A strategic plan is like planning a long journey using a road map. You identify where you want to go to, and figure out the means by which you’re going to get there.

Meath Local Sports Partnership
Strategic Plan 2009 - 2012

Is féidir leagan Gaeilge agus inrochtana den phlean straitéiseach seo a íoslódáil ag
www.meahtherosportspartnership.ie
Message from

MARY MURPHY, Co-ordinator of Meath Local Sports Partnership

Meath Local Sports Partnership has from its establishment in 2002 been committed to the provision of equal opportunities for people with disability to participate in sport. As evidence of our commitment, we appointed a Sports Inclusion Disability Officer in 2008 (who is employed to oversee the development of sport and physical activity for people with disabilities in Meath) and established a Sports Forum for people with disabilities.

The Sports Forum is regarded as the most effective way to communicate with people of all disabilities, service providers and volunteers.

The Strategy presents the plans of the Sports Forum, people with disabilities, associated agencies and Meath Local Sports Partnership for a society that values and continually enhances opportunities for full participation in sports and physical activity by people with disabilities.

This strategy “Increasing the Involvement of people with a Disability in Sport”, builds on the excellent work achieved to date and clearly defines the role of the sports partnership, agencies and associated networks in encouraging sport and physical activity for all.

The production of this new strategy identifies the work still to do and those who will support the sports partnership in delivering. I would like to acknowledge everyone who has made a contribution to sport and physical activity for people with disabilities in Meath to date.

Is mise le meas

Mary Murphy
We, the members of the All-Ability Sports Forum are pleased to present you with this strategic plan entitled “Increasing the Involvement of People with a Disability in Sport.” This plan, undertaken by Meath Local Sports Partnership, marks a significant way forward to the inclusion and participation of people with disabilities in sport and physical activities in Meath.

With the establishment of the Sports Inclusion Disability Officer in 2008 came the birth of the forum which has gone from strength to strength. For us as a community to achieve our overall vision of inclusion and participation we must all ask ourselves, are we doing enough in our own organisations to include and support people with disabilities? We the forum and all in Meath Local Sports Partnership look forward to working with all groups within the community to make this vision possible.

We would like to acknowledge all the hard work put in by all the stakeholders involved in the process from the sporting, community and voluntary groups and relevant agencies. We would like to thank Frank Fahy who facilitated the strategic planning process. A special thanks to all the work undertaken by Paddy O Reilly and all in Meath local Sports Partnership without whom this plan would never have taken shape.

Yours in sports,

All Ability Sports Forum

[Signatures]
Teachtaireacht ó

MARY MURPHY, Comhordaithíocht Chomhpáirteacht Áitiúil Spóirt na Mí

Ó bhunaíodh Chomhpáirteacht Áitiúil Spóirt na Mí in 2002 tá sé tiománta do dheiseanna comhionanna a sholáthar le go mbeidh daoine faoi mhíchumas in ann a bheidh páirteach sa spóirt. Mar fhianaise ar ár dtiomántas, cheapamar Oifigeach Míchumais Uilechuimsitheach Spóirt in 2008 (atá fostaithe chun forbairt spóirt agus gníomhaíochta fhisiciúil a mhaoirí do dhaoine faoi mhíchumas i gContae na Mí) agus bhunaíomar Fórum Spóirt do dhaoine faoi mhíchumas.

Breathnaítear ar an bhFórum Spóirt mar an bealach is éifeachtaí chun cumarsáid a dhéanamh le daoine faoi gach chineál mhíchumas, le soláthraitheoirí seirbhise agus le daoine deonacha.

Cuireann an Stráitéis seo i láthair pleannanna an Phóraim Spóirt, na ndaoine faoi mhíchumas, na ngníomhaireachtaí bainteacha agus Chomhpáirteacht Áitiúil Spóirt na Mí do shochaí a bheidh meas aige ar dheiseanna agus a bheidh de shíor ag feabhsú na ndeiseanna sin maidir le lánpháirteacht i spóirt agus i ngníomhaíochta fhisiciúil do dhaoine faoi mhíchumas.

