. Assist Primary Schools to obtain the Active Schools Flag through programmes such as Buntus Refresher Workshops, Playground Markings, Goal to Work, Play Rugby, Kid Fit and Introduction to Athletics</p> <p>2.4.2. Summer inservice training course for primary teachers to support them in the delivery of the P.E. Curriculum</p> <p>2.4.3. Engage with active flag primary schools in awareness initiatives to increase parental involvement in extra curricular sport</p>	<p>Increase numbers of schools obtaining flags (Ongoing)</p> <p>Summer course delivered (Aug 2010 & 11)</p> <p>More parents involved (April 2011)</p>	<p>MEC / MSP /</p> <p>MEC / MSP</p> <p>MEC / MSP</p>
<p>2.5. Develop and provide localised training for leaders of outdoor activity in the community.</p>	<p>2.5.1. Identify training needs of the Outdoor Adventure clubs / groups through the Adventure Sports Forum</p> <p>2.5.2. Deliver leadership training in recreational walking, Fit4 Life, cycling and outdoor adventure</p>	<p>Training Needs Identified (April 2010)</p> <p>Training Courses delivered (Ongoing)</p>	<p>ASF / MSP</p> <p>GMIT / IHF / MSF / ASF</p>



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Theme 3: Facilities and Amenities

Goal: To promote a sustainable approach to the development and usage of sports infrastructure in Mayo

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
3.1. To promote best practice for facility and amenity development at community level	3.1.1. Co-ordinate and deliver a best practice in facility usage and programming seminar to be attended by RSS and other personnel	Seminar Delivered (March 2011)	SWMDC / MNELP / MSP / MCDB
	3.1.2. Best Practice Guidelines developed and made accessible to local community centres	Guidelines Developed (September 2011)	SWMDC / MNELP / MSP / MCDB
	3.1.2. Establish a play advisory committee to oversee best practice in play / recreation facility provision	Committee established (November 2010)	MLAs / MCDB / HSEWA/ SWMDC / MNELP / MCCC / MCCF
	3.1.2. Conduct a Facility Needs Analysis in the Erris area for the purpose of strategic investment through the Corrib Gas Development Board	Needs Analysis Completed (May 2010)	ILC / MSP / CGDB
3.2. To support schools, communities and organisations in the development of quality facilities and amenities.	3.2.1. Provide accessible information on available funding schemes through website search engine and other means	Information Provided	MCDB / MCCF / MSP
	3.2.2. Encourage the greater use and sharing of facilities through local area fora established through the Building Communities Project	Shared Facilities Developed	MCCF / MLAs / MSP
	3.2.2. Hold annual funding workshop which highlights available funding schemes	Workshop Held (March 2010 / 11)	MCDB / MSP
3.3. To promote usage of the natural environment for sport	3.3.1. Further develop participation events in walking, cycling, running and adventure sports depending on assistance from Irish Sports Council Challenge Funding	At least 3 events developed (June and August 2010/11)	MSF / ISC / ASF
	3.3.2. Increase the number of Orienteering locations through the Urban Street Orienteering Initiative, Schools and scenic areas such as Lough Lannagh Castlebar	2 orienteering sites (April 2011)	GMIT / MLAs
	3.3.3. Collate a calendar of recreational events which use the natural environment on the MSP website and disseminate same information	Information Collated (Ongoing)	MSP / MSF / ASF

