

Annual Report 2022



KILKENNY RECREATION
& SPORTS PARTNERSHIP

— SPORT IRELAND —



Contents

1. About KRSP	3
Contact Details	3
2. KRSP's Story	4
Our Vision	4
Mission.....	4
Our Values.....	4
Empowering.....	4
Integrity and Accountability	4
Enjoyment.....	4
Evidence Informed.....	4
Diversity and Inclusion	4
Together	4
Our KRSP Pillars.....	4
Report: Chairperson and Sports Co-ordinator	5
3. Structure, Governance & Management.....	6
Trustees, Board Directors/Committee members	6
Role of the Board	6
Board of Directors.....	7
KRSP Board Meetings	7
KRSP Sub Committee Meetings	8
KRSP Board Induction and Training	10
Risk and Conflict of Interest Management	10
Governance Standards	11
2022 Staffing	12
Volunteers.....	12



4. Objectives, Achievements & Performance	14
Commentary for the Year	14
Objectives for the Year	15
Snapshot of Our Work During 2022	15
Case Studies	15
What KRSP planned but didn't achieve and why.....	17
Key Achievements and Performances for the Year	17
Pillar 1: Active Empowerment.....	17
Pillar 2: Active People	22
Pillar 3: Active Places	36
Pillar 4: Active Promotion.....	36
Pillar 5: Active Partnerships	38
Pillar 6: Active Governance.....	40
5. Finances – Income and Expenditure	45
6. Future Plans	47





1. ABOUT KRSP





ANNUAL REPORT 01 January 2022 to 31 December 2022

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2. KRSP'S STORY



OUR VISION

Getting Kilkenny Active

MISSION

Kilkenny Recreation & Sports Partnership (KRSP) will work collaboratively to empower people and communities to participate in lifelong active recreation, sport, and physical activity.

OUR VALUES

Empowering

We will work to unlock potential by motivating, inspiring and building skills and confidence in communities, clubs, organisations and volunteers.

Integrity and Accountability

We will be professional, open, honest, and transparent in how we operate. We will do the right things in the right ways to Get Kilkenny Active.

Enjoyment

Sport and physical activity should be fun. Enjoyment, enthusiasm, optimism and positivity will be at the heart of our approach.

Evidence Informed

We will use evidence-informed programmes to improve the lives of those we work with in order to achieve most impact in the community.

Diversity and Inclusion

We will embed a culture of diversity and inclusion across the organisation by proactively targeting those most excluded and those who face the most barriers to participation.

Together

We will collaborate internally and externally to optimise the quality of our work and help people in Kilkenny become active and stay active.

OUR KRSP PILLARS

Our work over the period 2022-2025 is structured under six pillars. Each pillar is supported by an overall Strategic Goal and a series of objectives, action areas, and key performance indicators.



**Active
Empowerment**



**Active
Promotion**



**Active
People**



**Active
Partnerships**



**Active
Places**



**Active
Governance**



Report: Chairperson & Sports Co-ordinator



We are delighted to present the Annual Report for Kilkenny Recreation and Sports Partnership (KRSP), highlighting the progress we have made during 2022. As we reflect on the past year, it is clear that we are steadily returning to a sense of normality after the unprecedented challenges posed by the Covid-19 pandemic. This achievement is a testament to the resilience and dedication of our Board, staff, partners, and stakeholders.

We are pleased to report that our KRSP Strategy 2022-2025, which was successfully launched by Jack Chambers, the Minister for Sport and the Gaeltacht, has provided us with a clear direction and framework for our work. This strategy will enable us to prioritise the allocation of resources effectively to implement our initiatives.

Sport Ireland's ongoing commitment to enhancing sports participation has prompted the introduction of new roles and a review of the structures for the Local Sports Partnerships. Through planning and collaboration, we aim to integrate the new roles and structures, ensuring continued excellence in our efforts to promote sports and physical activity at a local level.

In 2022, KRSP had a highly successful year, but not without its challenges. The return to sport posed a significant obstacle, particularly in re-engaging older adults and people with a disability. KRSP worked to address their concerns around resuming sports, largely due to an unease about reconnecting and engaging socially following the COVID-19 pandemic.

The security of staff resources continues to be a challenge due to annual funding for salaries, the need to secure additional funding for certain positions and the uncertainty of the impact of the structural review and additional roles on the organisation. Despite these challenges, KRSP staff worked hard, contributing to the effective execution of the annual operational plan. 2022 saw the return to a new office space and the implementation of a hybrid work model presenting a challenge in balancing the maintenance of relationships and employees work-life balance. However, each challenge served as a learning opportunity and has paved the way for a positive future for KRSP.

We would like to commend the continued hard work of our Board members who have dedicated their time and expertise to ensure the success of KRSP. As a small organisation, compliance with the Sport Ireland Governance Code for Sport is a substantial requirement. We have strived to meet and exceed those standards, recognising the importance of the Code.

Looking forward, we are excited about the future and the opportunities it holds. We extend our sincere thanks to all our staff, partners, funders, and stakeholders who have contributed to the success of KRSP. Together, we will continue to make a positive impact in our community, promote sports development, and empower individuals to lead active and healthy lives.



David Denieffe

Chairperson



Nicola Keeshan

Sports Co-ordinator





3. STRUCTURE, GOVERNANCE & MANAGEMENT



Trustees, Board Directors/ Committee members



The Board is collectively responsible for leading and directing KRSP, supervising the management of the organisation, and reporting on stewardship and performance. This collective responsibility is detailed in the KRSP Schedule of Matters reserved for the Board. It is important to confirm that the Sports Co-ordinator is the accountable person to the Board for the delivery of its strategic plan and operational priorities and performance.

The duties of the KRSP Board, as set out in the KRSP Board Terms of Reference include:

- Setting the strategic direction and reviewing progress.
- Keeping up to date on strategic issues and changes affecting KRSP.
- Monitoring organisational performance.
- Ensuring that legal, regulatory, and governance obligations are adhered to.
- Monitoring and assessing its performance and that of its committees.

The Board is responsible for the oversight of the

organisation's financial governance and financial management, and internal control. As outlined in its schedule of matters, the Board makes key decisions around financial management. In particular, the Board has responsibility for:

- Approving the annual budget and operational plan and monitoring of its implementation.
- Approving of draft accounts of KRSP, prepared after the end of the financial year and engaging with the external auditor.
- Determining annually the effectiveness of KRSP's system of internal controls, including financial controls. For example, role and responsibilities, cash and cheque procedures, recording, payments and direct debits, purchasing, wages, and salaries, etc.
- Approving of banking arrangements.
- Approving delegated KRSP levels (including spending thresholds).
- Determining and approving procedures to monitor, report, and enforce the relevant rules and requirements as set by the different funding sources contributing to KRSP.



Board of Directors

KRSP Directors are nominated in line with the KRSP constitution and are selected based on their influence and relationships in Kilkenny with those areas that we need access to. The directors who served throughout the financial year, except as noted, were as follows:

Director	Position	Representative	Tenure
David Denieffe	Chair	South East Technological University (SETU)	
Saoirse Prendergast	Vice-Chair	Carlow Kilkenny Education Training Board- Chief Executive Nominee	
Mary Cowman	Secretary	Co-option	
Catherine Byrne Murphy		Kilkenny County Council Chief Executive	Appointed 28 September 2022
Cllr. Eamon Aylward		Kilkenny County Council Elected Representative	
Ann Bates		HSE	Appointed 11 July 2022
Declan Rice		County Kilkenny Leader Partnership	Appointed 11 July 2022
Pat McAuley		Representative: County Kilkenny Leader Partnership, Board Nominee	
Dr. Niamh Richardson		South East Technological University (SETU)	
Anthony Reynolds		National Association of Principals & Deputy Principals	Appointed 11 July 2022
Rita Comerford		Kilkenny City & County Youth Organisation	Appointed 11 July 2022
Cllr Pat O'Neill		Co-option	
Marypaula Kelly		Co-option	Appointed 28 September 2022
Kevin Murphy		Co-option	Resigned 11 July 2022
Cathnia Ó Muircheartaigh		National Association of Principals & Deputy Principals	Resigned 11 July 2022
Angela Campion		County Kilkenny Leader Partnership	Resigned 11 July 2022
Ronan Ryan		Kilkenny County Council Chief Executive Nominee	Resigned 11 July 2022

KRSP Board Meetings

KRSP held six Board meetings during 2022. Two were via MS Teams and four were hybrid (option of MS Teams or in-person).

