



MEATH LOCAL SPORTS PARTNERSHIP ANNUAL REPORT



2020

Name of the organisation: Meath Local Sports Partnership CLG

Organisation Type: A company limited by guarantee

Company number: 366435

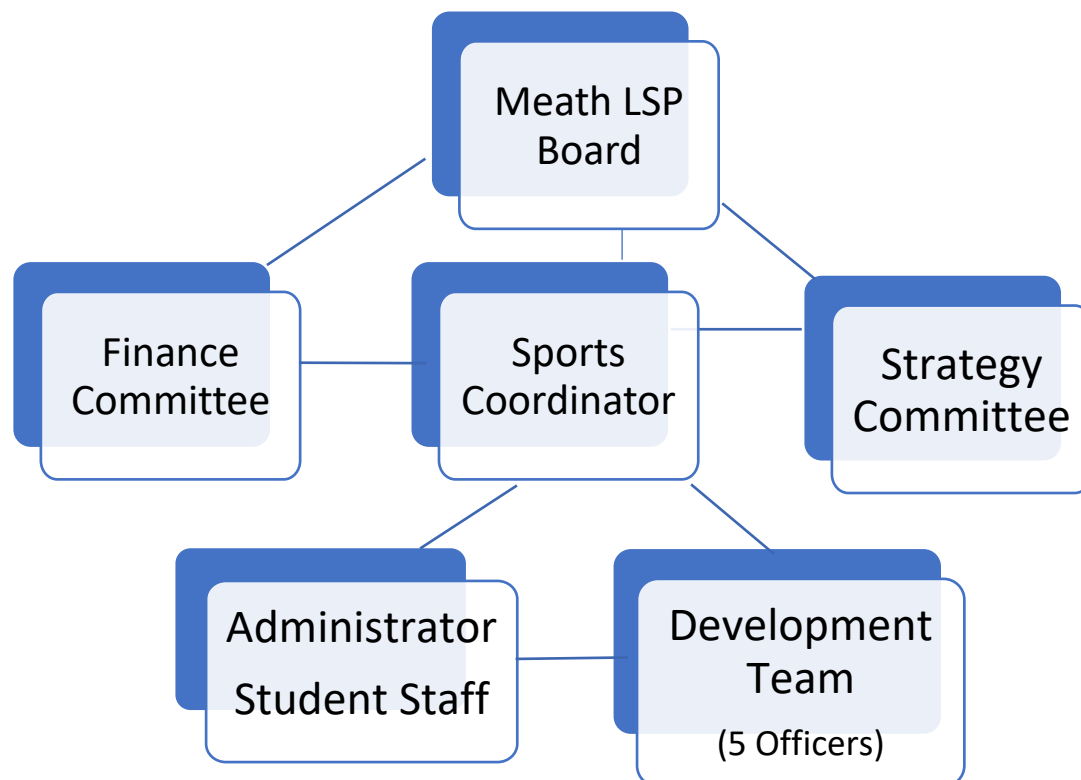
Registered Office: Townhall, Watergate Street, Navan, Co. Meath C15 C821

Auditor: Clarke Corrigan & Co, Statutory Auditor Firm, 1 Bedford Place, Dillonsland, Navan, Co. Meath

Principal Bankers: Bank of Ireland, Market Square, Navan, Co. Meath

Directors: Cllr. Sharon Tolan – Chairperson
Cllr. Gerry O Connor – Company Secretary & Treasurer
Ms. Moira Aston
Mr. Paddy Kelly
Ms. Alison Lynch
Ms. Carmel Halpin
Cllr. Padraig Fitzsimmons
Mr. Dwyne Hill

MEATH LOCAL SPORTS PARTNERSHIP
ORGANISATIONAL STRUCTURE



Chairperson`s & Coordinator Statement

While the impact of COVID – 19 Pandemic has been well documented, it did also prove to be immensely challenging for the sport and physical activity sector which witnessed unprecedented decline in activity and sporting provision. As we learned to adjust to our new “norm”, Meath LSP found ourselves creating and exploring new innovative opportunities to capitalise on an increased focus on physical health and activity.

In responding to the restrictions and an ever changing environment, our operational plan for 2020 needed to be amended to reflect those changes and to accommodate the innovative practices we created and delivered to a virtual wider audience. When restrictions allowed, programmes were delivered in outdoor settings, face:face, to very appreciative participants.

As we move forward, Meath LSP and the wider sporting sector will need to adopt new ways to navigate the impacts and implications as we learn to live with the pandemic and the challenges faced in maintaining the growth gained with individual sports and physical activities.

We are very lucky to have highly qualified and motivated Board and staff involved with Meath LSP; our tutors and coaches continue to deliver to exceptionally high standards; with their support, Meath LSP will continue to respond, to recover and to thrive.

Our key priorities of delivering on our strategic objectives and our commitment to be fully compliant with the Governance Code for Sport by end of 2021 remain the same. We have also committed to achieving the CARA Xcessible Bronze Award (demonstrates Meath LSP`s commitment to positively and meaningfully provide opportunities for people with disabilities to take part, sustain participation and excel in sport and physical activity).

Critical to our continued success, will be the support of the Board of Directors, Meath LSP staff, key national and local stakeholders, National Governing Bodies, clubs, organisations, educational establishments and the volunteers within our local communities in Meath. Working collaboratively, we will grow the strategic capacity of Meath LSP and ensure it becomes the lead agency for sports participation within the county. Our work is about leading a shift in culture and a shift in everyday practice where more people in Meath are participating in sport and physical activity.

We would like to thank Meath County Council for their commitment to Meath LSP (both in terms of financial support and physical resources) and Sport Ireland for their ongoing advice, guidance and financial support.

Finally, we thank the Board of Meath LSP for their time and level of engagement in 2020, and the staff of the LSP who have shown tremendous resilience and positivity in how they continued to perform at a very high level when faced with such adversity in 2020. This commitment to Meath LSP is integral to the delivery of our strategic objectives and ultimate success of Meath LSP. We are determined to succeed and perform, growing in strength, courage and pride as we face each challenge and opportunity together.

Yours in sport,

Sharon Tolan
Chairperson, Meath LSP

Mary Murphy
Coordinator, Meath LSP

Principal Activity and Review of the Business

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. 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.

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."

The Company is limited by guarantee not having a share capital.

SECTION 1: GOVERNANCE & STRUCTURE

Meath Local Sports Partnership (Meath LSP) is governed by a Board of Directors from local agencies and community organisations with representation and membership as set out in the Meath LSP Constitution. The Board of Meath LSP is responsible for the strategic direction of the organisation and for monitoring and reviewing the delivery of the Meath LSP strategy.

The directors who served during 2020 were as follows:

ORGANISATION/AREA REPRESENTING	NAME	APPOINTED (A) /RESIGNED (R)	SPECIFIC ROLE/COMMITTEE MEMBERSHIP
East Meath – Co-opted member	Cllr Sharon Tolan		Chairperson of Meath LSP HR Sub - Committee member
Community Facilities – Co-opted member	Cllr Gerry O Connor		Company Secretary & Treasurer Finance Committee member
GAA	Paddy Kelly		Safeguarding sub-committee
Outdoor sports (Canoeing) co-opted member	Moirá Aston		Strategy Committee
HSE	Carmel Halpin	24 th January 2020 (A)	
MCC – CEO appointment	Alison Lynch	24 th January 2020 (A)	H & S sub committee
MCC – Elected Representative	Cllr Padraig Fitzsimmons	10 th September 2020 (A)	
Co-opted member	Dwyne Hill	10 th September 2020 (A)	Strategy Committee
MCC – Elected Representative	Cllr Enda Flynn	24 th January 2020 (R)	

MCC – CEO appointment	David Byrne	24 th January 2020 (R)	HR Sub-committee member H & S sub committee
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A Code of Practice for Good Governance of Sport

The Governance Code for Sport ("the Code") builds on the work of the Code of Practice for Good Governance of Community, Voluntary and Charitable (CVC) Organisations in Ireland, as taken over by Sport Ireland in June 2019.

The Government's National Sports Policy, published in July 2018, tasks Sport Ireland with overseeing a process whereby all National Governing Bodies (NGBs) and Local Sports Partnerships (LSPs) adopt the Code by the end of 2021. In taking over the Code, Sport Ireland can ensure that this objective is delivered and that all funded organisations have appropriate governance structures in place.

In 2020, Meath LSP along with the eight other incorporated Local Sports Partnership (LSP's), appointed the Institute of Public Administration (IPA) to draft an appropriate governance framework and associated policies to assist in achieving full compliance with the Governance Code for Sport by December 2021. This process was well underway at the end of 2020 and is an agreed priority for 2021.

