



Donegal Sports Partnership

OPERATIONAL REPORT 2017



DONEGAL LOCAL SPORTS PARTNERSHIP CLG

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www.activdonegal.com



Figure 1: Maghera Coastal Adventures (Community Sports & Recreation Hub funded through Sport Ireland DTTS Dormant Accounts)

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MESSAGE FROM THE CHAIRMAN, MR COLIN MCNULTY



On behalf of the Staff and the Board of Directors of Donegal Local Sports Partnership CLG (DSP), I am pleased to present the Annual Report for the year 2017. I wish to acknowledge the investment and guidance of Sport Ireland who provided core and programme/projects funding (including the Dormant Account Scheme) representing 76% of total DSP funding in 2017. The remaining 24% was raised from a number of sources including the HSE, Donegal County Council, Donegal ETB, International Fund for Ireland and local sources.

Since its inception in 2001, DSP has made steady progress in the realisation of its two central objectives:

1. Increased participation in sport and physical activity (especially hard to reach groups);
2. The provision of quality education and training programmes.

As this report clearly highlights, Donegal Sports Partnership has, in 2017, continued to deliver a range of initiatives, programmes and actions across the four pillars set out in our Strategic Plan (2015-2019): Active Sports, Active Schools, Active Communities and Active Partnerships.

In 2017, DSP's staff, Executive Committee and Board continued with the process of adopting the Governance Code: *a code of practice for good governance of community, voluntary and charitable organisations in Ireland*. It is anticipated that this process will be completed in late 2018/early 2019 resulting in DSP having in place a very sound corporate governance foundation for the years ahead.

As Chairman of Donegal Sports Partnership I would like to thank all Directors of the Partnership for their time, contributions and support throughout the year. I would also like to sincerely thank the staff of the Company: Myles Sweeney (Coordinator), Deirdre O'Toole (Senior Administrator), Danny Nee (IT Support), Thérèse Laverty (SIDP Officer), Karen Guthrie (CSD Officer) and project officers for their continued professional commitment to Donegal Sports Partnership. Final thanks go to all our tutors and training experts who deliver the valuable education and training programmes throughout the county.

This report highlights the extensive, prominent and positive role that Donegal Sports Partnership plays with regard to *'increasing participation'* and *'promoting quality education and training' throughout Donegal*. DSP is fully committed to maximising all available funding opportunities to deliver on these objectives in the years ahead.

Colin McNulty

Chairman, Donegal Sports Partnership

MESSAGE FROM THE COORDINATOR, MR MYLES SWEENEY



Once again it gives me great pleasure to present the Annual report for 2017 highlighting the key milestones achieved during the last calendar year. In line with our twin objectives of growing participation in sport and also in building capacity and leadership in sport throughout our communities Donegal Sports Partnership under the four pillars of Active Sports, Active Communities, Active Schools and Active Partnerships have achieved positively.

The additional resources provided by Sport Ireland through a measure of Dormant Accounts which amassed to 29% of our annual fund in 2017, and has contributed greatly by providing additional opportunities for working with new target groups. We are delighted that Sport Ireland have used some of the learning from previous community sports models to develop these measures including the Sports Leadership alliance with Sports Leaders UK and also the Community Hubs structure which has been used effectively in the past in Donegal.

The current edition of the Donegal Sports Partnership Strategic Plan 2015-2019 *“Promoting an Active Donegal”* will guide the company towards 2019. Built on partnership this key planning document outlines many challenges including future sustainability, awareness raising of the Active Donegal brand, reducing the barriers and engagement with low participation in sport groups and individuals and developing sports programmes which utilise the use of our natural environment. We look forward to working diligently and effectively to deliver on the documents main aims and objectives.

The continued support of the Chairman and Board of Directors of Donegal Sports Partnership and the agencies they represent are key to maintaining a good governance model, I would like to thank all our Board for their assistance and guidance to myself and the staff over the 2017 year.

To all our staff including the full time personnel of Deirdre, Therese, Karen and Danny for their professionalism in everything they do for Donegal Sports Partnership sometimes over and above the call of duty and to our part time staff, Kirsty, Margaret, Brian and Hugh and the tutors who represented the DSP in our communities with the various education and training programmes we owe you all a great debt of gratitude.

Go raibh maith agaibh go léir.

Myles Sweeney

Coordinator, Donegal Sports Partnership

SECTION ONE:

1.0 INTRODUCTION



Donegal Local Sports Partnership CLG (DSP) was established in 2001 to coordinate the development of sport and physical activity in County Donegal. The DSP is one of 29 Local Sports Partnerships funded by Sport Ireland to assist increased participation in sport and physical activity across the Country as a means to improve health and wellbeing of Irish citizens.

In Donegal, this has been achieved through the dual objectives of developing programmes to increase participation rates, especially by hard to reach groups and through the provision of high quality training and coach education programmes.

Donegal Sports Partnership is supported and governed by a Board of Directors and its staff which includes the Coordinator, Administrator, Assistant Administrator, Sports Inclusion Development Officer and Community Sports Development Officer (full time) and part time staff including the Ag Sugradh Le Cheile Development Officer, Soccer for Peace Project Officers (2) and Administrator and Sports Project Officer (Bluestack Community Sports Hub).

Donegal Sports Partnership is an inter-agency and multi-sectorial organisation with representatives from all the main statutory agencies and the community and voluntary sectors. Although its office are based in Letterkenny, the DSP works throughout the full breadth of County Donegal. Through its strategic plan, 'Active Donegal' 2015-2019 the DSP outlines its commitments and priorities until 2019. The ethos of the DSP is to support and encourage all the people of County Donegal to participate in sport and physical activity for their own health and enjoyment. All programmes, training and projects implemented by the DSP have the same core values; *"Openness, equality, effectiveness, efficiency and inclusion in supporting and encouraging people to participate in sport and physical activity in County Donegal"*

'ACTIVE DONEGAL' has been developed as an overarching theme to help communicate the nature of the work of the partnership and is further organised along a framework of four pillars; Active Sports, Active Schools, Active Communities and Active Partnerships.

ACTIVE SPORTS refers to all sporting clubs and organisations throughout the county, from the well-known such as; Gaelic football, soccer, athletics etc. right through to lesser known and newly emerging minority sports such as hockey, rowing, cycling and walking etc.



ACTIVE SCHOOLS refers to all educational settings from pre-school, primary and post primary right through to third level and adult education and Youthreach Centres.

ACTIVE COMMUNITIES refers to all community organisations and groups including sports centres, community and resource centres as well as groups who represent and work on behalf of target groups such as women, people with disabilities, older people etc.

ACTIVE PARTNERSHIPS refers to the nature of cross-sectorial and multi-agency work undertaken by the DSP in the implementation of all its programmes and can relate to funding, resources, facilities, working groups, joint programmes etc. This work supports not only the implementation of the DSP strategic objectives but also those of the partners, including local, regional and national Statutory Bodies, National Governing Bodies of Sport, Community Organisations and Cross Border Partners.

The Donegal Sports Partnerships mission is *‘to ensure the sustainability of the DSP itself into the future, in order that it can continue to build capacity with sports clubs, schools and communities and to support them to work towards an Active Donegal’* This is reflected in the attached operating framework.



Figure 2: DSP Operating Framework

1.1. RESOURCES AND FUNDING

Funding from the Sport Ireland accounts for 76% of the total DSP funding received in 2017, an increase of 10% on 2016. Due to part to additional funding secured from Sport Irelands funding for specific projects under the Dormant Account Scheme (Department of Transport, Tourism and Sport). The remainder was raised from other funding partners such as the Health Service Executive, Donegal ETB, Donegal County Council, International Fund for Ireland and other local sources, as noted in the table below.

These figures do not include benefit-in-kind funding such as administrative services provided by Donegal ETB, DLDC (JIS Job Initiative Scheme) and access to school, community and sports facilities to deliver participation or education and training programmes.

We acknowledge the support through funded programmes, in-kind support and personnel towards our many programmes and projects. This assistance and contribution added greatly to the work of Donegal Sports Partnership, enabling it to provide a broad range of participation and education and training initiatives and to lend its expertise to so many more, the true spirit of community.

1.1.1. DONEGAL SPORTS PARTNERSHIP LSP FUNDING

LSP Funding 2017	€	%
Sport Ireland Local Sports Partnership Grant 2016 (remaining 25%)	€47,967	8.5%
Sport Ireland Local Sports Partnership Grant 2017	€205,341	36.5%
Dormant Accounts Funding (see note below)	€168,925	30%
Local Authority	€7,500	1.3%
Health Service Executive Grant 2017	€59,000	10.5%
Education and Training Boards	€7,000	1.2%
Department of Transport, Tourism and Sport (Bike Week)	€14,500	2.6%
International Fund for Ireland Soccer for Peace Programme (to date)	€15,000	2.7%
Income generated from Courses, Programmes, Events etc.	€11,386	2%
Other:		
Department of Justice - Fun Moves Programme	€14,000	2.5%
Go For Life Age & Opportunity Grant and Misc. Incomes (ASLC, Bike Week, Girls in Golf, Sports Leaders etc.)	€12,727	2.2%
Total	€547,401	100%

Figure 3: Total Funding received by the DSP in 2017

Sport Ireland and the Department of Transport Tourism & Sport Dormant Accounts Funding	
Community Coaching Programme 2016 (10%)	€1,325
Community Coaching Programme 2017 (90%)	€12,000
Community Sports & Physical Activity Hubs 2017 (90%) Bluestack Hub	€63,300
Community Sports & Physical Activity Hubs 2015 (90%) Maghera Coastal Adventures	€31,500
Community Sports & Physical Activity Hubs PII (10%) Maghera Coastal Adventures	€3,500
Urban Adventures 2017 (90%)	€42,300
Sports Leaders 2017 (DAF Grant 2017) (100%)	€15,000
TOTAL	€168,925

Figure 4: Dormant Account Funding received by the DSP in 2017

1.1.2. DONEGAL SPORTS PARTNERSHIP STAFF

DSP's core staff are funded by Sport Ireland while other personnel are funded through other sources. Along with Coordinator, Administrators, Sports Inclusion Disability Officer (SIDO), Community Sports Development Officer, the DSP also employs a number of Sports Project Officers on a part time basis as noted below.