Cuireann an stráitéis seo “Rannpháirtíocht na daoine faoi mhíchumas sa Spóirt a Mhéadú” leis an sár-obair a baineadh amach go dtí seo agus déanann sé cur síos soiléir ar ról na rannpháirteachta spóirt, na ngníomhaireachtaí agus na gréasán gaolmhara agus spóirt agus gníomhaíochta fhisiciúil á spreagadh acu do gach duine.

Aithníonn táirgeadh na straitéise nua seo an obair atá le déanamh go fóill agus iad síud a thabharfaidh tacaíocht don chomhpáirteacht spóirt chun é sin a dhéanamh. Ba mhaith liom aitheantas a thabhairt do gach duine a thug cúnamh maidir le spóirt agus gníomhaíochta fhisiciúil do dhaoine faoi mhíchumas i gContae na Mí go dtí seo.

Is mise le meas

Mary Murphy
AN FÓRAM SPÓIRT UILE-ÁBÁLTACHTA

Tá áthas orainn, comhaltaí an Fhóraim Spóirt Uile-Ábáltachta, an plean straitéisíeach seo dar teideal "Rannpháirtíocht na daoine faoi mhíchumas sa Spórt a Mhéadú" a chur i láthair. Taispeánann an plean seo a rinne Comhpháirtíocht Áitiúil Spóirt na Mí bealach cinn suntasach le go mbeidh daoine faoi mhíchumas cuimsithe agus rannpháirteach sa spóirt agus i ngníomhaíochtaí fisiciúla i gContae na Mí.

Le bunú an Oifigigh Míchumais Uilechuimsithigh Spóirt in 2008 tá fóram atá ag dul ó neart go neart tagtha chun cinn. Le go mbeidh muidne mar phobal in ann ár bhfísforiomlán a bhaint amach caithfimid an cheist seo a chur, an bhfuil ár ndóthain á dheanamh agaíonn inár n-eagraíochtaí féin lena chintiú go bhfuil daoine faoi mhíchumas rannpháirteach agus go bhfuil tacaíocht ar fáil dóibh. Tá muidne san fhóram agus i gComhpháirtíocht Áitiúil Spóirt na Mí ag súil le bheithe ag obair leis na grúpaí go léir laistigh den phobal le go mbeidh muid in ann an fhíos a bhaint amach.

Ba mhaith linn aitheantas a thabhairt don obair chrua ar fad a rinne na geallsealbhóirí ar fad a bhí páirteach sa phóisteas, idir spóirt, pobal agus grúpaí deonacha agus gníomhaireachtaí cuí. Ba mhaith linn buíochas a ghlacadh le Frank Fahy a rinne an próiseas pleanála straitéiseach a éascú. Tá buíochas speisialta ag gabháil do Paddy O’Reilly as an obair a rinne sé agus le gach duine i gComhpháirtíocht Áitiúil Spóirt na Mí, mar gan iad ní bheadh an plean seo tugtha chun críche.

Is mise le meas,

An Fóram Spóirt Uile-Ábáltachta

[Untyped Signatures]
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The compilation of this document was facilitated by Frank Fahey of FIZZICAL Ltd.  
(Consultants in Sport, Physical Recreation and Active Living)  
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Tel: 01-6230188  E-mail: fizzical@eircom.net
Defined broadly, sport includes all forms of physical activity - from social walking to competitive golf. Research used in the compilation of this document suggests that involvement in sport can help to reduce many of the negative social, psychological and physical health effects of disability. The research also suggests that many people with a disability wish to be involved in sport, but a wide range of barriers prevent them doing so with any meaningful frequency.

It is estimated that approximately 12,000 people in Meath have a physical, mental, intellectual, emotional or sensory impairment and, as a result, may encounter obstacles to involvement in sport.

In 2008, Meath Local Sports Partnership established an All Ability Sports Forum to guide the partnership in its commitment to increase the level of involvement by people with a disability in sport. The development of this Increasing the Involvement of People with a Disability in Sport Strategic Plan was guided by the forum.

The plan outlines a series of goals and actions which are geared to achieving a long-term vision where sport is a way of life for people with a disability - where they are involved with frequency and satisfaction, and enabled to achieve their full potential.

