

# MONAGHAN SPORTS PARTNERSHIP

Comhpháirtíocht Spóirt Mhuineacháin



STRATEGIC PLAN 2008 - 2013



# The Vision of Monaghan Sports Partnership

'To enrich the lives of all the people of County Monaghan through participation in sport and physical activity'

#### **Our Mission Statement**

'To Support, enhance and increase participation in sport and physical activity for all in the county'

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# Message from JOHN TREACY, Chief Executive Officer, Irish Sports Council



The Irish Sports Council has produced three strategies and has commenced the process for its fourth strategy. Central to the strategies has been the importance of establishing a sustainable national structure for local sports development to increase and then maintain levels of sports participation.

The Irish Sports Council considers the strategic planning process to be an essential step in the development of Local Sports Partnerships. This step can bring many benefits such as matching the needs of the local communities to the priorities of the partnership. It is then possible to quantify the resources required effectively to achieve these priorities and answer local needs. This ensures that the plan can be a working document, which will show results over its lifetime.

This is the first strategy of the County Monaghan Sports Partnership. It aims to build on the excellent start the Partnership has made since its establishment in 2006 and will help to ensure that County Monaghan Sports Partnership grows in strength and continues to be the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond.

This document is the final product of an intensive process of examination, evaluation, consultation and discussion in the future direction of the Partnership. I would like to thank all those who contributed to the strategy process and I wish everybody involved in the County Monaghan Sports Partnership all the best for the future.

John Treacy

# Message from our Chairperson, LIAM O'CONNOR

The creation of our Local Sports Partnership is an opportunity to enhance, develop and promote sport and recreation in the county.

In Monaghan we have vibrant and thriving sports organisations and clubs across a very wide spectrum of sports thanks to the commitment and dedication of countless sportspersons and volunteers. Our local authorities and statutory agencies are supportive and increasingly aware of the importance of sport and physical activity within their remits. Bringing these interests together in partnership in a Board funded, staffed and guided by the Irish Sports Council enables us to work together to focus on increasing



involvement, improving delivery and co-ordinating development of sport and physical activity for the benefit of all our citizens.

This Strategic Plan, which is the result of much consultation and research by our Strategic Planning Sub-committee, is aimed at providing that focus and direction for the work of the Board.

I wish to compliment our Co-ordinator, Michelle Murphy, on the magnificent work which she has done since her appointment – not only on preparing this Plan but also on a whole range of initiatives which she has already in train. My thanks also to my fellow Board members for their commitment to the work of the Partnership.

Liam O'Connor

# Message from our Co-ordinator, MICHELLE MURPHY

As the co-ordinator of Monaghan Sports Partnership, I am delighted that the work on our Strategic Plan for the development of sport and physical activity in Co. Monaghan has come to fruition. Since its inception, Monaghan Sports Partnership has been busy establishing itself within the County and its communities. Our work on this strategy has involved identifying the needs of the people of Monaghan and addressing these, through the development of sporting initiatives, training and education courses, support and information. I believe that sport and physical activity should be an integral part of everyone's lives, regardless of their ability – there is something there for everyone and is only a matter of matching activities to individual needs and encouraging the growth of sports club and recreational activities. The Sports Partnership aims to be the forerunner in assisting established sports clubs to reach their potential while encouraging communities to become more active. To date, significant links have been made in



working together as a board and working with the many individuals and groups who encourage participation in sport and physical activity. I would like to take this opportunity to acknowledge all those who give their time voluntarily to work in this area and who devote immeasurable hours to promote activity. The work of the Sports Partnership can never replace the contribution of volunteers as coaches, leaders, administrators and helpers but will add value to their work and the work of the other agencies who have long promoted the development of sport and physical activity in Monaghan.

I would like to thank John Treacy and the staff of the Irish Sports Council for their continued support, guidance and advice. Also, my sincere thanks to the co-ordinators and administrators of the Local Sports Partnership network throughout the country whose advice in the formative eighteen months has been invaluable.

I would like to thank my colleagues in the Sports Partnership, Eilish Markey and Jennifer Hill for their hard work to date, Adge King,



Director of Services and the staff of the Community & Enterprise section of Monaghan County Council for their continued advice and support, in particular to Carol Lambe for her guidance in the formative months.

Special thanks must go to the board members of Monaghan Sports Partnership and in particular, to the hard working strategic planning sub-committee of our Chairperson, Liam O'Connor, Colm Casey and Malachy Marron for their vision and patience in preparing this document.

I wish to acknowledge Mary McMahon (MMMA consultancy) who facilitated the initial stages of the strategic planning process in drawing the information together which formed the basis of our action plan.

I am honoured to co-ordinate the work of Monaghan Sports Partnership and look forward to implementing the actions contained within our strategic plan for the benefit of the people of County Monaghan.

Michelle Murphy

< Glaslough Harries Fun Run 2008



### **EXECUTIVE SUMMARY**

Monaghan Sports Partnership was established in 2006 under the direction of the Irish Sports Council and as a sub structure of Monaghan County Development Board. Its day to day activities are directed and guided by a board of management and implemented by the Sports Co-ordinator and Administrator.

The Irish Sports Council aims to have more people more active in sport and by achieving that goal, assist in the building of a healthier society. The Council recognises that it cannot achieve these targets working alone and that partnerships are an excellent mechanism for delivering recreational sport to local people. Key tasks with which Local Sports Partnerships are involved include:

- The creation and implementation of plans for long term local sports development.
- The establishment of a sustainable structure to assist all those involved in local sports development to face the associated challenges - e.g. recruiting and managing volunteers, quality training, etc.
- Delivery of projects and programmes particularly for target groups - Establishing networks at local level and liaising with existing initiatives.

Monaghan Sports Partnership is committed to its own core aims of increasing opportunities for people in Monaghan to participate in sport and physical activity and in making a real difference to their lives.

The process of developing its first strategic plan has seen the Sports Partnership survey local clubs, facilitate public consultations and hold ongoing review meetings in an effort to capture the needs of local people.

The long term vision of the Sports Partnership is to see the lives of people throughout the County enriched through their involvement in the sport or activity of their choice.

This document targets the needs of the greater population, as identified through public consultation and places them in a comprehensive and detailed action plan for the next five years.



While the individual actions present challenges for the Sports Partnership, its success will be based on the interaction and positive working relationships built up with partner agencies, sports clubs and community groups.

While the Sports Partnership aims to make a significant impact, it is essential that the work is prioritised so that actions are attainable and sustainable into the future. Therefore the Sports Partnership is guided by directing its focus towards those groups whose participation must be actively targeted.

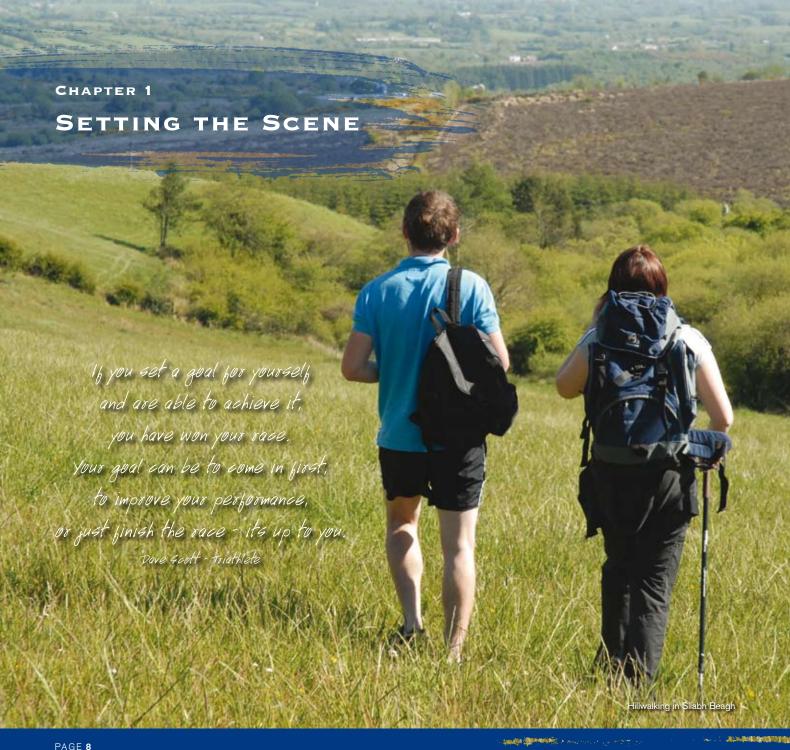
During the process of consultation and development of this plan, a series of strategic themes emerged as those requiring most attention over the lifespan of this plan.