Member Attendance at Board Meetings 2022

Director	23 Feb (MS Teams)	13 May (MS Teams)	11 July (Hybrid)	28 Sept (Hybrid)	09 Nov (Hybrid)	14 Dec (Hybrid)	Total
David Denieffe	✓	✓	✓	X	✓	✓	5
Saoirse Prendergast	✓	✓	X	✓	X	✓	4
Mary Cowman	✓	✓	✓	✓	✓	✓	6
Catherine Byrne Murphy				Appointed 28-Sep-22	X	✓	1
Cllr Eamon Alyward	✓	X	X	✓	✓	X	3
Ronan Ryan	✓	X	Resigned 11-Jul-22				1
Ann Bates			Appointed 11-Jul-22	✓	✓	✓	3
Declan Rice			Appointed 11-Jul-22	X	✓	X	1
Pat McAuley	✓	X	✓	✓	✓	✓	5
Angela Campion	X	X	Resigned 11-Jul-22				0
Dr Niamh Richardson	✓	✓	X	✓	X	X	3
Anthony Reynolds			Appointed 11-Jul-22	X	✓	✓	2
Cathnia Ó Muircheartaigh	X	✓	Resigned 11-Jul-22				1
Rita Comerford			Appointed 11-Jul-22	✓	✓	✓	3
Cllr Pat O Neill	X	✓	✓	X	✓	✓	4
Marypaula Kelly				✓ (Appointed 28-Sep-22)	✓	✓	3
Kevin Murphy	X	X	Resigned 11-Jul-22				0

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) in November 2021 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.



FARC Programme of Work 2022

Policies Reviewed for Board Approval

- Finance Policies and Procedures
- KRSP Employee Handbook

Reports Reviewed for Board Approval:

- Finance Report
- Risk Register
- Audited Accounts Y/E 31-Dec-21
- GDPR gap analysis

FARC Meetings 2022

	15-Feb-22	26-Apr-22	21-Jun-22	08-Sep-22	26-Oct-22 (FARC/ Strategy)	Total
Cathnia Ó Muircheartaigh	✓	✓	X	Resigned 11-Jul-22		2
David Denieffe	✓	✓	✓	✓	✓	5
Mary Cowman	✓	✓	✓	✓	✓	5
Saoirse Prendergast	✓	✓	✓	✓	X	4
Owen Hillery	X	X	✓	Resigned 06-Sep-22		1
Rita Comerford				Appointed 11-Jul-22	✓	1

Governance Committee:

The Board has established a Governance Committee in February 2021 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.

Governance Committee Programme of Work 2022

- Progress on key governance priorities
- Review of Sport Ireland governance and assurance framework
- Progress on executive priorities and deliverables
- Implementation of the corporate/governance risk register
- Completion of Sport Ireland governance Comply or Explain form

Governance Committee Meeting Dates 2022

	15-Mar-22	20-Dec-22	Total
David Denieffe	√	√	2
Angela Campion	X	Resigned 11-Jul-22	0
Ann Bates	Appointed 11-Jul-22	√	1

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.

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.

Strategy Committee Programme of Work 2022

- KRSP 2022-2025 Strategic Plan
- KRSP Strategy Launch
- Performance Management System for strategy review
- Risk Register There were three KRSP Executive meetings held during 2021 via MS Teams.

Strategy Committee Meeting Dates 2022

	28-Feb-22	25-May-22	26-Oct-22 (FARC/Strategy)	Total
Dr. Niamh Richardson	√	√	X	2
Kevin Murphy	X	√	Resigned 11-Jul-22	1
Mary Cowman	√	√	√	3
Pat McAuley		Appointed 11-Jul-22	X	0
Ronan Ryan	√	√	Resigned 11-Jul-22	2
Marypaula Kelly		Appointed 28-Sept-22	√	1

KRSP Board Induction and Training

KRSP Board signed off a new Board Induction pack and process in July 2022. During 2022 there were five new KRSP Board members who were onboarded using this process.

During 2022, Sport Ireland and Charity Board training offerings were circulated to the KRSP Board. The following Board members attended training:

- Mary Cowman, Board Secretary completed the Charity Board, Financial Governance for the non-Financial Trustee.
- Ann Bates, started the IPA, Level 9, Professional Certificate in Corporate Governance. This is due for completion in April 2023.

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.

KRSP Risk Management is a continuous process involving the Board, Senior Management, and staff to identify, assess, manage, and control potential events and situations. Its purpose is to provide reasonable assurance of objective achievement and drive organisational value.

KRSP aims to manage risks within its risk appetite while still allowing for acceptable levels of risk that may lead to positive outcomes and value creation. The approach recognises that risk management involves not only managing risks but also identifying opportunities. It emphasises

being "risk aware" rather than "risk averse" and entails implementing controls for known risks and intervening promptly to mitigate emerging risks.

KRSP strives to integrate risk management into its organisational culture rather than treating it as a separate function.

The top risks identified by KRSP are:

Risk Area	Risk Appetite
Compliance	Low Risk Appetite
Collaboration	High Risk Appetite
Financial	Low Risk Appetite
Staff	Medium Risk Appetite
Participation, Growth and Innovation	High Risk Appetite
Health and Safety	Low Risk Appetite
Communications/ Information Technology	Medium Risk Appetite
Reputation and Image	Low Risk Appetite

Conflict of Interest

During 2022 KRSP sent out updated Code of Conduct and Declaration of Interest forms to all KRSP Board Members. At the end of 2022, all Board members had returned their completed forms. The KRSP Conflict of Interest Policy and Declaration of Interest Form was drafted in September 2021 and is due for review biennially, with the next review due in September 2023.

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.

A sample of Governance Policies and Procedures developed, reviewed and signed off by the KRSP Board during 2022 is:

- KRSP Strategic Plan
- Staff Handbook
- Data Protection Gap Analysis Review
- Cookie Policy
- Privacy Policy
- Clean Desk Policy
- Financial Management Procedures
- Audited Accounts
- Annual Report
- Board: Induction

KRSP went through a Governance Code audit with our external auditors. As 2022 was the first year for this requirement there was no specific guidance in terms of the exact auditing process or an example of the opinion required. KRSP supplied our auditors with the Compliance Record Form which details the documented evidence of compliance. The auditors requested a random sample of the appropriated evidence which was supplied. The auditors provided the opinion

‘that the information contained within the form is consistent with the information we obtained during the course of the audit. We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of providing our opinion.’



2022 Staffing

Position	Name
Sports Co-ordinator	Nicola Keeshan
Administrator(s)	Mairead Maher
Governance & Finance Officer	Aisling Cullen
Sports Inclusion Development Officer	Seamus Nugent
Community Sports Development Officer	Lauren Walsh-Kett (resigned Oct) Eimear Lynch (appointed Nov)
Sports Development Officer	Eimear Lynch

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.

Below is a sample of further education and courses attended by different staff members:

Further Education

- IPA Professional Certificate in Governance 2022-2023
- Management of Actual and Potential Aggression, MAPA
- Certificate in Data Protection

Courses/Webinars/Conferences

- Social Media Building & Growing Stronger Relationships for your Sport
- Fundamentals of Volunteers Engagement
- MS Word - Working with long documents
- Time Management

- Walk21 Conference
- National Development Officer Conference

Volunteers

KRSP strongly relies of the good nature of volunteers to run many of our programmes. For our supported swimming lessons for children with additional needs, KRSP safely recruited 21 swim volunteers to cover 26 weeks of swimming, 2 hours each week. This was a total of 728 volunteer hours.

Similarly, our Inclusive Summer programme could not function without the significant work of young volunteers. For this programme we recruited 21 volunteers. They supported children on 2 x weeklong summer camps; a 2 day GAA summer camp and a 5 day swim programme, a total of 860 volunteered hours by young people.

In total KRSP benefited from generosity of volunteers to the tune of 1,588 hours on these two programmes.





4. OBJECTIVES, ACHIEVEMENTS & PERFORMANCE

Commentary for the Year



During 2022, KRSP has made significant strides and achieved remarkable milestones.

A pivotal moment in 2022 was the successful completion and implementation of the KRSP Strategic Plan 2022 to 2025, which was launched by the Minister for Sport and the Gaeltacht, Jack Chambers. This strategic roadmap charts our course for the future, guiding us towards the realisation of our new Mission – KRSP will work collaboratively to empower people and communities to participate in lifelong active recreation, sport and physical activity and our new Vision – Getting Kilkenny Active. While KRSP strategies always had a focus on specific target groups, engagement with harder to reach groups is the focus of the new strategy with a specific gap identified in terms of the LGBTQ+ and Ethnic Minorities communities. As we transition to the new strategy, building relationships and engagement with these communities is a priority, recognising that this takes time and effort. At KRSP, we're fully committed to this journey and understand that meaningful connections can't be rushed.



KRSP will work collaboratively to empower people and communities to participate in lifelong active recreation, sport and physical activity..."

One of our significant accomplishments this year was the securing of Sport Ireland funding to commission a research project, to explore the experience of young people from the LGBTQ+ community in Kilkenny and Carlow in sports and physical activity. This will provide us with the insight to develop and implement inclusive initiatives that foster a sense of belonging and acceptance within the sporting community. By promoting diversity and inclusion, we have taken strides towards creating an environment where everyone feels empowered to participate and excel.

Despite the challenges of the COVID-19 pandemic, we remained dedicated to adapting our programs. We successfully enabled participants to stay engaged in sports, reaping their physical, mental, and emotional benefits. Our ongoing efforts prioritise support for Older Adults, who are taking longer to return to group settings. In addition to the return of KRSP programmes, a number of new and exciting initiatives were developed and delivered for different target groups such as Activator Poles, Boxercise under the community sports hub, a Rockclimbing taster session for teenage girls and women and Stretch and Move for older adults.

