



Meath Local Sports Partnership

Annual Report 2014



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Meath Local Sports Partnership Annual Report 2014

Introduction

Meath Local Sports Partnership (Meath LSP) was established in 2002 by the Irish Sports Council to plan, lead and coordinate the development of sport and physical activity in County Meath. This is achieved through engagement with sporting bodies, community and voluntary organisations, local and national agencies and statutory bodies.

Our third strategic plan “Active Meath - More People, More Active, More Often” 2013 – 2017, was launched in 2014. We have already implemented two plans for the periods 2002-2006, 2007-2012 (extended to 2013 to include review document).

While the Irish Sports Council is our parent organisation, Meath LSP is a company limited by guarantee, governed by a Board of Directors. The board is representative of sports organisations, statutory agencies, corporate sector and community and voluntary organisations from across Meath. The Board is central to the strategic direction of Meath LSP and met regularly in 2014 to monitor its direction and actions.

Our Team

Meath LSP currently employs seven staff who manages the delivery of this plan. Staff was supported in this role by part time sports tutors and volunteers. Meath LSP works closely with sports clubs, schools, community organisations and local volunteers, who are fundamental to the capacity of Meath LSP to deliver and support a range of appropriate sports and physical activity programmes.

What we do

In guiding our work, Meath LSP uses the definition of sport established by the Council of Europe which encompasses "all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels."

Meath LSP provides a leadership role for the co-ordination, development and delivery of sport and physical activity opportunities in County Meath within the framework of our strategic plan and the resources available. Our work includes the provision of information on sport and physical activity, the facilitation of education and training opportunities and supporting the development and implementation of programmes and events that encourage greater participation.

Meath LSP works with and supports the work of the staff and volunteers of our partners and stakeholders in promoting participation in sport and physical activity. We are supported in this role by local and national agencies, statutory bodies, sporting organisations and community and voluntary organisations.

Our Target Groups

While we endeavour to support the increase in participation in sport and physical activity of the people of County Meath, individuals with low participation rates in sports and physical activity, are our particular focus. Our priority target groups for this plan are:

- Young people and children
- Women
- Older People
- People with disabilities
- Ethnic minorities, travellers and disadvantaged communities.

Our Vision

Meath – More People, More Active, More Often

Our Mission

The mission of Meath LSP is to increase participation in sports and physical activity throughout County Meath by:

- Supporting quality sports and physical activity opportunities.
- Connecting people with sports and physical activity.
- Making best use of County Meath's sports and physical activity resources.

Meath LSP Values

The following are the key values which shape the actions of Meath LSP:

- **Equality** – We recognise that not all people have equal opportunity to participate in sports and physical activity and we commit ourselves to ensuring that our programmes reach out to under represented groups and to advocate for a society where inclusive participation becomes the norm.
- **Sustainability** – We will promote, support and advocate for the sustainable development of sports and physical activity in Meath.
- **Integrity** – We will endeavour to ensure all our processes, procedures and decisions are undertaken in an open, transparent and accountable manner. We are happy to answer all queries on how our decisions are made.
- **Respect** – We will at all time respect the virtue's and cultures of our partner organisations and those who engage with us.
- **Partnership**: Meath LSP is part of a multi-agency network which support and encourage sports and physical activity participation. Meath LSP is committed to developing sport and physical activity by working in partnership with all stakeholders in order to maximise impacts for our county.

Our Goals

In order to bring us closer to our vision and mission we have identified three priority goals:

1. **Active Communities** - more people, more active, more often. Meath LSP will continue to support a range of sport and physical activity pathways, programmes and facilities in Co. Meath.
2. **Active Partnerships** - Meath LSP will engage with and support the partner organisations and National Governing Bodies of Sport, who make sports and physical activity possible in our County.
3. **Active Processes** - Meath LSP will operate in an effective and transparent manner, grow the capacity of our staff, research our impact, communicate effectively and make best use of our data and IT systems.

Foreword

On behalf of Meath Local Sports Partnership, we welcome this annual report which provides an overview of the work undertaken by Meath Local Sports Partnership in 2014. It provides for a brief synopsis of the year documenting changes to the operating environment, staffing and the Board of the Partnership itself. The Annual Report 2014 outlines activities under its three strategic goals.

This report facilitates the sharing of best practice and innovative interventions across the county. It allows Meath LSP to monitor trends in local sport and acts as an effective mechanism to highlight areas of concern and challenge.

Again as in previous years, Meath LSP has made significant advances and increased the number of locally delivered programmes and training opportunities. Target groups focused on during 2014 included children and young people, people with a disability, unemployed and women. Meath LSP is also continuing to deliver projects to increase the participation and involvement of harder to reach groups such as those living in disadvantaged communities.

A particular highlight from the report has not only been the continued success our mass participation initiatives but the success of two new programmes introduced in 2014:

- Men on the Move
- Meath Mental Health week

This is in addition to the growth of our Older Adult programmes, Women in Sport initiatives, training and education programmes and our disability programmes. We are particularly proud of the fact that our Mature Movers programme was shortlisted for the inaugural National Age Friendly Recognition of Achievement Awards under the Active and Healthy Ageing category.

In total over 13,118 people took part in our programmes in 2014 – this represents a 10% increase in participation from 2013. Both the Royal County 5k and the An Post Meath Heritage Cycle Tour attracted larger numbers than previous years, with the cycle tour attracting a massive 3500 participants. The cycle tour has fast become the flagship event for Meath LSP, with increased awareness and profile of the sports partnership being one of the main benefits.

New for 2014, was the introduction of the Meath Mental Health week. This was the culmination of collaborative work between us, Navan Town Council, Jigsaw Meath, Meath Mental Health Services and Meath Partnership. The aim of the week was to increase awareness of positive mental health. All agencies involved in the roll out of this week, have committed to building on the success of this week and delivering a similar but bigger event in 2015.

