

# Donegal Local Sports Partnership CLG



*Promoting an Active Donegal*



## Annual Report 2021

# Promoting an Active Donegal



## Contents

MESSAGE FROM THE CHAIRPERSON .....	5
MESSAGE FROM THE COORDINATOR.....	7
SECTION 1: ORGANISATIONAL PURPOSE.....	9
SECTION 2: DONEGAL SPORTS PARTNERSHIP MANAGEMENT .....	10
SECTION 3: FINANCES .....	16
SECTION 4: OBJECTIVES, ACHIEVEMENTS & PERFORMANCE .....	20
DSP Programmes Mapping 2021 .....	21
Programmes Summary .....	30
Sports Inclusion Disability Programme (SIDP) .....	33
Community Sports and Physical Activity Hubs (DA) .....	38
Community Sports Development Programmes (CSDO) .....	41
Active Donegal Programmes .....	46
Education & Training Coordinators Programmes.....	47
Crossborder & Cross Community Programmes.....	49
APPENDICES.....	51

## Donegal Sports Partnership

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• Company Reg. No. 358628



SPÓRT ÉIREANN  
SPORT IRELAND



SPORT IRELAND



**€816,290**

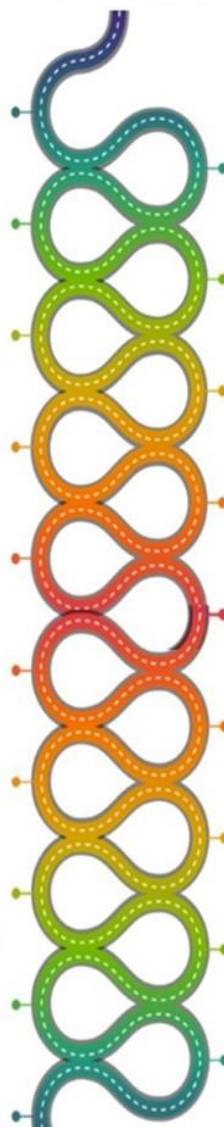
Total funding secured for 2021.  
An increase of 3.2% from 2020

**5,626**

People participated in over 341  
locally delivered initiatives  
throughout Donegal

**891**

Participants in Education &  
Training (Online & In-person)  
including Safeguarding 1,2 & 3,  
Youth Leadership,  
Disability Inclusion training,  
NWSP Athlete Seminars,  
Building Positive Clubs,  
Female Leadership Progs.



**€104,000**

Approved in funding through  
Sport Ireland's 2021 Return to  
Sport & Community Development  
Funds in Donegal

### New in 2021

YOURS Intergenerational Prog.  
Sports Together (Erasmus+)  
Intro to Open Water Swimming  
Open Water Swim Safety  
Gym Inc. Programme  
Football for All Prog.  
Woodlands for Wellbeing Prog.

### Governance Code

Compliant Type B Organisation  
with Sport Ireland's  
Governance Code for Sport.

### 6 Directors

Participate in CARA Xcessible  
Bronze Award workshop along  
with DSP Staff

**'PROMOTING AN  
ACTIVE DONEGAL'**



## MESSAGE FROM THE CHAIRPERSON

---

The Board of Donegal Sports Partnership met for the first time in 2001 and the Coordinator commenced the first programme of work promoting sport in the county. Sport was always a feature of community life in Donegal and as we present the Annual Report for 2021, we celebrate the many and very significant developments in sports provision led by the Sports Partnership over the intervening two decades. Donegal continues to produce athletes, players and competitors across many disciplines to national and international standards and equally important to see thousands of people include sport and physical activity in their daily lives through the very extensive range of activities supported by the Sports Partnership.

Some time ago the strapline “*Active Donegal*” was adopted by Donegal Sports Partnership and from this the focus of our strategy was on *Active Communities, Active Schools, Active Partnerships and Active Sports*. Over the 20 years from start-up the Board were determined to make the provision inclusive bringing targeted groups and minority sports into the spotlight. Nowhere is this more evident than in the programmes of work delivered by the Sports Inclusion Disability Officer and the Senior Community Sports Development Officer. This year’s statistics evidence over five and a half thousand people participating in 341 locally delivered initiatives. The map of Donegal is dotted with pins of locations where DSP has delivered its programmes across the length and breadth of the county. This was in a year when we were tentatively emerging from the pandemic but with many restrictions still in place. The Sports Partnership provided grants totalling in excess of €100,000 to support clubs in the return to sport.

Why is sport and physical activity so important in our lives? Our bodies are engineered for movement. Exercise contributes to our physical wellbeing at every stage of life. We accrue mental wellbeing benefits when we are physically active. Throughout life we forge friendships and connect with others when participating in sport. Health professionals recognise the importance of the places where people live and play. The Sports Partnership utilises the natural environment and in 2021 saw growing numbers of people in Donegal participating in water-based activities and the introduction of the Woodlands for Wellbeing programme.

The Sports Partnership also has a very significant education and training programme. Volunteers and coaches are critical to the sustainability of every new initiative and every club. In 2021 nearly 1,000 participants attended Safeguarding, Inclusion, Youth Leadership, Club Development, Female Leadership workshops and coaching seminars. Some of these continued to be provided on-line but others were in-person, a welcome return to normality for part of 2021.

In his address the Coordinator will highlight the achievements of the Board in focussing on governance with a review undertaken of many policies. The Board has been facilitated in this exercise by the Coordinator, Senior Administrator and the Governance and HR Administrator. We are grateful for their support in this difficult but very important task.

Despite the difficult environment in which we worked in 2021, the Sports Partnership saw a small increase in our funding. I would like to extend our appreciation to Sport Ireland for our core funding and their support to the coordinator from national level.

Partnership working is something we do well in Donegal and the statutory bodies recognise the critical importance of Donegal Sports Partnership contributing further to the funding. On behalf of the Board, I extend our thanks to Donegal County Council, the ETB and the HSE.

We have been successful in our funding bids to Dormant Accounts resulting in the development of Community Hubs in Maghery (Maghery Coastal Adventures), Donegal Bay (Inclusive Sports Hub), Letterkenny (Urban Adventures Project) and the recent addition in Ray (Ray Activity Hub). These small rural communities are providing local activities and making best use of the environment.

Based on the border, we are also a recipient of Cross-border and cross-community funding, through PEACE IV - Minority Sports and Football for All Programmes, North West Regional Development Group funded the North West Sporting Pathways Programme and ERASMUS+ Fair Play funded the 'Sport Together' Programme.

Successful funding is only possible with the work of the Coordinator and the team in developing the funding bids and overseeing the implementation of programmes to ensure targets are met.

I commend the Annual Report and the photographs tell better the story of Donegal Sports Partnership than my words today. The provision is across the age range – small children learning fundamentals on their balance bikes and older people improving their mobility through the use of Activator Poles. Donegal Sports Partnership recognises people's ability and many families with children and young people with a disability have benefitted from participating in A Drop in the Ocean, a surfing programme for families supported by the Disability Officer.

In 2022 we will complete the work on our next strategy document. I would like to thank the Board members for their ongoing support and pay tribute to the work of the staff of Donegal Sports Partnership.

*Anne McAteer,  
Chairperson,  
September 2022*



## MESSAGE FROM THE COORDINATOR

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Adapting to changing local environments have been a strength of Donegal Sports Partnership, during the previous year's 2019, 2020 while in the grip of Covid-19 the organisation changed many of its working patterns to continue to promote sport and physical activity. In 2021 it was more about re-starting and re-opening our communities with a more blended and controlled approach as the threat of Covid-19 was still looming.

The 2021 year kicked off with "30 for 30" which was a Christmas Challenge, 30 minutes of exercise for 30 days, the challenge extended into February 2021 with over 2,500 participants from all locations being challenged with the 30-minute daily exercise through an online platform. Further virtual supports were also provided through the numerous short videos included on the DSP website portal. This proved a very positive start to the 2021 and possibly signalled that our communities were reopening after the pandemic restrictions.

As the year developed communities became more confident with a growing number of events taking place, especially in the outdoors, programmes such as Open Water Swimming, Woodlands for Wellbeing, Community Sport and Physical Activity Hubs in Letterkenny, Maghera, Ray and Donegal Bay Inclusive Sports Hub were all key to proving activities in the open environment.

Sports Clubs and Community Groups were also getting back to more normal practices, and while Covid-19 hampered the return of indoor sports many outdoor sports were back in business. Research would reflect that volunteering was a huge challenge with many clubs losing key volunteers during the pandemic, and while some have returned a need still exists to support clubs in this area into the future. With this issue in mind in 2021 Sport Ireland and the DSP distributed approximately €110,000 to clubs and community groups through a small grants measure with the aims of supporting the club capacity and developing programmes to restart sport and physical activity.

After many years reviewing and updating the policies, procedures and various governance documents, the Board of Directors of Donegal Sports Partnership submitted the relevant Public Statement of Compliance documents to Sport Ireland to indicate compliance to the principles of the Governance Code for Sport. This has been a major milestone for the organisation and places governance and compliance on the agenda of all future Board of Director meetings. However, the journey continues with a number of key gaps to be filled over the coming period with a new strategic plan and stakeholders' policy and communications plan due for development. Great credit is due to all Directors past and present who have been on this journey, special word of thanks to staff members Margaret O'Donnell and Deirdre O'Toole for their commitment to this process.

I would like to thank all our funding bodies named in this report who put their trust in Donegal Sports Partnership to deliver programmes, activities and events to the various target groups. This gives our Board of Directors and Staff confidence that the work done and presented as our annual Operational Plan is valued and making a difference especially within our communities.

To our Board of Directors who provide the staff and myself with an assurance of the work undertaken and the DSP staff who go beyond the call of duty to engage and support our communities, a big dept of gratitude to everyone.

I have no doubt that many further challenges will raise their heads during the incoming year, however I am confident that in the spirit of collaboration and partnership we can respond to whatever is placed in our path.

*Myles Sweeney,  
Coordinator*



Launch of Bike Week 2021 with pupils and staff from Monreagh NS, Carrigan's by  
Cathaoirleach of Donegal County Council, Cllr Jack Murray

## SECTION 1: ORGANISATIONAL PURPOSE

### About Us

Donegal Local Sports Partnership Company Limited by Guarantee (Donegal Sports Partnership / DSP) was established in 2001 to coordinate the development of sport and physical activity in County Donegal. This has been achieved through the dual objectives of developing programmes to increase participation rates, especially by hard to reach groups and through the provision of high quality training and coach education programmes.

Donegal Sports Partnership is supported and governed by a Board of Directors (currently 12 members) and has a staff of 7 full time posts and 4 part-time posts as well as a number of trained tutors to deliver its participation and education and training programmes (further details staffing, can be found on page 10).

Donegal Sports Partnership is an inter-agency and multi-sectoral organisation with representatives from all the main statutory agencies and the community and voluntary sector. Although its office is based in Letterkenny, the DSP works throughout the full breadth of County Donegal.

*“The LSP network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.” National Sports Policy 2018-2027*

**‘Active Donegal’** has been developed as an overarching theme to help communicate the nature of the work of the partnership and is further organised along a framework of four pillars: Active Sports, Active Schools, Active Communities and Active Partnerships.



## SECTION 2: DONEGAL SPORTS PARTNERSHIP MANAGEMENT

The key mission of the Donegal Local Sports Partnership CLG as per DSP Strategic Plan 2015 - 2019 is to *'ensure the sustainability of the Donegal Sports Partnership itself into the future, in order that it can continue to build capacity within sports clubs, schools and communities and to support them work towards an Active Donegal'*.

Overall management and governance of the DSP is provided by the Board of Directors who are representative of the statutory, voluntary and community sectors in County Donegal (See Diagram 1, for details). The Donegal Sports Partnerships Memorandum and Articles of Association provides its legal framework. As part of this process the Board of DSP underwent a review process and an overhaul of its Board Structures was initiated in late 2018 and this transition continued into 2021.

The function of the Board is to:

- Maintain the overall governance and strategic direction of DSP based on the prudent use of human, financial, intellectual and capital resources.
- The Board of Directors are also concerned with business management by setting realistic budgets and regularly monitoring the financial performance of the DSP against these projections.
- A minimum of 7 members is required for a quorum at all Board meetings.

### DSP Board Representation:

Current Directors	Position	Representative from:
Ms. Anne McAteer	Chairperson	Health Service Executive West CHO 1
Mr. P.J. Hallinan	Vice Chairperson	Partnership Companies
Dr Martin Gormley	Secretary	Donegal ETB
Mr. Joe Sweeney	Treasurer	PPN: Inishowen Community Forum
Cllr Anthony Molloy	Director	Donegal County Council (Elected Member)
Mr. Charles Sweeney	Director	DCC Local Government Officer
Mr. Eamon Harvey	Director	Community: South Community Forum
Ms. Kathleen Bonner	Director	PPN: Finn Valley Community Health Forum
Cllr Michael McMahon	Director	Donegal County Council (Elected Member)
Mr. Seamus Campbell	Director	Donegal Sports Ability Forum
Ms. Siobhan Cullen	Director	Letterkenny Institute of Technology
Ms Síle Úi Ghallachóir	Director	PPN: Coiste Forbatha Bhealagh An Aird Doinn
Vacant		Public Participation Network / PPN (2x Community Sector)

**Diagram 1: Board Members of the Donegal Local Sports Partnership CLG (31<sup>st</sup> December 2021)**

### Board Meetings:

The following meetings were scheduled during the 2021 period and held via ZOOM due to the ongoing Covid-19 restrictions in place.

- 29<sup>th</sup> January, 5<sup>th</sup> March, 16<sup>th</sup> April, 28<sup>th</sup> May, 2<sup>nd</sup> July (including the Annual General Meeting), 24<sup>th</sup> September and 10<sup>th</sup> December 2021.

We wish to acknowledge the Boards willingness to embrace online technology and enabling us to host these meetings via ZOOM. This facilitated the ongoing operations of the DSP, enabling it to continue relatively uninterrupted during the Covid-19 restrictions. We acknowledge the tremendous work and dedication of Directors, staff and tutors to facilitate this.

### Election of Officers:

Further to the meeting of the Board of Directors on Friday 2<sup>nd</sup> July 2021, (immediately following the Companies AGM) the Election of Offices were approved by the Board as follows:



Diagram 2: DSP Board of Directors Structure 2021

Position	Nominee	Proposed	Seconded
<b>Chairperson</b>	Ms Anne McAteer	Ms Kathleen Bonner	Mr Eamon Harvey
<b>Vice Chairperson</b>	Mr PJ Hallinan	Ms Anne McAteer	Ms Siobhan Cullen
<b>Secretary</b>	Dr Martin Gormley	Mr Eamon Harvey	CLlr Michael McMahon
<b>Treasurer</b>	Mr Joe Sweeney	Ms Anne McAteer	Ms Siobhan Cullen

### Executive Committee:

Ms Anne McAteer, Chairperson, Dr Martin Gormley, Secretary, Mr Joe Sweeney, Treasurer, Mr Myles Sweeney, Coordinator (and such other Members as the Board deems appropriate) were appointed to progress business between meetings of the Board. The role of the Executive is to support the development of DSP strategy, annual action plans, policies, procedures and budgets. To effectively monitor the operation of finance and personnel. To support the coordinator and staff in providing opportunities for funding partnerships in order to provide stability and sustainability into the future. To act as a catalyst for launching programmes and projects that DSP may provide.