The plan is the result of extensive consultation, research, and debate and seeks to coordinate more effectively the work of the agencies involved in sport development for people with a disability in Meath.

**Long-Term Vision**

...a county where sport is part of the normal way of life for people with a disability

**Themes and Goals 2009-2012**

<table>
<thead>
<tr>
<th>Theme</th>
<th><strong>informing</strong></th>
<th><strong>involving</strong></th>
<th><strong>enabling</strong></th>
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<tbody>
<tr>
<td><strong>Goal:</strong></td>
<td>To communicate the benefits and possibilities for involvement in sport by people with a disability.</td>
<td>To involve people with a disability to a greater extent in sport.</td>
<td>To enable sports providers increase the range of opportunities for people with a disability to be involved in sport.</td>
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**Anticipated Outcomes**

- increased awareness of the benefits of involvement in sport by people with a disability.
- better range of opportunities for involvement in sport for people with a disability
  - increased number of welcoming sports facilities.
  - improved collaboration and coordination between the key providers.
- increased resources to support the promotion of sport involvement by people with a disability.
section 2 why this plan?

One of the key goals of the Irish Sports Council is ‘to have more people, more active in sport, and by achieving that goal assist in the building of a healthier society’. The Council have established a network of Local Sports Partnerships and see it as ‘central to delivering projects and programmes particularly for target groups’.

Meath Local Sports Partnership was established in July 2002 ‘to plan, lead and coordinate the development of sport in the county’. The partnership is governed by a Board of Directors and employs both full-time and part-time staff.

In its strategic plan Sport and Physical Activity – a Way of Life 2007-2012 Meath Local Sports Partnership outlines its focus is ‘to increase participation in sport and physical activity by all people in Meath’. In the context of people with a disability the strategic plan states its aim is ‘to increase the number of people with disabilities participating in a wider range of sport and physical activity’ and outlines two strategies as follows;

- the appointment of a Sports Inclusion Disability Officer leading to a situation where people with disabilities are provided with the opportunity to participate in sport and physical activity. (In 2007, through an allocation of funds from the Dormant Accounts Fund, Meath Local Sports Partnership appointed a Sports Inclusion Disability Officer for a two-year period.)

- promote and support the inclusion of people with disabilities in sport and physical activity through the development and implementation of a Disability Sport Action Plan. (This document delivers on the development of the plan - the implementation begins now!)
3.1. Defining Disability

The National Disability Strategy defines a *disability* as a substantial restriction in the capacity of a person to carry on a profession, business or occupation or to participate in social or cultural life by reason of an enduring impairment.

Disabilities can be *in-born*, or *acquired* (e.g. through an accident or disease), and are sub-categorised as follows;

- physical impairment (e.g. lower limb disability, arthritis)
- sensory impairment (e.g. visual impairment, deafness)
- cognitive impairment (e.g. dyslexia, dyspraxia)
- intellectual impairment (e.g. acquired brain injury, downs syndrome)
- mental health impairment (e.g. depression).

For the purposes of this strategy the preferred definition of a person with a disability is that offered by the Commission on the Status of People with Disabilities as:

"...a person with a physical, mental, intellectual, emotional or sensory impairment, and who because of the way society is organised, encounters obstacles to participation on equal and equally effective terms with others."

3.2. Defining Sport

Within this document the term *sport* is defined very broadly and includes all forms of physical activity including;

- *activities of daily living*
- *play*
- *physical education*
- *physical recreation*
- *exercise*
- *competitive sport*
3.3. **The Benefits of Sport Involvement by People with a Disability**

It is widely accepted that involvement in sport influences general well-being, personal development and effectiveness of people of all ages and levels of ability.

In the context of people with a disability, sport brings many benefits including:

**Physical Benefits**

The World Health Organisation suggests that regular participation in sport by people with a disability:

- is important in maintaining fitness for daily living, reducing functional limitations, facilitating independent living and preventing, delaying and/or reducing chronic illnesses.

- can enhance key components of physical fitness including balance and co-ordination, muscular strength, body composition, and cardiovascular endurance.

**Social Benefits**

Through participation in sport, people establish friendships and social networks.

This has significance for people with disabilities, who attribute improved life satisfaction to the presence of family, friends and active social lives.