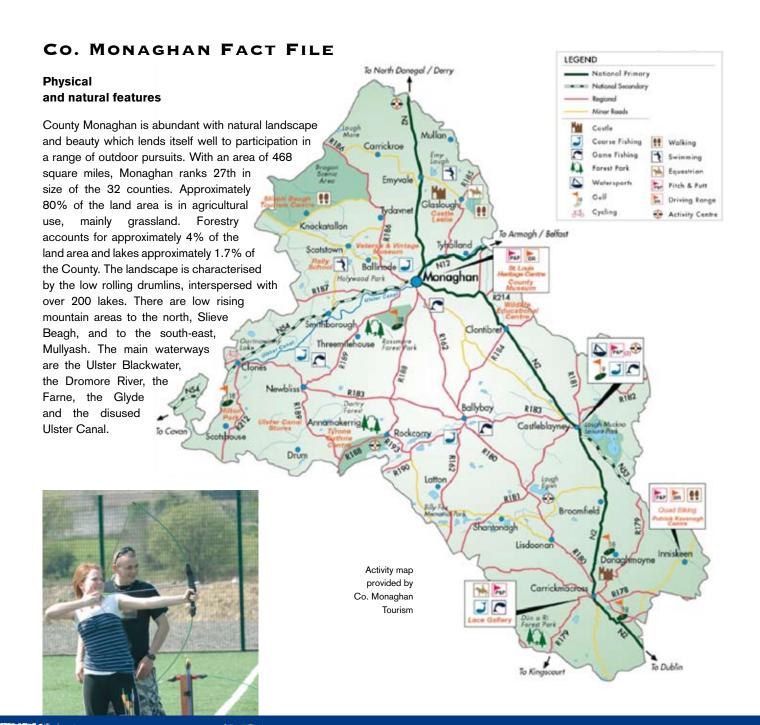
- Increasing participation
- Developing Clubs and Organisations
- Communications and Information
- Building the Organisation

As the Sports Partnership embarks on a five year plan to develop sport and physical activity throughout County Monaghan, it will be aware of its commitment to review and assess its activities through a process of monitoring and evaluation.

The Department of Arts Sport and Tourism commissioned a review of Local Sports Partnerships in 2005. Known as 'the Fitzpatrick Review', it recommended that a structured monitoring and evaluation system be set up which would help prioritise areas of work and measure the benefit and value of this work. The Irish Sports Council moved to establish the SPEAK system (Strategic Planning, Evaluation And Knowledge) which was first piloted in 2007 and is currently being utilised by the established Local Sports Partnerships to record the work being undertaken and its impact.

The SPEAK system will assist the LSP in reviewing its work on an annual basis and prioritising its aims for each year ahead.





### **Demography**

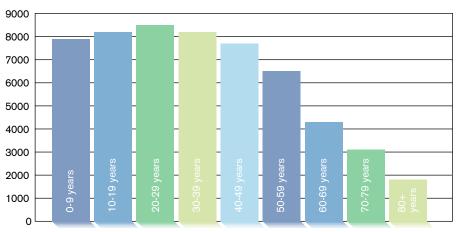
- The county has a population of 55,997 (2006 Census), an increase of 6.4% from the 2002 Census figures.
- The population is a predominantly rural one, with less than 23% residing in population centres of more than 1.000.
- Over 10% (5,789) residents are from Countries other than Ireland which is consistent with the national average
- Approximately 6,300 children attend the county's sixty five primary schools
- Twelve second level schools cater for over 5,000 pupils
- Approximately 250 students attend Monaghan's third level Institute of Further Education (MIFET)
- Much of the County is designated as a Clár area which means it can benefit from investment through the Programme for Prosperity and Fairness under the Department of Community, Rural and Gaeltacht Affairs.

Information researched through Department of Education & Science records.

The age profile of young people can be broken down into more detailed categories so that the Sports Partnership is more aware of the population figures specific to running activity programmes targeted at young people:

Age	Total	
0 – 4 years	3887	Pre-school age
5 – 12 years	6306	Primary school age
13 – 18 years	5104	Post primary school age
19 – 24 years	4812	Youth age group

The chart below gives a detailed breakdown of the age profile of the population in County Monaghan



Information researched from Central Statistics Office for Census 2006.



#### **Sports Profile**

One has only to converse with any group of Monaghan people or flick through the pages of the local press to appreciate the important role which sport plays in the lives of people in the County. Not only the high profile sports such as the football codes, but every activity whether it involves chasing a ball, pounding a court, reaching a finishing line or outdoing a rival has its avid fans, dedicated participants and determined promoters.

#### **Sports clubs**

The following is a list of sports clubs that are currently registered on the Monaghan Sports Partnership database and a list of the clubs that responded to the consultation questionnaire.

While the Sports Partnership has made every effort to source contact details for existing sports clubs, it is recognised that is an ongoing piece of work that requires regular updating.



The table below outlines the profile of sports clubs that exist in the County of Monaghan.

The first column (1) represents the number of sports clubs currently operating in County Monaghan and registered with the Sports Partnership.

The second column (2) indicates the number of clubs that responded to the Sports Partnership questionnaire from which the LSP was able to take much of the information that formed this strategy.

Sport	Clubs Registered with LSP (1)	Number of responses received (2)
Angling	7	3
Athletics*	5	1
Badminton*	9	4
Basketball	3	0
Bowling – Indoor	24	15
Outdoor	1	1
Boxing	4	2
Community Games*	20	12
Cycling	2	1
Equestrian	7	0
Gaelic Football*	30	10
Hurling*	6	3
Ladies Gaelic Football*	23	10
Camogie*	4	3
Golf	7	2
Gymnastics	3	2
Handball*	8	5
Martial Arts	6	1
Pitch and Putt	3	0
Racquetball	1	0
Rugby	1	1
Soccer	11	4
Sub Aqua	1	0
Swimming	4	3
Tennis	1	0
Table Tennis	3	3
Tug of War	1	1
Walking Groups	2	1
Watersports	2	1

<sup>\*</sup> County based organisations are registered with Monaghan Sports Partnership but not included in this list of clubs eg. Co. Community Games, Co. Monaghan Handball Association etc.

## Infrastructure for sport in Monaghan

- The Local Authorities own a number of playing facilities including play grounds, multisport all weather surfaces, Monaghan Leisure Centre, tennis courts, a skate park and the County Council also supports a number of resource centres throughout the County.
- There are a number of primary schools with indoor PE halls and outdoor playgrounds and pitches. Many schools link up with local sports clubs to avail of their playing pitches or to share resources with many small rural schools relying on community centres due to insufficient space.
- All the post primary schools in the county have access to their own varying types of sports facilities including gym halls, playing pitches, tennis courts, basketball courts, an athletics track and other recreation areas. These multi-purpose centres provide a significant resource for the provision of activities for both young people and adults.
- Co. Monaghan VEC owns 5 of the 12 post primary schools, all of which have sports facilities including the county athletics track at Beech Hill College available for use by the public outside of core school hours. It also operates an Outdoor Education Centre at Tanagh, which is actively used by schools, clubs, youth groups and other organisations both within Monaghan and from other parts so the Country.
- There is a varied range of community halls, community centres and parish halls available for indoor sports and activities which are relied upon to accommodate sports activities.
- The GAA's county board has recently developed a 'centre of excellence' training ground at the centrally located venue of Cloghan and almost all of the GAA clubs have playing facilities including pitches and changing rooms. Additionally a number

- of clubs have ball alleys, sports halls, gym facilities, allweather areas and other ancillary facilities at their grounds.
- Monaghan Rugby club owns its own facilities at Ballinode and it provides these facilities to players that are drawn from all parts of the County.
- A number of Soccer clubs own their grounds with others using pubic pitches and VEC pitches. The most significant soccer facility is owned by Eircom League side, Monaghan United where plans are in place to develop its grounds into a regional training facility.
- There are five 18 hole golf courses in Monaghan, two pitch and putt courses and two driving ranges.
- The lakes and waterways of county Monaghan are well stocked and developed for watersports and angling. Many of these are undergoing development by the Eastern Fisheries Board to increase disability access.
- Coillte (the state owned body governing the use of forestry areas) operates an open forestry play policy for recreational activities in Rossmore Forest Park in Monaghan.
- Monaghan has four equestrian centres, some of which make their centres open to use by groups who may not have direct access to equestrian activities.
- There are a number of privately operated swimming pools and gym facilities in the County.
- Killeevan Gymnastics Club uses a fully equipped, purpose built gymnastics centre at the Acorn Centre, Newbliss.
- There are a number of rural and urban walking routes including the Slieve Beagh walking route, the 64 km Monaghan Way and St Davnets and Monaghan Town Sli na Slainte routes.





#### **KEY INITIATIVES TO DATE**

Since the establishment of Monaghan Sports Partnership, a lot of work has been undertaken and significant results achieved in the planning, development and implementation of both national and local activity programmes, along with information and education sessions.

#### **Database of Local Sports Clubs**

At present, almost 200 sports clubs and organisations are currently registered with Monaghan Sports Partnership and we are continually updating this information. In order to establish an effective resource for sharing information, it is essential that contact details are kept updated.

# **Buntús Generic Programme**

An activity programme for Primary Schools – to date 39 schools have received a four hour training module for teachers in relation to the 'games strand' of the P.E. curriculum. This a national programme delivered locally by Sports Partnerships and is endorsed by the Department of Education & Science.

#### **Buntús Start**

An activity training programme for childcare centres – a six hour training course for the staff of childcare centres throughout Monaghan. To date 15 centres have received training for 76 staff members. The programme is rolled out in conjunction with Monaghan County Childcare Committee.

#### < Banana boating at Tanagh Outdoor Education Centre

## Code of Ethics & Good Practice in Children's Sport

The basic awareness training course on child welfare and protection is provided to members of sports clubs who are working regularly with young people. This is a national programme of training. 11 courses have been held in Monaghan for over 130 people representing 55 sports clubs / organisations.

### **Sports Inclusion Development Officer**

Monaghan Sports Partnership in conjunction with Cavan County Council was successful in securing funding from the Dormant Accounts Fond for the employment of a Sports Inclusion Development Officer (SIDO) whose remits centres around the promotion and development of sport and physical activity for people with a disability. Jennifer Hill took up this position in January 2008 and has initiated many activities since then. (see page 18)

#### Girls in Action

Monaghan Sports Partnership piloted this programme in Monaghan in conjunction with the HSE to target teenage girls in post primary schools who do not regularly participate in activity. 6 schools signed up to the programme in 2008 with over 100 students participating in activities. The programme culminated with a sports day for all participating schools (see picture above). This programme was funded through the Irish Sports Council's 'Women in Sport initiative.

