

Sports Inclusion Development Programme 2016

Fáilte / Welcome

With support from Sport Ireland and the Health Services Executive, Offaly Sports Partnership continues to employ a Sports Inclusion Development Officer (SIDO), Ms Aoife Byrne on a part time (three days) contract.



The SIDO's role is to: -

1. Support the delivery of physical activity and sport programmes with the aim of increasing the number of people with disabilities (including mental health difficulties participating in sport and physical activity; and
2. Create opportunities for improved quality of life for other target groups (e.g. disadvantaged communities, low income communities, migrants, older people, people with a disability, the unemployed, travellers, women and girls, youth at risk) of Offaly Sports Partnership

In an effort to address these objectives, the SIDO has delivered a range of physical activity and sport programmes for people with disabilities; and delivered two community coaching programmes for the unemployed; as well as leading out on the delivery of a level 1 in sports leadership for young people (delivered with the kind permission of Sports Leader UK). The following pages will give an overview of the SIDO's in 2016: -

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January

Operation transformation



In conjunction with Bury Quay we delivered a walking / jogging programme as part of their Operation Transformation project. The programme began with a weigh in for all participants on Monday, 4th January; followed by the commencement of the walking programme on Wednesday, 6th January. The participants then went on to meet every Monday, Wednesday and Friday in Tullamore Town Park to take part in the programme. Weekly weigh ins, diet and nutrition talks, and demonstrations on healthy eating were also available; while the participants also followed

the Operation Transformation television programme, and went on to reap the combined benefits of healthy eating and physical activity.

Irish Wheelchair Association / Transition year boccia

A new partnership between the Irish Wheelchair Association, Ballinagar and Coláiste Choilm, Tullamore, which we hope will continue into the future; this programme is an integrated Boccia league hosted by transition year students.

The programme began with a training day for the students which entailed learning how to play and officiate a boccia game; and how to organise a tournament. On Tuesday, 12th January, the first round of the league was played. The programme ran for a further three weeks with the Irish



Wheelchair Association securing the title in its inaugural year. The programme was an excellent way of promoting inclusion while also developing students' skills in the areas of disability awareness and inclusion. The Irish Wheelchair Association participants enjoyed the interaction with the students; and the competition between the teams.



In addition to the Sports Inclusion Development Programmes delivered in January, a pilot **level 1 qualification in sports leadership** was delivered in Tullamore College for transition year students. The level 1 qualification in sports leadership provides students with the necessary skills to lead simple physical activity and sport sessions with groups in schools, the community and in clubs. 30 students participated on the programme, and as part of their leadership module led "couch to 5k" sessions for fellow students as part of the college's "Operation Transformation" programme. This programme concluded with a 5k run in the Tullamore Harriers.

February

Inter schools sports day for schools with special education needs units, Tullamore (2015 / 2016)



Monday, 1st February saw the delivery of our popular inter school sports day for schools with special education needs units. Once again, Coláiste Choilm Tullamore were happy to provide us with a facility and to assist us with the delivery of the day.

Adam Clark from Special Olympics Leinster attended this event, acting as Master of Ceremonies for the day; while David Hannon (a local Special Olympics athlete) presented certificates and gave a brief oration on his achievements with Special Olympics, and the positive impact Special Olympics has had on his life. The programme continues to grow with excellent feedback from all involved, and it is hoped to expand the programme in September.

National Council for the Blind in Ireland (Offaly branch) gym programme



Working for People with Sight Loss

Delivered in conjunction with Aura Tullamore, this programme offers people with sensory disabilities the opportunity to experience a range of exercise classes such as spinning, resistance and weight training, etc. The programme also promotes social inclusion and



integration in leisure facilities.

Midlands bocchia league

The third round of the Midlands Bocchia League, a pan disability cross county (Offaly / Westmeath) programme, took place in February.





Disability inclusion training

Delivered in conjunction with the CARA Adapted Physical Activity Centre, and on behalf of our community coaching programme, 30 people from a variety of backgrounds took part in this training.