The Men on the Move programme, funded by the HSE National Lottery fund was introduced in 3 areas – Laytown/Bettystown, Kiltale & Dunshaughlin. This is a new 18 week physical activity programme designed specifically for men. Initial feedback from the participants is positive. The programme will be reviewed at the end of block 3 in 2015 with the intention of expanding it to other areas in Meath.

All credit to the staff for their continued commitment in promoting and organising these events. The enthusiasm and enjoyment evident from both the participants and volunteers in these mass participation events demonstrate the value and importance of these events for local communities.

In what continues to be an ever changing and demanding environment, the Meath LSP team continues to work successfully with partners within sport and health promotion and with the local authority to bring in substantial investment and opportunities to further develop sport and physical activity in Meath. Each year Meath LSP continues to be encouraged by the level of support given to the LSP by statutory, community and voluntary groups across the county. The continuing commitment by the Irish Sports Council, Meath County Council, HSE, FAS and other partners towards providing financial and in kind resources to Meath LSP is very much appreciated by the board. In these current difficult economic times it is heartening to see that quality of life is still high on national and local political agendas.

In particular we would like to thank and acknowledge Meath County Council CEO, Jackie Maguire for her continued support; the Irish Sports Council and Minister Ring, Department of Transport, Tourism and Sport for their continued support which enables us to do our job. This is a testament to the increasing value of the Meath LSP in delivering on the common aims of health, well being and social inclusion.

Lastly, Meath LSP thanks all those who have contributed to the compilation of the report and also those who have been involved in the delivery of the activities described therein. Special mention goes to the Meath LSP Administrator Marcella Mitchell, Sports Inclusion Disability Officer Aine Coogan, Sports Development Officers Ruairi Murphy & David McCaffrey, Be Active Project Facilitator Jenny McAloon and FAS CE worker Joe Faulkner.

The Meath LSP board would like to take the opportunity to invite all statutory, community and voluntary groups with an interest in increasing participation to link in with Meath LSP locally. The benefits the Local Sports Partnership bring to areas such as health, education and social inclusion cannot be underestimated particularly in these challenging times.

On behalf of Meath LSP, we would like to thank the Meath public for their continued support in 2013 evidenced by the large numbers that participated in Meath Local Sports Partnership programmes. We would like to congratulate the Board of Meath LSP and staff for a job well done in 2014 and look forward to more of the same for 2015!

Finally we commend this report to you and hope that you will enjoy reading it.

John Holian

Chairperson

Mary Murphy

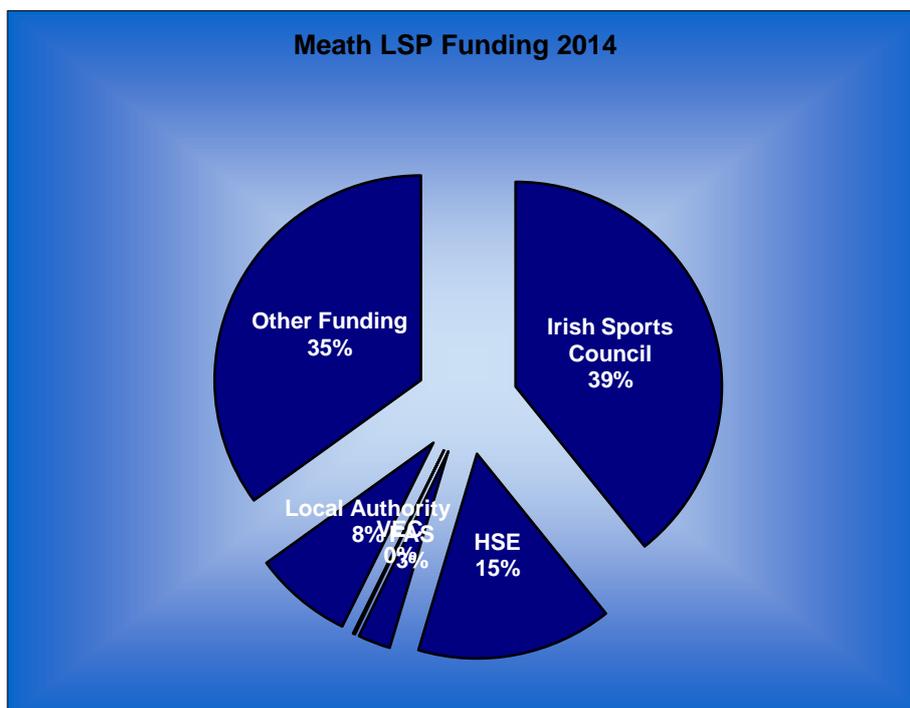
Coordinator

Overview of the year

This report has been compiled using the SPEAK self-evaluation system.

Background, Resources and Funding

- Meath LSP is a central pillar, within Meath, of the Irish Sports Councils plans for increasing participation in sport to 45% by 2020
- €967,195.00 was invested in Meath LSP in 2014. This figure includes benefit-in-kind funding.
- Funding from the Irish Sports Council accounts for 39% of the total LSP funding in 2014, the remaining 61% is raised from other sources.
- In 2014, 7 people worked full-time on behalf of Meath LSP. 2 were 100% funded by the ISC, 1 part funded by ISC; 2 co funded by Meath Co.Co, 1 member funded by the HSE and 1 staff member through the FAS CE scheme. In the case of the 2 SDO's one position is part funded by Meath Co. Co, with remainder funded through income generated by Meath LSP. 2 students were offered placement over the year, ranging from 6 weeks to 6 months.



Funding source 2014	
Irish Sports Council	192,855.00
HSE	75,354.00
FÁS	12,500.00
VEC	800
Local Authority	38,000.00
Other Funding	171,901.00
Total	491410.00
BIK funding	<u>435,786.00</u>

Total funding to Meath LSP

€967,195.00

Meath LSP continues to meet the recommendation made in 2005 by Fitzpatrick and Associates, Review of LSP's which recommended that 50% of funding invested in the LSP must be matched locally.

