

Cavan Sports Partnership – Who are we?

Cavan Sports Partnership was established in 2008 through Cavan County Council as an initiative of Sport Ireland (formerly the Irish Sports Council). It forms part of a national network of local sports partnerships, all charged with the objective of creating opportunities for all people to participate in sport and physical activity, regardless of their ability, gender or background.

This is the third Strategic Plan produced by Cavan Sports Partnership. This plan builds on the successes of the previous plans (*Sport for Life, Sport for All 2008 – 2012 and Sport for Life, Sport for All, 2013 – 2015*) and has an aspiration of achieving an active county where sport and physical activity is an important part of daily life. This plan acknowledges the contribution that sport and physical activity has on not only the physical, but social and mental health of all people within our county.

Cavan Sports Partnership operates as a substructure of Cavan County Council, guided by a Board comprised of key local stakeholders and influencers in sport and activity. The CSP and its associated staff are housed within the Community and Enterprise Section of the Council and the development of sports and activity within the county and the work of the CSP are prominent within the Local Economic and Community Plan (2016-2021). Fundamental to the operation and success of the Sports Partnership is ongoing collaboration with partners throughout the county and beyond, including local sports clubs and communities, National Governing Bodies of Sport, statutory agencies, sports providers including coaches and trainers, target group networks, volunteers and the wider community.

CAVAN SPORTS PARTNERSHIP STAFF

- Sports Coordinator: **Nadine Mc Cormilla**
- Sports Inclusion Development Officer: **Dean Mc Elroy**
- Community Sports Development Officer: **Aine O'Reilly**
- Sports Administrator: **Diane McEnerny**

OF REPRESENTATIVES FROM THE FOLLOWING GROUPS:

- Cavan & Monaghan ETB
- Cavan County Council
- Secondary Schools Representative
- Disability Representative
- Sports Representatives
- Breffni Integrated Health Service Executive
- Public Participation Network
- Elected Representatives

Who do we work with?

We believe physical activity should be a part of daily life for all people in our county. There are however, groups of people who are less likely to be physically active to whom we target specific initiatives at. These are:

- Disadvantaged communities
- Women and girls
- Older people
- People with a disability
- The unemployed
- Children and young people

NATIONAL AND LOCAL CONTEXT FOR THIS PLAN

- National Policy on Sport, Physical Activity and Health
 - Emerging Patterns and Trends in Sport and Physical Activity
 - Local Socio-Economic Features and Conditions
 - Current Levels of Provision and Resources Locally
 - Key Local Plans and Policies
 - Local Consultation
- account a number of important contextual factors at both national and local level:

Our Role

CSP has a role across the sports landscape of County Cavan including:

- Supporting facilities, organisations and volunteers which make sports possible, for example sports halls, pitches, sports clubs, youth and community groups, coaches and committees.
 - Enabling sports activities which appeal to people and encourage participation, to include team sports, minority sports and individual sports.
 - Providing access to information on the sports activities, opportunities and organisations which enable people to structure their participation in sports.
- WE WILL UNDERTAKE THIS ROLE BY:
- Providing meaningful sports and physical activity programmes
 - Targeting low involvement groups and individuals
 - Identifying appropriate places for participation
 - Fostering quality provision of sports and physical activity experiences



STRATEGIC PLAN 2017-2021

'Sport and activity for life, for all'

EXECUTIVE SUMMARY

Contact us:
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Our Vision, Mission and Values

The Vision of the Cavan Sports Partnership is very simple and reflects our determination to contribute towards improving the levels of sport and physical activity for all of the people in the county, at all stages of life.

Our Vision: Sport and activity for life, for all

The Mission of the Cavan Sports Partnership is threefold:

1. More activity throughout the county and more people taking part
2. Support for and partnership with communities, clubs, sports providers and volunteers in the county
3. Building Cavan's sport and activity infrastructure and resource base

Our work is underpinned by a set of core values:

- Diversity
- Promoting partnership
- Respect
- Best practice and best value
- Leadership
- Social inclusion
- Equality
- Community participation
- Sustainability

CSP Strategic Themes:

The work of the CSP in the period 2017 to 2021 will be guided by the following three themes:

1. **Building participation:** Continually improving the opportunities for all the people of the county to participate in sports or to be more active, with a particular focus on those with currently low participation rates.
2. **Enhancing community capacity and partnerships:** Continually improving the human and physical resource base for sports and activity in Cavan and nurturing the relationships and collaborations which make things happen.
3. **Improving Communications and Marketing:** Creating more awareness and understanding of the work of the CSP and consolidating its position as the information portal for sport and activity in Cavan.