In addition to the Sports Inclusion Development Programmes delivered in February, delivery of a **community coaching programme for the unemployed** commenced in Tullamore. The community coaching programme provides the unemployed with the necessary skills to lead out physical activity and sport programmes in the community; as well as providing participants with the skills for employment in the industry, or opportunities for further education in the sports sector. 12 people took part in the programme.

March



Disability awareness

As a result of a presentation delivered by the SIDO at an “Additional Needs Seminar” in the Tullamore Court Hotel where members of Inclusion Ireland were present; the SIDO delivered a presentation on Disability Awareness and Sports Inclusion to Ballinamere Foróige on Friday, 4th March.

This workshop (contact time 2 hours) is designed to build awareness around people with disabilities participating in community sport & physical activity.

Midlands boccia league

The final round of the Midlands Boccia League took place in March. Offaly’s Irish Wheelchair Association (team 1) secured the title in a hotly contested game against Shooting Stars from the National Learning Network, Athlone.



Inclusive Easter camp

In support of the work experience module for community coaching in Tullamore, participants supported the delivery of an inclusive easter camp from the 22nd to 24th March. 26 children participated over the course of the three day camp.

April



Irish Wheelchair Association / Transition year boccia

An existing partnership between the Irish Wheelchair Association, Cloghan and Banagher College, this programme is also an integrated four week Boccia league hosted by transition year students.

Get Active with Fitsquad

Delivered in conjunction with Fitsquad Edenderry, this programme is a fitness programme for adults with intellectual disabilities.



CARA Regional Meetings



Adapted Physical Activity Centre

The CARA APA Centre held their regional meetings for SIDOs across the month of April. These meetings provide an opportunity for SIDOs to meet each other and discuss programme ideas and work plans. A representative from Sport Ireland, Declan O'Leary, also attended this meeting to discuss his vision of making disability sport and inclusion a priority for all sections of Sport Ireland. The main focus of these meetings was around education and training, and reporting procedures. The launch of the 2016 National Inclusion Awards were also discussed, and having previously had a winner from Offaly in 2015, we would love to see our county represented again. If you would like to find out more about these awards, please visit the [website](#)

Boccia referee training

In support of our Midlands Boccia League, staff and service users were trained in the officiating of the game to ensure the long term sustainability of the programme. Training sessions were delivered in Birr and Tullamore for over 20 people.





May

Walking challenge

Offaly Sports Partnership's annual walking challenge recommenced in May and ran until July. The programme is an amalgamation of various walking challenges (e.g. Get Ireland walking 21 day challenge, Irish Heart Foundation step / time / distance challenge, etc) , and encourages participants to walk as far as they can in the two month period. Birr, Edenderry and Tullamore walks were peer led with almost 100 service users from seven services (Community Mental Health Services, KARE, the Muiriosa Foundation, National Learning Network, RehabCare, Riverview Resources and St Cronan's Daycare Services) taking part and aiming to complete either 19k, 29k, 39k or 40k+ distances during the course of the challenge.

Inclusive Karate

With the support of Braveheart Shotokan Karate, karate taster sessions for children with disabilities and their siblings, and people with disabilities was held. Following the success of the taster sessions, a club was established and now trains regularly in Tullamore.



Offaly Public Participation Network (PPN) Community Supports for Disabilities Open Day

On Monday, 23rd May, the Offaly PPN hosted an open day to promote local community supports available for people with disabilities. Guest speakers, Adam Harris (ASIAM); and Martin Naughton (Áiseanna Tacaíochta) provided an insight into the sector. Workshops were delivered on yoga for children, massage, reflexology, special needs clinics, "our community connections", diet / health / nutrition and Judo Assist. There were also a number of information stands showcasing local support and opportunities for people with disabilities, among them Offaly Sports Partnership and our physical activity and sports supports for people with disabilities.

