



ANNUAL REPORT

2019



Sligo Sport and Recreation Partnership, Mayo Sligo Leitrim ETB, Quay Street, Sligo
Company No: 360763

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Message: Chairperson/ Sports Co-ordinator

We are delighted to introduce Sligo Sport and Recreation Partnership's Annual Report 2019.

The report reflects highlights of key programmes, events and services facilitated throughout the year.

SSRP's Strategic Plan 'Building a Culture of Sport and Physical Activity in Sligo 2018 – 2023' informed our work in 2019 while nationally we were guided by the National Sports Policy 2018-2027, Sport Ireland's Participation Strategy and the National Physical Activity Plan.

In 2019 SSRP continued to work towards facilitating opportunities for sport and physical activity, building capacity, facilitating strong sporting organisations, providing information and increasing facility usage.

Working in collaboration with the many volunteers in sports clubs and community organisations throughout County Sligo is fundamental in enabling us to facilitate opportunities for participation in sport and physical activity and we wish to acknowledge everybody who supported SSRP in making sport and physical activity happen for various target groups.

We extend thanks to the statutory agencies for their ongoing investment and support for SSRP including Sligo County Council, the Health Service Executive West, Mayo Sligo Leitrim ETB, IT Sligo and Sligo Leader Partnership Company. Also, we would like to acknowledge Sport Ireland for their support and guidance.

Finally, we wish to express our appreciation to the Board of Directors, the Executive Working Group, and the Staff of SSRP for their quality of work, commitment and dedication to the Partnership.

The key outcome sought from the work of SSRP is to have 'More People, More Active, More Often' and this report reflects significant progress in achieving this through positive collaboration with all our stakeholders.

Emer Concannon, Chairperson SSRP

Deirdre Lavin, Sports Co-ordinator SSRP

Key Achievements



With our Partners our Key Achievements for 2019 include:

15,314 participants

in sport and physical activity (including 9,184 participants from disadvantaged communities)



829

Women in Sport participants (545 adults /284 teenage girls)



5,017

children in 151 Youth Sport extra curricular sports programmes



1,630

participants involved in 2 Community Sports Hubs



981

participants taking part in the Urban Outdoor Adventure Initiative



605

participants involved in the Sports Inclusion Disability Project



134

participants from Traveller and new communities engaged



346 Coaches/ Volunteers supported in Education/ Training

192 participants involved in Safeguarding training



2,332 participants in **29** Sports Clubs/Community Organisations benefitted from Club Development and Special Project funding

139 different Partners engaged with across Hub/ SIDO/ Youth Sport/ Urban Outdoor initiatives

27 NGBs engaged to facilitate participation initiatives

Social Media Followers
6,718 Facebook
1,245 Instagram
214 twitter

*Sport & Recreation:
A Way of Life
in Sligo*

Section 1 Organisational Purpose

The aim of Sligo Sport and Recreation Partnership (SSRP) is to work in collaboration with key statutory, sporting and community organisations to increase participation in sport and physical activity throughout County Sligo. This work is guided by the current strategic plan '*Building a Culture of Sport and Physical Activity in Sligo 2018-2023*'.



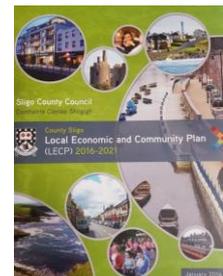
Strategic Plan Implementation

SSRP's Operational Plan for 2019 focussed on the delivery of the four Strategic Plan goals:

- Increase Participation
- Build Capacity
- Enhance Communication
- Strengthen the Organisation

In 2019 SSRP focussed on supporting and enabling key target groups to participate in sport and physical activity.

The work of SSRP is also influenced by key national and local strategies:



Section 2: Structure, Management and Governance

Sligo Sport and Recreation Partnership is managed by a Board of Directors. The Board of Directors is representative of all the major stakeholders in the sports sector.

The Board of Directors of SSRP underwent a renewal process in 2019 with the Board composition reflected below:

Organisation	Up to 30/04/2019	01/05/2019 onwards
Sports Clubs/Organisations	Ms. Kathleen Kane Mr. Paul Hynes Ms. Aisling Lupton Mr. Keith Henry Ms. Maire Mc Callion	Ms. Kathleen Kane Ms. Maire Mc Callion Mr. Tommy Cradock Mr. Gerald O Connor Ms. Tina Beirne
Community and Voluntary Sector: - Sligo Community Forum/ PPN - Disability - Active Age	Mr. Michael Connolly Mr. Joe Mc Donagh Ms. Mairead Connolly	Mr. Joe Mc Donagh Ms. Mairead Connolly Ms. Geraldine Delorey
Sligo County Council	Mr. Michael Carty Ms. Emer Concannon Cllr. Dara Mulvey Cllr. Marie Casserly Cllr. Paul Taylor	Mr. Michael Carty Ms. Emer Concannon Cllr. Marie Casserly Cllr. Donal Gilroy Cllr. Gino O' Boyle
Health Service Executive	Cara O' Neill	Cara O' Neill
Mayo Sligo Leitrim ETB	Mr. Jack Lynch Cllr. Margaret Gormley (deceased 05/04/19)	Mr. Jack Lynch (<i>Second seat to be filled</i>)
Institute of Technology, Sligo	Mr. Kerry Larkin	Mr. Kerry Larkin
Sligo Leader Partnership Co. Ltd	Mr. Aiden Tighe	Mr. Aiden Tighe

Board Representation



We extend our thanks and gratitude to Ms. Maire Mc Callion who stepped down as Chairperson of SSRP at the Annual General Meeting on 12th June 2019 and acknowledge her commitment and leadership while in the role. Ms Emer Concannon was the newly elected Chairperson and we thank her for her service.

Board Meetings

Five Board meetings took place during 2019. Meetings took place on 20th February 2019/ 1st May 2019/ 12th June 2019 (Board meeting and AGM)/ 9th October 2019/ 27th November 2019.

Annual General Meeting

The Annual General Meeting took place on 12th June 2019.

In accordance with the company's Articles of Association, the Chairperson proposed the retirement of one third of the directors of the company. The incoming Board included six newly appointed directors.

Election of Officers:

- Chairperson: Ms. Emer Concannon
- Company Secretary: Mr. Jack Lynch
- Treasurer: Ms. Deirdre Lavin

Election of the Vice-Chairperson was deferred at the time with Cllr Marie Casserly elected at a subsequent Board meeting on 9th October 2019.

The re-appointment of Company Auditors, Mulhern Leonard & Co was approved.

Company Accounts:

The 2018 Annual Audited Accounts of Sligo Sport and Recreation Partnership which were presented by the company auditors Mulhern Leonard & Co. at the AGM on 12th June 2019 were formally adopted by the Board of Directors.

Executive Working Group

The Executive Working Group, a sub-section of the Board of Directors, supports the Co-ordinator and the Board regarding policy initiation, monitoring of operational plans and Finance/ Human Resource support. The Executive Working Group met on six occasions over the course of 2019 as follows:

12th February 2019/ 22nd March 2019/ 8th April 2019/ 6th June 2019/ 4th October 2019/ 2nd November 2019

SSRP Sub Groups:

The SSRP Board assigned the Finance and Human Resource function to the SSRP Executive Working Group with a Terms of Reference approved and the group continued to fulfil this role throughout 2019.

A Case Management Committee for Garda Vetting continued to be operational in 2019.

SSRP Staff:

Sports Co-ordinator:	Deirdre Lavin
Sports Administrator:	Andrea Davey
Sports Inclusion Development Officer:	Shane Hayes
Sports Development Officer:	Diane Middleton Cox
Sports Development Officer:	Theresa Kilgannon
Sports Development Officer:	Denise Mc Dermott



Governance Standards

In 2019 SSRP continued to work towards compliance with the Code of Governance for Community and Voluntary Organisations.

