

# KILDARE SPORTS PARTNERSHIP



## ANNUAL REPORT 2022



Comhairle Contae Chill Dara  
Kildare County Council



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



FOREWORD FROM THE CHAIRMAN OF KSP

## SECTION ONE: KEY FINDINGS

- 1.1 KEY FINDINGS
- 1.2 INFOGRAPHIC

## SECTION TWO: BACKGROUND, FUNDING & RESOURCES

- 2.1 BACKGROUND TO KSP
- 2.2 PROJECT FUNDING SOURCES
- 2.3 KSP MANAGEMENT AND STAFF

## SECTION THREE: ACHIEVEMENT OF KSP IN 2021

- 3.1 INTRODUCTION
- 3.2 DEVELOPMENT OF LOCAL SPORTS CLUBS & COMMUNITIES
- 3.3 TRAINING AND EDUCATION COURSES
- 3.4 DELIVERING SPORT IRELAND PROGRAMMES
  - 3.5.1 KSP PARTICIPATION INITIATIVES
  - 3.5.2 KSP INITIATIVE CATEGORISATION
  - 3.5.3 KSP INITIATIVES DELIVERED IN 2023
  - 3.5.4 BEHAVIOUR CHANGE THEORY
- 3.6 BUILDING AND SUSTAINING PARTNERSHIPS
- 3.7 NETWORKING, ADVOCACY AND AWARENESS RAISING
- 3.8 PARTNERSHIP ENGAGEMENT

## SECTION FOUR: KSP CASE STUDIES

- CASE STUDY 1: ATHY WALK & TALK
- CASE STUDY 2: KILDARE ANNUAL HILLWALKING FESTIVAL
- CASE STUDY 3: WOODLANDS FOR HEALTH
- CASE STUDY 4: KILDARE SPORTS ABILITY DAY 2022

## SECTION FIVE: WOMEN IN SPORT

- 5.1 WOMEN IN SPORT

## SECTION SIX: EVALUATION

- 6.1 EVALUATION

## SECTION SEVEN: NEXT STEPS

- 7.1 NEXT STEPS

## FOREWORD

It gives us great pleasure to present this Kildare Sports Partnership 2022 Annual Report. The report highlights KSP's role in not just achieving our own Strategic Goals but also our contribution to the goals and objectives set out in the National Sports Policy 2018-2027 as well as other national strategies and local plans including the Kildare Local & Economic Community Plan, Kildare County Development Plan and the Kildare Integration Strategy.

The early part of 2022 continued to be a trying and testing time for all as the Covid-19 pandemic continued to linger and continued to have a serious affect on our engagement with our target groups, particularly the older adult age group and people with disabilities. As the year progressed confidence and engagement started to increase and by year end we had resumed face to face contact for all of our programmes, and returned to almost pre-pandemic levels of engagement.

In 2022 we engaged either directly, or indirectly, with just over 21,000 people through our education and training programme, various participation initiatives and a number of KSP supported interventions.. This included 8,426 participants over 57 participation programmes throughout the county, 1,303 participants from the 44 training and education courses delivered and the 629 people who attended 47 Safeguarding courses. We would like to pay tribute to our staff and the numerous tutors who have worked tirelessly, in difficult times over the last three years, to achieve this success. We are very lucky to have hard working and enthusiastic staff who are committed to increasing participation in the county.

As in previous years, Sport Ireland continues to invest heavily in Kildare Sports Partnership and core funding has increased steadily over the years. Sport Ireland has also committed to increasing human resource funding to Sports Partnerships. This will be an important investment, particularly for counties like Kildare. The dramatic increase in population in the county in recent times has increased the demands on KSP and additional staff will help our capacity to deliver to our ever growing and diverse population.

Finally, we would like to thank our KSP Committee members for giving their time and expertise so generously, míle buíochas.



*Ray D'Arcy*

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Chairman  
Kildare Sports Partnership



*Syl Merrins*

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Coordinator  
Kildare Sports Partnership

# SECTION 1

## KEY FINDINGS



# 1.1 KEY FINDINGS

## BACKGROUND, RESOURCES AND FUNDING

- €687,111.29 was invested in KSP in 2022.

Funding from Sport Ireland received in the calendar year 2022 accounted for 47% of the total KSP funding with the remaining 53% coming from Dormant Accounts (11%), HSE, Kildare County Council, County Kildare Leader Partnership, Department of Transport, Tourism & Sport, Healthy Ireland & course fees.

- 11 people served on the KSP committee in 2022.

In 2022, 6 people worked full-time on behalf of KSP and 1 part-time Communications Officer.

## ACHIEVEMENTS OF KILDARE SPORTS PARTNERSHIP

### DEVELOPMENT OF SPORTS INFRASTRUCTURE IN KILDARE:

- 36 groups have been supported in the delivery of their activities.
- 15 clubs/communities were helped in developing their organisational, policy or management structures;
- KSP planned and delivered 44 training and education courses, workshops and online webinars.
- 1303 people attended these courses.
- KSP provided funding & support of €89,005 to 62 clubs & community groups.

### DELIVERING SPORT IRELAND PROGRAMMES

#### CODE OF ETHICS - SAFEGUARDING TRAINING

- 586 participants completed 43 Code of Ethics Basic Awareness – Safeguarding 1 courses
- 28 participants completed 3 Club Children’s Officer – Safeguarding 2 courses
- 15 participants completed 1 Designated Liaison Person – Safeguarding 3

#### LOCAL PROGRAMME DELIVERY

- 8,426 people participated in 57 KSP participation initiatives.
- 11,000 people participated in KSP participation interventions.
- 5,453 women took part in participation programmes with 490 participating in specific WIS Programmes .
- 934 participants took part in specific Sports Inclusion Disability Programme initiatives.
- 653 people participated in programmes targeting disadvantaged communities.
- 928 people participated in programmes targeting ethnic minorities and the traveller community.

## BUILDING AND SUSTAINING PARTNERSHIPS

- In 2022 KSP was involved in 43 different policy actions.

## INFORMATION PROVISION

- We have a total of 6444 Facebook followers, 5997 followers on Instagram and 1958 Twitter followers.
- A total of 32,130 users visited our Facebook profile and 3,422 users visited our Instagram profile.



8,426

PEOPLE PARTICIPATED IN 57  
KSP PARTICIPATION  
INITIATIVES

1,303

PEOPLE ATTENDED 44  
TRAINING & EDUCATION  
COURSES

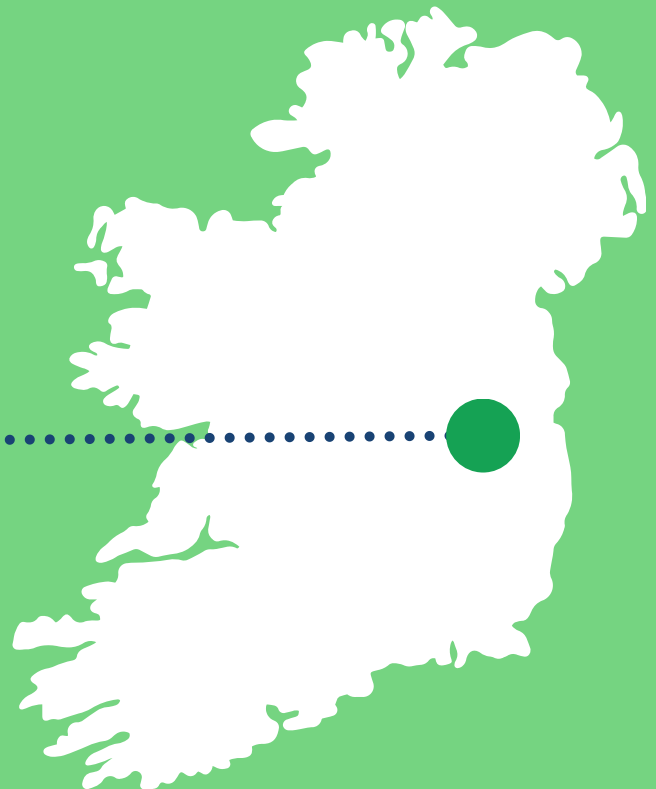


629

PEOPLE ATTENDED 47  
SAFEGUARDING COURSES

928

PARTICIPANTS IN  
PROGRAMMES INVOLVING  
ETHNIC MINORITIES



490

WOMEN & GIRLS  
PARTICIPATED IN 7  
SPECIFIC WOMEN IN  
SPORT  
PROGRAMMES

934  
SPORTS ABILITY  
PARTICIPANTS



€687,111  
INVESTED IN 2022



6,444  
FACEBOOK FOLLOWERS



2,597  
INSTAGRAM FOLLOWERS

# SECTION 2

## BACKGROUND, FUNDING & RESOURCES



**SPEED**  
The ability to move the body or an object rapidly and efficiently in a straight line.

**CO-ORDINATION**  
The ability to use the senses to guide the movements of the body and to adjust those movements to the changing requirements of the environment.

**BALANCE**  
The ability to stay upright or stay in contact of body segments. There are two types of balance: static and dynamic.

**AGILITY**  
The ability to move and change direction and position of the body quickly and effectively while under control.

