



**SPORTSCOORDINATORS**

**REPORT TO THE BOARD**

*March 2020*

Fran Ronan

03/03/2020

***Theme 1 Empowering Communities***

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

**Operation Transformation (1.1)**

Sports Active Wexford provided walking leader training for 16 Local Training Initiative (LTI) students over two days in January and these students then organised the Operation Transformation walk in Courtown Woods.

6 walks took place across Wexford on Saturday 18th January with 408 walkers taking part. Saturday walks continue for 6 weeks in Tintern Abbey.

**Rose Fitzgerald Kennedy Bridge Charity Walk (1.1)**

SAW supported Wexford County Council with this walk on Saturday and Sunday 25thand 26th of January. Over 2000 people took part in the two walks.

**Swim for a Mile (1.1)**

This 12 week coached training began on Wednesday 29th of January in The Apex in New Ross with 8 participants. The final Swim for a mile event will take place 22nd April in the Apex 7-8 pm

**Buntús Start (1.2)**

One preschool and one parent and toddler group received refresher training and a Buntús Start equipment bag to provide physical activity to 75 children with a special focus on Fundamental Movement Skills.

**Playmaker (1.2)**

35 girls and 7 boys from fifth and sixth class in two schools were trained up as Playground leaders and led activities for 18 girls and 17 boys from second class.

**Buntús Refresher Training (1.2)**

Gaelscoil Moshiolog, Gorey received refresher training for 14 female and 2 male teachers. This was part of their active schools flag programme.

**Staff Training Objective (1.2)**

Sports Active Wexford staff attended the following training during the month:

1 person – Cara Regional SIDO training

2 people – County Wexford Development Officer meeting

1 person – CYPSC Disability & Inclusion training

1 person – Manual Handling

**Workplace Activity Programme (1.3)**

All staff activities have now restarted in County hall. We have secured some free passes from Ferrycarrig Active and a special discount rate is available for yearly membership if staff signs up during the month of March only.There are also staff discount rates available for The Apex and Wexford Swimming pool.

***Theme 2 Enabling inclusion***

***Goal To encourage and enable locally identified low-participation groups***

***Access opportunities* for*;* meaningful participation in physical activity.**

**Sláintecare Integration Fund Objective 2.2:**

Interviews have taken place for the Integrated Exercise Practitioner (IEP) on the 27th of January and the successful candidate will be in post in the coming months. The IEP will work with Sports Active Wexford and link in with Wexford Mental Health Services and Waterford Institute of Technology, Research assistant. The pilot programme is to improve through physical activity interventions the rehabilitation and recovery of patients who work with Wexford mental health services across the south of the county and will include the CAMHS (South Wexford) programme.

Anna Flynn has been appointed and the Research Assistant is now being recruited through WIT and will be in place for the end of March.

**HSE Funding (2.2)**

We have received confirmation that we will receive €7650 from the Health Promotion unit to support our disability programmes.

**Sports Taster Session (2.2)**

14 female and 11 male service users from RehabCare and Ard Aoibhinn participated in our first Sports Taster session for 2020. On the day everyone got a chance to try Walking Football and Go for Life Games. We were supported on the day by FAI Wexford Development staff.

**Inclusive P.E (2.2)**

27 female and 1 male staff from Riverchapel National School received a demo on the use of inclusive P.E games for their students.

**Wexford COPD Peer & Exercise Support group (2.2)**

Sports Active Wexford staff & Wexford Working Men’s Shed held a Scooch demo for the Wexford COPD Peer & Exercise Support Group in Clonard Community Centre. 22 males and 13 females took part.

**Remember Me (2.2)**

Sports Active Wexford led an activity session for Remember Me service users from Dublin on residential respite in the Ferrycarrig hotel. One female and 10 male took part.

**Woodlands for Health (2.2)**

We were invited to a sharing and learning day with Mental Health Ireland and Get Ireland Walking, we were joined by our walking leaders and Mary BO’Leary (Local link). The programme highlighted our success in running the programme. Also 19 participants from the programme will have completed the Walking Leaders training course.

***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.***

**Safeguarding Courses (Child Protection) (3.2)**

Safeguarding 1: 2 courses have been completed with a total attendance for 2020 of 30 participants.

Safeguarding 2: 1 course has been completed with a total attendance for 2020 of 3 participants.