



Sports Active



MAKING YOUR FUTURE MORE ACTIVE

SPORT IRELAND

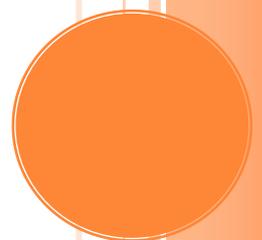
SPORTS COORDINATORS

REPORT TO THE BOARD

December 2018

Fran Ronan

28/11/18



Safeguarding Courses (Child Protection)

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Safeguarding 1: 21 Courses have been completed with a total attendance for 2018 of 358 participants.

Safeguarding 2: 4 Courses have been completed with a total attendance of 52 participants.

Theme 1 Empowering Communities

Goal: To empower communities to increase sustainable and inclusive participation in lifetime physical activities

Sports Active has been awarded the following programmes under this fund.

CYPSC :-

- Physical Literacy Programme for Pre Schools- €5000
- Physical Activity Programme for Children and Adolescents Mental Health programme. €5000

LCDC:-

- Swimming for School Programme €8000
- Men's Shed Programme €8500

Camross ICA (Irish Country Women's Association)

Sports Active Wexford facilitated an activity session for Camross ICA. The ladies were introduced to the game of Scooch, which they were very interested in and have since requested more training on the game. Sports Active Wexford organised more training days for the ladies in October, with the aim of linking in with the transition year students from

Healthy Town (Wexford)

Sports Active Wexford attended the official launch in County Hall of the Pfizer Healthy Town Ireland map in Wexford. We have been supporting the setup of this programme

Wexford Hurler, and this year's Healthy Town ambassador, Lee Chin led the first event, a community walk

There are some more great free events taking place around the town over the 8 weeks. These events are for all ages and abilities, with different themes from heart, body, mind and nutrition. Sports Active Wexford will be attending these events and assisting in any way possible, when needed.

Triona Shalloe, Roisin Walsh and Nick Murphy attended the Irish Heart Foundation's Walking Leader Training Day at Sarsfields GAA Club on behalf of Sports Active Wexford.

Sports Leadership

We began our Sports Leadership programme in educational settings around the county in September. Nick Murphy (tutor) is currently working with the transition year students in Our Lady of Lourdes, New Ross, Kennedy College New Ross and Coláiste Abbain

Sports Active is running four programmes at present with the following schools - Kennedy College, Our lady Of Lourdes, Adamstown, and Selskar College, with 109 TY and 5th Year students taking part in two leadership programmes.

During **2017/2018** Sports Active Wexford provided the opportunity for **183** learners to develop their leadership skills through Sport Leaders qualifications and awards. This resulted in a minimum total of **995** hours of recognised volunteering and social action being delivered

Playmaker Leadership for National Schools

Two Courses have been run In Taghmon National School, Tara Hill and Kilrane NS– **121 Student participants**

Community Coaching Programme

This programme is now up and running in Courtown Riverchapel, in partnership with Waterford and Wexford ETB. – Learning Training Initiative we have 16 participants on a level 4 QQI programme and they are at present following the Coaching Children programme

The students in Courtown Local Training Initiative have completed a nine week course in Community Coaching funded and supported by Sports Active Wexford. The training was facilitated by Jamie Stafford, with both theory and practical elements and provided the students with valuable skills to enable them to contribute to their community.

The group will now begin a five week Stage One Course with Ben Armstrong from Leinster Rugby.



Student Placement

Roisin Walsh a 3rd Student in Exercise and Health Studies at Waterford Institute of Technology started a 14 week placement with Sports Active Wexford.

Heritage Park Junior Parkrun

Participants: Sunday 9th = 107 Sunday 16th = 79

The inaugural Heritage Park Junior Parkrun took place on Sunday 9th September. Sports Active

Wexford was one of the startup funders for this event, which is Wexford's first junior parkrun.



This is a free, weekly, timed 2k walk/jog/run at 9:30am every Sunday and is open to ages 4-14 and all abilities. The event is organised entirely by volunteers. On the day there were 107 finishers. On Sunday 16th Sports Active Wexford led the warm-up and 79 young people finished the course.

Junior Park Volunteers Win South East Radio volunteers of the year award.



Comhairle Goes Colourful

Sports Active Wexford attended the Comhairle Goes Colourful 5k run at Wexford Racecourse. This event was as a result of young people of Wexford Comhairle na nÓg selecting positive mental health as their topic to focus on at the AGM. They felt that combining physical exercise with information and awareness provision was the best way forward.