## 2.1 BACKGROUND TO KSP

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this, the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key role played by Kildare Sports Partnership in sports participation and how it can assist in the delivery of the participation actions set out in this Policy.

*“The Sports Partnership network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.”* – National Sports Policy 2018 - 2027.

The National Sports Policy has a total of 57 actions, 26 of which relate to sports participation. Fundamental to delivering on the Participation Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs). Thanks to an increase in government investment in 2022, Sport Ireland was in a position to increase the capacity and capability of Kildare Sports Partnership and provide additional regional support to the smaller NGBs. In 2022 Kildare Sports Partnership had 7 staff, namely:

- **Coordinator**
- **Administrator**
- **Sports Inclusion Disability Officer (SIDO)**
- **Community Sports Development Officer (CSDO)**
- **Women in Sports Development Officer**
- **Athy/ Monasterevin Sports Hub Co-Ordinator (CSHDO)**
- **Communications Officer (shared with Kildare Co. Co. Library Service)**

This annual report reflects the work of Kildare Partnership for 2022. Information provided through the Sport Ireland reporting system is collated into a database tracking the depth and breadth of KSP initiatives. KSP activities from this database are highlighted as examples of good practice and are presented as case studies later in Section 4 of this report.



## 2.2 PROJECT FUNDING SOURCES

### CORE INVESTMENT

Sport Ireland supports Kildare Sports Partnership to coordinate and promote the development of sport at the local level and increase levels of participation in sport and physical activity. Core investment in KSP has been increasing year on year, from €122,287 in 2013 to €368,628 in 2022.

This core investment supports the core work of KSP; including the delivery of national programmes, education & training initiatives, strategic development, Community Sports Development Officer (CSDO), the Sports Inclusion Disability programme, Women in Sport programmes and general participation programmes.

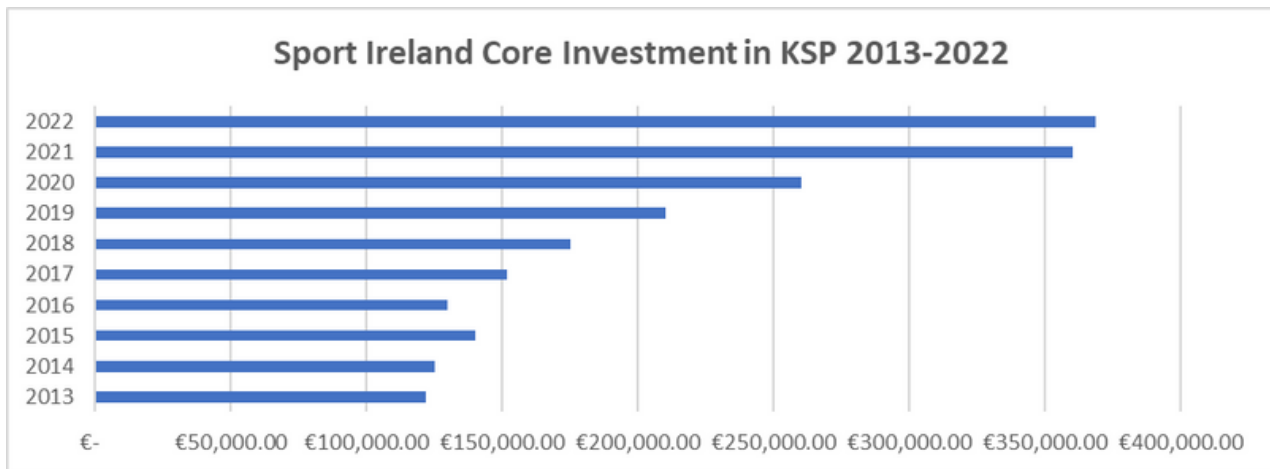


Figure A – Breakdown of KSP Core Investment 2013 - 2022.

### DORMANT ACCOUNT INVESTMENT

KSPs national funder, Sport Ireland, has worked with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, KSP delivers on a range of sports and physical activity programmes under the following measures which align with the National Sports Policy and the National Physical Activity Plan (NPAP).

<b>Measure 1</b>	<b>Community Sports &amp; Physical Activity Hubs</b>
<b>Measure 2</b>	<b>National Sport Education and Training Hub</b>
<b>Measure 3</b>	<b>Sports measures for Disadvantaged Communities to support the National Physical Activity Plan</b>
<b>Measure 4</b>	<b>Provision of Sports Equipment in Disadvantaged Areas</b>

All projects funded by Sport Ireland through Dormant Accounts target:

1. The personal and social development of persons who are economically or socially disadvantaged;
2. The educational development of persons who are educationally disadvantaged;
3. Persons with a disability (within the meaning of the Equal Status Act 2000).

Dormant Accounts investment in KSP has been hugely significant in helping to deliver on a range of innovative projects at a local level. In 2022 Kildare Sports Partnership received €98,913.50 in DA funding.

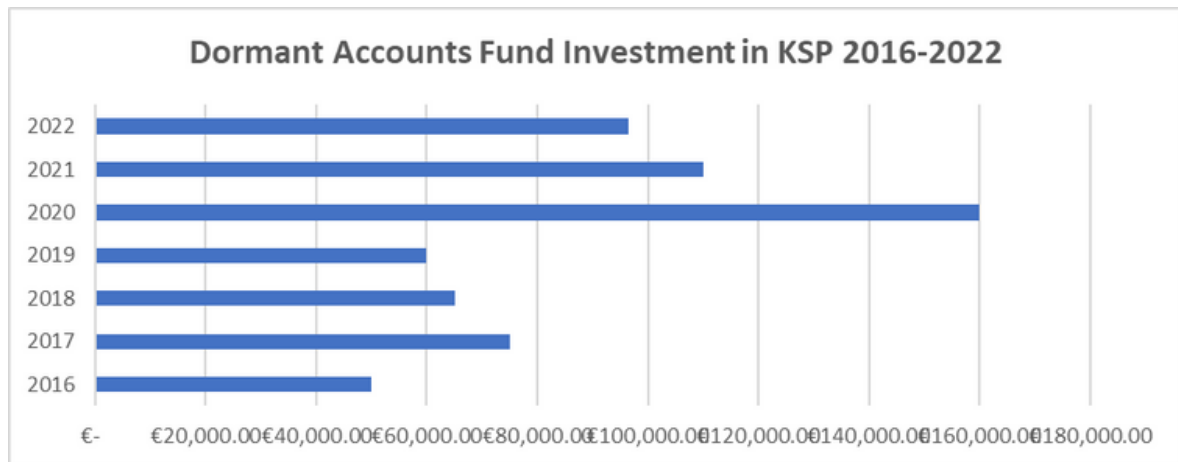


Figure B – Breakdown of Dormant Accounts Fund Investment 2016 - 2022.

### COVID-19 Grant Support

In response to the Covid-19 pandemic, Sport Ireland invested €2.2 million in the Local Sports Partnership network through a Covid-19 Grant Support Fund. €32,500 was allocated to KSP in late 2022 to administer a support scheme, which was designed to help clubs and organisations return to sport, post pandemic.

### OTHER KSP FUNDING SOURCES

Funding from Sport Ireland (Core, Disability and Women in Sport) accounted for 47% of the total KSP funding in 2022. Additionally, funding was also secured for KSP by Sport Ireland for specific projects under the Dormant Accounts Scheme to the value of 11% of overall funding. The remaining funding was raised from local sources, plus benefit-in-kind funding to an estimated value of approximately €181,500.

2022 Total €	€	%
Monetary funding (locally leveraged)	€138,827	16%
Sport Ireland core/programme/COVID-19 grant	€390,374	45%
Sport Ireland Women in Sport grant	€14,000	2%
Sport Ireland dormant accounts funding	€98,913	11%
Dept of Transport, Tourism & Sport	€44,992	5%
<b>Total monetary funding</b>	<b>€687,111</b>	
Benefit-in-kind (locally sourced)	€181,500	21%

Table 1 – Breakdown of funding & benefits in kind received by KSP in 2022.

After core funding from Sport Ireland, Healthy Ireland funding, Kildare County Council funding and HSE grant aid, event/course fees were the next most significant sources of monetary funding with benefit-in-kind support mainly coming from Kildare County Council.

Below are the top contributors of locally monetary sourced funding to KSP, excluding Sport Ireland

Healthy Ireland	39%	CKLP	5%
HSE	12%	Course Fees	17%
Kildare County Council	27%		

**Table 2** – Local Monetary Funding providers to KSP in 2022.

Below are the contributors of locally sourced benefit in kind funding to KSP, excluding Sport Ireland

Kildare County Council	56%	Waterways Ireland	1%
KWETB	6%	Media	4%
HSE	3%	KSP Committee Members	7%
CKLP	16%	Sports organisations	7%

**Table 3** – Local benefit-in-kind providers to KSP in 2022.

KSP continues to be successful in securing funding from local sources. 37% of total funding has been contributed by local sources. Monetary funding sourced locally accounts for 16% of overall KSP support and benefit-in-kind support accounts for 21% of overall funding.