MEATH LSP STAFF TEAM 2020

The staff team of Meath LSP are employed to carry out the work of the LSP as detailed in our strategic plan and to work with our many partners and stakeholders to support and develop opportunities to participate in sport and physical activity in Meath.



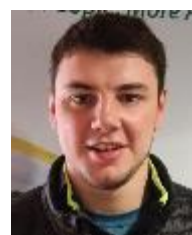
Mary Murphy
Sports Co-ordinator



Lynn O Reilly
Administrator



Ruairi Murphy
Senior Development
Officer



Terry Donegan
Sports Inclusion
Development Officer



Lisa O Dowd
Sports Development
Officer



Una Pearson
Sports Development
Officer



Luke Condie
Assistant Sports
Development Officer

SECTION 2: OUR PURPOSE

Our Vision: “More People, More Active, More Often in Meath”

Our Mission: Is to increase participation in sports and physical activity throughout County Meath by:

1. Supporting quality sports and physical activity opportunities.
2. Connecting people with sports and physical activity.
3. Making best use of County Meath’s sports and physical activity resources.

Our Strategic 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 sport 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.

Meath LSP operates within the context of a wider sport, social, community development and health agenda. Despite the challenges of adjusting to the restrictions brought about by the COVID-19 Pandemic, Meath LSP remained focussed on its primary objective, namely increasing the number, range and opportunities to participate in sport and physical activity in 2020.

Our Target Groups

While we endeavoured 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, remained our particular focus. Our priority target groups are:

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

Statement of Equality

Meath LSP believes all people, irrespective of ability, age, cultural background, educational attainment, ethnicity, family status, gender, marital status, physical, mental and intellectual capabilities, religious beliefs or sexual orientation are entitled to enjoy the benefits of improved physical and mental health resulting from their participation in sport and physical activity.

We recognise that not all people have equal opportunity to participate in sport, and we commit ourselves to ensuring that our programmes reach out to under-represented groups, and to advocate for a society where inclusive participation is the norm.

SECTION 3: WHAT WE ACHIEVED IN 2020

As with all other years, Meath LSP had agreed a comprehensive operational plan for 2020 which would have seen us continue to plan, lead and support the delivery of sport and physical activity across all areas in Meath. Unfortunately, with the onset of COVID-19, we had to quickly adapt our Operational Plan and change how we delivered our programmes.

Without question, COVID-19 did present challenges to our entire working environment which, due mostly to the current restrictions in place at the time were difficult to overcome. Some of those challenges included:

- Remote working encouraged – resulted in Meath LSP staff team having to adapt to a remote working (with IT challenges which that presented) and develop new ways of delivering programmes to meet the needs of the local community
- Number of our programme participants within disability services/youth sector/older adult programmes/education sector were particularly negatively impacted by the restrictions. Those most vulnerable experienced the highest levels of reduced social interaction of all population groups
- Access to venues, both indoor and outdoor was limited or unavailable; swimming pools remained closed for most part of the year; schools not permitted to open school halls
- Enforced cocooning for people aged 70+ and those with underlying health conditions
- Enforced travel restrictions – reduced number of outdoor facilities available as an option for physical activity within local communities
- Technology issues for a number of our participants – poor access to broadband; inability to access digital platforms and limited training support to assist with accessibility
- Reduced social interaction outside of immediate family units was encouraged
- Additional administrative burden in completing contact tracing & health screening questionnaires

On the plus side, Meath LSP quickly adapted to this new working environment and developed a suite of innovative programmes and resources online which was made available through Meath LSP website, our You Tube channel, over Zoom and our social media platforms.

For those with limited access to the online resources, we developed resources hard copies of resources to help people stay active at home. Our staff team liaised with local agencies, Family Resource Centres, Older Adult groups, Youth organisations, disability providers, clubs & community groups who all assisted in distributing hard copies of the online resources to those most impacted by the restrictions of the pandemic.



Lots of other positives included:

- Flexibility and willingness of Meath LSP staff team and tutors to explore new ways of working and reaching their target audiences
- Greater engagement & reach by a wider audience with our online programmes – our podcasts were a huge success
- Local clubs, schools and community groups were particularly receptive of programmes and support and of exploring new innovative approaches to increasing participation in physical activity
- Greater focus on health & wellbeing saw huge increases in numbers participating in outdoor activity namely walking, running & cycling.

- The new resources we developed will have a legacy post COVID-19.
- Willingness of our local communities to embrace the outdoors as an alternative environment of delivering programmes e.g. dance in the park and walk 'n tone activities for older people will continue post COVID-19



- We will maintain some of the new ways in which we delivered programmes i.e. Sport Ireland developed online formats for the delivery of Safe Guarding courses – these proved to be very popular and well received by those who completed same. We will continue to deliver SFG programmes, iCoach Children and other training & education programmes online into 2021.
- Even though people were almost “zoomed out” by end of 2020, there are huge benefits to using this platform to conduct meetings which otherwise necessitate significant travel cost and travel time.
- The onset of COVID-19 has thought us to be more adaptable and resourceful, it’s just a matter of looking for the opportunity.

Considerations for 2021:

- The onset of COVID-19 has taught us to be more adaptable and resourceful, opportunities always exist – we need to be well positioned to identify them.
- Explore ways of building on the positive habits developed during lockdown namely outdoor activities - walking, running, cycling
- Explore options of maintaining a blended approach to programme delivery where appropriate i.e. online and in person; continue to develop programmes which had higher engagement e.g. podcasts
- Continue to up-skill staff team on new ways of working – videos, podcast, social media, webinars etc
- Build on the contacts and partnerships made in 2020 to further disseminate information about our activities and programmes whilst at same time strengthening those partnerships
- Continue using the outdoors for programmes which pre - COVID were exclusively delivered indoors.



SECTION 4: STRATEGIC GOALS

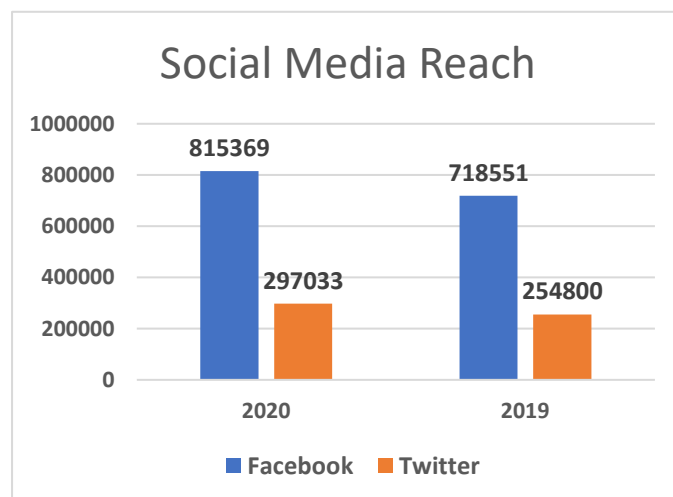
Active Communities - Strategic Outcome: more people, more active, more often in Meath. Meath LSP will continue to support a range of sport and physical activity pathways, programmes and facilities in Co. Meath

COMMUNICATIONS & MARKETING 2020

Meath LSP goal is to communicate our message in a clear, consistent format which provides for the positive promotion of sport and physical activity opportunities.

In 2020, we used a blended mix of communication platforms to reach our target audiences. Our two higher performing social media platforms continued to be Facebook and Twitter. Engagement with our You Tube channel remained consistent and was utilised by participants accessing participation videos during COVID-19 lockdown.

SOCIAL MEDIA STATS 2020:



From 2019, Facebook reach increased by 13%. and Twitter by 17%.



Facebook likes increased by 16%.