Sports Active Wexford was responsible for the purchase of powder and helped out with stewarding on the day.



Participants: 70

Regional Sports Development Officer Meeting

Triona Shalloe (Community Sports Development Officer) from Sports Active Wexford attended the Regional Local Sports Partnership (LSP) Sports Development Officer (SDO) meeting in Dungarvan, Co. Waterford. Fourteen SDO'S from nine different LSP'S met to share knowledge, best practice and brainstorm some prospective programmes. SDO'S were given a quick demonstration of Waterford Sports Partnership's Trishaw, which was purchased from Healthy Ireland funding, before heading out for a cycle on the Waterford Greenway.



From the Shed to the Community



26 men from various Men's Sheds across Wexford met up in Raheen to participate in a Scooch blitz.

Sports Active working alongside the 'sheds' helped to organize the event and as one man commented on how events like this can have a huge positive impact on individuals, especially in rural communities and during the winter months.

At the beginning of the Men's Shed movement there was a hesitation on some of the men about taking those first steps from their home, down through the local village and meeting possibly a new group of people. Thankfully now with the profile of the Men's shed increasing, plus their value in the local community being recognized it has become easier. Now we at the next stage where with the support of the local sports partners the men are branching more out of their sheds and engaging with more men across the county. Our 2nd Men's Shed Scooch Blitz of the season in Ballycullane hall. The blitz took place from 11am- 1pm, followed by tea & sandwiches afterwards, then the men headed to Tintern Abbey for 2pm, where they were given a guided tour of the trails and sculptures by Pat Caulfield of Tintern Abbey.

The men are now set for the Inter county Blitz between Wexford, Limerick and Kildare due to take place in Kildare on Monday 19th of November.

Participants: 17

Men's Sheds Inter County Scooch Skirmish

On Monday 19th of November Wexford Men's Shed attended an Inter County Scooch Skirmish hosted by Kildare Sports Partnership in Athy, Co.Kildare. Wexford, Limerick and Kildare were represented on the day. Over 40 men participated in the event and it was a great way to celebrate International Men's Day. Frank Fahey who is the founder of Scooch organised the day with the help of Kildare Sports Partnership and in conjunction with Healthy Ireland. Edel Byrne from Irish Men's Sheds Association was present on the day to meet all the participants. Enniscorthy Men's Shed has offered to host the return match in Wexford early in the New Year.



European Week of Sport

European week of Sport took place from the 24th - 30th of September and was a week-long celebration of sport and physical activity. National Fitness Day took place during this week on Thursday 27th of September. To celebrate this week, Sports Active Wexford organised a week full of different activities free of charge for staff members to try in County Hall and at outside venues. The activities included Circuits Class, Walking, Yoga, Zumba, Kinetic fitness and Jump fitness. There was a great

response to the yoga and Zumba classes. A special thank you to Sarah Dunlea for leading the yoga class, Theresa Roche from Kinetic fitness, Lada Kotuličová from Be Fit with Lada and Jump Fitness Wexford.

Total Participants: 56

Older People's Council Executive Committee

Sports Active Wexford attended the Older People's Council Executive Committee meeting on Friday 28th of September in County Hall and spoke to the group about the link between Sports Active Wexford and Older People in the county. The activities that we provide for example Scooch and Go For Life games were mentioned along with the grants available to older adult groups such as the Go For Life grant.

Wexford Business Summit 2018

Wexford Business Summit took place on 3rd of October in County Hall and Sports Active Wexford had a stall on the day.



Sports Active has committed their support to this national campaign.

20x20 is a new campaign aimed at creating a measurable cultural shift in the presentation and perception of Women's Sport in Ireland.

It is a broad-based approach with three key metrics in mind to boost media coverage, attendance at key events and participation each by 20% between now and 2020.

“The aim of the 20x20 movement is to give increased profiling to girls and women involved in sport at all levels. We want this campaign to stimulate behavioural change to ensure that subsequent generations have female role models to emulate as athletes, coaches and referees.”

Workplace Programme



Participants

Yoga – 35
Walk – 8
Zumba - 15
Yoga - 31
Circuits - 9

Exercise classes for the staff began in October and will continue up to the Christmas Holidays. Circuits take place every Monday at 5pm lead by Triona from Sports Active Wexford, lunch-time walk take place every Tuesday and Thursday at 1pm lead by Mary T from Sports Active Wexford, Yoga every Friday from 12.30 – 13.25 and 13.30 -14.25 lead by Sarah Dunlea of Sarah Dunlea Yoga. Zumba lead by Lada Kotuličová of Be Fit With Lada is on Wednesdays at lunchtime.

