

# 2020



**KILDARE**  
SPORTS PARTNERSHIP  
— SPORT IRELAND —

## End of Year Report



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

# Table of Contents

<b>Athy Sports Hub Programme</b>	<b>4</b>
Feasibility Study	4
Cleas Act – TG4	4
New to Tri Programme	5
22 Week Instructorship	5
Paddles Up Programme	6
Paddle Sports Day	6
ASH Programmes	7
<b>Sports Inclusion Disability Programme</b>	<b>8</b>
Operation Transformation	8
Learn 2 Cycle	8
Coill Dubh Football For All	9
Kill GAA For All	9
PPALS	9
Enjoy Tennis Prosperous	10
Badminton - Shuttle Time	10
North Kildare Skylarks	10
Inclusive Family Circuit	11
Lily Lions Activity Hub	11
Lilywhite Summer Home Olympics	11
CARA Centre Xcessible Bronze Level Award	12
Woodlands for Health	12
Sport Inclusion & Disability Awareness in Sport	12
Autism Friendly Town Webinar	12
<b>Women in Sport Programme</b>	<b>14</b>
Minding Me – Perinatal Programme	14
Buggy Buddies	15
Schools Wellness Programme	15
Activator Sessions	15
Reindeer Challenge	16

## **Community Sports Development Programme 18**

Playitsafe.ie	18
Physical Literacy Video	19
COLA Programme	19
CKLP Programme Support	19
Find your Feet	19
Better Together	19
Heads Up	20
The DARA project	20
GAA programme: "From the Shoulders Up"	20
Physical Literacy Seminar "Back to Basics"	20

## **Kildare Sports Partnership Programmes 22**

Covid-19 Response	22
STEPtember	23
Safeguarding Training	23
Community Runs	24
COVID-19 Small Grant Scheme	24
Social Media Overview	25
The Daily Mile Kildare	25
Operation Transformation Programme	26
Sports Hub Funding	26
Gender Diversity	27
The Next Steps	28

# Kildare Sports Partnership Committee



- o Ray D’Arcy, Chairman
- o Pat League, Vice Chairman (CKLP)
- o Sonya Kavanagh (Kildare Co. Co)
- o Joan O’Flynn (Women in Sport Rep)
- o Fiona O’Brien (HSE)
- o Susan Grady (K-Leisure)
- o Joe Carbery (Leinster Rugby)
- o Noel Mooney (Kildare GAA)
- o Eoin Rheinisch (Minority Sports Rep)
- o Paul Davis (Maynooth University)
- o Nicky Hamill (Disability Sports Rep)
- o Norman Farragher (Older Adults Rep)

## KILDARE SPORTS PARTNERSHIP REPORT 2020

I'm delighted to present this report on our 2020 activities, a year that was definitely like no other and one that will be remembered for many years to come. The emergence of the COVID-19 pandemic did mean that we had to review the way we work. Engaging with our target groups remotely became the norm and in most cases proved very successful as individuals, families and communities throughout the county became more active and saw the benefits of being involved in physical activity in helping to improve their physical and mental health.

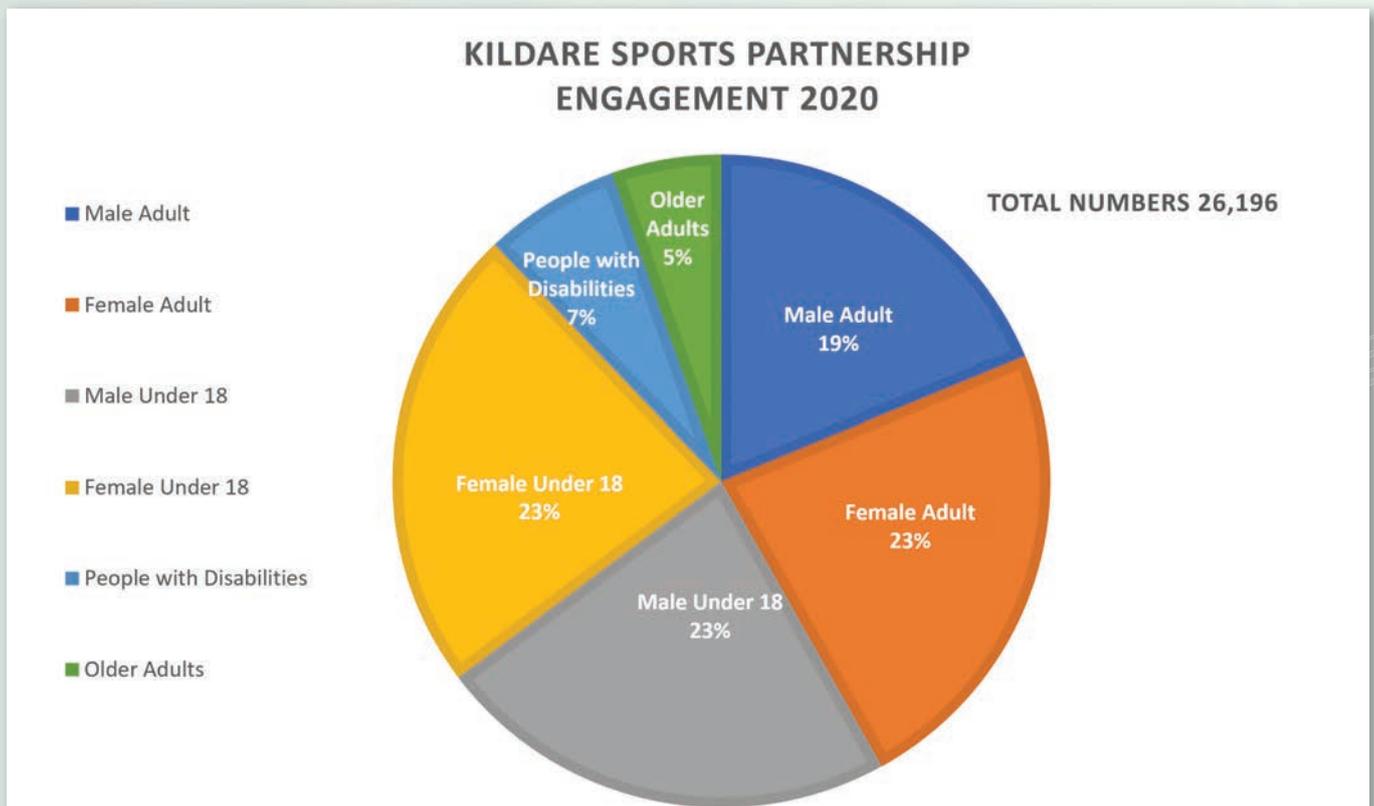
In total there were 26,196 contact engagements during 2020 with the various Kildare Sports Partnership programmes and projects that we roll out and support. Some were multiple engagements with a number of our programmes, but the vast majority were people taking part in a single initiative during the year.

