KRSP

KILKENNY RECREATION & SPORTS PARTNERSHIP

SPORT IRELAND

Annual Report 2025

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SPORT IRELAND

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1. ABOUT KRSP

ANNUAL REPORT
01 January 2025 to
31 December 2025

Contact Details

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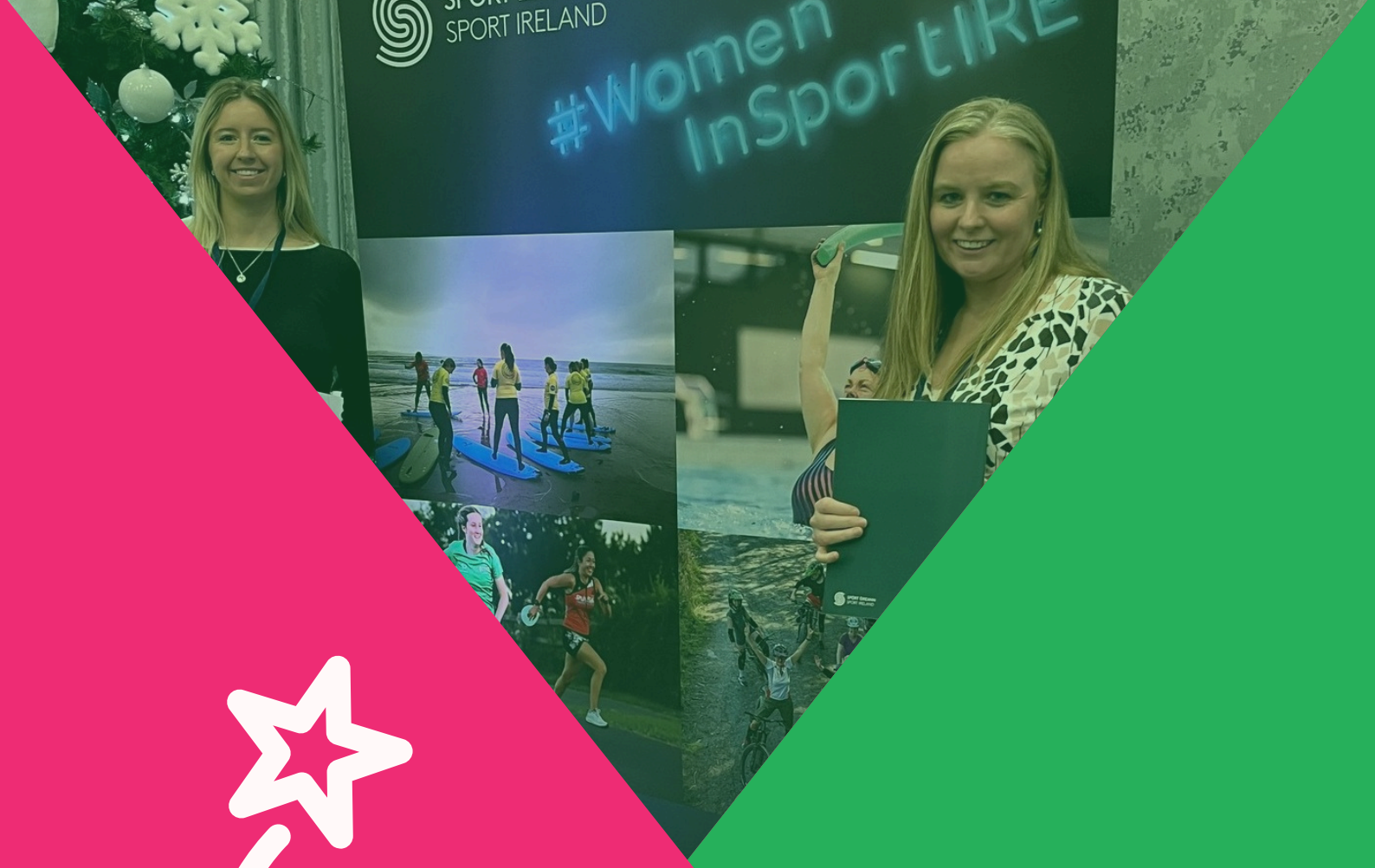
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2. KRSP'S STORY

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 2025-2025 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 and Commentary for 2025

2025 was another positive and progressive year for KRSP, marked by continued programme delivery and participation, a strong focus on inclusion, and important developments in organisational capacity and long-term planning.