The Executive Committee met on six occasions during 2021 as follows:

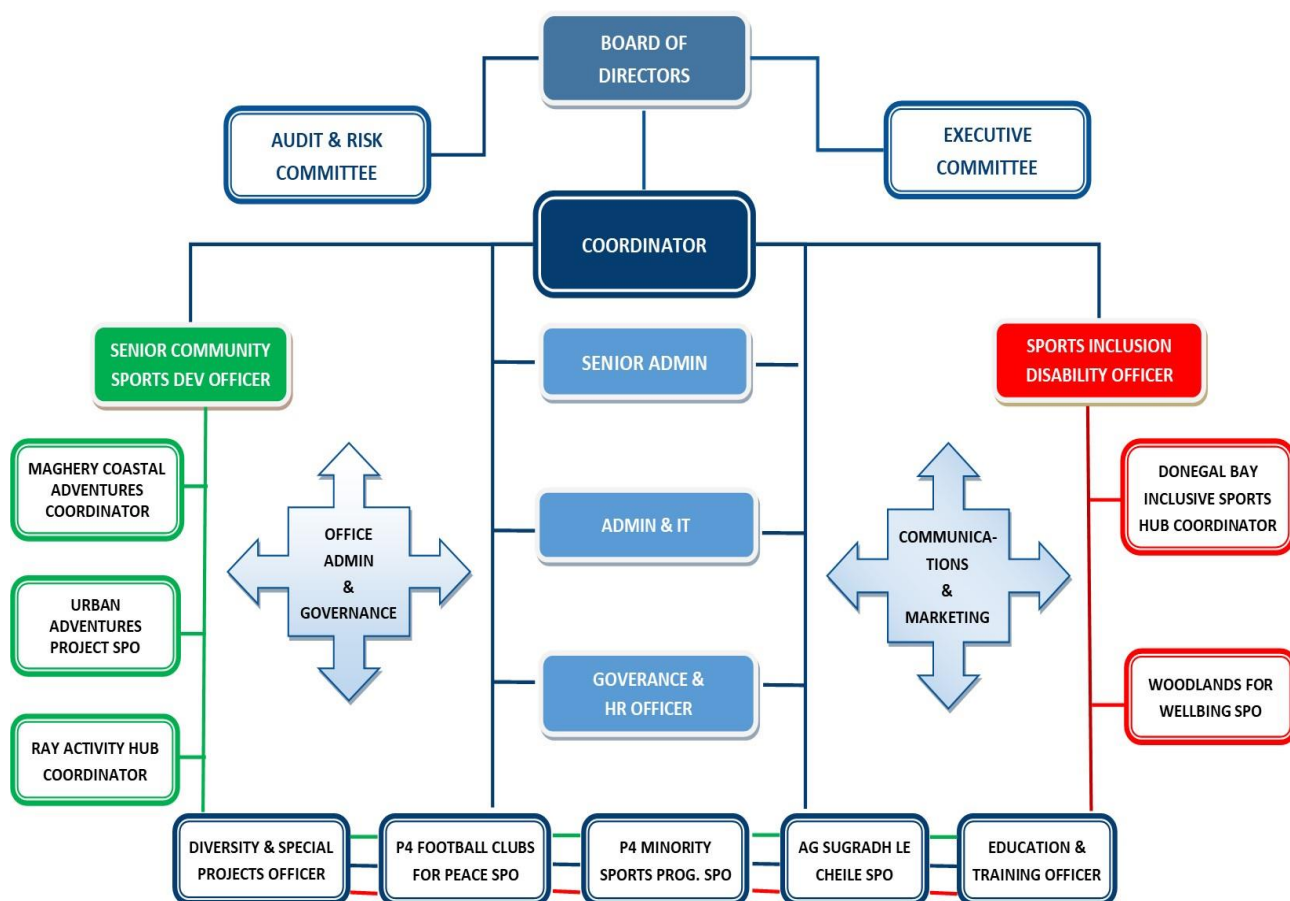
- 26<sup>th</sup> January, 11<sup>th</sup> May, 3<sup>rd</sup> June, 23<sup>rd</sup> June, 17<sup>th</sup> September and 1<sup>st</sup> December 2021.

### Finance, Audit and Risk Committee (FARC)

The DSP Board of Directors established a Finance, Audit and Risk Committee (FARC) to support them in fulfilling their responsibilities in relation to good financial governance, financial reporting, risk management and control systems. This includes reviewing assurances provided to the Board, ensuring that their needs are met, as well as reviewing the reliability and integrity of these assurances. However, ultimate responsibility for this area rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.

### 2021 Finance, Audit and Risk Committee (FARC):

Mr Joe Sweeney, DSP Treasurer and FARC Chairperson and Directors, Ms Anne McAteer, Dr Martin Gormley, Ms Kathleen Bonner and Mr Eamon Harvey.



DSP Organisational Structure as at 31<sup>st</sup> December 2021

### Strategy Planning Working Group

The role of the SWG is to oversee the planning process of the DSP Strategic Plan into 2026. To assist the external consultant set objectives and initiatives that line up with the company mission and goals and will move the business toward achieving its goals.

**2021 Strategic Working Group Members:** Dr Martin Gormley, Ms Kathleen Bonner, Cllr Anthony Molloy, Mr Joe Sweeney and Mr Seamus Campbell.

### Annual General Meeting:

The DSP's Annual General Meeting was held on Friday 2<sup>nd</sup> July at 11:00am via the online platform ZOOM for a second year in a row due to the ongoing Covid-19 restrictions in place.

### Company Financial Statement 2020:

Ms. Anne Kelly, Harvey McCrossan Ltd, presented the Board with the Financial Statement for period 2020. These were subsequently approved by the Board.

At the AGM the appointment of Legal, Auditing and Banking services was approved as follows:

- Legal Services: Lanigan Clarke Solicitors
- Auditing Services: Harvey McCrossan Ltd
- Banking Services: Ulster Bank Ltd

## Staffing

### Donegal Sports Partnership Staff 2021

Myles Sweeney	Coordinator & CEO
Deirdre O'Toole	Senior Administrator
Danny Nee	Administrator & IT Support
Karen Guthrie	Community Sports Development Officer (CSDO)
Thérèse Laverty	Sports Inclusion Disability Officer (SIDO)
Alison McLaughlin	Sport Project Officer, Woodlands for Wellbeing (p/t)
Hugh Carlin	Sports Project Officer, Peace IV Minority Sports Programme (p/t) and Peace IV Football Clubs for Peace Programme (p/t)
Kirsty Browne	Coordinator, Ag Sugradh Le Cheile (p/t) and URBAN Adventures Project (p/t)
Martin McDevitt	Coordinator, Donegal Bay Inclusive Sports Hub (p/t)
Maggie Farrelly	Education & Training Officer and Coordinator, North West Sporting Pathways Programme
Margaret O'Donnell	Governance & HR Administrator (p/t)



**Irish Heart Foundation Heart Saver Course**

**Date**  
Tues 26th Oct  
Wed 27th Oct  
Thur 28th Oct

**Venue**  
Bundoran Community Centre  
Buncrana Youth Centre  
The Vestry, St Canals Church, Letterkenny

**Time**  
7-10pm  
7-10pm  
7-10pm

**Cost**  
30 Euro + Booking Fee

**Expression of Interest - Google Form**  
[https://docs.google.com/forms/d/1k7VAqPnTPnUaoVr6ed\\_2gQhN3fres0QhYnq/edit](https://docs.google.com/forms/d/1k7VAqPnTPnUaoVr6ed_2gQhN3fres0QhYnq/edit)

**Contact** [maggie@activedonegal.com](mailto:maggie@activedonegal.com) 086 6069377

DSP Staff and Tutors complete Defib Training

**Covid-19 Activity Hub**  
 Stay active during lockdown with a variety of videos, resources and activities from Donegal Sports Partnership

**SEARCH RESULTS FOR: "DONEGAL SPORTS PARTNERSHIP"**

**Donegal Sports Partnership to deliver chair-based exercise programme**

**Donegal Sports Partnership hosting autism in sport workshop**

**Donegal Sports Partnership's free online yoga classes for children with a disability**

**Home Exercise Resources**

[info@activedonegal.com](mailto:info@activedonegal.com)  
074 (91) 15076 / 16079

DSP Online Portal and Social Media Hubs to circulate relevant information and resources

## Governance Review

The Government's National Sports Policy (2018-27) requires all organisations in receipt of Government funding through Sport Ireland to adopt the Governance Code. The DSP Board have embraced its challenges in particular a review of the DSP's Governance and all that it entails to ensure that the DSP is compliant with the Governance Code for Sport: 'A Code of Practice for Good Governance of Sport Organisations in Ireland' as promoted by Sport Ireland.



Additionally, under Sport Ireland's Terms and Conditions of Grant Investment are required to:

1. Maintain a Compliance Record Form
2. Submit a Board Assurance Statement
3. Report on material non-compliance
4. Provide an External Audit Statement

DSP indicated their compliance through the submission of the Public Statement of Compliance and the Comply or Explain Form to Sport Ireland. These forms indicate that Donegal Sports Partnership have reviewed their practices and are satisfied that they are in compliance with the Code. DSP have self-declared their compliance with the Governance Code of Sport with Sport Ireland and were added to the Register of Organisations in December 2021.

TYPE	ORGANISATION NAME	ORG. TYPE	STATUS	ORIGINAL DATE OF STATING COMPLIANCE	CURRENT STATEMENT OF COMPLIANCE
LSP	Donegal Sports Partnership	Type B	Compliant	December 2021	

Source: <https://www.sportireland.ie/governance-code/register-of-organisations>

A key role of the Board of Directors and the Executive Committee is to lead out on the annual governance review of all the activities of Donegal Local Sports Partnership CLG and to ensure that it continues to operate within the framework and principles set out in the Governance Code. Governance remains as a standing order on its agenda and is reviewed regularly.

**Governance Training:** Sport Ireland through the Organisation Development and Change Unit in collaboration with the Institute of Public Administration (IPA) have provided the DSP Board and staff with a number of online Governance webinars and networking opportunities to assist with this process. The DSP have also engaged external expertise such as Institute of Public Admin (IPA), Organisational Development and Change Unit, Sport Ireland and The Wheel and other relevant agencies to strengthen and support the organisation with this process where necessary, ensuring its policies are robust and compliant with the Sports Code.

**LSP Networking Group:** made up of LSP's established as Companies Limited by Guarantee, have supported and drafted a number of key Governance Frameworks, (Volumes 1 & 2) to assist them complete the governance journey by the end of 2021. The DSP contributes to this process.

The table below highlights the list of the DSP Policies reviewed to date.

Policies Reviewed	Complete	Policies Reviewed	Complete
Memorandum of Association	✓	Carers Leave Policy	✓
Articles of Association	✓	Child Protection Policy	✓
Board of Directors Code of Conduct	✓	Protected Disclosures Policy	✓
Board: Powers, Roles & Responsibilities Policy	✓	Data Breach Management Policy	✓
Executive Committee: Powers, Roles & Responsibilities	✓	Electronic Communications Policy	✓
Finance, Audit and Risk Committee	✓	GDPR Policy	✓
DSP Sub-Committees Terms of Reference	✓	Financial Procurement Policy	✓
DSP Board Members Induction Handbook	✓	HR GDPR Policy	
Board of Directors Conflict of Interest	✓	Annual Leave Policy	✓
Grievance Procedure	✓	Bereavement Policy	✓
Disciplinary Procedure	✓	Complaints Policy	✓
Volunteer Policy	✓	Jury Leave Policy	✓
Health & Safety Policy	✓	Organisations Working Time Act Policy	✓
Risk Analysis	✓	Parents Leave & Benefit Policy	✓
Risk Statement	✓	Paternity Leave Policy	✓
Access & Equality Policy	✓	Pregnancy Risk Notification Form	✓
Bullying & Harassment Policy	✓	Public Holidays Policy	✓
Maternity Leave Policy	✓	Recruitment Privacy Notice (re GDPR)	✓
Adoptive Leave Policy	✓	Recruitment Subject Access Request Form	✓
Parental Leave Policy	✓	Social Media Policy	✓
Force Majeure Leave Policy	✓	All documents will undergo further review and updating	✓



Inishowen Walking Festival September 2021

## SECTION 3: FINANCES

The table below showing the DSP incomes and expenditure for the period 2021 as extracted from the DSP's Financial Statement 2021, as prepared by Harvey McCrossan Ltd, Auditors and are summarised as follows:

Income	2021	2020	Variance
Income from workshops	12,125	8,775	3,350
Sport Ireland (WIS Funding)	1001	2,584	-1,583
Sport Ireland (LSP Core Funding)	312,760	278,980	33,780
Sport Ireland (DA Comm. Hubs 1&2)	58,568	36,397	22,171
Sport Ireland (DA Urban Adventures Hub3)	742	3,936	-3,194
Sport Ireland (DA Sports Leaders)	14,707	11,955	2,752
Sport Ireland (DA SIDP Capital)	8,196	-	8,196
Sport Ireland (COVID 19 Support)	15,114	89,459	-74,345
Sport Ireland (Healthy Ireland)	-	750	-750
Sport Ireland (DA SITE Equip Grant)	30,000	-	30,000
Health Service Executive	45,238	42,456	2,782
Misc. Grants (D.E.T.B, DCC, GFL etc.)	29,402	27,465	1,937
N.W. Sporting Pathways Claims	-	31,363	-31,363
Dept. of Transport, Tourism & Sport (Bike Week)	14,000	13,526	474
International Fund for Ireland (I.F.I)	-	30,755	-30,755
Peace 4 (Minority Sports Programme)	54,612	23456	31,156
Peace 4 (Football Clubs for Peace)	49684	-	49,684
<b>Gross Profit</b>	<b>646,149</b>	<b>601,857</b>	<b>44,292</b>



Peace IV Soccer for Peace Programme

<b>Overheads: Expenditures</b>	<b>2021</b>	<b>2020</b>	<b>Variance</b>
Wages and Salaries	303,774	280,299	23,475
Employers PRSI contributions	26,916	24,787	2,129
Staff pension costs	13,684	13,322	362
Office Accommodation & Running Costs	56,877	57,114	-237
Depreciation	3,841	3,906	-65
Building Positive Clubs	1,830	-	1,830
Safeguarding (Sport Ireland Prog)	7,245	5,301	1,944
Covid-19 Community Support (Sport Ireland Prog)	-	800	-800
Sports Leaders (Dormant Accounts)	5,648	2,725	2,923
Covid-19 Grant (Small Clubs) Sport Ireland	6,968	77,258	-70,290
Return to Sport (Sport Ireland Prog)	51	7,473	-7,422
Sportshall (Go For Sport)	-	408	-408
Let's Walk Donegal (GIW, YOURS etc.)	1,618	950	668
Sport Together Programme (Erasmus +)	732	-	732
Walking (LWD, HSE SLA etc.)	2,000	-	2,000
Keep Well Campaign (Sport Ire Prog)	1,234	3,928	-2,694
Volunteers (Dormant Accounts DA)	9,123	9,230	-107
Men on the Move	5,331	1,998	3,333
Active Seniors	4,249	4,321	-72
Donegal Half Marathon	1,357	1,000	357
N.W. Sporting Pathways	555	1,811	-1,256
Rowing	-	145	-145
I.F.I (Soccer for Peace Programme)	-	14,700	-14,700
Let's Bike Donegal - DTTS Bike Week	14,036	13,851	185
Swim Programme	293	-	293
P4 Football Clubs for Peace	29,571	-	29,571
P4 Minority Sports Programme	37,514	6,027	31,487
DA (Capital Equipment)	30,276	-	30,276
Operation Transformation (Sport Ire Prog.)	-	1,493	-1,493
Balanceability & Fun Moves (Healthy Ireland)	2,274	4,757	-2,483
Sports Inclusion Disability Programme	13,041	8,354	4,687
YOURS Intergenerational Programme	310	-	310
Ag Sugradh Le Cheile	54	1,455	-1,401
Woodland for Wellbeing	8,609	1,113	7,496
Maghery Coastal Adventures (C.S.P.A Hub 1)	8,094	12,352	-4,258
Donegal Bay Inclusive Sports Hub (C.S.P.A Hub 2)	12,846	14,948	-2,102
Urban Adventure Programme (C.S.P.A Hub 3)	341	3,936	-3,595
Ray Activity (C.S.P.A. Hub 4)	28,359	-	28,359
SIDP Capital (Sport Ireland Prog)	8,196	-	8,196
Club Development Programme	-	1,164	-1,164
Women in Sport (Sport Ireland Prog)	1,001	2,584	-1,583
	<b>647,848</b>	<b>583,510</b>	<b>64,338</b>
<b>(Deficit)/Surplus for the financial year</b>	<b>-1,699</b>	<b>18,347</b>	<b>-20,046</b>

### **Sport Ireland LSP Funding**

Sport Ireland's LSP Core Fund aims 'to increase the capacity and capability' of the DSP to deliver participation opportunities and to support a locally led safe return to sport.



This funding supports the work of the DSP in the delivery of its various programmes, including participation and education and training initiatives, Strategic Development and Women in Sports programmes. It also supports the full-time employment of the Coordinator, Senior Administrator, Sports Inclusion Disability Officer, Senior Community Sports Development Officer and part-time contributions towards the Governance & HR Officer, Education & Training Officer and the Diversity & Inclusion in Sport Officer.