The numbers were slightly down on 2019 but considering the impact of COVID-19, and the restrictions that were put in place in relation to face to face activity since mid-March, we were delighted that we were able to continue to engage with the residents of Kildare in a meaningful way. The downside of the pandemic was our inability to fully engage, as before, with our Older Adult cohort and the disability sector and this is reflected in the numbers below.

I would like to thank our staff for their outstanding work throughout the year, in difficult circumstances, our KSP Committee under the Chairmanship of Ray D'Arcy for their support and help as well as our colleagues in Kildare County Council & Sport Ireland and the various agencies and groups that we work closely with. A special mention to County Kildare Leader Partnership for their continued support.

### Syl Merrins,

Coordinator Kildare Sports Partnership





Supported by:



# Athy Sports Hub Programme

Programme Leads  
Deborah Foley  
Anna Deegan



2020 has been an extraordinary year for the world with the out-break of the Covid-19 pandemic. Though of course, this had a significant impact on the operating of programmes and availability of the Athy Sports Hub (ASH), the early part of the year saw the facility brimming with activity.

## FEASIBILITY STUDY

In early January, the ASH Coordinator secured €30,000 of Leader funding to develop a longterm feasibility study for the sustainability and expansion of the sports hub. After advertising the tender process on eTenders, S3 Solutions were awarded the project. S3 Solutions traveled to Athy for a site visit and to understand the geographical and local landscape, they continue to facilitate consultation work with the local community, TD's, clubs and others with an aim for the report to be finalised by December 2020.

## CLEAS ACT – TG4

In January of 2020, the ASH Coordinator was contacted by a media company who

were in the process of filming Cleas Act for TG4. The Hub was asked to participate in filming with the local Gaelscoil and to provide water-based activities for the children of the school in Athy, and to facilitate the introduction of the students to the local water-based clubs which are part of the Hub. The show was recorded over three days with the final session taking place in RTÉ studios. Once filming was completed, the episode featuring the ASH aired on TG4 in May 2020.



## NEW TO TRI PROGRAMME

On 19th January 2020 the 'New to Triathlon' programme was launched in the ASH. This was a 6-week programme which took place from January through to March in collaboration with Triathlon

Ireland. There were 60 participants who completed the training of each discipline of a Triathlon (running, swimming & cycling). The programme was coordinated by Kildare Sports Partnership (KSP) in cooperation with Athy Triathlon Club, Naas Triathlon Club, K-Leisure Athy and K-Leisure in Naas. The programme culminated in a Tri-A-Tri race and was heralded as a huge success by all who participated. A number of persons who completed the programme have gone on to join their local Triathlon Club and are now engaging in a more positive and healthier lifestyle.



## 22 WEEK INSTRUCTORSHIP

The Baltinglass Outdoor Education and Training Centre (BOETC) in partnership with the Kildare West Wicklow Education and Training Board (KWETB) concluded the 22-week instructorship in September 2020. With a break in the programme due to Covid-19, when restrictions eased up the BOETC were able to return to the Athy Sports Hub in order to complete the rest of the instructorship training. Participants who graduate from this programme became certified in;

- Canoeing Level One Instructorship
- Dragon Boat Helm & Foundation Coach
- REC 2 First Aid
- Manual Handling for Water Equipment
- Safeguarding One



*"It has been a game changer in my life. Anna [Programme Coordinator] put in a huge effort to put together the programme and to keep me going - trust me when I say it has made a huge difference."*  
- John, 56.



**Become a Water-Based Outdoor Recreation Instructor!**



## PADDLES UP PROGRAMME

In September 2020 the ASH hosted a Paddles Up Programme which was in partnership with Canoeing Ireland. This programme was a Women in Sport Initiative and saw 30 female participants on the water in Athy over two weekends. Each participant was awarded their certificate

in Level One Skills from Canoeing Ireland after completing 6 hours of training. Each participant was then invited to a 'taster session' the following weekend to try all of the water-based activities that the ASH has to offer.

## PADDLE SPORTS DAY

On 27th September, the Athy Sports Hub took part in the #BeActive Paddle Sports Day during the European Week of Sport. Having attended the launch of the event earlier in the month in Monasterevin with Canoeing Ireland & Sport Ireland, the ASH coordinated the facilitation of sessions with the Athy Rowing & Canoeing Club and the Monasterevin Blueway Kayaking Club. Both events were a huge success with the Athy Rowing & Canoeing Club sharing equipment with the newly founded Monasterevin club



so that both could offer canoeing, rowing, kayaking & Stand Up Paddle Boarding to the participants.

## ASH PROGRAMMES

Before the first Level 5 lock down came into effect nationally, the ASH was able to facilitate some of the programmes that have been operated from its inception;

- Kayaking Sessions for Traveller Boys
- The Athy Rowing & Canoe Club Marathon Race
- Taster Sessions for Service Providers
- Training & Education for water-based clubs
- Club sessions for water-based clubs
- Coordination and planning meetings for the Barrow Way Walk (which was ultimately postponed to 2021)



and along the River Barrow. The Athy Sports Hub Coordinator has also been in constant contact and communication with the newly founded Monasterevin Blueway Kayaking Club. By providing advice and training and education, the Hub is now linked with this club and a great level of knowledge and experience has been passed on by the Athy Rowing & Canoeing Club, along with providing gear and up-skilling sessions to members, the two clubs now travel along the River Barrow on evenings and weekends. 2020 has been a year of many ups and downs for every facet of life, including the LSP Network. However, through constant communication and adherence to the most up-to-date government guidelines, the Athy Sports Hub remains to be an integral part of the water-based community in Athy.



While also hosting a planning meeting with Canoeing Ireland CEO and Women in Sport Development Officer in order to facilitate and ensure the continued growth of the ASH and multi-disciplinary water-sports in Athy





**KILDARE**  
**SPORTS PARTNERSHIP**  
— SPORT IRELAND —



SPORT IRELAND



hi  
Healthy Ireland



Supported by:



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



# Sports Inclusion Disability Programme

Programme Lead  
Pádraig Healy



## OPERATION TRANSFORMATION

On January 18th Kildare Sports Partnership hosted our first Operation Transformation walk at St Catherine’s Park, Leixlip. Participants from Leixlip Special Olympics Club participated in the event as well as providing volunteer support on the day. The number of persons participating with a disability in the event was 30.

## LEARN 2 CYCLE

Kildare Sports Partnership delivered a 6 week Learn to Cycle programme to 10 children with additional needs from February to March at Monread Community Centre. We were delighted to be joined by a member of the Naas Community Garda Team for the final session.



## COILL DUBH FOOTBALL FOR ALL

Kildare Sports Partnership collaborated with the FAI to support the set up a Football For All team at Coill Dubh AFC. 10 Volunteer coaches participated in the FAI Football For All workshop in February however the programme start date has been postponed to March 2021 due to Covid-19.



