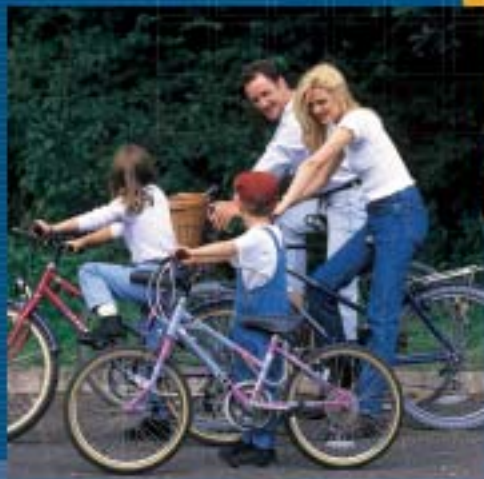


Sport and Recreation Action Plan 2004 - 2005







Action Area 2 - Developing Club Sport

Overall Aim

The overall aim is to provide support to sports clubs in the areas of information, facilities, leadership and promotion/marketing.

Rationale

There are 345 registered sports clubs in County Limerick. Clubs provide people with a wide variety of opportunities to compete in competitive team and individual sports. The County Limerick Local Sports Partnership aims to support clubs in continuing to provide an extensive range of sporting choice.

There are 34,000 people with a learning disability in Ireland of which only 8,000 participate in the year round Special Olympics Ireland programme. The aim of Special Olympics Ireland is to double the numbers participating to 16,000. County Limerick LSP will work in partnership with Special Olympics to achieve this.

Achievements to Date

- In October 2003, Limerick County Development Board held elections for a County Limerick Sports Forum (CLSF) executive.
- Provision of two Sports Capital Grant Seminars.
- Organised Code of Ethics Workshop for Sports Clubs.
- Establishment of Sports Website – www.cllsp.ie

Key Needs	Actions	Lead Agencies / Others
Assistance for clubs to develop Club Plans including facilities management, leadership, fundraising and promotion and marketing.	<ul style="list-style-type: none"> • Deliver <i>Developing a Club Plan/Turf Management Workshop</i> for sports clubs. • Deliver a <i>Sports Capital Grant Scheme 2005</i> Information Seminar. • Provide two training workshops for sports clubs to meet the needs identified by the Sports Forum Executive. • Facilitate 2/3 meetings of the Sports Forum. 	CDB/VEC
Increased participation of people with disabilities in sport and physical activity	<ul style="list-style-type: none"> • Work in partnership with Special Olympics Ireland (SOI) to increase the opportunities for people with a learning disability to participate in sport and physical activity. • Administer the Irish Sports Council Sport for Young People Grant Scheme to ensure that the participation of disadvantaged young people is prioritised. • Train a number of youth / sport / community leaders to deliver the Sport for All Programme of the ISC. 	CDB/VEC/SOI CLSF/VEC VEC/LYS /ISC

“ The overall aim is to provide support to sports clubs in the areas of information, facilities, leadership and promotion/marketing ”

Action Area 1 - Communities in Motion

Overall Aim

The overall aim of the *Communities in Motion Action Plan* is to increase physical activity levels in local communities. This initiative was successfully piloted in three locations in 2003/2004; Cappamore, Croom and Newcastle West resulting in an increase in physical activity participation by older people, toddlers and middle-aged adults.

Physical activity is enjoyed at all levels and strengthens a person's body, sharpens minds and brings people together. Participation rates show that 22% of adults in Ireland are completely inactive. Walking is the most popular activity with 60% participation, however only 25% are walking often enough and vigorously enough to meet physical activity standards.

Background / Rationale

The rationale for our *Communities in Motion Action Plan* includes the need to:

- Increase the level of physical activity
- Build community capacity

Achievements to Date

Older People

- Physical Activity Leadership Training provided for leaders from the three communities.
- Leaders have been awarded Special Sports Awards from County Limerick VEC.
- *Older People on the Move* groups are meeting once a week for Winter and Spring Activity Programmes with approximately 20/30 people participating.
- Inter Community Activity Fest between Cappamore, Croom and Newcastle West held in University Arena.
- Obtained grant aid from Go for Life
- Obtained grant aid from TLG for Cappamore and from BDL for Croom.

Parents & Toddlers

- Fit TOTs workshops delivered in each of the three communities.
- Parent and Toddler sub-groups have been established.
- HSE *Get Fit* video produced for parents as an aid to encouraging appropriate physical activity for toddlers.
- Obtained grant aid from Katherine Howard Foundation.