Studies on the impact of Special Olympics on participants suggests, that participation had positive behavioural and self-concept effects, and was beneficial for social adjustment and life satisfaction.

**Psychological Benefits**

The psychological benefits of participation in sport include improved mood, confidence and self-esteem, a reduction of anxiety and depression and an increase in a person’s ability to cope with a range of stressors.

**Economic Benefits**

Participation in sport is identified as being capable of playing a significant role in tackling economic disadvantage. This has particular relevance for many people with a disability who have limited financial resources.

The World Health Organisation contends that participation in sport has economic benefits in terms of reduced health care costs by regular participants.
3.4. Disability in Meath

The most up-to-date statistics in relation to the extent of disability in County Meath are available through the Disability and Carers Section of the Central Statistics Office. The results from Census 2006 (see table) suggests that 7.4% of people in the county suffer from a disability.

3.5. Sport Involvement by People with a Disability

There is no statistical information available, in relation to the involvement of people with a disability in sport at a national level or in County Meath. The Central Statistics Office National Disability Survey 2006 - First Results contains data on issues relating to people with a disability and education, work, transport, the built environment and social participation - but little in relation to participation in sport.
3.6. Participation in Sport by Meath People with a Disability

In the absence of statistical information, an attempt was made during the consultation process, to develop an anecdotal overview of sport involvement by people with a disability in Meath. The key points of the snapshot are as follows:

- participation in sport by people with a disability varies according to interests, abilities and opportunities. Participation ranges from recreational 10-pin bowling or horse-riding to competing at high standards in national and international events.

- people with a disability engage in less physical activity than non-disabled persons and a large percentage are sedentary.

- the majority of people with a disability do not achieve the minimum level of physical activity to maintain good health.

- most people with a disability have no involvement with sports clubs.

- very few people with a disability engage in sport by themselves.

- best provision (and highest participation) is in the disability services and schools. Opportunities for participation are lowest in nursing homes, the home and the community.

- people with intellectual and physical disabilities are most active (due in the main to better structures and the influence of Special Olympics and Irish Wheelchair Association). People with sensory and mental disabilities are least active.

- a smaller menu of sports is available to people with a disability than non-disabled. Most popular activities are swimming, equestrian activities, basketball, walking, bowling activities (bocce, boccia, ten-pins, etc), table tennis, fitness and exercise (gyms).

- a large proportion of people with a disability wish to be more active.
3.7.1 Barriers to Participation in Meath

As part of the consultation process individuals, clubs and organisations were invited to identify the main barriers to greater participation in sport by people with a disability in Meath. The main barriers are identified below together with a summary of the perceptions of people consulted.

the perceptions:

- many people with a disability are unaware of the benefits of participation in sport or lack the confidence, self-esteem, or interest to push themselves forward.
- many people with a disability suffer health problems which make participation in sport difficult.
- a lack of involvement of parents, family members, carers or guardians of the person with the disability, can impact on the involvement of the person with the disability.
- most people with a disability have little disposable income and the costs of sport participation are prohibitive for them.
3.7.2 Barriers to Participation in Meath

The main external barriers are identified below together with a summary of the perceptions of people consulted.

- most people with a disability have no personal means of transport to sports programmes and/or facilities. Access to public transport is very limited - and more difficult for those who live in rural areas. The costs of transport to sports programmes and facilities is prohibitive.

- information about events and programmes is often not disseminated through the disability sector and there is a lack of coverage of disability sport in the media.

- many indoor facilities and outdoor amenities are *unwelcoming* for people with a disability. Physical access to facilities is often difficult (ancillaries like toilets and changing rooms often the most problematic). Staff and leaders often appear to be uncomfortable or unaccommodating.

- there is a lack of financial support for the efforts of sports clubs and disability organisations to provide sport to their clients - equipment and transport requirements are particularly expensive.

- due to a lack of knowledge or awareness most sports providers (sports clubs, leisure centres, exercise classes, etc.) do not operate an ethos of inclusivity.

- education and training for leaders is required in order to improve provision of sport for people with a disability.

- many sports providers are worried about the risks involved in including people with a disability in their activities. Insurance concerns are high on the list.