Throughout the year, KRSP sustained and broadened its range of programmes while strengthening the organisation internally, with additional staff positions secured during the year. While periods of staff transition and recruitment presented some challenges, the team remained committed to maintaining services and supporting programme delivery across the county. The commitment and expertise of our staff, contractors, volunteers, and partner organisations continued to underpin our success, supporting the delivery of high-quality opportunities across the county.

KRSP's work in disability and inclusion grew further in 2025, with programmes expanding in both reach and impact. Through strong partnerships and targeted initiatives, we enhanced opportunities for people of all abilities to participate, reinforcing our commitment to creating inclusive environments where everyone feels welcome and supported.

Supported by Dormant Accounts funding, the Community Sports Hub and Urban Outdoor Adventure initiatives progressed throughout the year, embedding sport and physical activity within the communities of Urlingford and Johnstown. Alongside these, KRSP delivered a range of targeted programmes for men, women, older adults, and other key groups, while continuing to support local sports clubs through funding, training, and upskilling opportunities.

Participation among primary school children remained a focus, with strong engagement in inclusive, school-based physical activity programmes. Initiatives such as Sportshall Athletics, balance bike training, playground supports, and bike awareness programmes continued to help children develop fundamental movement skills, build confidence, and enjoy physical activity.

During 2025, we commenced the early stages of developing the 2026–2030 Strategic Plan. This process provides an important opportunity to review progress, engage with stakeholders, and identify future priorities to ensure we remain responsive to the evolving needs of communities across Kilkenny.

Communications remained a key focus, with continued efforts to strengthen engagement, improve consistency of messaging, and enhance visibility. KRSP is working to achieve European Accessibility Act compliance for its website, ensuring a more accessible and inclusive digital experience for all users.

"Supported by a growing team and strong foundations, KRSP continues to create opportunities for all across Kilkenny."

A standout moment of the year was the Volunteer Appreciation Night, recognising the valuable contribution of our youth volunteers. Their dedication and enthusiasm play a vital role in the success of many initiatives, and the event provided an opportunity to acknowledge their impact.

Looking ahead, KRSP remains committed to developing a more active and inclusive Kilkenny. Supported by a new strategic plan, a growing team, and strong foundations, we will continue to create opportunities for all to participate in sport and physical activity.



David Denieffe
Chairperson



Anthony Reynolds
Chairperson



Nicola Keeshan
CEO



3. STRUCTURE, GOVERNANCE & MANAGEMENT

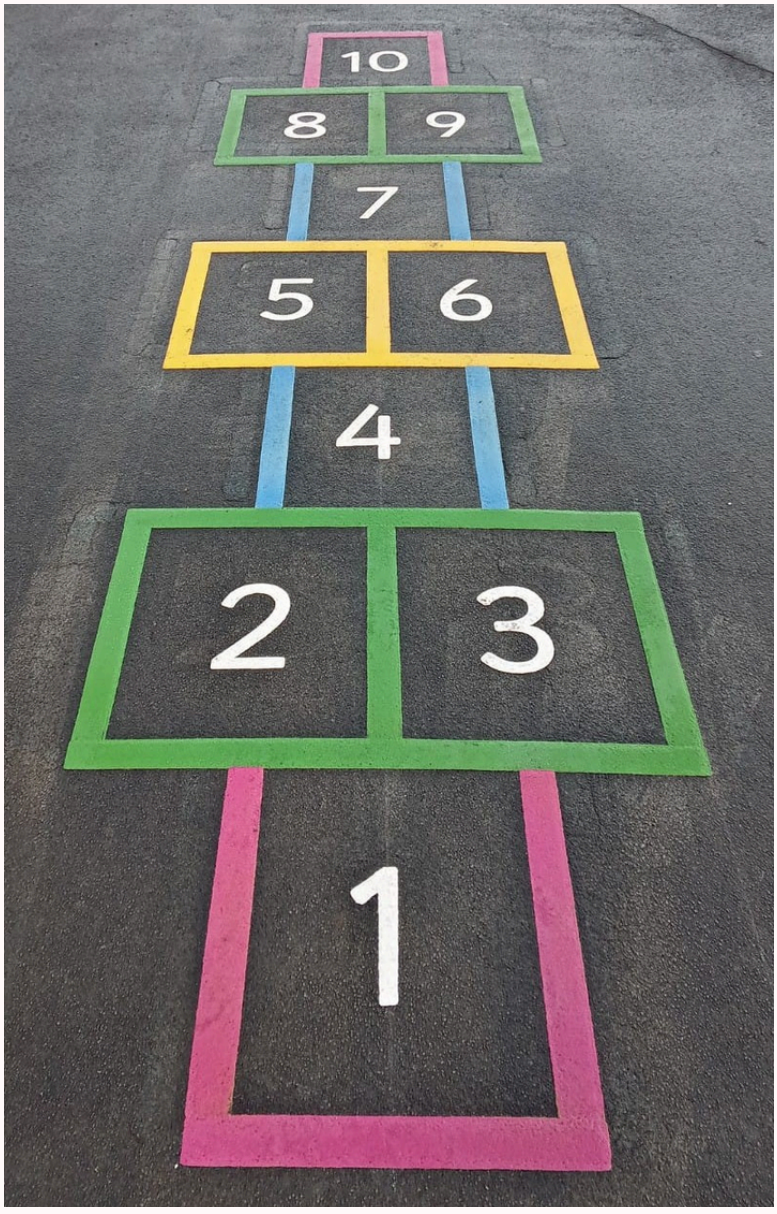
Trustees, Board Directors/ Committee Members