In 2014, Meath LSP again surpassed this recommendation with 61% local investment.

Despite the challenges of a difficult operating environment, there are many positives to be taken from 2014:

- The Irish Sports Council has remained fully committed to Meath LSP providing funding totaling €192,855 to the partnership – this represents less than .1% reduction in funding from 2013.
- Funding secured from partner agencies, income from courses and local/national grant schemes increased in 2014 by 2.5% from 2013. Total figure reflects funding received from Meath County Council, HSE, Road Safety Authority, Dept of Transport, Dept of Environment and grants for Go for Life, Bike Week and monies generated from programmes and activities.

Meath LSP Management & Staff

Board of Management Participation and Representation

- A total of 8 people served on the Meath LSP Board in 2014
- On average 15 hours was committed by the board, including work undertaken by board sub-committees in 2014

Meath LSP Staff

The co-ordinator and administrator are 100% funded by the Irish Sports Council. The Sports Inclusion Disability Officer is part funded by both the ISC and Meath County Council; with MCC also part funding the position of Sports Development Officer.

Meath LSP employs 2 SDO's – funding is provided in part by MCC with remainder funded through income generation by Meath LSP.

The Project Facilitator of the Be Active ASAP programme is 100% funded by the HSE with SOLAS funding the part time position of the Community Employment person.

	Male	Female	Total
Full time staff – funded by ISC, other agencies & programmes	3	3	6
Part time staff funded by SOLAS	1		1

Meath LSP also contracted a further 25 tutors to deliver programmes, courses and initiatives on our behalf.

Challenges to Meath LSP in 2014

As our third strategy was being finalised, recommendations made as part of the review process required further probing and development to ensure that they were “fit for purpose”. The continued review of policy and procedural documents required additional investment of time by lead staff and board members`. Due to the nature of our work, our work environment can change quite often which impacted on timelines set for completion dates.

As part of our strategic objectives, Meath LSP Board agreed to undertake the journey which is the Governance Code - initial meetings took place with board members and the ISC regarding the adoption of the Governance Code. A list of components per section was drawn up with parallel sub committees of which board members indicated their preferred sub committee.

Meaningful evaluation of programmes remains a challenge. Documents developed by the LSP network - "Why Checklist" has been finalised, but further work needs to be done on the Planning document and evaluation piece. Recommendation regarding the evaluation piece is that the ISC would take the lead on this and assist in drawing up this evaluation document.

Meath LSP adopted a more collaborative approach to programme delivery in 2014 particularly in terms of the roll out of our programmes for people with disability and older adults. Led by Meath LSP, a number of agencies and vested stakeholders came together to deliver the All Ability multi sports summer and Halloween camps (Irish Wheelchair Association, Navan; Rehab Care Meadows centre;

Muscular Dystrophy Ireland) and continue to deliver on a weekly basis the power soccer (Irish Wheelchair Association, Navan; Muscular Dystrophy Ireland, Ratoath FC and the FAI) programme.

Sustaining Meath LSP

Information and Resources

As part of our Communications Plan we developed a Writing Guide. This Writing Guide provides staff and board members of the partnership with templates for email signature, letters, bulletins, and font and text sizes. It adopts a consistent formal approach to all correspondence both internal and external.

Be Active ASAP – Distributing information through the LSP network has proved valuable in ensuring that all relevant information pertaining to the programme is distributed locally in a timely, efficient manner.

Cycle tour:

- Irish TV showed reruns of the advertorial of the Cycle Tour recorded in 2013 – this assisted in building awareness for the cycle tour in 2014. Promotion of our cycle tour event (and to lesser extent our Royal County 5k event) through Precision Timing (online registration service provider) realised an additional audience reach of 70,000 users. Those users have all stated an interest in either running or cycling events.



Operation Transformation programme – greater exposure by the programme of the Irish Sports Council and the LSP's activities assisted in the promotion of our Operation Motivation activity programmes.

Our website saw 147,7050 visits (increase of 38% from 2013); 746,585 page views (increase of 14% from 2013) and 3,640,489 page hits (increase of 28% from 2013). Greater online presence through social media sites redirects all traffic back to our website for those looking for more information regarding various programmes. Our followers on Face book increased by 300 in 2014; 191 postings had a reach of 64000+ with links also to Twitter.

Meath Local Sports Partnership's twitter page has over 600 followers in addition to almost 900 friends on Face book that can keep up to date with developments within the LSP and share with their followers and friends thus expanding the LSP's social network even further.

Games for Life: The Flisk come and try morning provided older adult groups with the opportunity to try the new activity (80 participants). Staff were on hand to provide information and demonstrate how the Flisk resources were to be used. As a result 8 groups purchased the Flisk equipment.

Various programme members have set up social media groups and update as per demand. Meath running group created a face book page for running group members and use it to promote their own club events and activities in their respective areas.

Funding information and Support

Meath LSP is the appointed body by Meath LA to administer the funding provided by the Departments of Environment and Youth and Children's Affairs under the Bike Week, Recreational Week and Play Day funding streams. This provides the LSP with the opportunity to engage further with clubs, schools and community groups under a different banner.

Go for Life – notifications and support offered to older groups saw 35 groups benefit from the Go for Life funding which is an increase of 10% from 2013 allocations.

Cycle Safety programme – continued support from the RSA & Eurolink allowed for further expansion of cycle safety programme in primary schools – this is an increase of 6.7% in participation from 2013.

Charities associated with our mass participation events in 2014 (Cycle tour, Royal County 5k and Meath Mental Health week), benefitted to the amount of €15,000, which was raised locally for Jigsaw Meath, Pieta House, Friends of St Joseph's and Meath Mental Health association.

Age and Opportunity through Go for Life (the national sports programme for older people) provided 12 sets of FLISK equipment free to Meath LSP. This will allow Meath LSP to further expand the Games for Life programme in 2015.