In addition to the Sports Inclusion Development Programmes delivered in May, delivery of a **community coaching programme for the unemployed** commenced in Clara. The community coaching programme provides the unemployed with the necessary skills to lead out physical activity and sport programmes in the community; as well as providing participants with the skills for employment in the industry, or opportunities for further education in the sports sector. 18 people took part in the programme.



June

National Council for the Blind (NCBI) in Ireland (Offaly branch) tandem cycling

The NCBI summer tandem cycling programme resumed on Wednesday, 15th June in Lough Boora as part of Bike Week 2016. A successful event facilitated by NCBI, Wolftrap Cycling Club and Tullamore Cycling Club; tandem cycling sessions are held every month from June to September. Many thanks to those involved in the facilitation of the sessions.



Tullamore Tag Rugby

In June, Tullamore Rugby Club established Disability Tag Rugby in their club. Disability Tag Rugby is aimed at adults with intellectual disabilities and takes place every Monday from 10 - 11am.

Officially launched on the 7th July, the Tullamore Tigers tag rugby team have begun preparations to compete in upcoming games and blitzes commencing in August.

July

Inclusive Sports Day

Our annual inclusive sports day was held on Monday, 18th July in Coláiste Choilm Tullamore. Over 130 participants from a range of services across the county took part in a variety of activities delivered by Braveheart Shotokan Karate Club, Tullamore Basketball Club, Tullamore Soccer Club, Tullamore Rugby Club, Tug of War, Offaly GAA, Offaly Sports Partnership and service staff. Guest of honour on the day was Eoin Carroll of Offaly GAA.



Riverside Summer Camp

On Tuesday, 19th July, the SIDO delivered a sports session as part of the Riverside Therapy Summer Camp. The camp targeted 12 children with physical disabilities ranging from pre-school age to 18 years of age.



Working for People with Sight Loss

National Council for the Blind (NCBI) in Ireland (Offaly branch) summer camp

On Friday, 22nd July, the SIDO supported the NCBI in the delivery of a summer camp for children with visual impairments and their siblings. A great day of target games, relays, races and sports was had by all.

National Learning Network Awards Night

On Thursday, 21st July, the SIDO attended the National Learning Network (NLN) Awards night in the Town House, Tullamore. It was wonderful to see so many participants from our programmes receiving their certificates from NLN; and we wish them continued success in the future

Football for All

On Thursday, 28th July, Mucklagh Schoolboys / Schoolgirls Soccer Club hosted an information evening on the "Football for All" programme. Nick Harrison, FAI Football for All Development Officer was in attendance. A workshop on Football for All will take place in September / October to assist the club in progressing this initiative.



**FOOTBALL
FOR ALL**
PROGRAMME
the pathway to develop Irish football

August



**FOOTBALL
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Edenderry Football for All

Following the success of the Edenderry Football for All programme, the club hosted a Football for All blitz recently; and followed this up with a Football for All summer camp in August.

Tullamore Tigers tag rugby

Following their official launch in July, the Tullamore Tigers tag rugby team played their first game against Mullingar Lions tag rugby team. Preparations continue apace for upcoming local and national blitzes, and exhibition games at upcoming Leinster matches.



September



Transition Year (TY) Disability Awareness

8th September saw the SIDO deliver TY Disability Awareness training to 20 TY students from Coláiste Choilm Tullamore. Following their participation on this training, the students led out a four week programme of physical activities with four schools hosting special education needs units. The programme culminated in October with an inter schools event.

Inclusive Karate

An inclusive karate club hosted by Braveheart Shotokan Karate continues to train every Monday from 6.30 - 7.30pm on the premises of Tullamore Educate Together national school. New members always welcome!



Football for All workshop

Oisín Jordan, the Football Association of Ireland's National Football for All Coordinator, delivered a Football for All workshop for 30 coaches, parents and volunteers from Derry Rovers Soccer Club and Mucklagh Schoolboys / Schoolgirls Soccer Club. Participants will now be putting their skills to use in supporting the continued running of Football for All in Derry Rovers Soccer Club; and in establishing Football for All in Mucklagh Schoolboys / Schoolgirls Soccer Club.