Role of the Board

In 2025, the Board continued to provide leadership, oversight and governance to support the delivery of KRSP's strategic goals and ensure high standards of accountability.

The Board oversees strategy, performance, governance and financial management, while ensuring compliance with legal and regulatory requirements. During the year, it approved the annual operational plan, budget and financial statements, and monitored risk, audit and procurement processes.

The Board also monitored its own effectiveness and that of its committees, supporting strong governance and informed decision-making. The CEO reports directly to the Board, ensuring alignment between strategic priorities and day-to-day operations.



Board of Directors

KRSP Directors are nominated in accordance with the KRSP constitution, chosen for their ability to maximise key relationships and influence within Kilkenny, particularly in areas critical to our objectives.

The following table shows the directors that served during the financial year, except where otherwise indicated:

	Position	Representative	Tenure
David Denieffe	Chair	South East Technological University (SETU)	Resigned Chair 17-Sep
Mary Cowman	Secretary	Co-option	
Maria O'Shea		Kilkenny County Council Chief Executive	Elected 20-Jun
Ann Bates		HSE	
Declan Rice		County Kilkenny Leader Partnership	
Anthony Reynolds	Vice-Chair / Chair	National Association of Principals and Deputy Principals	Resigned Vice Chair 17-Sep / Elected Chair 17-Sep
Rita Comerford		Kilkenny City & County Youth Orgnaisation	
Cllr Pat Fitzpatrick		Representative: County Kilkenny Leader Partnership Board Nominee	
Cllr Jenny Catt Slattery		Kilkenny County Council Elected Representative	
Cllr Joseph Lyons		Co-option	
Siobhan O'Brien	Vice-Chair	Carlow Kilkenny Education Training Board - Chief Executive Nominee	Elected Vice-Chair 17-Sep
Julieann Hickey		Carlow Kilkenny Education Training Board - Chief Executive Nominee	
Paula Rankin		South East Technological University (SETU)	Elected 20-Jun

KRSP Board Meetings

In 2025, KRSP held four Board meetings. The KRSP AGM was held on 20th June 2025.

Member Attendance at Board Meetings 2025

		12 Mar	20 Jun (incl. AGM)	17 Sep	25 Nov	Total
Ann Bates		X	√	√	√	3
Anthony Reynolds		√	X	√	X	3
David Denieffe		√	√	√	X	3
Declan Rice		√	√	√	X	3
Jenny Catt Slattery (Cllr)		√	√	X	Absent	2
Joe Lyons (Cllr)		X	Absent	√	√	2
Julieann Hickey			√ Elected 20-Jun	√	√	3
Maria O'Shea			Elected 20-Jun to start 17-Sep	X	√	1
Mary Cowman		X	√	√	√	3
Pat Fitzpatrick (Cllr)		X	√	√	Absent	2
Dr. Paula Rankin			Elected 20-Jun to start 17-Sep	X	√	1
Rita Comerford		X	√	√	X	2
Siobhan O'Brien		√	√	√	√	4
Catherine Byrne Murphy		X	√	Resigned post 17-Sep		1

KRSP Sub Committee Meetings

KRSP has the following sub committees:

Finance Audit and Risk Committee

The Finance, Audit and Risk Committee (FARC) supports the Board in overseeing financial management, risk, governance and internal controls. The Committee reviews key policies and reports and makes recommendations to the Board, which retains overall responsibility for decision-making.