Examples of impacts:

Go for Life – direct notifications sent to and support offered to older groups saw 35 groups benefit from the Go for Life funding stream. A total of €9670 was provided in funding to Co Meath by Go for Life – an increase of 10% in those in receipt of funding since 2013.

Funding provided to charities under the Meath Mental Health week, namely the All County 5km allowed Meath Mental Health Services to continue to deliver activities to its clients on a weekly based – prior to this, the activity sessions had been limited to monthly as there was no funding to provide support for weekly sessions. Jigsaw Meath were able to deliver 10 two hour workshops to students of ten secondary schools – funding provided allowed for personnel to provide support to youths who presented with concerns or difficulties.

Kells Swimming Pool & Special Hands Group:

- Assistance provided to the Special Hands Group and Kells Swimming Pool with their application for funding assistance under the HSE National Lottery Scheme saw €48,000 being awarded to the group to incorporate and enhance disabled changing facilities and upgrade accessibility for people with disabilities. This refurbishment will commence in early 2015.
- Direct lobbying of local Ministers and Minister of Children and Youth Affairs saw €9500 being awarded towards the cost of rolling out the OTTER Project (Occupational Therapy Team Energise (& Swim) Recreation Group) which will provide specialised swimming lessons for children and young people with challenging behaviour. Those lessons are expected to roll out in 2015.

Number of clubs/ groups given funding advice or information	700
Number of clubs/ groups supported in making funding applications and fund raising	43

Club Development work

Learn2Run – involvement of local athletic clubs in the provision of coaching to the Learn2Run programme saw direct benefits to the clubs involved. 62 members of the Learn2Run group in Ashbourne joined St Andrews AC with 90 members from the Dunshaughlin Learn2Run group joining the Dunshaughlin athletic club.

Meath Running Group – 8% of the members of the running group joined Bohermeen AC. This is a recreation group designed to cater for non club members wishing to complete distances of 5k to full marathon. Prior to joining the Meath running group those members didn't believe themselves to possess the necessary ability to join the athletic club. The fact that those running club members did progress to athletic club membership demonstrates a huge shift in their running ability but also their perception of athletic clubs. Participation in the Meath running group provided them with the confidence to progress their running career into the athletic clubs.

Clubs assisting Meath LSP in the delivery of our programmes received financial support for this assistance namely volunteers on the cycle tour, clubs delivering the Learn`2Run and Bike week programmes. This was direct grant support into the juvenile section of the club.

Sports Development Forum not held in 2014 – decision taken to meet with NGB's individually saw greater understanding of NGB's about the work of Meath LSP and areas where we could assist with the delivery of their programme of work.

Online Club Resource Pack was developed to help support the development of clubs in County Meath. This online resource will act as an information hub with up to-date and topical information such as education and training workshops, volunteer management, the establishment of a new club, roles and responsibilities of club officials, how to conduct meetings and much more.

NGB's (3) representing the minority sports of Volleyball Ireland, Tennis Ireland & Confederation of Irish Golf sought the support and assistance of Meath LSP to target more school and club involvement and to help raise awareness of their training and education programmes.

Meath Athletics Board provided 4 volunteer adjudicators – one of whom was the Chairperson of Meath Athletics, to officiate at the first Meath County Sportshall Athletics final. All 4 volunteers were impressed with the programme, the manner in which it was rolled out and how the children interacted with it – this may prove very beneficial in trying to expand the programme in 2015.

Men on the Move:

- Meath LSP presented the Men on the Move programme to St Colmcilles GAA at their GAA Healthy Club Initiative meeting. As members of the GAA Healthy Club initiative the club were already working on a number of community programmes and were well positioned to take on our programme.
- Over the past few years, Kiltale have developed a very strong women's running group who use the track twice weekly to meet and train. Due to the large numbers of women participating in this activity, the men have felt outnumbered and intimidated when it came to them organising a similar type activity. This group of men were eager to become physically active but lacked the wherewithal. When presented with the Men on the Move programme, they liked the concept of participating in the physical activity programme together and working towards the same goals.

Partners identify Meath LSP as a quality, committed, highly skilled organisation who develop and deliver programmes to a high standard and work in an efficient and effective manner. This has seen a rise in partnership engagement to programme development in 2014.

Examples of impacts:

Positive relationship developed with Kiltale GAA club and Meath LSP under the GAA Social Initiative has seen the club roll out a number of programmes targeting older people, women and men on behalf of Meath LSP. As a result of this relationship and the number of people using the recreational walkway at the club, the club have since developed a non playing membership card for community members who would otherwise not have taken out membership within the club. The club also reported an increase of 15% in club lotto sales in 2014, this they attribute to the numbers of new members which have come through the LSP programmes and who continued to use the facilities once the programme finished. Regular participation on these programmes saw the participants develop an affinity with the club and as a consequence they bought lotto tickets and 25 of the men took out non playing membership.

Games for Life:

- 15 Older adult groups now meet on a regular basis outside the scheduled league meetings. Groups have designated extra weekly activity sessions to play the adapted games. 3 older adult groups have continued the integration theme of Games for Life and regularly host disability groups at their venues where they play the games competitively.
- 7 Disability groups have been integrated into the annual mainstream local leagues with great success. The disability groups were viewed as being less able, both physically and mentally by the adult groups. Through strong performance in the weekly and monthly competitions this view no longer exists in the older adult community. The performance level of the adults with disability super ceded all expectations. Games for Life have proved the positive power of integration.

More minority sport NGB's such as Volleyball Ireland, Tennis Ireland & Confederation of Irish Golf see Meath LSP as a working partner or as having the know with all to help support them getting more involved with local schools and clubs. Meath LSP contacted secondary schools on behalf of Volleyball

Ireland and as a direct result the Spikeball programme was piloted in Colaiste Na HInse in Bettystown. The school now plan to invest in the necessary equipment to offer volleyball as a school based physical activity. Volleyball Ireland plan to support the school with this in the hope that the school hall can be made available outside of school hours to offer volleyball workshops and sessions.