## **Sports Capital Funding**

An information meeting was held at which 54 people representing 35 clubs attended and received information around the application process for the Department of Arts, Sport & Tourism's Sports Capital Programme. It is intended that this and similar types of

information meetings will become a regular event in advising and informing clubs around funding information and other training opportunities.

#### Blackwater 10k Run and Walk

Monaghan Sports Partnership lent its support to the first ever event of this magnitude in Monaghan when a 10 kilometre run and walk took place through the scenic environs of Rossmore Forest Park. This event was funded through cross border funding (Interreg III) and had almost 1,000 participants with 70 volunteers assisting in event management, marshalling and first aid.

#### Gaelic 4 Girls

In conjunction with the Ladies Gaelic Football Association, Monaghan Sports Partnership ran the Gaelic 4 Girls programme which targeted girls who do not currently play the sport. The programme ran for six weeks and was supported by a team of qualified coaches who volunteered their time to teach the girls the basic skills of the sport. 56 girls participated in the six weeks and attended a national blitz day in Croke Park. They are now been linked up to Ladies Gaelic Football clubs in their areas.

#### **Sports Club Grants**

Monaghan Sports Partnership has administered €20,000 (2006) and €14,990 (2007) to sports clubs in small grants for the purposes of club development and increasing participation. Successful clubs used their grants to purchase sports equipment, run coaching courses, access coaching opportunities etc. In both years, clubs who were successful were invited to a social gathering and presentation evening. This grant scheme will be reviewed on an annual basis to assess its impact.

### **Dormant Accounts Fund for Disadvantaged Youth**

Monaghan Sports Partnership was awarded €28,000 in 2007 from the Dormant Accounts fund for disbursement in a grant scheme for organisations which promoted sports participation by young people who are at risk of not having that same opportunity as others. Nine groups / organisations were successful in securing a substantial grant with which to increase sports activity.







# **Background to Monaghan Sports Partnership**

The Irish Sports Council (ISC) was established on 1st July, 1999 as the statutory development agency of sport in Ireland.

Its mission is 'to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.'

In this context, the ISC identified that the effective development of sport and physical activity at a local level would be delivered through the adoption of a partnership approach between all bodies and organisations involved in the delivery of sport, recreation and physical activity.

In its first strategy 'A New Era for Sport 2000-2002', the Irish Sports Council proposed to establish a nationwide network of Local Sports Partnerships (LSPs). This process began in 2001 as the first Local Sports Partnerships were established.

In its second strategy, 'Sport for Life', the ISC again supported the continued expansion of the LSP network, with a further four LSPs established in 2004.

In 2005, the Department of Arts, Sports and Tourism, the ISC's sponsoring department, initiated a review of the Local Sports Partnership programme which became known as 'The Fitzpatrick Report'. The Fitzpatrick Report endorsed the concept of Local Sports Partnerships and in 2006 Monaghan was awarded funding.

Today there is a national network of 33 Local Sports Partnerships across the Country which is testament to the positive work being carried out and the impact that Sports Partnerships are making on increasing the levels of participation in sport and physical activity.

The funding awarded in 2006 enabled Monaghan Sports Partnership to recruit a Sports Co-ordinator and an Administrator, who were appointed in November 2006 and April 2007 respectively. The Sports Partnership office is accommodated in the Monaghan County Council owned offices in Ballybay Civic Centre.

Following on from one of the recommendations of the Fitzpatrick Report, Monaghan Sports Partnership was established under the auspices of the County Development Board. Its values are underpinned by a tripartite agreement between Monaghan Sports Partnership, Monaghan County Council and the Irish Sports Council

# The 3 main functions of the Local Sports Partnerships (LSPs)

#### 1: Information:

- Providing a central information point for sport and physical activity locally
- Establishing a consultative forum
- Initiating research
- Compiling a sports club directory and database
- Identifying the needs and resources to form the basis of local planning

### 2: Education:

- Providing quality training opportunities for education and training at local level
- Providing training courses targeting volunteers
- Providing access to sports specific courses through the national governing bodies (NGBs) of sport

# 3: Implementation:

- Co-ordinating the delivery of a local sport and physical activity strategic plan
- Appointing a Sports Co-ordinator
- Securing related support services
- Selecting participation programmes modified to suit local needs
- Increasing the impact of national programmes delivered locally
- Marketing and promoting sport

## **Monaghan Sports Partnership Board**

While the original submission to the Irish Sports Council was led by the Monaghan County Development Board and the VEC, many others participated in the initial consultation and planning process. When the Sports Partnership was granted formal status in 2006, this group was re-constituted and a formal committee established. Monaghan Sports Partnership is made up of representatives of local agencies, statutory bodies, sporting and community groups. This reflects the broad sports spectrum within the county.



### Role of the Sports Partnership Board

The members of the board are responsible for:

- Directing the vision of Monaghan LSP
- Developing a strategic plan to achieve the vision and goals of the partnership
- Ensuring the implementation of the plan
- Providing continuity of management
- Promoting the work of the partnership
- Reporting back to their relevant organisations about the Local Sports Partnership
- Ensuring the wide dissemination of information to all relevant and interested parties

### Chairperson:

The chairperson has overall responsibility for representing, supporting and encouraging the Sports Partnership and its membership at all levels while overseeing the overall agreement around its business.

#### Treasurer:

The treasurer is responsible for planning, co-ordinating and monitoring the financial activities of the Sports Partnership, in line with its overall budget allocation by the Irish Sports Council.

#### Secretary:

The Sports Co-ordinator will act as Secretary to the Sports Partnership board, but is not a member of the board, and manages the implementation of the actions contained within this plan.



Back row left to right: Deirdre Mullen, Malachy Marron, Colm Casey, Hugo Clerkin, Michael Dillon, Cllr Jackie Crowe, Nicola Thornton

Front row left to right: Fr. Peadar Ó Corragain, Jennifer Hill, Liam O'Connor, Michelle Murphy, Eilish Markey

Missing from photo: Eleanor Mulholland, Monica Boyle, John O'Callaghan, John Connolly

### Our Board Members (2006-2008)

First Name	Organisation	Representing
Liam O'Connor Chairperson	County Monaghan Community Games	Indoor Sports
Michael Dillon	FÁS	Statutory agency
Cllr Jackie Crowe	Monaghan County Council - elected representative	Statutory agency
Adge King	Monaghan County Development Board	Statutory agency
Hugo Clerkin	County Monaghan VEC	Statutory agency
Colm Casey	Health Service Executive	Statutory agency
Fr. Peadar Ó Corragain	Monaghan County Athletics Board	Outdoor Sports
Eleanor Mulholland	Inniskeen Pitch & Putt	Outdoor Sports
Monica Boyle	Killeevan Gymnastics Club	Indoor Sports
John O'Callaghan	Monaghan Rugby Club	Field Sports
John Connolly	Monaghan County GAA	Field Sports
Dan McNally	Mullyash Active Retirement Group	Community Sector - Older People's Network
Malachy Marron	Parents & Friends of the Mentally Handicapped	Community Sector - Disability Network
Nicola Thornton	Comhairle na nÓg	Community Sector - Youth
Deirdre Mullen	Comhairle na nÓg	Community Sector - Youth
Declan Savage was the first representative for Youth on the Sports Partnership Board (2006-2007)		

Declan Savage was the first representative for Youth on the Sports Partnership Board (2006-2007)

Cllr. Heather Humphreys was the first Chairperson elected for the Sports Partnership Board (2006-2007)

# Monaghan Sports Partnership Staff



# Sports Co-ordinator Michelle Murphy

Michelle was appointed Sports Co-ordinator in November 2006 and has spent a busy 20 months managing the day-to-day operations of the organisation. Her work revolves around the key aims of the LSP. The board decides on the priorities to be assigned to the co-ordinator's work but in general her role is around implementing the key areas contained within the strategic plan and its associated projects and programmes.

# Sports Administrator Eilish Markey

Eilish joined the Sports Partnership team in April 2008 and is a welcome addition to the unit. Her role is around providing the main point of contact for the Sports Partnership Office in Ballybay and dealing with the administrative day-to-day affairs of the organisation. She supports the Sports Co-ordinator in her role and develops structures to ensure an efficient and effective service and the quality of programmes being delivered. From May to November 2007, Michelle Boyle held the position of administrator.





# Sports Inclusion Development Officer Jennifer Hill

Jennifer took up the position of Sports Inclusion Development Officer for Counties Monaghan and Cavan in January 2008, after a joint application to Pobal by the two Counties were successful in achieving funding under the Dormant Accounts Fund. Jennifer's role centres on assessing and improving the provision of sport and physical activity for people with a disability across both counties and she has already organised a number of successful events. Jennifer is one of 21 Officers across the Country.

## **Sports Inclusion Key Initiatives to date**

"Come & Try It" days: Come and Try It days are designed to give people a positive introduction to new activities in a non-

competitive environment. They are hosted by qualified sports / exercise instructors who demonstrate the basic skills of the sports in an easy-to-understand way so that participants gain the confidence to take up the activity on a more regular basis.