Policies Reviewed in 2025

- Health & Safety Policy and Safety Arrangements
- Diversity and Inclusion Policy
- FARC Terms of Reference
- Risk Policy
- Business Continuity Policy

Reports Reviewed in 2025

- Finance Reports
- Risk Register
- Audited Accounts (Year Ended 31 December 2024)
- Annual Report 2024



FARC Meeting Dates 2025

	30 May	05 Nov	Total
Catherine Byrne Murphy (Chair)*	√	Resigned Post 17-Sep	1
Siobhan O'Brien (Chair)*	Elected FARC 20-Jun	√	1
Anthony Reynolds**		Elected FARC 25-Nov	N/A
David Denieffe	X	X	0
Mary Cowman	√	√	2
Cllr Pat Fitzpatrick	Elected FARC 20-Jun	X	0

***Catherine Byrne Murphy resigned post on 17-Sep. Siobhan O'Brien was elected Chair of the FARC on 17-Sep.*
***Anthony Reynolds was elected to the FARC as required by his position as Chair of the KRSP Board, starting 25-Nov.*

Governance Committee

The Governance Committee supports the Board in promoting good governance across the organisation. Its role includes supporting the effective operation of the Board and its committees, overseeing governance priorities, facilitating member induction and ongoing development, and promoting high standards of conduct and accountability. The Board retains overall responsibility for governance and decision-making.

Governance Committee Programme of Work 2025

- Progress on key governance priorities
- Progress on executive priorities and deliverables
- Implementation of the corporate/governance risk register
- Preliminary work was done on updating the KRSP Constitution. KRSP is awaiting the Sport Ireland Heads of Agreement to finalise.
- Serving on Boards Committees
- Governance Committee Terms of Reference
- Governance Code for Sport: Board Assurance Statement
- Governance Code for Sport: Compliance Record Form

Governance Committee Meeting Dates 2025

	21 Mar	21 Nov	Total
Ann Bates (Chair)	√	√	2
David Denieffe	√	√	2
Anthony Reynolds	√	√	2
Maria O'Shea*		Elected 25-Nov	N/A

**Maria O'Shea was elected to the Governance Committee on 25-Nov. Her first meeting will be in 2026*

Strategy Committee

The Strategy Committee supports the Board in overseeing the development, implementation and review of KRSP's Strategic Plan and Annual Operational Plan. It monitors progress against key objectives and performance measures, while the Board retains overall responsibility for strategic direction and decision-making.

Strategy Committee Programme of Work 2025

- Performance Management System for Strategy Review
- Risk Register
- Mid-term Strategy Review
- AOP 2025
- Planning for KRSP Strategy 2026-2030

Strategy Committee Meeting Dates 2025

The Strategy Committee meeting scheduled for March was not quorate and was therefore rescheduled to April. However, no formal meeting took place in April, with communications conducted via email instead.

	27 Jan	11 Feb	25 Mar	27 May	08 Dec	Total
Declan Rice (Chair)	√	√	√	√	√	5
Mary Cowman	√	√	√	√	√	5
Ann Bates	√	√	√	√	√	5
Rita Comerford*					√	1

**Rita Comerford was elected to the Governance Committee on 20-Jun.*

Safeguarding Committee

The Safeguarding Committee supports the Board in overseeing safeguarding policies, procedures and practices across the organisation. The Board has delegated responsibility for safeguarding decision-making to the Committee, which reviews safeguarding matters relating to children and vulnerable persons, and oversees vetting and disclosure matters referred by Sport Ireland. The Board remains informed of safeguarding matters, while respecting the confidentiality requirements associated with individual cases.

Safeguarding Committee Programme of Work 2025

No safeguarding concerns or issues were reported during 2025 and, as a result, no committee meetings were required.