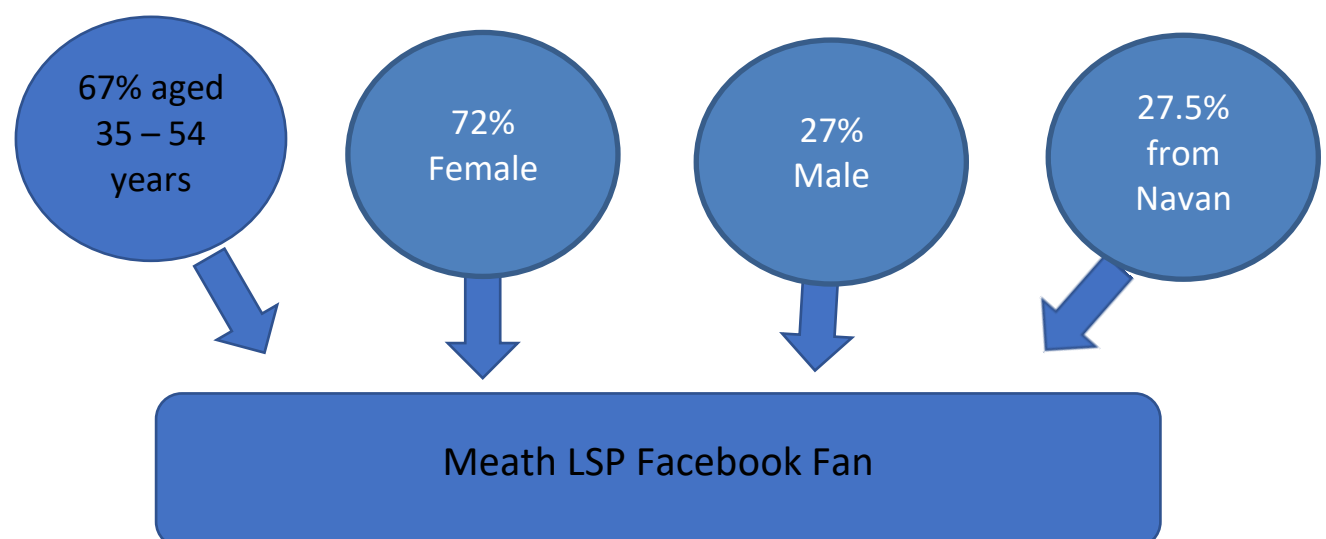


No. of Facebook posts increased by 17%.

The initial affect from COVID – 19 and enforced lockdown saw a decrease in reach in March (40,812) but a significant increase once online programmes established. With the blended approach of online and face:

face in June, reach extended to 119,525 people.

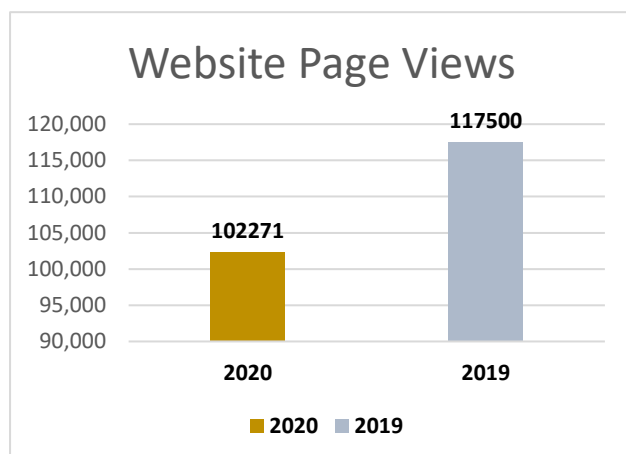
Meath LSP Facebook fan is typically:



Meath LSP created an Instagram account in January 2020. We gained over 700 followers in 2020 with 21,600 people reached through our grid posts. Our plan in creating an Instagram account is to have better engagement with those aged under 35yrs.

Reaching those over 55yrs through social media, typically male also creates challenges which we have yet to overcome.

WEBSITE ENGAGEMENT STATS 2020:



There was a 13% decrease in the overall number of website page views. A lot of traffic was lost due to the cancellation of the Royal County 5k/10k and Slane Castle 5km events.

On the flip side, there was a substantial COVID-19 bounce with participants accessing 0-3k, 3-5k, 5k+ podcasts. Such was the interest in those Podcasts, that the SDO team have decided to retain them in 2021.

EZINE/NEWSLETTER

Due to COVID-19 and the uncertainty of programme roll out in the first half of the year, the number of Ezine's produced was reduced by 50%. The two Ezines we did produce were distributed in January and October to 8000+ contacts. As an alternative to the Ezine, we placed more of a focus on the distribution of which were sent to over 8,000 contacts.

Summary of promotional materials distributed in 2020

- 900 Ezines printed and distributed to Cllrs, Meath Coco, TD's, Ministers, Sport Ireland, Older People, GP's/health centres, Resource Centres and disability services.
- 500 Family Fun Games booklets printed and distributed to Family Resource Centres and agencies.
- 300 Skip n Play flyers printed and distributed.
- 500 National Playday booklets printed and distributed.
- 70 flyers printed for Royal Rockets IWA Sports Club.
- 64 flyers printed and distributed for Volleyball event in Bettystown.
- 150 Community Sports Hub Navan timetables printed and distributed.

EDUCATION & TRAINING REPORT 2020

SAFEGUARDING 1 BASIC AWARENESS IN CHILD PROTECTION

Meath LSP offers a 3-hour basic awareness workshop for leaders within sports clubs/organisations. This workshop highlights the main principles of the Code and explores the measures which clubs can take to create and maintain the safest possible environment in sport for young people.

Due to COVID-19, workshops were delivered online via Zoom from July 2020. Breakout rooms and polls are used to keep participants engaged during the course.



249 participants took part in 22 workshops of which 16 of these workshops were online. A feedback survey was used at the end of each workshop to capture participant's review and comments, some of which are detailed below:

"More accessible - I have had difficulty attending previously as my work hours would not leave me enough travel time to make it to the course locations. This allowed new opportunities for me as a volunteer who must work my sport involvement around other commitments"

"Highly informative, well delivered, underpins the importance of us as sport personnel and our responsibilities to ensure the protection of those involved. Very engaging".

"Mary was an extremely good tutor. One of the best I have experienced. I learned a number of crucial points to take with me going forward."

This course is very much in demand. Our very knowledgeable tutor makes this course enjoyable and engaging by using real life scenarios and discussion.

SAFEGUARDING 2 CLUB CHILDREN'S OFFICER WORKSHOPS



Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club.

They are the link between children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on children and the club leaders.

The course is certified by Sport Ireland. On completion, participants can choose to progress on to Safeguarding 3 Designated Liaison Person Workshop.

60 participants took part in 5 workshops; 2 workshops took place face to face and 2 took place online via Zoom. Workshops were delivered online via Zoom from October 2020. As with the SFG 1 workshop, breakout rooms and polls were used to keep participants engaged during the 3 hr course. Participant feedback is captured at the end of each course via Survey Monkey.

SAFEGUARDING 3 – DESIGNATED LIAISON PERSON (DLP) WORKSHOP

The third part of the Sport Ireland Child Welfare & Protection Training Programme is the **Designated Liaison Person workshop**. Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children.

The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI.



11 people (M=6, F=5) took part in 1 workshop in 2020. Sport Ireland hadn't developed the online version of this workshop by end of 2020; this impacted negatively on our ability to deliver additional programmes due to COVID-19 restrictions. Generally, this course is well received and is viewed as being very informative & worthwhile.

SPORTS INJURIES FIRST AID COURSE

Sports Injuries First Aid is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers. The aim of the course is to ensure participants learn practical skills which enables them to deal competently with different injuries.

44 people (M=16, F=28) attended 4 workshops in 2020 (3 practical workshop delivered pre COVID & 1 online in October). A challenge remains in finding a solution to the delivery of the practical aspect of this programme – strapping, bandaging etc. Delivery of this workshop was reduced by 60% in 2020 due to COVID-19 and restraints placed on face: face delivery of practical sessions.

Participants who attended our online programme did enjoy it and found it to be “very beneficial & well presented”, but all did also comment that they would've preferred face: face delivery.

COACHING CHILDREN



Sport Ireland Coaching have developed 4 modules, specifically to provide candidates with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The concepts of Physical Literacy and Holistic Development run throughout the series of workshops and is covered in detail.

Why Coaching Children? Benefits to the Club & Child	
•	Fosters all-round development of each child
•	Facilitates skill acquisition later in life
•	Transfers abilities to other sports or within sport
•	Prevents injuries and burn-out
•	Increases long term participation in Sport
•	Improves sporting performance

Outcomes:

Meath LSP delivered a pilot countywide workshop to 20 coaches from a variety of different sports and coaching experience. Through feedback it is clear that a very positive outcome of the workshops is coaches embracing a different and more holistic outlook towards coaching children. At programme end, coaches reported that they changed the coaching sessions they were delivering a session with more fun and interactive engagement rather than delivering a miniature version of an adult training session.

Feedback from coaches in attendance:

"The course is a must for any volunteer before they get stuck into the skills of any one sport".

"The course will help the coach allow kids be kids and express themselves. It teaches you to acknowledge every effort the kid makes, no matter how small that may be".