Section 3: Objectives, Achievements and Performance

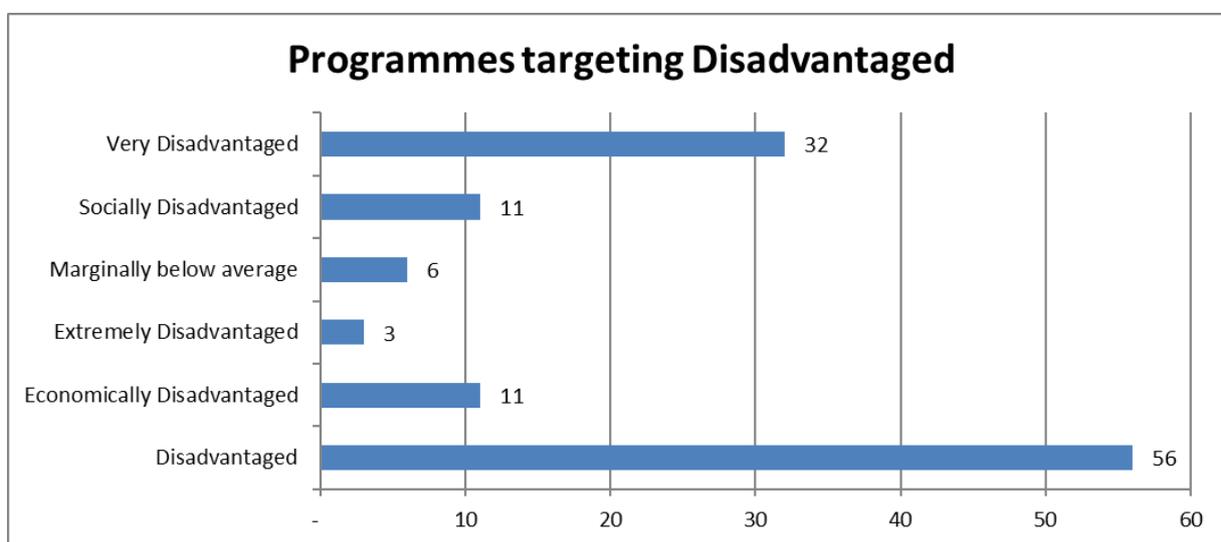
Goal 1: Increase Participation Co-ordinate and facilitate a diverse range of sport and physical activity for all members of the community

This section of the report details some of the key achievements and outputs delivered in 2019 under the various objectives linked to Goal 1.

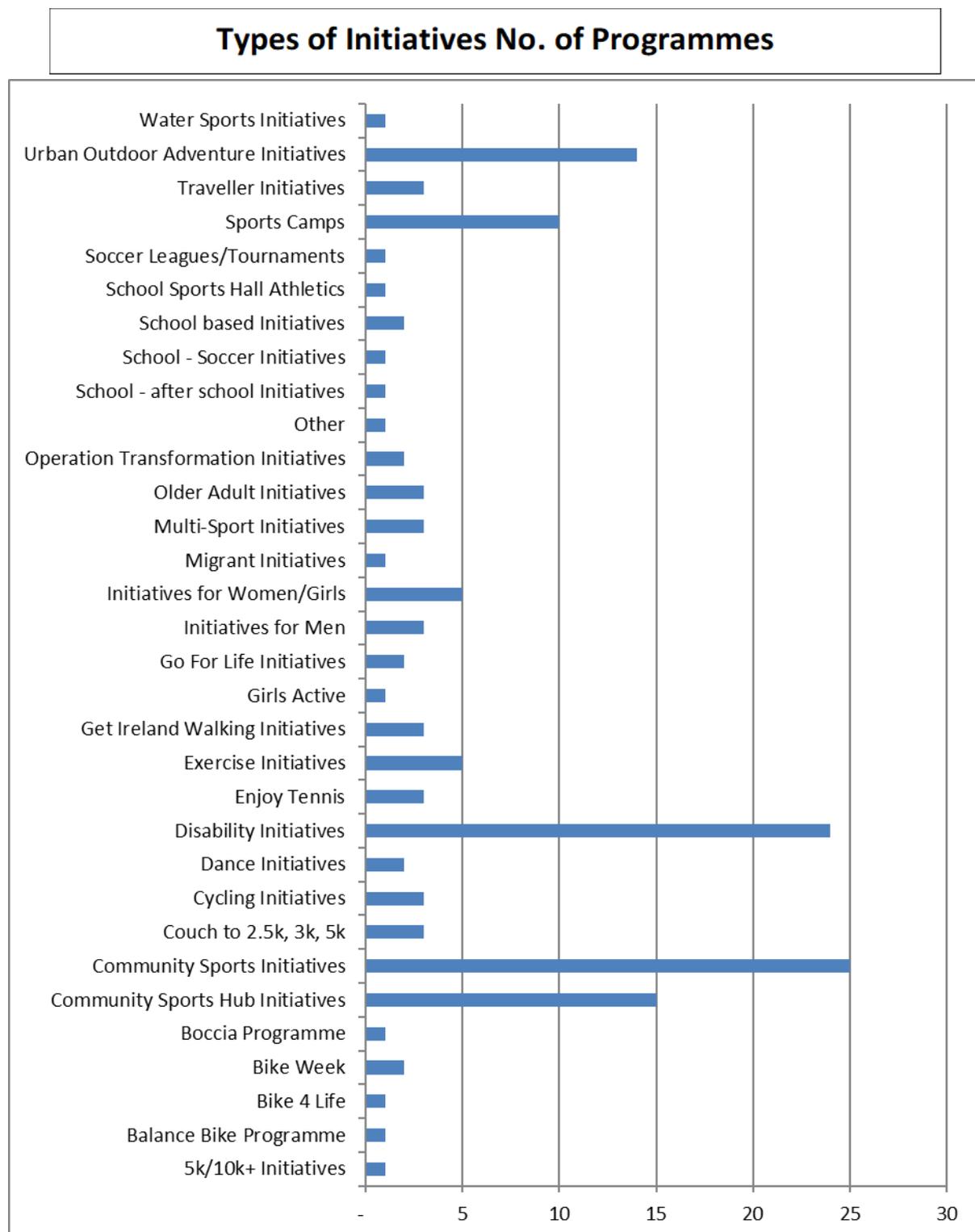
Data analysis by Sport Ireland based on information submitted through the operational plan report by SSRP indicates the following:

Source: Sport Ireland 2019 LSP Data	Type of courses/initiatives	Number of participants
Sligo Sport and Recreation Partnership	144	15,314

Engaging disadvantaged communities in sport and physical activity was a priority for SSRP. An overview of programmes targeting various levels of disadvantage is reflected in the diagram below:



An overview of the types of participation initiatives and linked programmes is reflected in the diagram below:



Objective 1.1: Co-ordinate and promote, a diverse range of sport and physical activity programmes for lifelong participation with a focus on low participation groups

A sample of SSRP projects which addressed Objective 1.1 included:

Get Rowing for Men

2019 saw an exciting new Men's only Indoor Rowing Fitness Programme piloted through the Sligo County Council LCDC Healthy Ireland initiative in two rural communities of Sligo, Geevagh and Ballintogher. SSRP guided by Rowing Ireland and in partnership with CLASP (Community Lough Arrow Social Project) facilitated the programme in both sites, with assistance from local GAA Clubs St. Michaels Ballintogher and Geevagh GAA Club and local community groups. The classes filled to capacity at the registration evening with 54 men signed up. The programme, designed to offer a fun and social workout, really appealed to the men with one participant stating *"The rowing sold it for me, something different"*

Participant feedback was very positive with one man stating *"The programme was fantastic, the structure, meeting my neighbours. I haven't trained physically for about 20 years so I said I'd give it a go and I really really enjoyed it."*

After the initial 8 week programme the class was extended for an additional 6 week programme with repeat programmes ongoing during the year.



Couch to 5k

Shamrock Gaels GAA Club through their Healthy Club initiative were supported in hosting a Couch to 5k programme at Riverstown Park. The Couch to 5k programme is an 8 week programme led by a qualified instructor and aimed at encouraging and motivating people to take them from the 'Couch' to doing a 5km in 8 weeks, as well as bringing people together from the wider community to make friends, have fun and improve their overall health. 30 participants took part.

One participant summed it up by saying *"With good company, encouragement and motivation you can do anything you never thought you could. Really, really enjoyed this whole experience and hope I can keep it up."*

Cycling

Two Childrens Community Cycling programmes took place in Enniscrone and Coolaney and proved extremely popular among the local children with sessions fully booked out. In Enniscrone SSRP linked with West Sligo FRC and hosted a 4 week Saturday cycling programme with 42 children in attendance. In Coolaney SSRP linked with Coolaney Development Company and North West Mountain Bike Club to host a Cycling camp over the Easter school holidays and saw 36 children taking part. The Cycling workshops were organised for children aged 4 to 12 years as part of the Sligo County Council LCDL Healthy Ireland initiative.