During 2022, KRSP also embraced the hybrid working model. Recognising the changing needs and preferences of staff, we embraced a flexible work model that combines remote work and in-office collaboration. This approach not only enhances work-life balance but also fosters creativity, productivity, and employee satisfaction.

Our steadfast dedication to good governance has remained unwavering, as we continued to operate transparently and ethically in line with the Sport Ireland Governance Code for Sport. We believe that strong governance enables success and allows the effective delivery of our resources.



Objectives for the Year

Snapshot of Our Work During 2022

3,925



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

310



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

794



girls and 758 women took part in KRSP programmes

28



Sports Clubs (€45,164) and 6 Community Groups/Facilities (€4,500) were provided with supports by KRSP

102



(84 female and 18 male) participants took part in initiatives targeting Older Adults

228



participants, including 10 children u18, received Safeguarding 1 certification online.

1,602



participants were supported through Covid-19, Club Development and Women in Sport funding and Volunteer Support.

270



social media posts on Facebook reaching 5,962 followers and 270 posts on Instagram reaching 804 followers.

Case Studies

Community Sports Hub 2022

Following a delayed start to the project due to the impact of COVID-19, KRSP made significant inroads to the development of the Urlingford/Johnstown Community Sports Hub in 2022.

A comprehensive needs assessment was completed which comprised of a survey and meetings with local clubs, community groups and schools. The assessment looked at structures, memberships, capacity and areas in which the groups would like support to empower them to delivery quality sports and physical activity opportunities for people within their communities.

KRSP is working directly with each group to as determined through the needs assessment in the following areas:

- Access to training and education supports courses / workshops
- Provision of equipment to increase capacity to deliver sports and physical activity
- Supporting the club in the development of facilities/grounds to expand offerings
- Supporting the organisation and delivery of sports and physical activity opportunities



The key outcomes of the Community Sports Hub were:

1. Completion of comprehensive needs assessment to determine support required by clubs, groups and organisations
2. Establishment of relationships between KRSP and the clubs, groups and organisations
3. Delivery of supports to clubs, groups and organisations such as Couch to 5K, Boxercise, Outdoor adventure programme for young people

The next steps for the Community Sports Hub are:

1. To work with each club, group and/or organisation to deliver the supports identified in the needs assessment
2. Expand the provision and support education programme for volunteers and coaches to improve and increase the number of people being physically active in the Urlingford/Johnstown area.
3. To support the provision of participation opportunities through the clubs, groups and organisations for all people in the Urlingford/Johnstown area.

A key learning from the Community Sport Hub is that delivery of supports needs to be at the pace and level to suit the capacity of the club, group and organisation is important. It may be slower than we would like but more sustainable as it is embedded in the community.

Innovation for Sports Inclusion – Dormant Accounts Funding: Bainisteoir Beag

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).

Following the completion of the customer discovery phase of this project, it was decided

to progress to a technology-based solution for the future of Bainisteoir Beag and the possibility of making it available for primary schools throughout the country.

A tender document was drawn up and issued to prospective developers of the next phase of the Bainisteoir Beag project. Interest was received from both animation companies and technology companies. Exploratory meetings were held with various companies prior to receiving tenders. In total 6 companies forwarded tenders for the proof-of-concept / prototype phase of the project and these were shortlisted to three for further discussions around the most critical aspects of awarding the contract.

Work continued on the development of this KRSP developed project as part of the Sport Ireland Innovation funding programme. A Customer Discovery process was entered into and this was conducted by Behaviour & Attitudes. Overall, the response from the children who were in the study was very positive towards future development of the programme. The results of the process were presented to the KRSP Board in September. As a result, KRSP initiated a tender process to seek out companies who would bring a proof of concept of the next stage – digital, sitting on a platform that would be capable of being accessed by schools throughout Ireland.

What KRSP planned but didn't achieve and why.

KRSP worked hard to deliver multiple programmes and courses, but unfortunately, faced challenges due to a lack of tutors and hesitancy from certain vulnerable target groups to resume in-person participation. As a result, several classes and programmes had to be cancelled or experienced low participation rates. Despite these obstacles, KRSP remained committed to its mission and explored alternative strategies to engage and support the community. As part of the Governance Code for Sport, KRSP developed a risk appetite, risk policy and risk register during 2021.

Some examples of these programmes are outlined below:

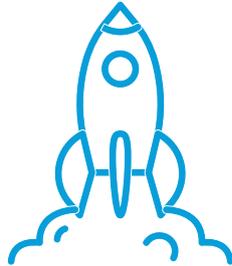
Programme	Reason
Safeguarding 3 (online)	Lack of numbers
Ladies Let's Move	Lack of Numbers
Yoga and Dip	No tutor
Football For All	Difficulty getting a qualified tutor



Key Achievements and Performances for the Year

This report sets out the achievements and outputs of Kilkenny Recreation & Sports Partnership in 2022 from the information collated and submitted as part of the national report on the Local Sports Partnership network.

Pillar 1:



Active Empowerment

Strategic Goal: To support clubs and organisations to develop and deliver more opportunities for people to participate in lifelong active recreation, sport and physical activity for all.

Participation

KRSP Club Supports

In 2022 KRSP had two different programmes of support for clubs available:

2022 COVID-19 Small Grant Scheme

The aim of the scheme was to support Sports Clubs, Community Groups & Organisations to re-start sports and physical activities, re-engage and recruit new members / participants. These grants would cover costs associated with restarting and rebuild following COVID 19.

Club Name	COVID-19
Ashgrove Pitch and Putt	€500
Berkeley Boys Basketball	€1,500
Grauguenamanagh Rowing Club	€1,500
Paulstown Basketball Club	€1,500
St Lachtains Camogie Club	€1,500
Top Pro Kickboxing Club	€1,500
	€8,000
COPD Support Kilkenny Branch	€1,000
Craobh Osari (Marble City Branch)	€1,500
Deenview Centre	€1,500
	€4,000
Total	€12,000

Club Development

This fund aims to encourage the set-up of new clubs and assist existing clubs in their development to increase participation in their sport. Priority will be given to minority sports and low participation groups/target groups identified by KRSP

Club Name	Awarded
Ashgrove Pitch and Putt	€1,500
Berkeley Boys Basketball	€1,220
Callan Handball & Racquetball	€500
Clara Ladies Football Club	€1,000
Emeralds GAA	€1,000
Freebooters AFC	€1,450
Graiguenamanagh Canoe Club	€1,474
Johnswell Badminton Club	€1,000
Kilkenny Hockey Club	€1,100
Kilkenny Judo Club	€1,500
Kilkenny Spartan Volleyball Club	€500
Mooncoin Badminton Club	€500
Muckalee Football Club	€1,000
Spa United AFC	€1,400
St. Lachtains Camogie Club	€1,000
St. Senan's Athletic Club	€1,325
Tullahought Badminton Club	€1,000
Tullogher-Rosbercon LGFA	€1,100
	€20,869

Female Coach Education – PDP1

A female only PDP 1 (Level 1 in FAI) coaching course was provided for 24 participants and this took place in Derdimus Park, Kilkenny in April.

A follow up course (PDP 2) was planned for the same group but this was cancelled due to lack of interest. Three female participants who had signed up for the cancelled course were supported by KRSP to take part in a PDP2 course later in the year.

Youth Volunteers

KRSP recruited 24 volunteers mainly between the ages of 15 and 17 years as part of a buddy system with the summer camp participants. Vetting was conducted (with parental consent) where necessary. Sports Leaders training (2 days) and Safeguarding 1 (those aged 16+) was offered to the volunteers. The volunteers were placed in a buddy system with the summer camp participants. The summer programme 2022 followed on with an idea from last year which afforded 3 volunteers with intellectual disability a chance to be volunteers and it worked very well again this year.

From a volunteer perspective, this programme is designed to provide social and physical opportunity. The programme provides an opportunity for young volunteers to experience first-hand what disability is like and the challenges the children with disability and their parents and guardians face. It is beneficial going forward in helping to inform their study and their career choices.

Catering for Diverse Groups

Kilkenny County Council and Ukrainian Community Forum

Following the arrival of the first Ukrainian people to Kilkenny, KRSP was approached to support the Ukrainian Response Unit of Kilkenny County Council. KRSP supplied sports equipment to the holding centre in Kilkenny for use by children arriving to Ireland.

KRSP have been delivering yoga to a group of Ukrainian ladies in St John of God Convent since September 2022. This class takes place each Monday morning at 9.30. Two blocks of 6 weeks each were delivered and attended by 12-15 ladies each week.

Sport Ireland Research

KRSP successfully applied for funding under the Sport Ireland Research grant scheme. KRSP research proposal sought to get a better

understanding of levels of sport and physical activity by young LGBTQ+ people in the Kilkenny/Carlow area. KRSP partnered with SETU Carlow and worked with Ossory Youth, Foróige and Carlow Regional Youth Services during the study.

A tender was developed for the research to be conducted on behalf of KRSP and LinkAge were appointed. Interim meetings and reports were attended and produced for Sport Ireland and a final report on the project was scheduled for delivery in early 2023.