In addition to this the DSP had also provided placements for interns and transition year students seeking work experience and provided a number of opportunities to develop their skills further.

Staff funded solely by Sport Ireland (2): Coordinator and Administrator

Staff part funded by Sport Ireland (1): Sports Inclusion Disability Officer (Part funded by DCC, ETB & HSE)

Staff funded solely by other partners (6):

- Community Sports Development Officer (F/T HSE-SLA)
- DSP Admin Assistant & Researcher (DLDC JIS-FT)
- Sports Development Officer (P/T HSE/SLA)
- Soccer for Peace Sports Development Officers (P/T IFI)
- Soccer for Peace Administrator (P/T IFI)

The DSP utilised the services of 28 tutors and training experts to deliver its wide range of sport and physical activity opportunities and education and training programmes through the provision of capacity building initiatives with local schools, teachers, coaches, club administrators and volunteers, community groups and organisations.

A detailed list participation programmes are noted below and the Education & Training Programme can be seen in Section 2.3.3.

Participation Events	No's	Participation Events	No's
Ag Sugradh Le Cheile	1048	IFI Soccer for Peace	Under Dev.
Balanceability 'Learn to Cycle' Pilot Programme	18	Maghery Coastal Adventures	431
Bike Week Programmes	1109	Men on the Move	55
Bluestack Community Sport & Physical Activity Hub	Under Dev.	Multi-sport programme for people with a mental health difficulty	12
Boccia	6	New Age Kurling	95
Boccia - IWA	50	Operation Transformation Walks	445
Children on the Move	97	Special Schools Sportshall Athletics	50
Errigal Eagles Tag Rugby	10	Sports Inclusion Come & Try Events	17
Fun Moves Prog. (Dept. of Justice)	Under Dev.	Surf Programme	12
Get into Golf (Loreto Letterkenny)	20	Swim Therapy	4
Get Ireland Walking	63	Wheelchair Basketball Programme	6
Girls Active Programme	200	Women on the Move	98
Go for Sports Donegal Sportshall Athletics	1980	Total	5826



1.1.3. DONEGAL SPORTS PARTNERSHIP MANAGEMENT

The governance of Donegal Sports Partnership is provided by a dedicated Board of Directors (see below), this Board have embraced many challenges in particular a review of the DSP's Governance and all that it entails to ensure that the DSP is compliant with the Governance Code for the Community and Voluntary Sector going forward. To ensure that the organisation is managed according to best practice and in an atmosphere of openness and transparency.

Board Members of the Donegal Local Sports Partnership Ltd who they represent:

- Mr. Colin McNulty, Company Chairperson, DCC Local Government Officer
- Mr. P.J. Hallinan, Company Vice Chairperson, Partnership Companies
- Ms. Anne McHugh, Company Secretary, Donegal ETB
- Ms. Kathleen Bonner, Company Treasurer, East Donegal Community Forum
- Ms. Anne McAteer, Director, Health Service Executive
- Mr. Eamon Harvey, Director, South Community Forum
- Ms. Geraldine Boyce, Director, North Donegal Community Network
- Cllr James Pat McDaid, Director, Donegal County Council (Elected Member)
- Mr. Joe Sweeney, Director, Inishowen Community Forum
- Cllr Jack Murray, Director, Donegal County Council (Elected Member)
- Cllr Jimmy Kavanagh, Director, Donegal County Council (Elected Member)
- Cllr Tom Conaghan, Director, Donegal County Council (Elected Member)
- Dr. Lynn Ramsey, Director, Letterkenny Institute of Technology
- Ms. Máire Uí Dochartaigh, Director, Fóram Na Gaeltachta Dhún Na nGall
- Mr. Seamus Campbell, Director, Sports Ability Forum

(See Section, 4.2. for DSP Board of Directors images)

Board of Directors Meetings	10-Mar	12-May	14-Jul	13-Oct	08-Dec	Total (4)
Colin McNulty, Company Chairperson	AP	1	1	1	D	3
P.J. Hallinan, Company Vice Chairperson	1	1	1	AP	E	3
Anne McHugh, Company Secretary	1	1	1	1	F	4
Kathleen Bonner, Company Treasurer	1	AP	1	1	E	3
Anne McAteer	1	1	AP	1	R	3
Eamon Harvey	AP	AP	AP	1	R	1
Geraldine Boyce	AP	1	1	AP	E	2
James Pat McDaid, Cllr	AP	AP	AP	X	D	0
Jimmy Kavanagh, Cllr	1	AP	1	1		3
Joe Sweeney	AP	AP	AP	X		0
Lynn Ramsey	1	AP	AP	1		2
Máire Uí Dochartaigh	AP	1	AP	AP		1
Seamus Campbell	AP	1	AP	1		2
Tom Conaghan, Cllr	1	1	1	1		4
Jack Murray, Cllr	AP	AP		Resigned as Director 12 th May		
1. Attended, AP apologies, X - absent	7	8	7	9		

Figure 5: DLSP Directors attendance records at Board Meetings 2017

Note: DSP Board of Directors meeting scheduled for Friday 8th December was cancelled due to inclement weather and deferred until Thursday 25th January 2018.

Executive Committee Meetings	17-Feb	05-Apr	23-May	19-Jun	14-Jul	26-Sep	13-Nov	Total (7)
Colin McNulty, Company Chairperson	1	1	1	1	1	1	1	7
Anne McHugh, Company Secretary	1	1	1	1	1	1	1	7
Kathleen Bonner, Company Treasurer	1	1	1	1	1	1	1	7
Myles Sweeney, Coordinator	1	1	1	1	1	1	1	7

Figure 6: DLSP Executive Committee Meetings held during 2017

Donegal Local Sports Partnership CLG Meetings 2017	
17-Feb	Executive Committee Meeting including Governance
10-Mar	Board of Directors Meeting
05-Apr	Executive Committee Meeting including Governance
12-May	Annual General Meeting & Board of Directors Meetings
23-May	Executive Committee Meeting including Governance
19-Jun	Executive Committee Meeting including Governance
14-Jul	Executive Committee Meeting including Governance
14-Jul	Board of Directors Meeting (Deferred from 16th June)
29-Sep	Executive Committee Meeting - Governance Review
13-Oct	Board of Directors Meeting
13-Nov	Executive Committee Meeting including Governance
08-Dec	Board of Directors Meeting CANCELLED due to weather
	Rescheduled to Thursday 25 th January 2018

Figure 7: DLSP Board Meetings held during 2017



1.1.4. INTERNAL POLICY & GOVERNANCE

The Donegal Sports Partnership has embarked ‘on the journey’ and is currently undertaking the process to comply with the Governance Code for Community and Voluntary Sector in line with good practice guidelines. This works is carried out by the Executive Committee and Staff with approval of the Board at each stage of the process. Which is ongoing with the organisation striving to deliver on an effective Governance model that will support the company into the future. It’s expected to be completed in 2018

A full listing of the Donegal Sports Partnership’s specific policy areas relating to all areas of the DSP’s activities and in line with its Annual Action Plans including General Policies and Procedures, Corporate Governance and Policies and Procedures in relation to Employment are listed in Section 4.3.

1.1.5. LOCAL AREA NEEDS

The following table summarizes in brief the population of Donegal and the various sectors being targeted by the services of Donegal Sports Partnership.

Demographics	
Total Population	159,192
Total Female Population	80,710
Total Male Population	79,022
% population aged under 15 years	23
% population aged over 64 years	19
% of Unemployment	11
% Persons with a Disability	15.4
Relative Deprivation Score	-6.251

Local Stakeholders	
Number of Primary Level Schools	177
Number of Second Level Schools	27
Number of Third Level Institutes	1
Number of DEIS Primary Level Schools	90
Number of DEIS Second Level Schools	12

Local Sports Infrastructure	
Number of NGB SDOs/RDOs	23
Number of Sports Clubs (as per LSP Club Directory)	300

15.4% of the population or 11, 286 persons with a disability were living in towns in County Donegal. Deprivation and social exclusion continue to present challenges in the Donegal context. The Haase Pratschke Relative Deprivation Score attributed to County Donegal in 2011 was -6.251 making it the second most deprived local authority area in the State after Limerick City at - 6.66. An analysis of the indicators making up Haase Pratschke Index reveals that the key drivers of Donegal low deprivation score are low educational attainment (@ 26.1%) and high male unemployment rates (@ 31.4%). (Donegal Local Economic & Community Plan 2016-2022)



Ag Sugradh Le Cheile, Niall Mór Centre, Killybegs



SECTION TWO

The information provided in this report is a summary of Donegal Local Sports Partnership CLG SPEAK Report for 2017. The DSP's annual SPEAK (Strategic Planning, Evaluation and Knowledge) Report provides a detailed breakdown of the work carried out by the DSP during this period.

SPEAK is the monitoring and evaluation reporting facility used by Sport Ireland to support the planning and delivery of projects and programmes developed across the Local Sports Partnership network in Ireland. Over the past 11 years it has reviewed the work carried out by the DSP and highlights the achievements of all LSP's at a local and national level.

Sport Ireland strongly encourages all statutory, community and voluntary groups with an interest in increasing participation to link in with the network both nationally and locally. The benefits of the LSP network to wider areas such as health, education and social inclusion cannot be underestimated particularly in these changing times.

