



# CAVAN

Sports Partnership  
Comhpháirtíocht Spóirt an Chabháin  
An Irish Sports Council Initiative

## Annual Report 2014

*Sport for life, Sports for all.*



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## Foreward

On behalf of Cavan Sports Partnership, we are delighted to present this annual report, which provides an overview of the work of the Partnership in 2014.

CSP continues to be very thankful to Cavan County Council, the Irish Sports Council and our local partners for their continued support and investment which enables us to do our job.

Finally, CSP thanks all those who have contributed to the compilation of this annual report and also to the team of instructors / tutors who were involved in the many programmes. A special word of thanks must go to the staff of CSP who works hard to ensure we meet our aims each year.

**John Kearney**

Chairperson

**Nadine McCormilla**

Sports Co-ordinator



## Introduction

Cavan Sports Partnership was established by the Irish Sports Council in 2008 and a sub structure of Cavan County Development Board.

CSP's first Strategic Plan "Sport for Life, Sport for All, 2009 – 2012", identified a pathway for development.

In 2012 CSP began a review of their Strategic Plan 2009 – 2012 and a consultation process with all those with an interest in sport in the county. In order to make sport "every day and for everyone", CSP recognise the need to clearly define and map out what we must do and how we will do this. Our second Strategic Plan outlines the work of the sports partnership over a three year period under four key strategic objectives for 2013 to 2015, takes into account the changing circumstances of our community, it recognises the value and role of our partners, it identifies a route for CSP to deliver our sports participation mandate and makes other people and organisations aware of our shared interests and responsibilities.

The following Annual Report gives an overview of the work of Cavan Sports Partnership in 2014 under its four key strategic objectives.

## CSP Vision, Mission and Values

CSP **Vision** recognises that sport is for everyone at every life stage:

'Sport for life, Sports for all'

The **Mission** of the CSP is in three parts:

1. More activity and more people.
2. Support the sports providers.
3. Get more and do more with sports resources

The way in which CSP undertake this mission is guided by **Values** which are:



## CSP Board

The Board of the CSP are made up of the following Partners:

- Cavan County Council – Caroline Brady
- The Health Service Executive – Colm Casey
- Cavan & Monaghan ETB – John Kearney (chairperson)
- Third Level representative – Philip McDonald
- Breffni Integrated – Terry Hyland (vice-chairperson)
- Community and Voluntary Forum –Christy Quinn
  
- Secondary School Representative – Niall Lynch
- Sports Forum Representatives – Ray Verschoyle, Audrey King, Niall Smith & Liam McCabe

- Elected Representatives – Cllr. Madeline Argue, Cllr. Philip Brady, Cllr Paddy McDonald



### CSP Staff

CSP partners provide the resources, guidance, cooperation and oversight which structure the work of the CSP Staff;

- Nadine Mc Cormilla: Sports Coordinator
- Dean McElroy: Social Inclusion Disability Officer
- Blaithin O Reilly: Sports Administrator

### CSP Funding

Core funding for Cavan Sports Partnership is provided by the Irish Sports Council. In 2014 the ISC provided €129,753 for staff and administration costs and a further €7,550 in