## KILL GAA FOR ALL

Kildare Sports Partnership supported Kill GAA Club to establish a GAA For All programme for children with special needs. Our SIDO delivered a Disability Awareness workshop to 13 volunteer coaches on February 7th. The Programme was due to begin in March however was postponed due to Covid-19.



## PPALS

Kildare Sports Partnership Collaborated with Age & Opportunity to train adults with mild intellectual disability to become Physical Activity Leaders within their disability centres while supported by staff. This was the first programme of its kind to be held outside of Dublin. 11 service users and 5 staff from 6 disability centres all participated in the 8-week programme (16 participants total). All participants received a certificate and branded polo shirt at the presentation ceremony held on February 10th. Each disability centre was presented with an equipment pack to support their weekly sessions. Disability services involved were KARE, St John of Gods, National Learning Network and Muiriosa Foundation.





## ENJOY TENNIS PROSPEROUS

Kildare Sports Partnership collaborated with Tennis Ireland to deliver the Enjoy Tennis programme to 8 students in the Moderate Learning Unit at St Farnan's Secondary School, Prosperous. Sessions were postponed after 2 weeks due to Covid-19.

## BADMINTON - SHUTTLE TIME

Kildare Sports Partnership collaborated with Badminton Ireland to deliver a Shuttle Time training course to 27 primary school teachers at Kilcullen Community Centre. Each participating school received a badminton equipment pack valued at €500.

As well as mainstream schools there were representatives from two special schools and 5 Autism Classes. Following the teacher training the blitz events were postponed due to Covid-19, however



teachers now have the knowledge, session planning resources and equipment to deliver badminton sessions to pupils in their schools. This initiative was a huge success and we look forward to collaborating with more National Governing Bodies for sport to roll out further teacher training opportunities in the future.

## NORTH KILDARE SKYLARKS

Kildare Sports Partnership collaborated with Leinster Rugby and North Kildare Rugby Club to establish a junior Adapted Tag Rugby Team called the North Kildare Skylarks. Our SIDO and Leinster Rugby Development Officer delivered a workshop to 15 volunteer coaches



on January 29th. The club received a start-up equipment pack from Kildare Sports Partnership and plans are underway for sessions to commence in late 2020.

## INCLUSIVE FAMILY CIRCUIT

The Kildare Sports Partnerships SIDO designed and published an Inclusive Family Circuit resource for families and disability services in Kildare during the Covid-19 pandemic. 5,000 copies were distributed to disability services, clubs and families. This resource received national coverage and reached an audience of 16,874 on KSP social media platforms.



## LILY LIONS ACTIVITY HUB

During the Covid-19 lockdown period Kildare Sports Partnership collaborated with Kildare Autism Network to establish a 4-week activity pilot programme called The Lily Lions Activity Hub. The programme was delivered by a KSP tutor via Zoom for 30 minutes each week. The programme consisted of 2 sessions x 30 minutes with a total of 12 participants taking part. Following the success of the pilot programme the initiative was extended for an additional 8 weeks. This programme was very well received by parents:

*"A really good initiative, takes away from a lot of the distraction of having to bring a special needs child to a venue where they may be distracted by all the commotion, this way they get the benefits of a programme lead by folks who have the experience and skills without the distractions and hassle of bringing them somewhere."*

- Mary

*"This has been great to get some physical activity for our children at their level but still pushes them".*

- Niamh

## LILYWHITE SUMMER HOME OLYMPICS

Kildare Sports Partnership established a working group during the Covid-19 lockdown with representatives from Kildare Disability Services, KARE, St John of Gods and National Learning Network. Together the group designed The Lilywhite Summer Home Olympics to allow families, clubs and services be active while staying within their home.

The initiative was held from June 29th to July 10th. We had 280 participants take part over the two-week period. Services hosted Opening Ceremonies and participants completed 8 out of 10 events and held closing ceremonies. Each



participant received a Lilywhite Summer Home Olympics medal.

Kildare County Council were shortlisted in the seventeenth annual Chambers Ireland Excellence in Local Government Awards 2020 for the Lilywhite Summer Home Olympics in Disability Services Provision.

## CARA CENTRE XCESSIBLE BRONZE LEVEL AWARD

Kildare Sports Partnership have been chosen as one of three Local Sports Partnerships to pilot the Xcessible Bronze Level Award during 2020. The organisation must achieve several key objectives with the aim of embedding inclusion across all aspects of our work. As part of this criteria our SIDO delivered Sports Inclusion and Disability Awareness in Sport Training to the Kildare Sports Partnership Board of Directors on June 25th. In late 2020 the Kildare Sports Partnership



team will present our work to a panel who will assess the organisations progress.

## WOODLANDS FOR HEALTH

Kildare Sports Partnership were delighted to collaborate with Mental Health Ireland, HSE Mental Health Services, Coillte, and Get Ireland Walking to provide a 12-week Woodlands for Health Walking Programme for 10 participants engaging with HSE Mental Health Services. The programme was held at Donadea Forrest Park and



following each weekly walk participants and walk leaders attend The Far Away Tree Café for a social chat and refreshments. Due to the updated Level 5 Lock down for October and November, this programme was moved to a virtual space where KSP hosted the programme each week and the KSP programme tutor continued to deliver it in an adapted manner, there was a 100% retention rate for this programme.

## AUTISM FRIENDLY TOWN WEBINAR

As part of Kildare Social Inclusion Week 2020 Kildare Sports Partnership were delighted to support Clane Autism Friendly Town and As I Am to host "The Journey of becoming an Autism Friendly Town" webinar. The webinar was very informative with lots of communities expressing an interest in the initiative following the event which had 45 participants attending.





**KILDARE**  
**SPORTS PARTNERSHIP**  
— SPORT IRELAND —



Supported by:



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



# Women in Sport Programme

Programme Lead  
Anna Deegan



## MINDING ME – PERINATAL PROGRAMME

Minding me was a week-long programme of online events for women in the Perinatal period, it was a national



event run as a collaboration between the HSE, CYPSC, The Coombe Hospital, Kildare SP and Wicklow SP.

It was held from Oct 19th - 23rd with yoga classes on Oct 19th & 20th. The Pre and post-natal yoga sessions had 25 participants taking part in each session. Following on from this the Minding Me online resource was launched on playitsafe.ie and is populated with information from a collaboration with the HSE Physiotherapy department and Kildare Sports Partnership.

The aim of the resource is to provide practical information on physical health and wellbeing, and offer support to women in

the perinatal period (Pregnancy through to 1 year).

The resource is designed for anyone to be able to access any element of information whenever there is a spare moment both during and after pregnancy and is completely free of charge. The information provided includes, but is not limited to:

- Guidelines and videos for exercise in the pre-natal and post-natal phases.
- Frequently asked questions from new and expectant Mothers.
- Pelvic floor, pelvic girdle and other conditions explained.