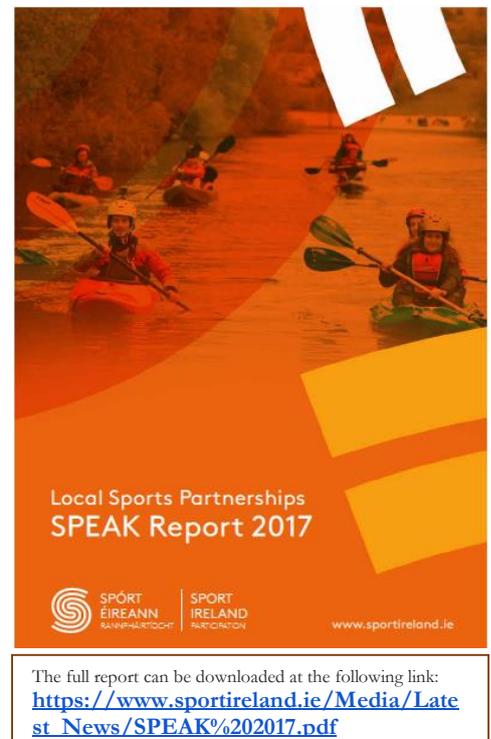
“The work of the Partnerships is having a positive impact on the health and welfare of individuals, communities and the nation. Their influence and that of the sports bodies at local level is especially important as the problem of obesity and inactive lifestyles remains a concern.

The task of activating a nation and promoting the many benefits of regular involvement in sport and physical activity can be challenging. Government investment and programmes delivered through Sport Ireland, as well as the Healthy Ireland framework for improved Health and Wellbeing, are clearly having an impact. But it is essential that we keep working to maintain levels of participation and try to increase them further again. The important work of Sport Ireland, the Local Sports Partnerships and sports organisations at national and local level is key for this to happen.”

Source: Minister Brendan Griffin TD, Minister of State for Tourism and Sport (Message from the Minister of State at the Department of Transport, Tourism and Sport, Local Sports Partnerships SPEAK Report 2017 page 4.)

The Donegal Sports Partnership places particular emphasis on participation, education and training initiatives for volunteers, teachers, sports leaders and coaches in sport, in order to support and promote better standards of sports training provision. It also supports the development of initiatives that provide greater opportunities for those identified as low participation targets.

In all its programmes the DSP promotes an ethos of partnership, providing opportunities where agencies can work together through sport to engage with the many community and sports groups. This Operational Report endeavours to highlight the diverse range of sport and physical activity opportunities available in Donegal and the innovative ways in which it's delivered.



2.1. FUTURE CHALLENGES

Since its inception in 2001 the DSP has made steady progress in the realisation of its two central objectives;

- increased participation in sport and physical activity,
- the provision of quality education and training programmes.

This progress has only been possible due to the solid partnership and working relationships which the DSP has developed and strengthened over the years. These stakeholders including statutory agencies, sports clubs, schools, community groups, crossborder partners, funding agencies and the Governing Bodies of Sport (NGB's). All have been vital partners not only in the implementation of the previous DSP Strategic and Annual Action Plans but also in the operation of the DSP itself.

However, many future challenges face the DSP in order to allow the organisation to sustain and develop programmes which support the two main objectives, among the key challenges are:

- The demand for participation sport and striving to continually reach out and anchor programmes across the North West with programmes and interventions.
- Maintaining an adequate staffing level in order to deliver on the aims and objectives of the organisation.
- Continually building our information database in order to better target the more marginalised and disadvantaged with participation sport opportunities.
- Continue to review and evaluate our sport participation programmes and projects in order to determine impacts such as behaviour and attitudinal changes on target groups and to further strengthen future programmes and initiatives.
- Reducing the barriers to allow participation in sport and physical activity especially at community and grassroots levels, including measures such as, access issues for those most marginalised, programme fees and reduced costs for coach education workshops for volunteers in sport.
- Developing programmes which promote recreational outdoor sports activities by utilising the natural environment of County Donegal such as our coastline, mountains, trails, rivers and lakes etc...
- Continually building on the theme of '*partnership*' to encourage greater investment and greater efficiencies in the development of sport and physical activity across Donegal.
- Raising awareness of the need to continually support the child friendly sport across the club network and with National Governing Bodies of Sport.



2.1.1. CHARACTERISTICS OF THE DSP'S WORK

The extensive work of Donegal Sports Partnership is characterised under the following headings and implemented through its annual action plans:

Increasing levels of participation

- Active Communities: Delivering participation initiatives to marginalised and disadvantaged groups.
- Active Schools: Provide opportunities to influence a lifelong appreciation of sport and physical activity.
- Active Sports: Continue to promote the benefits of sport and physical activity through its participation programmes.
- Active Partnerships: Building relationships with key organisations and stakeholders to deliver participation sport more efficiently and effectively.

Providing greater Access to Training & Education

- Improve access to quality training and education programmes to ensure the continued sustainability of quality sports provision in Donegal.

Information Hub

- Signposting of information relevant to sporting communities



Figure 8: Community Coaching participants receiving their Coaching Certificates from Patrick O'Donovan, TD, The Minister of State for Tourism and Sport and Joe McHugh, TD, Minister of State for the Diaspora and International Development

2.2. DSP PLANNING OBJECTIVES

2.2.1. INCREASING LEVELS OF PARTICIPATION

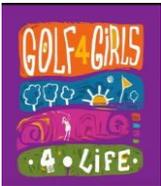
ACTIVE SPORTS: CONTINUE TO PROMOTE THE BENEFITS OF SPORT AND PHYSICAL ACTIVITY THROUGH ITS PARTICIPATION PROGRAMMES		
Actions	Specific Actions	Notes
Disability Programmes 	Wheelchair Basketball Programme	<ul style="list-style-type: none"> – 4 children and 2 adults regularly participating. – The group have been together since 2010. In addition to the physical benefits, sessions offer a social opportunity for both parents and children. Siblings also join in the sessions. – 2 participants have accessed mainstream sport, attending sessions in local badminton club. – IWA Sport have been supporting the programme in terms of guidance and advice. – We are linking with the British Wheelchair Basketball Association with regards to delivery of training for 2018.
Disability Programmes 	Errigal Eagles Tag Rugby Programme	<ul style="list-style-type: none"> – 10 children with ID participating – Sessions hosted under umbrella of the Club – This is a joint programme between Finn Valley Rugby Club (FVRC) and DSP. – FVRC provide the coaching with DSP contributing to indoor hall use during winter months. – Children afforded opportunities to participate in regional games and half time games during matches. – This programme has been embedded within the mainstream club with coaches from the club facilitating sessions
Disability Programmes 	Boccia Programme	<ul style="list-style-type: none"> – 6 adults participated (pan disability) – In addition to the opportunity to engage in sport there is a great bond within the group. They have been together since 2008 and have established great friendships. – They enjoy meeting up, playing their sport in a fun inclusive environment. In addition to the physical benefits it provides a social opportunity. – Many of the participants have taken part in other organised sessions/activities including outdoor pursuits, cycling, sports ability days and archery etc.
Disability Programmes	Handcycling Programme	<ul style="list-style-type: none"> – Links established with cycling clubs – Meetings have taken place with Cycling Ulster and the local cycling community with regards the development of the Handcycling programme. – A structure has been erected and designed to store the equipment. – Equipment sourced through the Sports Capital Funding. – The programme will fall under the umbrella of the Bluestack Community Sports Hub and is due for implementation in 2018.

<p>Disability Programmes</p>	<p>Swim Therapy Programme</p>	<ul style="list-style-type: none"> – 4 Children accessed programme supported by 6 volunteers – Swim therapy offers 1-1 sessions for children with a disability who would struggle to progress in group sessions. Which includes exercises & movements with aid relaxation, fitness and have therapeutic benefits. – Programme in partnership with Liquid Therapy and The Bluestack Foundation – Collaborative approach ensured the programme was implemented in the most effective & quality way.
<p>Disability Programmes</p>	<p>Surf Programme</p>	<ul style="list-style-type: none"> – 2 week long surf camps for children with a disability. – 1-1 Instruction aimed at creating positive inclusive learning experiences for participants – 12 Children accessed programme supported by 13 volunteers – Liquid Therapy facilitate the programme with local disability organisations responsible for recruitment. DSP support the programme financially
<p>Let's Bike Donegal</p> 	<p>Bike Week Project <i>(Department of Transport, Tourism, and Sport funded)</i></p>	<ul style="list-style-type: none"> – 8th year to host and coordinate DTTS Bike Week – support from cycling clubs, community organisations, Active Schools Committees, Green Schools Coordinators and DCC Public Services Centres – Aims to increase participation to cyclist (all abilities/ages) – 27 event held throughout Donegal (5 Cycling Clubs, 5 Comm. Orgs. and Green Schools Education Team) – 706 adults and 403 children participated – 200 volunteers used to support programmes – 38 page report submitted to DTTS – Events included 'Come & Try' Family fun runs, Ladies Cycles, Charity Family cycles aimed at new and existing cyclists



Bike Week 2017, Strawberries & Cream Cycle with Errigal Cycle Club

ACTIVE SCHOOLS: PROVIDE OPPORTUNITIES TO INFLUENCE A LIFELONG APPRECIATION OF SPORT AND PHYSICAL ACTIVITY

Actions	Specific Action	Notes
<p>Let's Bike Donegal</p>	<p><i>Bike Week Project</i></p>	<ul style="list-style-type: none"> - 5 Primary schools - Green Schools Environmental Education Programme
<p>Schools-based Programmes and Women in Sports</p> 	<p><i>Girls Active Programme (Funded by Health Service Executive Grant and Sport Ireland)</i></p>	<ul style="list-style-type: none"> - 200 girls participated in weekly sessions. - 14 Post Primary schools with funding assistance to provide a number of physical activities identified by the participants - 18 teachers Girls Active Coordinator Teacher training
<p>Schools-based Programmes and Women in Sport</p> 	<p><i>Get into Golf with Loreto Secondary School, Letterkenny</i></p> <p><i>(Funded by Sport Ireland Women in Sport)</i></p> 	<ul style="list-style-type: none"> - 110 girls (TY Programme) participated in 'Come & Try' event held in School. - Activities led by CGI Regional Development Officer and PGA Professional with Club Volunteers - Supported by ILGU, CGI, Portsalon & Letterkenny GC - Follow-on Coaching Programme was offered to 20 participants. - 5 weeks coaching lessons with PGA Professional held at the schools and on-course activities at Letterkenny GC - Participants were invited to take part in summer programmes at the club - Established school/club links - Students assisted with golf as part of their Gaisce Awards Programme
<p>Disability Programmes</p>	<p><i>Special Schools Sportshall Athletics Programme</i></p>	<ul style="list-style-type: none"> - 50 children accessed programme - Programme expanded to include 2 special schools & 4 Units within mainstream schools. - A number of participants on this programme have progressed to participation in Sportshall Athletics sessions within local athletic clubs - One school is also involved in the Enjoy Tennis Programme in conjunction with Letterkenny Tennis Club.
<p>Schools-based Programmes</p> 	<p><i>Ag Súgradh Le Chéile</i></p> <p><i>(Funding by Health Service Executive Grant)</i></p>	<ul style="list-style-type: none"> - ASLC Evaluation Report completed Dec'16 - 12 tutors (existing & new) attended training in March 2017 to support the demands for the initiative and geographical location of some schools. - New tutors were supported and mentored in delivery of the programme. - Improved and updated resources and equipment packs were supplied to all tutors. - 43 workshops were held involving 540 children and 508 Parents /Guardians - Programme promoted under Health Promoting Schools - Part of Active Schools Flag & European Week of Sport - The number of schools, parents and children participating in the programme has been increasing on a yearly basis over the past number of years.
<p>Schools-based Programmes</p>	<p><i>Go for Sports Donegal Sportshall Athletics Programme</i></p>	<ul style="list-style-type: none"> - 17 schools (432 children) participated in County Finals (9 Med/Lge (+100 pupils) and 8 small (<100pupils) in March 2017 - 64 Expressions of Interest were received for 2017/18 programme with; 60 schools taking part in 10 regional events with 1,980 children taking part. - 26 small schools (4 venues)