Following Sport Ireland's mid-year grant reporting process, KRSP completed the required review of its Safeguarding Risk Assessment and Child Safeguarding Statement. Both documents were approved by the Board on 23 October 2025. A full review of the Child Safeguarding Policy is planned for 2026 with support from the Safeguarding Committee.

The members of the KRSP Safeguarding Committee during 2025 were:

David Denieffe
Anthony Reynolds
Rita Comerford
Cllr Jenny Catt Slattery*
Nicola Keeshan (DLP)

**Jenny Catt Slattery was elected to the Safeguarding Committee on 20-Jun.*

KRSP Board Induction and Training

KRSP Board signed off a new Board Induction pack and process in July 2022.A supporting policy document on KRSP Board Induction was approved by the Board in December 2025. There were three new Board Members who were onboarded in 2025.

During 2025, Sport Ireland and Charity Board training offerings were circulated to the KRSP Board, however none of these offerings were accepted.

Benny Cullen, Sport Ireland held a strategy workshop in Kilkenny in February for the KRSP Board and staff. Ann Bates, Declan Rice, Mary Cowman, Rita Comerford and Catherine Byrne Murphy, Joe Lyons and David Denieffe attended.

Living Cultural Solutions was contracted to deliver EDI training in June.This was rolled out for KRSP Board and Staff. Ann Bates, Mary Cowman, Pat Fitzpatrick, Rita Comerford and Julieann Hickey attended from the KRSP Board.

As part of the KOSI audit, the Board are required to have a formalised training plan annually. This process started in 2025 through a consultation process with Board members to agree the 2026 Training Plan.

Risk and Conflict of Interest Management

Risk

KRSP maintains a Risk Appetite Statement, Risk Policy and Risk Register in line with the Governance Code for Sport.
Risks were monitored throughout 2025 by the Board's committees, with a full review by the Board at the end of the year. This ongoing process supports effective governance, informed decision-making and the achievement of organisational objectives. KRSP remains committed to embedding risk management across all areas of its work.

The top risks identified by KRSP are:

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

Conflict of Interest

In 2025, all Board members completed Code of Conduct and Declaration of Interest forms. A register of declared interests, introduced following the KOSI audit, is maintained and reviewed by FARC to support governance and transparency. Conflict of Interest is a standing item at all Board and committee meetings.

Governance Standards

KRSP follows the Governance Code for Sport, a voluntary code that promotes good governance across the sport sector. Following its initial declaration of compliance in 2021, KRSP successfully restated compliance in December 2024, as a Type C organisation.

Throughout 2025, the Board and staff continued to embed governance policies and procedures into day-to-day operations, ensuring good governance remains central to the organisation's work.

A sample of Governance Policies and Procedures developed, reviewed and signed off by the KRSP Board during 2025 is:

- KRSP Board Terms of Reference
- Schedule of Matters Reserved for the Board
- KRSP Staff Serving on Boards and Committees
- Financial Statements for the year ended 31 December 2024
- Annual Report 2024

2025 Staffing

Position	Name
CEO	Nicola Keeshan
Programme Manager (Apr to Dec) Sports Inclusion Development Officer (Jan to Apr)	Seamus Nugent
Administrator	Mairead Maher
Governance & Finance Officer	Aisling Cullen
Sports Inclusion Development Officer (Dec)	Brian Mulhare
ESF+ Officer (Jul to Dec) Community Sports Development Officer (Jan to Jul)	Ciara Kelly
LSP Network Communications Project Lead (May to Dec) Regional LSP Communications Officer – Leinster & Ulster (Jan to May)	Rose Bergin
Adminstrator Cover (Jan to Aug)	Aoife Byrne

Organisational Restructuring

In 2025, KRSP continued to advance its organisational restructuring process, further strengthening the organisation's capacity to support future growth and programme delivery. Recruitment was completed for the roles of Programme Manager, ESF Social Innovation for Sport Officer and Sports Inclusion Disability Officer (SIDO), despite some challenges in filling specialist positions during the year. Preparations were also put in place to recruit a Community Sports Development Officer (CSDO) in early 2026.