Mens Triathlon

SSRP supported Sligo Triathlon Club to host its 5th annual Men's 'Try-a-Tri' event in the Sligo Regional Sports Centre. 31 inactive men signed up to receive coaching twice weekly in swim, bike and running prior to the final event. The aim was to get men active and to introduce them to a new activity, whether this was one discipline of the Triathlon or bringing all three together. The Club Coach said *"Putting it simply it's about the lads getting moving one length, one step and one pedal stroke at a time"*. 25 of the 31 men who started the programme completed the short distance Triathlon event. This comprised of a 250m swim followed by 10k on the bike and finished with a 3.5k run.

Participant feedback was positive including:

"I found it a very worthwhile programme and the mental health benefits were more surprising than I thought. Always feel so good after a training session, even though it can be tough during it. It's a great programme to get men over 30 active, some in sports for the first time, it was a group effort during the initiative and everyone was supportive of each other, people that were stronger at some disciplines always helped and encouraged those lacking in confidence. I think it's invaluable for men to give awareness of mental health and to have an outlet like sports."



Supporting Minority Groups to Get Swimming

Get Ireland Swimming is a Swim Ireland participation initiative which SSRP is delighted to link with as a partner to deliver local initiatives including a new beginner programme with Sligo Traveller Support Group at the Sligo Regional Sports Centre. This programme empowered and inspired 5 women from the Travelling Community to challenge themselves on their own personal journey of learning to swim.



Bringing Yoga to the Northside Community

After a successful introduction to chair-based Yoga at a Vintage Years Come & Try session at the Sligo Northside Community Centre, SSRP supported the centre to pilot a new weekly programme designed to help people access Yoga. The programme focussed on the abilities of all 24 individual participants.



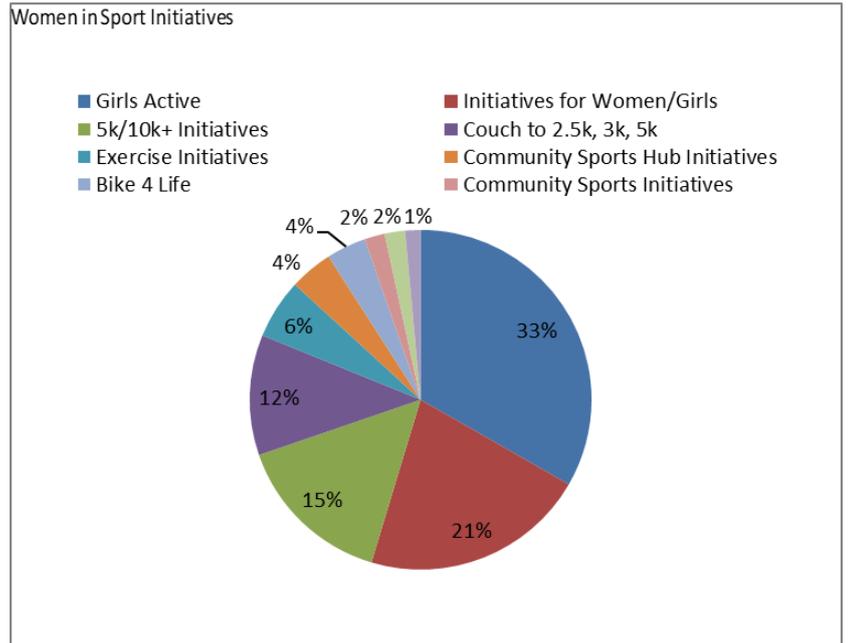
Multi Fit Classes

Geevagh Resource Centre linked with SSRP to pilot a Womens Multi Fitness Class, which proved successful with nearly 40 women taking part each week. Creating opportunities for physical activity in rural areas like Geevagh is a priority for SSRP. The local community organisations who host the programmes play a central role in recruiting participants and providing facilities.

Women in Sport

Women in Sport Policy

SSRP welcomed the launch of the Sport Ireland Women in Sport Policy in 2019 which seeks to build on the significant work that has already been undertaken in this area within the sport sector to date, recognising the opportunity to make a significant impact on the lives of women through their involvement in sport. Coaching & Officiating, Active Participation, Leadership & Governance and Visibility are the four key target areas that will be addressed by the new Women in Sport Policy.



Volunteer of the Year Award for Sligo Woman

In 2019 Sligo Sport and Recreation Partnership acknowledged Kate Hawney on her richly deserved Triathlon Ireland Volunteer of the Year Award. Kate has been instrumental in facilitating the Women in Sport 'Try a Tri' for the past 9 years. Throughout this time she has enabled hundreds of inactive women of all ages who could only dream of doing a 'Try a Tri' to make it a reality by being with them to encourage and support them along the way, building their confidence and most importantly giving them a lifelong love for physical activity.



A sample of some of the Women in Sport initiatives for 2019 are outlined below:



Womens 5K Series

As part of our Women in Sport programme which aims to encourage women of all ages and abilities to become more physically active, Sligo Sport and Recreation Partnership has developed the Womens 5K Series as one of its flagship Women in Sport initiatives with 161 participant places facilitated throughout the Series. Sponsored by SuperValu, the Series targeted females of all fitness levels and offered participants the opportunity to walk, jog or run the 5K distance at each of 3 events held at various locations around County Sligo over 3 weeks.

Try a Tri for Women



Sligo Triathlon Club, with support from Sligo Sport and Recreation Partnership and the Women in Sport initiative held its ninth annual Try-a-Tri event at the Sligo Regional Sports Centre in October 2019. The event was the culmination of a 6 week programme aimed at people who are new to the sport of Triathlon and included a series of land and water based coaching sessions led by Triathlon Ireland qualified coaches. The event comprised of a 250 metre pool swim followed by a 10k cycle and a 4k run. As has been the case with previous Try-

a-Tri events, demand was high for places on the ladies programme with a total of 38 women taking part. The Try-a-Tri initiative has proved to be a great way for people to become involved in sport, for those have never participated before and those who may have drifted away from sport over recent years. The event provides a pathway into club participation.

Womens Tour of Lough Gill



The annual Womens Tour of Lough Gill cycle took place with 52 women taking to their bikes. Participants had the option of the 40km leisure cycle or the new longer 65km leisure cycle. The cycle is designed for leisure cyclists and focused on newcomers to the sport. The event was hosted by Innisfree Wheelers Cycling Club with support from SSRP under the Women in Sport programme. In the build up to this event a Bike for Life 6 week beginner cycling programme was delivered. August and September saw 31 participants take part in the Bike for Life programmes and many of the participants went on to take part in the Ladies Tour of Lough Gill cycle.

Women on Water

A Women on Water Sailing programmes was facilitated involving 10 female participants new to the sport of Sailing.



Sport and Inclusion

The Sports Inclusion Disability (SIDO) Project facilitated by Sligo Sport and Recreation Partnership continued to expand and progress in 2019. Building an inclusive culture in sport and physical activity for people with disabilities throughout County Sligo is the fundamental aim of the project, ensuring that people with a disability are given the opportunity to participate in a sport or physical activity of their choice in an enjoyable and meaningful way.



Disability Sports Charter



As part of its continued commitment to create and deliver quality physical activity opportunities for people with disabilities throughout County Sligo, Sligo Sport and Recreation Partnership (SSRP) signed up to the new Sport Inclusion Disability Charter in 2019. The Charter, developed by the CARA Adapted Physical Activity Centre in partnership with Sport

Ireland clearly outlines the key areas that organisations should consider to make active and healthy lifestyles possible for people with disabilities. These include being open and understanding of all people with disabilities, developing and delivering inclusive activities, promoting the inclusive nature of SSRP activities and accessing training for staff and volunteers to facilitate the inclusion of people with disabilities. The final area focuses on reviewing facilities, venues and equipment to ensure opportunities are fully accessible to people with disabilities. By signing up, SSRP becomes part of Ireland's first ever Charter specific to people with disabilities in sport and physical activity, strengthening and expanding their reach and responsibilities in getting people with disabilities in the local community more active.



A sample of SSRP Disability Inclusion projects in 2019 included:

Trishaw Initiative

SSRP in conjunction with St John's Community Hospital, Sligo County Council (LCDC) and the HSE West worked in partnership to provide residents from the hospital with the opportunity to experience cycling, thereby feeling the 'wind in their hair' and enjoying the outdoors. SSRP purchased a Trishaw through LCDC Healthy Ireland funding and local community volunteers from the Innisfree Wheelers Cycling Club came on board to act as pilots and facilitate weekly spins for the residents of St John's Hospital. The Trishaw Initiative was officially launched by Mayor Cllr. Gino O'Boyle in July 2019.