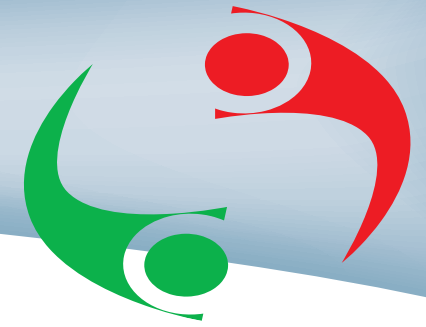
Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
<p>3.4. To support and promote best-practice in relation to optimising the use of the great outdoors for sport.</p>	<p>3.4.1. Develop best practice guidelines for community and voluntary groups who are seeking to organize events which utilize the great outdoors</p> <p>3.4.2. Create links with key agencies and private organizations towards the development of future outdoor facilities</p>	<p>Guidelines Developed (March 2011)</p> <p>Links Established (Ongoing)</p>	<p>MCCF / MSP / FI / SWMDC / MNELP</p> <p>MLAs / ASF / MSP / FI / SWMDC / MNELP</p>
<p>3.5. To support efforts in establishing Mayo as the Walking Capital of Ireland.</p>	<p>3.5.1. Further develop and maintain looped walks / greenways / Sli na Slainte routes in Mayo</p> <p>3.5.2. Promote marketing initiatives of Walking in Mayo including Mayo in Motion Walking Month, Festivals, Website / Mayo.ie</p>	<p>Westport - Achill Greenway developed, walks maintained / developed, Sli na Slainte Routes increased</p> <p>Mayo in Motion Walking Month promoted, website developed, festivals supported</p>	<p>MLAs / IHF / FI / DCRGA / MNELP / SWMDC</p> <p>MSP / MLAs / FI / MNELP / SWMDC</p>
<p>3.6. To seek and promote new sources of funding for the development of facilities and amenities.</p>	<p>3.6.1. Update the Mayo County Development Board search engine facility for funding schemes</p> <p>3.6.2. Actively engage with the leader partnership companies / private enterprises in association with community and voluntary organizations proposals for new facilities</p>	<p>Funding Search engine updated (Ongoing)</p> <p>Partnerships developed (Ongoing)</p>	<p>MCDB</p> <p>MCCF / SWMDC / MNELP</p>



Theme 4: Communication & Coordination

Goal: To communicate the wide-ranging benefits of sport participation and coordinate the work of the key providers in Mayo

Objectives	Strategic Actions 2010 / 2011	Outcomes	Proposed Delivery Agencies
4.1. To create interest in participation and involvement in sport.	4.1.1. Promote awareness, through appropriate publicity and information campaigns, of the benefits of sports participation and leadership for personal development, community development and social inclusion.	Increased awareness of the benefits of sports involvement through feedback received on successful campaigns.	All agencies
	4.1.2. Collate and disseminate information on opportunities for people to become involved in, or partake in sport.	On the Go in Mayo! Information point developed	MSP + Other Agencies
4.2. To promote coordination between the partner agencies on the Board and communication with other stakeholders in sport development.	4.2.1. Build and facilitate effective working relationships between the agencies involved in the development of sport	Increased input by agencies including funding, marketing, human resources etc	MSP
	4.2.2. Provide opportunities for consultation and networking with other key stakeholders in the county.	Improved understanding and involvement of stakeholders.	MSP
	4.2.2. Facilitate regular contact between Mayo Sports Partnership and the Irish Sports Council, other LSPs, and key national agencies.	Positive working relationships with other agencies.	MSP / ISC / LSPs
4.3. To operate and manage the affairs of MSP in an effective and transparent manner.	4.3.1. Establish systems and resources to effectively manage the affairs of Mayo Sports Partnership and implement the plan for 2006/07.	Effective management of MSP	MSP
	4.3.2. Develop easily accessible systems of information exchange for all involved or interested in the work of MSP	Accessible information exchange	MSP
4.4. To create awareness of, and seek support for, the work of Mayo Sports Partnership.	4.4.1. Disseminate and promote the Strategic Plan and Implementation Plan amongst the general public and key stakeholders.	Strategic Plan available to stakeholders and public.	MSP



appendices aguisíní

Outcomes Strategy Consultation Meetings 2010

As part of the development of this document public meetings were held at Ballina Sports and Leisure Complex and at Ballyheane Community Centre in October 2010. The following main outcomes have been incorporated into this strategic plan.

Key Challenges facing Sport Development in Mayo

- Decreasing levels of childrens participation in sport
- Lack of parental awareness of the importance of physical activity and sport.
- Increasing regulation and paperwork hindering recruitment of leaders.
- Legalities and insurance issues.
- Lack of qualified leaders.
- Increasing cost of sport and challenges in fundraising.
- Capacity of clubs and organisations to cater for increased membership numbers.
- Sport still too *political*.
- Need to encourage organisations and clubs to look at bigger picture and outside their own environment.
- Greater need for recreational opportunities to increase participation among young people.
- Emigration affecting pool of players and leaders.
- Possibility of involving increasing numbers of unemployed people to promote sport.
- Over-targeting of groups (e.g. women) can exclude other groups from participation.
- Challenge of motivating people towards involvement and participation in sport and physical activity.
- Lack of information still an issue - opportunities for participation should be more *visible* and better promoted.
- Greater range of sports within clubs and organisations.