Staff Training and Support

Staff Training - KRSP staff avail of training through Sport Ireland Organisational Development and Change offerings. Below is a sample of conferences and courses/webinars attended by different staff members:

Conferences

- Federation of Irish Sport Annual Leaders Forum
- Sport Ireland National Conference for Development Officers
- Active Disability Ireland Conference

Courses/Webinars

- Sport Ireland Get Ireland Active Training
- ENGAGE - Connecting with Men
- Coaching Teenage Girls in Sport
- Equality, Diversity & Inclusion and Anti-Racism Training
- Better Board Recruitment - Succession Planning, Finding Volunteer Board Members
- Smartphone Video Training/Editing
- ChatGPT/AI for Marketing
- Equine Centred Leadership Development
- Women in Sport Leadership Programme
- Participation to Inspiration - Storytelling Workshop

Collaboration

In 2025, collaboration remained at the heart of KRSP's approach. The organisation continued to work closely with a broad range of partners whose support, knowledge and shared commitment contributed significantly to the successful delivery of programmes and initiatives. These partnerships help us reach more people, create inclusive opportunities and strengthen community engagement, with participant feedback regularly reflecting their positive experience of our programmes and those who deliver them.

Partner Agencies

Our partner agencies provide vital expertise, resources, and networks that enhance our reach and impact. Their continued collaboration ensures our initiatives are aligned with local needs and national priorities.

Contracted Physical Activity Providers

Our contracted physical activity providers play an important role in the delivery of KRSP programmes, bringing specialist expertise in their chosen sport or activity. Their knowledge and experience help ensure sessions are inclusive, adaptable and responsive to participants' needs, while also supporting participants to build confidence, develop skills and progress in their physical activity journey.

Volunteers

Volunteers are the backbone of community sport and recreation. Through a supportive recruitment and onboarding process, we ensure they are equipped and encouraged to contribute meaningfully. Their dedication makes a lasting impression on participants and communities alike.



Clubs

Local clubs are essential partners in community level engagement. Their local knowledge and commitment to inclusion help us connect with diverse groups and generate a sense of belonging through sport and physical activity.



4. OBJECTIVES, ACHIEVEMENTS & PERFORMANCE

Objectives for the Year

Snapshot of Our Work During 2025



2,231

people participated in 46 locally delivered participation initiatives, both online and in person.



355

people with a disability engaged in a variety of online and in-person LSP initiatives including multi-sport, swimming, walking, and cycling programmes. This included 176 males and 179 females.



Continued focus on female participation yielded a total

838

participants, from specific programmes such as HEROutdoors.



207

social media posts on Facebook reaching 7,174 followers and 180 posts on Instagram reaching 1,823 followers and 48,000 website impressions.



66

older adults engaged, including participation through age-friendly initiatives and disability-inclusive programming. This number consists of 50 women and 16 men, and 16 participants with a disability (8 male, 8 female).



855

children engaged in the Primary School Programme - a cornerstone of KRSP's youth programming, such as Learn to Cycle and Sportshall Athletics.

Case Studies

Community Sports Physical Activity Hub Phase 4

The Story Behind the Initiative

For the past four years, the Kilkenny Recreation & Sports Partnership has received dedicated Dormant Accounts Funding to facilitate targeted interventions within the Urlingford – Johnstown region. This area was strategically selected based on data from the Pobal HP Deprivation Index, which identified significant levels of socio-economic disadvantage. Throughout 2025, as part of our continued commitment to this programme, KRSP successfully delivered a diverse range of programmes designed to meet the specific needs of key demographics, including men, women, and older adults.

In addition to direct community programming, we provided essential support to local sports clubs through capital expenditure grants and specialised training and upskilling opportunities. These initiatives ensure the long-term sustainability of physical activity infrastructure within the region.

Key Achievements

Increased volunteer capacity and skills, strengthening local coaching and governance, while enhancing personal and social development and improving the quality of community sport delivery overall.

Improved youth participation through shared mobile goalposts, sustainably supporting expanding underage teams and ensuring safe, consistent access to essential playing facilities within the local club.

Broadened participation by engaging new and underserved groups through programmes including Men On The Move, Ladies Circuit Classes, Move Better, Walk Stronger and Chair Pilates.

Next Steps

Following the successful award of Phase 5 funding, Kilkenny Recreation & Sports Partnership is committed to scaling our impact by building upon established programmes and stakeholder relationships.