- there are very few opportunities for people with a disability to partake in sport (recreational or competitive). Where opportunities do exist, scheduling and choice are issues - many events are organised at unsuitable times, opportunities are not regular, and the activity menu is limited.
3.8. Outcomes of Local Research

As part of the development of this plan, research was carried out amongst sports clubs, disability organisations and schools in County Meath. The main results are outlined below;

Sports Clubs Survey (2009) - summary of results:

**Key Barriers to involving people with a disability in their clubs were:**

- lack of volunteers
- sport considered unsuitable for people with disabilities
- accessibility of facilities
- lack of knowledge/experience amongst coaches

(The clubs that responded included GAA, Soccer, Athletics, Pitch and Putt, Golf, Badminton, Basketball, Community Games, Equestrian, Martial Arts, Motor Sport, Fishing, Swimming, Powerboat Racing, Cycling.)
Disability Groups Survey (2009) - summary of results:

11 groups responded, of which:

- 75% dealt with people with an intellectual disability
- 70% dealt with people with a physical disability
- 18% dealt with people with a sensory disability
- 18% dealt with people with a mental health issue

Key Barriers: to involving their clients in more sport and physical activity were:

- Lack of support for an by family
- Financial constraints of people with a disability
- Funding issues for group
- Transportation problems
- Unwelcoming facilities
- Lack of engagement by, and knowledge in sports clubs
- Lack of volunteers

Primary Schools Accessibility Audit (2008) – summary of results:

The results from an Accessibility Audit carried out amongst 38 Primary Schools suggests that:
- Approx 70% of schools surveyed (27) had pupils with a disability and, in general, good efforts were being made to include pupils with a disability in all forms of sport within their school. The main suggestions to support inclusive participation by pupils with a disability include:

- assist in sourcing financial resources for purchase of equipment, making facilities more accessible, etc.
- provide information on availability and use of special equipment
- organise localised training for Teachers/Special Needs Assistants on involving pupils with disabilities.
4.1. For Starters!

Meath Local Sports Partnership believes that;

- disability is not a personal or medical problem, but is a social problem where the onus is on society to adapt to the needs of the person with a disability.
- people with disabilities have the right to be involved in all sports and at all levels.
- sport should be an integral element of the life of every person with a disability, regardless of gender, age, or social background.
- access to sport is about the creation of an appropriate, affordable and welcoming environment.
- involvement in sport can enhance the physical, psychological and social health of people with a disability. At a minimum, people with a disability should have the opportunity to engage in enough sport to maintain good health.
- sport can be an effective tool for social inclusion and involvement in sport has an important role to play in overcoming the barriers to achieving equity for people with a disability.
- coordinated and concerted efforts are essential in addressing the wide and complex range of barriers associated with sport and people with a disability.
4.2. **Stepping Carefully!**

This is the first strategic plan to increase the involvement of people with a disability in sport in County Meath. A *less is more* approach has been adopted.

The plan proposes actions to address *external* issues such as appropriate facilities and programmes - but places equal importance on overcoming *internal* issues such as the lack of self-confidence of people with a disability.

The plan is intended to complement and add value to a large amount of excellent work being done at present by many of the key providers.

The plan is constrained by limitations in financial resources available to Meath Local Sports Partnership in the short term.

While Meath Local Sports Partnership is committed to coordinating the delivery of the plan, partnership is seen as crucial to its success. As is evidenced in the Action Plan, many agencies have committed to the implementation of actions and/or to contribute financially towards the delivery of actions. For this reason, there is confidence that the proposed actions are achievable.

The Sports Inclusion Disability Officer is seen to have a central role in coordinating the delivery of this plan. In this regard, the continuation of the position for the 2009-2012 period is seen as crucial to the success of this and future strategic plans.
4.3. **Our Vision for the future...**

Those involved in the consultation process were anxious that the vision statement suggest an environment where:

- the rights of people with a disability to be involved in sport at all levels is recognised, respected and nurtured.

- there are opportunities for all people with a disability to be involved in sport - on equal terms with non-disabled.

- a *Yes We Can* culture exists amongst people with a disability in terms of their potential to be involved in sport.