### **Sport Ireland and Dormant Account Funding**

Sport Ireland through support from the Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media (DTCAGSM) along with the support of Dormant Accounts and Healthy Ireland has increased the provision of funding to the DSP in 2021 through the following initiatives:

- Community Sports & Physical Activity Hubs:
  - Donegal Bay Inclusive Sports Hub2 (2017)
  - Urban Adventures Project Hub3 (2019)
  - Ray Community Sports & Physical Activity Hub4 (2020)
- Volunteer Support Programme
- Youth Leadership Grant
- SIDO Capital Support Fund

### **Sport Ireland Programmes Funding Sources**

- Inclusive Community Sports
- Grassroots Restart Fund: One Donegal 21/22
- Resumption of Sport & Physical Activity: LSP Small Grants Scheme 2021
- Keep Well LSP Grant
- Healthy Ireland Grant - Operation Transformation
- LSP Grant 2021: Supplementary Fund
- Covid-19 Club Small Grant Scheme
- Return to Sport Scheme

Sport Ireland funding accounted to 63% (€512,150) of the incomes received in 2021, compared to 72% (€570,571) in 2020. A decrease of €58,421 from the previous year. Income secured from other sources amounted to 37% (€304,140), up €84,385 on 2020. The DSP's overall income increased by €26,000 approximately in 2021. Thanks, mainly to the staff and partners who actively seek opportunities to maintain and diversify its programmes as follows:

- |  |   |
|--|---|
| • Health Service Executive Grant Funding               | • Sport Together (Erasmus +)  |
| • DTTS National Bike Week                              | • Donegal ETB and Donegal County Council (SIDO Programme Support)                           |
| • DCC Healthy Ireland Fund (Fun Moves & WFW) - Pending | • Yours Intergenerational Social Soccer Programme   |
| • Peace IV Minority Sports Programme                   | • Incomes generated through DSP, DBISH, CSDO, SIDP, NWSP and P4-MSP and P4-FCFP activities. |
| • Peace IV Football Clubs for Peace Programme          |   |
| • North West Sporting Pathways Programme               |   |

The table below notes the funding and income streams secured by Donegal Sports Partnership in 2021, and makes a comparison with 2020.

<b>FUNDING / INCOMES</b>	<b>2021</b>	<b>%</b>	<b>2020</b>	<b>%</b>
Sport Ireland LSP Grant 2021	<b>349228</b>	43%	<b>300978</b>	38%
Sport Ireland Women in Sport Grant	<b>5000</b>	1%	<b>6250</b>	1%
Sport Ireland DAF CSPAH 2016 (Maghery Coastal Adventures)	-	-	<b>2000</b>	0%
Sport Ireland DAF CSPAH-2017 (Donegal Bay Inclusive Sports Hub)	<b>21760</b>	3%	<b>18,000</b>	2%
Sport Ireland DA CSPAH-2019 (URBAN Adventures Project)	-	-	<b>3500</b>	0%
Sport Ireland DA CSPAH-2020 (RAY Activity Hub)	<b>45462</b>	6%	<b>55350</b>	7%
Sport Ireland DA Youth Leaders Grant	<b>8000</b>	1%	<b>8000</b>	1%
Sport Ireland DA Volunteer Support Grant	-	-	<b>15000</b>	2%
Sport Ireland DAF SIDP Grant (Capital Support)	<b>14500</b>	2%	<b>9000</b>	1%
Sport Ireland Inclusive Community Sports	<b>19600</b>	2%	-	
Sport Ireland Grassroots Restart Fund: One Donegal 21/22	<b>8000</b>	1%	-	
Resumption of Sport & Phy. Act: LSP Small Grants Scheme 2021	<b>40600</b>	5%	-	
Sport Ireland Keep Well LSP Grant	-	-	<b>10000</b>	1%
Sport Ireland HI Grant - Operation Transformation	-	-	<b>1500</b>	0%
Sport Ireland LSP Grant 2021: Supplementary Fund	-	-	<b>10345</b>	1%
Sport Ireland Covid-19 Club Small Grant Scheme	-	-	<b>90648</b>	12%
Sport Ireland Return to Sport Scheme	-	-	<b>40000</b>	5%
Health Service Executive Grant Funding	<b>54000</b>	7%	<b>54000</b>	7%
DTTS National Bike Week	<b>14000</b>	2%	<b>13526</b>	2%
DCC Healthy Ireland Fund (Fun Moves & WFW)	-	-	<b>23525</b>	3%
International Fund for Ireland: Soccer for Peace	-	-	<b>41767</b>	5%
Peace IV Minority Sports Programme	<b>70000</b>	9%	<b>42000</b>	5%
Peace IV Football Clubs for Peace Programme	<b>75000</b>	9%	-	-
North West Sporting Pathways Programme	<b>37094</b>	5%	<b>13019</b>	2%
Sport Together (Erasmus +)	<b>6026</b>	1%	-	-
Misc. Grants: DETB & DCC - SIDO, DCC YOURS & GIW	<b>18000</b>	2%	<b>18100</b>	2%
Income: Workshops, Courses & Programmes etc.	<b>30020</b>	4%	<b>13818</b>	2%
<b>TOTAL FUNDING/INCOMES</b>	<b>816290</b>	<b>100%</b>	<b>790,326</b>	<b>100%</b>



Activators Poles Sessions with the Stranorlar Friday Club

## SECTION 4: OBJECTIVES, ACHIEVEMENTS & PERFORMANCE

Donegal Local Sports Partnership CLG (Donegal Sports Partnership / DSP) submits its Sport Ireland Annual Operational Plan template on a yearly basis. This template outlines the goals, objectives, timelines and outcomes of projects and programmes supported by the DSP and its Strategic Plan.

This document serves to summarise its contents and is by no means a comprehensive list of all the types of programmes, initiatives and events carried out by the Donegal Sports Partnership on an ongoing basis but a snap shot of what it delivered in County Donegal and beyond during 2020.

Key factors include:

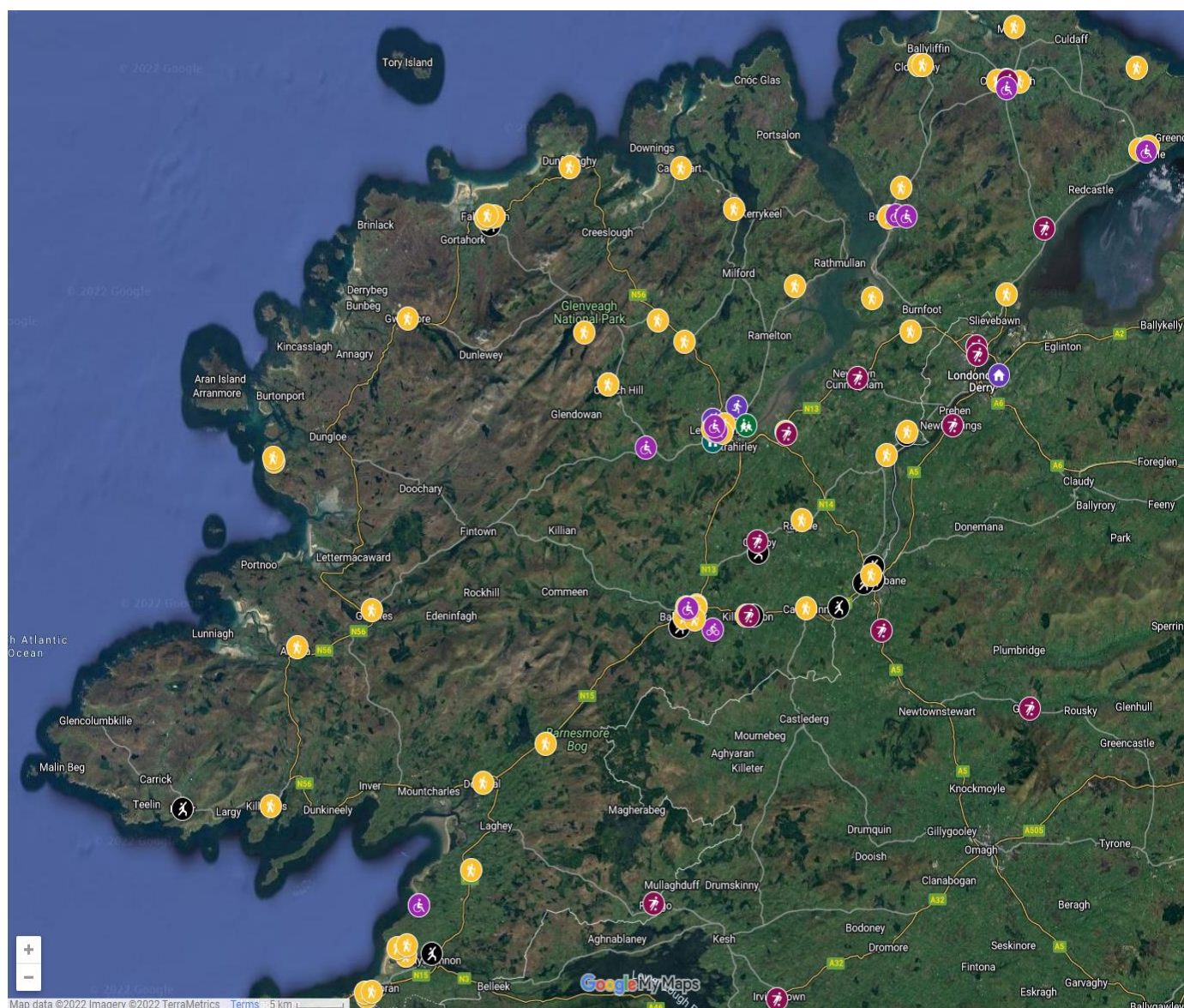
- The DSP provides a broad range of programmes, initiatives and events to encourage greater participation in physical activity and sport in our communities.
- By working in collaboration and in partnership with key statutory, local authority, organisations within and outside the sporting sector, National Governing Bodies of Sport (NGB's), sports clubs, schools, community groups and volunteers to encourage and develop sports participation for all ages and to create a lifelong awareness of sport and physical activity in every community in Donegal.
- Recognising the important roles that sports volunteers serve in our communities by providing a range of training and education programmes, resources and supports and to develop capacity building opportunities for volunteers, their clubs and communities.
- Encouraging continued growth and personal development not only benefits the volunteer, coach or club helping to maintain their ongoing involvement into the future, but it the wider community as a whole.

Outcomes of the 2021 Annual Operational Planning process are summarised in the coming pages and further details can be found in the Annual Plans submitted to Sport Ireland.



Crossborder Coach Education with FAI & IFA

# DSP Programmes Mapping 2021



## Sport Inclusion Disability Programmes

Worklink, Letterkenny - Partnership  
 Building Positive Clubs  
 iCARE Fitness Programme - Partnership  
 Letterkenny Tennis Club  
 Woodland for Wellbeing  
 Dyspraxia Support Group  
 Sportshall Athletics – Special Schools  
 CAMHS Partnership – Letterkenny  
 GymABLE – Citadel, Letterkenny  
 CAKE Centre – Wheelchair Sport  
 Paul Smyth Inclusive Fitness, Stranorlar  
 Equine Therapy – Letterkenny  
 Rossnowlagh Surf School - Partnership

## \*SAMPLE LIST OF DSP ACTIVITIES AND LOCATIONS THROUGHOUT COUNTY DONEGAL

## Community Sports Development Programmes

Active Retirement Programme  
 Kurling League  
 Bike Week  
 Balanceability and Fun Moves  
 Sports Leaders  
 Men on the Move  
 Scooch Programme  
 Recreational Initiatives  
 National Walks Day (OT Walk)  
 Get Ireland Walking  
 Maghera Coastal Adventures Hub  
 Urban Adventure Hub  
 Ray Activity Hub

## Diversity Inclusion

Peace IV Minority Sports Project  
 Peace IV Football Clubs for Peace  
 YOURS Intergenerational Project  
 Sport Together

## Donegal Bay Inclusive Sports Hub

Handcycling  
 Equine Therapy  
 Shake Your Shaka –Family Surf Programme  
 Inclusive Stand-up Paddle Boarding  
 Killybegs Fun Moves

## North West Sporting Pathways

Gymnastic Initiative

## Active Donegal Participation

Ag Sugradh Le Chéile  
 Safeguarding 1,2 and 3  
 Female Leadership Programme  
 Open Water Swim Programmes  
 Club Development Programmes  
 Sport Ireland Coaching Children Workshops  
 DSP Staff & Tutor Training

**GOAL 1: TO INCREASE OPPORTUNITIES FOR PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY FOR THE DISADVANTAGED WITHIN OUR COMMUNITIES.**

1. **ACTIVE SENIORS PROGRAMME:** Continue to support and enhance the provision of recreational activities for Older Adults.
2. **PROGRAMME TARGETING MEN:** To deliver community based physical activity and sport programmes for Men only groups.
3. **CYCLING PROGRAMMES:** To provide opportunities for adults of all abilities to participate in cycling related initiatives.
4. **FUNDAMENTAL MOVEMENTS:** To support the delivery of physical literacy programmes which will enhance children's fundamental movement skills and improve their opportunities to participate in sport & physical activity.
5. **ONLINE /VIRTUAL ENGAGEMENT HUB:** To engage and provide opportunities for people of all abilities to remain active during Covid-19 through Virtual/Online engagement initiatives.

**39 events, courses and programmes delivered**  
**1,047 participants involved.**

**Target Groups: Older Adults 55+, Adults 22-55, Primary Schools 4-12 yrs, Pre-school Under 4 yrs.**

- **Active Seniors Programmes:** include Active Retirement Taster Sessions, Chair Pilates, Chair Aerobics, Aqua Fit Programme, New Age Kurling and Kurling League, and recreational activities as a follow-on from the Falls Prevention Programme.
- **Men on the Move:** Tutor led programmes, 7 sites identified, base line fitness health checks, education and physical activity interventions. **Scooch Programme:** promoting physical activity and positive wellbeing (Donegal Men's Shed x 2 sites)
- **Cycle Programmes:** including Bike Week supporting participation, education and safety initiatives.
- **Fundamental Movements Programmes:** includes the **Fun Moves Programme** (to support the development of fundamental movement skills in children) and **Balanceability 'Learn to Cycle' programmes** (supporting the development of balance and cycling skills in children).



## GOAL 2. TO PROVIDE OPPORTUNITIES FOR CAPACITY BUILDING IN OUR COMMUNITIES THROUGH THE PROVISION OF SPORT RELATED EDUCATION AND TRAINING INITIATIVES AND PROGRAMMES.

1. **ENGAGE YOUNG PEOPLE** in educational programmes which will enhance their personal development and provide opportunities for lifelong volunteering.
2. **GOLF LEADERSHIP TRAINING:** Promote and support the development of golf related activities in Clubs and provide opportunities for volunteers to enhance their personal development.
3. **SAFEGUARDING & CHILD PROTECTION PROGRAMMES:** To deliver the Safeguarding in Sport support programmes to build the capacity of sports volunteers and clubs in Donegal on best practice when developing and delivering sport for children and vulnerable adults.
4. **FEMALE LEADERSHIP:** To develop and deliver a programme to attract and support Women in Sport targeting areas such as Coaching and Sports Leadership.
5. **COACH & VOLUNTEER EDUCATION:** To support the development of coaches and volunteers across all sports to help build capacity within their sport.
6. **SPORTS INCLUSION DISABILITY PROGRAMMES (SIDP) CAPACITY BUILDING:** Encourage clubs and volunteers to support the participation for people with disabilities through the facilitation of training, information and awareness raising.

**41 events, courses and programmes delivered**

**598 participants involved.**

**Target Groups: Community Clubs and Secondary Schools 12-18 yrs, Adults 22-55 and Older Adults 55+. Educational and social disadvantaged.**

- **Youth Leadership:** Sports Leadership Level 1 Award.
- **Golf Leadership Training:** was deferred due to Covid-19 restrictions
- **Safeguarding 1** (Guidance for Children & Young People in Sport) Online Workshop
- **Safeguarding 2** (Club Children's Officer) Online Workshop
- **Safeguarding 3** (Designated Liaison Officer) Online Workshop
- **Female Leadership Beyond 20x20 Programme** (Dormant Accounts Volunteer Training):
- **Coach & Volunteer Education:** generic workshops suitable for all coaches and volunteers
- **SIDP Capacity Building:** SIDP Education & Training specific to inclusive sports and fundamental movement webinars for children with autism.

In addition to the above the capacity building, training and education forms a key part to all our programmes, and are noted as part of their annual returns to Sport Ireland. Approximately 1,500 participants benefited from this training.