Come & Try It days have been organised to specifically accommodate people with a learning / intellectual disability and also people with a physical disability and activities have included wheelchair basketball, wheelchair rugby, wheelchair soccer, boccia, new age kurling, aerobics, archery, soccer and gaelic. Four days in total were held in Monaghan and Cavan catering for over 180 people with a disability and including over 60 post primary school students as part of raising disability awareness.



Riding for the Disabled: In conjunction with the organisers of Castleblayney agricultural show, a new class was established in the horse riding section which hosted 6 young people with a disability, all of whom were presented with awards for their efforts.

This was the first ever 'riding for the disabled' class to be held at an agricultural show in the Republic of Ireland and has raised awareness in other Counties, where it is hoped the example will be replicated.

This class has encouraged more people to take an interest in horse riding and promises to be an eagerly anticipated annual event in the future. It has also led to increased awareness of the benefits of horse riding with over 40 people with a disability expressing an interest in joining a local equestrian centre which will cater for their special needs.

Activity Workshops: These have been co-ordinated with a number of disability services to promote the benefits of physical activity and to encourage participation in healthy activities. These workshops were conducted with RehabCare and the National Learning Network in both Monaghan and Cavan. The participants were treated to an activity session in aerobics which proved a huge success.

Training for Disability Services: Training dates for the staff of disability services have been organised to encourage and promote the inclusion of physical activity in the daily schedule of the service. The training has incorporated boccia and new age kurling, giving the staff the know-how of these games and the confidence with which to set them up. Over 30 staff members from a variety of services and volunteers from disability organisations attended training to learn more about these games in the hope of setting up clubs and starting local leagues.

Summer Camps: The SIDO worked with a number of groups in promoting sports activities for children with a disability. These include the SNAP (Special Needs Active Parents) group in Monaghan and the WOW (Winners on Wheels) group in Cavan in developing links with local centres and sports development officers to give children a wide range of sporting opportunities.

### Lifelong Involvement in Sport and Physical Activity (LISPA) - an Irish model

In implementing its programmes of activity, Monaghan Sports Partnership will follow the model of Lifelong Involvement in Sport and Physical Activity as developed by the National Coaching & Training Centre (NCTC) and the Irish Sports Council (ISC).

LISPA is a policy that facilitates and promotes the development of fundamental movement skills and sports specific skills. It also develops a positive attitude towards sport and physical activity with a view to opening quality pathways for the maximum number of participants in long-term player/athlete development and recreation.

The LISPA model is vital, within Monaghan, if we are to address the inter-relationship between physical activity, sport and health, increase participation rates within sport and physical activity, provide support for high performance involvement in sport and assist in the planning and resourcing of sport and physical activity.

The lifelong involvement in sport and physical activity (LISPA) model is a systematic approach that will assist in creating an environment that enables participants to achieve their optimum potential by learning the fundamentals of movement and developing a positive attitude to sport and physical activity. People are provided with a pathway to continue lifelong involvement in sport and physical activity.

Focusing on fun, skill, development, individual needs and maximum participation will encourage people to stay involved and achieve success at all levels in line with their choices and potential, thereby reducing drop out rates and enhancing physical activity and sport.

The LISPA model aims to provide an opportunity for a healthy lifelong participation in sport and physical activity through involvement in two main pathways –





# A long term recreational (LTR) pathway.

The LTR pathway encourages those individuals who choose to stay involved in sport and physical activity at a recreational level. It results in participants pursuing active living, active recreation and elements of organised sporting opportunities.

# A long term player/athlete development (LTPAD) pathway.

The LTPAD pathway is a series of phases that underpin the balanced and long term development of high performance athletes. This results in participants pursuing elements of organised sport and high performance opportunities.

There are a number of agencies within Monaghan that are crucial to the delivery and promotion of the LISPA model. Monaghan Sports Partnership will use the model to form an alliance and foster integration between those involved in education, coaching, health, physical activity, physical education and sport, thereby encouraging collaboration in the promotion of lifelong involvement in sport and physical activity.

< Buntús tutor training - Ardaghey February 2007



## The Physical Activity, Sport and Health Relationship

#### **Physical Activity and Recreational Sport**

Recreational sport and physical activity should be accessible to all, encompass all age groups and cater for all abilities. Clubs and organisations should aim to equip children and young people with the skills they need to be involved in sport and physical activity so that they remain involved throughout their lives in line with their choices and capabilities. Sport and physical activity have the potential to be positive habits that can enhance an individual's lifestyle and may have important implications for health (LISPA, 2005)

### **Sport**

Sport is a healthy leisure activity that gives participants a chance to experience enjoyment and competition and acquire positive outcomes such as enhanced physical and mental health, challenge social interactions, skill enhancement and physical development. Involvement in sport is considered an important 'character builder' for participants. Through participation, individuals can have fun and enjoyment, learn and develop life skills, make new friends and experience sport in a way that will enhance their personal growth throughout the course of their lives. These benefits will occur through a positive approach to sport that places the needs of the individual first and winning and competition second. (LISPA, 2005)

#### Health

Physical activity and sport plays a vital role in health and wellbeing and is an essential factor in the promotion of a positive approach to physical and mental health. Creating a habit in childhood of regular physical activity and sport can make it easier to continue such behaviour in later years, thus preserving a healthier life for a longer period of time. By providing youth with the opportunity for social and personal development, a society lays the foundation for improving their wellbeing. Sport and physical activity play an essential role in promoting these benefits. (LISPA, 2005)

# Survey of Lifestyle, Attitudes and Nutrition (SLÁN)

The SLAN 2007 report is the third national Survey of Lifestyle, Attitudes and Nutrition (SLÁN) in Ireland, conducted with adults aged 18 years or over. The SLÁN 2007 main survey involved 10,364 respondents (62% response rate).

The main findings: Physical activity and sport and the barriers to physical activity and sport

Being 'physically active' was defined as taking part in exercise or sport 2-3 times per week for 20 or more minutes at a time or engaging in more general activities, such as walking, cycling or dancing, 4-5 times per week accumulating to at least 30 minutes per day.

- Over half the respondents (55%) reported being physically active, with 49% having been physically active for more than 6 months.
- Almost one-quarter (24%) reported some activity but not at the level great enough to be considered 'physically active'.
- Over one-fifth of respondents (22%) reported being physically inactive.
- Of the physically inactive respondents, less than half (41%) were thinking about becoming physically active in the next 6 months.

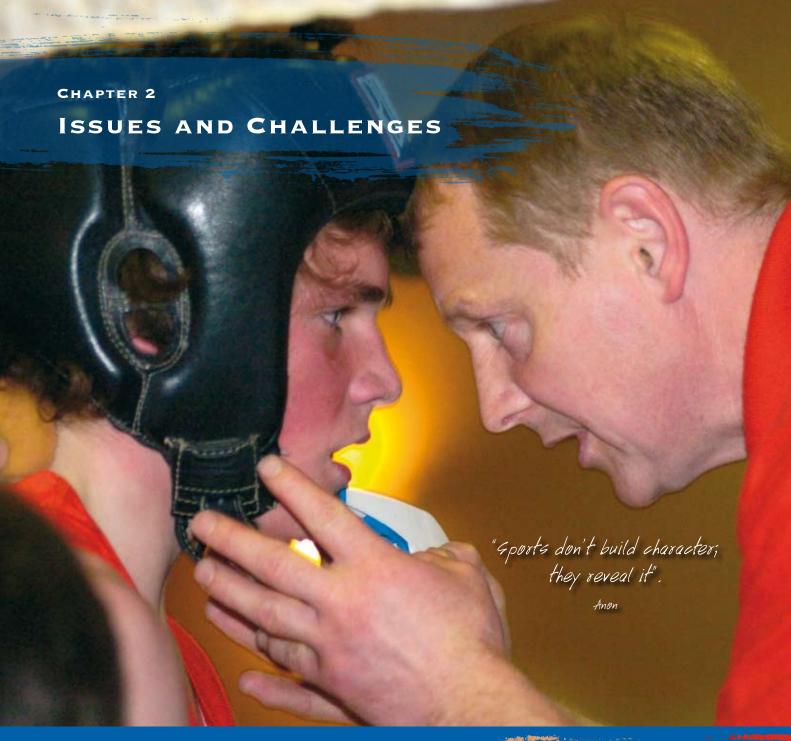
- The most common response for inactivity for men and women across all social classes and most age groups was having 'no time' (41%).
- The most common reason for inactivity for those aged 65 and over was having an injury, disability or medical condition.
- Other reasons cited for inactivity included ill-health (18%), lack of interest (14%), interested but unwilling to commit the time (14%) and a small number of responders cited lack of facilities (3%).

### Take PART - Physical Activity Research for Teenagers

The TAKE PART study was undertaken by the Health Services Executive and Dublin City University in the North East Region which covers the Counties of Monaghan, Cavan, Louth and Meath in 2007 to assess the level of physical activity being undertaken by teenagers in the region.

Woods et al, 2007 take PART (Physical Activity Research for Teenagers) study, helps us improve our understanding of the role of physical activity in the life of Irish teenagers. It surveyed 1111 (49% female, 51% male) students whose mean age was 16 years old in the North East (Cavan, Monaghan, Louth, and Meath). Its main findings (in summary format) were:

- Eighty four percent (84%) of 15-17 year olds did not meet the current recommendations\* for physical activity and were classified as not regularly active.
- Seventy seven (77%) percent of 15-17 year olds currently travel to school by sedentary means, for example car or bus. Only two percent of males cycle to school and no females cycle to school.
- Adolescents spend approximately 6 hours per day been sedentary during school hours. Boys and girls aged 15-17 years spend more than 4 hours per day pursuing sedentary leisure behaviours. Television watching was most popular.
- A majority (91%) had normal blood pressure however 9% were classified as prehypertensive (Associated risk of cardiovascular disease).
- One in five of the population surveyed were overweight or obese based on body mass index levels.
- Fourteen percent of participants currently smoke, with a further 16.5% reporting a past history of smoking. Smoking levels were similar in males and females.