**FOOTBALL
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October

Inter schools sports day for schools with special education needs units, Tullamore (2016 / 2017)

Thursday, 13th October saw the delivery of our popular inter school sports day for schools with special education needs units. Once again, Coláiste Choilm Tullamore were happy to provide us with a facility and to assist us with the delivery of the day. We were delighted to welcome Daingean National School to the ranks of the participants on the day.



Vicky Glavin from Special Olympics Leinster attended the event and gave a brief oration on her achievements with Special Olympics. The programme continues to grow with excellent feedback from all

involved, and it is hoped to expand the programme to Edenderry in the coming months.

Mucklagh Schoolboys / Schoolgirls Football for All

Mucklagh Schoolboys / Schoolgirls Soccer Club hosted their first Football for All session in Mucklagh Community Centre on Thursday, 20th October. Sessions continue every Thursday from 7 - 8pm in Mucklagh Community Centre. Come along and join Offaly's newest Football for All group!



In addition to the Sports Inclusion Development Programmes delivered in October, and following the success of our pilot level 1 in sports leadership delivered in Tullamore College for transition year students in January; we have now begun rolling out the **level 1 qualification in sports leadership** to transition year students in additional post primary schools.

The level 1 qualification in sports leadership provides students with the necessary skills to lead simple physical activity and sport sessions with groups in schools, the community and in clubs. 30 students participated on the programme from Gallen Community College. Additional courses will be rolled out in Edenderry, Gallen and Tullamore in 2017.

November

Transition Year (TY) Disability Awareness

Following the success of our TY Disability Awareness programmes in Tullamore, November saw this programme extended to Edenderry.

24 students from Oaklands Community College underwent disability awareness training; and similar to our Tullamore programme are now delivering a four week programme of physical activities in three schools (Oaklands Community College, Scoil Bhríde and Gaelscoil Éadaoin Doire). The programme will culminate in December with an inter schools event.



Special Olympics Floorball

In an extension of our TY Disability Awareness training; and with the support of Special Olympics Leinster, we are now piloting sports specific coaching in Special Olympics disciplines.

40 students from Tullamore College participated in Floorball training; and are now coaching and playing floorball with members of St Joseph's Special Olympics Club.

December

Inclusive Physical Education(PE) for All

Following the success of our pilot “Inclusive PE for All” training delivered to teachers in 2015, a second programme was delivered in Scoil Bhríde Edenderry in December.



This workshop was delivered with the support of DeafHear, the Irish Wheelchair Association, Laois / Offaly Families for Autism (LOFFA) and the National Council for the Blind in Ireland; and focuses on giving practical tips on making school PE lessons more inclusive for children with disabilities. Four schools participated on the day (Clonbullogue, Daingean, Scoil Bhríde, and Walsh Island national schools).

It is anticipated that additional workshops will be delivered throughout the county, commencing in 2017.

Inter schools sports day for schools with special education needs units, Edenderry (2016 / 2017)



Monday, 12th December saw the inaugural delivery of our popular inter school sports day for schools with special education needs units in Edenderry.

Oaklands Community College were happy to provide us with a facility and to assist us with the delivery of the day. 50 pupils / students from the Oak Centre and Scoil Bhríde were in attendance on the day.

Nuala O Donovan from Special Olympics Leinster, and Lisa Dillon from KARE Special

Olympics Club were our guests on the day, giving brief orations on their work with; and their achievements with Special Olympics respectively.

A second programme is planned for 2017, and will include Disability Awareness training, and delivery of a four week physical activity programme with schools hosting special education needs units culminating in an inter schools event in the new year.

Finally, Offaly Sports Partnership would like to thank Sport Ireland, the Health Services Executive and Offaly County Council for their support of our Sports Inclusion Development Programme; and we look forward to working with you in 2017.

For more information on our Sports Inclusion Development Programme, please contact our Sports Inclusion Development Officer Aoife Byrne on 057 93 46843 or by [email](#)., check out our [website](#), follow us on [Facebook](#) and [Twitter](#)