"A great course if you want to understand who you are coaching".

"My mindset was very much concentrated on drills. The course was an eye opener for me in that it showed me you need to element of fun or even a play activity that's completely different to the sport to encourage the kids to practice freedom of movement rather than stick to rigid techniques of how skills should be practiced."

have an

completely different to the sport to encourage the kids to practice freedom of movement rather than stick to rigid techniques of how skills should be practiced."

Our plan in 2021 is for the further roll out of this excellent Coaching Children workshop. In order for this plan to be successful, more buy-in is required by the National Governing Bodies of Sport, particularly from those NGB's who have Sport Development Officers working on the ground here in Meath.

SPORTS LEADERSHIP

The Level 1 Award in Sports Leadership provides the ideal starting point for learners aged 15 years plus who wish to develop their leadership skills whilst under the direct supervision of their Tutor. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner.



Boyne Community School

The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. It includes a wide range of sport specific and generic games and also includes a logbook which learners must complete to obtain their certificate.

Participants learn the skills of communication, observation, teamwork and learn how about the preparation and planning of activities so they can develop, lead and evaluate their own activity which they delivered to the group. The course is assessment based with graduates receiving a Certificate



Ashbourne CS

from Sport Leaders UK on completion. A logbook must be completed and returned for assessment; participants must also pass and complete practical assignments in order to qualify for graduation.

Over the three days participants are exposed to a wide range of generic and sports specific modules whilst also learning about the role of the sport officials.

A total of 108 students completed the Sports Leadership training – 82 male & 26 females.

Feedback from pupils

"I loved the Sports Leader, a great way to try lots of different games and it definitely would encourage me to go on to be a coach/leader in school and in my club"

"I thought it was really good and our teacher is going to set up a Mentor Panel for first years and we will be leading games with them at lunch hour."

Feedback from teachers/club coaches

"The young people get so much from this course, we are so grateful to Meath LSP for coming over and giving us the opportunity to take part, we would love to make this an option for all our TY students in the years to come."

"You can see a difference in the kids that take part in this programme, they are much more open to new experiences and also volunteer more to help out at school events, which is great for them and for us, as teachers"

Leadership in Sport booklet



With funding support provided by Sport Ireland, Meath LSP developed a Leadership in Sport resource booklet. Through the delivery of the Leadership in Sport programme, leaders gain vital skills necessary to plan, lead and evaluate safe, enjoyable and active training sessions. This booklet will serve as a prompt and reference guide for those leaders when they are planning their own activities.

This booklet is made available to all participants on Meath LSP Leadership in Sport programmes.

SCHOOL ACTIVITY REPORT 2020

Covid-19 really played havoc in terms of our school programme delivery, both within the primary and secondary settings. As schools closed in March 2020 and only re-opened in September for students and teacher access, Meath LSP had to cancel all planned sport and physical activity programmes. Aside from rolling out the Sports Leader training, we only managed to coordinate four other programmes within schools:

- Cycle Safety (Jan – Mar)
- iRun for Fun
- Daily Mile challenge
- Online basketball training

DAILY MILE

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom.

Schools register with Athletics Ireland for the Daily Mile programme. Schools commit to organising their students to run/walk/jog a mile every day on the school's grounds. This can take place at any time during the day.



During the lockdown we still continued to liaise with schools to promote the Daily Mile while also promoting during Active School Week.

67 primary schools in Meath participated in the Daily Mile 2020 with two new schools signing up - Kentstown NS and School Bride in Kilbride. Total number participating in Meath in the Daily Mile is 6700



Feedback from teachers

"students love participating in the Daily Mile, it creates a lot of excitement "

"it's a great way for children to increase their fitness"

"It's such a simple idea but inclusive and anyone can do it"

ONLINE BASKETBALL Programme

Meath LSP provided online basketball resources for primary schools as part of our Covid Response to facilitate school with training for pupils during home schooling.

Online training resources included videos/training plans for teachers and pupils to follow over a 6 - weeks period. Demonstrations and Teaching points included for all age groups in primary school.

This was very popular with the 10 schools who took part and the 1250 students. Feedback from teachers:

“Great resource to have as no other teacher training resource available to us at the moment”

“Great ideas for skills and training sessions for children of all ages”

iRunForFun

This is a programme aimed at increasing activity levels of entire schools by encouraging engagement in recreational running in students of all levels of fitness. It also aims to give students an increased awareness of the importance of living an active and healthy lifestyle.



Schools register with Athletics Ireland for the iRunForFun Programme. An iRunFor Fun diary is available for anyone taking part in the programme. This programme is broken in to 6-week blocks, with all participants beginning with Phase A which enables them to get running. They then move on to Phase B and C which are more challenging training programmes. Participants can record their progress and training session in their diary keeping a personal record of their achievement.

4 secondary schools (120 students) received iRunForFun training diaries in 2020. Beaufort College, Ashbourne CS, Loreto, Boyne CS, Youthreach Trim and Youthreach Kells.



Feedback from teachers

“I want to start a new training programme with the 2nd years students and this is an ideal programme to incorporate into their daily routine” J Shields, Loreto

“Some of our students requested athletics as part of their Health and Wellbeing Module. This is an ideal exercise to motivate young people to start a new training routine” Sharon Lynagh (teacher) Trim Youthreach



Primary School Cricket Blitz Day

EUROPEAN WEEK OF SPORT 2020

European Week of Sport aims to promote sport and physical activity in countries across Europe. The week is designed for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, the aim is to inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more. As part of this European initiative,

Meath LSP held a number of events which took place during the week of 23rd – 30th of September.



Throughout the week, participants were offered opportunities to try new activities and if they enjoyed those activities, participants were provided with the further opportunity of participating regularly in that particular activity over a 4/6 week programme. We held 9 activities, two of which were aimed specifically at children with a disability and their families.

Event	Key Partners
Inclusive Canoeing	Ribbontail Paddlers Canoe Club
Skiping	Ashbourne Community Centre
Adventure Walk	Meath County Council
Orienteering	Irish Orienteering Association
Archery	Athboy Archery Club
Inclusive Sand Yachting	Irish Power Kite & Sand yacht Association
National Walking Day	Bettystown Beach Management Committee
Walking Event	Meath County Council
Pilates	Claremont Stadium Navan

Feedback received from some of the participants:

Adventure Walk – “This event gave us an opportunity to enjoy an afternoon together as a family after such a difficult few months”

Inclusive Canoeing – “The kids really enjoyed the chance to try out the canoeing, the club volunteers where really helpful and made everyone feel at ease”

Pilates- “Great morning in Claremont Stadium, really enjoyed the chance to come together in a small group again”

A photograph of three children standing on a grassy area under a dark canopy. The child on the left is wearing a red face mask and a patterned shirt. The child in the middle is wearing a red shirt. The child on the right is wearing a dark blue jacket. They are all holding a white sign that says "Involve" in large blue letters, with "A SUPER POWER FOR ALL!" in smaller black letters below it. There is a small butterfly graphic on the right side of the sign. A yellow and black bicycle is partially visible on the left. In the background, there are brick buildings, parked cars, and a paved path.

As in past, school events proved to be very popular with additional focus this year on road safety and traffic awareness. The school's events helped improve the children's confidence levels and overall feeling of safety in negotiating their cycle to school.

and received goodie bags which contained “bling for their bikes”.

A group of approximately 12 people, including children and adults, are gathered in a paved area, possibly a parking lot or a designated bike zone. Several individuals are standing next to bicycles. The background shows residential buildings, including a white one-story house and a two-story brick house. The ground is paved with cobblestones, and there are white markings on the pavement. The scene is outdoors during the day.

A group of cyclists is riding on a paved road. The lead cyclist is wearing a blue long-sleeved shirt and dark pants. The road is lined with trees and has white dashed lines. The sky is blue with some clouds.



Sunday 27th Sep, 2020, 2.30pm | Fair Green, Navan

NAVAN

Family Cycle

Visit NavanCycling.ie
to find out more!

#NavanCycling #BikeWeek2020 W/Bikeweek.ie









Organised by Navan Cycling Initiative | NavanCycling.ie

WOMEN IN SPORT 2020

Meath LSP run a suite of programmes targeting young girls and women in sport. When restrictions allowed in 2020, programme were delivered face:face and moved online to podcast series during lockdown. Programmes delivered included:

- 0-3k and 3-5k Running Programmes -face:face & Podcast series
- Active Girls programme
- Active Parents programme
- Women on Water
- Meet`n Train
- Online Dance programme
- Netball
- Online Pilates programme

0-3K, 3-5K & PODCAST SERIES

The main focus for 0-3 k/3-5 k programmes was to collaborate with athletic clubs and deliver the programme from there so participants could form a relationship with the coach and club making it easier to transition to club running when the programme was finished.