- leaders of activities and programmes are enthusiastic, enabling, confident and competent.

- access to sports opportunities is *easy* (including information about, transport to, physical access into, etc.)

- there is insight into, and understanding of, the benefits of sport involvement for the person with a disability and the potential of people with a disability in sport.

- there is communication and collaboration between the sport sector and the disability sector - and inclusion is the norm in sports clubs, communities, schools, and facilities.

... *is of a county where sport is part of the normal way of life for people with a disability.*
4.4. Key Issues and Themes

Part of the consultation process with people with a disability, key providers, disability sector and sport sector included prioritising key areas for planning in the 2009-2012 period. The following were identified:

- need to increase the **awareness** of the benefits of involvement in sport by people with a disability amongst themselves, their significant others, and key providers.
- need to establish and maintain user-friendly **communication** systems between people with a disability and the key providers.
- need for **welcoming facilities** which provide physical access, confident leaders and appropriate programmes.
- need to enthuse and empower **sports clubs** to involve people with a disability.
- need to provide high-quality **localised education and training** for voluntary and professional sport leaders (including play, physical education, physical recreation, exercise for fitness, and competitive sport).
- need to incorporate **transport** as a key element of programming for people with a disability.
- need to **positively support** those willing to organise a high-quality sport service to meet the diverse needs of people with a disability.

Three key strategic themes were identified as follows:

- **Enabling**
- **Informing**
- **Involving**
## Theme 1: Informing

### Goal 2009-2012

**To communicate the benefits and possibilities for involvement in sport by people with a disability.**

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<tbody>
<tr>
<td>1.1. To promote the health-related benefits of involvement in sport to people with a disability and their significant others.</td>
<td>Increased awareness of - the benefits of involvement in sport by people with a disability and significant others. - key guidelines (frequency, intensity, time, type) for healthy sport participation.</td>
<td>1.1a. Develop and promote a statement outlining the key benefits of involvement in sport and current guidelines for health-related participation. 1.1b. Encourage the medical profession to encourage people with disabilities partake in sport.</td>
<td>HSE Disability Sector</td>
</tr>
<tr>
<td>1.2. To create an effective system to collate and communicate information to the disability sector relating to potential sport involvement.</td>
<td>A centralised, coordinated, disability-friendly, communication system</td>
<td>1.2a. Develop an accessible Sport and Disability section to MLSP website.</td>
<td>MLSP</td>
</tr>
<tr>
<td>1.3. To maintain regular structured communication between the disability sector and Meath Sports Partnership.</td>
<td>Improved understanding by the disability sector of sport development in Meath.</td>
<td>1.3a. Organise Sport and Disability Seminars. 1.3b. Appoint a representative from the All-Ability Sports Forum to the Board of Meath Sports Partnership</td>
<td>MLSP AASF</td>
</tr>
</tbody>
</table>
### Goal 2009-2012
To involve people with a disability to a greater extent in sport.

|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| 2.1. To establish current baselines relating to the involvement of people with a disability in sport in County Meath. | Clear *sport involvement* baselines to inform the next Strategic Plan.               | 2.1. Develop framework of plan to conduct research - key issues to include participation rates, low-participation categories, gaps in provision, barriers, etc. | MLSP  
DKIT  
Sport Sector  
Disability Sector |
| 2.2. To involve the disability sector in sport development in County Meath.          | Improved liaison amongst disability sector and sport sector.  
Fuller implementation of this Strategic Plan. | 2.2a. Continue to support an *All-Ability Sports Forum.*  
[See also Actions 1.3a and 1.3b.] | MLSP |
| 2.3. To support sports clubs and community groups to involve people with a disability in sport. | Increased levels of involvement in sport by people with a disability.  
Greater numbers of volunteers involved in sport for people with a disability.  
Increased recognition of the importance of volunteers. | 2.3a. Provide support to assist clubs and groups implement sustainable *inclusive sport* projects.  
2.3b. Develop and implement a *Time to Volunteer* scheme - exploring the potential input of volunteers in areas such as transport and leadership.  
2.3c. Encourage people or groups demonstrating best practice to enter the *Volunteer in the Community Award Scheme.* | MLSP  
Sport Sector  
MVC  
MLSP  
AASF  
MVC |
### Theme 3: Enabling

#### Goal 2009-2012
To enable sports providers increase the range of opportunities for people with a disability to be involved in sport.