Preparatory work done with a community sports facility in the RAPID area has seen that facility undertake a full audit of the facility to include operations, governance and programming. This facility has since taken the decision to undertake the adoption of the Governance Code.

Number of clubs / groups supported in the delivery of activities	367
Number of clubs / groups helped in developing their organisational or management structures	15
Number of clubs / groups helped in tackling particular development or policy issues	34

Providing Training and Education

The Irish Heart Foundation Community Walking Leader training took place in Meath in 2014. 3 local walking leaders completed the training. It is anticipated that this will have a positive knock on benefit for the delivery of walking programmes in 2015.

Meath LSP in association with Gymnastics Ireland put in place plans to deliver the first teacher based gymnastics training in Meath; delivery is planned for early 2015.

Be Active ASAP:

- Tutor training session in August each year brings together ideas and experiences and is a good monitoring and evaluation tool for programme development. New tutors get an in depth feel of the programme and learn through the sharing of information.
- The Irish Sports Council and St. Patrick's college being a stakeholder in the programme gives teacher training increased credibility.
- The Active School Flag initiative has given schools the impetus to take on the Be Active programme as Be Active programme offers schools help with 6 of the elements needed to obtain the flag.

Comprehensive database of contacts in salesforce system provides the opportunity through our monthly updates to promote all available training and education workshops and courses organised by Meath LSP to a wide audience of contacts.

Increased demand for the Sports Injuries First Aid Workshop lead to two "in house" club workshops and two "in house" AED workshops. Sports Injuries workshops are tailored to sports specific injuries and are a shorter duration than one day first aid workshops. This means they can be hosted over one evening instead of a Saturday workshop encouraging greater participation. We have found in the past it is easier to get participants on workshops in the evening than on a Saturday.

Games for Life: 42 active retirement and disability groups have engaged in the Games for Life programme with 168 people been trained to deliver the activities. The purpose of the training is to equip the group representatives with sufficient knowledge and skills which enables them to go back to their group, demonstrate to the group how the activity runs and encourage their members to participate in local leagues. The 168 trained representatives have been the catalyst for their group members to play the adapted games on a regular basis.

The SIDO in Meath is recognised as a point of contact for information on disability inclusion training and education courses by PE and primary school teachers. Teachers are using the DIT training as part of their CPD training.

Meath LSP roll out the sports hall athletics programme in association with Meath Athletics. Meath LSP currently provides the specialist equipment such as the speed bounce, indoor long jump mat, javelins

etc and the training to schools is provided by 3 athletic tutors on the CE scheme working on behalf of Meath Athletics.

Examples of impact:

Feedback received from the School Sports Day training - Participants felt they would use the knowledge and skills gained at the training course not only during sports day but also within the P.E. programme in school.

"I found the course to be very beneficial. I'm looking forward to bringing these ideas back to school. Excellent compliment for P.E. programme".

Games for Life: 42 active retirement and disability groups have engaged in the Games for Life programme and 168 people have been trained in the activities. The purpose of the training is to equip the group representatives with sufficient knowledge and skills which enables them to go back to their group and demonstrate to the group how the activity runs. The trained group representatives have implemented the activities and encouraged their members to participate in local leagues. With 370 people participating in local activity leagues it is quite clear groups are playing the activities on a regular basis.

Disability Inclusive Training:

- The Intro Disability Awareness Training - a 3hour workshop, developed by the SIDO, was delivered to Athboy Celtic prior to the commencement of the Football4All programme. 17 coaches took part in the training. As a result Athboy Celtic now run a Football4All programme catering for children with disability every second week.
- In 2013, one Beaufort College PE teacher participated on a DIT course. As result of attending this course, Beaufort College have since piloted a Disability Inclusion Module to the 5th and 6th year PE class. This pilot project resulted in the students realising that having a disability does not prevent people with disabilities participating in sport. The main aim of the programme is for students to focus on peoples abilities and not disabilities while gaining knowledge on the different pathways for participation in sport that are in place in Ireland for people with disabilities. Due to the success of the pilot programme, the school principal has now identified the importance of inclusion in the PE curriculum planning to implement the Inclusion module in the PE timetable for 5th and 6th years from 2015 onwards.

Sportshall Athletics:

- The fact that the CE scheme cover the tutor training hours this allowed Meath LSP to offer the programme to new schools free of charge. Subsequently, Meath LSP did not incur tutor or travel costs throughout the school year.
- One of the schools on the programme St Paul's in Navan has purchased their own set of sports hall equipment and the teachers within the school now deliver the programme throughout the year – this means that the school no longer require assistance from the tutors or need to borrow the equipment from Meath LSP which in turn frees up the tutors time to take on new schools.

Quotes from participants on the programme:

"It would be very helpful if a variety of equipment could be left with the school during the programme so children could practice between sessions"

"The county finals were well organised and the children really enjoyed the competition aspect"

"Coaches, Staff and support from Meath LSP really enabled a good spirit and positive team ethic which came home with just rewards"



Cycle Safety Skills:

- Additional sponsorship from Eurolink and RSA meant that we could offer the programme to 100 additional children, bringing the annual total of children participating in the programme to 1400. Quotes from participating schools:

“Excellent course, not only did the cycling training scheme provide the children the opportunity to explore cycling safety and skills but also provided the opportunity for children to learn how to cycle who previously had no experience”

“The children are more aware of their own safety and more confident and knowledgeable on the roads as a result of the cycle safety programme”

Delivery of Code of Ethics and Children’s Officer Training

Increased demand for “in house within clubs” workshop and within facility environments saw increased uptake for code workshops. New Garda vetting legislation has also increased uptake for workshops with some club representatives that had previously completed the workshop a few years ago refreshing their training.

Highly competent and knowledgeable tutor delivering the basic awareness workshop and the Children’s Officer training providing consistent informative message to participants at all workshops.