These are:

- Sports Inclusion Disability Programmes
- Community Sports Development Programmes
- Maghery Coastal Adventures (CS&PA Hub 1)
- Donegal Bay Inclusive Sports Hub (CS&PA 2)
- Education & Training Coordinator Programmes
- Crossborder & Cross Community Programmes:



Peace IV Minority Sports Programme in Convoiy

### GOAL 3. TO EXAMINE THE POTENTIAL USE OF THE NATURAL ENVIRONMENT AND RESOURCES IN DEVELOPING PROGRAMMES WHICH INCREASE SPORT AND PHYSICAL ACTIVITY

1. **WALKING PROGRAMMES:** Increase the number of people accessing walking opportunities within their community.
2. **OPEN WATER SWIMMING PROGRAMMES:** Increase the number of people accessing local beaches and waterways for swimming.
3. **MAGHERY COSTAL ADVENTURES (CSPAH 1):** Continue to support the growth and development of the Community Sports & Physical Activity Hub (CSPAH): Maghery Coastal Adventures, subsequently increasing the number of people actively participating in Outdoor Sports within the area.
4. **URBAN ADVENTURES HUB (CSPAH 3):** Continue to support the growth and development of Urban Adventure Sports Hub, subsequently improving access to existing facilities and active participation of disadvantaged youth to adventure sport within an urban setting.
5. **RAY ACTIVITY HUB (CSPAH 4):** To develop an indoor sports and physical activity hub at Ray Community Centre to support the wider Fanad & Rossguill peninsulas in North Donegal

**188 events, courses and programmes delivered**

**1952 participants involved**

**Target Groups:** Pre-school Under 4 yrs., Primary Schools 4-12 yrs., Adults 22-55 Older Adults 55+

- **Walking Programmes:** Get Ireland Walking Active Communities Walking Programme, Sport Ireland National Walks Day including Operation Transformation, Inishowen Walking Festival
- **Open Water Swimming Programmes:** To support and promote safe swimming practices in open water and support the development of groups within the community.
- **Community Sports & Physical Activity Hubs (Dormant Accounts)**
  - Maghery Coastal Adventures HUB (1) - Donegal Bay Inclusive Sports HUB (2)
  - Urban Adventures Sports HUB (3) - Ray Activity HUB (4)

Maghery & Gartan Open Water Swimmers



#### GOAL 4. TO SUPPORT OUR COMMUNITY GROUPS IN THE PROVISION OF SPORT AND PHYSICAL ACTIVITY FOR CHILDREN AND ADULTS WITH A DISABILITY.

- 1. SUSTAINABLE PARTICIPATION:** Support sustainable participation opportunities for people with disabilities through the provision of quality initiatives, engaging with the existing clubs and wider community.
- 2. AWARENESS RAISING:** Provide information and promote all opportunities for people with disabilities to participate in sustainable sport, fitness and physical activity at local, regional and national level.
- 3. CAPACITY BUILDING:** Encourage clubs and volunteers to support the participation for people with disabilities through the facilitation of training, information and awareness raising.
- 4. PARTNERSHIPS:** Create effective partnerships to underpin the development of sustainable participation for people with disabilities in sport, fitness and physical activity.

**27 events, courses and programmes delivered**

**647 participants involved**

**Target Groups:** All age groups including people with a Disability (Intellectual Disability, Wheelchair Users, Physical Disability, Autism and Hearing Impaired and Ethnicity)

**DONEGAL BAY INCLUSIVE SPORTS HUB 2** (DA Community Sports & Physical Activity Hub): partnership with local community organisations aimed at increasing opportunities in South Donegal for people with a disability. The programme funded through the Dormant Accounts Fund will have various elements including; capacity building, programme development / implementation and equipment purchase.

#### **SPORT INCLUSION DISABILITY PROGRAMMES (SIDP)**

- **Gym INC:** Online gymnastics programme for children with a disability and their families, implemented in partnership with Citadel gymnastics club p
- **FIT INC:** A 6-week fitness programme targeting children and young people with ASD, intellectual disability or dyspraxia.
- **BOX FIT:** A 12-week programme of boxing fitness for adults with Autism.
- **YOGA & RELAXATION CLASSES:** Online classes for children and young people with a disability.
- **A DROP IN THE OCEAN:** Surf & Mental Health Programme: in partnership with Liquid Therapy.
- **THERAPEUTIC HORSE-RIDING SESSIONS:** in partnership with Devine Equine Ltd.
- **INCLUSIVE SWIM & FITNESS SESSIONS:** in partnership with Finn Valley Leisure Centre.
- **SPECIAL OLYMPICS YOUNG ATHLETE PROGRAMME:** Support development in partnership with Special Olympics Ulster.
- **CHAIR BASED EXERCISE PROGRAMME:** 6-week programme delivered online via ZOOM.
- **HSE RECONNECT EXERCISE VIDEO PRODUCTION:**
- **FUNDAMENTAL MOVEMENTS PROGRAMME:** Initiative aimed at improving & developing fundamental movement skills, working on development also of the proprioceptive system.
- **INCLUSIVE CYCLING PROGRAMME:** aimed at promoting cycling amongst people with a disability.
- **MULTI-SPORT PROGRAMME:** Programme of activity for adults with autism in partnership with iADULT and ICARE.
- **SPECIAL SCHOOLS SPORTSHALL ATHLETICS:** 6-week Sportshall athletics programme in conjunction with local special schools and schools with autism units throughout Donegal.
- **FAI FOOTBALL FOR ALL PROGRAMME/SOCIAL SOCCER:** Development of football programmes for people with a disability in conjunction with the FAI.
- **IWA SPORT JUNIOR CLUB -WHEELCHAIR SPORTS PROGRAMME:** Fortnightly wheelchair basketball programme hosted by a local coach targeting participants with a physical disability.
- **COVID-19 NEEDS ANALYSIS SURVEY** for families with children with autism.

**CAPACITY BUILDING:**

- **SIDP EDUCATION & TRAINING:** Specific training aimed at inclusion in sports including Disability Inclusion Training and Autism in Sport Workshops.
- **FUNDAMENTAL MOVEMENT WEBINARS FOR CHILDREN WITH AUTISM:** delivery of a suited of education and training webinars on a regional basis in partnership with the Education Centres.
- **BUILDING POSITIVE CLUBS PROGRAMME:** to build capacity amongst sports clubs in the area of mental health, positive club culture and positive coaching.
- **XCESSIBLE BRONZE AWARD:** to develop a culture of inclusion within the DSP and to ensure best practice in the provision of sport and physical activity for people with a disability.

**PARTNERSHIPS: SPORTS ABILITY FORUM:**

Established as an information sharing forum to develop partnerships the sports ability forum. Meet twice yearly to highlight the objectives of the SIDP

## GOAL 5. TO SUPPORT TEACHERS AND PARENTS, IN PROVIDING CHILDREN WITH OPPORTUNITIES TO FULLY PARTICIPATE IN SPORT AND PHYSICAL ACTIVITY

1. **ACTIVE PLAY PROGRAMMES:** To support the delivery of an active play programme for children in primary school setting.
2. **GO FOR SPORT SPORTSHALL ATHLETIC PROGRAMME:** Provide a programme encompassing fundamental movement sports skills for children across small/ medium primary schools using a Sportshall Athletics model.
3. **ROWING DONEGAL:** Developing a community/school indoor rowing programme to deliver Rowing opportunities to TY groups and 1<sup>st</sup> & 2<sup>nd</sup> year groups in PP Schools.
4. **FUNDAMENTAL MOVEMENTS PROGRAMME:** Provide a programme encompassing fundamental movement sports skills for children across small/ medium primary schools using a Sportshall Athletics model.
5. **MINORITY SPORTS SCHOOLS PROGRAMME:** Develop a school's programme to support minority sports such as badminton, golf, rowing, volleyball and tug of war in identified primary and post primary schools.

**1 event, courses and programmes delivered**

**295 participants involved**

**Target Groups: Pre-school Under 4 yrs., Primary Schools 4-12 yrs, Secondary Schools (12-18yrs)**

- **AG SUGRADH LE CHEILE PROGRAMME (ASLC):** To coordinate a programme of active play through various tradition activities to children in early years primary school and their parents/guardians. Schools Programmes deferred due to Covid-19 restrictions
- **DONEGAL SPORTSHALL ATHLETICS PROGRAMME:** Schools Programmes deferred due to Covid-19 restrictions
- **ROWING DONEGAL:** To work in partnership with 3 community rowing clubs and post primary schools to deliver an 8-week indoor rowing programme and Easter / Summer camps for young people. Deferred due to Covid-19 restrictions.

## GOAL 6. TO CONTINUALLY STRIVE FOR EXCELLENCE IN THE GOVERNANCE OF DONEGAL SPORTS PARTNERSHIP THROUGH OPENNESS, TRANSPARENCY AND ACCOUNTABILITY.

1. **GOVERNANCE:** To maintain a high standard of governance within the organisation to ensure openness, transparency and accountability with key stakeholders and across all aspects of the work of Donegal Sports Partnership.
2. **Board of Directors Meetings 2021 (7):** 29<sup>th</sup> January, 5<sup>th</sup> March, 16<sup>th</sup> April, 28<sup>th</sup> May, 2<sup>nd</sup> July (including the Annual General Meeting), 24<sup>th</sup> September and 10<sup>th</sup> December 2021
3. **Executive Committee Meetings (6):** 26<sup>th</sup> January, 11<sup>th</sup> May, 3<sup>rd</sup> June, 23<sup>rd</sup> June, 17<sup>th</sup> September and 1<sup>st</sup> December 2021

In order to achieve this the DSP aims:

- To ensure a full schedule of Board of Director meetings and additional sub group meetings. To provide the Board of Directors with up-to-date information and training across the key areas of finance, personnel and the operations of the company.
- To ensure that company policies and procedures are updated and implemented in line with new company and employment legislation.
- To continue to work with Institute of Public Admin in the review of the company policies and procedures in order to be fully compliant with Sport Ireland Governance Code.
- To ensure a safe working environment for all employees, tutors and volunteers. Health & Safety Training provided for staff and H & S Policy outlining responsibilities of employer and employees.
- Completion and submission of the Assurance and Governance statements as outlined in Governance Code to Sport Ireland by year end.
- To review existing strategic plan of Donegal Sports Partnership with the aim of developing a new strategic plan up until 2025/26

  
**WOODLANDS  
FOR WELLBEING**



## GOAL 7. TO BUILD STRATEGIC PARTNERSHIPS THROUGH COMMUNITY, STATUTORY, CROSS BORDER AND NATIONALLY TO SUPPORT FUTURE INVESTMENT IN SPORT AND PHYSICAL ACTIVITY IN DONEGAL.

- 1. CROSSBORDER PROGRAMMES:** Continuing to build on previous cross border cooperation with statutory, sporting and community organisations Donegal Sports Partnership seek to deliver a number of cross border cross community sports programmes in 2021

**37 events, courses and programmes delivered**

**1087 participants involved**

**Target Groups: Social Economic Disadvantaged and Ethnicity.**

### NORTH WEST SPORTING PATHWAYS:

- To work with Donegal County Council, Derry & Strabane District Council to develop a cross border minority sports project with a focus on key minority sports of gymnastics, hockey, cricket, boxing, rugby and squash.
- **GRASSROOTS PARTICIPATION:** To develop community sites to roll out Gymnastics Programmes at grassroot levels.
- **PARTICIPATION & MINI CELEBRATION EVENTS:** To organise 3 mini celebration events for Clubs who received Grassroots Club Development Grants.
- **REGIONAL CELEBRATION EVENT (1):** To organise one Regional Celebration Event with Derry and Strabane District Councils.
- **REGIONAL TALENT DEVELOPMENT:** To support the development of the North West Tennis Academy through the engagement with the Tennis NGB (Ulster Tennis) and local affiliated Tennis Clubs in the Donegal/DCSDC.
- **ATHLETE SEMINARS:** To provide young Athletes with additional support and information through Seminars as they process through their NGB Pathway.
- **NWSP-COACH EDUCATION:** To coordinate the delivery of high-level Coach Education and CPD courses in partnership with NGB's.
- **GYMNASTICS COACH EDUCATION:** To provide Education & training to new coaches to deliver community-based Gymnastics Programmes.
- **TENNIS MASTER CLASS:** To provide participants from the North West an opportunity to further expand their playing knowledge through the provision of a masterclass.
- Due to Covid 19 and the timeline given by funders, funding for these programmes ceased.

### PEACE IV MINORITY SPORTS PROGRAMMES

- **ONLINE (Covid-19 Response):** Coordinating the Peace IV Minority Sports Programme across the communities that have the capacity to deliver participation activities in an online setting. This included daily Online Physical Activity sessions and PE lessons throughout the period of national lockdown.
- **MULTI-SPORT QUALIFICATIONS:** Provide education and training to community leaders and participants to deliver a range of multi-sport activities.
- **SUSTAINED ENGAGEMENT:** Develop plans to provide participants with a range of opportunities for engagement through Sport and Physical Activity.
- **PARTICIPATION AND CELEBRATION EVENTS:** Support the 5 communities to promote and deliver participation and celebration in their areas and a final celebration event by bringing all 5 communities together for a multi-sport celebration.

## PEACE IV FOOTBALL CLUBS FOR PEACE PROJECT:

- **COORDINATION:** European Union Peace IV Football Clubs for Peace with 8 soccer clubs. Engage with four clubs from the Donegal County Council area and four from the Derry City and Strabane Council area to support good relations and cultural diversity, enhance cross border and cross community co-operation as well as the development of soccer participation by children and young people.
- **COACH EDUCATION (SOCCER):** Provide education and training such as Safeguarding and Soccer coaching qualifications for the 16 adult leaders for their sustained engagement.
- **COMMUNITY ENGAGEMENT:** Work with the 8 participating clubs and communities to develop individual action plans to deliver weekly soccer sessions and activities.
- **CROSS COMMUNITY EVENTS:** Co-ordinate a series of cross border and cross community soccer fun days and camps for clubs and communities to promote peace and cultural diversity.

## INTERGENERATIONAL SOCCER PROJECT:

- **SOCCER PROJECT:** Coordinated 6-week soccer-based project in 2 areas - East and West Donegal for participants aged under 16 and over 55.
- **WALKING FOOTBALL:** Walking Football to promote physical activity and wellbeing.



## GOAL 8. TO WORK WITH LOCAL AND NATIONAL AGENCIES IN SUPPORTING SPORTING ORGANISATIONS TO DEVELOP INTERVENTIONS WHICH SUPPORT POSITIVE MENTAL HEALTH AND TARGET KEY COMMUNITY ISSUES SUCH AS DRUGS AND ALCOHOL ABUSE.

1. **WOODLANDS FOR WELLBEING:** Walking programme targeting people with a mental health difficulty.
2. **BUILDING POSITIVE CLUBS:** to support sports clubs in providing a setting for the development of positive mental health and wellbeing through the delivery of workshops aimed at fostering positive club and coaching culture.

**8 events, courses and programmes delivered**

**100 participants involved**

**Target Groups: Social Economic Disadvantaged and Ethnicity.**

- Deliver Building Positive Clubs programmes to identified sports clubs/organisations.
- Develop links with key statutory agencies in supports individuals and clubs to respond to the identified issues.
  - Mentor and support clubs to achieve on their individual action plans.
  - Building Positive Clubs Workshops
  - Covid-19 Responses, Wellbeing Workshops and Resource directory available online

## Programmes Summary



The following pages act as a summary guide to the number of programmes and initiatives, organised, supported and delivered by Donegal Sports Partnership in association with a wide range of target groups, sports clubs and community groups, national governing bodies of sport, local authorities, statutory agencies, and community organisations as well as funding providers with a remit in sports and physical activity.