The clubs involved were Tara AC, Navan AC and Moynalty AC. Clubs given a grant of €400 in return for hosting a free 6 week “beginners programmes” with the goal to increase participation in recreational running and fitness for people in the local community.

The programme is designed to equip complete beginners to increase walking fitness and progress to jogging with relative ease. The tutor works with individuals in a group setting supporting them to reach their own personal goals throughout the six week programme.

322 participants completed the 6-week beginners programme.

“This programme makes running easy. It’s a real incentive to get up and out every week when you are meeting with a group. Me and my two friends joined but we have new friends now within the group, it’s a lovely atmosphere and the coach is lovely”

PODCAST SERIES – 520 participants

Meath LSP introduced a 0-3k Podcast Programme to ensure people who were participating on our face to face programmes had the opportunity to continue a guided training session with a qualified tutor (Andrea McGuinness). This programme was free of charge and open to everyone over 18 years. It was originally developed as a 6-week programme where participants received three separate training sessions per week via email. Exercise videos were available on our website for participants to view the exercises included in the programme. To encourage engagement and further motivate participants a Facebook Group was initiated which provided a platform for everyone to converse and keep in touch.

Due to a high level of interest a further 6 weeks programme was developed as a 3-5k Podcast Programme. There was a small charge of €10 per person to help cover costs and this also included three progressive sessions per week for six weeks.

Quotes from participants:

"I am absolutely loving the podcast. I was always a reluctant runner and would find any excuse not to go out or to stop when I was out. I find the podcast just amazing for motivation. Having Andrea in my ear talking me through the heavy legs and the hills and rain and any other obstacle I come across has just been honestly revolutionary!"



"I started your programme about 2 weeks ago and I love it. Thank you so much it has been brilliant having the podcast and being able to do it at your own leisure as I'm doing it at home in my house which I'm finding a bit cramped as I'm a bit nervous to actually go out and do it on the roads. I'm living in Navan and feel a bit embarrassed as I'm not a runner and I'm only starting out. "

ACTIVE GIRLS – 55 participants

The Active Girls programme is targeted at teenage girls in secondary schools who do not normally participate in sports or physical activity. The aim of the programme is to introduce girls to alternative fun ways to exercise in order to maximise participation and increase a sustainable healthy lifestyle. Elements of the programme will provide educational background that creates awareness of the impact exercise and fitness has on physical and mental health.

Partners on the programme include the Home School Liaison Officers, School Completion Meath, Secondary Schools, Trainers/Instructors.



Feedback from participants

"I really loved the Zumba class, I normally don't like sports, but this was great fun"

"The Zuma was good, but could we try other sports like Fencing or Kick Boxing"

Feedback from teachers

"Our girls loved this programme, such a shame it was cancelled due to Covid but would love to

see it back again, it's the only exercise many of the girls get as they don't participate in team games." Boyne CS

"This is a fantastic exercise for girls who do not take part in PE or any school team sports, it's a vital requirement for girls who have disengaged from sport" Beaufort

ACTIVE PARENTS – 46 participants



The objective of the Active Parents Programme is to provide an exercise class to parents when they drop their children to school. It specifically targets parents whose children are at risk of leaving school early. It helps to strengthen relationships between parents and school staff as well as introducing a positive attitude to health and fitness. Parents who are fit and healthy promote a healthy lifestyle in the home and therefore

increase the chance of their children leading a healthier lifestyle. In 2020 we have concentrated on more Deis Schools to ensure parents from disadvantaged areas get the opportunity to engage with the programme.

Active Parents Programmes takes place 1 hour a week over six weeks with the opportunity to extend if required. The home school liaison officer selects the parents and the school provides the space for the class. Meath LSP sources the tutor. Parents are able to choose the activity they would like to try giving them a sense of ownership of the programme. The cost of the programme is shared equally by Meath LSP (through Sport Ireland, Women in Sport funding) and the School Completion Project in the School.

Partners include Home School Liaison Officer, Beaufort College, Scoil Mhuire NS Navan, Mercy Convent NS Navan, St. Olivers NS Navan, Zumba Instructors, Yoga Instructors.

WOMEN ON WATER



Meath LSP and Trim Canoe Club collaborated to initiate a new water sports programme for complete beginners which aims to develop and promote paddle sports for women. This three-day programme

gives participants the opportunity to try paddle sports on the majestic Boyne Blueway in the beautiful heritage town of Trim.

The Women on Water Programme was designed to develop and promote paddle sports for women in Meath. In collaboration with Trim Canoe Club this programme included a 3-day structured coaching experience which ensured participants secured the knowledge of water safety, skills in canoeing and kayaking and gained confidence in the water. This first programme was open to the public, but places were also designated specifically for local disadvantaged areas in collaboration with Trim Family Resource Centre.

Quotes/Feedback:

"I can't believe I got the opportunity to try this, it is something I have always wanted to do, thanks so much for the opportunity."

"This has been the best thing I have ever done, and I fully intend to continue and join the club afterwards"

"Thank you so much for the opportunity to learn how to canoe, it has been the best experience ever and the instructors in the club were so helpful and patient, so much fun too"

MEET N'TRAIN – 28 participants

Meet n' Train is a "New" Outdoor Programme that includes a combination of Cardio, Strength and Stretching exercises to increase and maintain health and fitness. This programme is aimed towards women but also open to men and is inclusive of all ages (18+) and levels of fitness, from beginners to people taking part in exercise regularly.

Structured training classes that include a wide variety of exercises, including Walking, Jogging, Core, Leg and Arm exercises to promote strength, cardio fitness and an overall healthier lifestyle for all participants. It is suitable for all fitness levels with adaptations to each exercise to ensure inclusivity for all participants. It is rolled out over a six-week period, with a one hour long class each week. There is a continuous flow to each class where participants experience new and achievable ways to incorporate simple but fun exercises into their daily lives.

With Covid 19, plans to roll out this programme in the designated five areas were postponed but two taster sessions were able to take place when lockdown was lifted.



Feedback:

"I hope this programme comes back again, it's ideal for me as I haven't done any form for exercise for so long and it was a great introduction to get me kickstarted again."

"This is a brilliant programme because you get to experience so many different types of exercise and it was great to train with others at the same level"

ON-LINE DANCE – 378 participants

The main objective of the On-line Dance Programme was to introduce a free inclusive programme during the Covid 19 Lockdown where people could access a guided exercise programme from the safety of their own homes. It was designed to ensure compatibility for every user regardless of their age or fitness level and it incorporated a collective “feel good” attitude to promote positive mental health.



Each exercise programme was developed and delivered by a qualified dance tutor. The programme was delivered in an easy to follow segments which included Warm Ups/Cool Downs as well as the main sections of the programme. Songs were chosen for their positive imaginary and feel good feeling to promote positive mental health during the Covid crisis. It was delivered in a fun, inclusive manner which provided a positive learning experience for participants. Each section was delivered in step by step process and participants were able to access the videos as many times as required to learn the routine.

NETBALL

The Netball Programme was initiated in 2019 and continues in 2020 to support a club start-up. Collaborating with Netball Ireland to ensure the group receive coaching support and have a venue to



We plan to continue to promote programme to expand participant base. Work with Netball Ireland to ensure coaching and support are being provided on an ongoing basis. Expand the programme to other areas in Meath.

ONLINE PILATES – 65 participants

The Online Pilates programme was designed during COVID-19 to allow adults 18+ to try Pilates at a beginner level. Adults 18+ were eager to try a new programme at home when restricted by government guidelines.

The popular programme continued all the way through COVID-19 restrictions. Our beginner Pilates participants really excelled and took part in consistent activity over the that 24 week period.

Classes were all recorded and sent out to all participants after the class which meant they could complete the class more than once a week and participants who missed the class due to work or family life could complete in their own time. This was a huge factor for participants who participated regularly throughout the week.

20X20 CAMPAIGN

As part of the Federation of Irish Sports 20x20 Charter Meath LSP- committed to expand the participation in sport for women and girls in Meath by 20%.

This was achieved by putting a strategy in place to expand all of our Women in Sport programmes with special concentration for women in the hard to reach areas.

We worked to expand our working relationships with other stakeholders, i.e. Schools, Family Resource Centre, Travellers Workshop, Clubs and Community Groups to ensure we had a partnership approach to secure sustainability across all sectors

of sport and physical activity for women in Meath. Our programmes included 0-3's, Active Girls, Active Parents, Podcasts, Women on Water, Meet & Train, Netball, Online Dance, and Online Pilates.