		<ul style="list-style-type: none"> – 34 med/lge schools (6 venues) – 30 volunteers assisted with regional & county finals – 2 schools progressed to national finals and received national honours – 15 Teachers attended training workshop (Oct17)
Schools-based Programmes	<p><i>Balanceability 'Learn to Cycle' Programme</i></p> 	<ul style="list-style-type: none"> – Balanceability is an accredited 'learn to cycle' programme for children aged 2 1/2 - 6 years old. – 2 tutors trained (Reading UK) and further training hosted by DSP (11 Tutors - Donegal). – Pilot Programme: In conjunction with Bike Week 2017, the Level 1 was piloted in 2 pre-schools in Letterkenny (18 participants). – Donegal County Childcare Committee circulated Expressions of Interest to all pre-schools. – EOI's received from 42 Preschools (over 700 children). – The programme will be rolled out in 2018, to children aged 4+ leaving for primary school the following term. Tutors will be regionalised to facilitate delivery.

ACTIVE COMMUNITIES: DELIVERING PARTNERSHIP INITIATIVES TO MARGINALISED AND DISADVANTAGED GROUPS		
Actions	Specific Action	Notes
Park Run	<i>Park Run Development</i>	<ul style="list-style-type: none"> – DSP continues to provide support and assistance to Falcarragh, Letterkenny and Dungloe Parkruns
Operation Transformation	<p><i>Operation Transformation National Walks Day</i></p> <p><i>(Funded through Sports Ireland, LSP Grant)</i></p> 	<ul style="list-style-type: none"> – 323 Adults & 122 Children – 5 venues (Killybegs, Rosnakill, Lifford, Falcarragh & Maghery) – Local community groups agreed to host events & sourced volunteers – DSP provided each site with promotional materials specifically for their area and the assistance of a fully qualified IHF Walking Leader – Each site was responsible for recruiting walkers, promotion and distribution of walking materials – 28 Volunteers supported the walks – Part on National Programme and National Media Campaign – Two organisations availed of GIW funding, to develop a walking group and follow on from National Walks Day
Older Adult Programme	<p><i>New Age Kurling</i></p> 	<ul style="list-style-type: none"> – East Donegal League 3 years in existence (200 games played, over 90 adults participating over 10 weeks, twice yearly) – Kurling League 6 Clubs – 95 participants – Kurling League Committee– 15 Reps from 6 Clubs (quarterly meeting held with representatives) – Minimum 2 representatives/volunteers per Club. – Each Club solely responsible for fulfilling fixtures facilitated devised by DSP – Non-competitive celebration events supporting teams to recruit new members – Up to 100 attended twice yearly

<p>Walking Programmes</p> 	<p>Get Ireland Walking Active Community Walking Programme</p> <p>(Phase II Funded by Mountaineering Ireland)</p>	<ul style="list-style-type: none"> - 63 participants (6 new groups participated) - 12 Volunteers supported the programme - Initial 8 week tutor led programme - Leaders/Volunteers identified with view to establishing and continuing walk group beyond funded period - GIW focused on supporting communities to increase the capacity and potential of people with low levels of activity to become more active through walking, with a focus primarily on areas with little or no walking activity. - Reviews conducted on each site 4 & 8 weeks post completion. - 7 women from Termon site joined Women on the Move Programme. - 4 of 6 sites continued to meet weekly - Additional support given to 1 site by DSP and they are now operating independently
<p>Let's Bike Donegal</p> 	<p>Bike Week Project</p> <p>(Funded by Department of Transport & Tourism)</p>	<ul style="list-style-type: none"> - 27 events hosted involving 1,109 participants (706 adults and 403 children) - 5 cycling clubs, 5 Community Organisations, 7 Schools, 3 workplace organisations and continued partnership with Green Schools Environmental Educational Programme - Community/Club/Schools links established - It was agreed that all events would focused on the following target groups; new/beginner cyclists, children, people with disabilities, older people and families. For this reason, participation figures are much lower than they have been in previous years with 1,109 participants.
<p>Community Sports Programme</p>	<p>Men on the Move</p> 	<ul style="list-style-type: none"> - 4 sites self-sustaining - Meeting twice weekly (16-week blocks twice yearly) - Guidance of Physical Activity Coordinator, with assistance from local health care professionals - 55 men completed 16wk programme (4 sites) - Health/physical assessments (twice yearly) - Interim MOTM Report released June 2017 - Since 2015 one site has retained 40+ members
<p>Community Sports Programme</p>	<p>Women on the Move</p> 	<ul style="list-style-type: none"> - 98 participants - 3 locations self-sufficient (16 week programmes) - Physical Activity Leaders identified in each area - Health/physical assessments after 16 weeks - Based on MOTM model anchored in the community - Additional activities developed in centres included Aqua Aerobics, Pilates, Yoga recreational jogging. - Community organisation support necessary to ensure legacy of the project.
<p>Community Sports Programme</p>	<p>Children on the Move</p>	<ul style="list-style-type: none"> - Programme aimed at improving the fundamental movement skills of children aged 4-12yrs - Piloted in 2 sites (Ray and Termon) - Coaches identified and trained to deliver, provide screening and assessment tests for participants. - 97 children participated in 12 week programme. - Children's progress monitored throughout. - Meeting with coaches to review and evaluate COTM - After initial support by DSP the programme will run independently in 2018 - Demonstrated clear need for generic fundamental movements programme within the community and provision for children who don't participate in mainstream sport.

<p>Community Sports Programme</p> 	<p>Community Sports Hubs Maghery Coastal Adventures</p> <p><i>(Funded through Sport Ireland DTTS Dormant Accounts)</i></p>	<ul style="list-style-type: none"> - 1 Centre identified (Maghery Coastal Adventures) - Steering Committee in place (18 members) - Coordinator (P/T 16hpw) manage day to day activities - 272 adults and 159 Children accessed MCA events - 15 volunteers supported these programmes - Phase I & II Evaluations completed by S3 Solutions and Sport Ireland - School, club and community links established
<p>Community Sports Programme</p> 	<p>IFI Soccer for Peace Programme</p> <p><i>(Funded through International Fund for Ireland Peace Impact Programme)</i></p>	<ul style="list-style-type: none"> - Collaborative approach with FAI, IFA, Institute FC Finn Harps and Junior Soccer Clubs and Schools in Donegal - The programme is funded by International Fund for Ireland through its Peace Impact Programme - 2 Sports Project Officers & 1 Administrator (P/t) - Pilot Programme in development - Expressions of Interest sought from 10 Clubs (5 each East / West Donegal) - 2 information sessions held
<p>Community Sports Programme</p> 	<p>Fun Moves Programme</p> <p><i>(Funded through the Department of Justice)</i></p>	<ul style="list-style-type: none"> - FUN Moves is a partnership programme between DSP, the Bluestack Special Needs Foundation and ICARE (Inishowen Children's Autism Related Education Limited). - Aims to develop Fundamental Movement Skills amongst children with a disability - The initiative consists of 2 elements - a capacity building programme targeting volunteers, parents and coaches within each of the partner organisations and a fundamental movement skills participation programme also in each locality - Linking with local sports clubs and organisations County Donegal. - The initiative also aims to address barriers which currently exist and build capacity amongst coaches/volunteers/parents, - Creating participation opportunities for children with a disability aged 6-16 years in sport and recreational physical activity. - Due to begin early 2018
<p>Disability Programmes</p>	<p>Boccia - IWA</p>	<ul style="list-style-type: none"> - 50 adults accessed programme - Facilitated in 5 IWA Resource Centres Continued participation over 9 years and increased numbers in this time verifies the success of the initiative. - There has been a strong working partnership with the IWA since the inception of the SIDP. - Staff within the centres facilitate the programme and the IWA provide facilities therefore greatly reducing the cost of the initiative.
<p>Disability Programmes</p>	<p>Multi-sport programme for people with a mental health difficulty</p>	<ul style="list-style-type: none"> - 12 adults accessed programme - The programme targets people with a mental health difficulty who are on a rehabilitation programme in the community. - It aims to introduce participants to sports on offer within their locality providing a pathway to community participation. - DSP work closely with the organisation and they are represented on the sports ability forum. - The organisation provide hall hire with DSP sourcing and contributing to coaching costs. - Local club coaches facilitate sessions and provide information on regular coaching sessions.

