

# Annual Report 2021



KILKENNY RECREATION  
& SPORTS PARTNERSHIP

— SPORT IRELAND —





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## ANNUAL REPORT

01 January 2021  
to  
31 December 2021

## Contact Details



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Companies Registration Number: 396048



## MISSION

KRSP will work collaboratively with others to empower people and communities across Kilkenny to create an environment that supports lifelong participation in sports and active recreation for all.

## VISION

An active, vibrant community, vitalised by sports and recreation opportunities that are accessible to all.

## OUR GUIDING PRINCIPLES

The following principles underpin our work:

1. Collaborating and working in partnership with others
2. Promoting inclusion and equality
3. Ensuring honesty, integrity and accountability
4. Basing our work on evidence and best practice
5. Empowering people/communities to become more active and involved in sports and active recreation
6. Maximising Resources
7. Prioritising fun and enjoyment in sport and active recreation

## STRATEGIC PRIORITIES 2020 – 2021

In 2020, KRSP conducted an internal review of the KRSP Strategic Plan 2015-2019 and approved an interim Strategic Plan 2020 – 2021.

The following presents KRSP's current strategic priorities

1. Active for Life
2. Active Inclusion
3. Active Partners
4. Active Governance and Management

# Chairperson's Report



**As Chairperson of Kilkenny Recreation and Sports Partnership Board, I am pleased to introduce the achievements of the Partnership and the KRSP Annual Report 2021.**

Through an ongoing challenging and difficult environment due to COVID-19, KRSP continued to adapt and be flexible in the delivery of participation opportunities for the people of Kilkenny. A specific focus was the delivery to those most impacted by the restrictions and those experiencing hesitancy to re-engage in activity within the community.

I wish to pay tribute to the members of the Board for their dedication, commitment and support for the past year and in particular for their focus on achieving Governance Code for Sport Compliance by year end in line with the Sport Ireland Governance requirements.

“  
A specific focus was the delivery to those most impacted by the restrictions and those experiencing hesitancy to re-engage in activity within the community.”

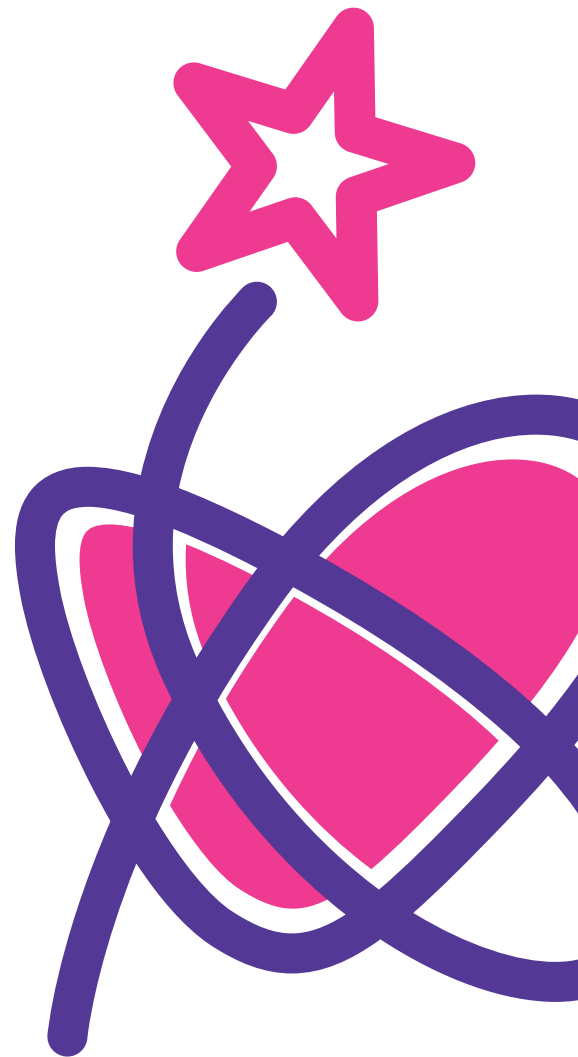
KRSP were excited to secure and move to a new office space this year. In addition, the engagement of our key stakeholders through our strategic planning process brings new direction and focus to the work over the next four years.

I would like to thank the Co-ordinator and staff for their continued support to the Board and delivery of KRSPs objectives as we work together to fulfil our vision for an active and sporting Kilkenny.

I look forward to the next stage in KRSPs journey and continued successes for 2022.

*David Denieffe*

**Chairperson**



# Coordinator's Report

**KRSP continued to operate in a challenging environment in 2021 and strived to achieve the objectives as outlined in its interim Strategic Plan 2020 – 2021.**

Delivery of the annual operation plan 2021 continued to be impacted, although nearly not as significantly as in 2020, due to the continually changing COVID-19 public health restrictions implemented by Government including periods of lockdown. KRSP continued to adapt, amend and be flexible in its approach to delivery of sports and physical activity including continuing online and/or implementing outdoor activities. Priority was placed on provision of activities and a welcomed return to sports and physical activity for those most impacted by the restrictions such as older adults and people with a disability.

As our name suggests, partnership is essential in our ability to deliver, and this is only achieved by working in collaboration with our partner agencies, local organisations and community groups and individuals. I would like to thank all those continue to support and contribute to the work of KRSP and the achievement of our objectives.

I would like to express my appreciation to Sport Ireland and Kilkenny County Council who continue to provide substantial financial and in-kind support both directly and through access to funding streams such as Dormant Accounts Funds and Healthy Ireland through the Local Community Development Committee. Other funding was sourced through the Health Service Executive (HSE) and Age & Opportunity which supported our inclusion programmes for people with a disability and older adults respectively.

I would like to acknowledge our partner agencies and in particular the Board of Directors of KRSP for the support, contribution and direction they provided. 2021 was a significant year for the KRSP Board with immense work completed in the area of Governance, reviewing and implementing changes to Board and Committee structures and policies and ensuring Sport Ireland Governance Code for Sport compliance in December 2021.

I would like to welcome two new staff members who joined our small team and to express my sincere gratitude to all staff, which delivers a massive programme of work to provide and support the provision of sports and physical activity opportunities for people in Kilkenny.

I would like to thank the Sport Ireland, in particular the staff within the Participation Unit, and my colleagues in the National Network of Local Sports Partnerships for their guidance and support throughout the year.

The KRSP Board and staff, through consultation and engagement with key stakeholders, has developed the next KRSP Strategy which will be finalised and approved in 2022. I look forward to working with the Board and staff to continue the growth and progress of the Partnership and the delivery of this strategy for everyone in Kilkenny.

*Nicola Keeshan*

**Sports Co-ordinator**



# STRUCTURE, GOVERNANCE & MANAGEMENT





# Board Directors /Committee members



## Board of Directors

The directors who served throughout the financial year, except as noted, were as follows:

Director	Position	Representative
David Denieffe	Chairperson	Institute of Technology, Carlow (Co-option)
Saoirse Prendergast	Vice-chair	Carlow Kilkenny Education Training Board Chief Executive Nominee
Mary Cowman	Secretary	Co-option
Cathnia Ó Muirheartaigh	Treasurer	National Association of Principals & Deputy Principals
Cllr Eamon Aylward		Kilkenny County Council Elected Representative
Ronan Ryan		Kilkenny County Council Chief Executive Nominee
Angela Campion		County Kilkenny Leader Partnership – Mgr. Nominee
Pat McAuley		County Kilkenny Leader Partnership – Board Nominee
Dr. Niamh Richardson		President of Waterford Institute of Technology Nominee
Kevin Murphy		Co-option
Cllr Pat O’Neill		Co-option
Teresa Hennessy		Health Service Executive (resigned from the Board 28th April 2021)

## KRSP Board Meetings

KRSP held 6 Board meetings during 2021 via MS Teams. Member Attendance at Board Meetings 2021.

Director	Attendance Total
David Denieffe	6
Saoirse Prendergast	5
Mary Cowman	6
Cathnia Ó Muirheartaigh	4
Cllr Eamon Aylward	2
Ronan Ryan	6
Angela Campion	5
Pat McAuley	6
Dr. Niamh Richardson	5
Kevin Murphy	3
Cllr Pat O’Neill	5
Teresa Hennessy (resigned 28/04/21)	1



## KRSP Executive Committee Meetings

There were three KRSP Executive meetings held during 2021 via MS Teams.

## KRSP Sub Committee Meetings

KRSP has the following sub committees:

**Finance Audit and Risk Committee:** The Board has established a Finance, Audit and Risk Committee (FARC) as a Committee of the Board to support them in fulfilling their responsibilities in relation to good financial governance, financial reporting, risk management and control systems. This includes reviewing the comprehensiveness of assurances provided to the Board, ensuring that the Board assurance needs are met as well as reviewing the reliability and integrity of these assurances.

The FARC held its first meeting to finalise the FARC terms of reference and review and agree a draft risk policy, risk appetite statement and risk register for approval by the KRSP Board.