# The issues and challenges for the development of sport in Monaghan

This section will summarise the main issues and challenges identified during the public consultations in relation to the implementation of this strategy.

#### **Sports Clubs**

- Limited number of volunteers
- Operational costs are increasing and becoming prohibitive
- Lack of parental involvement
- Prohibitive cost of transport
- Limited financial resources.
- Not enough coaches and volunteers
- Prohibitive cost of insurance
- Funding often appears to be directed to the bigger sporting organisations
- Lack of training for volunteers
- Decreasing number of sports leaders
- Lower than desirable usage of existing facilities and amenities

#### Schools

- Little or no appropriate training in physical education for primary school teachers
- Lack of indoor and outdoor space for participation in sport and physical education in many primary schools
- Need for initiatives in order to connect with non-active teenage girls
- Limited sports equipment provision
- Transport costs
- Limited in-service training opportunities for PE & Sports
- Need for more opportunities in extracurricular activities
- Limited participation in physical education in post primary schools particularly in senior cycle

- Primary and post primary schools have a limited number of sports available
- Too much emphasis placed on those who get on the teams and not enough on participation for enjoyment

#### Communities

- Not enough public open space or playing fields available
- Lack of programme and infrastructure funding for sport
- Difficult to access local sporting facilities
- Volunteers are difficult to recruit
- Need to improve social inclusion through physical activity and sport
- Limited access to school facilities outside of school hours
- Need to provide community-based sports facilities that can be used by everyone.
- Sport should be for everyone and not just young people
- Increasingly difficult to raise funding
- Limited public consultations in relation to sporting infrastructure
- Particularly amongst youth, there is too much emphasis being placed on winning rather than participation
- Limited menu of opportunities for participation in sports

#### **Older Adults**

- Lack of awareness of available sports and recreational activities
- Leisure centre memberships are expensive
- Generally all recreational activities are cost prohibitive
- Not everyone is a member of an active retirement group
- Lack of available transportation
- Lack of support
- Not enough suitable programmes
- Not all sports clubs actively catering for older people

### Disability groups

- Certain sports and leisure facilities are not adapted to suit our needs
- Many sports and sports clubs are not accessible and have no provision for people with disabilities
- Lack of training and awareness around disability

#### Women

- Limited opportunities for women to participate in sport
- Certain sports clubs do not appear to encourage the participation of females
- Childcare provision limits participation
- Steep decline in participation of teenage girls

#### **Ethnic minorities**

- Inclusion in existing sporting organisations
- Certain traditional sports are not available or no available facilities for that sport
- Language barriers
- Cost of recreational resources is prohibitive
- Difficulty in accessing facilities
- Lack of awareness of availability of sports in the area

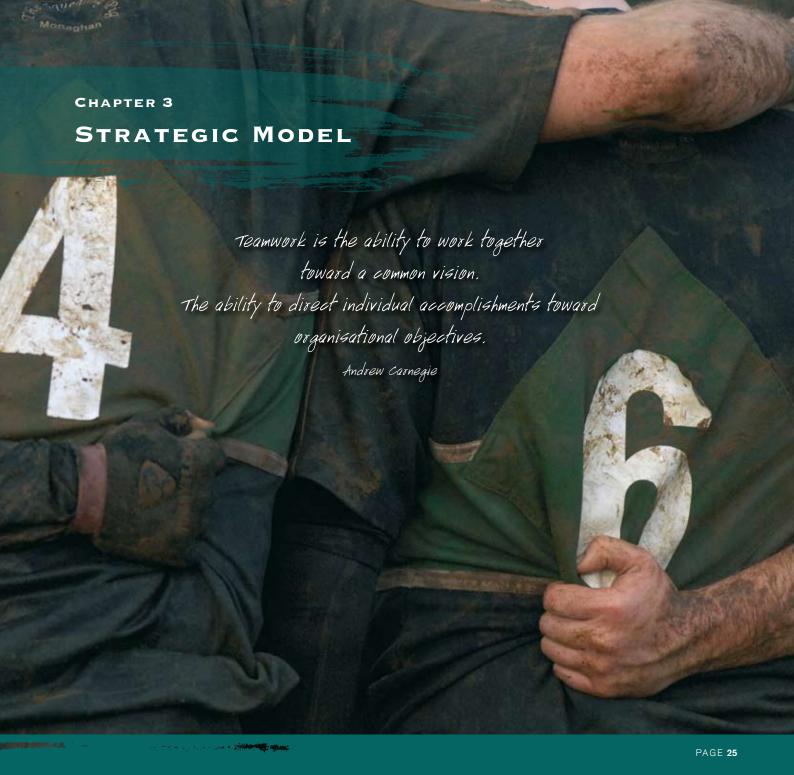


# **Monaghan Sports Partnership**

From the consultations we have held, we see the following areas as challenges facing the Sports Partnership in achieving its aims and objectives:

- Translating people's interest in sport into real participation
- Sourcing support and resources for the Sports Partnership to run programmes successfully
- Increasing the level of financial resources available to the Sports Partnership
- Retaining existing staff levels and seeking to appoint two new sports development officers
- Promoting lifelong involvement in sport and physical activity (LISPA) at all times
- Advocating for improved sport, recreation and physical activity resources and infrastructure
- Attempting to access cross border funding for the development of sporting opportunities
- Supporting best practice in coach, official and volunteer recruitment and development
- Supporting long-term growth of clubs through the development of resources
- Building strong relationships with Local Authorities and local agencies
- Using research and evidence to guide practice
- Developing the partnership to enhance interaction between agencies and groups
- Promoting sports participation and inclusion of marginalised groups including people with disabilities, older adults, women, ethnic minorities and those at risk of poverty
- Enhancing levels of communication

<sup>&</sup>lt; Participants of Monaghan's first ever 10k run - May 2008



# The Vision of Monaghan Sports Partnership

'To enrich the lives of all the people in County Monaghan through participation in sport and physical activity'

#### **Our Mission Statement**

'To support, enhance and increase participation in sport and physical activity for all in the county'





### **Key Principles or Core Values**

Monaghan Sports Partnership regards the following principles as underpinning all its work:

Accountability: We will conduct and communicate our work in an open, accessible,

accountable and professional manner, taking account of views from all interested stakeholders and providing feedback at regular intervals.

Consensus: We will seek to reach agreement through discussion and decision-

making by consensus.

**Co-operation:** We will seek to maximise the use of facilities and resources available

for sport through promotion of inter-sport and community contact.

**Equality:** We will treat sports clubs, community organisations and individuals

with respect while ensuring that our efforts are concentrated on those individuals and groups who have traditionally not taken part in sporting activity and promoting the profile of minority sports through

capacity building with their clubs.

Inclusion: We will promote the inclusion of all people, regardless of age, gender,

ethnic or racial background, religion, disability, sexual orientation, family status in sport and physical activity and encourage all sporting

organisations to seek diverse membership.

Leadership: We will seek to provide leadership to sporting and community

organisations through the promotion of best practice in sports activity

and organisation.

**Objectivity:** We will make our decisions solely on the basis of merit and within the

framework of this strategic plan, when conducting our business.

Partnership: We will appreciate the value of positive working partnerships and the

on-going voluntary effort in sports development

Value for Money: We will ensure that our services are delivered in a manner that is

economic, efficient and effective.

#### Implementing the actions Sports In order to complete the wide and varied range of actions contained within this plan, Co-ordinator Monaghan Sports Partnership aims to expand its organisation over a five year period with the addition of staff. This would lead to a cohesive sports Sports Inclusion Sports Development development unit, with specific areas of responsibility and concentration Administrator Officer of efforts. It would result in maximum impact and increase the potential for long term sustainability of all projects undertaken. This will only be achieved through shared funding resources and a Community School Sports Sport Clubs

Sports Development

Officer

**Development Officer** 

## **Strategic Themes**

Based on the information presented to Monaghan Sports Partnership through its research for this plan, a number of common themes were identified and developed as those which will form the overall actions:

# Strategic Aims

- 1. Increasing Participation
- 2. Developing Sports Clubs and Organisations
- 3. Communications and Information
- 4. Building the Organisation

# Aim 1: Increasing Participation:

Monaghan Sports Partnership aims to increase participation generally and among targeted groups. This can be achieved through working in partnership with sports clubs, community networks and statutory agencies on initiatives which address the priorities of all concerned.

# Aim 2: Developing Sports Clubs and Organisations:

collaborative approach by all agencies and parties interested

in the development of sport and physical activity.

Monaghan Sports Partnership aims to develop the capacity of existing sports clubs to extend and expand their range of activities. It also aims to assist new clubs to develop to meet new opportunities.

#### Aim 3: Communications and Information

Monaghan Sports Partnership aims to develop an integrated communications plan. It will promote greater awareness of existing sporting opportunities and seek to raise the profile of sport and physical activity within the county through regular interaction with local and national media.