Minister for Transport, Tourism and Sport visits the 'Enjoy Tennis' programme



'Enjoy Tennis' is a Tennis programme established by Tennis Ireland for players with a disability to learn and enjoy playing Tennis in clubs around the county. In Sligo, SSRP and Sligo Tennis Club have teamed up with Tennis Ireland to develop both Blind Tennis and Intellectual Disability (ID) Tennis programmes. Both programmes run on a weekly basis with the club providing facilities under the guidance of a qualified Tennis coach. The adult and children's ID sessions are proving very popular with local participants and the aim is to establish a sustained club based inclusive programme, offering the opportunity for players to become club members and develop their Tennis skills.

The Blind Tennis programme has been a tremendous success particularly for one local player Stuart Haxell, who has developed to such a degree that he is competing as the number one player in the country in his B1 category and has represented Ireland at the recent Blind Tennis World Championships held in Spain in early 2019. Stuart's achievements were recognised by Sligo Tennis Club and Minister for Transport, Tourism and Sport Shane Ross on his visit to the club in May 2019.

Xcessible Athletics

Through SSRPs Inclusive Athletics programme six local schools (St. Josephs, St. Cecilia's, Ransboro NS, Mercy Primary, St. Brendan's NS and Collooney NS)



were introduced to 8 weeks of Athletics coaching under the guidance of local 'inclusive' SSRP coaches. The 75 children involved in the programme participated in a variety of running, jumping and throwing activities designed to develop their overall Athletic ability. The various activities which included sprint, jigsaw and obstacle relays, javelin, target and ball throws and speed bounce and long jump, were practiced and worked on over the duration of the programme with the athletes involved experiencing significant improvements in their agility, balance and co-

ordination. The event brings out the best in the children participating with many of them flourishing in their physical, social and emotional development, with children from different schools integrating with one another through sports participation.

Woodlands for Health

The Woodlands for Health project was established in Spring 2019 to provide an opportunity for individuals who experience mental health challenges to walk in woodland areas around County Sligo. The programme continues to positively impact on the health and well-being of those participating. Up to 14 adults from a number of Mental Health Services in Sligo have participated in the programme of walks, led by an experienced and knowledgeable walking leader. A key aspect of the programme involves the link between SSRP and Sligo/Leitrim HSE Mental Health Occupational Therapy Department which ensures those who will most benefit from the programme can access it.



Games for All



The Games for All programme for adults and children with a disability was set up to provide a quality participation opportunity for people across a wide range of disabilities ranging from mild and moderate to severe and profound. In 2019, 15 adults and 21 children with a disability benefited from this valuable programme which takes place each Saturday morning at Sligo Regional Sports Centre. Delivered by experienced SSRP coaches and supported by a number of SSRP volunteers each week the programme involves warm-up activities, skills sessions and fun games with the focus on the participants overall sporting and physical development rather than on a specific sport, with the emphasis on fun, enjoyment and social interaction.

Surf 4 All Camp 2019

Twenty three children enjoyed the Sligo Sport and Recreation Partnership’s annual Surf4All programme which took place in July 2019 at Streedagh Beach, Grange, Co. Sligo. It was a week of sea, smiles and surf for the young people who participated in the camp, all of whom have a diagnosis of Autism Spectrum Disorder leading to different responses in areas including communication, social interactions and sensory aspects. The therapeutic effects derived from Surfing allows the participants to experience the sport of surfing in a safe, encouraging and motivating environment. The boards used are adapted so they are longer and heavier providing more stability on the water and allowing participants to achieve success during their time out on the water. The week long camp is a joint initiative between Sligo Sport and Recreation Partnership and Sligo/Leitrim Autism Services with support also provided by the Irish Surfing Association. The programme relies on the generosity of local volunteers who commit to different sessions throughout the week. In 2019 over 70 volunteers assisted with the programme.



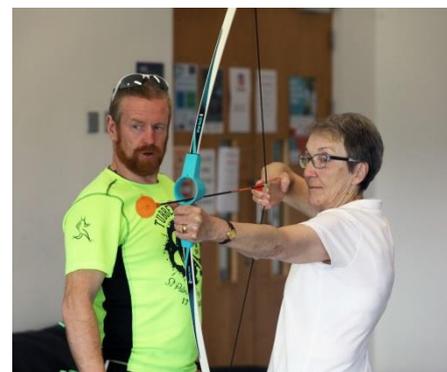
Seniors Sport

Physical activity for the older adults was facilitated through a number of initiatives in 2019.



Seniors Sports Fest 2019

The annual Seniors Sports Fest was hosted by SSRP in June 2019 to encourage older adults from Sligo to participate in and try out a range of sports and exercise opportunities in a fun and supported setting at IT Sligo under the guidance of local instructors and volunteers. The event continues to introduce many older adults to a variety of suitable physical activity options and promotes and encourages them to adopt a more active lifestyle as part of their daily living. The festival remains hugely popular with older adults in Sligo and this was evident with 120 participants from across 23 different active age groups and organisations attending on the day.



The participants were invited to try out a range of activities including Kurling, Walking, Dance, Archery, Go for Life Games and Boccia. Following the event SSRP continues to work closely with the various centres around the county to support them to involve their members in regular physical activity programmes.

Otago Programme

The Otago Falls Prevention Programme, originally developed in New Zealand, was introduced locally by the HSE West with support from SSRP to develop strength and balance in those at risk of falling. Participants were referred through the HSE West Community Physiotherapy Department and followed an initial 6 week introductory programme led by the HSE Community Physiotherapist. This was then supported by an identified local fitness provider, who also received training in the programme and facilitated a follow up 20 week programme involving 8 older adults focusing on developing the functional capacity of the older adults involved, to enable them to significantly reduce the risk of falling and to increase opportunities for older people to participate in wider society and live fuller lives.

Go for Life Games

The Go for Life Games initiative in Sligo involves collaboration between SSRP, the Health Promotion Department at IT Sligo, Sligo County Council (Age Friendly) and Go for Life. Over 40 adults from 5 local groups in Sligo participated in a Go for Life Games Tournament, which was the culmination of an initial training workshop by national Go for Life trainers for identified Physical Activity Leaders (PALs) in each group. The Go for Life programme works by empowering older people to be more active more often, a point emphasised by Mayor Cllr Rosaleen O'Grady who attended the event.



Objective 1.2: Lead and co-ordinate collaborative, sustainable and community-led approaches in the development of sport and physical activity in disadvantaged areas.

East City Community Sports Hub

The Sligo East City Community Sports Hub represents a collective of progressive community organisations, sports clubs and agencies working together to increase participation in sport and recreation in the Sligo East City area. The project focuses on growing participation by offering a range of sporting activities, engagement with community group and sport clubs, encouraging community leadership and bringing stakeholders together to plan and deliver sport in the Sligo East City area. This project is funded by Sport Ireland, Dormant Accounts and the Cranmore Regeneration Project. Below are some of the key highlights of projects delivered in the Sligo East City area. SSRP works with partner agencies including Sligo County Council, Cranmore Regeneration Office, Cranmore Co-Operative Society and the Health Services Executive to promote physical activity and health for residents of the East City area.



Beginners to Swimmers

SSRP with support from Swim Ireland linked with the Resourceful Ladies Community Group and the Sligo Regional Sports Centre to deliver Swimming lessons geared towards beginners who wanted to build their confidence in the water and learn the basics of swimming. The programme included an Aqua Aerobics taster session and follow on programme with the Sligo Park Hotel Health & Leisure Centre with 8 ladies from Cranmore Women's Group, and a beginner Swimming Lessons programme at the Sligo Regional Sports Centre with 8 from the 'Resourceful Ladies Group'. The initiative has been accessed by all abilities and has had many physical, therapeutic and mental health benefits.



Summer Soccer

Community Soccer was a great success in 2019 led by the Cranmore Co-operative Society and supported by the Abbeyquarter After-School and Resource House Project with over 50 youths enjoying a 10 week programme at Sean Fallon Pitch. The programme finished up with a fun blitz supported by Sligo Rovers players and Community Gardai, where all members received a medal of participation.