Inclusive Sections in Sports Clubs

The KRSP SIDO worked with Kilkenny Hockey Club, Danesfort GAA & Camogie Club, Kilkenny Rugby Club to establish new inclusive sections for children with additional needs.

Kilkenny Hockey Club

In September 2022, Kilkenny Hockey Club, with support from KRSP Sports Inclusion Development Officer launched their inclusive section. The Development Officer attended three sessions to support club coaches and volunteers and the club now operates independently of KRSP with continued contact for support. The programme continued each Sunday morning until the season end in April. They had a huge volunteer contribution and the inclusive section of the club trained at the same time as the rest of the young people and on the same pitch. Numbers

Kilkenny Rugby Club

Kilkenny Rugby Club commenced tentatively in January on a cold night with 8 players and numbers rose to 15 through the season which ended in April.

Danesfort GAA & Camogie Club

Danesfort GAA & Camogie Club ran an 8-week inclusive group on their facilities in Danesfort. 10 young people enrolled, and the club indicated that they would do the same in 2023.

Gowran Park Golf Club

Work continues with Gowran Park Golf club with the aim of introducing a pilot programme for children with disability to run in conjunction with their highly successful junior programme in the club.

Autism in Sport training and Disability Inclusion Training

KRSP offered Autism in Sport training and Disability Inclusion Training to all of these clubs.

Volunteers

DAF Volunteer Support Programme

KRSP supports local clubs and organisations to train and upskill their volunteers by means of providing funds for coaches, leaders and committee members to attend training and education courses that will benefit the club to increase participation.



The volunteer supports initiative provides funding for individuals volunteering in disadvantaged communities or with people with disabilities to gain leadership skills in community sports and physical activities. The funding aims to boost confidence among participants and contribute to community development through their subsequent volunteer work in sports.

Club Name	Volunteer Support
Ashgrove Pitch and Putt	€500
Freshford Town FC	€750
Graiguenamanagh Canoe Club	€750
Graiguenamanagh Rowing Club	€400
John Lockes LGFA	€750
Kilfane Handball Club	€750
Kilkenny Hockey Club	€750
Kilkenny Judo Club	€210
Kilkenny Rugby Club	€720
Kilkenny Surf Lifesaving Club	€750
Mooncoin Badminton Club	€750
Mullinavat Camogie Club	€600
St. Lachtains Camogie Club	€750
St. Senan's Athletic Club	€750
	€9,180

Sports Leaders UK - DAF

Access to this UK certified programme is possible because of Sport Ireland's Dormant Accounts Funding. 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 17 volunteers on our inclusive summer programme. On a separate programme, 19 students from Kilkenny CBS received the training.

Innovation for Sports Inclusion – Dormant Accounts Funding (DAF)

Bainisteoir Beag

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).

Following the completion of the customer discovery phase of this project, it was decided to progress to a technology-based solution for the future of Bainisteoir Beag and the possibility of making it available for primary schools throughout the country. Please refer to the Case Study section for further details.

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 2022.

	SG 1 Adults	SG1 U18	SG2	SG3	Total
Workshop(s) delivered	20	1	1	N/A	22
Participants	227	10	11	N/A	248

Urban Outdoor Adventure – 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 were implemented in Kilkenny City, Thomastown and Graiguenamanagh.

Get Going Get Rowing

Get Going Get Rowing commenced with The Presentation secondary school on Thursday 10th November in conjunction with Rowing Ireland and Graiguenamangh Rowing club. 27 participants

took part in the programme. Get Going Get Rowing is aimed at TY students, who were trained to coach indoor rowing on ergometer machines kept at their school. Then they coached first-year students over six weeks during their P.E. classes to earn a TrY Coaching Certificate.

River Safety Rescue

A two-day River Safety Rescue 2 (RSR) course was completed with Graiguenamanagh Canoe Club. This provision will support the club in increasing participation in the sport and membership within the club. The RSR 2 course commenced on the 29th of October with Graiguenamanagh Canoe Club for 8 Participants.



Pillar 2:



Active People

Strategic Goal: To increase opportunities for people to get sustainably active, particularly those who face additional barriers.

Delivery of Programmes and Initiatives

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.



Get Her Kayaking Taster Sessions

Get Her Kayaking taster sessions were run as part of HER Outdoors week in partnership with Kilkenny Aqua Canoe Club on Monday 8th August 2022. The session took place every Monday evening for 4 weeks for 6 teenage girls. These sessions provided teenage girls with an introduction to kayaking and links to a pathway to join the club.

Capital Equipment

KRSP worked closely with the Kilkenny Aqua Canoe Club to procure 5 kayaks and with Graiguenamangh Rowing Club to procure a rowing machine. These were purchased in June and November with the support of Urban Outdoor Initiative (UOI) capital funding.

Men on the Move

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.

Men on the Move Kilkenny recommenced on Monday 17th January in The Watershed. There were 35 men signed up to the programme.

The second block of Men on the Move started Monday 25th April in The Watershed with 19 men

participating on the first night. The programme ran for 8 weeks until Monday 13th June. A total of 30 men took part in the programme. The programme re-commenced on Monday 19th of September and ran for 12 weeks. A total of 38 men signed up for the programme. Men on the Move finished up on the 12th of December 2022.

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 during 2021. 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 recommenced on September 21st to October 26th, 2022, on Canal Square. Each week of the programme took place on a Wednesday morning 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.



Operation Transformation

In 2022, Kilkenny had a leader in the Operation Transformation television programme. KRSP coordinated the local walk for Sunday January 16th. The event was held in Castlecomer Discovery Park. All KRSP staff and a number of tutors worked with Castlecomer Discovery Park staff, Order of Malta, RTE and the local leader to ensure a safe and enjoyable event took place. Walkers of all ages attended.

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. KRSP has made links with The Mill Family Resource Centre, Emeralds GAA Club, Urlingford Boxing Club, Urlingford Community Hall Spa United AFC, Clomantagh Squash Club. Sports Capital Equipment was purchased for Clomantagh Squash Club (Spin Bikes), Urlingford Boxing Club (Boxing Ring) & Emeralds GAA(Outdoor Gym). Small scale equipment was purchased for SPA United FC. Programmes such as Couch to 5K, Boxercise & Chair Based Exercise were ran in the CSH. Spa United completed a Safeguarding Course in 2022.

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 for the first time since COVID-19. A total of 31 participants took part in the 2022 swim for a mile, 11 Males and 20 Females.

Monday Night Walks

Monday Night Walks continued from Canal Square, Kilkenny at 7pm every Monday night in January, April & September in 2022. A total of 75 participants took part in Monday Night Walks throughout the year.

Bikeweek Highlights

Bike Week is a focal point for cycling enthusiasts across the country. It allows for national coordination of initiatives and promotion through national channels. This filters down to local and social media and Bike Week stories are showcased over the week. This raises the profile of cycling at local level and greatly extends the reach of campaigns.



Bike Week also generates networking opportunities at a local level and between organisations which increases opportunities for interdisciplinary and cross sectoral work.

The events in Kilkenny were designed to offer increased opportunities to participate in cycling events, greater awareness of cycling innovations, greater availability of cycling education and training and increased modelling of cycling at many levels.

Overtime, this contributes to increased confidence, skills and knowledge of cyclists, shifts in social norms and values, enhanced relationships with road users, and a cultivation of a cycling culture in Kilkenny.

KRSP Bike Week 2022 – Summary

Activity/Programme	Participants
Couch to 40km	11
Children's Learn to Cycle	30
Adults Cycle Right	6
Bike Maintenance Workshop Stoneyford	8
Bike Maintenance Workshop Kilmacow	12
Balance Bike workshop at Bike Fest	
Disability Cycling Programme	18

Couch to 40km Programme

KRSP ran a six-week Couch to 40km cycling programme which finished up during Bike Week. There were eleven participants on the programme. Each week the group increased their distance by a few kilometres. Local cycling group 'The Pedallers' supported participants on the programme alongside an experienced cycle tutor. This programme was run in partnership with Cycling Ireland. At the end of the programme the participants had the option to take part in a Sportive run by Callan Cycling Club which ran on Sunday 15th May.

Children's Learn to Cycle

KRSP ran six sessions of this Children's Learn to Cycle programme in Gaelscoil Osraí in Kilkenny City where thirty children learned to cycle.

Adults Cycle Right

KRSP ran a Cycle Right Programme for adults in Kilkenny City. This programme helped participants to be safer while cycling on the road and to build confidence. Six adults took part in this programme.

Bike Maintenance Workshops Stoneyford and Kilmacow

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.

Balance Bike Workshop

KRSP provided a tutor to deliver a balance bike workshop as part of Bike Fest in Kilkenny City on Sunday 22nd May.

Disability Cycling Programme

KRSP launched their Learn to Cycle for people with a disability during Bike Week 2022 and there are currently 18 people signed up for the programme.

Primary School Support Programme

Balance Bike Programme

In 2022 There were two sets of Balance Bikes out on loan in St. Canices and Skeoughvosteen NS in February. In May 2022 the balance bikes were on loan in Burnchurch NS. KRSP development officers also delivered balance bikes to the Scouts Den for Ukrainian refugees to use while they were staying there.