Following a change in Community Sports Development Officer, there will be a supported handover and the development of a new connection within the community with this CSDO.
With change in personnel, it brings a new perspective and fresh impetus for increasing physical activity opportunities for the local community.

Lessons Learned

Establishing impactful community initiatives requires a significant investment of time to cultivate the authentic relationships and local trust necessary for success. Developing a recognisable presence and a reputable brand within the region demands consistent energy and patience. This foundational work is essential to ensuring that our programmes are not only meaningful but are strategically designed to reach the appropriate participants.

Kilkenny Recreation & Sports Partnership faced some challenges during the delivery of the projects under the Community Sports Hub. For this programme to be successful and sustainable it needs a constant partnership with the area. KRSP staff movements and internal promotions have meant that several Community Sports Development Officers have operated in this area. While not an ideal situation in terms of maintaining relationships with local stakeholders, it is testament to the Development Officers involved and to KRSP that the Community Sports Hub project continues to be really well delivered despite challenges

Words of the Participant

"It has got me back thinking of exercise, watching my food and getting back walking after years of not" – Men on the move participant



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

While KRSP achieved strong progress across a wide range of programmes and strategic objectives during 2025, a small number of planned initiatives could not proceed as intended due to operational challenges and resource limitations.

Community programmes targeting men within the Community Sports Hub (CSH) were impacted by limited contractor availability, while the delivery of Safeguarding 2 and 3 workshops was constrained by staff capacity required to coordinate courses. The planned Rock Up and Climb initiative for teenage girls did not proceed due to low uptake, and some playground marking activities were affected by poor weather conditions alongside contractor availability challenges.

KRSP will continue to review programme planning and resource allocation to support future delivery and participation opportunities.

Some examples of the actions not delivered are outlined below:

Programme	Reason
Community programmes targeting men in CSH	Lack of tutor availability
Safeguarding 2 & 3	Limited staff time to organise courses.
Rock up and Climb	Teenage Girls – low uptake
Playground Markings	Poor weather conditions and tutor availability



Key Achievements and Performances for the Year

This report sets out the achievements and outputs of Kilkenny Recreation & Sports Partnership in 2025 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 2025 KRSP had two different programmes of support for clubs available:

2025 COVID-19 Small Grant Scheme

The scheme aimed to support Sports Clubs, Community Groups and Organisations to restart activities, re-engage existing members, and attract new participants following the impact of COVID-19.

In 2025, many clubs and community groups continued efforts to reconnect with former members and encourage participation in physical activity. To support this, KRSP allocated €5,411 in funding. Examples include Danesfort GAA, which purchased a communication board for its all-star team; Stoneyford Development Association, which introduced hillwalking and yoga classes for local men and women; and Ferrybank AFC, which completed a post-pandemic development programme to revive its girls' football teams.

2025 KRSP Club Development Scheme

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 is be given to minority sports and low participation groups/target groups identified by KRSP.

In 2025, KRSP provided funding of €6,818 to support clubs in building capacity and attracting new members. Emeralds Camogie Club received funding to purchase equipment needed to support their all-star team set up; Conahy Shamrocks GAA purchased equipment to develop and maintain a Men on the Move group in the area; Paulstown Bastketball Club ran a “come try” basketball programme for boys and girls under 8.

KRSP Kilkenny Recreation & Sports Partnership — Sport Ireland

COVID-19 Small Grant Scheme 2025

Name of Club / Orgnisation	Funding Awarded
Danesfort GAA Club	130
Kilkenny Rugby Football Club	481
Clara GAA Club	500
Kilkenny Stars Basketball Club	550
SOS Kilkenny	600
Stoneyford Development Association	900
4th Kilkenny Inistioge Scouts Group	1000
Ferrybank AFC	1250

Total amount Awarded: €5,411

KRSP Kilkenny Recreation & Sports Partnership — Sport Ireland

Club Development 2025

Name of Club / Orgnisation	Funding Awarded
Kilkenny Rugby Football Club	€498
Emeralds Camogie Club	€970
Conahy Shamrocks GAA	€1,000
Gowran Golf Club	€1,000
Danesfort GAA Club	€1,000
Thomastown Athletic Club	€1,100
Paulstown Basketball Club	€1,250

Total amount Awarded: €6,818

Catering for Diverse Groups

Inclusive Sections in Sports Clubs

With support from the KRSP SIDO, more sports clubs are providing inclusive opportunities for children and young people.