**Governance Committee:** The Board has established a Governance Committee as a Committee of the Board to support it in fulfilling its responsibilities in relation to achieving and observing good governance practice, the efficient and effective conduct of Board and committee meetings, ensuring induction and continuing professional development programmes and supports are available as well as overseeing compliance with ethical and conduct obligations of Board and committee members.

The Governance Committee prioritised work on implementing the Sport Ireland Governance Code for Sport during 2021. To this effect, a public statement of compliance with the Governance Code for Sport was submitted to Sport Ireland in December 2021. The Committee is committed to ongoing compliance with Sport Ireland governance requirements.

**Strategy Committee:** The Board has established a Strategy Committee as a Committee of the Board

to support them in fulfilling their responsibilities in relation to the development, implementation, and monitoring of the strategic plan and annual business plans, the monitoring and oversight of key performance indicators and measures.

The Strategy Committee held its first meeting to facilitate the process to develop a 2022–2025 KRSP strategic plan. Their primary step in the strategic planning process was to complete a strategy tender document to engage a consultant to facilitate the preparation of this plan. The Committee reviewed the strategy tenders that were received and to engage a consultant to facilitate the development strategic plan. The Committee engaged with the strategy consultants and staff and continually reviewed and inputted into the plan throughout the entire strategy development process.

However, ultimate responsibility for all of these areas rests with the Board, who must fully consider the advice and approve or amend the recommendations from the Committee.



Sub Committee	Date Established	Meetings Held	Committee Members	Meetings Attended
<b>Executive</b>	Replaced by three Committees during 2021	5	David Denieffe	5
			Mary Cowman	5
			Saoirse Prendergast	3
			Cathnia Ó Muirheartaigh	3
<b>FARC</b>	10-Nov-21	1	David Denieffe	1
			Mary Cowman	1
			Cathnia Ó Muirheartaigh	1
			Saoirse Prendergast	1
			Owen Hillery	1
<b>Governance</b>	24-Feb-21	1	David Denieffe	1
			Angela Campion	1
<b>Strategy</b>	23-Mar-21	2	Ronan Ryan	2
			Mary Cowman	2
			Dr. Niamh Richardson	1
			Kevin Murphy (joined 11.05.21)	1

## Risk and Conflict of Interest Management

### Risk

As part of the Governance Code for Sport, KRSP developed a risk appetite, risk policy and risk register during 2021.

**Risk Policy:** To define the amount of risk that KRSP is prepared to accept, tolerate, or be exposed to at any point in time.

**Risk Appetite:** To provide a framework to identify, assess and rank risks and to develop strategies to deal with risks so as to provide reasonable assurance that the strategic objectives and priorities of the organisation will be achieved.

**Risk Register:** To set out how KRSP will ensure that the culture, process and structure are directed towards the effective management of potential risk and opportunities.

### Conflict of Interest

During 2021 KRSP sent out updated Code of Conduct and Declaration of Interest forms to all KRSP Board Members. At the end of 2021 8 were returned and 3 remained outstanding.

### Governance Standards

KRSP follows the Sport Ireland Governance Code for Sport. This is a voluntary code of practice for good governance of sport organisations in Ireland. The Code has been developed for and by the Community, Voluntary and Charitable (CVC) sector,

and it offers KRSP room to decide how it should act while following the principles of good governance.

The declaration of compliance as a Type C Organisation was made at the KRSP Board meeting on 15th December 2021.

A core feature of the Code is that it is principles based on proportionality and operates on a “Comply or Explain” basis. KRSP has noted the thirteen explanations provided alongside the public declaration which is available on our website.

## Staffing

Position	Name
Sports Co-ordinator	Nicola Keeshan
Administrator(s)	Siobhan Minnock/Aisling Cullen/Mairead Maher
Governance & Finance Officer	Aisling Cullen
Sports Inclusion Development Officer	Seamus Nugent
Community Sports Development Officer	Sinead Brannigan
Sports Development Officer	Lauren Walsh Kett

### Staff Training and Support

Staff Training - KRSP staff avail of training through Sport Ireland Organisation Capacity Building Offering. In addition, KRSP organised training for staff, tutors and volunteers.

## Student Placements

Due to impact of COVID-19 restrictions, KRSP was unable to facilitate student placements during 2020.

## Volunteers

KRSP strongly relies of the good nature of volunteers to run many of our programmes. KRSP had the benefit of 548 volunteer hours during 2021. This time was used to deliver the Summer Swim Camp (32 hours), the Inclusive Summer Camp (280 hours) and Inclusive Swim Lessons (336 hours).

KRSP provided the summer programme volunteers with training such as COVID-19 Awareness Training, Safeguarding and Sports Leaders training.





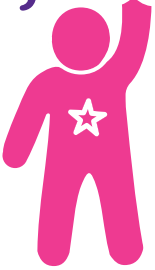
# OBJECTIVES, ACHIEVEMENTS & PERFORMANCE



## Objectives for the Year

### Snapshot of Our Work During 2021

**3,466** people participated in 32 locally delivered participation initiatives, both online and in person.



**224** people with a disability took part in online and in person LSP initiatives including multi-sport, swimming, walking and cycling initiatives.



**1,502** girls and 609 women took part in KRSP programmes



**24** Sports Clubs (€26,646) and 8 Community Groups/Facilities (€11,400) were provided with COVID19 supports by KRSP



**264** (222 female and 42 male) participants took part in initiatives targeting Older Adults



**195** participants, including 48 young people u18, received Safeguarding 1 certification online.



**1,738** secondary school students (1,100 girls and 638 boys) took part in the Move for Your School initiative during the month of March.



**481** social media posts on Facebook reaching 5,755 followers



## Commentary for the Year

A large consideration for KRSP during 2021 was the impact that COVID-19 had on the in-person delivery of programmes to all our target groups. During 2020 and 2021, KRSP staff and tutors worked hard to adapt programmes and to ensure a comfortable and safe transition from on-line programmes to in-person delivery in line with the changing requirements throughout the period. This in-person return to sport started gradually for KRSP from May 2021. Considering the huge challenges that COVID-19 brought to everyone's lives including the Sport and Recreation sector, KRSP had a very successful 2021 and this is reflected in our numbers.

The Government's National Sports Policy tasks all Local Sports Partnerships to adopt the Sports Governance Code by the end of 2021. Through continued work, KRSP achieved Sport Ireland Governance Code for Sport compliance during December 2021. This ensures that appropriate governance structures are in place to allow for continued funding of the Partnership into 2022.

Significant work has also been done on the KRSP Strategic Plan 2022-2025 which is due for completion early in 2022.

## Case Study

### HEROutdoors Week 2021

KRSP partnered with several National Governing Bodies and local service providers to deliver three new programmes in Kilkenny as part of Her Outdoors Week 2021.

- **Yoga & Dip**

KRSP worked in partnership with Swim Ireland to provide taster programmes of a thirty-minute yoga session guided by a qualified yoga instructor. This was followed by a dip in Thomastown Weir pool with instruction and tips on outdoor swimming from a Swim Ireland coach. These sessions proved very popular with 31 women and girls participating.

- **She Summits**

KRSP worked in partnership with Mountaineering Ireland to deliver an introduction to hillwalking programme by a qualified hillwalking leader. The leader guided the participants on a weekly walk and shared key hillwalking information. After the participants completed three walks, they then had the opportunity to take part in a two-day practical training session. This taught the women how to go hillwalking with their

friends and family, safely and independently. Ten women completed the She Summits programme.

- **HEROutdoors Kilkenny**

KRSP partnered with Castlecomer Discovery Park to deliver an outdoor adventure programme for teenage girls aged 13-15 years. Nine girls signed up for the four-week programme in which they got to try several different activities including axe throwing, archery, mountain biking, raft building, zip lining, and orienteering.

Throughout HEROutdoors Week 2021, women and girls participated in new activities, developed skills and knowledge of the activities, and developed confidence in their capacity to participate in outdoor activity. Through this, they realised that they could be active in the outdoors in other ways even if they were not 'sporty'. They became more familiar with local amenities on their doorstep such as Castlecomer Discovery Park, Thomastown Weir Pool, and local hills and mountains.

## What KRSP planned but didn't achieve and why.

KRSP worked hard to deliver multiple programmes and courses in-line with the COVID-19 Government guidelines. However, a number of factors, including a hesitancy from

certain more vulnerable target groups to get back to in-person participation, led to classes and programmes being cancelled or having low participation. This was combined with a fatigue from certain groups with regard to an overload of online classes and programmes. Some examples of these programmes are outlined below:

Programme	Reason
Safeguarding 2 (online)	Lack of numbers
South East Spin (online)	Only 7 registered - online fatigue
Swim For A Mile – Adults	Covid restrictions and pool closures
SI Coaching Children Programme	Only one person registered – 6 weeks commitment required and online delivery
HI Pilates for Girls Online	Lack of numbers
Football For All	Difficulty getting a qualified tutor
Movement and Walking Programmes for Syrian Women	Engagement from group is very hard potentially due to language/cultural barriers.

## Key Achievements and Outputs for the Reporting Period

This report sets out the achievements and outputs of Kilkenny Recreation & Sports Partnership in 2021 from the information collated and submitted as part of the national report on the Local Sports Partnership network. The key achievements and outputs are detailed under each strategic goal.