St. Patricks Del La Salle had the balance bikes on loan for June. All KRSP bikes were serviced in November and a new expression of interest form and waiting list was compiled for 2023.

Playground Markings

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.

Playground markings were put down in 2022 in the following schools St. Patricks Del La Salle in February, Coon NS in June and for the traveller after school service within Kilkenny Traveller Community Movement in June, Piltown NS in October, Firoda NS Castlecomer in October and The Model School in November.

Secondary School Support Programme

Move for your School

Move For Your School was a four-week physical activity programme in March for secondary school pupils and teachers, using the Strava App. Move for your School is a digital Strava challenge for all secondary schools in Kilkenny. Each school competed to cover the most km's each week and the schools that covered the most km's won prizes. The aim is to encourage teenagers that are not normally active to participate in regular walking/running.

Move For Your School finished on Sunday 27th March 2022. Five schools took part in this year's challenge with a total of 463 students participating. Participation was down 50% from 2021. 1st place was Kilkenny college, 2nd place School of the Holy Spirit and 3rd place was Kilkenny City Vocational School. 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.



Women in Sport Initiatives

In 2022 KRSP directly supported the following Women in Sport groups:

Club Name	Awarded
Ashgrove Pitch and Putt	€300
Callan Handball & Racquetball	€500
Freshford Town FC	€500
Graiguenamanagh Canoe Club	€500
John Lockes LGFA	€500
Kilfane Handball Club	€500
Kilkenny Hockey Club	€500
Kilkenny Rugby Club	€500
Kilkenny Spartan Volleyball Club	€350
Kilkenny Surf Lifesaving Club	€500
Mooncoin Badminton Club	€500
Mullinavat Camogie Club	€500
St. Lachtains Camogie Club	€500
St. Senan's Athletic Club	€500
Cuidiú CLG	€500
	€7,615

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. The participants completed Four walks. This taught the women how to go hillwalking with their friends and family, safely and independently. Eleven women completed the She Summits programme.

Rock Up & Climb

KRSP worked in partnership with Mountaineering Ireland to deliver an introduction to Rock Climbing at Ballykeefe Quarry for Women and Teen Girls, this was led by two qualified rock climbing instructors. The instructors guided and gave

fantastic instruction to the participants climbing up the rock. Both sessions lasted 3 hours with a total of 12 females on each session.

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.

Throughout HEROutdoors Week 2022, 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, Ballykeefe Quarry, local kayak clubs and local hills and mountains.



Cycling Without Age

Following a successful loan period of the CWA bike to Mount Carmel care home, arrangements were made for a long-term loan. Having the bike has had a huge impact on the lives of residents in the facility. They have been able to connect with their locality, places in which they lived, socialised, and worked in former years. To facilitate the safe handover of the bike, KRSP conducted training, route planning and risk assessment with staff, volunteers and the manager of Mount Carmel care home.

Disability

A number of disability programmes were run during 2022. These programmes aimed to address the specific challenges faced by those with a disability. Through these programmes, significant strides were made towards creating a more inclusive society.

Try Out Golf

Ahead of the Irish Open which was held in Mount Juliet in 2022, a call out came from Golf Ireland for participants in a 'Try Out Golf Day'. KRSP recruited 10 participants from services that it supports.

Participants were given a coaching session by Mark Taylor (PGA Fellow) Head of Development at European Disabled Golf Association. This was followed by lunch on the course as the professionals practiced ahead of the event start on Thursday. KRSP SIDO attended with Sarah Banville (Golf Ireland) and local VI golfer Paul O'Rahilly.

Plans were put in place to advocate for a disability golf programme in Kilkenny. This was followed up by several meetings with Gowran Park Golf club who expressed an interest in becoming a fully inclusive golf club.

In November SIDO attended a one-day disability golf workshop in Maynooth with a view to launching a disability golf programme in Gowran Park Golf Club in 2023.

Dance & Movement

Due to the continued health advice around COVID-19 and the extra challenges faced by vulnerable people, KRSP delivered an online Dance & Movement class. This ran for 8 weeks and 14 attended each week. Other family members were encouraged to join in and feedback was very positive for the programme.



Multi-Sport Activities

KRSP provided multi-sports activities for children with a disability in Gaelscoil Osraí. The 24-week (10 weeks January to Easter and 8 weeks Easter to Summer programme; and 8-week October to December) for children with a variety of disabilities. Gaelscoil is a good venue as KRSP have the option of having indoor or outdoor facilities depending on the weather. Activities provided target improvement of fundamental movement skills for children with additional needs. Parents join in the sessions and 18 children were registered.

KRSP Football For All - Adults

KRSP worked closely with the local FAI Development Officer, to recruit a coach for the programme last year. He successfully delivered the programme which was restarting following Covid-19. Each Monday (except Bank Holidays) from January to May 16 sessions were delivered in the Watershed.

However, due to college commitments, the coach wasn't able to commit to the programme from September onwards and this threatened the continuation of Football For All. A KRSP tutor completed PDP 1 training and is now delivering the programme. The programme ran for 10 weeks from October to December. KRSP pay a tutor and pay for facility hire which is a drain on resources for the programme and means higher fees for those on the programme. Participants came from services such as IWA, SOS Kilkenny and National Learning Network. – adults with intellectual disability, most of whom have poor financial resources.

KRSP will approach clubs with a view to supporting the programme. The local FAI Development Officer is helpful in providing cover for the coach and equipment.

Evergreen FC Football For All - Children

Football for all for children is a programme that runs each Saturday throughout the football



calendar year. The programme was established as a partnership with Evergreen Football Club and KRSP as part of the FAI Football For All programme. The programme is run by Evergreen Football Club with minimum support from KRSP. The group has between 30 and 40 children who might not ordinarily get an opportunity to play soccer attending each week.

Due to the high numbers, Evergreen FC requested support for the provision of new equipment. KRSP worked with coaches to identify what was needed and following the procurement process delivered the equipment to the club.

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 from October to December.

Discover Nature

Following on from our successful roll out of CARA Go All Out programme in Kilkenny Castle Park in July, we once again engaged the services of Castlecomer Discovery Park to deliver Discover Nature. The programme ran during October and

November in Kilkenny Castle Park on Wednesday mornings.

To facilitate service users, two sessions were available each morning, each lasting 90 minutes. The programme was facilitated by an outdoor recreation team member from Castlecomer Discovery Park. A total of 12 participants registered for the programme and they attended each day accompanied by their support staff. Some of the participants had previously attended the summer programme and the programme was enjoyed by all.

This programme featured a variety of outdoor activities: Creative Map making; Swing Building – using a strong branch and rope; Orienteering – Using our own maps and equipment so everyone stays together; Nature trail; Interactive session about recycling and waste; Water Ecology – The lake in castle has a few interesting creatures; Shape building with ropes.

The significance of this programme is that it was a continuation of the summer programme. Most importantly, it also offered consecutive activities for service users – Discover Nature programme on Wednesday, community walk on Thursday and handcycling on Friday. This was noted by parents of the participants who noted a positive behaviour change in their adult children from having lots of opportunities to be physically active.

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.

KRSP ran an 8-week walking for wellness programme for service users in Kilkenny County. However, despite reaching out to all the services in Kilkenny, only 4/5 attended each week. They did however report that they enjoyed the programme which took in scenic nature walks around the Linear Park, Canal Walk, Castle Park in Kilkenny City.



Following consultation with the services in the area the programme day was changed to Thursday from September. This is more suitable for the service users who don't have any activities on a Thursday morning. The result is that 20-30 now attend each week and numbers have often exceeded 30 participants. The programme is hugely social as it offers a an opportunity from people from various services and their carers an opportunity to mix.

Swimming for Wellness

KRSP received two requests for support around the introduction of clients to swimming. Following discussions with TASK and St Canice's Resident group for KRSP to facilitate this programme, a suitable pool time (quiet with very few public users), a suitable, experienced swim tutor and a discounted entry rate were necessary.

The aims of the programme were to get service users more active through swimming. The programme supplemented other physical activities being undertaken. The second aim was to support and encourage the programme participants (extremely sedentary individuals) around how they might use the pool independently in the future or to perhaps take part in community programmes in the pool.

A six-week programme was delivered to service users from TASK and St Canice's Residential Care

Service – 5 from each group. A review took place, and it was decided to run the programme again during autumn/winter 2022

Supported Swimming Lessons - Children

COVID-19 severely impacted the delivery of in-person supported swim lessons for children with additional needs. KRSP worked with Swim Ireland which resulted in the development 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.

Supported swimming lessons were re-introduced and delivered for 28 children with additional needs during all of 2022. These ran from March to May (6 weeks) and from October to December (10 weeks). A total of twelve one-to-one youth volunteers were safely recruited to support the successful programme.

Activator Walking Poles Programme – Camphill

KRSP tutor delivered a 6-week Activator Walking Pole programme to service users of Camphill Community, Thomastown. The programme was enjoyed by the service users and KRSP have offered to train staff in the use of the poles so that they can borrow a set for use from the KRSP library of equipment.

Activator Walking Poles Programme – SOS

KRSP delivered a 6-week walking programme using Activator Poles to service users of SOS in the grounds of SOS. This programme took place from February 2nd to March 9th and had 15 participants.