Code of Ethics

Number of courses delivered (in the current year)	14
Number of participants completing workshops (in the current year)	217
Number of tutors used for courses run by your LSP (in the current year)	2
Number of sports clubs/ groups represented by participants	96

Club Children’s Officer

Number of courses delivered (in the current year)	2
Number of participants completing workshops (in the current year)	24
Number of tutors used for courses run by your LSP (in the current year)	2

Women in Sports

Be Active ASAP gives mothers the experience of helping with their children’s activities and may result in them taking on new activities themselves in the local community.

Walk4Fitness programme was rebranded to Meet`nWalks. The programme title was more inviting and self explanatory which saw more women participating on the programme in 2014.

The financial support of the ISC to expand the Ticket 2 Try programme which provided increased opportunities for girls to get involved in sport and physical activity. This has improved the SIDOs ability to have an impact on including girls with a disability into sport.

Presentation delivered as part of the GAA Healthy Club Initiative to St Colmcilles GAA club resulted in the club undertaking to participate in the Men on the Move programme. Through this same presentation, a Learn2Run programme was rolled out with the women of the club. This programme was continued by the club themselves and has now expanded to the community and is being run on a regular basis in Laytown.

Examples of impact:

The Learn 2 Run to 5k target of 100 in 3 areas was exceeded by to 120% to 220 participants. 41% of those women took part in Meath LSP’s annual mass participation event, the Royal County 5k. This was an increase of 7% on those women transferring into the 5k event in 2013. Quotes from participants:

"Think it is an excellent programme...not sure if viable for but a morning session as well would be good and might suit people who can't get to evenings or would provide an opportunity to meet twice a week"

"I thought the programme in Ashbourne was excellent. I would love if it would continue on a weekly basis; I do not think I would be as committed to training on my own"

"Very good programme...no need to change anything"

"Very pleased with this programme and it was great value for money"

"More frequent programmes would love to keep going"

Meet n Walk programme which was rebranded on 2014 and replaced the Fleet Feet programme saw a 385% increase from 30 participants in 2013 to 115 in 2014. 50% of those women still walk on a regular basis in smaller groups. Quotes:

"The Meet n Walk gave me an understanding of my posture when walking"

"I still walk on a Wednesday night with a few of my friends; the walk gave me the kick I needed to get started"

"I made loads of friends with the walk and I still get out walking twice a week".



With the Girls in Action programme there are approximately 60 girls who do not take part in regular PE classes taking part in at least one hour of physical activity each week as an extra curricular activity. Activities include dance, zumba and martial arts.

Meath Running Group:

- This group is now an established running group in Meath, the increasing numbers each year is testament to this. This initiative does not require an exit strategy as the programme is self sustaining.
- 4 members of the running group joined a local athletic club to advance their running careers.
- Meath Running group members are encouraged to meet up outside of the traditional Wednesday night sessions. A group of approx 10 members continue to do so each Saturday and through the winter months once the group finishes for the year in October.
- 23 members completed the half marathon up 4 from 2013

11 completed the full marathon up 1 from 2013 Quotes from participants:

"I'm very happy with the quality of the Meath Running Group sessions. They offer excellent support to a novice like me"

"This is a terrific programme, it brings a new dimension to training and pushes you that bit further....Positive results all round and good value for money"

The Meath Running Group continues to grow; the group increased by 50% up from 54 in 2013 to 81 in 2014. This group is made up of 90% women. The fact that the group is non competitive and rather a meeting of likeminded recreational joggers plays a big role in the yearly increase in membership. There is no pressure on them to compete as a group but rather support local events of their choosing.

Delivering Local Projects

As in previous years, recognition of brand Meath LSP is increasing with more and more repeat business and referrals coming through our courses. This is borne out of the recognition of our commitment to high standards, quality in the delivery of work, professionalism and a strong work ethic. We are recognised as an organisation of integrity and credibility, who will deliver within deadlines, to a high standard whilst at the same time representing value for money.

Meath LSP has retained its full staff compliment again in 2014. All of the staff has worked together for a minimum of 2 years with most working together for four years plus. This ensures a consistent, well

informed message emanates from Meath LSP, the work we do and programmes we are involved in delivering.

Be Active ASAP - the network of local sports partnerships already have links with the schools through various other programmes which they deliver directly to schools thus providing the Be Active ASAP more local credibility.

Mature Movers: Strong relationship with Active Retirement groups and disability groups supports the roll out of the Mature Movers Activity programme. Carefully selected experienced tutors are engaged to provide a quality, fun and enjoyable session which adds to the popularity and success of the programme. Quotes from participants:



“The programme has really helped my balance, I have M.S and I

would tend lose my balance a lot but since I started this I feel a lot stronger and steady on my feet”. “I feel energised by the programme and love meeting up with other men and women” “Mature Movers got me up on a Monday morning to exercise and socialise with new people, something that I would have found very hard to do”

NGB support, in particular the FAI has been a huge help in the delivery of local projects. Meath LSP had four programmes running that were supported by the FAI in 2014. These include the Football for all Programme Ratoath, Football for all Programme Athboy, Powerchair Soccer Club and the Kick Start to Recovery Programme. Without the support of the FAI at a National level and at local level these programme would not be the sustainable success that they are. The powerchair football club commence in Meath in 2010 and has provided life changing opportunities for powerchair users to participate in soccer at a local, National and International level.

Play Rugby programme is being expanded to more primary schools within the county due to good working relationship with Leinster Rugby development officer and Club Community Rugby Officer's. Meath LSP promotes the programme to all primary schools. Schools contact Meath LSP to express their interest in the programme. Meath LSP liaise with development officer and club community rugby officers to arrange delivery to interested schools. Leinster Rugby's club community rugby officers then liaise directly with the school for delivery of the programme.