Disability Programmes	Sports Inclusion Come & Try Events	<ul style="list-style-type: none"> – Hosted as part of Social Inclusion Week and in partnership with Donegal County Council – 3 Come & Try events held activities – 17 children participated – Participants on programmes have joined sessions such as Football for All, FUN Moves, Inclusive Badminton, Wheelchair Basketball and Swim Therapy. – Sessions are hosted in conjunction with local clubs/organisations and local coaches volunteer time and in some cases venues are provided free of charge.
Disability Programmes	Bluestack Community Sport & Physical Activity Hub (Funded through Sport Ireland DTTS Dormant Accounts)	<ul style="list-style-type: none"> – Unique partnership between Bluestack Special Needs Foundation, DSP and a range of other sporting organisations in Donegal. – The Hub seeks to establish a dedicated sports participation programme to enhance the quality of life for those with a disability. – To build capacity and break down the many barriers which limit people with disabilities participating in sport and physical activity. Progress to date; – Preliminary meetings with the organisation have taken place – Members of the advisory committee have been identified – A job description has been finalised and recruitment of a project officer will take place in early 2018. – A dedicated action plan with clearly defined actions is in development.

2.2.2. GREATER ACCESS TO EDUCATION & TRAINING

IMPROVE ACCESS TO QUALITY TRAINING AND EDUCATION PROGRAMMES		
Actions	Specific Action	Notes
Disability Awareness/ Inclusion Training	Disability Inclusion Training 	<ul style="list-style-type: none"> – Disability Inclusion Training was hosted as an element of the Community Coaching Programme. – 7 participants completed training – Training & Certification provided by CARA – Demand locally for the programme is low, cost could be the factor at €720 per group and a minimum of 16 per course, fees are expensive
	Inclusive Adventure Activities Training	<ul style="list-style-type: none"> – Hosted by Maghery Coastal Adventures, first training in Donegal coordinated and facilitated by CARA – 9 participants completed training – Aimed at professionals working in the adventure/outdoor sector in making paddle sports, climbing and outdoor activities and facilities more accessible for people with disabilities
Safeguarding (Child Protection Training) 	Safeguarding 1 (Basic Awareness Workshop)	<ul style="list-style-type: none"> – 469 participants from 134 sports clubs and groups – 267 Male / 203 female participants – 34 workshops held (11 additional workshops held on previous year)
	Safeguarding 2 (Club Children's Officer)	<ul style="list-style-type: none"> – 48 participants from 30 sports clubs / organisations (23 male / 25 female) – 3 workshops held during 2017 – Demand for workshops has increased on previous years

	<p>Safeguarding 3 (Designated Liaison Officer)</p>	<ul style="list-style-type: none"> – 29 participants from 28 sports clubs / organisations (12 male / 17 female) – 2 workshops held during 2017 – Demand for workshops has increased on previous years
<p>Other Course Type</p>	<p>How Safe is your Sports, Community of Charity Event?</p> <p>Workshops</p>	<ul style="list-style-type: none"> – 2 tutors trained (3 workshops held) – 43 participants involved in workshops – Sports Event Management Committee – Resource packs available for Clubs, Community Groups etc. to access.
<p>Sports Leadership Training</p>	<p>Sports Leadership Programme</p> <p>(Funded through Sports Ireland DTTS Dormant Accounts)</p> 	<ul style="list-style-type: none"> – DSP is approved Assessment Centre for Sports Leadership Programmes. – 124 participants attended and completing training to deliver Sports leadership. – 7 Courses (5 Level 1 and 2 Level 2 Courses) – Certification awarded by The British Sports Trust Sports Leader Awards Programme – Evaluated by Sports Leaders UK through their Quality Assurance review system – On completion of Level 1, each learner is given the opportunity to gain further experience and volunteer hours under the guidance of the DSP. – Furthermore, in 2017, the progression Level 2 award was completed by 2 schools
<p>First Aid Related Training</p>	<p>Sports First Aid Courses</p> 	<ul style="list-style-type: none"> – 53 participants received Basic First Aid training through Safetech Consulting – 4 x Emergency Sports First Aid (1 Day Workshop) – 1 x QQI Level 5 (Occupational First Aid) Workshop – Delivered by qualified tutors and certificates awarded on completion – DSP supported a number of clubs to access training providers
<p>Mental Health / Wellbeing Awareness Course</p>	<p>Building Positive Clubs Programme</p> <p>(Funded through Office of Suicide Prevention)</p> 	<ul style="list-style-type: none"> – Delivered through the DSP Community Coaching Prog. – Additional funding - HSE / Nat. Office of Suicide Prevention – Presentation to Sport Ireland and National Sports Network. Highlighted as Model of Good Practice in the National SPEAK Report – Excellent feedback as highlighted by NGBs, Sports Clubs & Sport Ireland on Social Media – Planned dissemination in 10 clubs through the Soccer for Peace Programme early 2018 – Training of new facilitators to increase capacity to deliver the programme among other sports clubs and sports organisations (Feb 2018) – Planned delivery through new Community Sports Hub & Community Coaching Programme (2018).
<p>Community Coaching</p>	<p>Community Coaching Programmes</p> <p>(Funded through Sports Ireland DTTS Dormant Accounts)</p>	<ul style="list-style-type: none"> – 10 participants accessed the CCP with 9 completing the programme. – Participants are offered modules in job readiness, communication, social media and PR training, personal development – Disability inclusion training (CARA) – NGB sport specific modules, sports nutrition and strength and conditioning. – 4 participants actively involved in DSP Programmes and Initiatives and have trained as tutors to delivery Coaching Ireland Coaching Children, Youth Sport Trust Start to Move Training, Sports Leadership Training, FUN Moves, Special School Sportshall Athletics, Sportshall Athletics Start to

		Move and Balanceability Training, Children on the Move and Ag Sugradh Le Cheile Programmes
Schools-based Programmes	<i>Go for Sports Donegal Sportshall Athletics Programme</i> <i>Teacher Information Session</i>	<ul style="list-style-type: none"> – 15 Teachers attended from 13 Primary Schools – Content: Learn how to organise, plan and coordinate your schools Sportshall Athletics Programme in preparation for the Donegal Regional Events. Understand the running/relays and field events and the equipment required for each activity. Examine the rules of entry/team declarations and how the competition is run.
Schools based Programmes	<i>Ag Súgradh Le Chéile Tutor Training</i> <i>(Funding through Health Service Executive Grant)</i>	<ul style="list-style-type: none"> – 12 tutors attended training in March 2017 to support the demands for the initiative and geographical location of some schools. – New tutors were supported and mentored in delivery of the programme. – Improved and updated resources and equipment packs were supplied to all tutors.

Donegal Sports Partnership
A Sport Ireland Initiative

RTÉ
Operation
TRANSFORMATION

National WALKS DAY

7th January 2017
(9.30am)

4 Community Walks in Donegal...

- Maghera Community Centre, Maghera, Dungloe
- Rosnckill Resource Centre, Rosnckill, Fανά
- Niall Mór Centre, Killybegs
- Lifford Family Resource Centre

For further information contact Donegal Sports Partnership on 074-9116078

Donegal Sports Partnership
An Irish Sports Council Initiative

Building Positive Clubs Resource

BIKE WEEK
JUNE 2017

Donegal Sports Partnership
A Sport Ireland Initiative

Donegal Bike Week Report 2017



2.2.3. DSP AS INFORMATION HUB

SIGNPOSTING OF INFORMATION RELEVANT TO SPORTING COMMUNITIES		
Actions	Specific Action	Notes
Mass Participation Events 	Operation Transformation National Walks <i>(Funded by Sports Ireland, LSP Grant)</i>	<ul style="list-style-type: none"> – 323 Adults & 122 Children – 5 venues (Killybegs, Rosnakill, Lifford, Falcarragh & Maghery) – Local community groups agreed to host events & sourced volunteers – DSP provided each site with promotional materials specifically for their area and the assistance of a fully qualified IHF Walking Leader – Each site was responsible for recruiting walkers, promotion and distribution of walking materials – 28 Volunteers supported the walks – Part on National Programme and National Media Campaign – Two organisations availed of GIW funding, to develop a walking group and follow on from National Walks Day
Mass Participation Events 	Donegal Marathon & Half Marathon	<ul style="list-style-type: none"> – Approx. 520 participants annually – DSP part of Marathon Committee – Promote recreational running in Donegal – 40 children participated in fun run at finishing area – The DSP introduced a fun event for families, encouraging children and their parents/guardians to take part in a fun run, final lap though the finishing gate and under the event clock to experience the excitement of taking part and adding to the atmosphere for the competitors as they finish their marathon
Mass Participation Events	The North West 10k Charity Run & Walk	<ul style="list-style-type: none"> – Approx. 2,200 participants annually – DSP supports and assists the promotion of the NW 10k Charity Run and Walk
Publicity and Awareness Raising	Active Schools Information Packs	<ul style="list-style-type: none"> – Approx. 150 Preschools (through the DCCC) – 177 Primary Schools and 26 Post Primary Schools – Periodical updates via email, mailshots, or social media on all events / programmes relevant – Promote greater awareness of education & training and participation initiatives in Donegal of interest to schools, their teachers and pupils
Publicity and Awareness Raising	Donegal Sports Star Awards 	<ul style="list-style-type: none"> – DSP is an active member of DSSA Committee – DSP Circulates nomination materials to all Primary and Post Primary schools in Donegal (203 centres) – DSP issues certificates to all School nominees

2.2.4. MORE SUSTAINABLE INFRASTRUCTURE

SUPPORT CLUBS AND GROUPS UTILISING THEIR NATURAL RESOURCES TO DEVELOP SPORT - OCEAN, RIVERS, BEACHES, MOUNTAINS ETC...		
Actions	Specific Actions	Notes
Community Sports Programme 	Community Hubs - Maghera Coastal Adventures	<ul style="list-style-type: none"> - Funding secured from Dormant Accounts/Sport Ireland - 1 Centre identified in Maghera - Steering Committee in place (18 members) - Maghera Coastal Adventures Initiated - Coordinator employed - Programme of activities underway - MCA Website developed
Community Sports Programme	Park Run 	<ul style="list-style-type: none"> - 3 venues assisted (Falcarragh, Dungloe, Letterkenny) - Committees set up to oversee development of programmes - Programmes commence in early 2016 - DSP acting in supporting role when required

2.2.5. DSP PLANNING - INTERNAL PROJECT DEVELOPMENT

ACTIVE PARTNERSHIP - PROACTIVE APPROACH IN PROVIDING A MORE ROBUST CORPORATE GOVERNANCE FRAMEWORK	
Action	Specific Action
Actions for current year in relation to this Plan (from DSP Annual Action Plan)	Internal Partnerships: <ul style="list-style-type: none"> - Corporate Governance – Development of the Governance Code - Review and Update of DSP’s Memorandum and Articles of Association - Review of Company Polices - Establishment of Internal Audit Review Procedures - Implement DSP Strategic Plan 2015-2019 - Operational Strategy - Sustainability of the DSP
Who will be involved in following through on this objective with the DSP?	<ul style="list-style-type: none"> - DSP Board of Directors - DSP Executive Committee - DSP Staff - Sport Ireland - External Expertise
Review of DSP Policies	<ul style="list-style-type: none"> - DSP Executive Committee setup to assist with review of all DSP Policies in line with Type B Organisations Self-assessment Checklist with the view to adopting the Governance Code in 2018

2.2.6. DSP PLANNING INTERNAL PROJECT DEVELOPMENT

The Active Partnerships pillar in the DSP Strategic Plan 2015-2019 refers to the nature of cross-sectorial and multi-agency work undertaken by the DSP in the implementation of all its programmes and can relate to funding, resources, facilities, working groups, joint programmes and so on. Greater collaboration of agencies working towards a single goal, programmes being tailored to suit local needs - bottom up approach, greater sustainability of programmes post the intervention phase.