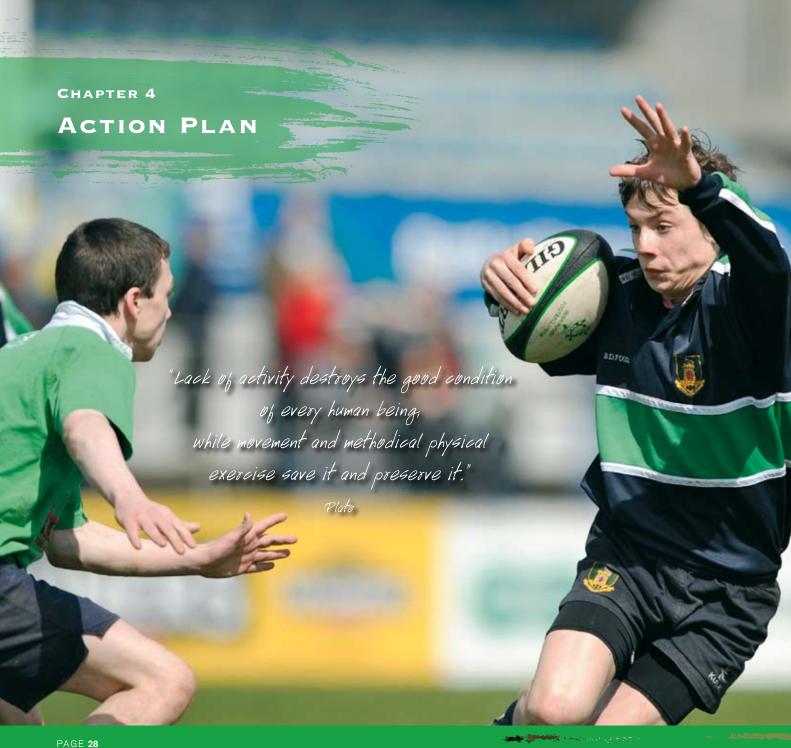
## Aim 4: Building the Organisation:

Monaghan Sports Partnership aims to build and develop its own organisation to provide quality programmes and an efficient service.



**Development Officer** 

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# Monaghan Sports Partnership Action Plan 2008—2013

# Aim 1 - Increasing Participation

Monaghan Sports Partnership aims to increase participation generally and among targeted groups. This can be achieved through working in partnership with sports clubs, community networks and statutory agencies on initiatives which address the priorities of all concerned.

TARGET	TING LOW PARTICIPATION GROUPS		
	Action	Lead and Support Agencies	Timescale
1.1	Women in Sport		
1.1.1	Deliver Girls in Action Programme	HSE, MNSP, ISC, VEC, & Post Primary Schools	2008-2011
1.1.2	Deliver Active Women Programme	HSE, LSP, ISC, Women's groups & Communities	2008-2013
1.2	Older Adults		
1.2.1	Support Go for Life programme	HSE, LSP, ISC, ICA, Older Adult Groups, Age & Opportunity.	On going
1.2.2	Support and promote National Annual Go For Life Grant Scheme for older adults	HSE, LSP, ISC, Older Adult Groups & Age & Opportunity	Annually
1.2.3	Support Sport and Physical Activity fests for older adults	HSE, ISC, MNSP, Older Adult Groups & Positive Age	Per annum
1.2.4	Pilot Older Adults in Action	HSE, MNSP & Leisure Facilities	2009
1.3	Persons with a disability		
1.3.1	Deliver a Sports Inclusion Programme for disability	MNSP & Cavan LSP, ISC, Pobal, Sports Inclusion Development Officer, Disability Groups	2008-2010
1.3.2	Employ a Sports Inclusion Development Officer (SIDO).	LSPs & MCC	2008-2010
1.3.3	Set up a steering committee	SIDO & LSPs	2008
1.4	<b>Ethnic Minority Groups</b>		
1.4.1	Develop links with organised groups representing ethnic minorities	Equality Network, VEC, HSE, Community Forum	2008-2013
1.4.2	Encourage anti-racism and inclusion initiatives in existing sports clubs to promote integration	Equality Network, VEC, HSE, Community Forum, Sports Clubs, Monaghan County Council Peace III Taskforce	2009–2013
1.4.3	Develop an integration through sport policy	MNSP, Co. Monaghan Partnership, Integration agencies	2009
1.4.4	Ensure appropriate means of communication	Equality Network, VEC, HSE, Community Forum, Sports Clubs	2008-2013

TARGET	ING YOUNG PEOPLE		
	Action	Lead and Support Agencies	Timescale
1.5	Pre-school Age children		
1.5.1	Deliver Buntús Start to all childcare facilities in the county	MNSP, Border County Childcare Network, Monaghan County Childcare Committee & ISC	2008-2010
1.5.2	Encourage all childcare centres to adopt active play policies	MNSP, Border County Childcare Network, Monaghan County Childcare Committee	2008-2010
1.6	Primary School Age children		
1.6.1	Deliver Buntús generic sport / play programme within primary schools	MNSP, ISC & Primary Schools	2008-2010
1.6.2	Deliver Buntús Sports Specific programme within primary schools	MNSP, Primary Schools, Badminton Ireland, FAI, Golf Union of Ireland, IRFU, & NGBs	2008-2013
1.6.3	Encourage schools to provide access to a range of sports and physical activities	MNSP, Primary Schools, ISC, HSE, Dept. of Education & Science & National Governing Bodies of Sport (NGB)	2008-2013
1.6.4	Assist schools in availing of opportunities to secure additional sports equipment and amenities.	Primary Schools, ISC, NGBs & MNSP	2008-2013
1.6.5	Promote and develop sport and physical activity through after- schools clubs	MNSP, HSE, ISC & Primary Schools	2008-2013
1.6.6	Encourage schools to implement a sport, physical activity and play policies.	MNSP, HSE, Dept. of Education & Science, Primary Schools	2008-2013
1.6.7	Advocate on behalf of primary schools to improve the provision of resources dedicated to increasing the amount of participation in physical education, sport, and physical activity	MNSP, HSE, Monaghan County Council and Primary Schools	2008-2013
1.6.8	Develop sustainable school / club links	MNSP, Sports Clubs, Primary Schools	2008-2013
1.7	Post Primary school age children/ your	ng people	
1.7.1	Promote and support competitive and non competitive sport, physical activities and recreation programmes within the secondary school setting	VEC, Post Primary Schools, Dept. of Education & Science, MNSP, HSE & NGB's	2008-2013

1.7.2	Action Advocate on behalf of secondary schools to the Department of Education to increase time and resources allocated to schools for sport, physical activity and play.	Lead and Support Agencies VEC, Post Primary Schools, MNSP & HSE	<b>Timescale</b> 2008-2013
1.7.3	Encourage schools to implement a sport, physical activity and physical education policies.	VEC, Post Primary Schools, MNSP & HSE	2008-2013
1.7.4	Deliver the 'Girls In Action' programme	VEC, Post Primary Schools, MNSP & HSE	2008-2010
1.7.5	Explore the potential for training opportunities, in conjunction with partner agencies, for young people to take certified course.	VEC, FAS, MNSP, ILAM & NGBs	2009
1.7.6	Support the inclusion of community sport / activities with candidates for Presidents Award (Gaisce)	Gaisce, MNSP & Post Primary Schools	2008 - 2013
1.7.7	Support National Governing Bodies in promoting sport for schools	Post Primary Schools, VEC, MNSP & NGBs	2008-2013
1.7.8	Provide support and assistance to PE teachers in secondary schools to promote sport and physical activity for all	HSE, MNSP, VEC & Post Primary Schools	2008-2013
1.7.9	Consult PE teachers in relation to the needs of secondary schools for the promotion of sport and physical activity in secondary schools for all.	MNSP & Post Primary Schools	2008
1.8	All young people		
1.8.1	Support Monaghan County Council to implement their play policy	MNSP & Monaghan County Council	2008-2013
1.8.2	Support the implementation of Teenspace, (National Recreation Policy) for young people in the county	Monaghan County Council, VEC, LSP, Youth Organisations	2008-2013
1.8.3	Increase sporting opportunities for young people excluded from organised activities	MNSP, Youth Organisations, VEC	2008-2013
1.8.4	Support and promote anti bullying policies in all organised sport clubs	HSE & MNSP	2008-2013
1.8.5	Incurage all sport clubs to cater for young people	MNSP, Sports Clubs	2008-2013

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	Action	Lead and Support Agencies	Timescale
1.9	Active communities		
1.9.1	Organise 'Sports Festivals' aimed at promoting minority sports and encouraging wider participation.	Communities, MCC, CDB, HSE, VEC, NGB, Post Primary Schools & Youth Organisations	2009-2013
1.9.2	Support mass participation events organised by NGBs and/or Charities	MNSP & National / Local Charities / Sports Groups	2008-2013
1.9.3	Encourage participation in walking, jogging, cycling as forms of active recreation	HSE, MNSP, Post Primary Schools, Monaghan County Council, Monaghan County Development Board, ISC & Local Communities	On going
1.9.4	Promote an annual walking festival	HSE, LSP, Walking Clubs, Monaghan County Council, Monaghan County Development Board, ISC & communities	2009-2013
1.9.5	Promote and develop new routes and trails	HSE, MNSP, Monaghan County Council, MCDB, and communities	Ongoing
1.9.6	Support the Irish Heart Foundations 'Sli na Slainte' programme	HSE, MNSP, MCC & MCDB	Ongoing
1.9.7	Support the Irish Sports Councils Walking Trail strategy	ISC & MNSP	2008
1.9.8	Support initiatives which encourage participation by people who may generally be excluded as a result of social, economic or religious class.	MNSP, local community development groups	2008 - 2013
1.10	Sports Facilities		
1.10.1	Carry out an audit of sport, physical activity and recreation facilities in Monaghan.	Monaghan County Council, Department of Arts, Sport and Tourism, MNSP, sports clubs & communities	2008 / 2009
1.10.2	Develop, maintain and distribute data bases of clubs and facilities	MNSP	2008-2013
1.10.3	Develop a facilities manual	MNSP, Department of Arts, Sport & Tourism	2009
1.10.4	Assist Sports Capital Funding applications by sports clubs and local authorities	MCC & MNSP, Sports Clubs, Community groups	2008 - 2013
1.10.5	Promote and encourage the best use of facilities at off-peak times	MNSP & community and sports facilities	2008-2013
1.10.6	Support Monaghan County Council and County Development Board in the planning of public sports facilities and built environmental projects	MCC, Monaghan County Development Board & MNSP	2008-2013

# Aim 2: Developing Sports Clubs and Organisations:

Monaghan Sports Partnership aims to develop the capacity of existing sports clubs to extend and expand their range of activities. It also aims to assist new clubs to develop to meet new opportunities.