### SPORT INCLUSION DISABILITY OFFICER PROGRAMMES

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• GYM Inc Programme</li> <li>• Yoga &amp; Relaxation Classes</li> <li>• Chair-based Exercise Programme</li> <li>• iADULT Boxfit &amp; Aerobics Classes</li> <li>• Special Olympics – Young Athletes Programme</li> <li>• A Drop in the Ocean, ADITO</li> <li>• Fit Inc.</li> <li>• CARA House Exercise Programme</li> <li>• IWA Chair-based Exercise Classes</li> <li>• HSE Reconnect Programme</li> <li>• Aloha Surf Lessons</li> <li>• Irish Wheelchair Association Sport Junior Club</li> <li>• Football for All Programme</li> <li>• Cycling Skills for Children with Dyspraxia</li> <li>• Balance Bike Programme</li> <li>• Fun Moves Fundamental Movements Programme</li> <li>• Social Inclusion Week</li> <li>• Therapeutic Horse-Riding Sessions</li> <li>• Inclusive Swim &amp; Fitness Programme</li> <li>• Tennis Buddy Programme</li> </ul> | <ul style="list-style-type: none"> <li>• Kilcar Kayaking Programme</li> <li>• Multi-sport Programme</li> <li>• Woodlands for Wellbeing Programme</li> <li>• Xcessible Bronze Award</li> <li>• SIDP Education &amp; Training               <ul style="list-style-type: none"> <li>– Disability Inclusion Training</li> <li>– Autism in Sport Training)</li> <li>– Fundamental Movement Webinars for Children with Autism</li> <li>– Get Autism Active Series</li> <li>– Building Positive Clubs Programme</li> </ul> </li> </ul> <p><b>Donegal Bay Inclusive Sports Hub (CSPA H 2)</b></p> <ul style="list-style-type: none"> <li>• Handcycling Sessions</li> <li>• Kayaking</li> <li>• Stand up Paddle Boarding (SUP)</li> <li>• 'Shake Your Shaka' Surfing Programme</li> <li>• Coach Development Programme</li> <li>• Killybegs Fun Moves Programme</li> <li>• Promotion and communications events</li> </ul>  |
|--|---|

### COMMUNITY SPORTS DEVELOPMENT OFFICER PROGRAMMES

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Active Seniors Programmes including           <ul style="list-style-type: none"> <li>– Active Retirement Initiatives</li> <li>– Chair Aerobics</li> <li>– New Age Kurling League</li> <li>– Chair Pilates Programme</li> <li>– AquaFit</li> <li>– Super Seniors Exercise at Home Booklet</li> <li>– Activator Poles Instructor Training</li> </ul> </li> <li>• National Bike Week 2021</li> <li>• Balanceability 'Learn to Cycle' Programme (including community-based pilot programme)</li> <li>• Fun Moves Fundamental Movement Prog. (Including Tutor Training)</li> </ul> | <ul style="list-style-type: none"> <li>• Introduction to Open Water Swimming           <ul style="list-style-type: none"> <li>– Teenagers Programme</li> <li>– Adults Programme</li> </ul> </li> <li>• HER Outdoors Events</li> <li>• Walking Programmes including           <ul style="list-style-type: none"> <li>– National Walks Day and OT Walk</li> <li>– DLDC Time For Tea Project</li> <li>– Inishowen Walking Festival</li> <li>– Get Ireland Walking, Active Communities Walking Programme</li> </ul> </li> <li>• Men on the Move &amp; Scooch Programme</li> <li>• Sports Leadership Level 1 Awards</li> </ul> |
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<b>URBAN Adventures Project (CSPA 3)</b> <ul style="list-style-type: none"> <li>Urban Adventures Hub – draft case study</li> <li>Visual Development Signage erected on site</li> </ul>	<ul style="list-style-type: none"> <li>Covid-19 Restrictions halted structural or physical development on site</li> <li>Independent evaluation Stage 1 complete.</li> </ul>
<b>Maghery Coastal Adventures (CSPA 1)</b> <ul style="list-style-type: none"> <li>New Coordinator appointed.</li> <li>5-year review completed</li> <li>Remote Emergency Care REC3 Course</li> <li>Festive Kayaking on Dungloe Bay</li> <li>Kayaking Sessions including Level 1 &amp; 2 Programme</li> <li>Sea Kayaking Skills</li> <li>Snorkelling</li> <li>Stand-up Paddle Boarding Sessions</li> <li>Multisport Session</li> <li>Walking Programme</li> </ul> 	<b>Ray Activity Hub (CSPA 4)</b> <ul style="list-style-type: none"> <li>Project Coordinator appointed Autumn 2021</li> <li>Hub Branding and Facebook complete</li> <li>Community based programmes include: <ul style="list-style-type: none"> <li>Socialise with Exercise sessions for Older Adults including Chair-aerobics</li> <li>Teen Zumba and Teen Circuits</li> <li>Aerobics Classes</li> <li>Men on the Move</li> <li>Women on the Move</li> <li>Bike Week Events</li> </ul> </li> </ul> 



## ACTIVE DONEGAL PROGRAMMES

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>Sport Ireland Workshops: <ul style="list-style-type: none"> <li>Safeguarding 1 (Basic Awareness)</li> <li>Safeguarding 2 (Club Children's Officer)</li> <li>Safeguarding 3 (Designated Liaison Officer)</li> <li>Coaching Children workshops (1-4)</li> <li>Coaching Teenage Girls</li> </ul> </li> <li>Ag Sugradh Le Cheile Programme</li> <li>Club Development Programmes including Coach &amp; Volunteer Training</li> <li>IHF Heart Saver Course</li> <li>DSP Staff &amp; Tutor Training</li> <li>Female Leadership 'Beyond 20x20' Prog.</li> </ul> | <ul style="list-style-type: none"> <li>'Festive Dippers' Open Water Swimming Workshop</li> <li>Minority Sports Coaching Courses Basketball &amp; Badminton: deferred due to covid.</li> <li>Mentoring &amp; Coaching Programme</li> <li>Sport Ireland Webinar "Experience of Covid"</li> <li>Sport Ireland Women in Sport Webinar</li> <li>DSP Covid-19 Activity Hub</li> <li>Donegal Half Marathon 2020</li> <li>European Week of Sport Activities</li> <li>Social Inclusion Week</li> <li>Mental Health &amp; Wellbeing Workshops</li> </ul> |
|--|--|

## CROSSBORDER INITIATIVES

### Peace IV Minority Sports Programme

- Multi-sports Days in Irvinestown, Gortin and Convoys
- Come & Try Initiatives
- Coach Development
- Club Support Programme



### Peace IV Football Clubs for Peace Project

- Capacity Build Programme including:
  - Safeguarding Workshops
  - Soccer Coaching PDP1, 2 and 3
  - IFA & FAI Good relations Collaboration
- Baseline Needs Analysis completed
- Community / club links - IFA and FAI support
- 12 Soccer Clubs identified within border region.
- Club Development - Equipment Support

### North West Sporting Pathways Programme

- Athlete Seminars
- Open Water Swimming Seminar
- Gymnastics Club Development
- NW Tennis Academy
- Club & Community Sport
- Volunteer Recruitment & Retention
- Membership



### YOURS Intergenerational Soccer Project

- Partnership with FAI to deliver Walking Football Introductory Sessions
- 6-week walking programme
- An Evening with the Sporting Greats - webinar



### Sport Together (ERASMUS+ Fair Play Programme)

Overall objective is to strengthen social inclusion in divided communities with a focus on young people and girls and to increase participation of disadvantaged groups.

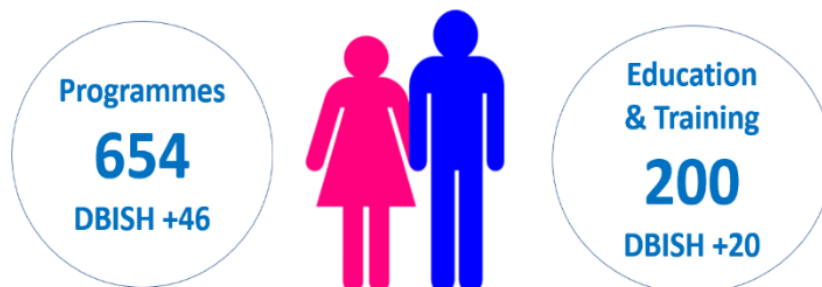


DBISH Aloha Surf Lesson

# Sports Inclusion Disability Programme (SIDP)

## SIDO PARTICIPATION INITIATIVES

### Participation Figures (Jan-Nov)



**Gym INC fun and inclusive gymnastics for all**

**Incentive to MOVE, INCLUSIVE to all, Incorporating FUN!!!!**

- 20 home videos - Participants can workout in their own time
- 2 face to face online Zoom classes with gymnastics coaches
- Private Facebook Group to interact with other families
- Certificate of participation & Gym INC activity planning sheet for everyone

**Cost: FREE**

**Starts: ONLINE Wednesday 27th January**  
An email link to the Facebook group will be sent after registration

**Booking: <https://gyminc.eventbrite.ie>**

**More info: [sido@activedonegal.com](mailto:sido@activedonegal.com) 086 834 9056**

Donegal Sports Partnership, SPORT IRELAND, Olaf Gymnastics

### Gym INC Programme - COMPLETE

- PAN disability -250 participants Nationally
- Aims to develop the fundamental movement skills
- Private Facebook Group – networking & connection
- 5-week programme delivered online
- 30 x 5-minute Videos posted over the 5-week period
- 2 live Zoom sessions week 3 & 5
- Infographic with feedback developed

### Yoga & Relaxation Classes -COMPLETE

- Children with ID/ASD/Dyspraxia
- Introduce basic yoga movements
- Encourage relaxation
- Delivered via Zoom in partnership with Inner Space Health
- 7 participants – 2 x 30-min sessions per week
- Infographic with feedback developed
- Provider now offering direct sessions online for families



### Chair Based Exercise Programme: ONGOING

- Started 9<sup>th</sup> March
- 18 participants PAN disability- all ages & abilities
- 2 x 30-min sessions delivered by Paul Smyth Inclusive Health & Fitness via Zoom
- Booked out in less than 24 hours
- New online programme commencing Oct 21 delivered by Paul Smyth Inclusive Health & Fitness – based on feedback of earlier programme
- Online programme commenced 18<sup>th</sup> of October – 13 participants, feedback excellent.

**Chair Based Exercise Programme**

Donegal Sports Partnership in conjunction with Paul Smyth Inclusive Health & Fitness are delivering a weekly **CHAIR BASED EXERCISE PROGRAMME** for people with a disability or long-term health condition.

**Do you want to?**

- ✓ **STAY ACTIVE** at home
- ✓ **INTERACT** with other people

**Why not join our chair-based exercise programme?**

**Tuesdays & Thursdays 6.30pm-7.00pm** (Starts Tuesday March 9th)

- No equipment needed
- Chair based activities
- Participate at your own level
- Interact with other people
- 2 x 30 minute sessions each week
- Delivered via ZOOM

**Cost: FREE**

**Book Now: <https://dspchairaerobics.eventbrite.ie>**

**More info: [sido@activedonegal.com](mailto:sido@activedonegal.com) 086 8349056**

Donegal Sports Partnership, PAUL SMYTH THE INCLUSIVE HEALTH & FITNESS, SPORT IRELAND, #KeepWell

### iADULT BoxFit/Aerobic Classes: COMPLETE

- Partnership programme with iADULT day centre for adults with ASD/Dyspraxia in Inishowen
- 4 service users participated – 12-week boxfit/fitness programme – 1 hour per week
- Classes recorded so service users can also participate in classes from home

*"The class was used for four young adults with autism and three members of staff. All four young adults seemed to enjoy these classes and they built up a great rapport with Lee. Thank you to Donegal Sports Partnership for providing funding towards boxercise for iADULT (iCARE)". Feedback iCARE Manager*



### Special Olympics – Young Athletes Programme – PLANNING

- Meeting hosted by SO Ulster
- Children 4-12 years
- Partnership programme
- Support volunteer recruitment
- Support club establishment
- Call for volunteers: email & social media channels
- Volunteer meeting hosted 12<sup>th</sup> October. Volunteer engagement following the event has been slow – it is hoped we than can host a physical come & try in 2022



#### NEW YOUNG ATHLETES CLUB COMING TO LETTERKENNY

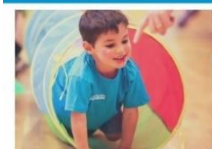
##### Are you interested in getting involved?

We are looking for volunteers to help us set up a new Young Athletes club for children with an intellectual disability between the ages of 4-12. If you would like to be involved or for more information get in touch.



For More  
Information

Contact Maeve Kilpatrick  
Email: [maeve.kilpatrick@specialolympics.ie](mailto:maeve.kilpatrick@specialolympics.ie)  
Phone: 0044 74360 3165



### A Drop in the Ocean – ADITO – COMPLETE

- Partnership with Liquid Therapy, initiative combining mental wellbeing & surfing
- 50 participants, 8-15 years, 5 programmes, 8 weeks, 2 hours per week
- 42 primary participants (surfers 7-16 years)
- 37 secondary participants (parents/ primary carers) evaluation very positive.

What do you think the biggest takeaways are from this program for your Surfer? The collective top answers were:

- Building confidence
- Discovering new interests and hobbies
- Regulating emotions
- Self-belief - The surfers were also asked to rate their sense of wellbeing pre and post programme and the mean average of improvement was 27.5%
- Innovation application submitted to Sport Ireland on 6<sup>th</sup> December 2021

## A DROP IN THE OCEAN

ADITO is an innovative Blue Space Surf Program. It is based on theories and practice derived from both sport psychology and surfing coupled with deep immersion in the Blue Space environment. This Mental Health and Wellbeing program will introduce participants to a range of workshops and ocean based sessions that will empower and support them to develop a Mental Health Toolkit that will serve them not only on the shoreline but also on their everyday journey.

**Ages:** 8 to 15 years  
**Time:** 17:00 to 18:30  
**Location:** Rossnowlagh, County Donegal  
**Date:** May + June 2021  
**Duration:** 8 Sessions (twice a week)

To express your interest visit:  
[www.liquidtherapy.ie](http://www.liquidtherapy.ie) and click on BEGIN YOUR JOURNEY

### Fit INC– COMPLETE

- 14 participants with ASD, intellectual disability and/or dyspraxia, additional family members also participated >20 participants in total.
- <18 years of age
- 2 x 30-min sessions delivered by Paul Smyth Inclusive Health & Fitness via Zoom
- Infographic produced
- No uptake for a new online
- 1-1 sessions physical activity sessions delivered by Paul Smyth



### CARA Home Exercise Programme -ONGOING

- In partnership with HSE mental health services
- Booklets delivered to multiple residential/day centres/hostels
- Request for the delivery of online programme for clients in 9 hostels within Donegal
- Videos available online to accompany the resource via DSP YouTube channel



### IWA – Chair Based Exercise Classes - COMPLETE

- 15 participants from the IWA registered
- 6-week programme
- Feedback from IWA & participants very positive
- Request for an additional programme later in the year

### HSE Reconnect Programme- ONGOING

- Chair based exercise programme in partnership with the HSE Reconnect initiative
- 6 videos developed by Paul Smyth Inclusive Health & Fitness
- Uploaded to the HSE reconnect webpage - funded by DSP

### Aloha Surf Lessons – COMPLETE

- 10 sessions in this programme, of which each family / carer was extremely positive of the outcome.
- Each student either returned for more inclusive sessions this season or were booked in for a session in the future. Sessions have had a hugely positive effect on each student

"Our little James is a very special boy! He has a rare genetic disorder and it literally affects one in a million. James has extreme hypermobility, visual impairment and has a severe learning disability. He has always been a water baby and yesterday took it to a new level!"

### Irish Wheelchair Association Sport Junior Club– PLANNING

- Source new venue and storage for chairs
- Assess interest in participation and volunteer recruitment
- Capacity building
- Recruitment for volunteers has commenced
- Meeting with Basketball Ireland Development Officer, to explore partnership work for a programme based at LYIT
- IWA Wheelchair BB Workshop scheduled for Feb 2022



## Football for All Programme - PLANNING

- Initial meetings hosted by the FAI
- New regional development officer: FFA programme
- Capacity building and identification of auxiliary coaches a priority
- Plans include, football for all club, school programme, social soccer for young men experiencing mental health difficulty
- Volunteer recruitment has commenced (local press, social media) with the capacity building element of the programme to be delivered to volunteers in partnership with the FAI in October. AIS & DIT Workshops hosted completed by 8 volunteers from FFA
- FAI disability module hosted physically 01<sup>st</sup> Dec – 7 volunteers present

<b>Cycling Skills for Children with Dyspraxia: - COMPLETE</b> <ul style="list-style-type: none"> <li>• Follow on from balance bike programme</li> <li>• Delivered in partnership with Donegal Dyspraxia Support Group and Hosted in Inishowen, targeting children aged 7-12 yrs.</li> <li>• 5 children completed the programme, feedback from parents very positive.</li> </ul>	<b>Balance Bike Programme - PLANNING</b> <ul style="list-style-type: none"> <li>• Targeting children aged 4-10 years with a disability</li> <li>• Letterkenny Venue</li> <li>• Scheduled to commence October 2021</li> <li>• No uptake for programme – rescheduled until early 2022</li> </ul>
<b>Social Inclusion Week - COMPLETE</b> <ul style="list-style-type: none"> <li>• Chair based exercise session in partnership with Paul Smyth Inclusive Health &amp; Fitness</li> <li>• 380 views of the online session delivered as part of Social Inclusion Week 2021</li> </ul>	<b>FUN Moves Fundamental Movement Programme- PLANNING</b> <ul style="list-style-type: none"> <li>• Potential partnership with Citadel Gymnastics Club</li> <li>• Due to ongoing Covid issues rescheduled until 2022</li> </ul>
<b>Therapeutic Horse Riding - IMPLEMENTATION</b> <ul style="list-style-type: none"> <li>• Partnership with Devine Equine Services</li> <li>• Participant recruitment via HSE</li> <li>• Deadline for funding extended due to Covid-19 restrictions</li> <li>• Future developments partnership with CAMHS</li> <li>• Programme is now operational on a 1-1 basis</li> </ul>	<b>Inclusive Fitness &amp; Swim Sessions - PLANNING</b> <ul style="list-style-type: none"> <li>• Partnership with Finn Valley Leisure Centre</li> <li>• Deadline for funding extended due to Covid-19 restrictions</li> </ul>
<b>Tennis Buddy Programme- COMPLETE</b> <ul style="list-style-type: none"> <li>• Partnership with Letterkenny Tennis Club</li> <li>• 6-week programme</li> <li>• Commenced 16<sup>th</sup> Sept – all outdoors with Covid regulations in place</li> <li>• Pupils from St Bernadette's assisted by pupils from mainstream secondary TY students</li> <li>• 78 pupils from St Bernadettes school</li> <li>• 86 TY Students (Colaiste Ailigh, St Eunan's College &amp; Loreto Convent)</li> </ul>	<b>Kilcar Kayaking Programme- PLANNING</b> <ul style="list-style-type: none"> <li>• Partnership programme with Kilcar Kayaking Club – Capital funding applied for and provided via Sport Ireland.</li> <li>• Capital equipment including kayaks, safety gear and storage container purchased Dec 2022.</li> <li>• Implementation plan for the delivery of activities to be agreed with the club for 2022</li> </ul>
<b>Multi-Sport Programme - COMPLETE</b> <ul style="list-style-type: none"> <li>• Partnership with iADULT (day service for individuals with Autism)</li> <li>• Purchase of some fitness equipment</li> <li>• Programmes to include fitness, kayaking and Horse Riding</li> <li>• Acknowledgement in their newsletter for DSP and their ongoing support.</li> </ul>	