This work supports not only the implementation of the DSP strategic objectives but also those of the partners, including local, regional and national Statutory Bodies, National Governing Bodies of Sport, Community Organisations and Cross Border Partners.

Who will be involved in following through on this objective with the DSP?

- Sport Ireland
- DSP Directors and the agencies/organisations they represent
- DSP Staff, Tutors and Volunteers
- NGB's and their locally based Development Officers
- Sports Clubs and Organisations
- Community Groups and Organisations
- Schools and Educational links
- Local Authority
- Programme partners
- Funders and potential funders
- Internal and External sources of expertise and professional services

Committee Representations:

- Donegal Marathon Committee
- Sports Ability Forum
- Bluestack Community Hubs Programme
- FUN Moves Steering Group
- Donegal Sports Star Awards
- Donegal Youth Council
- Cairde Le Cheile Board of Directors
- Finn Harps FC Schools Committee
- MEET Project
- LSP Regional & National Networks
- Men on the Move National Project
- SIDO Regional and National Networks
- National Disability Awareness Group
- Park Run Steering Groups
- Community Coaching Initiatives
- Ulster ILGU Junior Development Committee
- Girls Active Management Committee
- Informal Partnerships



2.3. DSP WORKING METHODS

2.3.1. PROVIDING INFORMATION AND RESOURCES

Donegal Sports Partnership supports within the resources available to it to disseminate all relevant information and resources to promote sports development and awareness of the wider range of activities, programmes and opportunities in County Donegal.

PROVIDING INFORMATION AND RESOURCES		
Actions	Specific Action	Notes
Providing Information and Resources 	– Producing and Disseminating Resources	– 12 physical booklets or information leaflets produced – 6 Directories produced/updated – 2,500 people/clubs/groups on email list – 21 press releases issued – 4 annual reports disseminated – 11 presentations delivered
	– Use of Media (Including Social Media)	– 12 Radio Interviews – 20 articles in local press/radio – 31 new articles in DSP Websites – 2,234,423 hits on DSP websites in 2017 – Facebook and Twitter pages updated & upgraded – 242 Facebook posts/updates – 3,328 followers on Facebook – 91 Tweets on Twitter – 1180 followers on Twitter – 483 DSP following on Twitter – 77 DSP texts via text service

2.3.2. SOCIAL MEDIA & AWARENESS RAISING

As well as maintaining its programme databases and sports directories and wider online presence through its websites, www.activedonegal.com and www.letswalkdonegal.com the DSP also utilises Facebook www.facebook.com/activedonegal and Twitter <https://twitter.com/ActiveDonegal> accounts for awareness raising activities with their target groups and working partners. The DSP employs Sendmode for its text messaging services to update and post reminders to clients and participants on its programmes.

It is hoped that these resource will assist in:

- providing information on local and national programmes
- detailing education and training programmes
- acting as an online resource for coaches and sports clubs volunteers
- signposting funding opportunities
- publishing newsletters, bulletins, leaflets and reports
- linking to strategic partners
- providing calendars of events
- acting as a gallery section and visual insight into the range of project activities and achievements

A sample of these social media links being used as a means of communication by the Donegal Sports Partnership can be seen in Section 4.1.

2.3.3. CLUB AND GROUP DEVELOPMENT WORK

FUNDING ADVICE & SUPPORTS:

Donegal Sports Partnership provides a range of funding advice and support through its initiatives and programmes or in partnership with other agencies, National Governing Bodies of Sport (NGB's), Sports Clubs and Community Groups etc. While the investment in sports club development has been limited for 2017, the DSP within its capacity has supported sports clubs in Donegal through various methods.

A vital part of this process is informing clubs and organisations of the opportunities available to them and of potential funding sources suited to their programme needs and/or meet the funder's criteria as well as the provision of education of training initiatives.

This was achieved through:

- Emails issued through the DSP's database of Clubs and Organisations (approximately 1,500 contacts) utilising our sports specific or general based club/organisations directories.
- Social media posts through the DSP's website, Facebook and Twitter accounts and by sharing other relevant sites/posts.
- Approximately 20 Clubs/ groups were supported in making funding applications for a variety of initiatives and general club fund raising; among the main issues recorded were around participation, health, coach education, training and voluntarism and equipment needs.

The DSP provided information and advice on some of the following key issues:

- fund raising programmes
- capacity building for volunteers
- participation models
- social inclusion measures
- mental well being
- health
- education and training
- Capital Grants Schemes targeting local sporting and community amenities and facilities.



2.3.4. PROVIDING TRAINING & EDUCATION

Training has been delivered across a wide range of programmes targeting the very young to not so young. The delivery of training has shown evidence of greater activity and participation in club/community life. As the club development grant scheme is currently unavailable it's more important than ever to remove the barriers to participation and to support club and volunteer training initiatives, therefore it remains a priority of the Donegal Sports Partnership 'Active Donegal' to provide all of its educational and training and participation initiatives with ease of access and at an affordable rate to all potential participants.

We acknowledge that volunteers are the life-blood of every sports club/organisation in Donegal, administrators, officials, parents and coaches fulfil important roles in clubs, dedicating hours of time and energy, working in a variety of ways. Without them, most sports clubs and associations would cease to exist.

The DSP through its various initiatives actively promotes education and training and participation opportunities to its sporting communities and target groups, via email, website and social media and through the use of local press including radio and newspaper inserts. Developing the capacity of volunteers, clubs and groups continues to be a key focus of the DSP.

During 2017 the DSP coordinated a wide variety of Education and Training initiatives including:

- North West Club & Coach Boxing Seminar is for boxing club volunteers and coaches interested in gaining knowledge and increasing their Continued Professional Development.
- Event Management Workshops were offered in 4 locations throughout Donegal. Which contained advice on Legal matters, Health & Safety, Permits, Insurance, organisational & planning issues and contingency/crisis planning etc. The DSP in association with the Donegal County Council Road Safety Working Group delivered a number of FREE evening seminars aimed at volunteers / organisers involved in managing events especially those that utilise public roads and public spaces.



Through the support of Sport Ireland and the Dormant Accounts two community coaching programmes were delivered to the unemployed. These programmes aim to support positive pathways to further education and employment and to build both personal and professional development opportunities.

A number of Agencies and Sports Development Organisations have provided funding and partnership support to the Donegal Sports Partnership enabling it to continue to deliver capacity building programmes such as:

- Sport Ireland (Code of Ethics/Safeguarding and Women in Sport)
- Dormant Accounts/Sport Ireland (Community Coaching Programmes, Community Hubs Programme, Sports Leaders Awards and Urban Adventures due to being in 2018)
- Health Service Executive, HP&I SLA (Girls Active, Active Seniors, ASLC etc.)
- HSE, DCC and Donegal ETB (SIDO Programme, Event Management)
- Mountaineering Council of Ireland (Get Ireland Walking Programmes)
- Waterford IT (Men on the Move National Research Programme)
- Department of Transport, Tourism & Sport (Bike Week Funding)

We wish to acknowledge the partnership approach with these and other agencies, the National Governing Bodies of Sport (NGB's), their Sports Development Officers, locally based Clubs and Community Groups in promoting these programmes. The also the knowledge and expertise of the staff, tutors and coaches in the delivery of these programmes are vital to its success.

Below is a summary of the Education and Training Programmes held by the Donegal Sports Partnership during 2017?

Course / Workshop Type	Participants	Course / Wshop
Ag Sugradh Le Cheile Tutor Training	12	1
Balanceability 'Learn to Cycle' Tutor Training	13	2
Building Positive Clubs Programme	100	4
Community Coaching Programme	10	1
Disability Inclusion Training	7	1
GFS Donegal Sportshall Athletics Teacher Training	15	1
Girls Active Coordinating Teacher Training	18	1
Inclusive Adventure Training	9	1
Occupational First Aid (QQI Level 1)	12	1
Safeguarding 1 - Child Protection	469	34
Safeguarding 2 – Children's Officer Training	48	3
Safeguarding 3 - Designated Liaison Officer	29	2
Sports Event Management	43	3
Sports First Aid Training (Basic)	41	4
Sports Leadership Awards (Levels 1 & 2)	124	7
TOTAL	950	66

Figure 9: DSP Education & Training Workshops 2017

"Training to be a snorkel guide & SUP instructor has given me a whole new skill set, it has enhanced my awareness in the ocean greatly, and the best part is i get to pass on these skills to local kids, teens and their parents, and also visitors to our area. Water skills should be a vital part of every coastal community and my training has already been put to good use. The funding has given Maghery an enormous boost!"

Brian Roche, SUP & Snorkel Instructor



SECTION THREE

3. HIGHLIGHTS 2017

In addition to all the activities and programmes the Donegal Sports Partnership has been involved with in 2017, this section highlights just a few key moments in the past year.