COACHI	NG & TRAINING		
	Action	Lead & Support agencies	Timescale
2.1	Sports Clubs		
2.1.1	Promote and provide coaching and training courses offered by NGBs	MNSP & NGBs, NCTC	2008-2013
2.1.2	Provide training opportunities as requested by sports clubs to meet need	MNSP, VEC, Co. Monaghan Partnership, NGBs, NCTC	2008-2013
2.1.3	Promote and provide 'Code of Ethics training' and encourage best practise in childrens sport	ISC & MNSP	2008-2013
2.1.4	Promote and provide 'Active Leadership training'	ISC & MNSP	2008-2013
2.1.5	Encourage existing qualified coaches to up skill and retrain regularly	MNSP, Sports Clubs, NGBs & coaches	2008-2013
2.1.6	Explore the potential for training opportunities, in conjunction with partner agencies, for young people to take certified course	ISC, FAS, VEC & MNSP, Monaghan Youth Federation, Comhairle na nOg	2008-2013
CLUB DE	EVELOPMENT		
	Action	Lead & Support agencies	Timescale
2.2	New and excisting Sport Clubs		
2.2.1	Facilitate the development of local sports clubs through linking with NGBs	Communities, MNSP, ISC, NGBs & Sports Clubs	2008-2013
2.2.2	Create a club development pack and programme	MNSP, ISC	2009-2010
2.2.3	Provide support, information and advice to sports clubs and community organisations on making grant applications	MNSP, Communities, VEC, HSE, ISC, & Post Primary Schools	2008-2013
2.2.4	Support sports clubs and organisations to recruit, train and retain volunteers within sporting activity.	Community Forum, Community Network, MNSP, ISC & NGBs	2010-2013
2.2.5	Work with sport organisations to develop participation initiatives	MNSP, Sports Clubs, County Boards	2008-2013

#### Aim 3: Communications and Information

Monaghan Sports Partnership aims to develop an integrated communications plan. It will promote greater awareness of existing sporting opportunities and seek to raise the profile of sport and physical activity within the county through regular interaction with local and national media.

# **PUBLICATIONS AND ICT**

	Action	Lead & Support agencies	Timescale
3.1	Enhanced Communication		
3.1.1	Produce a local sports partnership news letter bi annually	MNSP	2008 onwards
3.1.2	Develop and submit a monthly bulletin for local newspapers	MNSP	2008
3.1.3	Develop a web site	MNSP	2008
3.1.4	Develop and maintain a coaches and tutor directory	MNSP	2008-2013
3.1.5	Develop, maintain and distribute a sports club directory	MNSP, Sports Clubs	2008-2013
3.1.6	Develop and maintain a sports facilities directory	MNSP, MCC, DAST, Sports Clubs	2008-2013

# PUBLIC RELATIONS

	Action	Lead & Support agencies	Timescale	
3.2	Marketing & Public Relations			
3.2.1	Board to appoint a Publicity Officer and PR sub group	MNSP	2008-2013	
3.2.2	Build working relationships with sports media locally	MNSP, local media	2008-2013	
3.2.3	Promote fairer representation of all sports in the media	MNSP, local media	2008-2013	

# Aim 4: Building the Organisation:

Monaghan Sports Partnership aims to build and develop its own organisation to provide quality programmes and an efficient service.

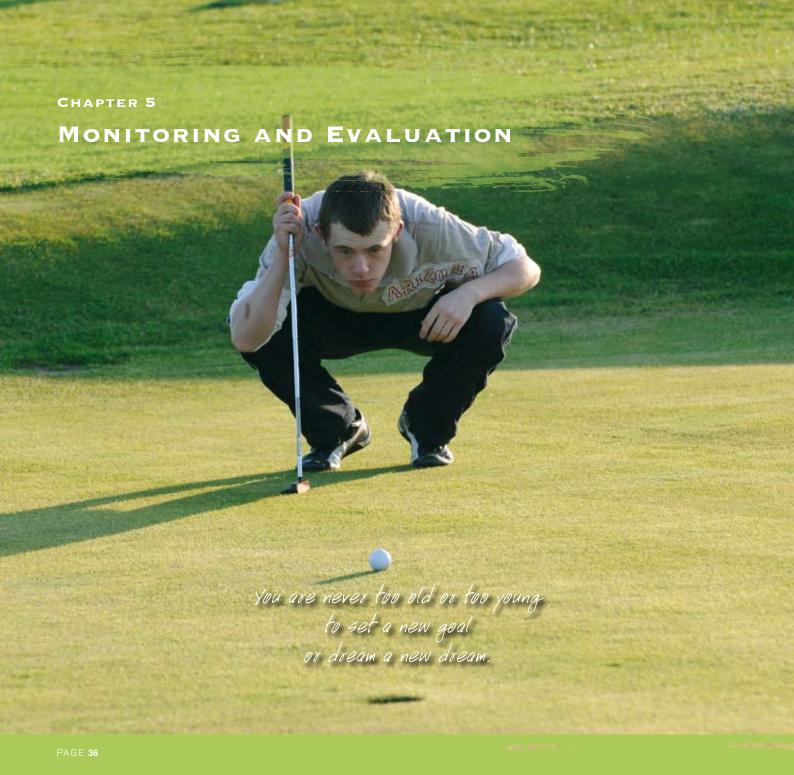
# **BOARD DEVELOPMENT**

	Action	Lead and Support Agencies	Timescale
4.1	Devise a board development program	me	
4.1.1	Annual review of Board composition to ensure inclusion and broad representation	MNSP	2008-2013

4.1.2	Board members to communicate directly with own interest groups to promote opportunities	MNSP, representative organisations	2008-2013				
4.1.3	Participate in and facilitate relevant research	MNSP	2008-2013				
4.1.4	Participate in relevant training for working in partnership	MNSP	2008-2013				
PARTNERSHIP & COLLABORATIVE WORKING							
	Action	Lead & Support agencies	Timescale				
4.2	Develop positive working relationships						
4.2.1	Enhance relationship with key statutory agencies	MNSP, local & national agencies	2008-2013				
4.2.2	Create opportunities for third level internship placements with sporting organisations, community groups and statutory agencies.	MNSP, Universities, Institutes of Technology & sports organisations	2008-2013				
4.2.3	Explore potential funding/sponsorship opportunities with partner agencies, including funding for Sports Development Officers	MNSP / MCC	2008-2013				
4.2.4	Appoint a schools sports development officer	MNSP & agencies	2008-2013				
4.2.5	Appoint a community sports development officer	MNSP & agencies	2008-2013				
4.2.6	Seek access to new funding opportunities and submit funding applications	MNSP	2008-2013				
4.2.7	Explore the potential for cross-border funding opportunities	MNSP	2008-2013				
MONITORING & EVALUATION							
	Action	Lead & Support agencies	Timescale				
4.3	Performance Indicators						
4.3.1	Adhere to ISC monitoring and evaluation requirements	MNSP & ISC	2008-2013				
4.3.2	Develop annual operation plan to identify key actions from the overall strategy	MNSP	2008-2013				
4.3.3	Develop internal indicators of performance management	MNSP	2008 ongoing				

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#### **Monitoring and Evaluation**

The LSP board will meet on at least six occasions during the year during which time they will review, oversee and recommend the work of the LSP in prioritising its strategic actions. On each occasion the board will review minutes from previous meetings and consider the financial reports in ensuring transparency and openness of governance. Monaghan Sports Partnership will monitor the ongoing needs and requests of the local community and sports groups through enquiries made and the nature of same.

Sub-committees may from time to time, be established to undertake a specific area of work. These working groups shall be made up of members of the LSP board but may include non-members with particular expertise or experience which is of value to the sub-committee. Sub-committees will operate according to terms of reference drawn up for its purpose which shall be agreed by all concerned.

Internally, the staff of the Monaghan Sports Partnership will hold regular meetings to assess the efficiency of the services being provided by the organisation - including such areas as customer care, public service, quality programming and operational efficiency.

## Programmes and projects

Monaghan Sports Partnership will record data for every course, workshop and event held in order to assess the usage of the service being provided. Programmes held over a period of time will be evaluated by the Sports Partnership to record the successes and the key learning opportunities. A summary evaluation report will be prepared at the end of each programme or where programmes continue over more than one calendar year, a summary report will be prepared at end of each year to be include with the annual report.