# Strategic Goal 1:

## Increase participation among specific groups who are less actively engaged



### 1.1 Empower communities to be active

#### Men on the Move Kilkenny

Men on the Move is a community-based beginners physical activity programme for inactive adult men and was held both online and in the Watershed, Kilkenny during 2021.

The wellness and physical activity programme is delivered by KRSP in conjunction with the HSE. Men on the Move supports men to begin their journey to connect with themselves, their surroundings and other men via a safe and non-judgemental environment. It consists of structured group exercise, experiential workshops, resources, a celebration event and much more.

An 11-week programme was rolled out in springtime. This consisted of 7 weeks online and 4 weeks in person with 25 men taking part. When the programme finished in May the men continued to meet independently throughout the summer.

A 10-week programme commenced in October and this time 42 men took part. The venue was the Watershed athletics track and attendances were consistent with over 25 attending each night. A scheduled visit to the group by a local GP did not take place due to unavailability of GP. KRSP had a new tutor for this programme and she did an excellent job receiving positive feedback from all of the participants.

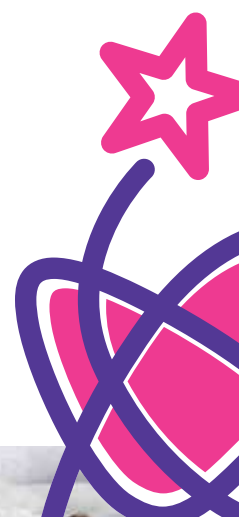


#### Get Ireland Walking Programme - Walking the Talk

Walking the Talk was a pilot partnership programme run by Get Ireland Walking, KRSP and Men's Development Network in Co. Kilkenny from November-December 2021 over 6 weeks. The premise of the programme was simple – to provide spaces for men to reflect and support one another through life enhancing conversations in the company of other men. The idea also had a clear tagline for supporting the design and implementation of the programme: “Turning a good walk into a great walk”.

Walking the Talk commenced on November 3rd, 2021, on Canal Square. Each week of the programme took place on a Wednesday morning at 10am and this supported the participants and facilitators of the programme by having a consistent and set meeting place and time. Seventeen men registered for this programme and they continue to meet each Wednesday morning in Kilkenny.

“  
Turning a good walk  
into a great walk



## Community Sports Hub – Dormant Accounts Funding

### CSH Urlingford / Johnstown

The CSH initiative was set up to address immediate needs by supporting community activation in the Urlingford/Johnstown area. The first year of this initiative took place in Urlingford between January and December 2021. KRSP collaborated with the Kilkenny County Council, Kilkenny LEADER Partnership, Mill Family Resource Centre, Emeralds GAA Club, Urlingford Boxing Club, Urlingford Community Hall and Spa United AFC. In addition, a steering committee was formed at the end of 2021. A lot of this project was put on hold due to COVID-19 restrictions.

Kilkenny County Council conducted a health screening of the Urlingford area into which KRSP inputted. KRSP ran several programmes and activities in the Urlingford/Johnstown area under the Healthy Ireland funded, Healthy Inclusive Communities Initiative.

### CSH Kilkenny City/Ferrybank

This CSH initiative is nearing completion. KRSP worked closely with Kilkenny County Council in public consultation around the development of the neighbourhood park in Ferrybank, the skatepark in Kilkenny City and the proposed plans for a water sports hub in Kilkenny City. KRSP promoted and assisted in the activation of the two completed facilities such as:

### Yoga Class for Teenage Girls Ferrybank

A yoga programme was delivered for children in the Ferrybank area throughout June 2021 in partnership with Kilkenny Leader Partnership. Three sessions were delivered to twenty children in Ferrybank Community Park during July and August.

### Playground Markings

Playground markings were put down in Ferrybank Community Park in September 2021. KRSP worked with Kilkenny Leader Partnership and identified the benefit Playground Markings would

have in the Community Park and to determine the best place to put the markings within the park. The markings allowed the local children using the park to be active in a fun and inclusive way.

### Skatepark

KRSP was unable to organise delivery of introduction to skate boarding/skating due to lack of qualified tutors and/or insurance cover this type of activity. However, the skatepark is thriving with activity with participants from all different ages visiting the facility.

### Water Sports

KRSP continues to work with Kilkenny County Council and the water sports clubs and organisations to develop a water sports home in Kilkenny City. Work on this is detailed in the facilities section of this report.

## Mountain Biking for Disadvantaged Teenagers

Thirteen teenagers took part in a six-week mountain biking programme in Castlecomer Discovery Park in June 2021. There were nine boys and four girls on the programme. Attendance levels were excellent throughout.



## Meet & Train

### Swim For A Mile - Adults

Plans were put in place with Swim Ireland and The Watershed for the return of the Swim for a Mile programme in 2021 but due to Covid restrictions the programme did not run.

### Monday Night Walks

Monday Night Walks re-started as an in-person programme for 5 weeks in May and ran until 28th June with a total of 21 participants registered.

In September, the Monday Night Walks resumed from Canal Square, Kilkenny at 7pm and 31 people registered including some referrals from the Social Prescribing officer in the County Kilkenny Leader Partnership.

## Bikeweek Highlights

### Escorted Cycle Trips

Three city schools availed of escorted cycle trips over 8 days with approximately 250 children taking part. The children were split into groups of 10 to comply with Covid-19 restrictions.

### Cycle Right

Cycle Right is the national standard for cycle training and provides practical cycle safety and skills training to promote competent and confident cyclists. Cycle Right is an inclusive programme.

- Primary Schools: This year, KRSP delivered Cycle Right to Castlecomer National school and 28 boys and girls took part.
- 
- Adults with a Disability: A Cycle Right course was arranged specifically for 6 adults with intellectual disabilities. These adults already cycled regularly but needed to develop their skills to ensure that they did so in a safe manner. Their skills, confidence and safety improved after this course.



### Cycling for People with Disabilities

An 8-week cycling course was conducted during Bike Week for members of the Irish Wheelchair Association. This tutor led course was held on the running track in the Watershed in Kilkenny and supported the participants to use handcycles.

### Bike Maintenance Workshops

The bike maintenance workshop is a practical workshop allowing participants to carry out work on your own bike under the close eye of an experienced, professional bike mechanic. The aim of this class is to give the participant the confidence to carry out basic repairs and replacements. Each participant also received a small Bike Maintenance Kit.

Two workshops were held in the rural towns of Kilmacow and Stoneyford using local community centres and links to local cycling communities with 8 and 12 participants respectively.

## Keep Well National Initiative

During COVID-19, the “Keep Well” initiative was aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. KRSP rolled out the following programmes through this initiative.

### Keep Well Workplace Wellness

This was an online physical activity programme developed for small to medium size businesses effected by COVID-19. The uptake of this programme was poor as it was an online exercise class ran during lunch time for employees of small to medium size businesses. Participation dropped each week with only four adults completing the programme. The programme ran from January to February 2021.

### Keep Well Activity Packs

As part of the #KeepWell national initiative for COVID-19, KRSP procured equipment for 250 activity packs for older adults and people with a disability. These contained resistance bands, a spiked massage ball, stress ball and information leaflets on how to use these. The pack also contained exercise advice and the KRSP Be Active booklet. The packs were distributed throughout the county by Kilkenny Civil Defence and in the city by KRSP staff.



### Keep Well Online Classes

As part of the national Keep Well initiative, KRSP ran online chair-based activities, using the Keep Well activity bags, for older adults in nursing homes and in the community. These sessions aimed to enable the older adult population of Kilkenny to stay active and in touch during the COVID-19 pandemic. The sessions were conducted by an experienced KRSP tutor. Initially, the session ran once a week for twelve weeks, but due to their popularity they were extended by another six weeks. The programme remained online as this group was still reluctant to return to in-person programmes.

To supplement this programme, KRSP contacted nursing homes with offers to take part in our online programme. Due to logistics and setting up of online programmes, many declined. However, six nursing homes did take up an offer to receive an activity DVD by post. These had been supplied to KRSP by Age & Opportunity.

‘Move for your School’ and ‘Playground Markings’ are funded under the Keep Well initiative and are detailed in the next section.



## 1.2 Support and encourage pre-schools and schools to prepare and implement an effective Physical Education, Physical Activity and Sport (PEPAS) programme for children and young people.

### Primary School Support Programme

#### Balance Bike Programme

Thomastown Primary School received 10 balance bikes to use as part of their July provision programme. In addition to this, Mother of Fair Love and Inistioge Primary School received 9 bikes each, plus helmets and training resources. These were with the schools for 8 weeks in September and were used by 12-15 children in each school.

At the end of 2021, 'Expression of Interest' forms were emailed to preschools for use of the balance bikes during 2022. Feedback from these forms showed us that two of the preschools that KRSP had loaned balance bikes to during 2021 were so happy with the programme that they purchased their own bikes!

Balance bikes were also used for 12 of the children on the inclusive summer camps.