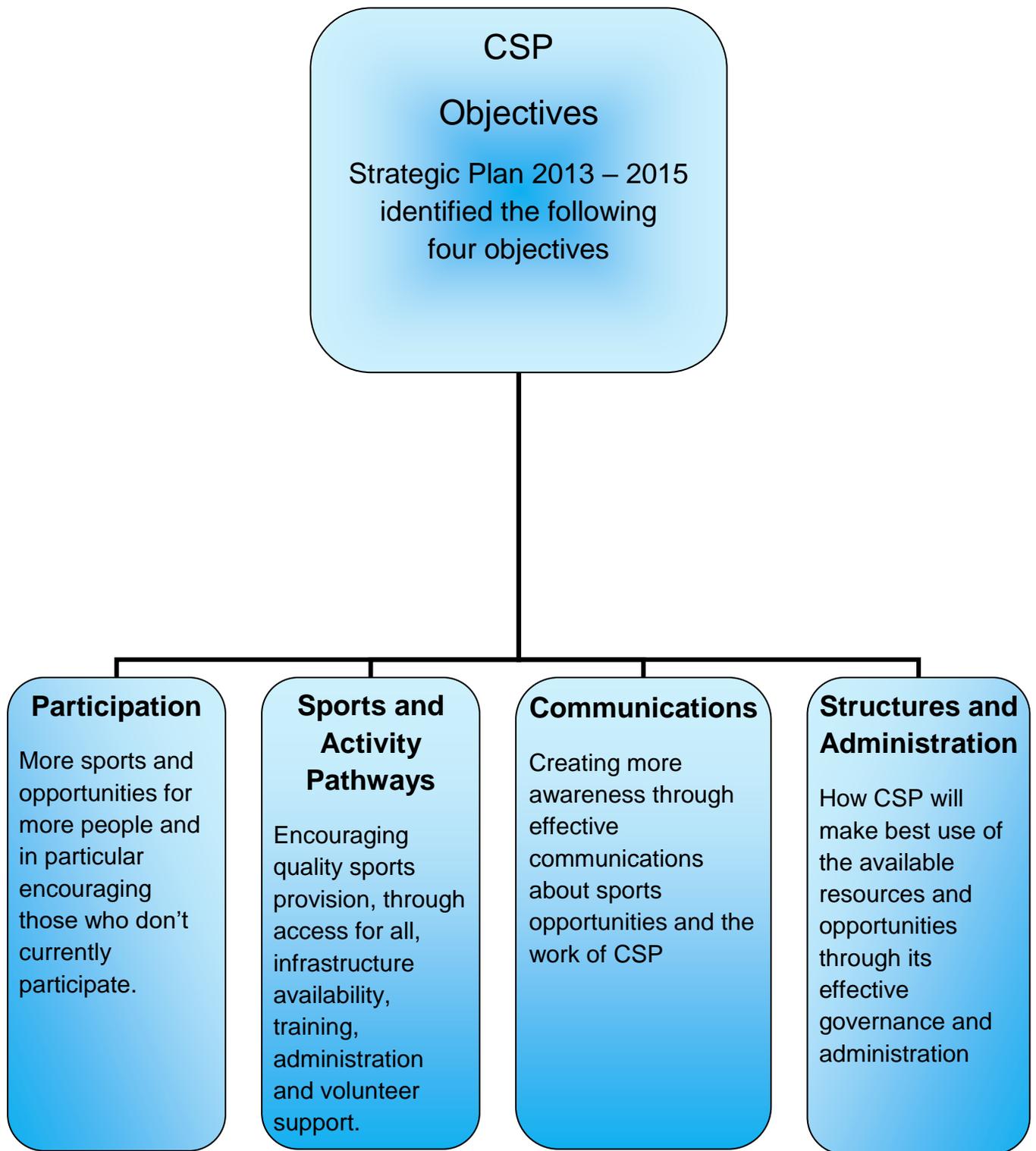
programme funding for high priority targeted initiatives which are identified by CSP.

The Irish Sports Council also provided €25,000 toward the staff and administration costs of the Sports Inclusion Development Programme.

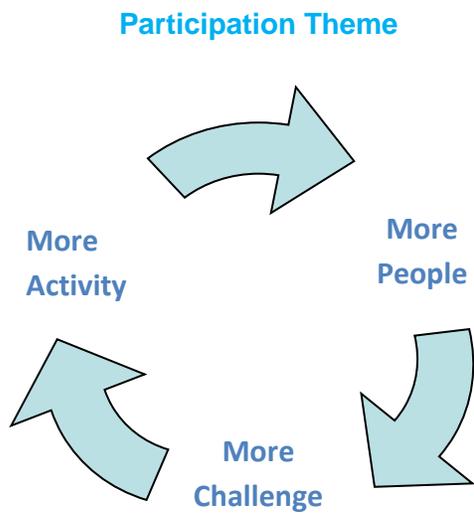
Additional staff and administrative costs were provided by Cavan and Monaghan County Council.

CSP was further funded by the following:

- Cavan County Council as a primary source of funding through “in kind” support such as office space and administrative support. Cavan County Council also provided support funding for mass participation events.
- Local partners who provide both financial and “in kind” support for CSP programmes such as venues, access to coaches.
- Additional local and national funding stream that CSP make applications for such as Age & Opportunity, Go for Life scheme and HSE National Lottery funding.  
(See Structures and Administration for further information)



## Objective 1. Participation



CSP has focused on delivering quality participation opportunities to groups all across the County. During 2014 CSP was responsible for delivering 40 programmes within these communities. These programmes share the underlying goal of increasing local participation in sport. CSP aims to engage up-skill and empower communities as part of programme development in order to ensure sustainability.

CSP offer extensive and varied range of programmes. Some projects are mass participation events and attract many hundreds, indeed thousands of participants, for example the Cavan Walking Festival and Run with Catherina. There are also short term programmes which provide opportunities for people to engage in new sports and activities, for example Forest Run. Other programmes aimed at marginalised groups are more focused and targeted. Older Adults programmes have continued to expand and new activity classes and ways to engage older adult communities were introduced in 2014.