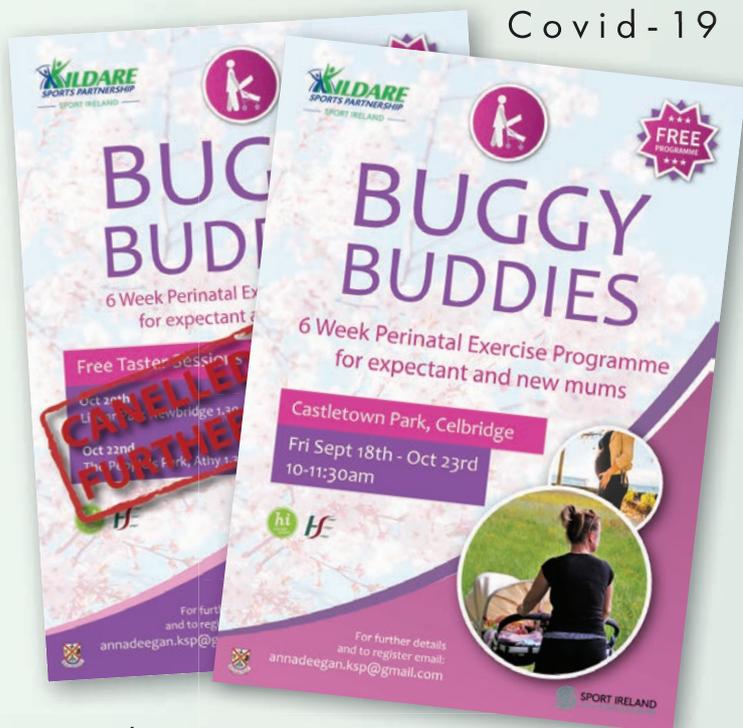
Kildare Sports Partnership hopes that this resource may become a valuable source of information and advice during an exciting and challenging time in a mother's life.

## BUGGY BUDDIES

Buggy Buddies was launched during the 'Minding Me' event which took place in October 2020. This programme was designed to go through a whole-body exercise routine while pregnant and/or with a baby. It involves quick and simple body alignment adjustments to make a safe change to the load to a pelvis and lower back through specific core and pelvic floor exercises. This programme was immensely successful with the first sessions being oversubscribed with 40 participants. However, due to the increased restrictions as a result of the Covid-19



Kildare Sports Partnership continue to host sessions via zoom with a KSP tutor delivering the sessions. The feedback remains to be extremely positive from all participants.



## SCHOOLS WELLNESS PROGRAMME



pandemic, this programme was moved into a virtual space with 15 participants per session.

One programme of the School Sport & Wellness Leader Programme was delivered during the month of October in Ardscoil Athy, including Community Cardiac First Response Training with Maltings Training. However, due to Covid-19 restrictions we had to cancel the rest of the programmes that were scheduled for this year. In lieu of this, KSP started a series of online wellbeing talks in collaboration with the library service, so far, a Managing Anxiety talk with Dr. Mary O'Kane has been delivered to 2nd year students in 4 schools with 427 students



engaged. This talk has been extremely well received and all schools are very keen for KSP to deliver this talk to more of their students and also are interested in facilitating future talks in the same format. The Women in Sports Officer continues to liaise with the library about expanding this programme to have 3 speakers from Jan to June next year.

### ACTIVATOR SESSIONS

Due to the Covid-19 pandemic, there has been significantly less Activator sessions facilitated throughout Kildare than other



years. In January and February, the Women in Sport Officer delivered 2 sessions Monastervin and Rathangan. There was a combined total of 45 older adults participating in the programmes.

### REINDEER CHALLENGE

On Saturday 21st November, the 'Reindeer Challenge' was launched across Kildare Sports Partnership's social media platforms. This is a free programme which encourages participants to walk/run/jog 1km/2km/3km/4km/5km a day from 25th November to the 24th December.

Participants then submit a screen shot of their efforts (either

30km/60km/90km/120km/150km) and are entered into a draw for prizes on Christmas Eve.

This has been a very successful programme with over 200 people registering to participate in the first 48 hours of the programme going live. At the time of writing this report, the Reindeer Challenge has 274 registered participants along with 4 schools. The TY students of Ardscoil Rathangan, The Curragh Post Primary School, Holy Family Newbridge and St Farnan's Properous have all signed up to lead and deliver this programme within their respective schools among all classes. There will be a prize given to the school who covers the most amount of ground, along with all TY students receiving a KSP snood.







Supported by:



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



# Community Sports Development Programme

Programme Lead  
John Doran



## PLAYITSAFE.IE

Play it safe was initially launched in April of 2020 to coincide with the increasing restrictions of the Covid-19 pandemic. KSP realised that there were no learning modules put in place for activity leaders/coaches/trainers/teachers or indeed parents to 'return to play' safely when restrictions eased. With that in mind, KSP collaborated with Maltings Training to develop a free online resource, which was the first of it's kind, to be used. 4,601 persons completed the online training modules which included;

- Understanding the concept of infection control and its importance for every member of the sporting community.
- Understanding the basic principles of good hygiene and be able to apply standard precautions for infection control in a group setting.

- Awareness of the importance of cleaning and sanitisation of equipment for providing a safe environment for

**Coronavirus COVID-19**

**PLAY IT SAFE**  
A **FREE Covid-19 Online**  
**Resource for Parents, Teachers,**  
**and Sports Coaches**

A Covid-19 Awareness Programme, offering hygiene, sanitation and social distancing guidelines for Parents, Teachers and Sports Coaches operating in a small group, non-contact, return to play setting.

To register email [ksp@kildarecoco.ie](mailto:ksp@kildarecoco.ie)

PROVIDED BY KILDARE SPORTS PARTNERSHIP  
Hosted by The Maltings Training E-Learning Academy