Activator Walking Poles Programme – TASK Group

This programme initially ran for 8 weeks but such was the feedback from the group and their coordinator it was decided to continue the programme for another 8 weeks and subsequently another 4 weeks which meant the programme ran from January to June each Monday excluding holidays and Bank Holidays. 20 weeks in total. On average 15 service users from TASK attended each of the sessions and this never waned. They were extremely high in their praise of the KRSP tutor delivering the programme and hence the programme became an established and valuable weekly hour-long walk using the poles and other supplementary activities.

National Learning Network

A 7-week online exercise programme was delivered on Wednesdays to students attending National Learning Network (NLN). National Learning Network (NLN) provides a range of flexible training courses for people who have experienced a setback, have had an accident, a



mental health issue, an illness, injury or have a disability and extra support needs. KRSP delivered online physical activity programmes to NLN throughout the Covid-19 pandemic, and it was decided to continue with online delivery as most students had not returned to the classroom. This physical activity programme forms part of the students' personal development plan.

Following the delivery of this programme and a new confidence around Covid 19 risks, some students from NLN attended a community Activator Walking Poles programme organised by KRSP on Friday mornings.



Inclusive Summer Programme

KRSP's comprehensive summer programme ran for the full month of July in 2022.

Youth Volunteers

KRSP recruited 24 volunteers mainly between the ages of 15 and 17 years as part of a buddy system with the summer camp participants. Refer to the Active Empowerment section for more details.

Sports Camps

A 4-week programme of events was planned and having sufficient funding meant that KRSP was able to provide an extensive and diverse programme of activities. KRSP engaged with Development Officers from a number of National Governing Bodies - the Kilkenny based FAI Development Officer, Leinster Rugby Club Community Rugby Officer, Badminton Ireland and Kilkenny GAA Development Officer.

The Development Officers visited the summer camps in the Watershed on different days and provided the key activity on each of these days. Kilkenny GAA Training Centre, Dunmore was host to two GAA themed camps on two days (July 19th and 20th). Kilkenny City and County Tennis club and their coach Brian Doyle hosted the summer camps for one day.

Kilkenny Aqua Canoe Club hosted another day on the river which was a huge hit with the children and the volunteer leaders.

This year we had a joint Badminton and Basketball Day in Loreto School Kilkenny. Two basketball clubs from Kilkenny (Berkeley Wolves and Kilkenny Stars) provided coaches that helped put the children through their paces for the day. Badminton Ireland supplied equipment and a para-qualified coach for the day too.

KRSP also bought the services of local providers for activities Watershed (swim camp and Astro-turf hire); Kilkenny Dance Academy (dancing coach); On Your Rothar (two days of cycling activities).

Other activities included were arts & crafts, boccia, orienteering and playground games in Kilkenny Castle Park and the Watershed.

Swim Camps

KRSP also ran a week of swim camps for children with disability – 2 sessions per day over 5 days and these were attended by 16 children. There



was a huge demand for this programme, and we can probably increase this programme for next year. The programme helps bridge the gap between the two swimming lessons that KRSP provide (Spring and Autumn/Winter). KRSP try to make this programme affordable for parents and having funding available helps to do this.

The camps catered for 45 children with disabilities and some children attended multiple camps i.e. week in Watershed and a week swimming. The Watershed offered discounted rates for facility hire and a slightly discounted swim price for participants.

KRSP continue to have excellent working relations with the local sports development officers and NGBs of sports who support us. Additional clubs in Kilkenny will introduce inclusive sections in Autumn 2022 and this will greatly fill a physical activity gap for children with disability.

Adult Summer Programme – Go All Out Week

Go All Out Week was developed by CARA to inspire people with disabilities and professionals working in the outdoor sector to understand the value and to see the opportunities that are available to them in their local communities. Outdoor activity providers across Ireland were

asked to get involved in what is Ireland’s first ever Inclusive Outdoors Week to help create more opportunities for people with disabilities to be active in the outdoors. KRSP promoted this extensively at local level and organised a programme of events between July 18th and 24th.

KRSP worked with Castlecomer Discovery Park to provide three programmes, free of charge, in Kilkenny City for adults with disability. From 10am to 12pm on Monday, Thursday and Friday, under the guidance of an outdoor recreation tutor, participants got to take part in activities. The activities were wide ranging - Creative Map making; Swing Building – simple technique using



a strong branch and rope; Orienteering – Using our own maps and equipment so everyone stays together; Nature trail; Interactive session about recycling and waste; Water Ecology – The lake in the castle park has a few interesting creatures; Shape building with ropes.

On Monday and Friday, 12 participants attended, and the activities were hugely popular, engaging and fun for all who attended. The capacity for the events was limited to 12. The activities on Thursday were completely booked out by one service provider who did not attend.

KRSP worked with Trail Kilkenny who provided a guided trail walk suitable for all on Wednesday in Jenkinstown Park – 5 people with disability attended this.

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.

Kilkenny Garda Traveller Youth Soccer Initiative- Ains Nyuk

During the summer of 2021 KRSP began collaborating with An Garda Síochána in Kilkenny City and the Kilkenny Traveller Community Movement to develop the Ains Nyuk soccer programme for traveller boys in two halting sites. Meetings for this initiative commenced on 9th August 2021 and planning continued into March 2022. KRSP funded two sets of jerseys for the Ains Nyuk in Dec 2021. The jerseys were presented to Kilkenny Garda on Wednesday 16th February 2022. KRSP also purchased footballs for both traveller groups that are participating in this programme and medals for the tournament at the end of the programme. The programme started on 29th March 2022 with KRSP funding venue hire for the football sessions and support in accessing a coach from the FAI. This programme is a partnership between Kilkenny Garda, Kilkenny Traveller Community Movement and the FAI.



Intro to Judo & Self Defence for Girls

This initiative started in September 2021 where twelve girls between the ages of 13-15 years signed up for the programme. Six out of these twelve girls joined Kilkenny Judo Club after the programme finished. The second block of this programme started on Tuesday 25th January and ran for 8 weeks. Eleven more girls signed up for the programme and five of these girls have remained members of Kilkenny Judo Club.

Youth Re-engagement Initiative Emeralds GAA Club Urlingford

KRSP supported Emeralds GAA Club in Urlingford to develop and run a youth re-engagement programme in Nov 2021- Jan 2022. The programme included physical activity sessions, mental health talks and nutrition talks. A total of twenty-five young people took part in the programme. The aim of the programme was to help young people engage/re-engage with their local club after the pandemic.

Kilkenny City Vocational School - Outdoor Activity Programme

KRSP in partnership with Castlecomer Discovery Park ran a six-week outdoor adventure activity programme in Kilkenny Castle Park for twenty-five first years in Kilkenny City ETB School. The programme finished up on Friday 4th February 2022 and included activities such as orienteering, navigating, ecology, catapult building and problem solving.

Droichead FRC Equipment Purchase – After-Schools

KRSP purchased a set of different equipment pieces for the after-schools club based in Droichead FRC in Callan in Feb 2022.

Cycle Right Programme Callan Primary School

A Cycle Right programme had been planned to take place in BunScoil McAuley Rice in Callan in March 2022. Due to unforeseen circumstances the programme had to be postponed so it did not get to run under the Healthy Ireland fund.

Castlecomer Primary School Outdoor Activity Programme

KRSP in partnership with Castlecomer Discovery Park developed this outdoor activity programme for fifth and sixth class pupils in two primary schools in Castlecomer. The participating schools were Boys National School Castlecomer (twenty-five pupils) and Lisnafuncion National School (twenty-seven pupils). This programme ran throughout March 2022 and included activities such as orienteering, map reading, archery, wall climbing. It also incorporated aspects from the primary school curriculum such as basic numeracy, shapes, patterns, probability and measurements.

Dance sessions Newpark Close After-Schools Group

KRSP funded two dance sessions for young people in the after-schools club in Newpark Close FRC in Mar 2022.

Swimming sessions for Traveller Girls

KRSP funded four swimming sessions for six traveller girls through March 2022. This programme was run in partnership with Ossory Youth.

Swimming session for Newpark Close FRC Youth group

KRSP funded a swimming session in The Watershed for a youth group of fifteen people based in Newpark FRC in March 2022. This was a celebration event as some of the young people had participated in the family activity programme in Dec 2021.





Buggy Buddies Programme

KRSP funded a 6-week Buggy Buddies programme for mums 6 weeks postpartum. 18 Women participated in the programme which was held in Kilkeny Castle Park. The aim was to help get new mums in Kilkeny back into physical activity and to allow them the opportunity to exercise without needing a babysitter.

Couch to 3K

KRSP funded a 6-week Couch to 3K programme in Urlingford for 15 Participants. This programme was aimed to support participants to fully

complete a 3k run at their own pace.

Ladies Lets Move

A Ladies Lets Move had been planned to take place in the Johnstown/Urlingford area in March 2022. Due to low participant numbers signed up to the programme, it had to be cancelled, however 1 participant transferred to the couch to 3k programme and the other participant was funded to participate in a local community exercise class.