- 1) Sport in the Community
- 2) Older Adults Programme
- 3) Sport Inclusion Programme

### Breakdown of Programmes delivered within each Section in 2014

#### 1.1 Sport in the Community

Programme	Target Group	Number of Participants
Run with Catherina	Community	700
Cavan Walking Festival	Community	1,500
Wake up & Walk	Community	40
Workplace Wellness	Community	30
Operation Transformation	Community	160
Forest Run	Community	150
National Bike Week	Community	700
<b>Sport in the community participation numbers 2014</b>		<b>3,280</b>

## 1.2 Sport for Older Adults

Programme	Target Areas	Number of Participants
Sports Fest	Older adult groups	30
Get Active Stay Active 50+	Older adult groups	400
Walk Active	Older adult groups	40
Aqua Aerobics	Older adult groups	28
Pitch & Putt	Older adult groups	14
<b>Older &amp; Active participation numbers 2014</b>		<b>512</b>



### 1.3 Sport for people with a disability

Programme	Target Group	Number of Participants
Gaelic Skills	Adult with a disability	34
Line Dancing	Adult with a disability	99
Pitch & Putt	Adult with a disability	24
Soccer Skills	Adult with a disability	36
Walk Jog Run	Adult with a disability	50
Sportshall Athletics	Children with disability	34
Hat Trick Football	Children with disability	25
Sport for people with a disability participation numbers in 2014		302



## Objective 2. Sports and Activity Pathways

CSP aims to create pathways into sports and physical activity. The following is a breakdown on how we worked to achieve this in 2014;

### 1. Facility Use -

CSP continued to work with clubs and agencies to promote multi-use for facilities in the county.

- ❖ CSP use community venues for trainings such as Code of Ethics and Children Officers;
- ❖ Worked with Cavan County Council to encourage lunchtime onsite exercise classes;
- ❖ CSP updated and monitored their club and community database on their website. There are 390 clubs and organisations registered with CSP.
- ❖ Cavan Walking Festival was designed to encourage people to use the natural resources available to them. As part of the festival maps of walk routes were made available for over walks in the county.

### 2. Volunteers;

CSP continued to support volunteer uptake and commitment through best practice awareness and training programmes

- ❖ One of the reasons for the success of 2014 Walking Festival was based on the fact that communities and walking clubs led walks. This resulted in Cavan Walking Festival 2014 increasing the number of walks and length of festival.
- ❖ CSP provided Walking Leader Training for these communities in April.
- ❖ Training: Cavan Sports Partnership delivered a number of subsidised training courses to club coaches and volunteers throughout 2014 including:

Programme	Number of Participants
Code of Ethics	5 workshops, 65 participants
Childrens Officer	2 workshops, 23 participants
Disability Awareness Training	3 workshops, 43 participants
PALS Training (dance workshop)	24
Walking Leader Training	28 participants
Bikeability Skills Training	150
Basketball Teacher Training	14

### 3. Support -

CSP continued to provide development assistance to sports clubs and groups

- ❖ **CSP Grants;** An allocation of €7,000 was disseminated to clubs for projects, approved by a grant committee, which increased participation in sports and physical activity initiatives and provided opportunities for training and education for clubs. A breakdown of these grants is available below.
- ❖ **Sports Capital Funding;** CSP in partnership with Cavan County Council secured €80,000 towards the development of a Skatepark in Cavan.

### 4. Pathways

CSP continued to develop pathways to lifelong participation

- ❖ **National Governing Bodies;** we work with NGB to develop sports specific programmes. In 2014 we worked with FAI, GAA, Basketball Ireland.
- ❖ **Primary Schools programmes;** Basketball Ireland Teacher

Training was delivered

- ❖ **Be Active After Schools Programme;** a HSE supported after school activity programme. 22 schools in Cavan are currently taking part in this programme which is delivered to 1st, 2nd or 3rd class children in participating schools.
- ❖ **National & Local Initiatives;** Cavan Sports Partnership were involved in running initiatives to create awareness of the following;
  - National Bike Week; To celebrate National Bike Week in 2014 CSP organised a number of events throughout the county including: Family Fun Cycle; Cycle Skills Workshop, Road Cycles.
  - National Play Day; The aim of National Play day is to help increase awareness of the importance of play. Promoting play improves outcomes for children and supporting children's physical and social development.