leaders, participants and the public

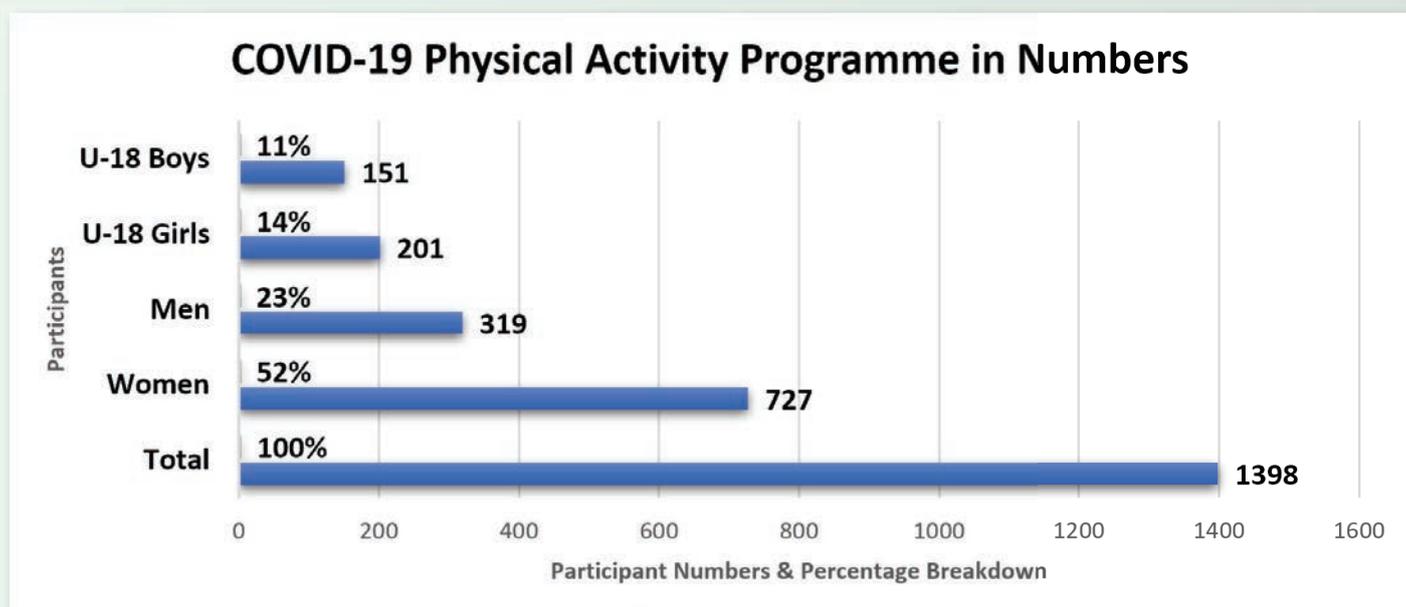
- Understanding your role in the prevention of the spread of infection
- Learners can complete a Multiple Choice, self-assessment quiz if they want to print a completion certificate for their personal or club records.

Once each participant has completed and passed each module in the assessment, a certificate will be downloadable and printable to acknowledge participation and completion of the Play it Safe learning module.

## KILDARE COVID-19 PHYSICAL ACTIVITY PROGRAMME

During the first COVID-19 lockdown Kildare Sports Partnership developed the Kildare COVID-19 Physical Activity Programme to connect with individuals, families and communities engaged in physical activity during the pandemic and to promote the physical and mental benefits of physical activity particularly during this difficult period.

We received an excellent response with 1,398 people taking part. The full breakdown is shown below.



Participant activity was tracked pre-Covid and during the programme, recording the number of days per week that the participants took part in physical activity. We found a huge increase in activity over the period with virtually all participants increasing the number of days per week they were active.

Days Per Week	Pre-Covid	During the Programme	% Change
0 Day	68	61	-10%
1 Day	77	69	-10%
2 Day	165	74	-55%
3 Day	232	130	-44%
4 Day	134	129	-4%
5 Day	185	201	9%
6 Day	87	178	105%
7 Day	98	204	108%



of Online Workshops, Zoom Conference Meetings and Face to Face outdoor sessions (working strictly within the parameters of the Government's re-opening Ireland Roadmap. Walking Leader training will cover the theory and practical aspects of establishing and leading Nordic Pole, Urban, Hill and Trail Trekking.

To compliment the development of the



## PHYSICAL LITERACY VIDEO

A physical literacy video is currently in development to highlight and showcase the importance of remaining physically active from birth right through to old age. This video will be launched in conjunction with the Back to Basics training module.

## COLA PROGRAMME

Entitled "Community Outdoor Leadership Award" (COLA) the programme centres around walking leadership to co-relate with recent development and funding for the Blueway and Greenway projects in Kildare.

This programme is designed to provide participants with the knowledge and skills required to confidently and competently organize and lead outdoor initiatives for recreation based activity groups in their community. Training will be provided through a blended learning approach. Participants will be required to participate in a range

Blueway and Greenway infrastructures in County Kildare, practical walking leader sessions will be held along our Canal Towpath Trails. Supplementary skills training will be delivered by recognized service providers and participants will receive accredited certification on completion of each supplementary module. This course aims to help communities and individuals become resilient and keep well during and after the Covid-19 pandemic.



## CKLP PROGRAMME SUPPORT

The CSDO will begin the delivery of Physical Activity sessions for a number of Community Support programmes for County Kildare LEADER Partnership once Level 5 restrictions are lifted, including:

### FIND YOUR FEET

This programme is offered to CKPL to men who are homeless or are currently living in communal or hostel accommodation, KSP deliver a physical activity and wellbeing module offering information on the benefits of being physically active for good mental, social, and physical wellbeing.

### BETTER TOGETHER

This programme is led by CKLP and targets people (males and female) who are trying to find their feet in community, Eg: those that are unemployed, socially excluded, or having difficulty finding a point for start integrating themselves into society. KSP will deliver a physical activity and health awareness module to promote healthy mind and body through being activity

### HEADS UP

This support programme is delivered for men who are recovering from mental health issues such as depression, suicide risk, post addiction difficulties. KSP offer the physical activity module to support the development of healthy lifestyle habits amongst participants.

### THE DARA PROJECT

A support programme offered by KSP

for people who are in post-addiction circumstances (male and female) again, we deliver the physical activity and health awareness module to support the programme

### GAA PROGRAMME: "FROM THE SHOULDERS UP"

The CSDO is currently in the process of designing a new Wellbeing programme in association with Kildare GAA.

This programme will aim to offer

information and support to players, coaches, and young players who may have encountered difficulty with the psychological element of personal development and participation in team-sport

### PHYSICAL LITERACY SEMINAR "BACK TO BASICS"

On 26th February, Kildare Sports Partnership held the inaugural 'Back to Basic' Physical



Literacy seminar in Kildare which was hosted by KSP Chairman, Mr Ray D'Arcy. This event was attended by over 250 people with 150 people watching the live stream of the event on KSP's Facebook channel. The seminar consisted of;

- A presentation by Dr. Stephen Behan of DCU's School of Health and Human Performance who presented on the findings of his all Ireland study of over two thousand primary school children into their fundamental movement skills
- Club Volunteerism from Leinster Rugby's Services Officer, Carol Maybury.
- A Women in Sport panel discussion made up of four experts in this area
- "Back to Basics" Seminar had a strong

as funding opportunities for clubs and groups.

This event was funded by Healthy Ireland, Round Three – which was also launched launch at the event. This funding is allocated by the Department of Health, to Kildare County Council through the Kildare Local Community Development Committee and Kildare Children and Young Persons Services Committee. Healthy Ireland is a Government-led initiative aimed at improving the health and well-being of everyone living in Ireland. This work only happens because organisations in Kildare collaborate and work together, supported by Kildare County Council. As well as a range of activities run by Kildare Sports Partnership and other project partners.



focus on Physical Literacy and promoting of the basic fundamental movement skills to combat obesity and increase participation. Conor Reilly from Leixlip GAA showed how his club's Physical Literacy Programme has not only transformed participation numbers but has also increased, dramatically, the number of coaches involved in the club.