Outdoor Recreation

The Cranmore Co-operative Society hosted their first Adult Summer Camp with support from SSRP, to provide a taster session of fun outdoor activities and a men's Kayaking session introducing adults in the area to the many clubs and fun physical activity opportunities at Doorly Park.



Yoga

A new Community Yoga Programme linked with the Abbeyquarter Community Centre and the Cranmore Co-operative Society supported by SSRP was facilitated with 16 participants. The programme focused on building strength, flexibility and breath control, as well as boosting physical and mental wellbeing.

Sligo Lawn Bowls Club



Sligo Lawn Bowls Club Committee were successful under the Sports Capital programme where they received funding towards the development of a clubhouse at Cleveragh Park, which will greatly support their efforts in developing a social and safe age friendly facility for lawn bowls. The green is also full of action with various programmes and training taking place throughout 2019.

SSRP supported Sligo Lawn Bowls Club to deliver a Beginner Introductory programme and an After Work Come & Try Session attracting new players to the club. 10 club members also completed the Bowling League of Ireland's Assistant Level Coaching Course and Safeguarding 1 Child Protection Course.

Bunninadden Community Sports Hub

The Bunninadden Community Sports Hub represents a partnership approach between community organisations, sports clubs, schools and agencies working together to increase participation in sport and recreation in the Bunninadden community and surrounding localities. The project focuses on increasing participation by offering a range of sporting activities, engaging with community groups and sport clubs, encouraging community leadership and bringing organisations together to plan and deliver sport and physical activity in the Bunninadden area. The initiative is in its second year with the key focus on sport and recreational programming, club-community links, building strong organisational structures and providing education and training opportunities. This project is funded by Sport Ireland, Dormant Accounts. Below are some of the key highlights in 2019.



Celebrating Bunninadden Family Fun Day

Bunninadden celebrated their first ever Bunninadden Family Fun Day in August 2019 in Bunninadden Community Centre. The evening was attended by the various community groups and locals of all ages. The evening comprised of taster activities of all the various programmes that are ongoing in the community and activities organised by the centre through the Bunninadden Community Sports Hub initiative. A highlight of the evening was the opportunity to acknowledge Alan Taylor from Bunninadden Table Tennis Club who was awarded ‘Coach of the Year’ 2019 from Table Tennis Ireland. In the presence of a large crowd from the local community, representatives from the club, community centre and SSRP acknowledged the wonderful voluntary effort by Alan over the years to develop Table Tennis in the community with great success which includes club members representing at regional, national and international level.



Outdoor Gym

The Ballinalack Community Park Outdoor Gym was funded as part of Sligo Sport and Recreation Partnership's Bunninadden Community Sports Hub Initiative. The Outdoor Gym launch took place in August 2019 in Ballinalack Community Park, Bunninadden. The launch was celebrated by representatives from the Bunninadden Community Sports Hub Steering Committee, Ballinalack Community Park Committee members, local representatives and SSRP. The launch also included an introduction and demonstration with an SSRP coach on how to use the new Outdoor Gym equipment. The launch night marked the first session of the Outdoor Gym 6 week programme. The facility is open to the public at Ballinalack Community Park, Bunninadden.



Men's Indoor Rowing

A Mens only indoor Rowing Fitness Programme was piloted in two rural communities in Sligo under the Bunninadden Community Sports Hub initiative. The programme was designed to offer a fun and social work-out for men which really appealed to them. Rowing is a sport that was new and different, and an activity the men in Bunninadden and Tubbercurry had never tried before. It proved very popular with classes filling up in both areas.

Womens Fitness

In February 2019 SSRP piloted a new Women's Boxercise Bootcamp programme in the Bunninadden Sports & Leisure Centre which took place every Tuesday involving over 15 women. Ladies of all ages and abilities came together and really enjoyed Boxercise with an element of boot camp fitness.

A Safe Space for Cycling in Rural Community

After a successful cycling taster day for National Bike Week at Ballinalack Community Park, a 3-day Cycling Ireland Sprocket Rocket Camp was organised in August. The children learned all the skills for Cycling through fun drills and games. Ballinalack Community Park is an ideal location for children's Cycling with a safe carpark and exercise trail.



Basketball

Youth Basketball is very popular at Bunninadden Sports and Leisure Centre. In 2019 Bunninadden had a very positive response to the sport with over 70 youths involved on a weekly basis.

Objective 1.3: Provide increased opportunities for children and young people to participate in sport and physical activity.

Youth Sport West



Since 1999 when it was first established by Sligo VEC (now MSL ETB) Youth Sport West has gone from strength to strength in providing school-aged children the opportunity to participate in a range of fun sporting activities. The 2019 school year was a very busy one for the programme with over 150 extra curricular sport and physical activity programmes delivered in 18 varieties of sports and activities across 41 different schools. A total of 5,017 children (2,417 boys/2,600 girls) took part in Youth Sport West throughout the school year which was facilitated by SSRP.



SSRP SuperValu Athletics Fest

The annual SSRP SuperValu Primary Schools Athletics Fest 2019 took place in September and once again proved to be a huge success with a record number of participants enjoying a great event at the



Athletics Track at IT Sligo. Over 1,200 primary school children representing 43 primary schools from all over County Sligo took part. There were relay races, individual races and last year saw the introduction of a new field athletics event, Shot Put for both boys and girls on the day. The event has been running for 15 years and continues to grow in popularity with the focus being on participation, fun and enjoyment. The event was supported by SuperValu stores throughout County Sligo. On the day, a team of volunteers from County

Sligo Athletics Association, Athletics clubs throughout the county, and transition year students from the local secondary schools.

Girls Active



Girls Active is an extra-curricular physical activity programme for teenage girls. It is a joint initiative between the Health Services Executive North West, Sligo Sport and Recreation Partnership and Youth Sport West and aims to increase the number of teenage girls involved in long-term regular physical activity through developing more supportive environments for girls' physical activity in secondary schools.



13 secondary schools and education centres across Sligo delivered the Girls Active extra curricular programme for teenage girls at their schools with over 300 girls availing of the activities in 2019.

The annual Girls Active Activity Festival took place in March 2019 with over 200 girls from across County Sligo arriving at the IT Sligo Knocknarea Arena to participate in a range of activities including Yoga, Dance, Gym, Spinning, Boxing, Soccer, Indoor Rowing, a HIIT Class, Archery, Rugby and Martial Arts.

The programme takes the emphasis off competition in sport, which can sometimes be off-putting for girls, and places a greater emphasis on the social and health benefits of being physically active, while offering opportunities to try out different ways to get active such as Yoga, Dance, Boxercise etc. Central to the success of the programme is the Girls Active Co-ordinating teacher based in each school; they volunteer their time to organise programmes and encourage the girls to get involved in this very worthwhile and popular initiative.

Ag Súgradh le Chéile

This programme was initiated as part of the Health Service Executive North West parenting programme 'Fas le Cheile'. The aim of the programme is to encourage parents to promote active play with their children. The programme involves delivering a workshop for parents with their children that consists of a variety of activities and co-operative games including ball games, traditional games and tag games that are active, fun and enjoyable for adults and children. Nineteen Ag Súgradh le Chéile programmes involving 273 children and 264 parents/ guardians were facilitated in 2019.



Objective 1.4: Support and enable participation in community and sports facilities in the built and natural

The Urban Outdoor Adventure Initiative

The Urban Outdoor Adventure Initiative is funded through the Sport Ireland Dormant Accounts programme. The aim of the initiative is to increase the number of people in urban settings undertaking physical activity in the outdoors through adventure sports. In Sligo the initiative is enabled through the fantastic natural resources right on our door step in Sligo Town including the Garavogue River and Lough Gill to name but a few. The focus for the project in 2019 was on Rowing and Kayaking.



Supporting Women in Kayaking



A Level 2 Canoeing Ireland Kayak instructor with Sligo Kayak Club was the lead instructor for an exciting initiative for a womens initiative under the Urban Outdoor Adventure project. An energetic group of women from the Cranmore area took part in a project set up through collaboration between Sligo Sport and Recreation Partnership, Sligo Kayak Club and Cranmore Co-operative Society. After 5 sessions learning new skills including forward paddling, sweep stroke and low brace the womens kayak group culminated on 28th July 2019 with a long paddle of almost 5km. In keeping with the promotion of women in sport and the 20x20 campaign, which aims to have a 20% increase in participation by women in sport and a 20% increase in media coverage, this group is particularly significant. Not only was this the first all-womens kayak group, it was the first all-female led and supported group facilitated by Sligo Kayak Club.