#### Playground Markings – (Keep Well Initiative & Primary School Support Programme)

Playground markings add to any school playground because they encourage children to socialise and also help keep children active and fit in a fun and colourful setting.



the Keep Well programme and subsequently through the KRSP primary schools support programme. KRSP purchased playground marking stencils, paint and contracted a service provider to paint the school playgrounds. During 2021 a total of 18 schools in the wider Kilkenny area received the markings. Due to its popularity during 2021, the programme will continue to be rolled out to further primary schools in Kilkenny throughout 2022.

#### Move for your School – (Keep Well Initiative)

Move For Your School was a four-week physical activity programme in March for secondary school pupils and teachers, using the Strava App. March 2021 was in the height of COVID-19 restrictions and the pupils that took part were all engaged in remote learning. Ten secondary schools signed up to the programme with a total number 1,738 secondary school students uploading their daily physical activity.

By updating a weekly leader board with data from Strava, the aim was to get teenagers to be active daily and to sustain this activity when the programme ended. As well as an overall prize for the most active school, there were also spot prizes for innovative approaches to activity. Due to the success of this programme, it is hoped to continue in 2022.

#### Innovation for Sports Inclusion – Dormant Accounts Funding (DAF)

KRSP was successful in securing DAF to review and redevelop its youth leadership programme Bainisteoir Beag. A tender for the customer discovery research on the Bainisteoir Beag project was issued and after a series of unforeseen circumstances, the tender was awarded to Behaviour & Attitudes (B&A).

KRSP supported B&A in recruiting primary schools and primary school pupils for quantitative element of the research. B&A recruited through their own channels for the qualitative piece of work. In tandem, KRSP researched the potential

costs of app development and creating video content.

Discussions and research have been completed with key stakeholders in the design and development of the project. In addition, KRSP staff have completed training and webinars in support of managing and delivering innovation projects through Sport Ireland.

### Sports Leaders UK - DAF

Access to this UK certified programme is possible because of Sport Ireland's Dormant Accounts Funding. Specially designed on an easy to administer framework, the qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active.

KRSP organised Sports Leader courses for 23 learners with Duiske College and 24 learners with CBS Kilkenny during January 2021. The programme was also delivered to 3 classes in Castlecomer Community School with a total of 60 learners being certified.



## 1.3 Support sports clubs to provide quality opportunities for engagement in sports and active recreation

### Safeguarding

Sport Ireland's Safeguarding programme is aimed at sports leaders and adults who are involved in the organisation of sport for children and young people. The goal of the programme is to promote awareness of best practice and legal requirements in the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in safeguarding and child protection.

- Safeguarding 1 - Basic Awareness (all coaches)
- Safeguarding 2 – Club Children's Officer (role specific)
- Safeguarding 3 – Designated Liaison Person (role specific)

All Safeguarding was online during 2021. There were not sufficient numbers to run a Safeguarding 2 workshop, so this was cancelled. Safeguarding 3 is still in the process of being tailored to online delivery.

### Summary of Safeguarding outputs 2021

	SG1- Online	SG 2	SG3
<b>Workshops delivered</b>	15	Cancelled	N/A COVID-19
<b>Participants</b>	195	N/A	N/A COVID-19

### Training for Activator leaders

Activator poles are an adaptation of Nordic Walking poles and have been developed by Canadian therapists to promote balance and improve mobility and is particularly good for people with balance concerns or mobility issues. Activator Walking helps balance, posture and gait, enhances core and muscle strength, reduces impact on your joints and helps to reduce falls. They are suitable for all, including people with

arthritis, an acquired brain injury, or people with Parkinson's disease.

During 2021, KRSP trained one staff member, four tutors and two occupational therapists in Kilkenny to deliver the programme. KRSP has four sets of activator poles, which were procured to lend to community groups. A set of activator poles was also loaned to the mental health section of St Canice's Hospital to facilitate ongoing programmes with the patients.

### KRSP Club Supports

#### *Sports Clubs Resilience Scheme – (COVID-19)*

This scheme was developed to support the return and restart of sporting activities. The scheme prioritised sports clubs, groups and facilities that did not receive funding through the COVID-19 Small Club Grant Scheme in November 2020. Priority was given to minority sports severely impacted by the COVID-19 restrictions, low participation groups and the target groups identified in the KRSP strategy.

Number/Area	Amount
24 Sports Clubs	€26,646
4 Community Groups	€5,900
4 Community Facilities	€5,500
<b>Total</b>	<b>€38,046</b>

#### KRSP Judo - Fitness for Fun

KRSP, in collaboration with the Irish Judo Association, hosted a fun online introduction to Judo programme for boys and girls aged between 7 to 12 years. This programme took place in March 2021 with eleven children participating.

This fun and interactive programme supported children to be physically active in their own homes. Children had the opportunity to learn Japanese terms for popular Judo movements, Judo techniques and much more. Registered children received their very own judo resource pack for the Fitness for Fun programme. Each resource pack included an Irish Judo Association

kid's booklet, a skipping rope and a colouring sheet to create a personalised judo belt. On completion of the four weeks all children received a Certificate of Attendance (virtual Judo Belt).

#### *KRSP/Sport Ireland ONLINE Physical Literacy Workshop*

Sport Ireland Coaching developed a course to give participants the opportunity to develop their knowledge, understanding and appreciation of the theory underpinning physical literacy before developing it in practical settings.

KRSP held an online course on 23rd September and although 9 participants registered only two participants attended on the night. Although this was disappointing, there was very positive feedback from the two participants


#### *DAF Volunteer Support Programme*

The volunteer supports initiative aims to successfully identify and assist targeted individuals who are volunteering in disadvantaged communities or with people with disabilities to gain community sport and physical activity leadership skills e.g. as coaches, leaders, referees, committee members etc. This fund will also be used to support Community Coaching programmes or to support standalone training opportunities to support targeted volunteers. This funding stream is only open to individuals operating in a volunteer capacity within disadvantaged communities or with people with disabilities. This project will contribute to the development of confidence amongst participants, and eventually in the community through the subsequent volunteer sport development work carried out by participants

#### *Female Coach Education – PDP1*

KRSP, in partnership with the FAI, hosted two online coach education courses - PDP1 for females - during March 2021.

Parents, coaches, players, teachers and support workers acquired specific knowledge of the development of young players aged between 6-9 years, with an emphasis on FUNdamental



movement skills. The course aimed to provide participants with the ability to create a fun, safe and enjoyable environment and taught them how to create structured, theme-based sessions. Each course certified 22 women and girls.

### Multi-Sport Club

KRSP worked to get the multi-sport club up and running as it had not been run since the COVID-19 restrictions. This was done with the help of both the multi-sports parents committee and the dyspraxia group. As a result of this work, a 6-week multi-sports club was organised in June/July for 25 participants, with the activities delivered by delivered by two KRSP tutors.

This group was due to reconvene again in September with KRSP support however, due to Government requests for limiting social interaction indoors and rise in COVID-19 case numbers, these clubs were not in a position restart.

KRSP used this time to plan a twelve-week outdoor multi-sports programme for January in Gaelscoil Osrai. This was supported by FAI, Leinster Rugby and GAA development officers. By the end of 2021, 28 children with disability had signed up for this programme.

### KRSP Football For All - Adults

Football For All for adults did not start back in 2021 due to difficulty in sourcing a tutor to deliver the sessions. Insurance costs and paperwork were cited as barriers for the prospective tutors. To overcome this, KRSP is now working with the FAI who will provide the coach and then invoice KRSP for the services. With this new structure, it is anticipated that a return to Football For All for this group will happen early in 2022.

### Evergreen FC Football For All - Children

Football For All for children continued to run with Evergreen FC, with about 30 children playing football every Saturday morning. KRSP supported

this by helping to recruit 3 new volunteer tutors on the programme. KRSP also worked to procure new equipment for this programme to support the club to continue delivery.

## 1.4 Support the development and use of sports facilities and recreational amenities

### DAF - Community Sports Hubs

Dormant Accounts Funding was allocated to establish and develop 10 new Community Sports and Physical Activity Hubs (CSPAHS), with additional funding allocated to 36 existing hubs. The objective of the CSPAHS is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle. Applications to establish and develop CSPAHS were sought from Local Sports Partnerships in a competitive bid process under three theme areas: Community Setting, Schools Based Setting and an Outdoor Setting and KRSP was awarded funding.

### Water Sports Building

Development of designs for a water sports building and entry and egress points were completed by Kilkenny County Council in June 2021 and shared with the water sports home steering group in July 2021.

KRSP worked to re-engage with the water sports home steering group during July. This was done online as Covid-19 restrictions in place did not allow for a face-to-face meeting. From this meeting, KRSP designed and developed an online MS Forms survey to gather information from potential users on possible specifications for the water sports home in Kilkenny. This information was shared with Kilkenny County Council who arranged for a site visit to take place in August 2021.

Kilkenny County Council continues to work in the



background on the necessary surveys and reports to bring this project from design to development stage.

#### Minority Sports Building – Feasibility Study

KRSP, in support of Kilkenny Sports Complex CLG, tendered for a third party to explore if a need exists for a standalone indoor minority sports facility in Kilkenny. The feasibility study hoped to explore the opportunities that exist to develop a custom fit indoor sports facility that would predominantly cater for minority sports and would also be able to provide a space for a variety of community groups and activities.