Staff Activities

Participants



South East Radio Sports Awards

The South East Radio Sports Awards will take place on Thursday 22nd November at a Gala Ball in Riverside Park Hotel, Enniscorthy. As the main sponsor of the event, Sports Active was present on the night. 55 Awards were presented across 20 sports.



Theme 2 *Enabling inclusion*

**Goal *To encourage and enable locally identified low-participation groups
Access opportunities for; meaningful participation in physical activity.***

Cumas

Sports Active Wexford attended a meeting in Cumas, New Ross with Eoin Morrissey and Kevin Deegan from Wexford GAA and Terry O'Dowd from Cumas, to discuss GAA skills sessions for the service users in Cumas. It was agreed that Kevin Deegan would begin the sessions on the week of the 17th of September.

Enniscorthy Refugee Activity Programme

Sports Active Wexford and Carol Finlay, Participation Officer at Swim Ireland met with Trish Barrett from WWETB (Waterford Wexford Education and Training Board) to discuss swim programmes and other activity programmes to be developed through funding from the Department of Justice.

Male Refugee Swimming Lessons

Sports Active Wexford has received funding from the Communities Integration Fund 2018 through the Department of Justice and Equality. Some of this funding will be spent providing swimming lessons for male refugees based in Enniscorthy. The group will begin the swimming lessons on Friday 19th of October in the Waterfront Swimming Pool in Enniscorthy and will continue for 10 weeks. Sports Active Wexford has worked in collaboration with Waterford Wexford Education and Training Board to set up these classes. A special thank you to Carol Finlay, Participation Officer at Swim Ireland who came to Wexford to meet the group and provided them with equipment.

Physical Activity Programme (CAHMS)

South Wexford Child and Adolescent Mental Health Service' who were awarded a Special Commendation at the Irish Healthcare Awards night, in the category of 'Outpatient Initiative of the Year' This Programme was run in partnership with Wexford Gymnastics and Gymnastics Ireland.

Wexford Gets Moving on COPD

Launch of Wexford COPD Peer Support and Exercise Group
Clonard Community Centre
Friday 30th November 2-4pm

- Come along and meet other people with COPD and their families and carers over a cup of tea.
- Learn more about the benefits of exercise and how to better manage your breathlessness.
- Explore fun activities you can enjoy with Sports Active Wexford.

For further information phone Wendy at 086-0415128 or the COPD advice line at 1800 832 146 or info@COPD.ie



Wexford gets moving on COPD

An Open Day will take place in Clonard Community Centre, Wexford town on Friday 30th November 2018 from 2pm – 4pm to establish a COPD peer support and exercise group for people with Chronic Obstructive Pulmonary Disease (COPD). This is collaboration between COPD Support Ireland, Sports Active Wexford and the HSE and is supported by a lottery grant from South East Community Health Care (HSE). Members of Sports Active Wexford will be available on the day to demonstrate a variety of activities.

As part of the COPD peer support and exercise group, Bryan Mullett (Sports Active Wexford Tutor) will co-ordinate weekly exercise classes in Clonard Community Centre every Thursday from 12 – 1pm starting on the 6th December.

Slaneyside Super Stars

Sports Active Wexford delivered two children's wheelchairs to Slaneyside Super Stars on Monday 12th of November. We received funding from Healthy Ireland towards the purchase of these chairs.



Theme 3 Supporting sport

Goal: To support the key providers in the sport sector promote a sport for all culture and increase participation in recreational sport.

Wexford Cricket Programme

In partnership with Leinster Cricket and Wexford Wanderers

This year's Wexford Schools Cricket Programme operated for 10 weeks. This was a two week longer period than last year due to the high demand from the schools. In all 20 schools from across the county were involved, including 9 schools that were having their first experience of cricket. 1992 children took part in the programme. The feedback from all of the schools was very positive both from the teachers and the pupils. Several teachers remarked that cricket was one of the most all inclusive games that their schools had encountered.

Bunscoil Rís Edmund Rice Senior School	Kilanerin
Barntown	Kildavin
Bunclody	Kilnamanagh
Central Gorey	Kilrane NS
Clonroche Craanford	Loreto Gorey
Curraclloe	Newbawn
Glynn	Oylegate
Kennedy Park	Piercestown
Tagoat	St Iberius