Benefit in kind provided by way of facilities and venue hire to Meath LSP by clubs, allows for the continued roll out and development of local projects. It also ensures the local delivery of projects thus reducing the need for participants to travel excessive distances to participate on our programmes. For clubs, it allows them the opportunity to showcase their facilities which may result in additional membership into their club or increased usage of their facility.

Examples of impact:

Be Active ASAP:

- There was an 89% increase in participation from 2013. In total, there were 134 new schools trained to deliver the programme. This 89% increase represents approx 3,350 new children, 804 new parent leaders and 402 new teachers participating in Be Active ASAP week on week.
- The 402 teacher leaders who were trained to deliver the programme are in a position to significantly impact the physical activity experiences of all the children in their classes. The Be Active ASAP clearly encourages these teachers to promote enjoyment of physical activity as well as quality and learning and to encourage children to sustain their physical activity habits beyond the Be Active year.

- The values and principles of the Be Active ASAP proliferate beyond the participating classes with children trying exercises with their friends and siblings, teachers sharing ideas related to physical activity with other teachers and parents using game ideas at children's birthday parties, etc. This results in the impact of the Be Active ASAP being felt well beyond the actual participants within the programme.

Men on the Move:

- In week 1 of the programme all 93 men completed a 1 mile fitness test. The average time it took the men to complete the test in Laytown was 15mins and 58 secs; Kiltale 11mins 21 secs and Dunshaughlin was 9mins 13 secs. The post results showed an improvement overall of 24% with average times of 10 mins being recorded in Laytown (massive improvement of almost 6mins, with one participant improving their time by 57%); in Kiltale the average was 9mins 15 secs, with greatest improvement of 37% and in Dunshaughlin the post test time average was 8mins 15 secs, with greatest improvement of 22%. Block 1 as a 6 week intervention programme saw all participants take part in walking/jogging hourly sessions which were tutor led.
- 80 % of the men train at least 1 extra night per week outside the scheduled weekly sessions. 15 men from the Laytown group participate on a weekly basis in the local Park Run.

Quotes from the programme participants: Kiltale participant commented "6 weeks ago I couldn't jog for 100m and now I have completed a 5k I can't believe it I'm delighted" Dunshaughlin participant stated "I have just completed a 5k at 73 years old, I didn't think I would be doing this at this age!" Laytown/Bettystown participant said "I haven't jogged for over 20 years, since I was in school, I feel great" Tom Grant, participant stated "I just wanted to thank you for organising and making me aware of Men on the Move. I first heard of it when you were promoting the programme on LMFM in mid October. Personally, at the time I was very unfit and overweight but felt confident that this programme would help. Indeed it did, within 6 weeks I was running 5ks, which I still do every Saturday in Oldbridge and I have shed over a stone and a half. I wanted to let you know that I couldn't and wouldn't have done this without the help of the Men on the Move Programme."



Fitness Made Easy –

- The 5 week programme introduced adults 50+ and people with disabilities into the gym environment. Participants were provided with the opportunity to try the cardiovascular machines and the Easyline equipment (low weight bearing equipment). The programme proved to be a huge success with 40 participants taking part over 2 blocks of 5 weeks. 25% of the participants in each block joined the gym on completion of the programme.
- Prior to participating on the Fitness Made Easy programme, the participants were quite anxious about using the gym as an exercise environment – they didn't feel confident entering the gym nor had no confidence in using equipment. Through the weekly supervised sessions, those barriers and perceptions were broken down, to the extent by week 5 all participants were comfortably entering and using the gym equipment. The gym facilitated the programme and continued usage of the gym by the older adults by ensuring that times were allotted to them during off peak sessions and the volume of the background music was lowered during their visit.

Sports Inclusion programme:

- The SIDO has worked hard in developing strong partnerships which underpin the development of sustainable participation for people with disabilities in sport and physical activity. This can be observed through the success of the Meath Powerchair soccer team. Meath Local Sports Partnership in conjunction with the Irish Wheelchair Association Navan, FAI and MDI North East developed County Meath's first Powerchair Soccer team in 2010. Since its establishment the club has grown from strength to strength. This is highlighted by the achievement of one of the club's players, Thomas Winters. Thomas has been playing powerchair soccer for Meath Powerchair Football team for the past four years and is proving himself to be a key player in the local and national senior squad. His outstanding performance at the National leagues has

earned him one of only 8 places on the National Powerchair Soccer team. Thomas has represented Ireland in many games including the recent European Powerchair Soccer Tournament held in the University of Limerick in June 2014. Receiving an Irish Cap was always a dream for Thomas that was made possible through the Meath Powerchair Soccer Club.

- In February 2014, Meath LSP's SIDO introduced a 6 week Sportshall Athletics training programme in St. Utlands, Navan and St. Mary's special school, Johnstown under the umbrella of the CARA Xcessible Inclusive Youth Sport Initiative. The Special Schools Sportshall Athletics initiative provided children with the opportunity to participate in athletic events in an indoor setting with the emphasis very much on teamwork and fun. The programme was tailored to the ability of those participating and therefore yielded significant improvements in the fundamental movement skills of agility, balance and coordination for many of the participants. One of the teachers commented: "I have seen great progressions with pupils throwing skills - pupils are achieving longer distances with javelin throw and one pupil who struggled to let go of object when throwing now has achieved this".
- The Kick Start to Recovery programme evaluation found that the programme allowed the participants to engage in a community based group which has affirmed personal identity and enabled the participants to maintain social and leisure skills in a fun environment. The success of this programme exceeded all staff and service users' expectations and allowed the service users to re-engage in a previous occupation and to have a normalizing community based experience. In addition to the football skills, the participants also developed their planning, organisation and communication skills. The Kick Start to Recovery programme was piloted in September 2014 in partnership with the FAI and South Meath Mental Health Services. Early intervention with this population is essential to prevent social isolation, maintain functioning and enhance community integration (Repper and Perkins, 2003). Within South Meath Mental Health services there are many young males who due to their mental health difficulties are at risk of losing motivation, skills and becoming social isolated. This is further compounded for many due to the rural environment in which they live. Quotes from some of the participants: *"I can see how it helps people with schizophrenia, it gives you a break from the thoughts, and you can relax"*.
"I was previously saying to my OT, that I have poor concentration but when im playing football, im concentrating, there is no problem, its mad, ain't it?"
"It's great to say," I'm off to see the lads, I'm going for a game of footie, I haven't been able to do that in 35 years".