**Image:** walking group in Monasterevin

## 2.3 KSP MANAGEMENT AND STAFF

### KSP ADVISORY COMMITTEE - PARTICIPATION AND REPRESENTATION

- A total of 11 people served on the KSP board in 2022. 33% of KSP committee members are female, which is ahead of the Women in Sport Policy and National Sports Policy target, which set a minimum female representation of 30%.
- Committee members bring specific skillsets to their work within KSP & represent the various agencies, organisations & interest groups connected to the work & target groups of Kildare Sports Partnership.
- At the December meeting of the KSP Committee, Ray D'Arcy stepped down as Chair of the Committee. Ray was Chair since 2014 and contributed greatly to the development of the Sports Partnership during his time at the helm.

Name	Membership	Year Started
Ray D'Arcy	Chairperson	2014
Pat Leogue	CKLP (Vice Chair)	2012
Marian Higgins	Director of Services KCC	2019 / 2021
Paul Davis	Maynooth University	2012
Susan Grady	CEO K-Leisure	2012
Áine Buggy	HSE	2018
Noel Mooney	Kildare GAA	2018
Joe Carbery	Leinster Rugby	2018
Nicky Hamill	People with disabilities rep	2020
Ken Scully	KWETB	2022
Norman Farragher	Older Persons Council Rep	2020

**Table 4** – List of KSP Advisory Committee Members 2022.

### KSP STAFF

KSP's core staff members are funded by Sport Ireland while other part-time personnel are funded through other sources. Along with the Coordinator and Administrator, KSP employs a Community Sports Development Officer (CSDO), a Sports Inclusion Disability Officer (SIDO), a Women in Sport Development Officer, a Sports Hub Coordinator (Athy & Monasterevin) and a Communications Officer. The Coordinator, Administrator, and SIDO are employees of Kildare County Council while the CSDO, WISDO and Sports Hub Coordinator positions are hosted by County Kildare Leader Partnership. The Communications Officer is an employee of Kildare County Council under the Graduate Programme and the position is shared between KSP and the Kildare Library Service.

KSP also contracted a further 20 tutors to deliver programmes, courses, and initiatives within the Partnerships structure.



**Image:** walking Athy soccer tournament

KSP STAFF & ROLES



Syl Merrins  
Coordinator



Donna Berry  
Women In Sport Development  
Officer



Eddie Hennessy  
Administrator



John Doran  
Community Sports  
Development Officer



Fiach Andrews  
Sports Inclusion  
Disability Officer



Eimante Mikneviute  
Communications  
Officer



Majella Fennelly  
Sports Hub  
Coordinator

# SECTION 3

## ACHIEVEMENTS OF KSP IN 2022



### 3.1 INTRODUCTION

KSP undertakes a wide range of actions with the aim of increasing sports and physical activity participation levels in their local communities. These actions are grouped within four outcome areas:

- Working to develop clubs, coaches and volunteers and supporting partnerships between local sports clubs, community-based organisations and sector agencies.
- Creating greater opportunities for access to training and education in relation to sports and physical activity provision.
- Provision of targeted programmes, events and initiatives to increase physical activity and sport participation.
- Providing information about sport and physical activity to create awareness and access.

### 3.2 DEVELOPMENT OF LOCAL SPORTS CLUBS & COMMUNITIES

A key focus for KSP is that there is a sustainable level of development within the local sports structures. KSP works with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sports or physical activity options. This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

#### FUNDING FOR CLUB AND COMMUNITY SUPPORTS

In 2022, KSP provided funding support (Club Development Grants, Volunteer Supports or others) to 119 clubs and community groups throughout the county. KSP invested €146,945 in club & community development support across the LSP network through Core Funding in 2022.

FUND	NO. OF GROUPS	€
Community Sports Hub	20	€61,750
Club Development Grant Scheme & Community Support Schemes	79	€89,005
Volunteer & Training Support	19	€20,114
Sports Inclusion Disability Projects	11	€38,500
Women in Sport	9	€9,714
Youth Leadership	6	€5,329
Be Active Night	3	€2,450
<i>Total</i>	<i>147</i>	<i>€226,912</i>

**Table 5** – Breakdown of Funding Allocated to Local Clubs and Groups in 2022.

#### CLUB DEVELOPMENT WORK

KSP supports providers of sports and physical activity across the county, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise.

To this end:

- 42 clubs/communities were supported in the delivery of activities;
- 15 clubs/communities were helped in developing their organisational, policy or management structures;
- 24 clubs/communities availed of KSP resource packs;
- 241 clubs/communities attended Club Development Workshops;
- 16 clubs/communities were provided with templates from KSP;
- 520 meetings or phone calls took place between clubs/communities and KSP to share advice;

KSP plays a key role in advising clubs in the areas of planning and evaluation and in the development of governance standards and policies. This support work helps clubs to make improvements to attract and retain members.

### 3.3 TRAINING AND EDUCATION COURSES

KSP provides a range of important upskilling and training opportunities at the local level for volunteers, coaches and administrators. Two such programmes are Youth Leadership and Volunteer Supports.

#### ➤ YOUTH LEADERSHIP

This programme develops generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contribute to the personal development of the learner. It also continues to develop trained volunteers who can assist with the delivery of sports and recreation initiatives within their community while providing training for young people, keeping them engaged, increasing their responsibility and developing their confidence and self-esteem and providing them with an opportunity for lifelong volunteering.

#### ➤ VOLUNTEER SUPPORTS

This initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members, etc.

- KSP planned and delivered 44 training and education courses, workshops and seminars with their partner agencies;
- 1,303 people participated in these training courses.



Image: Buggy Buddies Programme



## TRAINING AND EDUCATION COURSES

COURSE	NO. OF COURSES	NO. OF PARTICIPANTS
Activator Training	2	22
Walking Leader Training	1	14
Disability Inclusion Training	2	21
Vision Sport Awareness Training	1	12
Autism in Sport Training	4	77
Governance course & club development training	1	22
Disability Awareness Training	3	39
Learn to Cycle Programme	9	94
Back to Basics Physical Literacy Programme	12	890
Junior Active Leadership Course	2	28
First Aid Training	7	84
<b>TOTAL</b>	<b>44</b>	<b>1303</b>

**Table 6** – Breakdown of Training & Education courses delivered by KSP.



**Image:** The Daily Mile

## 3.4 DELIVERING SPORT IRELAND PROGRAMMES

### SAFEGUARDING WORKSHOPS & ROLES

KSP’s Safeguarding Programme is aimed at sports leaders and adults who are involved in the organisation of sports for children and young people. The goal of the programme is to promote awareness of the best practices and legal requirements in the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in the area of safeguarding and child protection.

- Safeguarding 1 - Basic Awareness (all coaches)
- Safeguarding 2 - Club Children’s Officer (role specific)
- Safeguarding 3 – Designated Liaison Person (role specific)



**Image:** First Aid Course

### ➤ SAFEGUARDING 1: CHILD WELFARE & PROTECTION BASIC AWARENESS WORKSHOP

All coaches, children’s officers and designated liaison persons must first complete the 3-hour Child Welfare and Protection Basic Awareness Workshop. This workshop educates participants on the implementation of best practices & legal requirements in protecting the welfare of children involved in sports.

## ➤ SAFEGUARDING 2: CLUB CHILDREN'S OFFICER

A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness Workshop) and follow this with the Club Children's Officer 3-hour workshop. This workshop will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practices in the area of safeguarding in the club.

## ➤ SAFEGUARDING 3: DESIGNATED LIAISON PERSON

A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness Workshop) and should complete the Designated Liaison Person 3-hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.



Image: First Aid Course participants

## CLUB CHILDREN'S OFFICER

The Club Children's Officer should be child-centred in focus and have, as the primary aim, the establishment of a child-centred ethos within the club. They are the link between the children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts young people and sports leaders.

## DESIGNATED LIAISON PERSON (ROLE SPECIFIC)

every club/organisation should designate a person to be responsible for dealing with any concerns around child protection. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána/PSNI. It is recommended that this person is a senior club member. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

COURSE	SAFEGUARDING 1	SAFEGUARDING 2	SAFEGUARDING 3
Number of courses delivered	43	3	1
Number of participants	586	28	15