## Implementation

- Baseline analysis draft complete and circulated to steering group members for feedback.
- WFW steering group meeting scheduled for Wed 2<sup>nd</sup> of June.
- Project officer recommenced and dedicated action plan developed to guide implementation of the initiative.
- Risk analysis – ongoing.
- Preparations underway to commence site 1 - Finn Valley area.
- Site 1 Finn Valley week 9/12 - >20 participants male and female, participants retained
- Time for Tea packs distributed
- Talks have included Mental Health Ireland, Donegal Volunteer Centre, Wellness Cafe
- Brilliant collaboration with partners, extremely positive programme
- M&E baseline, week 6 and week 12 with evaluation report to include case studies
- Capacity building element – walk leader training in planning
- Walk leader training complete with a number of walkers available to lead in Stranorlar
- Community walking programme ongoing in Stranorlar with very positive feedback
- Site 2 Inishowen, steering group assembled recruitment to begin October 2021
- Site 2 Moville – Implementation, 18 walkers 2 walk leaders,
- Covid-19 outbreaks impacting greatly
- 3 sites planned for January 2022 and confirmation of partnerships from FRCs in each area- Bundoran, Portnoo, Donegal Town
- Regional working group assembled by CARA – SIDO attended first meeting on 12<sup>th</sup> May
- DSP staff training – Disability Inclusion Training scheduled for 16<sup>th</sup> June
- Board training workshop proposed for September 2021
- Website development & communication strategy to be reviewed
- Organisation inclusion policy to be drafted
- Work plan to be developed which has realistic and achievable goals
- Xcessible highlighted as a key area of inclusion across the new strategy -during staff consultation for strategy development
- Regional working group meetings x2 attended
- Staff training complete – Disability Inclusion Training (Certs Issued)
- 6 Board Members completed CARA Xcessible workshop
- SIDO to work with staff on implementing requirements for the award across all programmes – venue checklist, programme registrations, promotional posts.



# Xcessible

## Education & Training

### Get Autism Active Series – Dr Susan Crawford - Complete

Series of 5 Webinars Autism Spectrum Disorder (ASD) & Fundamental Movement Skills

- Session 1. Introduction to ASD, Session 2. Introduction to Fundamental Movement Skills, Session 3. Autism and fundamental Movement Skill Research, Session 4. Promoting and Maintaining participation in FMS programmes for students with ASD and Session 5. Exploring The Get Autism Active programme

### Building Positive Clubs Programme - Complete

- Blaze Basketball - 2 education & training workshops hosted
- Workshop 1 25 participants, Workshop 2 18 participants
- Feedback from club & coaches very positive
- CARA Autism in Sport hosted – 12 participants
- CARA Disability Inclusion Training hosted – 10 participants
- Capacity Building element of Football For All in partnership with the FAI & Letterkenny Rovers hosted Wednesday Dec 1<sup>st</sup>.

## Community Sports and Physical Activity Hubs (DA)

### DONEGAL BAY INCLUSIVE SPORTS (HUB 2 - SIDO)

Communicating with DBISH para-athlete on training and wellbeing.

- **Regular communication** with hub participants/families/coaches/venues to maintain connection and relationships. Ongoing communication with Cycling Ireland and Handcycling coaches the review of their resources and developing a Handcycling Trainer course and materials.
- **Handcycling:** 4 Events (2 x Sept. 1 x Oct. and 1 x Nov. 21)
- **Kayaking:** Last term finished in Sept. Family event planned for last session but cancelled due to unsafe weather.
- **Surfing:** Promotion of next “Shake your Shaka” programme and selection of six families.
- **Review of summer programmes** with seeking feedback and surveys.
- **Progression on signage** for the driveway at Lakeside Centre, Ballyshannon
- **Working with DSP and Kilcar Kayaking Club** on development of Inclusive Kayaking/Stand-Up Paddleboarding



DBISH Handcycle Participants at the Finn Valley Centre

## MAGHERY COASTAL ADVENTURES (HUB 1 - CSDO)

MCA Acting Coordinator: Mr Stephen Bell approved by Machaire Le Cheile committee to fill the position as acting coordinator. Will be reviewed in Jan 2022

- Hugh Gerard Boyle has taken over the manager's position in centre.
- 5-year review survey conducted S3 Solutions – 87 responses. Impact card produced;
  - 14% improvement in reported access to Outdoor Sports opportunities as excellent.
  - 53.66% rated water-based sports opportunities a 9 or 10 in the 2020 survey compared to 26.16% in the baseline survey.
  - A higher proportion of respondents (29.27%) felt that their area was maximising its natural resources now as compared to 2016 (16.92%).
  - 68.11% agreed or strongly agreed that they were more likely to stay involved in sports and physical activity in the 2020 survey which is marginally higher than the response received in 2016
  - MCA is outperforming the national benchmark for CSPHs across all but 1 of its key indicators.
- Since the reopening on 27<sup>th</sup> June 2021– 148 sessions have been delivered
- Remote Emergency Care REC3 course booked for 10 instructors Jan 2022
- Maghery Coastal Adventures will be included in the Discover Donegal promotional magazine in 2022 for the first time.
- Festive Kayaking on Dungloe Bay – 4 sessions (weekend of the 11<sup>th</sup>/12<sup>th</sup> Dec)
- 2022 Programme starts in March. A variety of Women in Sport initiatives and following on from the successful summer camps, Easter Adventure Camp will take place from 13<sup>th</sup>-15<sup>th</sup> April. All activities listed on the website [www.magherycoastaladventures.com](http://www.magherycoastaladventures.com)



## RAY ACTIVITY HUB 4 (CSDO)

- Project coordinator appointed on 20hrs pw 12-month contract
- Bike Week Family Cycle event 19<sup>th</sup> September - 40 participants
- Capital spend has commenced – refurbishment of hall, safety fencing on community sports pitch, storage container, 12 Balance Bikes/helmets for community 'learn to cycle' programme
- Committee have decided on hub name – Ray Activity Hub
- Consultation process completed. Local media campaign and community based online surveys circulated. Phase 1 consultation complete. Some under-representation of certain target groups: these will be revisited in 2022 to identify further needs within the community. 311 responses to survey
- Activities identified for Year 1 of the project.
- Socialise with Exercise sessions have commenced targeting Older Adults with a view to establishing an Active Seniors group through the hub.
- Teen Zumba, Teen Circuits, Chair Aerobics classes, Men on the Move, Women on the Move are activities currently being offered through the hub.
- Ray Activity Hub branding complete and Facebook page is now operational. Includes all info in relation to activities and how to book.

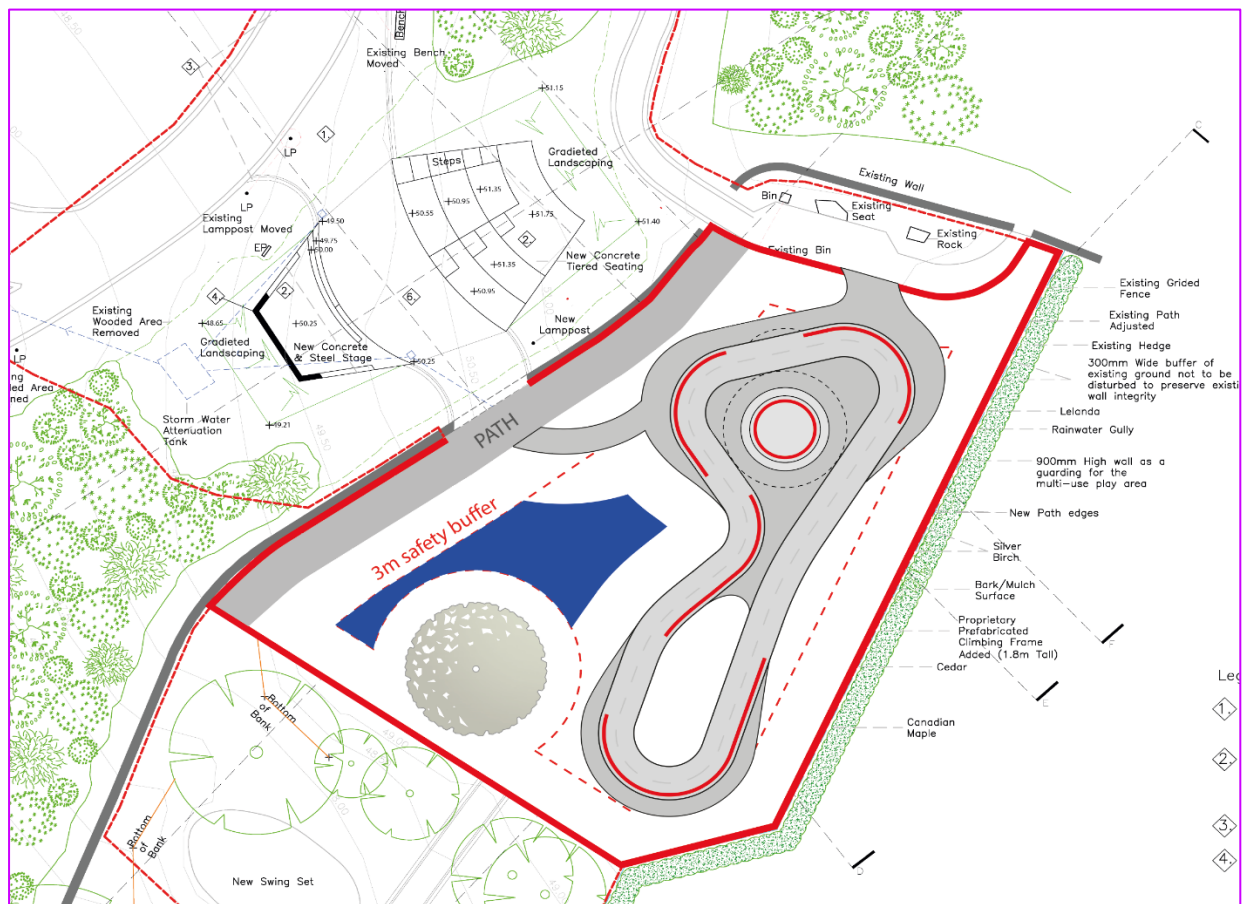


## URBAN ADVENTURE HUB 3 (CSDO)

- Urban Adventure Hub Initiative case study: draft submitted.
- Notification of project/works signage has been erected on site.
- Project Officer Position on hold.
- Covid restrictions on construction have halted any structural or physical development of the hub until September 2021
- Humphrey Murphy Irish Leisure Consultants (ILC) were appointed to conduct an independent process and evaluation. Stage 1 of this process complete.
- Visual representation signage of works to be completed erected at the site.



Description	Date	Status
Following review, release tender quotation pack to at least 5 No. competent contractors for pricing	22/01/21	Complete
Tender quotations returned	05/02/21	Complete
Successful Contractor appointed	10/02/21	Complete
Contractor starts on site	15/11/21	Commenced
Hedge cutting & tree felling to be complete before end of season	15/11/21	Commenced
Works complete (latest)	29/03/21	Revised



URBAN Adventures Project proposed Pump Track

## Community Sports Development Programmes (CSDO)

### MEN ON THE MOVE

Jan-May 2021:

- 4-week online programme/ 2 classes weekly
- Facilitated by Russell Porter, MOTM coordinator
- Online via zoom
- 25 men registered. Due to demand, the programme will be extended for 2 further weeks
- 7 new sites will proceed once government guidelines allow

#### Community based programmes;

Covid restrictions limited recruitment to 6 per indoor session for all programmes commencing in October 2021

- Carndonagh (Colgan Hall) - 6 Participants | COMPLETE
- Bundoran Community Development (Bundoran Community Centre) – 8 Participants | Ongoing
- Cranford (Cranford Community Centre) - Bill Vaughan  
Mental Health Ireland Health & Wellbeing sessions in Bundoran (30<sup>th</sup> Nov & 7<sup>th</sup> Dec). For new sites in 2022, there will be 3x30minute sessions throughout the 12-weeks.
- New sites 2022; Greencastle Community Centre, Dunkineely Community Centre, Moville FRC, Doneyloop Community Centre (2021 successful funding applicants).



### SPORTS LEADERSHIP LEVEL 1 AWARD

#### 2021 Schools - Level 1 Award

New school term 2021/2022 Schools commenced;

- Royal & Prior Raphoe - 53 Learners
- Coláiste Colmcille, Ballyshannon - 22 Learners
- National Learning Network – 9 Learners complete for certification (Tutor Training completed by staff member, allowing them to deliver the programme with a new group each year)
- Partnering with Cricket Ireland, NWCU & St Johnston Cricket Club to host a Youth Leadership programme including Safeguarding 1, First Aid, sport specific coaching and community volunteer placement in Feb 2022.



School Name	Learners assessed	Level 1 achieved	Spirit of Leadership
Royal & Prior, Raphoe	39	37	9
Abbey VS, Donegal Town	6	6	0
St Columbas College, Stranorlar	34	28	9

## ACTIVE SENIORS PROGRAMME

- DSP developing A6 sized Super Seniors '**Let your Age Go Old, Not Your Heart**' exercise at home, with subsequent daily challenge. Focus on Strength, Balance & Mobility.
- Will be distributed through East Donegal groups as pilot, then through partnership with Age Friendly Alliance and their community volunteer's network.

### **Super Seniors Exercise at Home Booklet**

- Booklet distributed to 142 Members of the Kurling League.
- 28 Day challenge COMPLETE – 33 completed the challenge

### **Chair Aerobics – PROGRAMME COMPLETE**

- 8 weeks Chair Aerobics Programme – 1 session weekly. Online via Zoom
- Circulated through Active Seniors network
- 22 participants registered – 14-16 in attendance each week - All female

### **New Age Kurling League**

- Representatives meeting on 11<sup>th</sup> October, 5 of 7 teams represented, 10 members in attendance.
- Group are happy to recommence 'friendly' matches to initiate some activity, with a view to starting the league in February 2022, if it is safe to do so.

### **Chair Pilates – PROGRAMME COMPLETE**

- 8 weeks Pilot initiative with an Active Retirement group in Ballyshannon, Pilates Instructor, Oonagh Mc Devitt
- 18 participants registered | 15 participants completed the full programme
- Exercise goal for each class is to mobilise all major joints, and strengthen and lengthen all major muscles to help maintain balance, flexibility and strength throughout the body.
- This is a chair-based class - however participants have the option to stand or sit at any point, participants are encouraged to work at a level that suits them. \* Single item measure administered.

### **AquaFit**

- Programme partnering with MPower initiative to administer Health & Wellbeing plans for Older Adults in the Finn Valley Area. As part of their Wellbeing plans, Stranorlar Friday Club have recommenced their Aqua Aerobics for the first time since the pandemic.
- 13 participants (all female) on 8-week programme

### **Activator Poles – Instructor Training**

- Activator poles are modified versions of Nordic walking poles and designed in consultation with occupational therapists to safely accommodate the needs of people with stability issues and older adults
- 5-week training programme (1hour weekly) Online via zoom virtual sessions -Complete
- Facilitated by Frank Fahy, Fizzical Ltd
- Programme can be delivered indoors & outdoors
- Practical Assessment compete on 28<sup>th</sup> May - 4 DSP instructors
- Outdoor programme planned delivery in 3 sites in September
- Programme complete in 1 site: Mna Eacarragh, Falcarragh – 16 participants
- Participants purchased their own poles (subsidised by DSP) and continue to meet for weekly walks.