THEME 1: BUILDING PARTICIPATION

GOAL: Continually improving opportunities for all the people of the county to participate in sports or to be more active, with a particular focus on those with currently low participation rates.

| OBJECTIVES: | ACTIONS: | OUTCOMES: |
|--|---|--|
| Objective 1.1: Promote a holistic and whole-of-life approach to sports, activity and recreation which emphasises wellbeing, good mental health and social interaction. | Specific, measurable actions are outlined in Annual Operational Plans to help us in the achievement of our goals. | Physical activity as part of daily life supporting positive and mental health and wellbeing. |
| Objective 1.2: Improve access to outdoor sport and recreation opportunities throughout the county. | | Increased activity levels and support for outdoor sports. |
| Objective 1.3: Increase sport involvement and activity levels amongst low participation groups. | | Increased physical activity participation opportunities among target groups. |
| Objective 1.4: Encourage participation in a wide and diverse range of sports and activities. | | Minority sports clubs and facilities have a greater presence in the county. |

THEME 2: ENHANCING COMMUNITY CAPACITY AND PARTNERSHIPS

GOAL: Continually improving the human and physical resource base for sports and activity in Cavan and nurturing the relationships and collaborations which make things happen.

| OBJECTIVES: | ACTIONS: | OUTCOMES: |
|--|---|---|
| Objective 2.1: Build the capacity of established sports and activity clubs. | Specific, measurable actions are outlined in Annual Operational Plans to help us in the achievement of our goals. | Increased capacity of coaches, volunteers and clubs. |
| Objective 2.2: Encourage improved access to and use of facilities and amenities throughout the county. | | Enhanced awareness and sharing of local facilities. |
| Objective 2.3: Build and develop current and new partnerships at all levels. | | Increased involvement by stakeholders in the delivery of this strategic plan. |
| Objective 2.4: Improve the availability and capacity of trainers/coaches in the county | | Increased number of skilled trainers and coaches |
| Objective 2.5: Improve and enhance CSP resources. | | Strengthened capacity within CSP. |

THEME 3: IMPROVING COMMUNICATIONS AND MARKETING

GOAL: Creating more awareness and understanding of the work of the CSP and consolidating its position as the information portal for sport and activity in Cavan.

| OBJECTIVES: | ACTIONS: | OUTCOMES: |
|--|---|--|
| Objective 3.1: CSP to act as a sports and activity information portal. | Specific, measurable actions are outlined in Annual Operational Plans to help us in the achievement of our goals. | Information on sport and activity available to all, through various forms of communications. |
| Objective 3.2: Embed marketing and communications in the everyday work of the CSP. | | Enhanced visibility and awareness of CSP. |

Who will we work with to achieve this plan?

CSP will work with various local and national partners to successfully implement this strategic plan.



DEFINITION OF SPORT:

'Sport means all forms of physical activity which through casual or organised participation, aim at expressing or improving physical fitness and mental well-being forming social relationships or obtaining results in competition at all levels.' (Council of Europe definition of Sport 2001).

DEFINITION OF PHYSICAL ACTIVITY:

'Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.' (World Health Organisation).

DEFINITION OF COMMUNITY:

'A group of people living in the same place or having certain characteristics in common.'

How we will get there....

There are two key pillars in the implementation of this Strategy:

- **Governance:** of the Cavan Sports Partnership in which the key players are the CSP Board, Cavan County Council and the coordinator.
- **The Day to Day Management** of the work of the CSP and of the implementation of this Plan.

Ongoing monitoring of the work of the CSP is vital to ensuring a high-quality of service, value for money, efficient use of resources and overall effectiveness. Similarly, evaluation of the impact of the CSP will be an ongoing process and will be vital in ensuring that we are meeting our goals and the needs of the population of Cavan. It will also allow us to demonstrate the positive impact of our work, learn from our successes and failures and improve our performance.