#### St. Canice’s Masterplan

Kilkenny County Council, in conjunction with the Health Service Executive (HSE), has begun preparation of a Framework plan for the HSE lands surrounding St. Canice’s hospital at Lacken. KRSP continued to contribute to this process through participation on the steering committee overseeing the consultation process and the

development of a masterplan.

KRSP also facilitated the TASK walking group to participate in a consultation workshop for St Canice’s Masterplan which was facilitated by Callan Workhouse Union. The TASK group gave input with from their perspective along with other disability groups.

#### Local Development Plan/Local Amenities Plan

During March 2021, KRSP made a submission, focusing on the importance of sports and physical activity and the Council’s role in providing for and supporting the provision of this, to the Kilkenny County Development Plan 2021-2027. KRSP also focused on the importance of accessibility and inclusion to ensure all citizens in Kilkenny have access to an environment that promotes physical activity and an active lifestyle.



# Strategic Goal 2:

## Increase participation among specific groups who are less actively engaged



### 2.1 Strengthen and develop new and existing relationships with relevant target groups and communities. Continue to consolidate, develop and strengthen existing relationships with agencies, clubs and key stakeholder organisations

COVID-19 restrictions brought challenges for KRSP to maintain existing and to develop new relationships. This was overcome through online meetings, phone calls and continued postings through social media. Through these new portals, relationships and partnerships continued successfully throughout 2021 both at a local and national level. Some examples of this work are outlined below.

#### Kilkenny Access Group

The Kilkenny Access Group did not meet during 2021 due to COVID-19 restrictions. However, the KRSP SIDO has kept in touch with this group and will be contacted for inclusion once meetings resume in 2022.

#### Kilkenny Age Friendly Alliance

KRSP continues to attend and contribute to meetings of Kilkenny Age Friendly with updates on activities for older adults. All these meetings were online during 2021.

### 2.2 Increase the number of supported opportunities available to target groups

#### Women in Sport Initiatives

##### Yoga & Dip

KRSP worked in partnership with Swim Ireland to provide taster programmes of a thirty-minute yoga session guided by a qualified yoga instructor. This was followed by a dip in Thomastown

Weir pool with instruction and tips on outdoor swimming from a Swim Ireland coach. These sessions proved very popular with 31 women and girls participating.

#### She Summits

KRSP worked in partnership with Mountaineering Ireland to deliver an introduction to hillwalking programme by a qualified hillwalking leader. The leader guided the participants on a weekly walk and shared key hillwalking information. After the participants completed three walks, they then had the opportunity to take part in a two-day practical training session. This taught the women how to go hillwalking with their friends and family, safely and independently. Ten women completed the She Summits programme.

#### Basketball for Teenage Girls

An outdoor basketball skills programme was held in June 2021 to support and encourage teenage girls to engage with an indoor sport during the COVID-19 restrictions. Nine girls took part in this programme which was held in Kilkenny City.



## HEROutdoors

KRSP partnered with Castlecomer Discovery Park to deliver an outdoor adventure programme for teenage girls aged 13-15 years. Nine girls signed up for the four-week programme in which they got to try several different activities including axe throwing, archery, mountain biking, raft building, zip lining, and orienteering.

A second programme was run in October 2022 and six girls took part. The lower numbers were due to the fact that the girls had just returned to school and the evenings had become darker. This programme is planned again from the summer of 2022.

Throughout HEROutdoors Week 2021, women and girls participated in new activities, developed skills and knowledge of the activities, and developed confidence in their capacity to participate in outdoor activity. Through this, they realised that they could be active in the outdoors in other ways even if they were not 'sporty'. They became more familiar with local amenities on their doorstep such as Castlecomer Discovery Park, Thomastown Weir Pool, and local hills and mountains.

## Intro to Judo & Self Defence

Following on from the KRSP Judo - Fitness for Fun programme run in March, an Introduction to judo and self defence programme for teenage girls was developed with the help of funding from the Healthy Inclusive Communities initiative. This started in October 2021 and ran for 8 weeks. As a popular bonus, each participant received a free judo suit.

There were 11 girls between the ages of 13-15 years on this programme and 6 of the participants went on to join Kilkenny Judo Club after the programme ended.

## Soccer Programme for Travellers

During the summer of 2021 KRSP began collaborating with An Garda Siochana in Kilkenny

City and the Kilkenny Traveller Community Movement to develop the Ains Nyuk soccer programme for traveller boys in two halting sites. Under Healthy Ireland, KRSP supported a set of custom-made jerseys for each team. Ten boys from the travelling community took part in this programme which is continuing in 2022.

## Cycling Without Age

Following a successful 2-month programme during the summer, arrangements were made for long term loan of the KRSP Cycling Without Age bike to the Mount Carmel care home. In advance of this programme, training was delivered to the Mount Carmel staff and suitable routes that the bike could take were planned.

The Cycling Without Age bike was subsequently loaned to Irish Wheelchair Association in Kilkenny for 6 weeks. It was used to bring service users on trips around Kilkenny. Similar to Mount Carmel, training was delivered to staff and suitable routes for the bike to take were planned.

## Disability

A number of disability programmes were run during 2021. This was much needed as this cohort of people were amongst those most impacted by COVID-19.

## KRSP Inclusive Dance and Movement

During January and February of 2021, KRSP delivered two free, Inclusive Dance and Movement Class for children with disabilities aged between 5 and 12 years. These classes were run online over six weeks and the children's families were also encouraged to take part in the sessions. There were 15 participants on the first course and 6 participants on the second course.

## Handcycling Programme

KRSP provides access to hand cycles for people with a disability to participate in handcycling programmes. A nine-week handcycling programme with 6 participants ran each Friday in the Watershed in the lead up to Christmas.

### Walking for Wellness

Walking for Wellness is for people who want to gradually build fitness & start slowly and is particularly suitable for people with disabilities.

A walking programme for people participating in a HSE Community Mental Health services was established during 2021. This consisted of a ten-week Walking for Wellness programme, which ran between September and December with between 6 and 10 participants attending each week.

### Supported Swimming Lessons - Children

COVID-19 severely impacted the delivery of in-person supported swim lessons for children with additional needs. KRSP continues to work with Swim Ireland on the provision of a swim resource for parents of children with disability. This resource will help to empower parents to bring their children to the pool in the absence of the supported swimming lessons. The resource will be made available both in printed and digital format. There were challenges to maintain progress with this project due to numerous staff changes in Swim Ireland.

Supported swimming lessons were re-introduced and delivered for 28 children with additional needs during November and December 2021. A total of twelve one-to-one youth volunteers were vetted and recruited to support the programme. Although the lessons went ahead, attendances by both participants and volunteers were irregular, largely due to the continued presence of COVID-19.

### Supported Swimming Lessons - Adults

KRSP and the Watershed explored the establishment of set pool times with reduced entry costs for groups with mental health difficulties from HSE Rehab and Recovery Group and TASK service users. A six-week programme facilitated by a KRSP tutor/swim teacher followed and was well attended by 10 participants.

### Activator Poles Programme

SOS and National Learning Network both had an eight-week activator poles programme delivered, with 14 and 8 participants respectively. These programmes were followed up by additional online physical activity programmes for National Learning Network during COVID-19.

In addition, a taster day was delivered in Kilkenny with 10 participants taking part - mainly from the Kilkenny Branch of Arthritis Ireland.

### SOS

KRSP met with SOS management to advocate for a work placement student from either IT Carlow or Waterford IT to facilitate long term physical activity programmes for service users there. However, a change in management in SOS meant that this programme has been paused. It is hoped that these discussions will take place again with new management.

### TASK Walking Group

The TASK walking group ran from October to December with 15 attendees. It was very successful with high praise for the KRSP tutor. The programme has sustained consistent numbers taking part in comparison with previous programmes. Due to the success, plans were made for the programme to recommence in January 2022.

### Inclusive Summer Programme

KRSP provided three weeks of summer activity programmes for people with disability. This consisted of two, week-long sports camps for children with disability in July and two, two-day swim camps in August.





### Youth Volunteers

KRSP recruited and trained close to 30 youth volunteers between the ages of 15 and 17 to support the children on the camps. Garda vetting with parental consent applied to any volunteers over the age of 16. The youth volunteers assisted KRSP staff and tutors with the delivery of the activities on the programme. A one-to-one buddy system was used, which was of great benefit to the young participants. In turn, the youth volunteers received a meaningful opportunity to engage in sports in a way they might not ordinarily have.

### Sports Camps

KRSP enlisted the support of NGB Development officers (Kilkenny GAA, Hockey Ireland, FAI, IRFU, Athletics Ireland) to support the delivery of the programme. In addition, KRSP worked closely with local activity providers (Watershed, Kilkenny Tennis Club, Kilkenny Gymnastics Academy and Kilkenny Aqua Canoe Club) for the provision of this much needed summer programme. These camps facilitated 36 children with additional needs. As this camp took place during COVID-19, the planning and delivery including numbers were adapted and all COVID-19 guidelines were

adhered to in order for the camp to be as safe as possible for all concerned.