## BALANCEABILITY 'LEARN TO CYCLE' PROGRAMME

- Balanceability 'Learn to Cycle' at home Programme – Launched 10<sup>th</sup> February for 4 weeks.
- Online via private Facebook group, regular mentoring/guidance from Balanceability Instructor, open forum for sharing & asking questions.
- 21 parents and children signed up (capped)
- Each parent received: Resource booklet, Activity tracker, fun sticker pack and step-by-step video instruction.
- Due to demand, second programme completed - 31 Parents – 34 children
- On completion each parent submitted their video & tracker evidence to receive their Balanceability certificate.
- 6 Children have completed the Level 1 & 2, with the remaining children still working on completion of the Level 2.



## Community based pilot programme –July 2021

- Location – Carndonagh, Target Age – 5-7years (Ratio 1:12)
- 4-week programme – x1 Instructor led session per week with parental observation
- Resources provided to parents to complete additional sessions at home
- Programme complete – 6 participants completed the level 1 & 2 programmes

## FUN MOVES

- Fun Moves Tutor Training (Stage 1 online)– 3 workshops complete
- Hosted by FUN Moves master tutor 22 Staff trained from 9 Preschools
- 9 Preschools selected:
  - Barnesmore Montessori School, Donegal Town
  - Stepping Stones Playgroup, St Johnston
  - Cara House Children's Centre, Letterkenny
  - Beechwood Preschool, Ballybofey
  - Naiolann Gaoth Dobhair
  - Rainbows Preschool, Carrigart
  - Amanda's Cots & Tots, Clonmany
  - Errigal Montessori, Letterkenny
  - Kiddlywink Childcare, Ballintra
- FUN Moves Tutor training (Stage 2 practical) – will be hosted regionally when government guidelines allow.
- Each school has received: Equipment bag & resource pack
  - Tutor Training: Phase II FUN Moves Instructor Training (Phase II Practical) - Wednesday 1<sup>st</sup> December St Columbas College Stranorlar (7 Participants/ 4 Schools)
  - Saturday 11<sup>th</sup> December Letterkenny Community Centre (8 Participants / 5 Schools).
- Balanceability Instructor Training – Saturday 15<sup>th</sup> January 2022 (Online facilitated by Balanceability UK).



### DLDC Time for Tea project

- Collaboration with DLDC, who have been funded under the resilience funds to deliver the 'Time for Tea' project.
- Targeting individuals and small groups within the community and providing them with backpacks that includes flasks and cups to encourage people to meet up and get out and explore their area (within covid19 guidelines).
- DSP role: Assist with promotion, provision of resources to include in the pack
- DSP have received 50 packs to distribute through Community Walking Leaders

**Walk - Talk - Connect!**  
It's 'Time for Tea' outdoors in Donegal



### Get Ireland Walking – Active Communities Walking Programme

- Location – Dunfanaghy, 8-week programme (12 participants registered)
- 3 participants have volunteered for Walk Leader Training, will shadow DSP tutor for the duration of the programme
- \* *Single item measure administered.*
- New sites identified for 8-week programmes:
  - Moville FRC (8 participants)
  - Ionad Naomh Fionnan Falcarragh (12 participants)
  - Port Road Apartments Letterkenny (9 participants on walking mindfulness programme) Group will continue with Yoga in Jan 2022.
  - Drumboe Woods Stranorlar - 11 Participants (community follow on to Woodlands for Wellbeing programme)
  - Serenity House, Moville (7 participants) Active Seniors group.

### Inishowen Walking Festival (September 2021)

- Inishowen Walking Festival took place between 10<sup>th</sup>-12<sup>th</sup> September, with a total of 18 walks around the peninsula providing routes for differing levels of ability, to include wheelchairs and children in buggies. 456 registered to take part.
- Local working group in Inishowen have partnered with Inishowen Development Partnership, Insight Inishowen to host a walking festival.
- 12 community-based organisations across Inishowen represented in working group.
- DSP to provide support around capacity building, event management, safety signage and a sustainable legacy within each of the communities involved post festival.
- Roles and responsibilities agreed. DSP have committed to assisting with Walk Leader Training (A minimum of 2 leaders identified per site {10sites} & Event Management workshop for all participating communities' organisations.
- Walking Leader Training (Facilitated by Frank Fahy) 23<sup>rd</sup> November – 14 participants representative of the 12 communities involved in the working group
- Final claim and reports submitted. DSP overall contribution to the IWF - €1,999.83



## BIKE WEEK 2021 (12-18 SEPTEMBER 2021)

€14,000 funding received from National Bike Week

- Launch event Friday 10<sup>th</sup> September, Monreagh NS, Carrigan's, Cathaoirleach of Donegal County Council Cllr Jack Murray & Road Safety Officer Brian O'Donnell present to launch Donegal Bike Week
- 20 Events / 14 Hosting orgs (553 participants / 368 children / 81 Volunteers)
- DCC Funding received in December 2021



## INTRODUCTION TO OPEN WATER SWIMMING

### Teenagers Programme

- 2 Locations Identified in Donegal, Creevy Pier, Ballyshannon and Maghera Pier
- Programme targeting teenagers – Booking options 12-14yrs & 15-17yrs (mixed)
- In partnership with Swim Ulster
- Ratio's 2:12 – Level 2 Open Water Swim Coaches to be identified
- Programme complete in Maghera, 10 participants, Creevy Pier, 21 participants.

### Adults Programme

- Beach to Buoy programme
- 2 Locations: Gartan Outdoor Education Centre & Fintra Beach, Killybegs
- Delivered in partnership with Swim Ireland
- DSP contributed 40% of the cost towards the capacity building of 5 coaches, who will now be appropriately qualified to lead programmes in Summer 2022.
- Overall DSP Contribution €580
- Programme complete in Gartan Lake and Fintra Beach, Killybegs (29 participants)

**Open Water Swimming Webinar**

Donegal Sports Partnership and the North West Sporting Pathways Programme are hosting a webinar on the theme of Open Water Swimming.

The topics to be discussed include:

- Preparation & planning
- Suitable venues - when & where
- Water temperatures
- Tides and forecasts
- How to avoid rescue situations
- Benefits and experiences of open water swimming

Guest speakers for the 90 minute session will be:

**Maureen McCoy:** Swim Ulster Tutor, Open Water Swimmer & Author  
**Killian O'Kelly:** RNLI, Lifelong Swimmer & Surfer  
**Sarah O'Malley Daly:** International Ice Swimmer, Surf Lifesaving European & World Medalist

**Webinar Details:**  
**Date:** Tuesday 1st June 2021 **Time:** 7-8.30pm  
**Cost:** €10 (Open to all levels of open water swimmers)  
**Registration:** Eventbrite <https://openwaterswim.eventbrite.ie>  
**Contact:** MARGARET FARRELLY, Education & Training Officer  
 ✉ [maggie@activedonegal.com](mailto:maggie@activedonegal.com) ☎ 086 6069377

ALL PROCEEDS FROM THE SESSION WILL BE DONATED TO RNLI



**An Introduction to Open Water Swimming**

Are you interested in Learning SAFE SWIMMING practices, IMPROVING your open water SKILLS & becoming more CONFIDENT in Open Water?

Delivered by experienced Open Water Coaches

**Booking Options:**  
 12-14year olds | 15-17year olds

**Course Details**

- Pre course Zoom session with the coaches
- 4 x 1 hour practical sessions
- Course insurance
- Safety handbook

**Maghera Pier**  
 Starting 16th August  
 6pm - 8pm  
 For more information contact  
 ✉ [emmaconnors@hotmail.com](mailto:emmaconnors@hotmail.com)

**Creevy Pier Ballyshannon**  
 Starting 16th August  
 6pm - 8pm  
 For more information contact  
 ✉ [karen@activedonegal.com](mailto:karen@activedonegal.com)

**Festive Dippers**  
 (Open Water Swimming)

**ONLINE WORKSHOP**

**Topics**

- What to expect from a winter swim
- The benefits of cold water swimming
- Cold water Shock: what it is?
- Before & After Care

**Open to all levels of open water swimmers**

**WEBINAR DETAILS**  
**Date:** Tuesday 14th December 2021  
**Time:** 7-8pm  
**Cost:** €5  
**Register:** <https://activedonegal.com/festive-dippers-open-water-swimming/>  
 ✉ [maggie@activedonegal.com](mailto:maggie@activedonegal.com) ☎ 086 6069377

## Active Donegal Programmes

### ACTIVE DONEGAL 30 FOR 30 ACTIVITY CHALLENGE

Developed to support the national 'Keep Well' campaign focusing on 'Keeping Active, Eating Well and Minding our Mood, Switching Off and Keeping in Contact, Donegal Sports Partnership coordinated the Christmas 2020 Challenge and then a follow-up campaign was promoted until February 2021. Participants were encouraged to get active for 30 minutes for 30 days and to be mindful of the 5km limits in place.

#### Dedicated Facebook Group

- Contained motivational videos, challenges and tips for keeping active.
- Participants were to sign up and to post their activity achievements and share with families and friends also involved in the Challenge and this in many ways helped motivate them to complete the challenge.
- Opportunities to win various spot prizes as an incentive to stay active.
- Over 2,400 DSP snoods were posted to each participant on completion of the original challenge. 200 participants continued with the extended challenge.



Booking: <https://dsp30for30.eventbrite.ie> | [info@activedonegal.com](mailto:info@activedonegal.com) | 074 91 10678

*"A very happy bunch after receiving their snoods and spot prize of a €100 sports voucher for their participation in the Christmas 30 for 30 active challenges. So a big thank you to Donegal Sports Partnership from a very grateful 2nd class [Scoil Mhuire Ramelton](#)."*

### SPORT IRELAND - SAFEGUARDING 1 AND 2 WORKSHOPS ONLINE

The Sports Ireland Ethics Unit have adapted the workshop for online delivery, incorporating various functions to allow for the interactive elements of workshop delivery. 2 Tutors recommended for online delivery of session and support admin needs.



- **Safeguarding 1 workshops (22):** 155 Clubs (311 attendees - 193 Male / 119 female)
- **Safeguarding 2 workshop (2):** 29 Clubs (32 attendees 11 male / 21 female)
- **Safeguarding 3: (1):** 15 Clubs (15 attendees 9 male / 5 female)

### AG SUGRADH LE CHEILE (ASLC)

- The Ag Súgradh Le Chéile programme (ASLC) promoting active play between children and their parents/guardians was adapted to help keep families active at home, through games and activities for both indoor and outdoor.
- **A 4-week challenge** was set up for families to take part, where they follow an activity card and part take in recommended physical activity for each day. This incorporated the Easter break.

- **Closed Facebook Group for participating families.** This platform provided additional information and ideas to help motivate families throughout their challenge.
- The Challenge is currently still running and there are **75 families signed up** through Eventbrite.
- The ASLC programme was moved to Digital format with a 16-page physical activity resource was designed for families of all abilities to do at home over a 4-week period.
- Practical resources, including printed booklets and equipment bags to support activities on hold due to further restrictions.
- The resource was email to the schools in Donegal for teachers to send to families through their platform of communication with parents/guardians.
- In addition, an adapted version was created through a chart format specifically for families to take part in the Donegal Sports Partnership 30 for 30 Challenge.
- A closed Facebook group is to be created to bring resources alive for families. This is seen as an opportunity to reach out to parents, provide further ideas on activities to do at home. Also, to receive feedback and input from parents.
- The programme will be offered up to parents through the school platform. Where they will be asked to register before becoming a member in the closed group.



## Education & Training Coordinators Programmes

### Club Development Covid Survey- Completed

- A short Survey (18 Questions) was designed, to identify the needs of Clubs returning to sport to form a future Club Development Funding Programme
- A Club Database was compiled - Sports Clubs were identified by DSP staff across a wide sports section. 22 Sports were identified (circulated to 88 Clubs on via Google Forms 26-MAY21). Closing date: Wednesday 2<sup>nd</sup> June 2021
- Incentive- Clubs that fully complete the survey will be in with a chance to win a prize.
- Data to be analysed after closing date.

### Club & Community Covid Fund- Ongoing (See appendix)

- Advertise and align with Sport Ireland "Let's Get Back" campaign 4<sup>th</sup> October 2021
- Assist with Club and Community queries and funding procedures.
- €104,000 allocated to Sports Clubs and Community Groups in the County.

### Coaches/Volunteer Education & Training - Irish Heart Foundation

- Irish Heart Foundation- Heart Saver Course. 3-hour by Donegal Safety Training Solutions. 2 Year certificate awarded by the Irish Heart Foundation. Only 1 workshop delivered in Bundoran due to Covid restrictions.

### Sport Ireland - Coaching Children Workshop 1, 2, 3 & 4 (Postponed 2022)

- Workshops are open to all coaches (New & Experienced) across all sports
- Delivery: Via Zoom Duration: 6 sessions x2hrs
- Dates: Tues 9-Nov, Thurs 11-Nov, Tues 16-Nov, Thurs. 18-Nov, Tues 23-Nov, Thurs. 25-Nov-21 Sport Ireland Coaching Certificate

### **Sport Ireland - Coaching Teenage Girls (Postponed 2022)**

- Workshops are open to all coaches (New & Experienced) across all sports, who in particular coach teenage girls in clubs/ schools, etc.
- Delivery: Via Zoom Duration: 2 sessions x 1.5hrs Dates: Tues 30<sup>th</sup> Nov, Thurs 3<sup>rd</sup> Dec

### **Female Leadership Programme- “Beyond 20X20” (2021)**

- Launched in Thursday 23<sup>rd</sup> September.
- Postponed until 2022 due to slow uptake.
- Programme Overview: 8-month Programme for females aged 16+ who have an interest in sport, who are committed and want to make a difference in their sport at community level. Choice of modules including core and personal strands.
- Mentoring & Placement opportunities.



### **“Festive Dippers” Open Water Swimming Workshop**

- Organised one Open Water Swimming Workshop via Zoom –14th December 2021
- 3 Guest Speakers delivered presentations on key issues surrounding open water safety with a particular focus on Christmas /New Year swims.
- Topics discussed: What to wear, before & after care, what is cold water Shock, how to enter & exit the water safely.
- 24 people registered, 14 attended.

### **Minority Sports Coaching Courses - Basketball Ireland (Postponed 2022)**

- Organise an Introduction to Basketball Coaching Course- Intro
- 1 Day Coaching Course (8 Hours)
- Addressing the needs of local Clubs, to upskill new coaches in response to Covid 19.

### **Badminton Ireland (Postponed 2022)**

Introduction to Badminton coaching Course- Shuttle Time. 1 Day Coaching Course (8 hours). Addressing the needs of local Clubs, upskill new coaches in response to Covid 19.

**Mentoring & Coaching: Ongoing** - M-Power Cycle 4 – Mentoring Programme: Working with mentee number 3.

### **Sport Ireland Webinar-Programme review “Experience of Covid” - Completed**

Guest Speaker- To deliver a short presentation on the Female Leadership Programme “Beyond 20X20” 15<sup>th</sup> June 2021 (7-8.30pm)

### **Women in Sport Webinar - Completed**

Maggie Farrelly, Guest speaker on Sport Ireland’s Women in Sport Webinar organised by on Friday 12<sup>th</sup> March to mark International Women’s Day/Week. Delivering a presentation on her role as a referee for the Officiating and Refereeing Webinar.

### **Mental Health & Wellbeing Workshops - Completed**

6 mental Health & Wellbeing workshops delivered as part of the National “Keep Ireland Active” Campaign “. The ZOOM workshops proved successful and allowed for more personal engagement & interaction.

## Crossborder & Cross Community Programmes

### PEACE IV MINORITY SPORTS PROGRAMME

- **Return to Sport:** Government Covid-19 restrictions on both sides of the border have been eased and sporting participation can resume in a limited capacity. Working with project partners to devise a safe return to participation over the summer.
- 300 participants have now been recruited across 5 areas.
- Due to lack of facilities opening and government restrictions, sporting participation has been suspended across both jurisdictions for all age levels below Elite level.
- Olympic Handball has been added to list of sporting activities. Coaches and equipment in place for summer resumption date. Revised delivery has been sent to SEUPB for project activities once government restrictions are eased. Steering group meeting with project partners took place on May 18<sup>th</sup> to discuss revised plans and project restart.
- The resumption of community sport has seen activities take place over in the summer in a number of areas. **Irvinestown** – 5 sessions took place on 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> July and 4<sup>th</sup> August. Activities included Olympic Handball, Cricket, Athletics and Basketball. **Convoy:** 4 multi-sport sessions took place at Scoil Bhride, on 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & 2<sup>nd</sup> August. A 2-day multi-sport Summer Camp took place on 26<sup>th</sup> & 27<sup>th</sup> August at Convoy Arsenal's ground with over 90+ kids attending. **Gortin:** 3 sessions of Basketball took place on 29<sup>th</sup>, 31<sup>st</sup> July & 9<sup>th</sup> August.