School and Community Kayaking



Supported under the Urban Outdoor Adventure project the Sligo Schools Kayak Competition took place on the Garavogue River in Sligo in October 2019. This event, organised by Sligo Grammar School Kayak Club with support from SSRP, saw a record 48 participants. Students representing Sligo Grammar School, Summerhill College, Ursuline College and Sligo Community Training Centre took part in a series of Kayak races in tough paddling conditions. Presentation of medals, promising paddle award and events t-shirts, sponsored by Call of the Wild, took place afterwards at the Sligo Grammar School Kayak Clubhouse. The Alex McGourty Perpetual Boat was presented to the winning school, Sligo Grammar School.

The Sligo Urban Outdoor Adventure Initiative saw adults take to the water for an outreach kayaking programme in Tubbercurry. Three taster evenings took place on Temple House Lake preceding the 6-week course with 30 adults from the local area availing of and experiencing kayaking mostly for the first time with 16 signing up to the 6 week course which increased their basic skills for paddling on flat water.

Get Going Get Rowing Indoor Rowing for Teenagers

The first ever schools indoor 'Get Going Get Rowing' Blitz took place at Sligo Tennis Club in October. The event involved a partnership between Rowing Ireland and SSRP with 7 secondary schools taking part and 95 teenagers rowing on the day. Each team comprised of 5 rowers who took part in two events, the 2,000m row for time and a maximum distance row in 10 minutes.

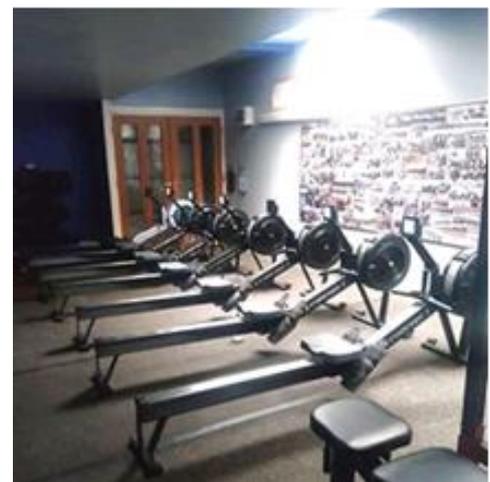


As part of the Urban Outdoor Adventure Initiative Ballinode College took part in the 'Get Going Get Rowing' Programme, a 6 week indoor rowing programme. At the end of this programme, Sligo Rowing Club hosted the students for a taste of real rowing action on the Garavogue River in their quad leisure boats. Here students got a taste of the technique, teamwork and what it takes to row on water. The PE Teacher who co ordinated the rowing remarked *"Great experience for the students. They got the chance to experience an activity not normally offered on the PE curriculum. Although they found it challenging, they enjoyed it and the team aspect of it was a great bonding experience for the group."*



New opportunity for Indoor Rowing with Sligo Rowing Club

Sligo Rowing Club initiated a highly successful Social Rowing 'Learn to Row' programme under the first phase of the Urban Outdoor Adventure Initiative. In 2019 the club expands its programme to offer winter training in their new indoor gym area fully kitted out with rowing ergometers and weights equipment. A club officer remarked: *"Our new gym facility has helped immensely by providing our rowers with a year round training area. As a consequence of the winter months and bad weather conditions, we were unable to train on the water therefore having to cancel training days. With the gym now completed it allows us to schedule training sessions no matter what the weather conditions are like. The gym is open to both competitive and social rower members of the club and has now become an integral part within the club structure."*



Objective 1.5: Facilitate a series of 'trigger events' which connect people to participation.

Bike Week 2019

Bike Week is a national week long celebration and promotion of cycling for all ages and fitness levels and the week long event took place in June 2019. Bike Week is co-ordinated locally by Sligo County Council and Sligo Sport and Recreation Partnership with support from many local cycling clubs and community organisations. The aim of Bike Week is to get people on their bikes and particularly to encourage those who are new to this form of physical activity to get involved through a range of cycling opportunities. This was done through a number of beginner friendly events including adult cycling lessons on safe bike paths, short 15km guided leisure cycles throughout the county in Mullaghmore, Ballymote and Enniscrone and an under 6's balance bike event in Coolaney delivered by Coolaney Development Company and Northwest Mountain Bike Club.

In addition, there was also a range of events for experienced cyclists including the 4 Passes Sportive organised by the Ox Mountain Cycle Club, the Ballisodare Bay Cycling Club's 80km and 55km cycles, Eire Óg Cycling Clubs Time Trail event at Rosses Point and Northwest Adventure Tours Mountain Biking taster sessions.

Throughout the week there were other novel cycling events including a lunchtime cycle, Innisfree Wheelers 'Gourmet Cycle', 'Pedal to Paddle', 'Bike to Hike' and a 'Summer Solstice' Cycle. One of the highlight events was 'Bike Orienteering', a family friendly fun event held in Cleveragh Park.



Bike Week 2019



Operation Transformation Walk 2019

There was a huge turnout of walkers from the Tubbercurry and surrounding community to support Paul Murphy the first ever RTE Operation Transformation national leader from Sligo at the Tubbercurry 5K walk which was part of the nationwide walks. Nine hundred walkers of all ages and fitness levels took part. Special guest in attendance was Dr Sumi Dunne the doctor involved in the RTE OT programme who walked the 5K alongside Paul, his family and the enthusiastic and supportive Tubbercurry community. Great community support was evident with South Sligo Athletic Club to the forefront in supporting SSRP in organising the walk.



Objective 1.6: Monitor the geographic provision of participation opportunities.

Actions delivered:

An annual Operational Plan for 2019 was developed and delivered which reflected a broad balance of programmes for all SSRP target groups across County Sligo.

An up to date Activity Register was maintained which monitored the delivery of key objectives and performance indicators within the Operational Plan including Objective 1.6.

Goal 2: Build Capacity
Assist the organisations and volunteers who provide sport and physical activity to develop and grow.

This section details some of the key achievements and outputs delivered in 2019 under the various objectives under Goal 2.

Objective 2.1: Empower sports clubs to facilitate and sustain sports participation for target groups.

Club Development

Two new club developments were supported in 2019 including Innisfree Athletics Club and North West Taekwondo Club with a total of 138 participants engaged across the two clubs.

Six clubs/ organisations received club development grants for new initiatives engaging 2,350 participants involving the sports of GAA, Martial Arts, Hockey, Sailing, Soccer and Mountain Biking.

Special Project Grant Scheme 2019

In Spring 2019, SSRP facilitated a ‘Special Project Participation Grant Scheme’ with a focus on projects which increase participation in sport and physical activity in County Sligo. The scheme involved an allocation of €15,000 to sports clubs and organisations for club development initiatives and targeted events to support the achievement of the SSRP strategic objectives. 18 projects were funded in the areas of developing water sports, sport in disadvantaged areas, club development, Sport for people with a disability and targeted summer camp initiatives.

A summary of the clubs and organisations funded are as follows:

Carrowmore Archers	Lough Arrow Rowing Club
Shuttle Stars Badminton Club	Red Hawks Basketball Club
Sligo Tennis Club	Easkey GAA Rounders
North West Stormers	Yeats County Hockey Club
Dynamo Gym Club	Co. Sligo Surf Club
St. Michaels GAA Club	County Sligo Swimming Club
Valley Rovers FC	Sligo Rowing Club
Strandhill Golf Club-Juniors	Sligo Ladies Gaelic Football Assoc.
Gateway Boxing Club	Ballinacarrow Boxing Club

Objective 2.2: Assist in the development and growth of Providers especially in the community, education and health sectors.

Extensive work was undertaken to build capacity among community settings including After School groups, Men’s Sheds. Family Resource Centres, Community Centres, Active Age Groups and Disability Groups.

Objective 2.3: Support the volunteer and coach experience through, guidance, training and education.

Coach Education

Ongoing support for volunteers and coaches through education and training opportunities continued to be a priority for SSRP in 2019 with a Club Development Programme in place, which provides grant aid assistance to personnel from sports clubs within County Sligo to undertake Club Training/ Development initiatives. 10 training requests were supported involving 101 participants involving the sports of Athletics, Badminton, Soccer, Surfing, Gymnastics, Table Tennis, Basketball and Rowing. In addition, a sample of training organised by SSRP as follows.