### 3.5.1 KSP PARTICIPATION INITIATIVES

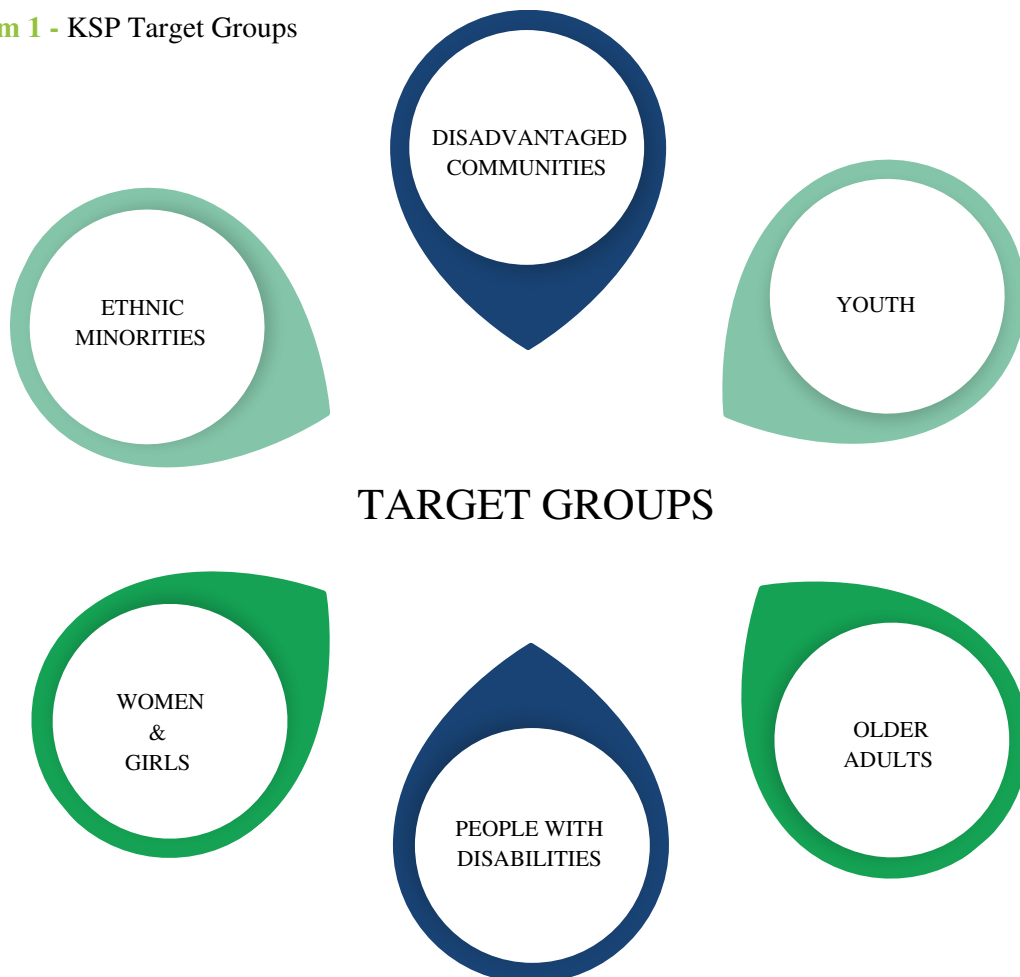
The design, delivery and review of targeted programmes by KSP directly increases the level of local participation, particularly amongst the harder-to-reach social groups. Through their local expertise and connections within the sports infrastructure, KSP is able to identify specific needs and plan accordingly. In 2022, KSP maintained its delivery of an innovative range of participation programmes;

- 8,426 people participated in 57 locally delivered participation programmes;
  - Of that 490 female participants took part in 6 specific Women in Sport participation programmes.
  - 11,000 took part in KSP supported programmes, including the Daily Mile and Active School Flag engagement along with Parkrun & other multi-sport initiatives.



Image - The Daily Mile

Diagram 1 - KSP Target Groups



### 3.5.2 KSP INITIATIVE CATEGORISATION

Of the 8,426 participants reached by these initiatives in 2022, 4,733 people were engaged through KSP programmes, 2,078 people were engaged through KSP events, 618 people were reached through NGB programmes, 160 people were engaged through taster sessions and 837 people were reached through sports camps. A brief description of the 5 categories of LSP initiatives is highlighted in the table below.

**Table 7** – Description of Initiative Categories.

INITIATIVE CATEGORY	DESCRIPTION
KSP PROGRAMMES	Defined as fixed duration participation opportunities which last longer than one or two sessions. Usually delivered over a number of weeks or non-consecutive days e.g. Men on the Move, Go For Life, Community Walking Programme.
KSP EVENTS	Defined as fixed duration participation events usually lasting single days. Participants would usually set a goal to enter the event and undertake some training or require under-lying fitness or skill to take part. E.g. 5k runs, Cycle Series, Mini Marathons.
TASTER SESSION	Defined as once-off participation opportunities which offer no more than a single experience, although they may signpost to more long-term opportunities. Participants usually need no training in advance and minimal previous skill/fitness to take part e.g. Fun days, Be Active Nights, family events, promotional weeks etc.
SPORTS CAMPS	Defined as sports camps which offer sports participation opportunities in a sport or multi-sports. Usually lasting less than a week e.g. FAI Soccer Camps, GAA Cúl Camps KSP Easter & Summer Camps.
NGB PROGRAMMES	Defined as participation opportunities with NGB as the main deliverer of the initiative. Support and resources may be provided by KSP.

The information below illustrates the number of participants reached in each category.

INITIATIVE CATEGORY	PARTICIPANTS
<b>KSP PROGRAMMES</b>	<b>4,733</b>
<b>KSP EVENTS</b>	<b>2,078</b>
<b>TASTER SESSIONS</b>	<b>160</b>
<b>SPORTS CAMPS</b>	<b>837</b>
<b>NGB PROGRAMMES</b>	<b>618</b>
<b>TOTAL</b>	<b>8,426</b>

**Table 8** – Participants by initiative category.



**Image:** activator poles session

### 3.5.3 KSP INITIATIVES DELIVERED IN 2022

The following presents an overview of the types of initiatives delivered in 2022.

TYPES OF INITIATIVES	NO. OF PROGRAMMES / EVENTS	NO. OF PARTICIPANTS
Easter and Summer Camps	4	400
Tag Rugby on the Green	2	200
Deliver Activity Camps	11	437
Adapted Tag Rugby	4	98
Swimmin Women Programme	1	20
Ukrainian Refugee Support Programme	5	852
Hillwalking Programme	1	156
Somatic Dance Programme	8	110
Wellness Walk & Exercise Programme	8	90
Mens Swimming Programme	1	12
Bike Week Events	4	49
Tennis for All	3	18
Community Support Events	12	685
Asylum Seekers Support Programme	3	60
Inclusive Family Circuits	1	100
Multi Sport Sports Club for Disability users	1	22
Inclusive Triathlon	1	20
Inclusive Summer Camps	2	33
Inclusive Basketball	1	17
Cricket for All	1	10
Robertstown Community Physical Activity Programme	1	28
Sláintecare Healthy Communities Programme	3	72
HER Outdoors Programme	13	250
Inter-Agency Soccer Tournament	1	45
Female Winter Wellness Programme	1	30
Mind Body Movement Programme	8	40
Female Resistance Perimenapausal Programme	8	50
Nordic Pole Walking Programme	2	30
Pickleball	1	20
Teenage Girls Volleyball	1	30
Football For All	2	55
Canoeing For All	8	147
Kildare Sports Ability Day	1	254
Lilywhite Wheelers IWA Multi Sports Club	1	9
Woodlands For Health	2	45
Pitch & Putt	1	84
GAA For All	3	68
Heads Up programme for men with mental health issues	3	36
Seated Exercise for women with arthritis	5	130
The DARA Project	5	16
Aqua Aerobics	3	83
Skootch	3	55
Activator Programmes	10	478
Water based Summer Camps	4	235
Get Kildare Walking programme	1	600
Couch to 5k programme	5	222
Community Run Programme	15	600
Community Cycle Programme	7	475
Operation Transformation Programmes	3	350
EWOS Programme	3	66
Inclusive Family Circuits	1	100
The Buggy Buddies Programme	3	64
The Healthy Ireland Motivate & Activate Programme	7	233
New to Traithlon Programme	2	37
<b>TOTAL</b>	<b>207</b>	<b>8,426</b>

Table 9 – Types of initiatives.

The following presents an overview of KSP Interventions in 2022.

PROGRAMME	NO. OF PROGRAMMES / EVENTS	NO. OF PROGRAMMES
The Daily Mile	42	6200
Promoting Active School Flag	20	3000
Playday	1	800
Parkrun	3	1000
<b>TOTAL</b>	<b>66</b>	<b>11,000</b>

### 3.5.4 BEHAVIOUR CHANGE THEORY

In order to develop an understanding of the application of the Behaviour Change Theory to KSPs work in increasing participation in sport and physical activity, KSP were asked to categorise the primary effect of each initiative under the pillars of the COM-B Behaviour Change Model. The table below describes the COM-B effects in more detail. Some actions will span multiple COM-B effects, in this case, KSP selected the most significant effect.