- Kildare Sports Partnership outlined the programme rollout, in relation to their 'Back to Basics' Physical Literacy and Women in Sport Programmes, as well





Supported by:



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



# Kildare Sports Partnership Programmes

*Programme Leads* Syl Merrins Eddie Hennessy Deborah Foley Anna Deegan John Doran

## COVID-19 RESPONSE

Kildare Sports Partnership developed a range of resources and materials in a bid to keep individuals active and to increase their physical health and wellbeing throughout the duration of the Covid-19 Pandemic. The most notable resources developed were:

- Older Adults Exercises Booklet – 10,000 copies printed, double page print in newspapers and will be distributed to 1,000 older vulnerable adults in Christmas Hampers on Dec 12th 2020
- Celebrity Mental Health Awareness Videos - Streamed across social media sites
- Weekly Positive Mental Health Affirmations – Showcased across social media sites
- Weekly Workplace Wellness Guide (focus on working from home) – Showcased across social media sites
- Exercise Classes with Eric Donovan – 2 x days a week for 12 weeks streamed on KSP Facebook
- Movement Classes with Gita Ram – 3 x days a week for 12 weeks streamed on KSP Facebook

## SEPTEMBER

In place of the 'Kildare Walking Month' which has been facilitated by KSP for the past number of years, it was decided to create a virtual programme which could be completed independently by persons living in Kildare. The concept of the programme was for individuals to register and to complete 6 x canal walks within the month of September. On each of the identified routes, there was a 'marker' at the mid-way point which contained a unique code, this code was then recorded by participants and submitted back to KSP

in order for participants to claim their KSP branded 'snood' when 6 codes had been collected. In the interest of fairness, the codes were changed twice so that participants could not share the codes across social media sites. It was a hugely successful programme with 1300 participants registered (566 adults & 472 children) it was also received very positively online and feedback was overwhelmingly positive.



## SAFEGUARDING TRAINING

On top of the already extensive list of Safeguarding training this year, KSP became the first Local Sports Partnership to facilitate a safeguarding training sessions



facilitated over zoom by a KSP tutor and was signed by an interpreter. KSP hope to roll out inclusive sessions for persons with visual and hearing impairments in 2021. A breakdown of all Safeguarding training courses both online (in response to Covid-19) and classroom based are outlined in the table below:

3 X Club Children's Officer Training - Safeguarding 2 - (2 Online)	39
20 X Safeguarding 1 - Code of Ethics & Good Practice for Children's Sport - (16 Online)	248



## PARKRUN

We continue to support the hugely popular Parkrun events in Naas Racecourse in Celbridge in Castletown House and in Kilcock along by The Royal Canal.

## SCOOCH

Scooch is an adaptation of ShuffleBoard - a very popular competitive sport in the US and other parts of the world. ShuffleBoard is played on an outdoor court with a special scoring area - using long cues and heavy metal discs. Key adaptations from the competitive sport to our recreational game of Scooch include: It can be played in small indoor spaces and on most surfaces (concrete, wood, and carpet); the discs are smaller and lighter; the scoring system is simplified; the equipment is portable and affordable; the game is very inclusive of people of different physical abilities.

## COMMUNITY RUNS

Kildare Sports Partnership helped to facilitate a number of community based runs in the early part of 2020:

- Jan 12th - Sarah Swayne Memorial 5K Run – Castledermot – 120 participants
- Jan 19th - Castledermot Mental Health Awareness 5/10K – 150 participants
- Feb 29th – Curragh Lourdes Fund 5K - 220
- March 8th – Newbridge Athletics Club Family Fun Run – 100 Participants



## COVID-19 SMALL GRANT SCHEME

The primary aim of the COVID-19 Small Grant Scheme was to cover the costs associated with implementing COVID-19 hygiene and social distancing protocols and to support clubs and groups to return to sporting activities. The following allocations were announced on November 2nd 2020.

**Club Development Grant Scheme Allocations for 2020**

Broadford Camogie Club	€ 500.00	Confey GAA Club	€ 1,000.00
Ballyoulster United	€ 1,000.00	Castle Villa AFC	€ 640.00
Naas Arch Club	€ 800.00	Newbridge United FC	€ 750.00
Athy Triathlon Club	€ 800.00	Sallins Camogie	€ 500.00
St Brigids Boxing Club	€ 1,500.00	Kildangan Nurney LGFA	€ 500.00
Newbridge Hockey Club	€ 1,250.00	Ellistown GAA	€ 500.00
Celbridge Athletics Club	€ 1,000.00	Naas Triathlon Club	€ 800.00
Curragh Swim Team	€ 1,000.00	Straffan GAA	€ 500.00
Monasterevin Blueway Kayaking Club	€ 1,500.00	Rathangan LGFA	€ 500.00
Naas Pythons Special Olympics Club	€ 1,100.00	Athy Rugby Football Club	€ 500.00
Kilcock Canoe Polo Club	€ 1,250.00	Naas Athletics Club	€ 500.00
<b>Total Allocations</b>			<b>€ 18,890.00</b>

Club Name	Amount	Club Name	Amount
Allenwood GAA Club	€ 900.00	Maynooth GAA	€1,500.00
Ardclough GAA	€1,000.00	Naas AFC	€1,461.80
Athy Camogie Club	€1,340.00	Naas Hockey Club	€1,376.06
Athy Tennis Club	€ 775.00	Naas Junior Badminton Club	€1,500.00
Ballycane Celtic FC	€ 750.00	Naas Lawn Tennis Club	€1,500.00
Ballymore Eustace GAA	€ 800.00	Naas Serpents Basketball	€ 400.00
Ballymore Handball Club	€ 590.56	Naas United Football Club	€1,500.00
Ballyteague GFC	€ 976.00	Newbridge RFC	€1,500.00
Cappagh GAA	€1,000.00	Nurney Camogie Club	€ 750.00
Caragh GFC	€1,164.00	Prosperous Lawn Tennis Club	€1,500.00
Castledermot GAA	€1,420.00	Raheens GAA	€ 847.00
Castlemitchell GFC	€1,450.00	Redwood Naas FC	€ 750.00
Celbridge GAA	€1,500.00	Rheban GAA	€1,500.00
Cill Dara RFC	€1,500.00	Robertstown GFC	€ 415.00
Clane Lawn Tennis Club	€ 900.00	Ryston Pitch & Putt Club	€1,000.00
Clane Rugby Football Club	€1,325.00	Sallins GAA	€1,200.00
Clogherinkoe GAA	€1,100.00	St Conleths CYMS Snooker Club	€ 500.00
Grangenolvin GFC	€1,300.00	St Laurence's Badminton Club	€ 500.00
Kilcullen AFC	€1,400.00	St Laurences GAA	€ 750.00
Kilcullen GAA	€1,400.00	St. Kevin's GAA	€1,000.00
Kill GAA	€1,309.00	St. Laurence's Camogie Club	€ 750.00
Liffey Celtics Basketball Club	€1,500.00	Suncroft Gaelic Football Club	€ 910.00
<b>Total Allocations</b>		<b>€48,509.42</b>	