3.1. SPECIAL SCHOOLS SPORTSHALL ATHLETICS

The Special School Sportshall Athletics Programme has been running since 2010. The number of schools and participants have increased on an annual basis with 8 schools participating in 2017. The six week programme has proved very popular with schools with clear benefits from the programme identified. There is already demand with schools requesting the programme for 2018.



Figure 10: Special Schools Sportshall Programme

"A six week programme was provided for our autism class. This involved developing various athletic skills. Coach had an excellent rapport with the children and understood their individual needs. Different physical activities were introduced to the children to develop their running, hurdling, jumping and throwing skills. At the end of the six weeks, it was clear to be seen the improvement in each child's athletics skills. We would gladly welcome this programme back to our class as it was extremely beneficial to our children and enjoyed by all". Schools Thoughts

"This programme was enjoyed by all the participating students. Cooperation from the schools was excellent and they looked forward to the next session. Students showed huge improvement in ability with the tasks each week. Delighted to see the enjoyment from the children and watch them improve and progress. All in all I feel both teachers and children benefited and saw improvement in participation and ability over the course of the programme". Coach Perspective

3.2. FOOTBALL FOR ALL PROGRAMME

This programme was established in Donegal Town to offer children the opportunity to participate in football in a fun, safe and inclusive environment. Weekly sessions were hosted in partnership with the Bluestack Special Needs Foundation, indoors during winter season then outdoors at Four Masters GAA Club when the weather improved.

Participants enjoyed not only the physical development but also the social interaction with feedback on the programme very positive. It is hoped in the future that this initiative can be further developed in partnership with a local soccer club through the Bluestack Sports Hub to ensure sustainability.

"She loves it – and can now kick a ball."

"Picking up the football at home and kicking it too. Getting more involved when boys are playing football at school. Fear of getting hit gone 😊."



"He really enjoyed the experience – first time to join in a group activity outside school – enjoyed the interaction with other children and social skills, group play in a sporting environment." Participant

"I appreciate the dedication and commitment that goes into providing these activities for children with disabilities and bringing a sense of normality to their life. They too can attend after school activities like their siblings, enjoy the experience whilst learning & developing social and sporting skills through sport / recreation."

3.3. COMMUNITY COACHING PROGRAMME

Over the past few years DSP have been rolling out the Community Coaching Programme. In 2017 the course was centralised to Letterkenny. The programme contained both theory and practical elements covering a variety of modules – NGB accredited modules, Coaching Ireland modules, personal development, communication and life skills, running for 14 weeks. Once again the initiative proved extremely successful. Many participants on this programme have been involved in DSP events and initiatives. As a result we now have 1 Coaching Ireland trained tutor, 2 Sports Leadership tutors, 1 Ag Súgradh le Chéile tutor and 2 Balanceability tutors. Others have been involved in both Sports Inclusion Programmes and mainstream initiatives within DSP.



Figure 11: Community coaching participants with the Womens World Rugby Club at the Girls Active Fest in Aura Letterkenny

One participant in particular was asked to share his story. He is now a Sports Leadership tutor and involved in the FUN Moves, special school Sportshall athletics and mainstream Sportshall athletics programmes. He has been a great asset and really committed to supporting DSP. Read his story below.

CCP Case Study

Q1: Why did you choose to participate in the Community Coaching Programme?

Wanted to grow as a coach, learn about other sports also had some spare time on my hands so grabbed the opportunity to better myself. I wanted to see if I could enhance my CV and perhaps seek employment in Sports coaching which I have a great passion for.

Q2: What did you most enjoy about the programme?

The variety of sports covered, other sports took me out of my comfort zone as up to then I mainly focused on soccer. I enjoyed sports leadership element and coaching kids whilst being assessed by

external examiner and then receiving positive feedback, Adam Speer's "S & C" was fantastic and seeing Sportshall Athletics for the first time was great eye opener.

Q3: How did you find the experience?

Really enjoyed the course, the best thing I have done from meeting new friends, listening and learning from excellent tutors/trainers

Q4: What impacts has the programme had on your life in both a professional and personal capacity?

Has it created any other opportunities for you?

Yes I'm more confident person now, the course developed me professionally and increased my confidence to enter any room or arena with the knowledge that I can deliver excellent training session. I have since worked for Donegal Sports Partnership coaching kids with special needs, rolling out "Fun Moves" and assisting in "Sports Hall" athletics.

Q5: Would you recommend the programme to others?

Yes I would certainly, this course was the best thing I've done, course was brilliantly run, covered so many sports, s & c nutrition, first aid. I never knew Donegal Sports Partnership existed and now I can see the fabulous work they do within my county.

Q6: Any other comments...

I'm keen to progress my coaching C.V and this course has propelled me in the right direction and I'm grateful to Donegal Sports Partnership for giving me the opportunity to complete this course and showing me that opportunities exist within my County to make a significant impact on kids/adults sporting lives.

3.4. BIKE WEEK 2017

Donegal Bike Week 2017 saw a total of 27 events delivered across the county, with involvement from 5 cycling clubs, 5 Community Organisations, 7 Schools, 3 workplace organisations and a continued partnership with the Green Schools Environmental Education programme. Donegal Sports Partnership were delighted to welcome five new delivery agents this year, two of which were local authority centres in Donegal.

This year, all events registered supported under the Bike Week initiative, would be entirely focused on the following target groups; new/beginner cyclists, children, people with disabilities, older people and families. For this reason, participation figures are much lower than they have been in previous years with 1,109 participants.



Despite this, the response from cycling clubs was very positive, with each club, bar one, still registering between 2 & 6 events throughout the week, and with marginally more events this year than last, DSP were very pleased with the return. Volunteerism is an integral part of Bike Week, and this year we asked our delivery agents to indicate the number of volunteers who assisted/supported events in their area.

A total of 171 volunteers helped make Donegal Bike Week a great success once again, and DSP would like to recognise their contribution in not only their value to this initiative, but year-round within their clubs and community groups. We will continue to encourage and support as many clubs, community org's, workplaces and schools to get involved each year in this initiative, as it is fast becoming our one of our primary mass participation initiatives in the year. Donegal Sports Partnership would like to acknowledge the Department of Transport, Tourism and Sport for their continue



Figure 12: Bike Week 2017 Launch – Donegal ETB Crèche

A more details report on Bike Week 2017 was prepared for the Department of Transport, Tourism and Sport as part of National Bike Week Programmes.

3.5. MEN & WOMEN ON THE MOVE



Figure 13: Men on the Move, Cranford

"...A few years ago when I was coming 48 years old I had experienced the middle age spread and said to myself I should do something about it. I wasn't doing any exercise at all. I knew I needed to get in shape and lose weight and I honestly probably wouldn't have done anything about it only I read an article in the local paper informing about the Men on the Move programme starting in Ray in September and so I decided to go along. Interestingly a very good friend of mine who I was meeting at the school gates each day was also at the first night and neither of us had mentioned it to each other. I have been doing it now for the last 3 years and I feel the benefits. I have lost over 2 stone and 11cm on my waistline. I feel healthier and have so much energy. Playing football with my son is so much easier now.

Socially it has also made a big difference. For example one of the other men who does the Men on the Move is a neighbour from about 1 mile up the road. I didn't know him as we moved in different circles, went to different churches and our children went to different schools. Now we are doing adventure races together and it's great. I would totally recommend it for everyone as you will defiantly get a lot out of it. There are always new men starting and they are made to feel very welcome." MOTM participant, Ray CC

MEN ON THE MOVE DONEGAL

Donegal Sports Partnership

"My life has changed for the better as a result of taking part in Men on the Move. I am fitter and as a result it gave me great encouragement to quit smoking for sure. I look forward to meeting the boys every week and the men who were neighbours are now friends. I am now in daily contact with some of the men who live very near me but I wouldn't have really known them before." MOTM participant

"Women on the Move has made a big difference to my life. With a young family I was struggling to fit in enough exercise into my weekly routine. The times of the classes really suit and the tutors are really motivating, the hour goes really fast. I look forward to meeting the girls and we have all noticed our fitness levels have really improved and some of the group are better able to manage their weight as a result. You also get to meet a great variety of people." Fiona Boyle, WOTM participant

Women on the Move

Donegal Sports Partnership
A Sport Ireland Initiative



Students from St Columbas College, Stranorlar receiving Sports Leaders Awards

3.6. ACTIVE SENIORS – KURLING PROGRAMME



Figure 14: Active Seniors – Activity Fest 2017

“...My husband Peter and I love playing Kurling. It is great for Peter’s medical condition as his short time memory is bad and he has improved since he started to play 4 years ago. Peter was a professional boxer in his youth, therefore, he is very competitive. It’s great to play together and we have met so many new people. Long may it last and we are very thankful to Karen for her hard work. Peter has just celebrated his 80th birthday and I’m not far behind him, I think it keeps us young and active.”