The Mill Family Resource Centre

KRSP purchased a set of different sports equipment pieces for the youth club at The Mill FRC in Urlingford in March 2022. KRSP also purchased a set of 15 Activator Poles for the older adults at The Mill FRC.

Droichead FRC

KRSP purchased a set of 15 Activator Poles for older adults at Droichead FRC in March 2022.



Pillar 3:



Active Places

Strategic Goal: To maximise the use of existing facilities and support the development of accessible, welcoming sport and physical activity environments

Future Facilities

Dormant Accounts Funding - Community Sports Hubs - Watersports Home

KRSP continued to work with Kilkenny County Council and the water sports clubs and organisations to develop a water sports home in Kilkenny City. Kilkenny County Council secured funding under Bord Failte to support the development of a water sports facility in Kilkenny. KRSP assists in the consultation process with water sports clubs and organisations and contributions of funding towards the necessary survey and studies required for planning.

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. Unfortunately, only one tender was received which was prohibitively expensive and far exceeds the funding that the group could potentially access to carry out the study.

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. An online public consultation took place and this will be followed by the first draft which will be available for further consultation.



Pillar 4:



Active Promotion

Strategic Goal: To maximise the use of existing facilities and support the development of accessible, welcoming sport and physical activity environments

Promotion and Awareness

Communications Policy

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' (Governance Code for Sport) and protecting and promoting KRSP's reputation.

National Communications Project

KRSP has agreed to host a Regional Communications Officer for Leinster and Ulster under the National LSP Communications Project funded by Sport Ireland. Recruitment for a National Communications Officer (hosted by Meath LSP) and two Regional Communications Officers (Munster/Connaught hosted by Clare LSP) was conducted over the summer with positions filled in September. Unfortunately, the Leinster/Ulster position wasn't filled. However, KRSP still played an active role in the National steering group and the working group for the project delivering on key outcome for the project.

Website

The primary goal of the KRSP 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 KRSP Events page, which is a direct feed from our current registration platform, www.eventbrite.ie, was the most popular page visited during 2022.

Facebook

KRSP continued to develop its Facebook page, increasing its following to 5,926 with 270 posts and at the end of 2022. 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. KRSP has 804 followers and made 270 posts during 2022.

Twitter

During 2022 KRSP sent out 202 tweets to our 414 followers and we are continuing to build on the usage of this platform. We are working to increase the number of followers into 2023.

Text Messaging

Text Messaging continues to be hugely effective with over 1214 texts sent to participants on the KRSP text messaging system. We are no longer using our text messaging system as a tool for marketing. Text messages are now used only to contact participants in relation to the programme that they have signed up.

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 3 articles and 1 general press release submitted to the local papers. 7 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 1,289 participants, which is an increase from 664 in 2021.

Information Leaflets & Booklets

Me, My Child, and The Water

Swim Ireland and KRSP finalised the swim resource *Me, My Child, and The Water* resource. The booklet has been printed and will be distributed to the LSP network. Plans are to launch it at the Swim Ireland Swimming Teachers Conference in 2023. The resource is aimed at parents and carers of children with disabilities. It will also help swimming teachers to support children in their lessons.

Ukrainian Information Leaflet on Sport/Physical Activity Opportunities

KRSP conducted an extensive appeal to sports clubs, facilities, dance and exercise class providers to build a comprehensive list of activities that were available to the new arrivals free of charge. This list was translated into Ukrainian. Enlarged posters of the opportunities were distributed to all the venues hosting Ukrainian people in Kilkenny.

Ready Reckoner

During 2022 KRSP produced and printed a new 2022-2025 Strategy. A summary document called a 'Ready Reckoner' was printed and distributed at our strategy launch to support the strategy.

Infographics

We organised for the 2021 Annual Report to be designed so that we could present it to the public on our website. As part of this process, we received KRSP branded infographics and have continued to use these in all our communications platforms.

Pillar 5:



Active Partnerships

Strategic Goal: To work collaboratively to maximise resources and increase opportunities for people to participate in sport, recreation and physical activity.

Effective and Purposeful Partnerships

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 (PAG – Practitioner Advisory Group)
- LSP Network Co-ordinators Forum
- Healthy Kilkenny Committee
- Cycle Kilkenny
- CYPSC Sub Committee on Health

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.

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. KRSP contributed to the production of an Evaluation Toolkit which was launched in 2022.

The annual I-PARC conference took place in January and was hosted online over three days. The theme of the conference was “Leveraging policy, programs, and research for a more active society in the wake of COVID-19”.

In October, KRSP SIDO attended the I-PARC Symposium on Children in Sport and this was held in Dublin.

Kilkenny Access Group

Meetings of Kilkenny Access Group resumed in 2022 following suspension during COVID-19. The group met three times and the goal is the preparation of a new Kilkenny Access for All Strategy. Presentations from other County Council Access Officer (Kildare) and group workshops were included in these meetings.

Kilkenny Age Friendly Alliance

KRSP continues to attend and contribute to meetings of Kilkenny Age Friendly with updates on activities for older adults. Meetings have returned to face to face. KRSP attended, with an information stand and presentation at the Older People's gathering in the Ormonde Hotel in 2022.



Kilkenny Age Friendly / Older Peoples Council

As part of our contribution the Kilkenny Age Friendly Programme, KRSP supported the Older Peoples Council initiative which held support workshops in various venues throughout May, June and July 2022. Seven Community Gatherings were held and KRSP provided advice on being active, information about programmes and other supports to older adults at 5 of these gatherings.

Kilkenny PPN

KRSP had an information and advice stand at the PPN Plenary session in Pembroke Hotel, Kilkenny on November 30th, 2022.

Rás na mBan

Kilkenny County Council have supported Rás na mBan (international stage cycle road race for women in Ireland) since 2016. KRSP helped this year by attending online planning meetings.

SOS Development

SOS sought advice from KRSP regarding future developments on their lands on Callan Road. Many new sports facilities are planned as part of a housing development close by and SOS want to reach into the community to possibly provide a wider suite of physical activity both for their service users and the community. A KRSP Development Officer met with management and will support any future developments with advice.

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 and training sessions 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 was due for launch in Q1 2022. KRSP withdrew from this programme prior to its launch due to the heavy workload associated with the programme and capacity to participate at that time due to the delayed start.



Pillar 6:



Active Governance

Strategic Goal: KRSP will operate to the highest standards of professionalism, accountability and integrity.

Governance and Finance

Funding Streams

KRSP actively explores different sources to fulfil its goals and advance the Partnership's work. Additionally, KRSP aids clubs and organisations in identifying and accessing funding options for the creation of sports and physical activity opportunities for Kilkenny. An example is the notable boost in funding for LSP programs is through enhanced access to funding opportunities from Sport Ireland's Dormant Account.

KRSP completed a full review of its financial management policies and systems in line with best practice and to ensure an efficient, effective and transparent process. The updated Financial Control Policy was reviewed by the FARC and approved by the Board in May 2022.

As part of the Sport Ireland Governance Code for Sport compliance, KRSP has worked to complete three-year financial projections which will assist with identifying and securing resources.

Board

In 2022, a significant milestone occurred with the successful completion and implementation of the KRSP Strategic Plan 2022 to 2025. This plan, launched by Jack Chambers, the Minister for Sport and the Gaeltacht, serves as a guiding roadmap for KRSP. It introduces our new Mission - KRSP will work collaboratively to empower

people and communities to participate in lifelong active recreation, sport and physical activity. Additionally, our new Vision, "Getting Kilkenny Active," underscores our commitment to promoting an active lifestyle.

Throughout this process, we have remained steadfast in our dedication to good governance. Operating with transparency and ethical practices in accordance with the Sport Ireland Governance Code for Sport, we believe that strong governance is crucial for success and the efficient delivery of our resources.

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.

KRSP went through a Governance Code audit with our external auditors. As 2022 was the

first year for this requirement there was no specific guidance in terms of the exact auditing process, or an example of the opinion required. KRSP supplied our auditors with the Compliance Record Form which details the documented evidence of compliance. The auditors requested a random sample of the appropriated evidence which was supplied. The auditors provided the opinion *‘that the information contained within the form is consistent with the information we obtained during the course of the audit. We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of providing our opinion.’*

Systems and Policies

KRSP contracted the following supports in 2022:

- 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 on shared work – Voltedge
- Health & Safety Support - Peninsula Business Services
- Pension Trustee Services – General Investment Trust
- Pension Management and Advice - WillisTowerWatson
- Poe Kiely Hogan Lanigan – Legal services
- Bluescope – Website Development and Support
- S3Solutions – Strategy Development

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.



Impact and Evaluation

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 is currently on hold pending Privacy Engine GDPR review outcomes.

Sport Ireland Annual Operational Plan Report

A review of the KRSP programme of work for 2022 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

Continuing from 2021, more staff changes happened in 2022, putting increased pressure on the remaining team to meet the goals of the KRSP annual operational plan. As a result, some projects had to be postponed or delayed.

KRSP has been working to a hybrid work model since July 2022. Where there are days assigned as a work from home day, KRSP work programme delivery takes priority and attendance may be required in the office or at meetings/conferences on these dates.