## THE DAILY MILE KILDARE

Kildare Sports Partnership supports primary schools across Kildare to sign up for The Daily Mile Kildare in association with Athletics Ireland and Sport Ireland. This initiative aims to encourage schools to adapt a culture of exercise within the school

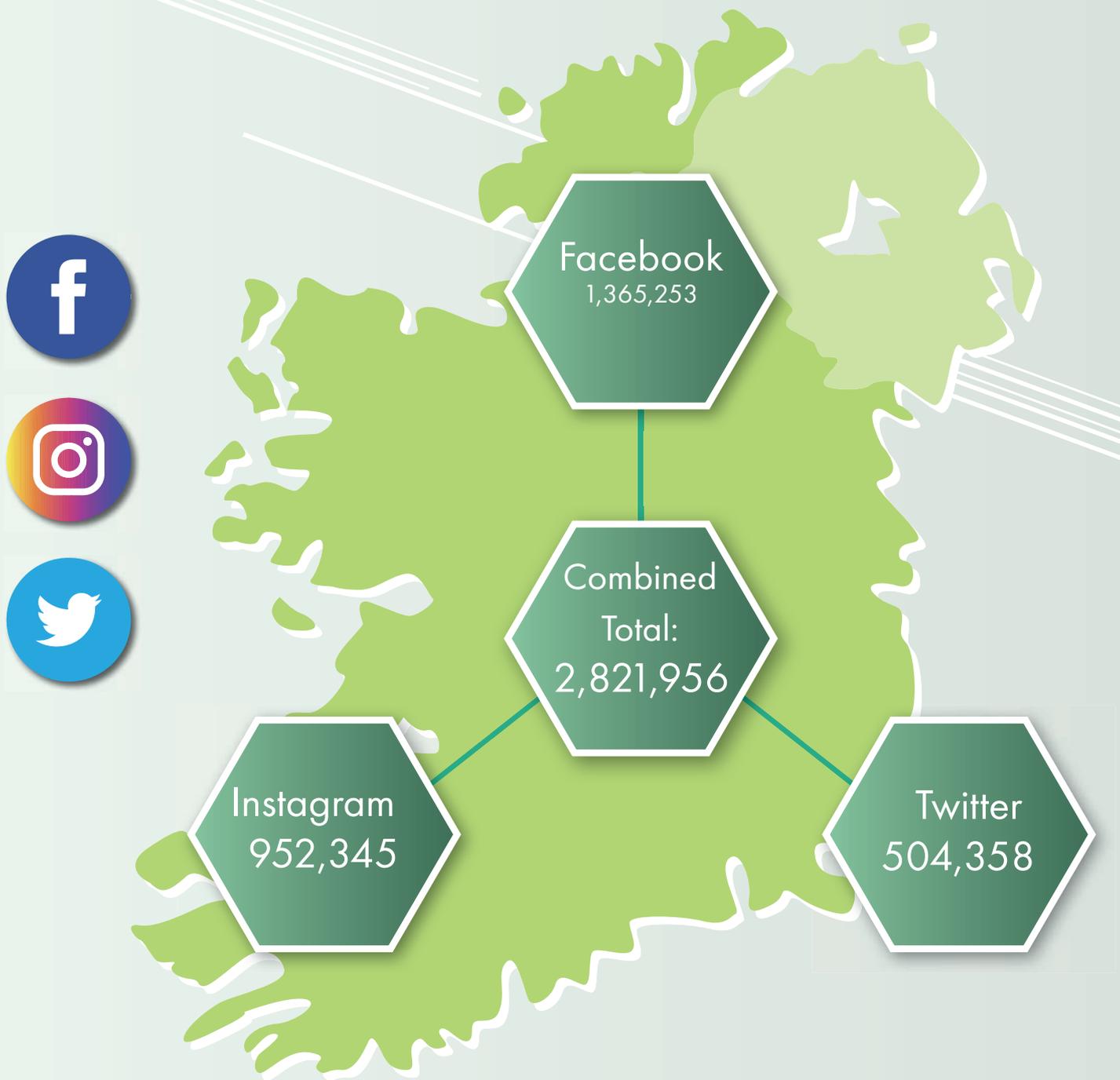


where students run, walk, jog or push a mile around the school grounds every day. 32 Primary Schools took part in the Daily Mile in 2020

## OPERATION TRANSFORMATION PROGRAMME

The 2020 Operation Transformation event took place this year on January 18th and for the first time in Kildare we organised the event at two locations, Áras Chill Dara and St. Catherine's Park, Leixlip. Over 650 participants took part in total. In the weeks leading up to the main event Kildare Sports Partnership also organised the Operation Transformation Programme where 12 communities and almost 1,000 participants throughout the county took part in a walking and general wellbeing programme during the month of January and February.





### SPORTS HUB FUNDING

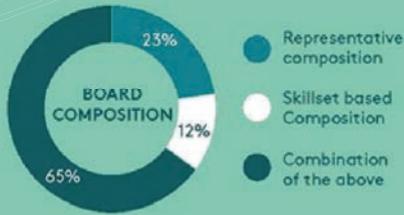
Kildare Sports Partnership are delighted to announce the securing of Dormant Accounts funding, through Sport Ireland to establish a Water Based Sports Hub in Monasterevin. The funding will be on a reducing scale over a five-year period with a first-year allocation totaling €62,000 to cover salary and equipment costs.

**SURVEY RESULTS:  
GENDER DIVERSITY AT BOARD LEVEL**

## KEY HIGHLIGHTS

**398 TOTAL SURVEY REPLIES**  
65% MALE | 35% FEMALE

In November 2020, we asked board members, including NGB CEOs and LSP Coordinators, to give us their thoughts on gender diversity at board level.