In 2020, we provided 8 new Women in Sport Programmes. Two of these comprised of new virtual/online initiatives in response to the Covid pandemic. In schools we also provided 4 online physical activity programmes to support students working from home, these included, Kickboxing, Pilates, Yoga, Circuit and Strength.

In total 1370 women took part in our 2020 programmes/initiatives which spanned the entire county and extended countrywide with the virtual/online programmes. Feedback from these programmes included comments from women of all ages saying that these programmes helped to maintain not only physical fitness but also mental health during a very difficult transitional period in their lives with the Covid lockdown. Others mentioned that we were a life source to positive mental health during this time.

Key results:



Meath LSP delivered a 30% increase in media coverage for our Women in Sport programmes in 2020, creating more visibility for Women in Sport.

We achieved a 30% increase in female participation across our programmes in 2020. Very successful drive when you consider the impact Covid-19 was having in 2020.



MEATH SPORTS ABILITY PROGRAMME 2020



Meath LSP works closely with National Governing Bodies (NGB's), local sports clubs, Health services, Disability services, Disability groups, parents and individuals with the primary aim of providing opportunities for children and adults with a disability to be physically active.

Providing these opportunities can come in various ways including direct programme role out, club development, programme/event support and Education & Training.

Covid-19 caused some of our 2020 programmes to be postponed or moved to an online

platform. Programme delivery was a blended approach for the majority of 2020 while being mindful of current public health guidelines. The 3 main programme categories were:

1. In Person Programmes
2. Online Programmes
3. Training & Education

IN PERSON PROGRAMMES:

The delivery of our in-person programmes was impacted due to the Covid-19 restrictions although before the restrictions we did managed to start rolling out our Learn 2 cycle, Swim Ability, Prosper Meath/ TY Students initiative and HSE Mental Health group programmes. All these programmes are well established over a number of years and once again had started off successfully in 2020.

The restrictions did cause the cancellation of some programmes, but we did manage to work within the guidelines and run both an Inclusive Summer and Halloween Multi- Sport camp for children with Autism/ Intellectual disability, where we worked in partnership with a variety of National Governing bodies including Hockey Ireland, FAI, GAA, Leinster Rugby and Tennis Ireland.

Run Jump Throw a multi- activity 6-week programme aimed at improving participants fundamental movement skills through fun games/activities was rolled out in 2 different areas. The majority of the participants attending where aged 6-12 years with the primary disability being Autism, feedback from the participants was really positive and the aim going forward would be to increase the reach of the programme to different areas throughout the county.

ONLINE PROGRAMMES:

The nature of the delivery of our programme roll out changed to online during the heightened periods of the pandemic. Throughout this we managed to deliver a variety of different activities including Zumba, Circuit Classes and a Kite Flying workshop. The way we engaged participants was directly through the disability groups – Prosper Meath, Louth/Meath Down Syndrome branch, Autism support groups and National Learning Network. The direct engagement with the groups really helped with participants buy in on the programmes and this was especially vital when working with the adult day services Prosper Meath & National Learning network as staff assisted service users with the technology needed to participate. These online classes where an important outlet for people, allowing them the opportunity to see and interact with their friends.

Aside from direct engagement we also rolled out a series of adapted Weekly Skills Challenge videos on the Meath Sports Ability Facebook page. These weekly videos comprised of a series of adapted indoor/ outdoor skills challenges for families to try out at home. The aim of this concept was to use minimal equipment and incorporate the use of household items. The initiative was a big hit and the videos reached over 6300 people online!

TRAINING & EDUCATION:



The delivery of our range of Inclusive Training courses was varied between Online and in Person. Autism in Sport was hosted in person to 20 coaches/ volunteers from a variety of different clubs/groups. The course gives a starting point for coaches on how to help include a person with Autism in a sport or activity.

Disability Awareness Training is the most basic training provided by CARA (National Pan Disability Organisation) and is a really good first step for people looking to become involved in inclusive activity. These courses were delivered by the SIDO in Meath LSP to 95 Local TY students who then went on to host a 6-week initiative with a Prosper Meath Group.

We also partnered with Cavan LSP to deliver an online version of this workshop to 22 participants.



Breakdown of event participants:

Programme Category	Total Participants
In Person Programmes	126
Online Programmes	84
Training & Education	137

Feedback:

Inclusive Summer Camp – “Enjoyed by us and the kids, it was great to have something to look forward to in these hard times.”

Zumba Online- *“We are sorry Zumba is finished Adam will miss it and meeting his friends has been important too Hopefully you will be able to do more zoom classes as soon as possible”*

Autism in Sport- *“The workshop was really informative, it has given me more confidence in my role, and I will be encouraging other club coaches to do the course”*

SPORTS INCLUSION CAPITAL INVESTMENT 2020



Under the Dormant Account Sports Inclusion Disability Project Capital Support fund, Meath LSP collaborated with Ribbontail Paddlers Canoe club in Longwood.

Meath LSP has been working with the excellent team in Ribbontail in rolling out inclusive programmes which accommodate participants who have a disability. Ribbontail have a core group of volunteers passionate about opening up their facilities to people of all abilities.

Funding Impact:

In total over €6600 was invested in the kayaking equipment for the club - this included tandem Kayaks, Stand Up Paddle (SUP) boards, paddles and kayaking gear. The additional equipment provides for increased activities offered by the club particularly for people who present with a disability.

The club held a come & try session for children with a disability as part of European week of Sport 2020 which was a huge success. Meath LSP are delighted with how this partnership with Ribbontail Paddlers Canoe Club is developing and the commitment shown by the club's volunteers in providing their time to the delivery of our programmes.

OLDER PEOPLE REPORT 2020

Meath LSP provides physical activity programmes for older people in Meath to increase participation levels annually. In 2020 939 older people were active through Meath LSP programmes.

Older people had the opportunity to participate in the following programmes in 2020:

1. Mature Movers Activity Programme / Online
2. Games for Life
3. Circuits for 50+
4. Dance in the Park
5. Walk n' Tone

MATURE MOVERS

The 6 week programme for adults (50+) includes activities such as seated exercises to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises.

Programme aims:

- To provide a 6 week activity programme to include seated exercise to music, resistance training with resistance bands, core stability, balance, fall prevention and seated Pilates.
- To improve functional movement and mobility
- To provide a social outlet where older adults can come together irrespective of socio economic background, ability, gender or age.
- To reduce the feelings of loneliness and isolation
- To provide an environment which is safe, fun and accessible for all
- To maintain cognitive function and overall sense of health and wellbeing

Pre – Covid

We completed nine x 6 week face to face blocks before government restrictions prevented further roll out in March. These were completed in Trim, Navan, Donore, Stamullen, Ashbourne, Athboy, Kells, Dunboyne and Laytown. In total, 240 older adults participated, 192 female and 48 males.

During Covid-19

As facilities were closed, we looked at other ways we could provide an outdoor mature movers class safely. We piloted two outdoor classes in Kilmainhamwood nursing home and Knightsbridge nursing home. There were 30 participants overall who participated with 26 females and 4 males.

In August 2020 we went online with the programme, we filmed 8 seated exercise classes with our tutor. Participants registered and received 2 weekly videos through email link. 42 older people signed up for the online programme. SDO gave support to participants around registering and accessing the videos.

Older people were delighted to get the opportunity to take part in a class from the safety of the own home but also get the interaction with their tutor.

Older people's functional movement was decreasing over the COVID restrictions which in turn lead to higher chances of falls. It also had a major effect of older people's mental health. The resources and online videos eased these issues and helped maintain their functional fitness.

Resources:

Meath LSP posted resources to our database of older people. The resources included a booklet with exercises (seated and standing) and tips on keeping active through the restrictions. This was very well

received by older people. Resources were received by 350 older adults. We mailed a second resource in June which had additional exercises and diagrams for older people to follow.

Feedback

"This class is so important to me, I would be lost without it"

"The joined the class 6 weeks ago and I feel so much in myself and have more energy"

"Mature Movers is a great fun and we love chatting together after it"

Games for Life

Games for Life is a series of physical activity programmes and games designed for older adults and adults with disabilities. Games for Life also provides training in the games for the groups so they can implement activities in their group setting with ease. Games for Life includes the following games; Boccia, Kurling, Bowls, Go for Life Games, Box Hockey and Cornhole.

Games for Life aims to provide adapted games at a reduced cost and training in the games to older people, community groups and disability groups.