Under the governance of the Irish Sports Council, Monaghan Sports Partnership will furnish annual reports on the activities undertaken and the expenditure of the allocated annual budget. In line with its collaboration with the County Development Board, Monaghan LSP will present regular updated reports to its meetings and submit an annual report. An annual operational plan will be prepared to serve the needs of the Sports Partnership and to inform the County Development Board of ongoing areas of work being undertaken. This will enable ongoing and regular monitoring to be addressed at the board meetings.

#### **SPEAK**

In 2007 the Irish Sports Council developed a system of monitoring and evaluating the work of local Sports Partnerships through a system it calls SPEAK. This development was carried out in response to the recommendation of the Fitzpatrick Review (on behalf of the Department of Arts, Sport & Tourism) of Sports Partnerships in 2005.

SPEAK is the abbreviation of Strategic Planning, Evaluation And Knowledge and is designed to:

- Produce information to assist staff and board management to make informed decisions around areas of priority
- Allow for ongoing internal review and assessment on the success of working partners and projects
- Allow for networking and sharing of valuable information between LSPs

## **Measuring Performance**

In reporting on its work, Monaghan Sports Partnership will measure its success under the following areas;

Increasing Participation	More people active	Increased participation by target groups	Variety of programmes	No of new programmes
Developing Sports Clubs and organisation	No. of training courses held	No. of volunteers active	Quality of courses delivered	Growth and development of clubs – existing & new
Communication and Information	Regular usage of website	Regular newspaper columns	Integrated plan for marketing	Awareness of Monaghan LSP
Building the Organisation	Expansion of membership	Clear working committees	Employment of additional staff	Ongoing training for board

#### Funding the work

Monaghan Sports Partnership receives core funding from the Irish Sports Council which forms the basis of the day-to-day operations and some programme funding. Under the Fitzpatrick review of Local Sports Partnerships in 2005, it was recommended that LSPs would raise up to 50% of their budget from other sources, including local agencies etc. Monaghan Sports Partnership will endeavour to source this funding on each programme that it runs in order to reach this target. With the wide and varied range of projects and programmes expected to be undertaken over the next five years, it is likely that Monaghan Sports Partnership will develop means by which achieving the objectives of its strategic plan by sharing and pooling of financial and human resources. Along with the funding received by the Irish Sports Council, Monaghan County Council provides funding and benefit in kind to accommodate the staff and offices of the Sports Partnership along with necessary financial, IT and administrative support. Other agencies involved with Monaghan Sports Partnership will be requested to provide similar measures of funding, where actions meet the objectives of both parties.



#### Staff model

#### Appendix 1:

### Strategic Plan Methodology

- Questionnaire sent out to all sports club / organisations
- Public consultation meetings held
- Consultation with low participation groups
- One-to-one meetings
- Submission of comments

### Appendix 2:

# List of Nationals from other countries engaged in Sport in Monaghan

From the questionnaires returned to the Sports Partnership, the following Countries were represented throughout a range of sporting activities:

- Africa
- Barbados
- Brazil
- Denmark
- England
- Germany
- Latvia
- Lithuania
- Northern Ireland
- Poland
- Portugal
- Romania

# Appendix 3:

#### List of Abbreviations

BI Basketball Ireland

**CDB** County Development Board

D of Ed Department of Education and Science

FAI Football Association of Ireland

**FAS** Training and employment authority

GAA Gaelic Athletic Association

GUI Golf Union of Ireland

**HSE** Health Service Executive

LISPA Long-Term Involvement in Sport and Physical Activity

**ILAM** Institute of Leisure and Amenities Management

LSP Local Sports Partnership

LTPAD Long-Term Player Athlete Development pathway

LTR Long-Term Recreational Pathway

IRFU Irish Rugby Football Union

ISC Irish Sports Council

MCC Monaghan County Council

MCCC Monaghan County Childcare Committee

MNSP Monaghan Sports Partnership

NCTC National Coaching and Training Centre

**NGBs** National Governing Bodies of Sport

SIDO Sports Inclusion Development Officer

**VEC** Vocational Educational Committee

## Appendix 4:

## **Current Sports Partnership Programmes**

## **Buntús Play & Multi Sport for Primary Schools**

The Buntús Programme is a physical activity programme for Primary School children which was developed by the Irish Sports Council and is endorsed by the Department of Education. The programme is broken into two streams – Buntús Play and Buntús Multi-Sport

Buntús Play is aimed primarily at 5-9 year olds. The focus is to aid in the development of basic motor and movement skills. This is done using equipment such as balloon balls and other small sized equipment. Buntús Multi-Sport is aimed at 7-11 year olds.

The three key components of the programme - training, resource cards and equipment - are designed to provide easy to understand, and accessible support to give children a fun, but high quality introduction to sport.

#### **Buntús Start for Childcare Centres**

Buntús Start is a comprehensive physical activity programme for children aged 2-5 years old. It has been designed for use in preschool settings so that pre-school and playgroup leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, coordination and balancing skills and develop a positive attitude to physical activity. Following consultation with the Childcare Centres in County Monaghan, the delivery of the Buntús Start Programme will be coordinated through a partnership approach with Monaghan County Childcare Committee Ltd.

#### Code of Ethics and Good Practice for Children's Sport

The Code of Ethics and Good Practice for Children's Sport is a practical set of guidelines for those involved in sport for young people. It was developed by the Irish Sports Council, in conjunction with the Sports Council of Northern Ireland as an all-Ireland document for all sports. Monaghan Sports Partnership offers a 4-hour basic awareness training course on "Child Welfare & Protection in Sport" which is aimed at leaders within sports clubs / organisations. The workshop highlights the main principles of the Code and looks at measures that clubs can take to create and maintain the safest possible environment in sport for young people.

#### Children's Officer Training

As well as undertaking child protection training, all clubs are encouraged to adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.

Monaghan Sports Partnership highly recommends that every sports club elects a Children's Officer to its committee. The role of the Children's Officer is to oversee the implementation of a child protection policy which will be accepted and signed up to by all adults working with young people. Those elected as Children's Officers in sports club should firstly attend the basic awareness training and then the Children's Officer training which is specific to this role.

#### **Women in Sport Programmes**

The 'Women in Sport' initiative began in 2005 when the Irish Sports Council secured funding specifically for the purposes of increasing the participation levels of females in sport and physical activity. Since then National Governing Bodies of Sport and the Local Sports Partnerships have been developed new ideas to encourage more teenage girls and older women to become more active. Monaghan Sports Partnership received funding to run two programmes;

**Girls in Action** – a programme of extra-curricular physical activity taking place in post primary schools. The programme targets teenage girls who are not very active or who do not participate in PE or the traditional school sports. The participants can chose from a range of physical activities or sports. Examples of these activities include Yoga, Archery, Tai chi, Aerobics, Martial Arts and Pilates. It is run in conjunction with the HSE. The programme is funded to cover full tutor costs for a period of one academic year, with a commitment from schools to provide part of the costs for years 2 and 3.

**Active Women** - An activity based programme for older women in the local community specifically targeted at those who are not very active or who would like to try out a new activity.

Run in conjunction with the HSE, this programme is funded to cover tutor costs for the activities.

Activities provided with this programme are subject to the choice of the women participating and the availability of suitably qualified, local tutors / instructors.

#### Go for Life

Go for Life was developed by Age & Opportunity, the National organisation working to promote greater participation by older people in society. Go for Life is a programme of physical activity training through a series of workshops for older people in the community. These workshops are designed to train people in their local community to run activity programmes within active retirement groups. Those trained become PALs (Physical Activity Leaders) and run activities in their local community and organise Sports Fests – one day activity events to try out a variety of new sports.

Age & Opportunity also administers an annual 'Go for Life' grant scheme to groups for the purposes of encouraging physical activity. It is funded through the Irish Sports Council and local agencies.

#### Slí na Sláinte

Slí na Sláinte is a simple and innovative scheme developed by the Irish Heart Foundation to encourage people of all ages and abilities to walk for leisure and good health. It uses attractive signage at Kilometre intervals on established walking routes. In addition to letting people know the distance they walk, the signs are designed to encourage people to walk more frequently and to enjoy the benefits of a healthier lifestyle. At present Monaghan has just one dedicated Slí na Sláinte route based at St. Davnets complex, Monaghan town.

#### **Active Leadership Award**

This Award is a joint initiative between the Irish Sports Council and the Sports Council for Northern Ireland. The purpose of the course is to provide trained, knowledgeable and enthusiastic community based leaders whose aim it is to encourage more people to become and remain involved in sport and physical activity. The course covers the following topics-leadership skills, safety and injury prevention, code of ethics, planning and organising a 'sport for all' session and programme administration. The course is open to those over 18 who are interested and enthusiastic about organising sport in their community.

## **Sports Inclusion Programme**

In 2006, the Dormant Accounts Fund earmarked €2 million nationally for projects which address the imbalance in opportunities for people with physical, learning and sensory disabilities to participate in sport and physical activity. The Irish Sports Council, in collaboration with the network of Local Sports Partnerships identified the need to appoint dedicated Sports Inclusion Disability Officers (SIDOs) at county level in order to address current gaps in provision in sport and recreation for this target group. Local Sports Partnerships and Local Authorities made applications to Dormant Accounts for funding towards the employment of SIDOs. Monaghan Sports Partnership, in conjunction with Cavan County Council was successful in its funding bid and now employs Jennifer Hill as the SIDO for both Counties.

Her work revolves around the following areas: Information sharing / raising awareness, research & policy, training & development and initiating & developing links.





# MONAGHAN SPORTS PARTNERSHIP

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