## Sports Clubs/Community Grant Recipients 2014

Club	Amount Awarded
Cavan Interclub Cycling League	1000
Cootehill Parkrun	500
Smugglers Cycling Club	250
DB Cycling Club	250
Virginia Rugby Club	700
Ballyhaise GFC (Rounders)	300
Cavan Gaels Rounders	300
Crosserlough Ladies Football Club	300
Hat Trick Football	300
Belturbet Row Boat Club	300
Sheelin Flyers	300
Virginia College	300
Cavan Hockey Club	300
Belturbet Table Tennis and Snooker Club	300
East Cavan Swim Club	300
Killdallan Community Games	120
Virginia Triathlon & Cycling Club	120
Happy Feet Walkers	120
Cavan Judo Club	120
St Felims Bowling Club	120
Ballyjamesduff Bowling Club	120
Ramor Water Sports	120

Erne Bowling Club	120
St Francis FC	120
Cavan BC	120
Cavan Chess Club	120



## Objective 3. Communications

### Marketing and Communications

CSP have worked in 2014 to expand our brand, visibility and role. We have a key role in acting as an information hub and point of contact. We are making more use of on-line resources for information provision through our website and social media sites.

The following outlines what actions were taken in 2014 to achieve Marketing and Communications objectives contain in the current Strategic Plan.

#### 1. A structured and focused marketing communication approach

- ❖ Two Newsletters produced.  
Six ezines released.
- ❖ The logo of the CSP was widely promoted in all communications, public meetings, events, conferences, and on tee shirts for mass participation events.

#### 2. Refine our communications resources in order to position CSP as the sports information portal for the County

- ❖ CSP expanded their social media presence.
- ❖ Press releases in local media outlets in 2014.
- ❖ **Federation of Irish Sport (FIS):** CSP continued its annual membership of the Federation which advocates for sport at a national level.
- ❖ **Online registration:** continued to be very effective in managing courses, programmes and registrations in 2014.

## Objective 4. Structures and Administration

In 2014 there was continued active participation of relevant agencies and partners on the CSP Board

- ❖ 4 meetings of CSP Board occurred in 2014
- ❖ One sub-committee's was formed and reported work to CSP Board
  - Grant Sub-committee,

### Administrative and Financial Management:

Secure and manage the resources of the CSP in a transparent manner

- ❖ CSP inputs its data into the ISC national monitoring and evaluation tool – SPEAK (strategic planning, evaluation and knowledge)
- ❖ The ISC provided core funding (staff salaries and costs) and programme funding to the sports partnership.

Health Service Executive	€6,480.00
Cavan County Council	€5,000.00
Cavan Town Council	€800.00
Cara Training Centre	€1,000.00
Go for Life	€1,000.00
Smarter Travel – National Bike Week	€5,000.00

- ❖ Additional programme funding in 2014 was awarded from the following external sources:

Workshop Fees (income) generated from training delivery	€12,816.68
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## Conclusion

The increase in CSP social media presence has had a good response from the public. Two major mass participation events allow us to promote CSP also.

While Garda vetting and new legislation are important new changes we have strong relationships developed with local contacts therefore it makes it easier to link in with groups. Having a dedicated development officer to coordinate these groups would be of benefit to the sports partnership.

For the older adult programmes CSP is represented on a number of committees such as Age Friendly Alliance in order to ensure that we have strong link with this ever growing target group, for whom information awareness is a vital aspect of attaining high participation levels

Factors that inhibit our work include a lack of communication budget lack of staff time and expertise.

Due to our lack of resources we rely on expressions of interest from clubs / groups in order to advertise and recruit for programme delivery.

Regarding the Buntús programme we have a small number of schools left to participate in rural areas difficult to engage with - more difficult to cluster due to location, school timetables and other programmes being delivered in school hindering delivery also.

Lack of full time development officer means administrator and co-ordinator are limited in time. Support for some programmes can be time consuming and difficult to exit.



## Glossary of Terms

**CSP:** Cavan Sports Partnership

**ETB:** Education Training Board

**CCC:** Cavan County Council

**ISC:** Irish Sports Council

**CVF:** Community and Voluntary Forum

**HSE:** Health Service Executive

**RDO:** Regional Development Officers

**Buntús** An Irish Sports Council programme developed to support primary school teachers and childcare practitioners in introducing young people to sport and physical activity.

**Come & Try/Taster** Come & Try events are sports taster events where participants can come and try a range of sports, hassle free and at their own pace. It is a perfect opportunity to see what sports are available in the locality and to meet with local sports clubs and groups.

**FAI** Football Association of Ireland. The FAI is the governing body of football in Ireland.

**GAA** Gaelic Athletic Association. The GAA is the governing body of Gaelic games in Ireland.

**Go For Life** The Go for Life Programme aims to increase participation among older people in recreational sport activities, and is supported by the Irish Sports Council.

**OA:** Older Adults – Age group 55 plus. The aim is to increase participation in physical activity in this age category, through a variety of new sporting activities.

**SIDO:** Sports Inclusion Development Officer – The main objective of this position is to work in partnership locally to promote and increase opportunities for people with a disability to participate in sport and active recreation activities.