### Swim Camp

Swim camps were arranged for two days each in August. One camp was for children aged 6 to 11 years and a second for those aged 12 to 17 years and there were 8 children in each group. The participants were supported one-to-one by KRSP volunteers and with a qualified swim teacher and pool side supervision, these sessions were designed to gently welcome children back to the pool in a safe, fun and supported environment.

### Summer Programme for Adults

KRSP partnered with Castlecomer Discovery Park (CDP) to deliver two activity days for adults with additional needs. CDP offered discounted rates and a choice of activities for each participant relative to their needs and abilities. Activities included boating, high ropes, orienteering and archery and there was a total of 14 participants. The activities were delivered by CDP staff who encouraged the participants to try new things and to push their boundaries in a safe and secure environment.

## Healthy Ireland – KRSP Healthy Inclusive Communities Project

KRSP facilitate and support the development of initiatives for the Healthy Ireland funded Healthy Inclusive Communities, which will develop and expand the range of opportunities for the people to participate in sporting and physical activity. Based on deprivation index, the main three areas we work in are Castlecomer, Urlingford and Kilkenny City. Due to the refugee resettlement programme and the presence of Droichead FRC, an element of our work was delivered in Callan. We work closely with sports clubs, community-based organisations and National Governing Bodies of Sport to promote quality experiences for participation and to support their work locally. We also aim to address barriers to participation, encourage access, address health inequalities, and increase opportunities for participation by those who experience disadvantage for any reason. All our programmes are inclusive of all abilities.

### Healthy Ireland Kilkenny Launch

Recordings for the launch of the Healthy Kilkenny Community Plan were completed in Ballykeeffe on 4th May 2021. In preparation for the recordings, a short piece detailing the function of the Healthy Inclusive Communities Initiative was prepared. The KRSP SDO and the Healthy Kilkenny Co-ordinator worked with Barefoot Productions to take multiple activity shots to use to promote this programme. The launch was virtual, celebrating Kilkenny joining the National Healthy Cities & Counties of Ireland Network. The launch was available to watch online through YouTube and Facebook. It was used to spread awareness of the Healthy Kilkenny initiative.

### Nifty 50 - Activator Poles Walking Programme.

This Activator Poles walking programme aims to improve mobility and balance in older adults. KRSP worked with Newpark FRC, with the aim of getting groups back to physical activity post COVID-19 restrictions. The Nifty 50s, an older adult group within Newpark FRC, was identified

to participate in the programme. A taster session was delivered in August and due to the popularity of the programme, this was followed by a six-week programme in September. Ten older women took part in this programme. At the end of the six-week programme, KRSP provided a set of Activator Poles to the Nifty 50s for use after programme completion, thus sustaining the activity.



### The Syrian Children's Soccer Programme

In partnership with the FAI and Ossory Youth, KRSP delivered a soccer programme for children from Syria who were resettled in Callan. The programme consisted of weekly soccer sessions for the participants with a qualified FAI coach during May and June 2021. Due to COVID-19 restrictions in place at the time and as inclement weather is a barrier to participation for many Syrians, this programme was run during the summer months.

As well as being a positive opportunity for children from Syria to engage with their local community, KRSP also provided a pathway to take part in the local FAI Summer Soccer Schools camp at the end of the programme.

### Swimming Classes for Syrian Children

Two swimming programmes for children in the Syrian resettlement area in Callan were organised in the Watershed in September. The swimming programme for the Syrian boys was a huge success with full attendance each night.

While activities had been offered to the parents of participants, there has been no take-up on any offerings. Interest in swimming was expressed by a parent of one of the participants, leading to plans being put in place to run a family swimming programme for Syrian families in 2022.



### Multi-Activity Summer Camp

A multi-activity summer camp for children aged 4-11 years old was run in Droichead FRC Callan in July. KRSP supported Droichead in the provision of the sports and physical activity elements of the camp and also in the provision of an activity pack for each participant to use throughout the camp and to promote activity in the home setting.

This initiative has helped to build up a strong relationship with Droichead Family Resource Centre. It also allowed the Syrian children from Callan to avail of a subsidised price to attend the summer camp, which in turn strengthened their engagement in mainstream sports in the local community.

In line with COVID-19 restrictions during the camp, the children were split into three separate groups of fifteen children.

### Yoga for Men

This was a four week-long online mobility/flexibility programme for men only that ran in Urlingford during March 2021. 24 men were recruited from the Mill Family Resource Centre. In particular, the programme was aimed at migrant men in the community, members of Emeralds GAA club and the wider community.

This type of programme is more beneficial when delivered in-person and this contributed to a high drop off rate of participants from the programme.

### Men's Soccer Programme

KRSP worked in partnership with the FAI to design and deliver a men's soccer programme for delivery to participants from the Good Shepherd Centre. The participants consisted of homeless men both from the travelling community and ethnic minorities. The sessions were held once a week in Freebooters FC from July to August, with five men taking part. With further work and promotion, it is hoped to increase this number during 2022.

### Buggy Buddies – Kilkenny Castle Park

Buggy Buddies is a light physical activity programme for mothers to build their fitness back up postpartum and link them into the local mother and toddler (Mummies & Buggies) walking group that meet each week in Kilkenny City.

KRSP held two Buggy Buddies programmes during September 2021, each running for 6 weeks. There was a total of 23 participants across the two programmes.

### Mill Family Resource Centre - Equipment

FRCs are community-based models of family support with an open-door policy. KRSP worked with the Mill FRC to purchase older adults games equipment to allow a return to sport and activity after COVID-19.

### Outdoor Adventure - Kilkenny Castle Programme

Starting in December 2021, KRSP, in partnership with Castlecomer Discovery Park, delivered a bespoke programme which was held in the grounds of Kilkenny Castle Park with the approval from OPW. This programme was six weeks in duration with the aim to highlight all the possibilities an outdoor urban area has for the age group between 13-15 years. The programme was delivered to 24 first year students from Kilkenny City Vocational School.

The 13–15 age group suffered a lot throughout the Covid -19 pandemic, from elements such as the lack of opportunity to broaden their communications skills, to enhance their resilience and to explore friendships. With this in mind, each week a new element was introduced, building up the difficulty of challenges throughout the programme by getting the students to speak to each other, involve everyone and to develop a sense of respect and empathy for their fellow students. Some of the elements included creative map making, introduction to navigation & Orienteering, trails & games, ecology and navigation and ropes.

The strength of these programmes is not easily quantifiable, but the outcomes are limitless. The young participants in this group would not have had the opportunity to simply play throughout COVID-19. By the fifth week, children had started playing again - they were mindful and completely in the moment. This achievement is immeasurable.

## 2.3 Support leaders and staff working with target groups to increase participation in sports and active recreation

### Sports Leaders UK


Access to this UK certified programme is possible because of Sport Ireland's Dormant Accounts funding. Specially designed on an easy to administer framework, the qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active.

In addition to the schools-based Sports Leader programmes, a group took part in the community Sports Leaders course, which was run specifically for the KRSP summer programme volunteers. This was run over two days on 21st and 22nd June and 23 learners were certified.

### Urban Outdoor Adventure/Initiative (UOA)

Opportunities for young people living in disadvantaged communities to experience outdoor adventure sports is limited due to natural environments, distance from traditional outdoor settings (forests, mountains etc.) where activities are usually offered, and need for equipment, supervision, training and support to engage in these sports. Funded through Dormant Accounts, the objective of the Urban Outdoor Adventure Initiatives is to create new opportunities for people living in disadvantaged communities to participate in outdoor adventure sports in urban settings. The programme also seeks to create new opportunities for at risk





youth in disadvantaged communities and people with a disability.

Prior funding received under UOA programmes were aimed at delivery of adventure activities through school settings and targeting people with a disability in Kilkenny City, Castlecomer and Graiguenamanagh.

#### Access Equipment

KRSP worked closely with the Kilkenny Aqua Canoe Club to procure a specialised pontoon that enables safer access to the water for participants with a disability. This was purchased in December with the support of Urban Outdoor Initiative capital funding.

#### UOA – Water Sports Programme

KRSP secured 2021 UOA funding for the delivery of a water sports programme. KRSP worked on programmes with water sports clubs, youth clubs and Canoeing Ireland, specifically targeting disadvantaged, young people. The specific focus for this was club development, coach education and participation programmes and the initiative was implemented in Kilkenny City, Thomastown and Graiguenamanagh.

#### Water Sports Equipment

A water sports equipment bundle including 3 boats and safety gear was purchased for Graiguenamanagh Canoe Club at the end of November 2021. This provision will support the club in increasing participation in the sport and membership within the club.

#### TrY Rowing – Duiske College and Rowing Ireland

A 6-week transition year water sports programme was run in partnership with Duiske College and Rowing Ireland. The TrY coaching programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role to bring value to their TY programme and school. The programme allows students the opportunity to

work in a fun and interactive environment with younger students.

The programme ran between October and December with 7 transition year students completing the programme and receiving a foundation level coaching award from Rowing Ireland. As part of the course, the students assisted Rowing Ireland instructors in the delivery of a rowing programme to 24 first year students.