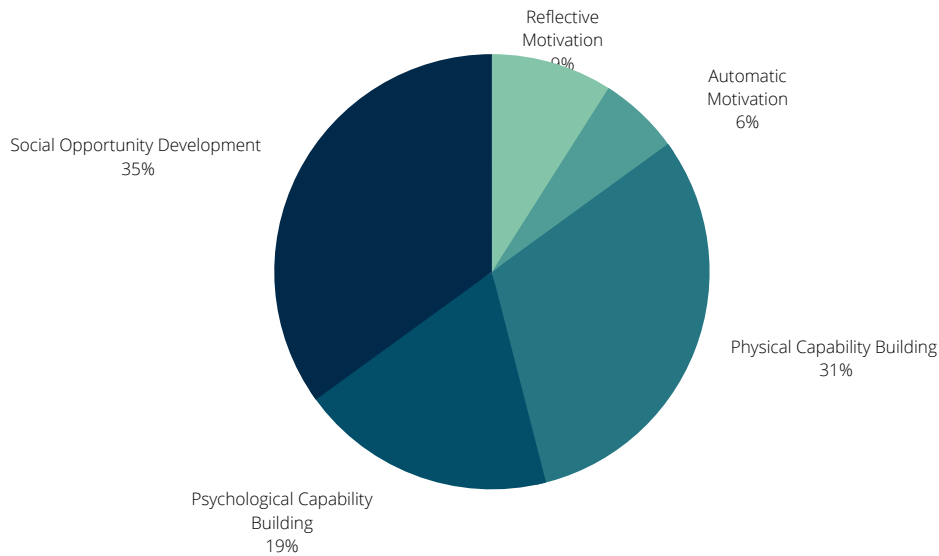
Image: STEPtember challenge

BCT PRIMARY COM-B EFFECT	DESCRIPTION
<b>Physical Capability Building</b>	<b>Actions that primarily develop the skills of the participant e.g. programmes over multiple sessions</b>
<b>Psychological Capability Building</b>	<b>Actions that primarily develop the knowledge of the participant e.g. taster days, information focused communications</b>
<b>Physical Opportunity Development</b>	<b>Actions that primarily develop infrastructure, facilities and equipment or reduce cost or improve access e.g. capital developments, discounts, provision of information such as club and facility directories</b>
<b>Social Opportunity Development</b>	<b>Actions that primarily develop a culture of participation in sport and physical activity e.g. socially focused communications</b>
<b>Reflective Motivation</b>	<b>Actions that primarily provide goals for participants e.g. participation events, some goal focused communications</b>
<b>Automatic Motivation</b>	<b>Actions that primarily develop participants habits e.g. longer lasting interventions usually with easy access and small individual impact</b>

Table 10 - Description of COM-B Behaviour Change Model

The following presents the percentage of participants reached through participation initiatives under each of the behaviour change pillars.

**Figure C - Behaviour Change Theory.**



The COM-B model suggests that an individual must have Capability (Physical and Psychological), Opportunity (Physical and Social) and Motivation (Reflective and Automatic) in order to change behaviour.

The above graph shows that 9% of KSP interventions primarily support Reflective Motivation, 35% primarily develop Physical Opportunity Development and 6% aim to support Automatic Motivation. 19% Psychological Capability Building & 35% Social Opportunity Development.

### 3.6 BUILDING AND SUSTAINING PARTNERSHIPS

#### INFORMATION PROVISION

KSP acts as an information hub and point of contact within communities. KSP works to share information, as well as a direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community-based organisation or a volunteering opportunity.

KSP collects ongoing information on the nature and extent of their work to provide information to their communities and profile their activities and programmes.

The following table presents an overview of the range of communication platforms that KSP use, both via traditional and social media outlets.



**Image:** Bike Week

PROVIDING INFORMATION TO COMMUNITIES TRADITIONAL MEDIA	2022	PROVIDING INFORMATION TO COMMUNITIES SOCIAL MEDIA	2022
Number of Radio Interviews	10	Facebook: Number of posts/updates	349
Number of articles in Local Press/Radio	22	Facebook: Number of followers	6,444
Number of newsletters written	1	Twitter: Number of tweets	312
Number of articles in local press	24	Twitter: Number of followers	1,959
Number of interviews on local radio	10	Instagram: Number of posts	253
		Instagram: Number of followers	2,596

**Table 11 - Summary of KSP promotion.**

KSP is also active in developing specific resources to highlight and promote the range of activities and opportunities available locally.

This can be in the form of newsletters, press releases, booklets and directories, as well as through translated documents. KSP maintains active databases of local organisations and groups as well as email contact lists. KSP can also promote their work through annual reports such as this document. Research publications and presentations are also used regularly to disseminate their key messages regarding participation. In 2021, 25 presentations were delivered to Councillors, local authority staff, community groups and other partners/stakeholders.

PRODUCTION OF INFORMATION SOURCES	2022	LOCAL COMMUNITY INTERESTS	2022
Number of Newsletters	2	Number of individuals/ clubs/groups on email list	605
Number of Press Releases issued	10		

DISEMINATION OF RESEARCH AND REPORT	2022
Number of Annual Reports issued	1250
Number of Presentations delivered	25

**Table 12** - Summary of KSP Information Production and Dissemination 2019.

### 3.7 NETWORKING, ADVOCACY AND AWARENESS RAISING

Building alliances and relationships with local and national partners is an important area of work for KSP, as well as representing key concerns in the policy arena. In order to carry out this strand of its work, KSP actively engages in committee work and networking activities at the local and national levels. In 2022, KSP has participated in some 43 actions associated with building networks and advocating on behalf of their target groups.

The local and national networks bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national levels.

These networking and awareness-raising actions allow for an increase in the reach of KSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what KSP can do to assist sports clubs and partners.



**Image** - Learn To Cycle Programme for children with additional needs



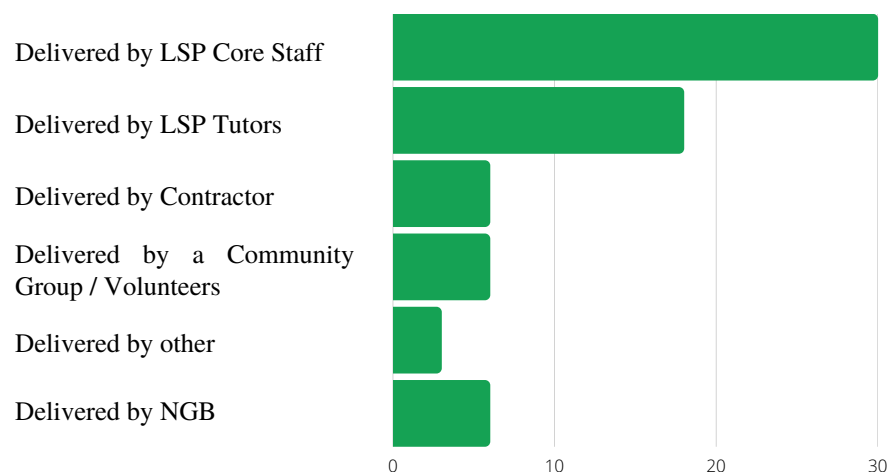
**Table 13** - Overview of the type of actions KSP has been involved in 2022

TYPE OF ACTIONS	NO. OF ACTIONS
<b>Campaign and lobbying efforts</b>	<b>10</b>
<b>Local networks, forums or committees participated in</b>	<b>18</b>
<b>Regional and National Networks participated in</b>	<b>4</b>
<b>Seminars or Conferences attended</b>	<b>5</b>
<b>Submissions made</b>	
<b>Research projects involved in</b>	<b>1</b>
<b>Total</b>	<b>43</b>

### 3.8 PARTNERSHIP ENGAGEMENT

KSP aims to lead and coordinate sports and physical activity opportunities locally. In 2022, 30 initiatives were delivered by KSP core and contract staff, however, 39 initiatives were delivered by tutors, contractors, community groups, clubs, NGBs, volunteers and other partners. The below figure illustrates the range of deliverers of initiatives in 2022

**Figure D** - Overview of the type of actions KSP has been involved in 2022.



Developing partnerships with other organisations to promote physical activity and sport participation is also a key part of KSPs work. To this end, KSP engaged with 60 organisations in 2022 including:

- 28 National Governing Bodies of Sport
- 5 Disability NGBs
- 2 other Sport Ireland funded bodies and
- 25 additional external partners

Clubs, community groups, schools, volunteers and NGBs were the main delivery partner for KSP in delivering initiatives in 2022.

# SECTION 4

## CASE STUDIES



# CASE STUDY 1

## ATHY WALK & TALK



### PROGRAMME / EVENT NAME:

The 2km Walk & Talk continues to progress as a walking programme that was set up after a collaboration with local stakeholders, identifying the need to engage with the older adults in the community.

Kildare Local Sports Partnership worked in conjunction with Sláintecare Healthy Communities Programme, Athy Social Prescribing, Athy Primary Care Health Centre, Athy Youth Café, Local Community Groups, Ethnic Groups, Older Adults, & People with Limited Mobility.

The purpose of the 2km Walk & Talk Initiative was to keep the distance short, re-activate the individuals and encourage all target groups to re-engage in physical activity in the outdoors, encourage social interaction, improve overall mental wellbeing, and build community relationships and support local business.

### KEY OUTCOMES:

**Increase Participation and enjoyment in Physical Activity** - Benefits of participating in the 2km walk & talk session was to enhance the mental health and wellbeing of the participants. A key component for the success of the group was the walking leader, this leader has a vast knowledge of the local area and a great interest in the flora & fauna. The interaction and engagement between the walking leader and the group is wonderful and it is by word of mouth that this group continues to flourish.

**Improve & Enhanced Physical Activity Levels** - Walking Success, Balance, Posture, Cardio Fitness, Build Strength, Increase Muscle Tone, Fitness & Mobility.

**Increased Social Engagement** – Living in isolation can have a dramatic impacted on individuals especially the older participants as it took this age group longer to come back to getting involved in group activities after the pandemic. This walking group has provided re- engagement, assisted in building confidence, and increased social interaction, built new friendships, and improved overall wellness. The 2km Walk & Talk Initiative continues to be a great success.