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<tbody>
<tr>
<td>3.1. To empower sports clubs increase involvement by people with a disability.</td>
<td>Best practice <em>inclusion</em> guidelines for sports clubs.</td>
<td>3.1a. Develop a pilot scheme to enable sports clubs be more inclusive of people with a disability.</td>
<td>MLSP AASF Sport Sector</td>
</tr>
<tr>
<td>3.2. To enable schools provide quality sports experiences to children with a disability.</td>
<td>More inclusive sport provision in schools.</td>
<td>3.2a. Continue the rollout of the Buntús Programmes for Pre-School Leaders and Primary Teachers.</td>
<td>MLSP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.2b. Explore the development of training to enable PE Teachers in Secondary Schools include Junior Cycle students with a disability in PE.</td>
<td>MVEC MLSP Education Sector</td>
</tr>
<tr>
<td>3.3. To develop transport opportunities for people with a disability, to access sport and physical activity opportunities</td>
<td>Increased transport options for people with a disability therefore increasing participation.</td>
<td>3.3a. Identify existing transport structures within Co. Meath</td>
<td>MLSP</td>
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<tr>
<td></td>
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<td>3.3b. Identify possible solutions / partnerships to overcome transport problem</td>
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<tr>
<td>3.4. To support the provision of sports in the disability services.</td>
<td>Improved range of opportunities sport for people within disability services.</td>
<td>3.4a. Source and deliver leader Training workshops for staff working in the disability services.</td>
<td>MLSP Disability Sector</td>
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<tr>
<td>3.5 To promote best practice in relation to programming for people with a disability in community sport facilities.</td>
<td>Improved access to, and usage of, community sports facilities.</td>
<td>3.5a. Organise ongoing all-ability programmes in community facilities (transport and leaders key issues). 3.5b. Promote the concept of the Welcoming Facility. 3.5c. Encourage groups seeking grant-aid for facility development to incorporate physical accessibility as an element of their applications.</td>
<td>MLSP  AASF  Sport Sector</td>
</tr>
<tr>
<td>3.6 To support the delivery of the actions outlined under all three strategic themes.</td>
<td>Increased participation in sport by people with a disability.</td>
<td>3.6a. Source funding for the delivery of the various actions. 3.6b. Seek the involvement of the various lead and support agencies in the delivery of the plan. 3.6c. Seek the retention of the Sports Inclusion Officer in Meath.</td>
<td>MLSP  MLSP  MLSP</td>
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Terms and Abbreviations Used in this Document

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

**key providers** - agencies that invest in sport development in the county and/or deliver sport at the *coalface*.

**sport sector** - the organisations and clubs that promote various codes of sport in the county.

**disability sector** - the organisations, groups and clubs that provide services to people with a disability in Meath.

**education sector** - the various schools (pre-school, Primary and Secondary), and delivery agencies for education in the county.

**significant others** - people that interact with and influence a person with a disability (e.g. parents, family, medical profession)

**welcoming facility** - a facility which is accessible in terms of physical construction, competence of staff, and programming.

**MLSP** - Meath Local Sports Partnership

**MCC** - Meath County Council

**MVEC** - Meath Vocational Education Committee

**HSE** - Health Service Executive

**AASF** - All Ability Sports Forum

**DKIT** - Dundalk Institute of Technology

**MVC** - Meath Volunteer Centre

Research Used in the Development of this Document


*Report of the People with a Disability Taskforce* (People with a Disability Taskforce, 1999)

*Attitudes to Disability in Ireland* (National Disability Authority, 2001)

*Sport and People with a Disability: Aiming at Social Inclusion* (SportScotland, 2001)


*Promoting the Participation of People with Disabilities in Physical Activity and Sport in Ireland* (National Disability Authority, 2005)

*The Social and Economic Value of Sport in Ireland* (Economic and Social Research Institute, 2005)

*Disability and Population Health Discussion Paper* (Disability Federation of Ireland, 2005)
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