#### TY Water Sports Programme

During October 2021, KRSP worked with Pure Adventure to deliver a water sports programme for transition year students in Duiske College. This Canoeing Ireland accredited programme enabled students to gain a Level 1 qualification in water sport. Fifteen youths took part in the initiative and chose either stand up paddle boarding or kayaking to get their qualification.

#### First Aid courses

Two Remote Emergency Care (REC 3) First Aid courses were delivered in Kilkenny in November 2021. Places on these courses were open to Graiguenamanagh Rowing, Graiguenamanagh Canoeing, Kilkenny Aqua Canoe Club and Thomastown Paddlers, with a total 24 volunteers and leaders certified.

#### Kayaking Taster Sessions

Kayaking taster sessions were run as part of European Week of Sport in partnership with Graiguenamanagh Canoe Club on 25th September 2021. These sessions provided 5 families (16 participants) and 13 teenagers with an introduction to kayaking and links to a pathway to join the club.

# Strategic Goal 3:

## Provide strategic leadership to develop sport and active recreation in collaboration with key partners

### 3.1 Enhance and strengthen relationships with partner agencies, clubs and organisations to support the work of KRSP

#### Committees

KRSP continued to strengthen the relationships with local agencies and Fora to ensure physical activity remains an important element of their work.

Participation on committees is carefully considered in terms of time, capacity, relevance and potential. KRSP is represented on the following committees requiring attendance at meetings, reports, updates and collaborative work on joint initiatives:

- TrailKilkenny
- Kilkenny Leader Partnership Evaluation Committee
- Kilkenny Age Friendly Alliance
- LSP Evaluation Committee
- Irish Physical Activity Research Committee
- Youth Leadership Working Group
- LSP Network Co-ordinators Forum
- Healthy Kilkenny Committee
- Cycle Kilkenny

Sport Ireland co-ordinates and administers several networking groups specifically for LSP co-ordinators, CSDO and SIDO. These networking opportunities provide for the sharing of knowledge, expertise and collaboration. Sport Ireland engage with other organisations as part of these networking events such as CARA, the National Governing Bodies of Sport, the Federation of Irish Sport etc.

### 3.2 Maximise existing resources and work to identify new resources to develop and expand the work of KRSP

Alternative funding streams are continually sought out to enable KRSP to deliver on its objectives and further the work of the Partnership. KRSP also assists others to identify and access funding opportunities to ensure that sports and physical activity opportunities are created for the people of Kilkenny. For example, access to Dormant Account funding opportunities through Sport Ireland has significantly increased funding for LSP programmes.

KRSP continually reviews its financial management policies and systems in line with best practice and to ensure an efficient, effective and transparent process. As part of the Sport Ireland Governance Code for Sport compliance, KRSP has worked to complete three-year financial projections which will assist with more effective planning.



# Strategic Goal 4:

## Enhance operational systems and structures for effective and efficient governance and management

### 4.1 Strengthen and develop governance and management systems

#### Records Management

KRSP has worked to standardise the filing system in KRSP to allow for easy tracking of documents and ease of compliance with GDPR destruction policies. This new system will be rolled out during 2022.

#### Board

The KRSP Board continues to place importance on being transparent and accountable. In addition to ongoing Board compliance, a large focus for the Board during 2021 was in reviewing and meeting its governance structures in line with the Sport Ireland Governance Code for Sport Compliance.

CLG LSPs worked closely with the IPA to review, develop and strengthen governance structures and documentation within the LSPs. KRSP reviewed its governance structures and set-up new sub-committees in line with this. These included a Strategy Committee, Governance Committee and Finance, Audit and Risk Committee. Work is continuing in embedding these new structures and implementing the relevant policies and procedures.

#### Governance Code for Sport - Compliance

KRSP has fully adopted Sport Ireland's Governance Code for Sport. In 2019, Sport Ireland took over the Governance Code for Community, Voluntary and Charitable Organisations as a Governance Code for Sport and put supports in place to assist LSPs/NGBs and other funded bodies on this journey to compliance.

The KRSP Board has worked hard in recent years to implement the Governance Code for Sport. To this effect, a public statement of compliance (as a Type C organisation) with the Governance Code for Sport was submitted

to Sport Ireland in December 2021 and our compliance documentation is available on the KRSP website. Amongst other benefits, achieving this compliance allows for the continued receipt of funding from Sport Ireland. The KRSP Board is committed to ongoing compliance with Sport Ireland governance requirements.

#### Systems and Policies

KRSP has contracted the following supports in 2021:

- Auditing of Accounts & Company Secretariat Services – O' Neill Foley Accountants
- Information Technology Support – AtoZ Computers
- Human Resources Support - Peninsula Business Services
- Database Development and Support – Mindaclient
- CLG LSP HR Consultation – Voltedge
- Health & Safety Support - Peninsula Business Services
- Pension Trustee Services – General Investment Trust
- Poe Kiely Hogan Lanigan – Legal services
- Bluescope – Website Development
- S3Solutions – Strategy Development
- IPA – Governance Consultancy Support

#### Comply with CRO and Funder Requirements

All required documents were submitted to O' Neill Foley for filing with the CRO. Funding requirements were adhered to and all reports submitted by due dates. KRSP worked with the individual funders regarding the extension of delivery dates, drawdowns and returns etc. which were impacted by COVID-19 restrictions.

### 4.2 Develop and implement high quality planning, implementation, review and monitoring systems

## Sport Ireland Annual Operational Plan Report

A review of the KRSP programme of work for 2021 was completed in January by KRSP staff and reviewed by the KRSP Board. This information contributes for the formation of the national LSP report compiled by Sport Ireland.

### Programme Planning

There were several staff changes during 2021, leading to additional pressure on remaining staff to deliver on key aspects of the KRSP annual operational plan and postponement/delay on the delivery of certain projects. In addition to staff changes, the impact of continually changing COVID-19 restrictions, an office move and delays in securing office accommodation also added to an increased need for additional planning for all KRSP programmes. KRSP has been working remotely since March 2020. In order to support the team through these changes, individual quarterly planning meetings were held. Weekly online staff meetings have been held in addition to planning and individual meetings. This ensured continued effective delivery to all of our stakeholders.

### LSP Evaluation Sub-Committee

As part of the National network of LSPs, the coordinator sits on the Evaluation sub-committee which continued its work on developing a framework for monitoring and evaluation of LSPs.

### I-PARC

KRSP continues to support the work of I-PARC and sits on the Practitioner Advisory Group on this collaboration between Government Departments, Government Agencies and Research Institutes. The KRSP SIDO attended the daily lunchtime webinar I-PARC Conference entitled 'Collaborative action for physical activity promotion – opportunities presented by COVID-19' from 11th to 14th of January.

### The Behaviouralist

Sport Ireland engaged The Behaviouralist, a consultancy company, to work with the LSPs in

researching recruitment methods and messaging targeting different population groups through the delivery of a Couch to 3k programme.

KRSP staff attended numerous meetings for the proposed Couch to 3k programme and provided input into the proposed delivery. The programme start was postponed on several occasions due to GDPR considerations and is due to be launched in late January 2022.

## 4.3 Increase the profile of KRSP work and promote regular participation in sport and active recreation

### Website

KRSP worked with Bluescope Technologies to develop a new website using WordPress as a Content Management System. This went live in December 2021.


The primary goal of this website is to provide customers with important information of KRSP's activities such as Events, Programmes, and Education. The website includes a mobile-friendly design with mega menu structures to display the many drop-down menus – allowing for easy navigation and a clean look and feel to the site.

The website includes a Club Directory to display clubs and communities across Kilkenny with the ability for users to submit their own for approval.

### Communications Policy

KRSP completed its Communications Policy during 2021. The most successful and enduring organisations and leaderships cultivate a reputation founded on trust, transparency and integrity. KRSP plays a key role in the community as a valued provider of information and services for our target groups. It is essential that KRSP communicates to all its stakeholders across a range of communications platforms in a way that inspires confidence.

Having this communications policy guides KRSP



towards 'Being Transparent and Accountable' (Sports Governance Code) and protecting and promoting KRSP's reputation.

### Promotion

#### Facebook

KRSP continued to develop its Facebook page, increasing its following to 5,088 with 479 posts and at the end of 2021. This provides an instant form of messaging, effective and efficient for promoting the work of the partnership and provides interaction with the public.

#### Instagram

KRSP continues to build on the social media platform, Instagram, which was launched in 2020 increasing its followers to 825 and making 181 posts during 2021.

#### Twitter

During 2021 KRSP sent out 193 tweets to our 350 followers and we are continuing to build on the usage of this platform.

#### Text Messaging

Text Messaging continues to be hugely effective with over 763 texts sent to participants on the KRSP text messaging system.

#### Advertising

KRSP continues to utilise its local means of communication such as access to advertising space through Kilkenny County Council, regular updates through the Age Friendly Alliance column and 12 articles and 2 general press releases submitted to the local papers. 8 radio interviews were given throughout the year to KCLR and Kilkenny Community Radio.