- To maintain the health and functional capacity of the increasing elderly population within Meath.
- Capacity build older people through training in adapted games.
- Educate older people on the effects of adopting healthier lifestyles and encourage behaviour change (such as more involvement in group activities).
- Deliver 3 local leagues to active retirement groups.



Bowls league commenced in February including 15 teams and 150 participants. Overall there were 96 females and 54 males. The league was incomplete due to covid-19.

Feedback

"Games for Life has rejuvenated our active retirement group. Our members really enjoy the activities and meeting up with other groups at the league meetings"

"Our group love the Games for Life programme. Nearly all our members are active now with one of the activities"

CIRCUITS 50+

The programme for adults (50+) is circuit based i.e. there is 10 stations with body weight exercises and game based activity like Cornhole, Balloon Badminton/Volleyball and Tennis. The physical activity session will be led by a tutor for 1 hour per week.

The aim of the programme is to provide a physical activity programme for older adults which includes exercises to improve strength, mobility and fitness. The programme is aimed at adults that are mobile and want to participate in activity that will improve their fitness.

This programme helps improve:

- Muscular and skeletal system

- Cardiovascular system
- Prevent trips and falls
- Improves social interaction while reducing loneliness
- To maintain cognitive function and overall sense of health and wellbeing

3 six week blocks were completed in three areas across Meath; Trim, Navan and Laytown. There were 40 participants that took part overall. 30 of those were female and 10 were male.

Feedback

"This was great, it really got me moving, I enjoyed playing the sports like tennis and volleyball"

I really loved the programme, I haven't moved like that in years"

"Great fun, really feel like I'm working out, can't wait to come again"

DANCE IN THE PARK

In June 2020 Meath LSP in association with Meath County Council organised a Come n Try Dance programme for people over 55+ in Blackwater Park. This was the first physical activity programme to take place face to face since COVID-19 began. The programme was an instant success and showed the need for older people to have a social outlet in a safe manner. The dance classes introduced participants to line dancing and Waltz and was suitable for beginners.



Meath LSP aimed to pilot a 6 week dance programme in Blackwater Park in line with government restrictions. This progressed into a further 6 week programme due to demand. We wanted to provide older people with an opportunity to be active face to face outside but in safe manner.

Regular physical activity through our proposed dance activity significantly improved their aerobic power, lower body muscle endurance, strength and flexibility, balance and agility. This new initiative can also reduce the prevalence of falls and cardiovascular health risks.

Reduced feelings of depression and loneliness: This programme will give older people an opportunity to interact socially.

Other benefits of regular physical activity on this population group include:

- Better posture
- Improved bone density
- Greater Stamina
- Improved strength
- Less stress and tension
- Potential reduced risk of heart disease, high blood pressure, osteoporosis and diabetes

WALK N' TONE



The programme for adults 55+ is a walk incorporated with gentle exercises. The walk is at a pace where participants will benefit physically.

The gentle exercises consist of bodyweight exercises intending to improve muscle strength, mobility, flexibility and co-ordination. The duration of the session is 45 minutes – 1 hour a week depending on the physical activity levels of

the group. The use of public walking tracks was utilized where possible.

The main objective of Walk n' Tone was to increase the physical activity levels of older adults 55+. The programme was aimed at older adults 55+. The programme was rolled out in 5 areas around Meath, Kells, Navan, Nobber, Stamullen and Trim. The programme was designed to enable older adults to become physically active through walking and light toning exercises. This type of exercise helps improve strength, mobility and fitness.

- Muscular and skeletal system
- Cardiovascular system
- Prevent trips and falls

5 six week blocks were completed. There were 46 participants that took part overall. 39 female and 7 males.

Men on the Move - Ashbourne



MEN ON THE MOVE 2020

The aim of the Men on the Move Project (MotM) is to increase physical activity levels amongst men over 30 years of age. The emphasis in the project is to create awareness and understanding of the importance of physical activity and the health benefits not just on physical health but on mental health and well-being. The project is a partnership project between Meath LSP and the HSE. There is also media support from LMFM, the Meath Chronicle, local newsletters and free sheets. Other partners include GAA Clubs, Family Resource Centres and Men's Shed Groups.

The MOM programme is a free, twelve-week community-based 'beginners' physical activity programme for inactive adult men. It consists of structured group exercise twice a week, two facilitated experiential workshops, a twenty-four-page health information booklet, a pedometer for independent physical activity sessions, weekly phone contact, a customised wallet card to record measures taken and a 5 km celebration event at the end.

The impact of Covid-19 on the MotM programme was significant. We tried to engage regularly through zoom classes with some degree of success. However as soon as restrictions allowed, we reverted to face:face meetings which men prefer. They enjoy the craic and the banter associated with coming together to participate in activities.

Programme roll out

Quarter 1 - The programme was rolled out in 3 areas twice weekly for 6 weeks. Only 3 weeks of block 2 was completed due to COVID-19.

		NAVAN	ASHBOURNE	KELLS
Q1	Pre Covid Face to face	22	25	10
Q2	Zoom classes	12	16	5
Q3 July to Aug Sept	Zoom classes Face to face	12 25	16 35	5 10
Q4 Dec only*	Face to face	15	25	10

*Lockdown from October to November – no appetite amongst the men for additional zoom classes

Feedback from some of the men:

Kells participant *"Miss meeting as a group, hard to keep going on your own"*

Navan participant *"Made my week hearing we were back!"*

Ashbourne participant *"Delighted to be back, miss the craic with the lads"*



Navan *"Great to be back, you don't realise how much you depend on it when it's gone"*

MOVE MORE FITBIT CHALLENGE 2020 CASE STUDY

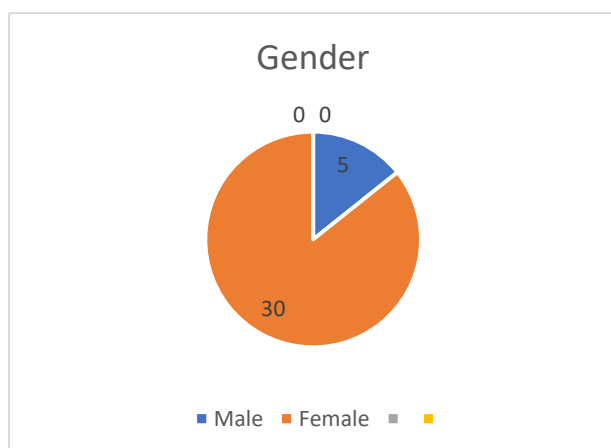
The Move More Fitbit Challenge is a 12 week programme aimed at people 18+ * that are currently not active or with very low sedentary levels of participation. Overall aim is to ensure that all adults are reaching the National Daily Guidelines for Physical Activity – 150 active minutes per week. The Move More programme aims to increase and track activity levels amongst participants with the aid of the Fitbit wristwatch. Meath LSP provided all participants with a Fitbit for the duration of the programme recording movement (steps & active minutes) over 12 week period.

PARTICIPANTS

Demographics:

Age	Participants
18-25	5
26-40	20
41-55	25
56-70	6
71+	1
TOTAL	35

Male/Female breakdown



Age Profile

PROGRAMME ROLL OUT

Pre programme:

Participants were required to attend a pre programme information evening – 3 information sessions were arranged in different locations to allow participants attend the session most convenient to them. (Laytown, Stamullen and Kells).

Mid programme:

Meath LSP organised mid programme meetings to support participants that had any issues or challenges. Participants also received nutritional information in relation to sugar and portion sizes.

Programme end:

All participants were requested to complete an online survey via Survey Monkey to gauge their overall feedback with the Move More programme.

Programme targets

	% Meeting Active Minutes	Comments
Block 1 - Weeks 1-3 (45 active minutes per week).	91%	Actively meeting target at week 3

Block 2 - Weeks 4-6 (60 active Minutes per week).	94%	Actively meeting target at week 6
Block 3 - Weeks 7-9 (100 active minutes per week).	77%	Actively meeting target at week 9
Block 4 – Weeks 10-12 (125 active minutes per week).	80%	Actively meeting target at week 12

MOVE MORE PROGRAMME SURVEY

94% of participants completed the online survey (no.27). Comparison was made between pre programme survey and post programme (online) survey.

SUMMARY FINDINGS

	PRE PROGRAMME	PROGRAMME END
HEALTH:	%	%
Very satisfied/satisfied	31	81
Dissatisfied	74	11
PHYSICAL ACTIVITY LEVELS:		
Very satisfied/satisfied	58	76
Dissatisfied	77	7

Participant Objectives:

96% of participants who responded to the survey stated that they achieved their objective in participating in the Move More programme.