## KEY LEARNINGS:

- To increase participation – identifying a key leader will get more people involved in physical fitness.
- To increase engagement in the outdoors – educating and encourage participants to immerse themselves in nature and their area.
- To increase social interaction – meet likeminded people, changing mindsets.
- To rebuild community engagement – start to encourage communities to know more about where they live.
- To increase integration – being open, welcoming in a normalised community environment
- To work in partnership with key stakeholders – together we can achieve more.
- To build capacity in communities and utilise local heritage for social interaction.

## NEXT STEPS:

The 2km Walk & Talk will continue to engage with the services in the town and surrounding areas to increase numbers in the group, assist in changing mindsets and enjoy the area and what it has to offer through gentle activity and communication.

## TESTIMONIAL

*“ I love this Wednesday group walk and talk, meeting beautiful new souls inside and out. Everyone are all so friendly, also getting to know Athy as my new hometown. Really help me mentally. Jovi loves coming to join every Wednesday as he enjoys being with this group. Helps him improve so much and helps to get him out of the house. ”*

**- Participants aged 64 & 69**

*“ I love the walk ‘n’ talk on Wednesday mornings, it is relaxing and friendly. It also makes you more aware and observant of the flora and fauna. It really makes you appreciate what is in your own local area. You also get to meet new people and have a chat. ”*

**- Participant Aged 52**

*“ I look forward to our walk and talk. It adds structure to my week. I love learning all about Kildare, our fauna and flora. The stories shared by the leaders and the camaraderie with everyone. Along with the health benefits, both physical and mental, of our walk and talk, we get to meet lovely friendly, interesting people, learn about our environment from the leaders, discover our town and be proud of our town. ”*

**- Participant Aged 67**

*“ I love the walks on Wednesday mornings. Its gives me a goal for getting up and out and meeting all the lovely members who make you feel so welcome. Plus, the walking leaders have a great wealth of knowledge. I would totally recommend the Athy walking Club to all. ”*

**- Participant Aged 66**

*“ The walks help me to get out with an injured knee. It’s great to have a ramble about with interesting leaders and other friendly walkers. Hoping to enjoy many more walks with this lovely group. ”*

**- Participant Aged 74**

# CASE STUDY 2

## KILDARE ANNUAL HILLWALKING FESTIVAL



### PROGRAMME / EVENT NAME:

The County Kildare Hillwalking Festival was designed to offer all members of Kildare communities an opportunity to participate in a fun and inclusive physical activity initiative set in the great outdoors.

A team consisting of an event coordinator, experienced leaders, and qualified first aiders guided participants along the trails of the Wicklow mountains each weekend through the months of July and August.

Routes were selected to suit beginner, experienced, and advanced walkers and participants were invited to complete a route suited to their level of confidence and physical ability.

The festival quickly became a highly successful mass participation event with over 300 registrations and an average of 70 hillwalkers attending on a weekly basis. Positive feedback and participant testimonials quickly led to discussions around the creation of a Hillwalking Club in Kildare, and in September 2022 the Hill Dara Hikers Club was formed.

To ensure sustainability of the initiative and ensure credibility of the newly formed club, Mountain Leader Skills and Wilderness First Aid training courses were provided through the volunteer support fund and the club now meet regularly to walk in locations across the country, club membership has grown to over 100 since September 2022.

### KEY OUTCOMES:

- Successful completion of an inclusive 8-week hillwalking initiative in the Wicklow Mountains.
- Social integration of Ukrainian and IPAS communities through the active outdoors initiative.
- Foundation of a hillwalking Club (“Hill Dara Hikers”) which has already grown to over 100 members.
- Delivery of Mountain Leadership and Wilderness First Aid skills training for Club members through the volunteer support fund.

## KEY LEARNING:

Participation in physical activity in the outdoors offers social and health related benefits for participants. Outdoor initiatives are suitable for everyone when delivered in a safe and inclusive manner.

The provision of skills training for volunteers ensures growth, sustainability, and credibility of community focussed initiatives.

## NEXT STEPS:

To deliver an annual hillwalking festival in county Kildare in association with the Hill Dara Hiking Club in 2023 and beyond.

To ensure sustainability through the provision of further training for leaders and continued recruitment of new Club members.



## TESTIMONIAL

“ Personal circumstances prevented me from getting out and about for years, I often looked towards these hills and dreamed of being up here one day, this festival has made my dream come true. ”

- 56 year old female participant from Ballymore Eustace, Co. Kildare

# CASE STUDY 3

## WOODLANDS FOR HEALTH



### PROGRAMME / EVENT NAME:

Woodlands for Health is a 12-week guided walking programme for adults availing of mental health services across County Kildare. Here we collaborate with the HSE, Coillte Ireland, and Mental Health Ireland. The aim of this programme is to provide an exercise-based programme through walking in nature for adults who experience mental health challenges in their daily life.

Our biggest aim was to work from 2km base set on our first day to a finishing goal of 6km around the woodlands of Moore Abbey Wood in Monasterevin. Each week the distance increased slightly which set the participants up with a great sense of achievement and a manageable workload. While along the walk the group would stop to do some light exercises such as squats, lunges and some shadow boxing routines, all of which added to the enjoyment and their overall fitness levels increasing.

### KEY OUTCOMES:

The group reported an increase in their fitness levels, an increase in confidence, increase in sleep, increase in their social interaction, and an increase in mood patterns. While also reporting the enjoyment of meeting new people along the way, trying new exercises and overall increase of wellness over the 12-week programme which has enabled some participants to join other groups and have the confidence to try new things. The Occupational Therapists noted a decrease in medication and visits to the doctors over the 12-week programme and a shift in mindset and overall attitude for some participants.

### KEY LEARNINGS:

While the exercise element is hugely important to the success of this programme the biggest learning, we have found with this group is the social element that comes with this programme. While the achievement of the walk and exercises every week was hugely important and satisfying for the participants the element of the social interaction and refreshments, we had at the end of every session played a huge role in the success of this programme and allowing the participants feel comfortable within the group.

## KEY LEARNINGS:

Organise and coordinate our next programme which moves to Donadea Forest Park for 12 weeks in September.

## TESTIMONIALS

*“Loved the walk and exercise during the walk. Great sense of achievement. ”*

*“I looked forward to going every week. The social part of the walk I most enjoyed. ”*

*“Meeting new people and enjoying other people’s coming while exercising. ”*

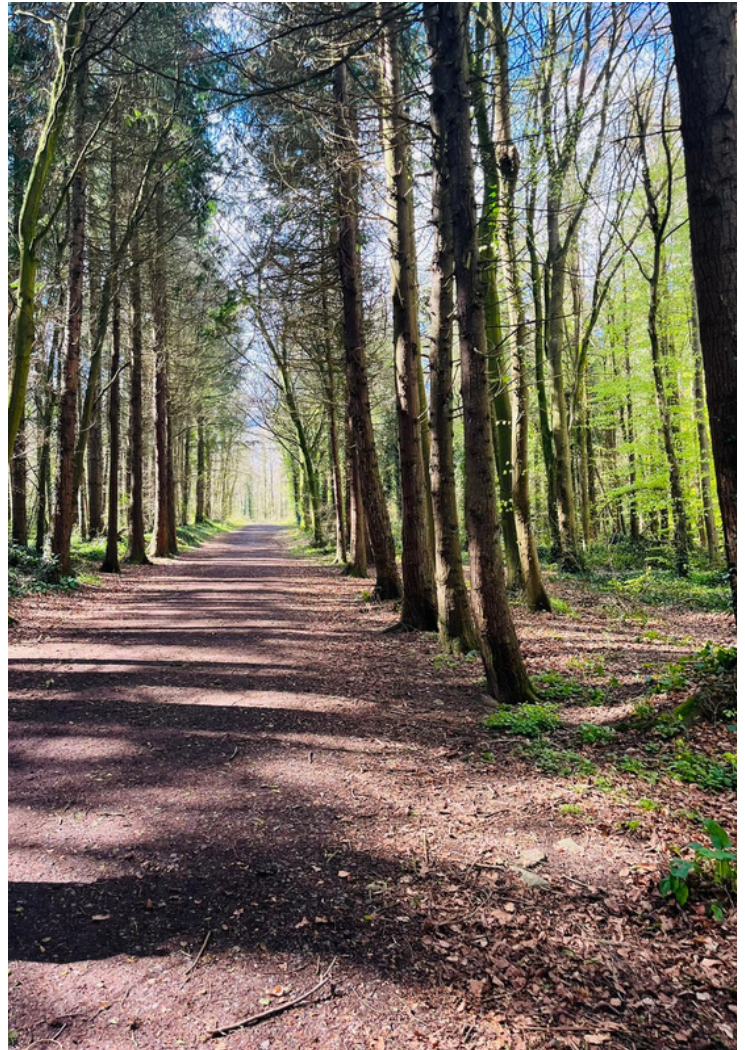
*“I really enjoyed having someone to exercise with again, it was wonderful. ”*

*“Feeling like I was part of a group was lovely. ”*

*“This walk and interaction with other people helped show me the benefits of exercise for my mental health. ”*

*“I loved how we could just laugh and chat while walking. ”*

*“Such a sense of achievement throughout the 12 weeks of this programme, it has given me a new lease of life. ”*





# CASE STUDY 4

## KILDARE SPORTS ABILITY DAY 2022

### PROGRAMME / EVENT NAME:

Kildare Sports Ability Day 2022 was a mass participation event, organised by Kildare Sports Partnership in collaboration with Maynooth University, to highlight the various sporting and physical activity opportunities available for people of all abilities in Kildare. The event consisted of 21 organisations from 14 different sports exhibiting their activities through a variety of Information Stands, Demonstrations and ‘Come and Try’ sessions. These organisations included local clubs who are part of the Kildare Sports Ability network and offer inclusive activities all year round, along with National Governing Bodies of Sport. Moreover, there was a guest appearance on the day from Kildare native and EU Super Feather Weight Champion Boxer Eric Donovan who interactively engaged with all in attendance, and also Leo and Leona the official Leinster Rugby mascots who posed for photographs with participants.