### PEACE IV FOOTBALL CLUBS FOR PEACE PROJECT

- **Safeguarding 1 workshops (2)** have been delivered for clubs and adult participants in which 32 participants completed
- **Soccer Coaching Qualifications:**
  - **FAI PDP 1 coaching course (1):** delivered virtually 18 Donegal based participants.
  - **FAI PDP 2 coaching course (1):** delivered virtually 18 Donegal based participants.
  - **IFA National Coaching Certificate:** May 22<sup>nd</sup>, June 5<sup>th</sup> and June 12<sup>th</sup> - 18 participants from the Derry & Strabane clubs. This was delivered at Newbuilding United, Derry.
- **IFA/FAI Good Relations Collaboration** formally kicked off the Club Development element on Monday 29<sup>th</sup> March (Online Workshop) 32 adult participants from all 8 clubs.
- Formal registration forms from SEUPB sent to participants.
- Recruitment for 150 participants for the Youth Participation element completed.
- The U16 participation element has now begun with a series of football blitzes at Curragh Athletics ground which began on 17<sup>th</sup> September - 96 kids from across the 8 clubs.
- Expressions of interest from clubs to host a blitz for the 8 participating clubs.
- Safeguarding and Soccer Coaching Qualifications delivered virtually for the adult participants during restrictions.
- Several clubs have received equipment grants to support their programmes.
- Support has been gathered from the national governing bodies – FAI and IFA.
- Revised delivery plans have been sent to SEUPB for project activities once government restrictions are eased.

## NORTH WEST SPORTING PARTHWAYS PROGRAMME

### Programme extension until December 2021

- Athlete Seminars: on Jan 28<sup>th</sup>, Feb 24<sup>th</sup> 2021 via Zoom
- Open Water Swimming Seminar: Completed - Tuesday 1<sup>st</sup> June 2021 7-8.30pm with 25 Attendees. Delivered By: Killian O'Kelly, Sarah O'Malley Daly, Maureen McCoy
- Covid-19 Delays impacts and funding withdrawn on following initiatives:
  - 2021 Gymnastics Club Development, NW Tennis Academy and Celebrations Events.
  - Volunteer Programme and Club Inclusive Programme:
  - Education & Training Seminar fund redirected to Sportshall Athletics Equipment.

## YOURS INTERGENERATIONAL SOCCER PROJECT

- Working with FAI to deliver Walking Football Introductory Sessions in each area with a view to running a 4-week programme thereafter – potential start date June 10<sup>th</sup>.
- The practical element began on July 15<sup>th</sup> with a 6-week walking football programme at Deelee College, Raphoe. The weekly sessions were attended consistently by 16 participants both male and female.



**'An Evening with Irish Sporting Greats'** ZOOM event held on 1<sup>st</sup> April with over 60 participants from both areas attending. Which also included presentations and a Q&A.

- 8-week programme for under 18's and over 55's to enhance understanding between generations. 2 potential hubs identified: Raphoe and Falcarragh
- **Raphoe** delivered 3 virtual sports history and coaching sessions on March 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> Guests included Daren O'Dea from Odin Sports Management and Trevor Scanlon, FAI. 30 participants across the 3 sessions).
- **Falcarragh** delivered 1 virtual session on March 24<sup>th</sup> with guests Tom Feeney from Parkrun and Iain Miller from Unique Ascent (25 participants took part).
- All virtual activities were facilitated by local journalists Diarmaid Doherty and Ciaran O'Donnell.
- The virtual element has now been completed and the practical element will take place once restrictions allow. Activities will include mixed 5 a side games, Walking Football, Olympic Handball and other Physical Activity Sessions.

## SPORT TOGETHER PROJECT



**ERASMUS+ Fair Play Programme 'Sport Together'** Strengthening Cross-Community Social Inclusion in Post-Conflict Regions uses sport to address and tackle cross-border threats to social cohesion, in particular those caused by the ongoing ethno-political divisions. The overall objective is to strengthen social inclusion in divided communities with a focus on young people and girls and to increase participation of disadvantaged groups. In particular refugees & newly-arrived migrants and minorities; in grass-roots sport through training, education, awareness-raising, and capacity-building of sport stakeholders and cross-community youth sport interventions. Partners includes, the Football Association of Ireland (FAI) and the Irish Football Association (IFA), the NGOs Youth Initiative for Human Rights (YIHR) (Bosnia & Herzegovina) and Atina (Serbia), the football club NK Zagreb 041 (Croatia), the local public authority Donegal Sports Partnership (Ireland) as well as the University of Thessaly (Greece).

## APPENDICES

### Return to Sport: Sports Club Development and Community Development Funding

A total of 100 clubs, groups and organisations in Donegal have been allocated around €104,000 under the Covid-19 Return to Sport Funding Programme. Donegal Sports Partnership (DSP), with support from Sport Ireland and the Irish government, announced the approval of sports club and community funding allocations. The small grants awards are aimed at supporting sports clubs and community organisations in their efforts to deliver sport and physical activity in parallel with Covid-19 pandemic. The funding approved is directed towards additional costs such as sports and sanitising equipment, venue hire, training and education, and community engagement programmes.

#### Donegal Sports Partnership approved €104,000 for Community Sport

Return to Sport Community Development Fund 2021		Return to Sport – Sports Clubs Development Fund 2021			
COMMUNITY GROUP	€	SPORTS CLUB	€	SPORTS CLUB	€
Bundoran Community Development Organisation	2500	Aileach Football Club	800	Glen Rovers FC	800
Clonleigh Parish Community	1000	Aodh Rua GAA Club	800	Glenswilly GAA	800
Club Oige Meevagh	1000	Ardara GAA Club	1000	Gweedore Celtic FC	1200
Coiste Edan Fhionn Fhraoich	1000	Ballybofey & Stranorlar GC	1200	Iasc na Mara Swimming Club	800
Coiste Forbartha Cnoc Fola	1500	Ballyliffin Golf Club	1200	Illistrin FC	800
Comharchumann Aran Mhór	2000	Ballyshannon Rugby Club	800	Inch Bowling Club	500
Comhlacht Forbartha An Tearmainn	2000	Buncrana Hearts FC	800	Keadue Rovers FC	800
Coole/Cranford Community Centre	1500	Carndonagh Boxing Club	800	Killybegs GAA Club	1000
Donegal Horizons	1500	Castlefinn Celtic FC	1200	Letterkenny Blaze Basketball Club	1200
Donegal Town FRC	1000	CLG An Tearmainn	800	Letterkenny Boxing Club	800
Downstrands FRC	1500	CLG Baile na nGalloglach	1000	Letterkenny Cricket Club	1000
Finn Valley Sports	2000	CLG Beart GAA	800	Letterkenny Rovers FC	1200
Forbairt Dhún Lúiche	1000	CLG Na Dúnaibh	1200	Letterkenny Rugby Club	1200
Greencastle Development Association	1000	CLG Naomh Padraig, Muff	1200	Lifford & Strabane AC	1200
Illies Community Centre	1500	Cockhill Celtic YFC	800	Lifford Celtic FC	800
Inishowen Children's Autism Related Education LTD	1500	Convoy Arsenal FC	1200	Lough Swilly Yacht Club	1000
Irish Wheelchair Association	500	Culdaff FC	1000	Loughros Point Rowing Club	1200
Moyne Ulster Scots	1000	Donegal Bay Cycling Club	800	Malin GAA Club	800
Newtoncunningham Orange Hall (PROJECT ORANGE)	1500	Donegal Bay Rowing Club	1000	Milford United FC	800
North West Parkinson's	600	Donegal Bay Sub Aqua Club	1000	Moville Celtic FC	800
Rosnakill Tourism & Activity Centre	1500	Donegal Boardriders Club	800	Moville GAA	800
Sonas Youth Club	1000	Donegal Sea & Surf Paddlers	800	Naomh Brid GAA, Ballintra	1200
Spraoi & Spóirt	3000	Donegal Town Basketball Club	800	Naomh Colmcille GAA	800
Ulster GAA	900	Drumbar United FC CLG	1200	Naomh Padraig, Lifford	1000
		Drumkeen United FC	1000	North Pole Cycle Club	1200
		Drumoghill FC	800	Raphoe Boxing Club	800
		Dunfanaghy Badminton Club	800	Raphoe Town FC	1200
		Dunfanaghy FC	800	Rashenny FC	800
		Dungloe Boxing Club	800	Rathmullan Celtic FC	800
		Dunlewy FC	800	Redcastle FC	800
		Dunree Boxing Club	800	Robert Emmetts GAA	1200
		East Donegal Pony Club	1200	St Catherine's FC	800
		Fanad Gaels GAA	1200	St Johnston Orange Hall Indoor Bowls	800
		Fanad United FC	1000	St Mary's GAA (Gaelic for Mothers & Others)	1000
		Finn Valley Rugby Club	800	Swilly Rovers FC	800
		Finn Valley Womens FC	800	Tir Chonaill AC	800
		Finn Wheelers Cycling Club	800	Twin Towns Boxing Club	1200
		Four Masters GAA Club	800	Whitestrans FC	800



# PROMOTING AN ACTIVE DONEGAL

**HER**  
OUTDOORS  
WEEK

Donegal Sports Partnership  
SPORT IRELAND

SPORT IRELAND  
OUTDOORS

**WOODLANDS FOR WELLBEING**

Donegal Sports Partnership in conjunction with Finn Valley Family Resource Centre are commencing a walking initiative in the Finn Valley Area.

**Are you interested in....**

- Improving your mental health
- Learning about the environment
- Meeting new people

**Then why not join our Woodlands for Wellbeing Programme...**

- Based at Drumboe Woods
- 12 week walking programme
- All fitness levels welcome
- Led by experienced walk leaders
- Learn more about the environment and surroundings
- Develop networking skills and create social opportunities
- Social aspect with refreshments provided at each walk

**FOR MORE INFO...**

alison@activedonegal.com  
074 9116078

HEALTHY DONEGAL  
COILLTE  
LCDC

**BALANCEABILITY**  
100% Fun to Ride

Donegal Sports Partnership  
SPORT IRELAND

**Fully INCLUSIVE**

**PARENTS...Have you some extra time on your hands these days?**

Want to teach your child to Ride a Bike...but need a little help?

Our fully qualified tutors are here to help!

- 4 week programme (3x30 minute sessions each week)
- FREE Resource pack
- Step-by-Step video instruction
- Easy to follow

**Learning to ride a bike is one of life's milestones...**

3yrs+

To register on this FREE course, please use the link below to complete our booking form, or alternatively you can contact us

by email: karen@activedonegal.com  
or calling 087-7376537

HEALTHY DONEGAL  
SPORT IRELAND

Community, Club Coaches, Leaders & Teachers - Coaching Children & Coaching Girls in Sport

**Module 1:** Coaching Children Successfully in Sport - An Introduction for Coaches

**Module 2:** Child-Centred Coaching - Understanding Child Development & Learning and its Impact on How We Coach

**Module 3:** Developing Physical Literacy through Sport 1 - Coaching Children to Move

**Module 4:** Developing Physical Literacy through Sport 2 - Coaching Children to Think

**Coaching Girls in Sport**  
Retention, Psycho-Social Needs, Coach-Athlete Relationships, Communication and Body Image.

**COURSE DETAILS**  
Sport Ireland Coaching - Coaching Children Modules  
Tues 9th, Thurs 11th, Tues 15th, Thurs 18th, Tues 23rd, Thurs 25th November 2021 @ 7-9pm via Zoom  
Sport Ireland Coaching - Coaching Girls in Sport  
Tues 30th Nov & Thurs 2nd Dec @ 7-8.30pm via Zoom  
**DELIVERY:** Via Zoom  
**COST:** €20 for Coaching Children, €5 Euro for Coaching Teenage Girls or both for €25+ booking fee  
**REGISTRATION:** [https://docs.google.com/forms/d/1y5PKVim12TJ73wey\\_mO-DW9FD2IF4cVUR0D3RES-xa/edit](https://docs.google.com/forms/d/1y5PKVim12TJ73wey_mO-DW9FD2IF4cVUR0D3RES-xa/edit)  
**More Information**  
maggie@activedonegal.com 086 6069377

Donegal Sports Partnership  
SPORT IRELAND  
COACHING CHILDREN  
COACHING GIRLS IN SPORT

Donegal Sports Partnership  
SPORT IRELAND

**CPR/Defibrillator Awareness Session**

**Sport Coaches, Mentors & Officials**

**Date:** Tuesday 13th July 2020  
**Time:** 7-8.30pm  
**Cost:** €5.00 (+Booking Fee)  
**Registration:** Eventbrite  
<https://defibrillatorworkshop.eventbrite.co.uk>  
**Contact:** maggie@activedonegal.com 086 6069377

Donegal Sports Partnership  
SPORT IRELAND

**LET'S GET BACK TO SPORT**

**FUNDING OPPORTUNITIES**

**1. COACHING AND VOLUNTEERING SUPPORT FUND**  
Individuals, Sports Clubs or Community Organisations including Disability Organisations may make an application to receive support funding to develop their coaching and volunteering capacity in order to support the delivery of sport and physical activity within their community  
Funding range €100 - €500

**2. RETURN TO SPORT COMMUNITY DEVELOPMENT FUND - SPORT & PHYSICAL ACTIVITY**  
This round of funding is to support community & disability groups in developing action plans to provide opportunities for participation in sport and physical activity  
Funding range €1,000 - €4,000

**3. RETURN TO SPORT - SPORTS CLUB DEVELOPMENT FUND**  
This fund is open to sports clubs affiliated to their National Governing Body of Sport and is available to support the impact of Covid-19 on community sport.  
Funding range is €300 - €1,500

Funding portals open:  
27th October 2021  
Closing date:  
25th November 2021

Further information and registration details available via [www.activedonegal.com](http://www.activedonegal.com) or via email [info@activedonegal.com](mailto:info@activedonegal.com)

SPORT IRELAND  
LOCAL SPORTS INITIATIVE

Donegal Bay  
INCLUSIVE SPORTS HUB

in partnership with  
**ROSSNOWLAGH SURF SCHOOL**

are hosting  
**Stand Up Paddle (SUP) sessions**

**STARTS Wednesday 26th May @ 6pm**

- Children with an intellectual disability or autism spectrum disorder (ASD).
- Age 8-17 years old
- Lakeside Centre Ballyshannon
- Cost €40 for four weekly sessions (Sessions are 45 minutes in duration)

**BOOK ONLINE AT:**  
<https://supsessionsmay2021.eventbrite.ie>

FOR FURTHER DETAILS CONTACT MARTIN  
087 381 9314  
martin@activedonegal.com

SPORT IRELAND  
Donegal Sports Partnership  
ROSSNOWLAGH SURF SCHOOL

Donegal Bay  
INCLUSIVE SPORTS HUB

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are hosting  
**Kayak Sessions**

Suitable for children with an intellectual disability or autism spectrum disorder (ASD).

**STARTS Wednesday 23rd June**

**VENUE** Lakeside Centre Ballyshannon  
**TIME** 6pm (sessions last 45 minutes)  
**COST** €40 for 4 weeks  
**BOOK ONLINE AT:**  
<https://kayakingjune2021.eventbrite.co.uk>

**FOR FURTHER DETAILS CONTACT MARTIN**  
087 381 9314  
martin@activedonegal.com

SPORT IRELAND  
Donegal Sports Partnership  
ROSSNOWLAGH SURF SCHOOL

Donegal Sports Partnership  
SPORT IRELAND

**30 FOR 30**

**ACTIVITY CHALLENGE FOR EVERYONE!**  
encouraging 30 minutes of physical activity at least 5 days per week

**CHOOSE AN ACTIVITY OF YOUR CHOICE**  
Home exercise, circuits, aerobics, walking, pilates, yoga, indoor cycling. Remember you can only exercise within 5km of your home!

**ARE YOU STRUGGLING TO GET MOTIVATED?**  
Why not join our ONLINE FACEBOOK challenge?

**30 days, 30 ways to get ACTIVE**

Join our dedicated Facebook Group which will contain videos, challenges & lots of tips for activity. Please ensure adherence to Covid-19 restrictions

**Booking:** <https://dsp30for30.eventbrite.ie>  
info@activedonegal.com 074 91 10678

HEALTHY DONEGAL  
SPORT IRELAND



# THANKS TO ALL FOR SUPPORTING DONEGAL SPORTS PARTNERSHIP





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## Donegal Sports Partnership

Donegal Local Sports Partnership CLG,  
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