#### Database

Work has continued on a bespoke customer management database to improve our effectiveness and efficiency in regard to communicating with our participants. This is run and monitored in line with GDPR requirements. We currently have 664 participants, which is an

increase from 264 in 2020.

#### Information Leaflets & Booklets

250 Keepwell Disability & Older Adult Booklets and 250 Keepwell Activity Bag Instruction leaflets were distributed throughout the wider Kilkenny community.

#### Staff Gear

KRSP completed the procurement of new KRSP and Sport Ireland branded staff gear at the end of 2020, which was delivered in April 2021. The staff gear is for use in attending KRSP programmes and attending meetings where appropriate. It is hoped that this expertly designed, innovative kit will make our staff feel proud to represent KRSP and all its values.

#### Beneficiaries and Stakeholder Engagement

To ensure that our strategic plan reflects the evolving needs and priorities of the people and organisations of Kilkenny, we carried out a widespread consultation process. We received contributions from more than 30 unique stakeholder organisations and 142 individuals responded to an online survey. The consultation has helped identify aspects of our work that we should build on and improve, as well as setting out some emerging opportunities, issues, and challenges that we should consider over the course of our strategy.

Whilst we used a mixed method consultation approach and extended the consultation timeframe on several occasions, input from older populations, the LGBTQI+ community, and minority ethnic groups remained lower than we hoped. In response, we set out a commitment to ongoing consultation and engagement through the lifespan of the strategy, ensuring the voice of underrepresented groups helps to shape and inform the development of programmes and initiatives.

## In a snapshot:



Number of survey responses received



Meetings with external stakeholder and partner organisations



KRSP staff consulted through workshops



Discussions with the KRSP Board & team to reflect & develop vision, goals & actions



Responses from individuals to the online survey



Organisational responses to the online survey

### Challenges

Overall KRSP had an extremely successful 2021 however, there were several challenges that we worked to overcome to allow the continued to delivery of KRSP programmes and courses in a professional manner. Lessons learned from each one of these challenges, are now being used as an opportunity to move positively into the future.

### Return to Sport

The overriding challenge for all sporting organisations was the return to sport and to in-person activity within COVID-19 regulations. Re-engaging with volunteers, tutors and participants, whilst addressing concerns around lock downs, vaccinations, indoor activity and rising COVID-19 numbers, was a priority for KRSP staff. A lot of hard work was done to adopt an alternative and flexible approach to both delivery of and participation in sport.

### KRSP Board

One of the main focuses of the KRSP Board this year was on achieving Sport Ireland Governance Code for Sport compliance. This was a huge administrative task and required the Board to change its structures in setting up new committees. In addition, during 2021 the Board worked hard to complete KRSP's Strategy 2022-2025 despite a number of unanticipated delays.

Dealing with these matters, although extremely important, did not allow the Board the time they would have liked to focus on steering the KRSP vision and mission during 2021. Once our new strategy is finalised and in place, it is hoped that during 2022 the Board will once again be able to refocus on driving the KRSP strategy. The Board achieved Sport Ireland, Governance Code for Sport Compliance in December 2021 and is committed to maintaining and continuing work in governance.

### Staff Changes

During 2021, there was a number of changes in staffing and roles. Amongst others, a reason for this is due to KRSP only securing funding on an annual basis for staff salaries. In addition to this, some positions are part-funded which requires KRSP to source balance funding. The insecurity of funding leads to a hesitancy to take up or stay in a position, in particular when longer contracts become available elsewhere.

Although the learning curve for new members of a team is always a challenge, the recruitment in new personnel was an opportunity for KRSP to gain new insights and talents and the new staff bonded to work to progress the annual operational plan. This ensured continued effective delivery to all of our stakeholders.

### Working from Home/Office Move

KRSP continued to work from home during 2021. An office move during 2021 was delayed as a result of finalising lease agreements. This was compounded with trying to organise furniture collection and delivery and multiple trades people to assist with the move, with staff at home and COVID-19 restrictions in place. While it was challenging, KRSP continued to deliver on its objectives and achievements with staff accessing the office as needed.

### Funding

Due to the impact of COVID-19 on programme delivery in 2020 and 2021, KRSP accrued funding to use during 2021, which led to an increased pressure to deliver programmes with no additional human resources. This also brought with it additional time spent on engaging with funders with regard to the delays, drawdowns and mid-year and annual returns.





# FINANCES – INCOME RECEIVED AND MONIES SPENT





# Funding & Support

Funding was secured from Sport Ireland for the operation of the Partnership with additional funding received from its partner agencies, grants and generated by KRSP through course fees and interest on its deposit account. Kilkenny County Council provided office space, associated utilities and storage for KRSP at a significantly reduced cost as a benefit in kind contribution.

KRSP accounts are audited annually and the audited accounts approved by the Board at its AGM. O’Neill Foley Accountants completed the audit of accounts 2021.

Schedule	2021 €	2020 €
<b>Income</b>		
Sport Ireland - Core Funding	343,139	216,196
Sport Ireland - Women in Sport	1,665	5,560
Kilkenny Local Authorities	28,866	27,142
Health Service Executive (HSE)	8,434	2,150
Course and Programme Fees	10,447	8,625
Age & Opportunity	420	1,963
Sport Ireland - Dormant Accounts Programmes	32,666	35,022
Get Walking Ireland	525	250
Pobal- Healthy Ireland	11,705	8,073
Gross surplus Percentage	437,867 100.0%	304,981 100.0%
Overhead expenses	1 (451,956) (14,089)	(312,589) (7,608)
Miscellaneous income	2 11,453	16,540
<b>Net (deficit)/surplus</b>	(2,636)	8,932

<b>Schedule 1: Overhead Expenses</b>	<b>2021 €</b>	<b>2020 €</b>
<b>Administration Expenses</b>		
Wages and salaries	215,051	154,599
Social welfare costs	23,410	17,436
<b>Sport Ireland Programme Costs</b>	<b>94,150</b>	<b>28,930</b>
Women in Sport Programme costs	1,665	5,560
Older Adult Programme costs	-	3,555
HSE Programme costs	10,737	1,871
KRSP Programme costs	20	75
Kilkenny Co Co Programme costs	3,726	1,155
Get Ireland Walking Programme costs	525	250
Age and Opportunity Programme costs	-	1,713
Sport Ireland Dormant Account Programme	23,000	35,023
Community Integration Fund Programme costs	420	40
Pobal- Healthy Ireland	12,247	1,040
Staff defined contribution pension costs	14,765	12,049
Rent payable	638	636
Insurance	4,457	513
Repairs and maintenance	1,709	305
Database	441	440
Printing, postage and stationery	467	727
PR & Branding costs	671	-
Telephone	2,206	2,103
Website	303	307
IT support & software	8,256	4,460
Travel and subsistence	1,046	2,921
Legal and professional	7,016	508
Consultancy fees	3,562	18,322
Bank charges	203	212
Staff welfare	3,052	-
General expenses	80	8
Covid Expenses	-	3,621
Subscriptions	1,355	988
Auditor's remuneration	4,448	3,362
Depreciation of tangible assets	11,531	9,860
Depreciation of intangible assets	799	-
	<b>451,956</b>	<b>312,589</b>

<b>Schedule 2: Miscellaneous Expenses</b>	<b>2021 €</b>	<b>2020 €</b>
Amortisation of government grants	11,438	16,519
Bank Interest	15	21
	<b>11,453</b>	<b>16,540</b>



# Future Plans

KRSP worked during 2021 to develop the KRSP Strategic Plan 2022-2025. During this process, local, regional, and national strategy and policy documents were reviewed, ensuring alignment. The National Sports Policy 2018-2027 is the key policy driver for sport in Ireland. The cornerstone of this policy is increasing participation in sport and physical activity for every citizen, irrespective of their age, economic or social circumstances, their ethnic background or their physical capabilities.

KRSP is aware that new strategies are currently under development such as the Sport Ireland strategy, the LSP Network strategy, the Outdoor Recreation strategy and the new Kilkenny Local Economic and Community Plan, to name a few. From 2022, we will contribute to the development of new plans and consider how our commitments can evolve in light of an evolving strategic policy context.

## Emerging Priorities and Areas of Focus

The strategy consultation process identified clear patterns and trends in relation to the emerging priorities for KRSP. These include: outreach, brand awareness, opportunity promotion, target groups, partnership working, club development, outcomes-focused, facility development and people resource.

The consultation process also provided valuable insights that helped to shape and inform the direction of travel for KRSP over the next four years. The process highlighted priority areas of focus for KRSP which are reflected these in our actions and commitments.

The KRSP mission is to work collaboratively to empower people and communities to participate in lifelong active recreation, sport, and physical activity

Our work over the period 2022-2025 is structured under six pillars:

- Active Empowerment
- Active People
- Active Place
- Active Promotion
- Active Partnerships
- Active Governance

Each pillar is supported by a strategic goal, objectives, action areas and clearly defined and measurable KPIs. The KRSP Board and team look forward to implementing this strategy over the coming years. We are very excited to continued support from all in the wider Kilkenny community to supporting us to achieve our vision of Getting Kilkenny Active. Thank you!