The Play Rugby programme has been rolled out in 50% of Primary Schools in the county (55). Approx. 20% of participants, around 120 children, in schools in proximity to a rugby club have joined clubs.

Games for Life:

- 15 older adult groups now meet on a regular basis outside the scheduled league meetings. Groups have designated extra weekly activity sessions to play the adapted games of Boccia, Bowls and Kurling. Each group had 12 extra sessions per year with an average of 10 people participating. Overall 180 extra sessions took place in 2014 with 150 people participating in the activity sessions. Quote from one of the participants: *"Games for Life activities have saved my life, I was told by doctors that I would be in a wheelchair in the future but I stayed active and mobile and I feel better than I ever did. The activities keep me active every week."*
- Since Dunshaughlin Social Club joined the Games for Life Programme they have seen a massive rise in male involvement within the club. They also reported the behavioural change in these men; they were more outgoing and engaged more within the community.

Establishing Networks and Forums

Meath LSP's strong working relationship with Meath County Council, Meath Partnership and Meath Jigsaw lead to the development of a committee to organise events for Meath Mental Health Week 2014.

In 2014, the devolution of Community and Voluntary Fora commenced which made way for the establishment of Public Participation Networks, The PPN's are being rolled out across the country as the primary means of Civic Society to engage with County Councils at the Municipal Area and

County/City Level. Meath LSP was invited to design a specification for prospective board members in particular those who may indicate a preference to serve on the Board of Meath LSP.

The introduction of conference calls instead of face to face meetings for the Irish Hockey Association Inclusion Group has assisted in more meetings taking place in 2014 and as a result more objectives being achieved.

Be Active ASAP:

- Various parents committees request the programme be set up in their school and lobby the programme to the principal therefore creating a new Be Active parent leaders group.
- The expansion of social media platforms has aided groups to keep in touch in a more effective manner. Free text messaging services such as Viber and Whatsapp enable participants to plan activities amongst each other free of cost. Schools, in particular, avail of free text messaging services to mass communicate with parents/guardians on a regular basis – this has aided the Be Active ASAP in recruiting parent leaders.

Committee Work and Awareness Raising

SMART project - Building on the establishment of a working group to address the social and health needs of the travelling community, Meath LSP was involved in the first FUTSAL project for early school leavers, members of the travelling communities & disadvantaged youth in Trim in 2014. Meath LSP was approached by the SMART project in Trim to seek our support in organising a physical activity programme for members of the travelling community. A number of other local agencies came on board such as Trim Family Resource Centre, INVOLVE, and the FAI.

By identifying a local charity and associating it with our mass participation events, there is a further opportunity promote awareness of that event through the charity's contacts and online presence.

Meath LSP showcased our older adult's initiatives at the Laterlife Network event. The Laterlife Network event is a communication resource for over 55's which promotes information sharing, access to service providers and presentations on issues that affect older adults.

Be Active ASAP - the high profile personnel sitting on the Be Active ASAP working group represent key stakeholders in the area of Sport and Physical Activity in Ireland. These key personnel are able to champion the work of Local Sports Partnerships and in particular the role and relevance of Be Active ASAP within the primary school setting.

Examples of impact:

The inaugural Meath Mental Health Week, from March 31st to April 6th 2014, proved to be hugely successful. A number of workshops and events took place that included SafeTALK training, 'Positive Living' workshop, 'The Science of Survivor: Resilience and how to bounce back during challenging times', 'How to manage Stress' Workshop. Jigsaw Meath also delivered 2 hour workshops to students of 10 secondary schools to promote positive mental health.

At the Laterlife Network awareness raising presentation, 60 people expressed interest in Meath LSP programmes. 20 of those people went on to participate in our older adult programmes.

SMART project in Trim - 25 children from 12 years to 16 years took part in the programme over a 6 week period and afterwards a team was formed and entered a FUTSAL tournament in Dublin organised by the FAI.

Number of local awareness raising events in which the LSP played an active role	13
No. of committees with LSP representation	
Health related	1
Education related	3
Sports infrastructure related	1
Social Inclusion related	2
Total	7

MLSP Board and Staff

Board of Meath Local Sports Partnership as at 31 December 2014

Name	Position Held	Finance	Executive	Director	Organisation
Mr. John Holian	Chairperson	✓	✓	✓	Athletics
Mr. David Byrne	Vice Chairperson		✓	✓	Meath County Council
Mr. Patrick O Reilly	Treasurer	✓	✓	✓	Corporate sector
Ms. Yvonne Gilsean			✓	✓	Health Service Executive
Mr. Paddy Kelly				✓	Meath GAA
Cllr. Gerry O Connor				✓	Community facilities
Cllr. Enda Flynn				✓	Meath County Council
Cllr. Sharon Tolan				✓	East Meath area

Changes to Board of Directors during 2014:

The board and staff of Meath Local Sports Partnership would like to thank the following Directors who resigned during 2014 for their valuable contribution and support:

- Mr. Fran Power
- Ms. Deirdre Dowling
- Ms. Audrey Farrell

Staff of Meath Local Sports Partnership as at 31 December 2014:

- Mary Murphy – Sports Co-ordinator
- Marcella Mitchell – Office Administrator
- David McCaffrey – Community Sports Development Officer
- Aine Coogan – Sports Inclusion Disability Officer
- Ruairi Murphy – Sports Development Officer
- Joe Faulkner – Community Employment Office Assistant
- Paul Friel – Be Active ASAP Coordinator