### PROGRAMME / EVENT NAME:

- Highlight the inclusive groups and activities on offer for people of all abilities, and all ages, in Co. Kildare.
- Information and pathways provided to local inclusive groups, and participation in those activities increased.
- Offer an event which emphasises the playing, personal, and social development opportunities available through being active with local groups in Kildare.

### KEY LEARNINGS:

The impact which the Kildare Sports Ability Day can have in providing people with information on what sporting and physical activity opportunities are available for people of all abilities within Kildare, which the public may previously not have been aware of. Additionally, the power and impact of providing local inclusive groups with the platform to showcase and exhibit the opportunities they offer.

### NEXT STEPS:

- Expand the number of clubs/groups providing inclusive sporting opportunities across the county.
- Grow Kildare Sports Ability Day in 2023 to be even bigger and better.
- Increase the number of people involved in ‘Sport For All’ activities in Kildare.

### TESTIMONIAL:

“People with additional needs have many questions when choosing activities that are of interest to them, and an event such as Kildare Sports Ability Day presents a perfect opportunity for meaningful conversations to take place, explore the full range of inclusive activities available in the county, and most importantly for my child to try different sports and make decisions about what he would like to pursue.”

- Sinead Heneghan (St. Kevin's/ Rathcoffey/Caragh GAA All Stars Coordinator & Parent

# SECTION 5

## WOMEN IN SPORT



## 5.1 WOMEN IN SPORT

Sport Ireland published its new Woman in Sport (WIS) Policy in March 2019. The policy outlines Sport Ireland's vision for women in sport as one where women have an equal opportunity to achieve their full potential while enjoying a lifelong involvement in sport. KSP along with Sport Ireland is committed to increasing women's sustained involvement in sports as coaches, volunteers, club members, athletes, advocates, leaders, and participants from grassroots to the podium. Kildare Sports Partnerships plays a key role in a number of actions on delivering the Women in Sports agenda. Kildare Sports Partnership along with the Women in Sport unit in Sport Ireland have established several programmes, initiatives, and opportunities with the aim of attaining equal participation between males and females in sport.

In December 2020, Sport Ireland launched its Gender Diversity on Boards Toolkit for use by Local Sports Partnerships and National Governing Bodies to guide and support them in developing more gender-equal boards and committees. In 2021, Sport Ireland hosted three webinars for staff, Board members and committee members from LSPs to demonstrate the toolkit and its usefulness. Diversity and inclusion modules with an emphasis on gender were also added to the Arena Leadership Development Programme and the Accelerate Management Development Programme to support the overall awareness of the importance of gender equality in sport. In 2022, Kildare Sports Partnerships had 33% female representation on their boards/management committees, which is above the 30% threshold.

Sport Ireland is committed to increasing women's sustained involvement in sport from grassroots to the podium and since 2005, has invested over €22 million in women in sport specifically. In 2022 Sport Ireland once again allocated €265,000 through the Network of Local Sports Partnerships to run programmes focusing on providing participation opportunities for women and girls. This led to a total of 31,941 females taking part in 149 targeted Women in Sport programmes in 2022. Furthermore, 96,220 girls and 44,102 women took part in LSP programmes. As well to these local initiatives, the Local Sports Partnerships supported a number of national initiatives in 2022 as outlined below.



Image - inclusive sports camp

## ➤ HER OUTDOORS WEEK

HER Outdoors Week took place from August 18th-14th in 2022. This week aims to encourage and inspire more females to get out into the great outdoors and try a new outdoor activity for the first time. Sport Ireland Outdoors partnered with the Local Sports Partnership to run initiatives that got women and girls active in the outdoors at a local level. The week was a huge success with over 250 events delivered throughout the week across the Local Sports Partnerships network with 4,925 females participating. HER Outdoors Week will take place again in 2023 from 14th-20th of August with over €40,000 being allocated to Local Sports Partnerships in order to support the initiative on a local level.



Image - women's hike

# SECTION 6

## EVALUATION



## EVALUATION

Sport Ireland, through the support of Dormant Account Funding, established an evaluation team to oversee the evaluation of national projects and the work of LSPs including Kildare Sports Partnership. The team has developed a systemic evaluation framework through national-level monitoring using a combination of demographic and physical activity measures. A holistic review of KSP was also undertaken in the form of an Insights Report.

### 2022 SYSTEMIC EVALUATION

In order to assess the impact of their work, Kildare Sports Partnership has adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sports and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at the 3-month follow-up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.

**Figure D - Activity Pathway**



LSPs work to move the inactive towards increased levels of activity

The role of Kildare Sports Partnership and other Sport Ireland funded participation initiatives is to move participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that Kildare Sports Partnership & Sport Ireland can present strong visual evidence of the benefits of its work to the government, partners and the funded bodies.

Sport Ireland continues to support KSP to collect impact evaluation data for their participation programmes using M1. These guidelines have now been expanded to include a validated two-item questionnaire for measuring physical activity levels in children aged 10-15 years called PACE+. Sport Ireland is now receiving M1 data on an ongoing basis from KSP. This data improves our understanding of what makes a physical activity initiative successful (or not), which will influence how we meet the National Sports Policy targets.

The M1 data collected to date demonstrates that KSP initiatives are targeting the right people with 7 out of 10 participants not meeting the National Physical Activity Guidelines at registration and almost 20% of them being classified as inactive. Further, the data demonstrate that the LSP initiatives are successful in sustainably moving a significant percentage of people from inactivity towards activity.

## KSP INSIGHTS REPORT

The Insights Report provides a holistic review of the work of KSP. The review is based on a range of quantitative and qualitative data gathered from KSP. It is intended for internal distribution to KSPs staff, committee and stakeholders to provide a reference document to consult in the development of operational plans and budget submissions to Sport Ireland. The report provides insight into the strengths, weaknesses, and opportunities that exist for KSP and highlights areas of future work for both Sport Ireland and the national network of LSPs in order to further the goals of the National Sports Policy, the National Physical Activity Plan and both Sport Ireland and KSPs strategies. The report includes chapters dedicated to KSP Finances, Programmes and Initiatives, Training and Education, Governance, Communications, and Club and Community Development. This report highlights that increasing sport and physical activity participation requires a multifaceted approach and relying on programmes alone may not be enough to increase county-level participation. It establishes a number of important principles to adhere to that, when aligned, will help encourage maximum participation.

# SECTION 7

## NEXT STEPS



KeepActive



KILDARE  
SPORTS PARTNERSHIP



CricketLeinster  
YOUTH DEVELOPMENT





## 7.1 NEXT STEPS FOR LSPS

### LOCAL SPORTS PARTNERSHIPS STATEMENT OF AMBITION

The LSPs were established in 2001 to help people get active and remove barriers to participation in sport and physical activity. The initial ambition, in 2001, for the network of LSPs was to deliver and service each locality for all the sport and physical activity participatory needs. Following 21 years of expansion, effective delivery and success, Sport Ireland undertook a process of defining the direction for its network of LSPs during 2022. After months of extensive consultation with the LSP staff, their boards and steering groups, stakeholders and the wider sporting sector, a Statement of Ambition for Sport Ireland's network of LSPs was developed. To support the Statement of Ambition, Sport Ireland will continue to advocate that the LSPs are effectively resourced at all levels to deliver local opportunities for everyone to enjoy the lifelong benefits of sport and physical activity. Sport Ireland will review the funded positions within the LSPs and examine how the current roles can be resourced to most effectively deliver on the future direction of the LSPs. Sport Ireland has ring fenced funding in the 2023 participation unit budget to allow for necessary restructuring of LSPs.

### LOCAL SPORTS PARTNERSHIP INVESTMENT

Sport Ireland's investment strategy remains focussed on increasing the investment in LSP programming, along with continued investment in the local promotion of LSP activity opportunities and national campaigns to build awareness of the LSP network across the country. The investment strategy is underpinned by ensuring appropriate human resource is employed in the LSPs to help build and strengthen local partnerships, deliver, and sustain increased programme investments and provide the necessary supports to clubs and communities to engage safely in sport, in 2023 and beyond.