In order to support the team through these changes, individual quarterly planning meetings were held. All staff are required to attend the office on Wednesdays to ensure connection and full cross collaboration. Weekly staff meetings to go through programmes etc. are held on a Wednesday where possible.



With the development of a new Strategy 2022 – 2025, consultation sessions were held with the KRSP Board and Staff building on the themes and emerging priorities arising from the wider consultation process. Staff planning meetings were held to translate the aims into goals and objectives. The annual operational plan and application for funding were developed to reflect the new pillars, aims, goals and objectives.

Beneficiaries and Stakeholder Engagement

KRSP Strategy 2022 - 2025

KRSP launched our 2022-2025 strategy on 25th November 2022. This plan reflected the evolving needs and priorities of the people and organisations of Kilkenny, as identified through a widespread consultation process. We received contributions from more than 30 unique stakeholder organisations and 142 individuals responded to an online survey.

The KRSP strategy was launched by the Minister for Sport and the Gaeltacht, Jack Chambers. To mark this an Activator Poles walking programme was held in the scenic grounds of Kilkenny Castle Park. This was followed by the official strategy launch in the Medieval Mile Museum with representatives from the KRSP Board, staff, programme participants and multiple partner organisations. Copies of the strategy and a summary document called a Ready Reckoner were handed out to all attendees and distributed by post to key stakeholders that were not in a position to attend.

Sport Ireland Research

KRSP successfully applied for funding under the Sport Ireland Research grant scheme. KRSP research proposal sought to get a better understanding the experience in and levels of sport and physical activity by young LGBTQ+ people in the Kilkenny/Carlow area. KRSP partnered with SETU Carlow and worked with Ossory Youth, Foróige and Carlow Regional Youth Services during the study.

A tender was developed for the research to be conducted on behalf of KRSP and LinkAge were appointed. Interim meetings and reports were attended and produced for Sport Ireland and a final report on the project was scheduled for delivery in early 2023.

Bainisteoir Beag – Customer Discovery Process

Funded through Dormant Accounts, work continued on a Customer Discovery process conducted by Behaviour & Attitudes with primary school children. Overall, the response from the children who were in the study was very positive towards future development of the Bainisteoir Beag programme. The results of the process were presented to the KRSP Board in September.

Challenges

Overall KRSP had an extremely successful 2022 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 big challenge for all sports was making a comeback after the COVID-19 pandemic. KRSP staff worked hard to reconnect with volunteers,

tutors, and participants (in particular Older Adults), taking their concerns seriously. They had to think outside the box to find flexible ways to deliver and participate in sports.

Governance

The Board achieved Sport Ireland, Governance Code for Sport Compliance in December 2021 and is committed to maintaining and continuing work in governance. 2022 saw the implementation and embedding of the governance framework as developed by the CLG LSPs with the Institute of Public Administration. The Governance requirements, while recognising the necessity and value, are substantial for such a small organisation which is challenging. The Finance, Audit and Risk Committee, Strategy Committee and Governance Committees were embedded by implementing the respective terms of reference. The Board nomination process was implemented for the AGM with Board members resigning due to term limits and previously unfilled positions being appointed. This resulted in 6 new Board members which provides a fresh perspective, different knowledge and experience. An induction process was completed to prepare the new Board members and ensure a supported introduction to their role and responsibilities.



Staffing and LSP Structure

During 2022, Sport Ireland embarked on a strategy process with the National Network of Local Sports Partnerships which will result in a Statement of Ambition linked to the Sport Ireland Strategy document. An element of this process is a review of the current structure of the LSPs and how these will be developed and supported with the securing of additional resources for development officer positions. The uncertainty over funding for positions and the potential impact of structural change creates a reluctance to replace positions or recruit new staff members which impacts on the capacity to deliver.

While the funding for proposed new positions secured by Sport Ireland at a National level is welcome and shows commitment to the growth and development of the LSPs, consultation with the LSP network on job descriptions and person specifications commenced after the funding was secured. While the LSP network have raised their concerns regarding clarity of the role of LSPs in the area of health or use of sport for social change, the decision was made without consultation with the network. Therefore, there is an assimilation process that needs to occur to shape these positions to the LSP context and the realities of delivery at local level. This can prove challenging.

Funding

KRSP continued the delivery of activities to reduce the accrued funding built up in 2020/2021 due to impact of COVID-19 without additional staff and the impact of not replacing staff due to uncertainty of structural change. In addition, the allocation of funding mid-year and towards year end, particularly Dormant Accounts Funds, results in significant levels of deferred funding in the financial statements. Some of these funding applications include contributions towards staffing costs which need to be secured. KRSP prudently manages all budgets in line with the terms and conditions and within KRSPs financial policies and procedures.

Hybrid Work

2022 saw the return to a new office space and the implementation of a hybrid work model presenting a challenge in balancing the maintenance of work relationships and employees work-life balance.





5. FINANCES – INCOME AND EXPENDITURE



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 2022. The full set of accounts can be found on our website: <https://www.krsp.ie/publications/>.

INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2022

	2022 €	2021 €
Income	510,511	449,305
Expenditure	(497,531)	(451,956)
Surplus/(deficit) before interest	12,980	(2,651)
Interest receivable and similar income	15	15
Surplus/(deficit) before tax	12,995	(2,636)
Tax on surplus/(deficit)	-	-
Surplus/(deficit) for the financial year	12,995	(2,636)
Total comprehensive income	12,995	(2,636)
Retained surplus brought forward	86,261	88,897
Retained surplus carried forward	99,256	86,261



TRADING STATEMENT

for the financial year ended 31 December 2022

Income	2022 €	2021 €
Sport Ireland - Core Funding	381,297	343,139
Sport Ireland - Women in Sport	10,070	1,665
Kilkenny Local Authorities	30,264	28,866
Health Service Executive (HSE)	11,404	8,434
Course and Programme Fees	15,225	10,447
Age & Opportunity	2,193	420
Sport Ireland - Dormant Accounts Programmes	19,907	32,666
Get Walking Ireland	275	525
Pobal- Healthy Ireland	27,177	11,705
	497,812	437,867
Gross surplus Percentage	100.0%	100.0%
Overhead expenses	1 (497,531)	(451,956)
	281	(14,089)
Miscellaneous income	2 12,714	11,453
Net surplus/(deficit)	12,995	(2,636)

SCHEDULE 1 : OVERHEAD EXPENSES

for the financial year ended 31 December 2022

	2022 €	2021 €
Administration Expenses	240,840	215,051
Wages and salaries		
Social welfare costs	26,613	23,410
Sport Ireland Programme Costs	75,642	94,150
Women in Sport Programme costs	10,070	1,665
HSE Programme costs	11,674	10,737
KRSP Programme costs	-	20
Kilkenny Co Co Programme costs	5,264	3,726
Get Ireland Walking Programme costs	285	525
Age and Opportunity Programme costs	1,960	-

	2022 €	2021 €
Sport Ireland Dormant Account Programme costs	12,712	23,000
Community Integration Fund Programme costs	-	420
Pobal- Healthy Ireland	21,217	12,247
Staff defined contribution pension costs	18,015	14,765
Staff training	2,982	-
Rent payable	7,214	638
Insurance	5,631	4,457
Repairs and maintenance	1,462	1,709
Database	443	441
Printing, postage and stationery	2,677	467
PR & Branding costs	4,716	3,723
Telephone	2,036	2,206
Website	209	303
IT support & software	5,783	8,256
Travel and subsistence	4,807	1,046
Legal and professional	2,999	7,016
Consultancy fees	9,063	3,562
Bank charges	208	203
General expenses	37	80
Subscriptions	963	1,355
Auditor's remuneration	6,321	4,448
Depreciation of tangible assets	14,963	11,531
Depreciation of intangible assets	799	799
	497,531	451,956

SCHEDULE 2 : MISCELLANEOUS INCOME

for the financial year ended 31 December 2022

Miscellaneous Income	2022 €	2021 €
Amortisation of government grants	12,699	11,438
Bank Interest	15	15
	12,714	11,453



6. FUTURE PLANS

Future Plans

KRSP will continue to implement the KRSP Strategic Plan 2022-2025 with operational plans developed and delivered for each individual year towards achieving our objectives. The focus of the KRSP Strategy is to increase our engagement with target groups who face additional barriers to accessing sports and physical activity. We look forward to continued consultation and expansion of programmes such as those targeting ethnic minorities, people from the LGBTQ+ community.

We will also review the publication of National and Local strategies which may impact on our work areas such as the Sport Ireland Strategy, the LSP Network Statement of Ambition, the National Outdoor Recreation Strategy and the new Kilkenny Local Economic and Community Plan, to name a few. In addition, KRSP will

monitor and engage in the process of developing Local Sports Plans as identified in the National Sports Strategy and which will be led by the Local Authority in each area.

KRSP will continue to engage in the consultation process regarding the proposed new structure of the LSPs to ensure concerns and challenges with implementation are raised and discussed. While structural reform will not happen overnight, the movement to a new structure will require change management over the next number of years.

While change is challenging, we are excited to see the growth and development of the LSPs and the impact this will have on the positive sporting experience for the people of Kilkenny in fulfilling our vision of “Getting Kilkenny Active”.