Comments made by participants in how they achieved those objectives are detailed below:

“My main reason for taking part in challenge was to get fitter, find time for myself and lose some weight. I currently have lost 10 lb, I'm on holidays and feeling rather confident”

“I am absolutely amazed how I did in the 12 weeks. From the week that I met in the group at the information talk, I felt so positive that I could achieve this, and I set myself my own goals and targets with the reasons on why I wanted to do the programme. I signed up to do couch to 5k programme and I am really enjoying it.”

“I was more aware of how active I was each day. I never paid attention before. I felt proud when I saw active minutes. Unfortunately, I haven't changed how I eat but I will remember to work on that. I did spend more time out with the kids to build up steps”



CONCLUSION

The Move More programme appealed to all abilities and across the generations.

All participants on the Move More programme found the Fitbit device acted as a good motivational tool on a daily basis to being more active.

Over a 12 week period the participants made significant improvements to their health and physical activity levels.

The qualitative data shows that programme had an impact on weight loss and improving activity levels not only for participants but within the participant's wider family network. Overall the quantitative and qualitative data proved that the Move More Fitbit Challenge programme has the capacity to change people's lifestyles.

PROGRAMME REPORT – 2020 in numbers

	Total of Participants	Total of Individuals	Total Breakdown M/F		Total No. of Programmes	Total No. of Blocks	Total No. of Areas	Funding	Lead Agency
			Male	Female					
Education & Training									
SFG 1	249	249	129	120	1	22	4	Sport Ireland	
SFG 2	60	60	20	40	1	5	1	Sport Ireland	
SFG 3	11	11	6	5	1	1	1	Sport Ireland	
Sports First Aid	44	44	16	28	1	4	2		
Community Coaching Award								POBAL - Community Coaching	LSP
Disability Awareness Training	95	95	60	35	1	1	3		LSP
Autism In sport	20	20	3	17	1	1	1		CARA
Sports Inclusion & Disability Awareness Online	22	22	10	12	2	1	1		LSP
Coaching Children								POBAL - Community Coaching	LSP
iCoachKids	20	20	6	14	2	2	1		LSP

Schools									
School Sports day	0	0	0	0	0	0	0		
Cycle safety programme	490	490	261	229	1	56	7	Eurolink M3	Cycle Safety School
School Cricket Programme								Sport Ireland	Cricket Leinster
School Olympic handball								SI/Cricket Leinster	IOHA
School Badminton								Sport Ireland	Badminton Ire
School Hockey								Hockey Ireland	Hockey Ire
School Basketball								Basketball Ireland	Basketball Ire
iRunFor Fun	120	120	37	83	6	1	6		Athletics Ireland
Daily Mile Challenge	6500	6500	3250	3250	65	1	65		Athletics Ireland
Sports Leaders UK	108	108	55	22	4	1	4	Dormant Accounts	Sports Leader
PlayRugby	2536	2536	1254	1282	35		35		
Blazing Saddles								HI - CYPSC	LSP
Active Schools Week								POBAL - CSH	LSP
Communities/clubs									
Bike week	369	369	217	152	1	1	5	DTTAS	LSP
Meath Running Group	95	95	34	61	1	1		WIS (SI)	
Longwood Running Group									Longwood AC
Local sports conferences									
Men on the Move	60	60	60		1	6	3	HSE	LSP
Gaelic for Men 40+	40	40	40		1	6	3		GAA Clubs
Fishing4Fun								HI - CYPSC	LSP
Street Soccer League								MCC - CG	LSP
Family Events									LSP/Cricket Leinster
Online Fitness Challenge	280	280	102	178	1	1	1		LSP
Family Fun Games (no's correspond to online engagement) *	27369								LSP
Kite flying	77	77	22	55	1	1	5		LSP
Community Sports Hub									
Boxing	4	4	4		1	1	1	POBAL - CSH	LSP

Basketball	49	49	25	24	2	1	1	POBAL - CSH	Club
Women on the Move	20	20		20	1	1	1	POBAL - CSH	LSP
Buggy Buddies	9	9	0	9	2	2	2	POBAL - CSH	LSP
Cheer Dance	28	28	0	28	1	1	1	POBAL - CSH	LSP
Clonmagadden Activities	19	19	13	6	1	1	1	POBAL - CSH	LSP
Couch to 5K									
Community Walk	5	5	2	3	1	1	1	POBAL - CSH	LSP
Fun Games	19	19	13	6	1	1	1	POBAL - CSH	LSP
Games on the Green								POBAL - CSH	LSP
Halloween Camp	19	19	11	8	1	1	1	POBAL - CSH	LSP/NGBs
Indoor Futsal	10	10	10	0	1	1	1	POBAL - CSH / HI - CYPSC	LSP
Jiving(MTPHC)								POBAL - CSH	MTPHC
Late Night League								POBAL - CSH	LSP
Multi-Sport Activities	47	47	24	23	1	1	1	POBAL - CSH	LSP/NGBs
National Play Day	255	255			1	1	1	Dept. CYA	LSP
National Recreation Week								Dept. CYA	LSP
Olympic Handball								POBAL - CSH	LSP
Park Walk								POBAL - CSH	LSP
Track Walk								POBAL - CSH	LSP
Unihoc								POBAL - CSH	LSP
Walk'n'Tone								POBAL - CSH	LSP
Fitstep	27	27	1	26	1	1	1	POBAL - CSH	LSP
Walking Football	11	11	11	0	1	1	1	POBAL - CSH	LSP
Orienteering	45	45	15	30	1	1	1	POBAL - CSH	LSP
Soccer on the Greens	34	34	26	8	2	1	2	POBAL - CSH	LSP
Run, Jump, Throw	15	15	9	6	1	1	1	POBAL - CSH	LSP
Disability									
Activity Camps	25	25	17	8	2	1	1		LSP/NGB's
Wheelchair Sports Club	10	10	2	8	1	1	1		LSP/IWA
Learn 2 Cycle	12	12	7	5	1	1	1		LSP
Swim Ability	8	8	4	4	1	1	1		LSP
Prosper/Ty Initiative	20	20	13	7	1	1	1		LSP
Move More Participants	5	5	2	3	1	1	1		LSP
Prosper Kells - Zumba Online	8	8	3	5	1	1	1		LSP
NLN Online Circuit Class	25	25	13	12	1	1	1		LSP
Learn 2 Run CAMHS	10	10	4	6	1	1	1		LSP/HSE

VI Tennis	6	6	4	2	1	1	1		Tennis Ireland
Run Jump Throw	15	15	10	5	2	1	2		LSP
Kite Flying - Louth Meath DS Branch	9	9	4	5	1	1	1		LSP
Mass Participation									
Royal County									
OT National Walk day									
Slane 5K									Parents Assoc.
Colaiste na Mhi 5K								POBAL - CSH	Colaiste na Mi
Colour Run									
European week of Sport 2020	139	139	50	89	8	1	8	Sport Ireland	LSP
Older People									
Games for life	120	89	31	58	1	3	2	Sport Ireland sec. 5	AR and Disability Groups
Mature Movers	600	200	12	188	1	30	10	Sport Ireland sec. 5	AR and Disability Groups
Fitness Made Easy	15	15	5	10	1	1	1	Local Gym	Local Gym
Go for Life Games								Go for Life	Go for Life
Circuits for Over 50s	40	40	16	24	1	2	2	Sport Ireland sec. 5	AR Groups
Women									
Learn2Run/Couch to 5k								POBAL - CSH	Athletic Clubs
0-3k and 3-5k	322	322	35	287	3	2	3	Sport Ireland	MLSP
Podcast Programme	520	520	53	467	2	4			MLSP
Online Dance	378	378	31	347	2	2			MLSP
Active Leadership									MLSP
Active Girls	55	55		55	3	1	3	HSE	MLSP
Active Parents	46	46		46	4	1	4		MLSP/LMETB
Ladies Tag Rugby									Navan RFC
Ladies Netball	13	13		13	1	2	1		Netball Ireland
Women on Water	8	8		8	1	1	1		Trim Canoe Club
Pilates (Online)	135	135	18	117	1	2	0	WIS	Meath LSP
Community Walks								POBAL - CSH	LSP/Walk Leaders
Meet`n `Train (taster)	28	28	6	22	1	1	1		MLSP
TOTAL	41753	13953	6086	7581	191	195	216		

* Online engagement as opposed to registration - early in COVID 19 when we thought the pandemic would end by May!