Proposals for Action - Under Key Strategic Themes

1. Increasing Participation

- Fit 4 Life Inclusive Club in every town within Mayo
- Programmes for Young People at Risk in Schools.
- Non-competitive sport programmes for teenagers who don't participate in mainstream sport.
- Promote minority sports (e.g. Badminton) for greater participation
- Continue emphasis on older people's participation in sport and physical activity.

2. Training and Education

- More training for leaders/motivators needed at community level.
- Educate people on the importance of physical activity and making active living a priority.
- Make application process for Sports Partnership funding schemes easier.
- Explore possibility of indemnifying sports volunteers.
- Organise more open forums and networking opportunities for volunteers.
- Promote and provide different levels of coaching.
- Explore the potential of schemes such as the Rural Social Scheme to promote and increase sport volunteerism.
- Use VEC Adult Education Programmes to deliver more local sport.

3. Facilities and Amenities

- Further and greater use of indoor facilities. Weather can be an issue for participation.
- Promote the development of Community Recreation Parks in any new facility development.
- Develop sports funding initiatives ie County Sports Lotto through the Council.
- Facilities to be made accessible to groups for use and equipment to be provided.

4. Communication and Coordination

- Mayo Sports Partnership to be more visible and to monitor club activities through on-site visits.
- Continue to actively communicate the message of sport for all.

Implementation Plan - Abbreviations

- MSP** = Mayo Sports Partnership
- MCCF** = Mayo County Community Forum
- MLAs** = Mayo Local Authorities
- MVEC** = Mayo Vocational Education Committee
- CI** = Coaching Ireland
- CGDB** = Corrib Gas Development Board
- FI** = Faighte Ireland
- GMIT** = Galway Mayo Institute of Technology
- HSEWA** = Health Service Executive Western Area
- FAS** = FAS, the Training Authority
- MEC** = Mayo Education Centre
- MSF** = Mayo Sports Forum (sports clubs and organisations)
- ASF** = Adventure Sports Forum
- MCCC** = Mayo County Childcare Committee
- MLP** = Mayo Leader Partnership
- LCDPs** = Local Community Development Projects
- MCDB** = Mayo County Development Board
- MDF** = Mayo Disability Forum
- IHF** = Irish Heart Foundation
- ILAM** = Institute of Leisure and Amenity Management
- MWP** = Mayo Walking Partnership
- LSP** = Local Sports Partnerships

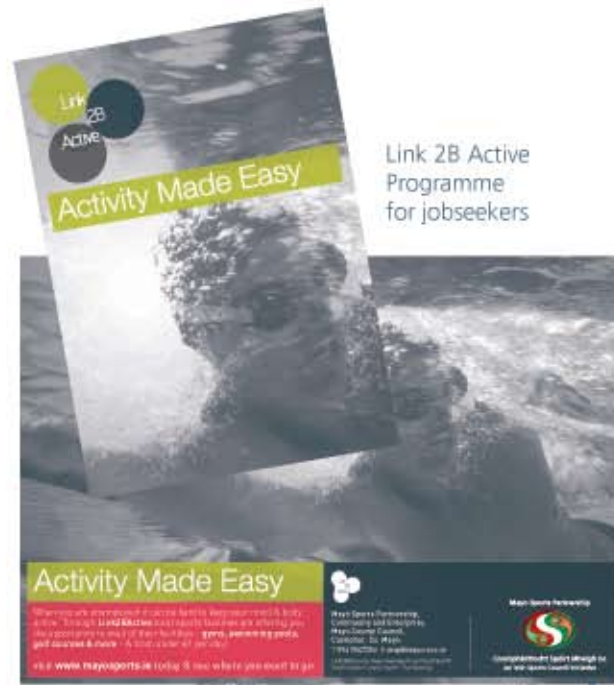


sample of mayo sports partnership programmes sampla cláir mayo comhpháirtíocht spóirt mhaigh eo



The Be Active 55 Programme - for over 55s who want to feel fitter, have fun and meet new people.

the be active 55 programme



Link 2B Active Programme for jobseekers



Westport Festival of Sport Fun Day





Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo

An Irish Sports Council Initiative

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