Badminton Ireland hosts ‘Shuttle Time’ in Sligo

Badminton Ireland delivered the ‘Shuttle Time’ Coaching Course to 23 participants in Sligo Tennis Club. The course was attended by a range of participants from Sligo Badminton Club, teachers, SSRP coaches and Special Olympics Connaught officers. All participants received the Shuttle Time Course Qualification, a free Badminton kitbag worth €500, coaching resource packs /lesson plans and free entry to the Sligo Schools Social Badminton blitz which will be taking place in early 2020. The course gave teachers the confidence to introduce their pupils to the basic skills of Badminton in a fun and exciting way.



Climbing Courses

Nine members of Sligo Climbing Club travelled to Limerick to attend Mountaineering Irelands Fundamentals of Climbing 1 and 2. The course took place at the SUAS Climbing Centre in Limerick. This training improved the knowledge and skills base for coaching climbing. This training was funded under the Sport Ireland Dormant Accounts Volunteer initiative.



Basketball

SSRP hosted an Introductory Basketball Coaching Course at Skreen Dromard Community Centre with Basketball Ireland, aiming to increase the number of qualified coaches, teachers and volunteers involved in coaching Basketball. Participants from across the County attended including Grange, Castleconnor, Coolaney, Rosses Point, Skreen and Sligo Town.

Table Tennis Roadshow inspires interest in Coach Education

Following on from the Table Tennis Road Show in December 2018, Table Tennis Ireland's Development Officer returned to Sligo in April 2019 for 2 Introductory Table Tennis Coaching Courses in 2 Sligo locations. A total of 31 participants attended over the 2 days. There were participants from all across Sligo in attendance from schools, community games, community centres, Special Olympics, Bunninadden and Sligo City Table Tennis Clubs and SSRP coaches, which is very encouraging for the development of Table Tennis in Sligo.

Coaching Children Workshop Series

Coaches from across County Sligo representing a range of sports completed the Coaching Ireland Coaching Children Workshop Series. A range of sports including Martial Arts, Swimming, Kayaking, Boxing and Athletics were represented by the 23 coaches from across County Sligo who completed the Coaching Ireland Coaching Children Workshop Series. Sligo Sport and Recreation Partnership delivered the Series through the Sligo County Council LCDC Healthy Ireland initiative. The Coaching Children Workshop Series, developed by Coaching Ireland, contains four workshops, specifically to provide coaches with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The coaches received their certificates at the presentation evening.

Disability Awareness Training opportunities included:

Building the capacity of local coaches, sports leaders, teachers and volunteers to deliver high quality, inclusive and adapted physical activity and sports sessions for people with a disability remains one of the key goals of the Sports Inclusion Disability project. The Disability Inclusion Training workshop is designed to give attendees the ideas and confidence to adapt their sessions to make them more inclusive for participants with a disability. 11 people attended the workshop in November highlighting the sustained interest and work in the area of adapted physical activity and sport in Sligo.



In addition, 61 students at IT Sligo received training in the area of Disability Awareness.

Remote Emergency Care 3 First Aid Course

In November 2019 a number of SSRP supported clubs in the sports of Kayaking, Rowing and Climbing came together to complete their REC 3 First Aid Course.

Safeguarding in Children's Sport Courses

Implementation of the Sport Ireland Safeguarding in Children's Sport programme continued to be a priority for SSRP in 2019. SSRP facilitated the 3 modules of the Safeguarding Training programme; Safeguarding 1 Awareness, Safeguarding 2 Club Children's Officer Course and Safeguarding 3 Designated Liaison Persons Course with the following training delivered in 2019:

	Safeguarding 1 Awareness	Safeguarding 2 Children's Officer	Safeguarding 3 Designated Liaison Person
No. of Courses	9	3	1
No. of Participants	140	35	17

National Coach of the Year Award for Sligo Coach

Alan Taylor from Bunninadden Table Tennis Club was awarded 'Coach of the Year 2019' from Table Tennis Ireland in June last year. This was a fantastic achievement for Alan to get the recognition for all the time and effort he puts into the Bunninadden Table Tennis Club. Alan has been involved in establishing the Table Tennis club in Bunninadden and he has brought the club from strength to strength each year with club members playing at all levels from social non-competitive to competing on the Irish team.



Objective 2.4: Develop relationships, build capacity and facilitate shared participation initiatives with a focus on minority sports NGBs.

SSRP worked in partnership with many National Governing Bodies of Sport throughout 2019. A sample of NGB engagement is outlined as follows:

Working in partnership with Gymnastic Ireland to facilitate GymABLE

The Sligo based GymABLE programme co-ordinated by SSRP and Dynamo Gym Club with support from Gymnastics Ireland has been recognised nationally as a model of good practice in providing Gymnastics opportunities for people with a disability. The programme targeted children with a range of disabilities from St. Cecilia's School and was highlighted at the National GymABLE Club Forum hosted by Gymnastics Ireland in December 2019. The forum targeted club managers, coaches and members who have an interest in developing Gymnastics programmes which are inclusive of people with a disability. The collaborative approach adopted involving SSRP, DyNamo Gym Club and Gymnastics Ireland has been very positive.



SSRP and Mountaineering Ireland working together to support Rock Climbing in Sligo



In 2019 Sligo Climbing Club was involved in a Club Development project with Mountaineering Ireland and Sligo Sport and Recreation Partnership. The initiative was funded under the Sport Ireland Dormant Accounts Volunteer Support Programme. Mountaineering Ireland's Climbing Officer and Membership Development Officer visited Sligo to meet with Sligo Climbing Club and SSRP to discuss club development plans. Arising from this the project focussed on developing the clubs structure, governance,

coach training and exploring opportunities to strengthen the club to build the sport of Climbing in Sligo. Sligo Climbing Club hosted two open days. Each day had two 'Intro to Climbing' sessions, one morning and one afternoon slot. Each slot was fully booked out and over both days, 39 adults had the opportunity to experience a fantastic day at the crag, where they received an introduction to basic climbing skills, safety for rock climbing and completed at least three climbs each. The Club organised a follow on day for beginners. The club meet regularly at local crags to participate in climbing or bouldering.

Objective 2.5: Support inclusion and a positive culture in sport and physical activity amongst commercial providers.

SSRP worked with commercial providers with a particular focus on the outdoor recreation area.

Goal 3: Enhance Communications

Promote awareness about the needs and opportunities for sport and physical activity through a shared vision and a collaborative approach

Objective 3.1: Effectively communicate the SSRP brand, role and actions.

Ongoing promotion of the SSRP brand and logo through a range of mediums took place with investment in signage and new branding materials.

Communications built into SSRP programme delivery at the programme design stage.

Objective 3.2 Manage the channels and systems of communication with SSRP's internal and external stakeholders.

Updated the SSRP website and social media on a regular basis with regular use of Twitter, Facebook and Instagram.

Produced bi annual newsletter

Submitted regular press releases to the local print media.

Regular coverage for SSRP events through Ocean FM.

Objective 3.3: Develop and strengthen the sport and physical activity network at agency and local level.

Throughout 2019 SSRP linked with Sligo County Council in relation to feedback on actions within the Local County Development Plan where SSRP were the lead agency. SSRP linked successfully with the LCDC with regard to accessing funding for initiatives under Healthy Ireland funds. In 2019 SSRP continued to support the development of Sligo as an Age Friendly County. Collaboration in relation to facility development and usage took place. SSRP linked with the Public Participation Network (PPN) and availed of the PPN structures to network and share information.

SSRP linked with both HSE Health Promotion and Primary Care to implement physical activity initiatives while strong links were fostered with the HSE Disability Department to support inclusion in programmes.

SSRP worked in partnership with statutory agencies including Mayo Sligo Leitrim ETB, the Institute of Technology and Sligo Leader Partnership Company to achieve shared objectives in the areas of capacity building and community development through sport.

National Governing Bodies of Sport, local sports clubs and community organisations are a fundamental part of the SSRP network for delivery of sporting opportunities; ongoing collaboration and communication with these groups is embedded in SSRP's approach to sports development.

Objective 3.4: Develop and monitor an effective SSRP Data Management System

SSRP Activity Register updated regularly by all staff.

Maintained a directory for Sligo sports clubs, community organisations and target groups.

Goal 4: Strengthen the Organisation:

Facilitate high standards of planning, governance and transparency in SSRP.