*"Getting volunteers of any gender is difficult let alone female."*



### VALUE OF GENDER DIVERSITY AT BOARD LEVEL



*"It will enhance the board and fast-track essential changes to reflect diversity."*



### NATIONAL SPORTS POLICY KPI: MINIMUM OF 30% FEMALES ON BOARDS OF FUNDED BODIES BY 2027



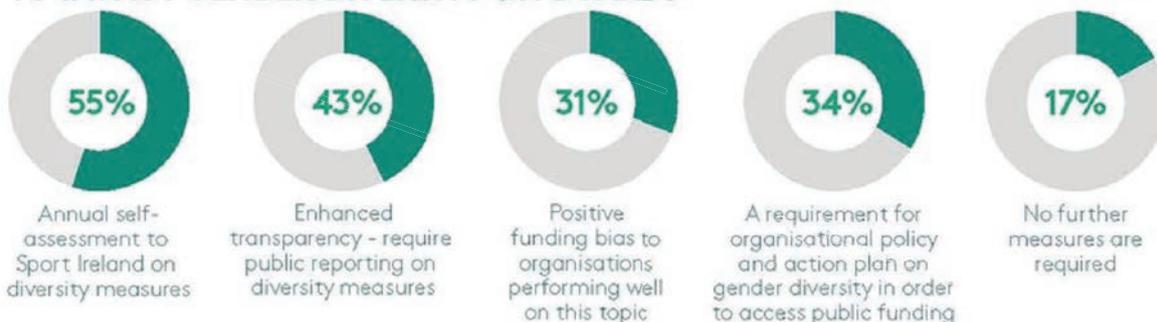
*"I feel we should aim higher... not because it's a quota but because we need more views and input from diverse backgrounds."*

*"Considering our current membership that is not possible at the moment, but it doesn't mean we shouldn't try to achieve it."*

*"2027 is too far away. It gives NGB's too much room to delay changes."*

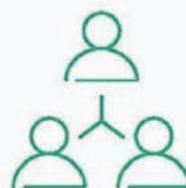
# THE NEXT STEPS...

## FURTHER MEASURES WHICH SHOULD APPLY TO IMPACT GENDER DIVERSITY ON BOARDS



*"No amount of public policies will make a difference if the diversity mindset is not there."*

## ACTIVITIES THAT SPORT BODIES SHOULD BE UNDERTAKING TO ENSURE SUSTAINED CHANGE AT GOVERNANCE LEVEL



# 87%

believe gender diversity measures should also apply to committees, provincial/regional and club level

*"As an LSP, we look for nominations through the Public Participation Network and gender specification is not included."*



## DEMAND FOR RESOURCES TO SUPPORT NGBS/LSPS ON THE TOPIC OF GENDER DIVERSITY ON BOARDS



Staff:

**Syl Merrins** Sports Co Ordinator

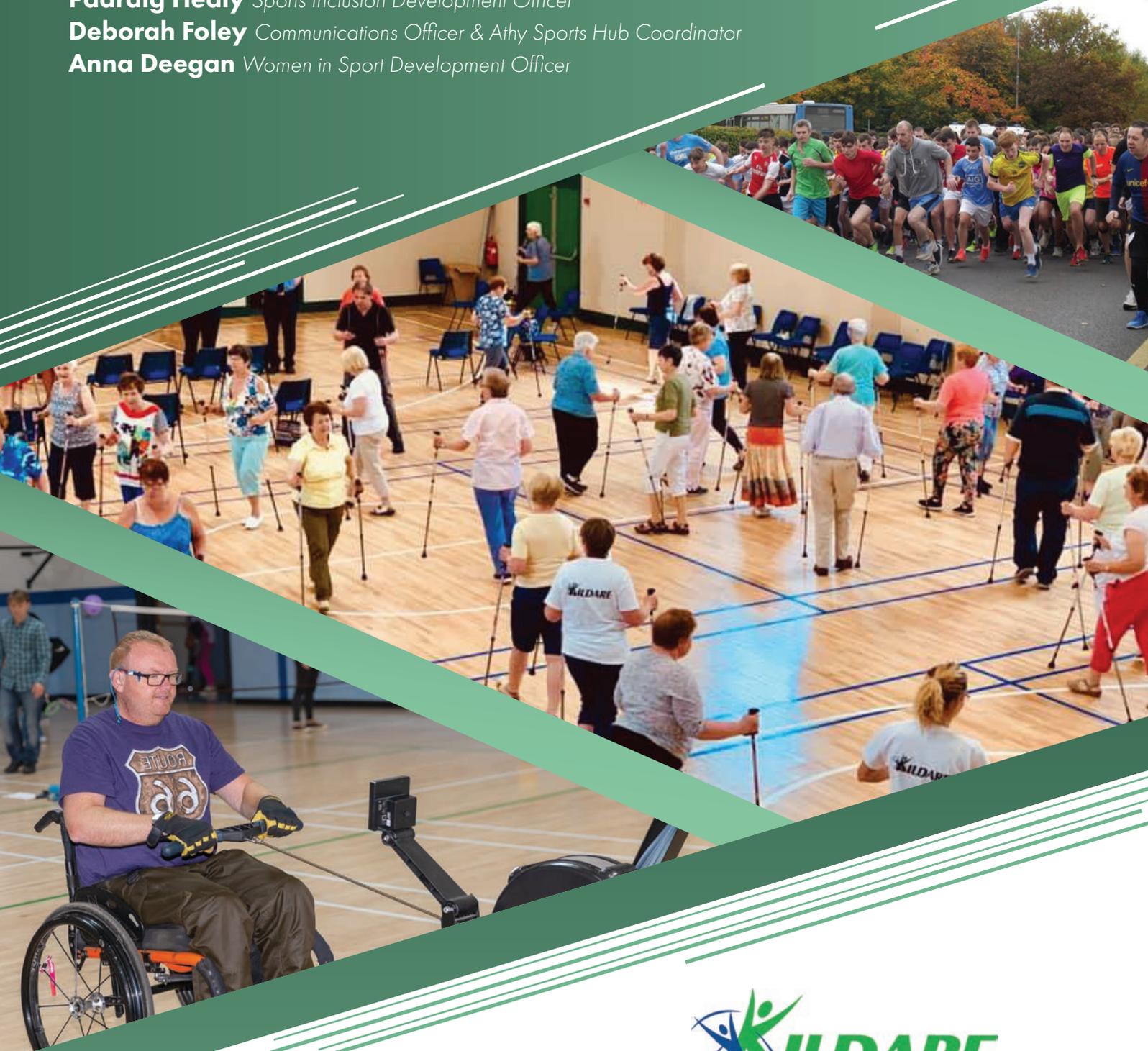
**Eddie Hennessy** Sports Administrator

**John Doran** Community Sports Development Officer

**Padraig Healy** Sports Inclusion Development Officer

**Deborah Foley** Communications Officer & Athy Sports Hub Coordinator

**Anna Deegan** Women in Sport Development Officer



☎ Tel: 045980546

🌐 Website: [www.kildare.ie/kildaresp/](http://www.kildare.ie/kildaresp/)

✉ Email: [ksp@kildarecoco.ie](mailto:ksp@kildarecoco.ie)

📘 Facebook: Kildare Sports Partnership

📷 Instagram: [kildare\\_sports\\_partnership](https://www.instagram.com/kildare_sports_partnership)

🐦 Twitter: @KildareSP