### SPORT INCLUSION DISABILITY OFFICERS

In 2023, Sport Ireland will invest €910,000 to continue supporting the full network of 29 Sport Inclusion Disability Officers (SIDOs). The aim of the Sport Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities. SIDOs can also play an important role in helping both people with a disability and older adults to safely re-engage with community based or independent sport and physical activity opportunities after COVID 19.

### COMMUNITY SPORT DEVELOPMENT OFFICERS

Sport Ireland will continue to ensure funding support to all 29 Local Sports Partnership for employment of a Community Sports Development Officer (CSDO), maintaining a nationwide rollout of the CSDO initiative. CSDOs are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. In 2022, CSDOs will be tasked with increasing the reach of Local Sports Partnerships to ethnic minorities and teenagers. The CSDO's will also support the objectives of the National Physical Activity Plan action to 'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes'.



Image - Inclusive sports camp

## COMMUNICATIONS AND AWARENESS

Increased visibility and awareness of the Local Sports Partnership network will increase recruitment of volunteers, local investment and most importantly reach to the most challenging target groups. In order to deliver on Actions 6, 7 and 9 of the National Sports Policy Local Sports Partnerships must be resourced “to promote the broadest possible participation ensuring quality and accessibility for all groups”. When LSPs were asked where their biggest challenges were, almost all LSPs responded with the difficulties in building awareness of opportunities. This challenge was most apparent in promoting to inactive people and hard to reach target groups such people from socio economic disadvantage, ethnic minorities and people with a disability. To support promotional work and deliver on national campaigns locally, Sport Ireland has continued to increase investment in communications and awareness across the 29 LSPs in 2023. Furthermore, Sport Ireland has allocated funding to employ a national Local Sports Partnerships communications officer and two regional communications officers across the network. These positions will allow the Local Sports Partnership network to deliver on the communications priority’s identified in the Participation Plan “ to develop and invest in an evidence informed participation communications plan and campaign to promote sports participation”.

## PROGRAMMING AND DEVELOPMENT

With the recruitment of SIDOs, CSDOs and additional officers across the network it is important to provide these positions with the support and resources required to deliver safe and effective programmes at a local level. In 2023, we anticipate an ongoing need for support from sports clubs and communities around the country as they attempt to recruit and re-activate their members, participants and volunteers. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

## WOMEN IN SPORT

Additional support for Women in Sport is referenced in the National Sports Policy, specifically referring to the high-level goal of increasing participation through the “elimination of active sport participation gradient between men and women”. Participation levels have significantly increased yet again in 2022 for women in sport due to the roll out of multiple programs and awareness and retention workshops. The LSP network will continue to work with the Sport Ireland Women in Sport lead and will focus local initiatives on female target groups including teenage girls, women in disadvantaged communities, women with a disability, older woman, and women from ethnic minorities. In addition, LSP’s will also work with Sport Ireland on national programs such as HEROutdoors week, Women in Sport Week and the new HerMoves initiative. The LSPs will also be asked to begin exploring ways of increasing female social participation in sport through club membership and volunteerism.

## LOCAL SPORTS PLANS

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of the National Sports Policy. Sport Ireland continue to engage with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee to discuss the development of Local Sports Plans. Throughout this engagement Sport Ireland will have also discussed the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland has allocated budget in the 2023 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans.

# APPENDICES

## APPENDIX A

### List of Local Sports Partnerships

<b>Local Sports Partnership Network</b>	<b>Year established</b>
Tipperary Sports Partnership	2001
Sligo Sports and Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Donegal Sports Partnership	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2007
Limerick Sports Partnership	2007
Galway Sports Partnership	2008
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Wexford Sports Partnership	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sport & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008

## APPENDIX B

### Glossary of Terms

#### **CARA**

CARA is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact enhancing sports and physical activity opportunities for people with disabilities.

#### **Club Children's Officer**

The Club Children's Officer is a volunteer role within a sports club. S/he is the link between the children and the adults in the club. S/he takes responsibility for monitoring and reporting to the Club Management Committee on how the club policy impacts young people and Sports Leaders. The Club Children's Officer should be a member of or have access to, the Club Management Committee and should be introduced to the young people in an appropriate forum.

#### **CSDO - Community Sports Development Officer**

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of the Local Sports Partnerships to further develop locally led plans and more long-term sustainable physical activity programmes under the National Physical Activity Plan.

## **CYPSC - Children and Young People's Services Committees**

CYPSCs are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and coordination of activities to ensure that children, young people and their families receive improved and accessible services. Their role is to enhance inter-agency cooperation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 - 2020.

## **Department of Transport, Tourism & Sport**

The Department of Transport, Tourism and Sport was established in 2011. It has a key role in delivering highly critical aspects of Ireland's economic activity including further development of our transport infrastructure and services and the support and enhancement of our significant tourism and sports sectors.

## **Designated Liaison Person**

The Designated Liaison Person is a volunteer role within a sports club. The Designated Liaison Person is responsible for ensuring that the standard reporting procedure is followed, so that suspected cases of child neglect or abuse are referred promptly to the designated person in TUSLA Child and Family Agency or in the event of an emergency and the unavailability of TUSLA, to An Garda Síochána.

## **DAF - Dormant Accounts Fund**

The Dormant Accounts Fund is the responsibility of the Minister for The Department of Rural and Community Development. Sport Ireland receives Dormant Accounts Funding through the Department of Transport, Tourism and Sport to support sport and physical activity initiatives to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

## **ETBs – Education and Training Boards**

ETBs are statutory education authorities that have responsibility for education and training, youth work and a range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes.

## **Evaluation**

Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and informing future decision-making.

## **Fitzpatrick & Associates Review of LSPs**

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

## **GIW – Get Ireland Walking**

The Get Ireland Walking programme is a Sport Ireland initiative that aims to maximise the number of people participating in walking, for health, well-being and fitness, throughout Ireland.

## **HI - Healthy Ireland**

Healthy Ireland, A Framework for Improved Health and Wellbeing is the national framework for the whole Government and whole society's action to improve the health and wellbeing of people living in Ireland. It sets out four central goals and outlines actions under six thematic areas in which society can participate to achieve these goals. The Framework identifies a number of broad inter-sectoral actions, one of which commits to the development of a plan to promote increased physical activity levels.

### **HSE – Health Service Executive**

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

### **LCDC - Local Community Development Committees**

Under Section 36 of the Local Government Reform Act 2014, each local authority must establish a Local Community Development Committee. The aim of the LCDCs is to develop, coordinate and implement a coherent and integrated approach to local and community development.

### **LSP – Local Sports Partnership**

LSPs are an initiative of Sport Ireland and aim to coordinate and promote the development of sport at the local level. The key aims of the LSPs are to increase participation in sports and to ensure that local resources are used to the best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

### **KSP – Kildare Sports Partnership**

Kildare Sports Partnership is a Sub-Committee of Kildare County Council and core funded by Sport Ireland. Established in November 2001 its main remit is to increase participation in sports and maximise the use of resources at the local level.

### **NGB – National Governing Body**

An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sport through constituent clubs.

### **NPAP – National Physical Activity Plan**

In 2016, the Government launched Ireland's first ever National Physical Activity Plan which aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

### **National Sports Policy**

The Department of Transport, Tourism and Sport National Sports Policy 2018-2027 which was launched on the 25th of July 2018.

### **Older People**

As used throughout this report, the term older people refer to those over 50 years of age.

### **OT – Operation Transformation**

Operation Transformation is a health and fitness television show broadcast on RTÉ. Sport Ireland has partnered with Operation Transformation since 2011 to develop a range of events to promote participation in physical activity.

### **OD&C – Organisational Development and Change Unit**

The Organisational Development and Change Unit within Sport Ireland is primarily focused on providing support to the sports organisations which receive funding from Sport Ireland including National Governing Bodies and Local Sports Partnerships.

### **OCB – Organisational Capability Building**

These are the services that the OD&C Unit provides to help develop and build the 8 capability areas for client sports organisations. These 8 capability areas are Organisational Leadership, Change Management, Risk Management, Strategic Planning, Employee Performance Management, Project Management, Corporate Governance and Stakeholder Engagement.

### **SIDO – Sports Inclusion Disability Officer**

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

### **SOLAS – An tSeirbhís Oideachais Leanúnaigh agus Scileanna**

SOLAS is the national training and employment agency with the responsibility of assisting those seeking employment.

### **Single Item Measure – M1**

The Single Item Measure – M1 is an internationally validated self-report measure which allows one to track an individual's rates of participation in sport and physical activity.

### **Sport Ireland**

Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport. Sport Ireland is a statutory authority that aims to plan, lead and coordinate the sustainable development of competitive and recreational sports in Ireland.

### **SIDP - Sports Inclusion Disability Programme**

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

### **Sustainability (with regard to KSP participation programmes)**

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

### **TUSLA - Child and Family Agency**

On 1st January 2014, the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence. The Child and Family Agency is now the dedicated State agency responsible for improving well-being and outcomes for children.

### **WIS – Women in Sport**

An initiative of Sport Ireland that aims to increase participation of women in sport through the provision of alternative opportunities and development of specific programmes targeting women and girls.



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