This section details some of the key achievements and outputs delivered in 2019 under the various objectives under Goal 4.

Objective 4.1: Provide effective leadership and operations through a strong Board and staff.

Actions included:

5 Board Meeting, 6 Executive Working Group Meetings and an Annual General Meeting held.

Conducted Board membership renewal for the Community Sector and induction process facilitated.

Policy review and development work undertaken.

Objective 4.2: Maintain and support an appropriate SSRP staff structure.

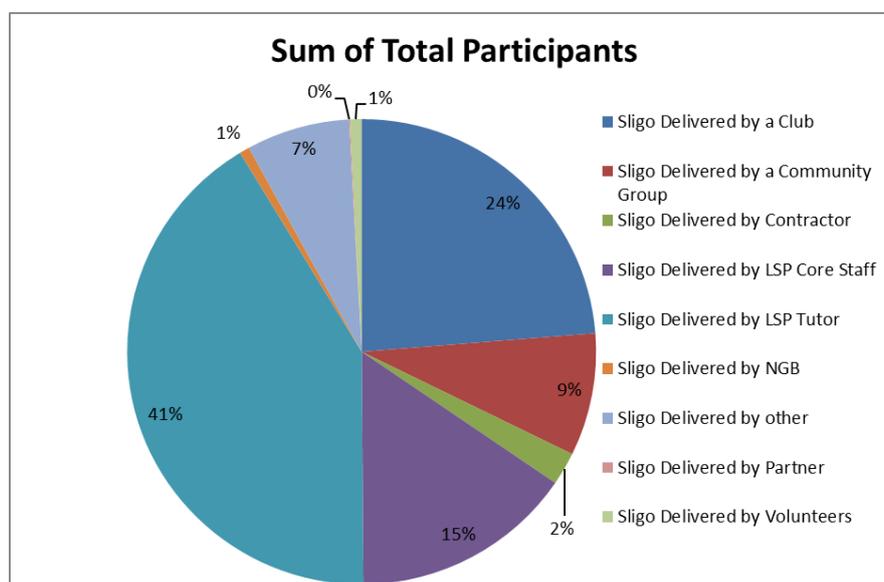
Actions included:

Funding was successfully secured for SSRP Sports Development Officer posts from Sport Ireland and local agencies while funding was successfully sourced to employ an officer to oversee projects linked to Healthy Ireland funding and Dormant Accounts funding.

Two IT Sligo student placements recruited and programme of work identified to support SSRP staff.

Staff funding strategy planning undertaken for 2020 by Executive Working Group and presented to Board for approval.

Primary Delivery Mechanism



Objective 4.3: Implement effective governance, procedures and policies for the SSRP organisation.

Actions included:

Ongoing work undertaken regarding compliance with the Code of Governance for Community and Voluntary Groups including a collaborative approach to policy work involving LSP Limited Companies engaging with Irish Public Administration.

SSRP policy documents reviewed for the areas of Safe guarding, Garda Vetting and Safe Recruitment.

SSRP continued to manage a Garda Vetting process for the Company.

Objective 4.4: Maintain and support an appropriate SSRP financial resource base for the SSRP organisation and its programmes.

Actions included:

All actions relating to finance were reviewed by the Executive Working Group as part of their role in overseeing company finance after which information was presented to the Board for approval.

Prepare and submit funding applications to key bodies and funding successfully sourced for projects and reported upon. Compliance with Sport Ireland and other funders regulations achieved.

Preparation of annual SSRP budget and presentation to Board for approval. Processed monthly invoices and payments, maintained up to date accounting records and prepared monthly income and expenditure report.

Collated records and documentation for compilation of 2018 Year end accounts by Company Auditor and liaised with Co. Auditor in filing of 2018 Annual Returns with Companies Registration Office.

Maintained and prepared Companies Registration Office records and documentation.

Objective 4.5: Develop appropriate evaluation systems to determine and illustrate the impact of SSRP's processes and programmes.

Actions delivered:

Completed Sport Ireland Operational Plan Report for 2019.

Inhouse project case studies conducted.

Working in partnership with Sport Ireland and a visiting expert on evaluation from Australia, SSRP hosted a community consultation meeting in West Sligo to conduct an audit on readiness to participate in a community sports hub initiative and subsequently an application was submitted to Sport Ireland for a hub under Dormant Accounts funding.

Objective 4.6: Continue to enhance insight amongst SSRP staff and partners regarding the programme elements which have impact.

Actions included:

Regular review by staff of project impacts linked to actions associated with objective 4.5.

Section 4: Income Received and Expenditure for 2019

SSRP Income Sources 2019:

Income Source	Amount
Sport Ireland Core	€292,078
Sport Ireland Dormant Accounts	€130,118
HSE -Health Promotion and Primary Care	€93,520
HSE Other Project Income	€9,685
Sligo County Council	€18,000
Sligo County Council Cranmore Regeneration Project	€33,600
Sligo Co Co LCDC Healthy Ireland	€30,298
Sligo County Council Other Project Income	€3,770
Sligo County Childcare Committee CYPSC Healthy Ireland	€6,343
Age and Opportunity	€1,300
Sligo County Council Bike week	€11,323
Sponsorship	€4,800
Mountaineering Ireland	€4,000
Department of Transport , Tourism and Sport	€1,806
Course Fees/ Project Income	€23,618
Youth Sport West Programme Income	€26,844
Total	€691,103

SSRP Expenditure 2019:

Expenditure	Amount
Wages and Salaries and Pensions	€328,115
Office Administration/ Running Costs	€66,358
Education and Club training	€23,893
Special Project Participation Initiative	€15,000
SSRP programmes: Sports Inclusion Disability Project	€47,144
SSRP programmes: Seniors	€13,156
Dormant Accounts: East City CSH (programming)	€10,599
SSRP programmes: Sports Action Zones	€6,513
SSRP programmes: Active Communities	€12,991
Dormant Accounts SIDO Capital	€2,693
SSRP programmes: Diversity	€3,489
Dormant Accounts: Urban Outdoor programming	€37,079
Dormant Accounts Volunteer Support Initiative	€6,899
Healthy Ireland Programming	€6,952
Dormant Accounts: Bunninadden CSH Programming	€24,883
Sligo County Council Joint Inclusion Project	€25,000
SSRP programmes : Women in Sport	€9,891
SSRP programmes: Girls Active	€13,331
SSRP programmes: Ag Sugradh le Cheile	€2,532
SSRP programmes: Youth Sport West	€44,989
SSRP programmes: Athletics Awareness	€7,914
SSRP programmes: Community Walking	€2,549
SSRP programmes: Cycling	€11,592
TOTAL	€723,562

Section 5: Future Plans

The Strategic Plan 'Building a Culture of Sport and Physical Activity in Sligo 2018-2023' will continue to provide direction and focus for SSRP. Sustaining the resources within the Partnership to deliver the strategy will require SSRP, local agencies and the community to continue to work together in conjunction with Sport Ireland in order for SSRP to sustain and develop additional opportunities for participation.

Arising from the National Sports Policy a Sports Action Plan is being developed which will set out short to medium term objectives and this will be considered by SSRP. Significantly, the National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community. SSRP has an ongoing commitment to supporting these target groups and in doing so addressing the gradients in sport in Sligo.

Building the capacity of administrators, coaches and volunteers within sports clubs and community organisations will continue to be central to the SSRP approach to building strong sporting organisations.

Supporting youth sport is an ongoing priority while further support for the pre school setting is planned.

SSRP will grow its investment in outdoor sports and we will prioritise sports like walking, cycling, running and swimming which is in line with the objectives of the National Sports Policy and is seen as having the greatest potential for generating higher levels of active participation across the life course.

Sport Ireland Participation investments target population groups who are at the lower end of the Sports Participation gradients. Core, Dormant Accounts and Healthy Ireland investments by Sport Ireland Participation specifically support initiatives these target groups and SSRP will continue to actively pursue funding opportunities for these areas of work.

SSRP will continue to strengthen its working relationships with the Local Authority in line with the National Sports Policy objective regarding the development of Local Sports Plans while close collaboration with regard to facility development and usage will also be pursued.

Partnerships will be strengthened with our local statutory bodies, National Governing Bodies of Sport and other relevant partners.

SSRP will dedicate significant resources towards the achievement of full compliance with the Code of Governance for Community and Voluntary organisations by 2021.