Walking

- Walking workshops held in each of the three communities.
- A number of leaders from the three communities have been trained as Irish Heart Foundation Sli na Slainte Walking Leaders.
- Irish Heart Foundation World Heart Day walks were organised in each of the three communities.

Key Needs	Actions	Lead Agencies/Others
<p>Provision of support to the three existing <i>Communities in Motion</i> in: Cappamore Croom Newcastle West</p> <p>Expansion of <i>Communities in Motion</i> in three new locations: Askeaton Bruff Pallasgreen</p> <p>Examine the need for Go For Life Physical Activity Leaders (PAL) in other parts of the county.</p>	<p>Older People on the Move</p> <ul style="list-style-type: none"> • Facilitate a 3hr <i>Winter Activity Programme Development Forum</i> for leaders from each of three existing communities. • Facilitate <i>Communities in Motion</i> Information Seminar in each of three new communities. • Support the attendance of one PAL at the Go for Life National Tutor Training Programme. This will enable them to: <ul style="list-style-type: none"> ✓ deliver standard Go for Life presentations to other clubs/groups ✓ mentor other groups/leaders in the promotion of the Go for Life <i>Social Sports</i> • Deliver (with another approved Go for Life Trainer) a PALs Training Programme for leaders from each of the three existing communities and three new communities. This will enable each of the six communities to plan and deliver a 10-week Winter & Spring Activity Programme based around the themes of: <ul style="list-style-type: none"> ✓ Exercise for Fitness ✓ Leisure Bowling ✓ Walking for Pleasure ✓ Bats & Rackets ✓ Dancing • Funding - <ul style="list-style-type: none"> ✓ Secure Go for Life funding for Older People Groups. ✓ Secure Katherine Howard Foundation funding <p>Active Toddlers</p> <ul style="list-style-type: none"> • Provide a workshop on promoting physical activity for childcare providers who will then deliver one workshop for parents who use their services. • Deliver a Fit TOTs Workshop for parents of 1-3yr old children (Basic Motor Skills) and 3-5yr old children (Advanced Motor Skills) in each of the three new communities based on the recently developed Health Service Executive <i>Get Fit</i> video. Participation will be open to members of the County Limerick Parent and Toddler Network. • Develop workbook for parents / caregivers in relation to activity slots for toddlers. <p>Walking</p> <ul style="list-style-type: none"> • Support the attendance of potential leaders from each of the three new communities at the Irish Heart Foundation's Sli na Slainte Walking Leaders Training Course. • Facilitate a day-long <i>Developing a Community Walking Programme</i> Workshop for key personnel (trained Walking Leaders, community development organisations, Health Board, etc.) from each of the six communities. Each community will deliver a walking calendar for 2005 to include elements such as walking programmes, special events, route creation, club development, leader training, etc. • Hold walking workshops in the three new communities. 	<p>CDB / VEC / HSE / BDL / WLR / TLG / LYS / GS</p>



'Working together for a better future'

Introduction

The County Limerick Local Sports Partnership Steering Group has been operating since July 2001, to support community and voluntary efforts in the development of sporting and recreational activities. The Group has developed a Strategic Plan for Sport and Recreation in the County and resulting from this published its first Action Plan in April 2003. This is the second Action Plan for the period Autumn 2004/2005.

Participating Agencies

The participating agencies are:

- Limerick County Development Board (LCDB)
- County of Limerick Vocational Education Committee (COLVEC)
- Limerick County Council (LCC)
- Health Service Executive (HSE) (Mid-Western Area)
- Ballyhoura Development Limited (BDL)
- West Limerick Resources Limited (WLR)
- Tipperary LEADER Group (TLG)
- Limerick Youth Services (LYS)
- An Garda Síochána (GS)
- Shannon Development (SD)
- FÁS - the Training Authority (FÁS)

Our Vision

Our vision is of a County where all residents and visitors are provided with the opportunity and encouragement to participate in a form of sport regardless of age, ability, social or economic circumstances.

Our Key Principles

Our key principles include:

- Involvement of local communities.
- A clear focus on social inclusion.
- A recognition of the importance of participation by all interests.
- A commitment to ongoing feedback to the wide range of sports clubs, voluntary organisations and agencies represented on the partnership.
- An appreciation of the necessity for ongoing voluntary effort in sports development.
- Ongoing monitoring and evaluation of initiatives.



*“ Our vision is of a County where
all residents and visitors are provided with the opportunity and encouragement to participate
in a form of sport regardless of age, ability, social or economic circumstances. ”*