Cathy & Peter Anderson, Stranorlar Friday Club

“The Kurling League has opened up a complete new group of friends from all over this part of Donegal. I am almost 4years in this group now since it started. Apart from the exercise, it keeps me fit, a lot of People I speak to about the game, have never heard of it. I would love if a lot more of our group would join us. A special word of thanks to Donegal Sports Partnership for introducing me to Kurling. Of course we could not do it without Karen.” Eileen Farrelly, Letterkenny Active Retirement

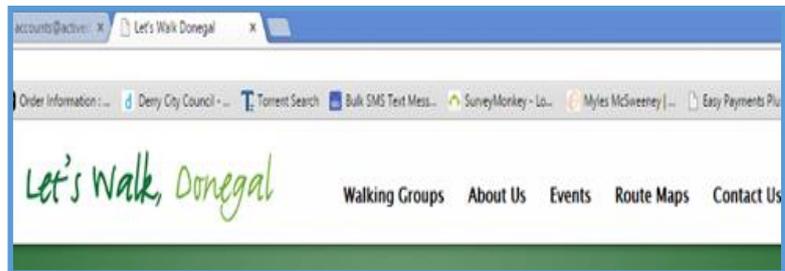


Figure 15: Kurling League Club Representatives

SECTION FOUR

4. APPENDICES

4.1. SOCIAL MEDIA OUTLETS



- www.actedonegal.com
- www.letswalkdonegal.com
- twitter.com/ActiveDonegal
- www.facebook.com/active-donegal



Figure 16: Examples of DSP Social Media outlets

4.2. DSP BOARD OF DIRECTORS 2017

				
Mr. Colin McNulty, Local Government Officer, DCC	Mr. P.J. Hallinan, Partnership Companies	Ms. Anne McHugh, Donegal ETB	Ms. Kathleen Bonner, East Donegal Community Forum	Ms. Anne McAteer, Health Service Executive
				
Mr. Eamon Harvey, South Community Forum	Ms. Geraldine Boyce, North Donegal Community Network	Cllr James Pat McDaid, Donegal County Council Elected Representative	Mr. Joe Sweeney, Inishowen Community Forum	Cllr Jack Murray, Donegal County Council Elected Representative
				
Cllr Jimmy Kavanagh, Donegal County Council Elected Representative	Cllr Tom Conaghan, Donegal County Council Elected Representative	Dr. Lynn Ramsey, Letterkenny Institute of Technology	Ms. Máire Uí Dochartaigh, Fóram Na Gaeltachta Dhún Na nGall	Mr Seamus Campbell, Sports Disability Forum

4.3. INTERNAL POLICY AREAS

Here is indicated for specific policy areas whether these policies are i) in place (Yes), ii) in the process of being established (in Process) or iii) not yet there (No).

General Policies and Procedures			
Strategy	Yes	Code of Practice for working with LGBT Communities	No
Annual Report	Yes	A Data Protection Policy	Yes
Annual Accounts	Yes	Public Relations/ Media Policy	Yes
Management Accounts	Yes	Working Alone Policy	No
Annual Action Plan	Yes	Whistle Blowing Policy	Yes
Specific Action Plans (specific programmes, SIDP, etc.)	Yes	Risk Register	Yes
Signed Heads of Agreement with Sport Ireland	Yes	Fixed Asset Register	Yes
Signed Terms and Conditions of Funding with Sport Ireland	Yes	Club/Sports Directory	Yes
Signed Terms and Conditions of Dormant Accounts Funding with Sport Ireland	Yes	Contacts Database	Yes
Tax Clearance Cert	Yes	Programme/Event/Training Course Evaluation Policy	Yes
Anti-racism Code of Practice	Yes	Complaints Policy	In Progress
Child Protection Policy	Yes	Years of Current/Latest Strategy (from/to)	2015-2019
Safeguarding Statement	Yes	Dates of heads of agreement with Sport Ireland	Sept 2017-2020
Equality of Opportunity / Equal Status	Yes	Expiry Date of Tax Clearance Cert	18/02/18

Corporate Governance			
Volunteers Policy	Yes	Board Meeting Minutes (Signed)	Yes
Board Handbook	In Process	Board Charter / Memorandum and Articles of Association	Yes
Confidentiality Policy	Yes	Board Meetings without Staff Present	No
Terms of Reference for the Board, Sub-Groups, Working Groups and Advisory Groups	In Process	Policy on Conflicts of Interest	Yes
Roles and Responsibilities of Board Members	In Process	Non-Attendance of Directors at Meetings	Yes
Recruitment of Board Members	Yes	Not acting in the best interests of the Company	Yes
Induction of Board Members	Yes	Financial Policies and Procedures	Yes
Code of Conduct for Board Members	In Process	Financial Reporting to Board	Yes
Turnover of Board Members	Yes	Financial Reporting Procedures	Yes
Board Succession Plan	Yes	Progress Reporting to Board	Yes
Board Appraisal Process	No	Expenditure Authorisation Levels	Yes
Schedule of Matters Reserved for Board's Decision	Yes	Procurement Procedures	Yes
Schedule of Board Meetings	Yes	Company Law Compliance / Schedule of Statutory Obligations	Yes
Board Meeting Agendas	Yes		

Policies and Procedures in Relation to Employment			
Staff Hand Book	Yes	Career Break	Yes
Confidentiality Policy	Yes	Job Sharing	Yes
Health and Safety Statement and Policy	Yes	Family Friendly Workplace	Yes
Bullying and harassment Policy (Including Sexual Harassment)	Yes	Options related to Work Hours	Yes
Dignity and Respect at Work	Yes	IT Policy/ Internet Use Policy	Yes
Code of Conduct for Staff	Yes	Travel Policy	Yes
Disciplinary and Grievance	Yes	Statutory / Non Statutory Leave Arrangements	Yes
Policy on Conflicts of Interest	Yes	Performance Appraisal Process	Yes
Recruitment and Selection	Yes	Staff Induction Policy	Yes
Supervision and Support	Yes	Safe Recruitment Policy	In Process
Time Off In Lieu	Yes	Garda Vetting Policy	In Process



Figure 17: Children on the Move Assessments in Ray Community Centre, Milford

4.3. SAMPLES OF FLYERS FROM DONEGAL SPORTS PARTNERSHIP

Community Coaching Programme

Are you currently **Unemployed** With a keen interest in **sport**?



Donegal Sports Partnership is inviting you to join an exciting new training programme which will combine both practical and theory elements.

Duration: 12 Weeks (2 Days 10am-1pm)
Starting: January 2018
Venue: Creery, Ballyshannon, Co Donegal
Cost: FREE

Participants will have the opportunity to take part in a variety of sport specific programmes which will be accredited by the National Governing Bodies of Sport.

Previous modules have included the following: **First Aid**, **Safeguarding 1**, **Level 1 Sports Leadership**, **Level 2 Paddle Sport Proficiency Award**, **Childcare Level 1**, **Adult Swim 1**, **Intro to Basketball**, **Disability Inclusion Training**, **Job Interview Preparation & Communication Skills**, **Sports Nutrition**, **Strength & Conditioning**, **Social Media Training**.

Participants will also have the opportunity to gain vital experience in community sport and further develop coaching skills.

For Further Information Contact: **074 91 16078 / 16079**
Donegal Sports Partnership | sido@activedonegal.com

DONEGAL MARATHON 1K KIDS FUN RUN

KIDS BE PART OF THIS YEARS MARATHON



SUNDAY 20TH AUGUST
TIME 10:00AM

REGISTRATION: FROM 9:00AM - 9:30AM AT THE CENTRE LETTERKENNY
 FURTHER INFO: WWW.DONEGALMARATHON.COM

Donegal Sports Partnership

SPORTS INCLUSION COME & TRY EVENT

As part of Social Inclusion Week 2017 Donegal Sports Partnership will host...

FOR WHO? CHILDREN WITH A DISABILITY AGED 7-12YRS

DETAILS?

EVENT 1
 7:00 - 8:30PM
 WED 17TH OCT - GLEBE N.S. DONEGAL TOWN

EVENT 2
 7:00 - 8:30PM
 FRI 18TH OCT - BLINCANA YOUTH OF COMMUNITY CENTRE

Activities will include: BASKETBALL, FOOTBALL, SPORTSHALL ATHLETICS, FUN GAMES

FURTHER INFORMATION: Donegal Sports Partnership
 074 91 16078 / 16079 | sido@activedonegal.com

MAGHERY Coastal Adventures

www.magherycostaladventures.ie



STAND-UP PADDLE BOARDING | SNORKELLING
 KAYAKING | HILL WALKING
 SURFING | CYCLING

E: Info@magherycostaladventures.ie
 Find us on Facebook | [magherycostaladventures](https://www.facebook.com/magherycostaladventures)

FOOTBALL FOR ALL

FOR - 6-12 year olds with a disability (Friends and siblings welcome to come along)

WHEN - Every Tuesday for 6 Weeks Starting 6th June 6.30-7.30pm
 WHERE - Pairc Tír Conaill Four Masters GAA Astro Pitch
 COST - €2!
 BOOKING IS ESSENTIAL

Donegal Sports Partnership | BLUESTACK FOUNDATION

SOCCER FOR PEACE

DEVELOPING SOCCER IN LOCAL COMMUNITIES

Donegal Sports Partnership | INTERNATIONAL FUND FOR IRELAND

GIRLS ACTIVE Touch Rugby for Girls

Girls, looking for a Fun way to hang out with Friends, stay Healthy and Learn some new Skills?



Touch Rugby for Girls
 Come and Give it a Go!

Girls Active Touch Rugby Festival
 Wednesday 22nd March 2017
 Aura Leisure Centre, Letterkenny

Interested in... FUN Moves

- Having Fun
- Meeting New Friends
- Learning New Skills
- Joining A Multi-Sport Programme

INFORMATION

Donegal Sports Partnership in conjunction with the Bluestack Special Needs Foundation & I.C.A.R.E. are launching an exciting FUN Moves initiative. This inclusive programme aims to help children with a disability to develop their fundamental movement skills.

Fundamental Movement Skills include: Throwing, Catching, Jumping, Striking, Running, Kicking, Agility, Balance, and Coordination

The programme will be available in 2 locations, Donegal Town & Blincrana and will be provided in a fun safe environment under the guidance of fully trained coaches. FUN Moves will offer group sessions for 8 weeks and will culminate in a games event bringing children from both groups together.

When? Donegal Town & Blincrana
 When? Saturdays
 12-1pm (6-12 years)
 1-2pm (13-16 Years)
 Who? Children With A Disability
 Aged 6-16 Years

Donegal Sports Partnership | This initiative is supported by the Department of Justice and Equality.

Martello Adventure RACE

Maghery, Dungloe, Co Donegal - Saturday 5th August 2017

SAFEGUARDING 3

Sport Ireland Designated Liaison Person



Donegal Sports Partnership
 New Street Back, Fossa Road, Letterkenny
 Tel: 011 8102179 | www.donegal.com

4.4. WOMENS RUGBY WORLD CUP VISITS THE GIRLS ACTIVE FEST



CONTACT US



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Co. Donegal, F92 T68V

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- <https://twitter.com/@ActiveDonegal>

- www.facebook.com/active-donegal

- Company Reg. No. 6378628M