In 2025, O'Loughlin Gaels, Mullinavat and Piltown established inclusive sections following guidance and support from KRSP SIDO. Alongside Kilkenny Rugby Club, Kilkenny Hockey Club and Evergreen FC, there are now seven GAA clubs with inclusive sections.

KRSP continued its partnership with Kilkenny GAA, helping to deliver fully subscribed Inclusive Cúl Camps in July, supported by KRSP staff and volunteers. Members from inclusive GAA clubs showcased activities at half-time during the Kilkenny v Limerick National League match, while clubs also attended the Games for All Day in Croke Park.

The KRSP SIDO also delivered Sport Inclusion and Disability Awareness presentations to several clubs interested in developing inclusive programmes. This support helped Emeralds GAA and Piltown GAA begin the process of establishing inclusive sections within their clubs.

Kilkenny Hockey Club and Kilkenny Rugby Club

Both these clubs recommenced their activities in line with their season and are reporting good numbers attending. Both have been successful in recruiting new volunteer coaches to support the groups attending.

Kilkenny Rugby Club generously provided its facilities for the two weeks of KRSP Inclusive Summer Camps programme and a volunteer training day. The venue proved ideally suited to both activities, and KRSP is extremely grateful for the club's support and use of its facilities.

Gowran Park Golf Club

Gowran Park Golf Club's inclusive section enjoyed another positive year, with eight registered players supported by a dedicated team of volunteer mentors. Club support remains strong, with KRSP providing ongoing guidance through regular contact with coaches and mentors. The SIDO was pleased to attend the club's end-of-year certificate and medal presentation, celebrating the achievements and progress of the young golfers.

Autism in Sport Training and Disability Inclusion Training

KRSP funded Autism in Sport and Disability Inclusion training for 20 volunteers from inclusive GAA clubs in February.

The SIDO also delivered Sport Inclusion and Disability Awareness presentations to students in St Kieran's College, members of Emeralds GAA Club and Piltown GAA Club, and volunteers involved in KRSP's supported swim and Inclusive Summer Camp programmes.



Volunteers

Volunteers are central to the success of KRSP's inclusive programmes, supporting children and young people with additional needs to participate in sport and physical activity. In 2025, volunteers contributed more than 2,800 hours across the Supported Swim Programme and Inclusive Summer Programme.

Supported Swim Programme for Children with Additional Needs

The Supported Swim Programme ran for 24 weeks during the school year and provided children with additional needs the opportunity to participate in swimming with one-to-one support from Transition Year student volunteers. Working closely with Transition Year Co-ordinators in local schools, KRSP recruits volunteers as part of the students' educational and personal development journey. Following training in Sport Inclusion and Disability Awareness, volunteers act as Swim Buddies, supporting participants to build skills, confidence and independence in the water. Volunteers contributed over 900 hours to the programme, while also gaining valuable experience and developing skills that support future education, employment and volunteering opportunities.

Inclusive Summer Programme for Children with Additional Needs

KRSP's four-week Inclusive Summer Programme provided a wide range of activities for children with additional needs, including inclusive camps, GAA Cúl Camps and swim camps. The programme was supported by 34 youth volunteers and six adult volunteers, who contributed approximately 1,900 hours. Volunteers played a key role in creating a positive, welcoming and enjoyable experience for all participants, regardless of their sporting background or previous experience. Safeguarding 1 was delivered to volunteers aged 16 years and older and practical training was also given to all volunteers. This took place in Kilkenny Rugby Football Club (KRFC) grounds.

Volunteer Training and Development

All volunteers completed Sport Inclusion and Disability Awareness training to equip them with the skills and confidence to support children with additional needs. For many young volunteers, the programme represents their first experience of volunteering, working as part of a team and engaging with people with disabilities. Throughout the process, KRSP staff and programme leaders provide ongoing guidance and support, helping volunteers develop valuable life skills and experience.

Volunteer Recognition

The importance of volunteering was recognised in several ways during 2025. On the final day of the Inclusive Summer Camps, KRSP provided a volunteer appreciation afternoon for volunteers with kayaking on the river Nore followed by pizza!

The KRSP Transition Year Volunteer Programme was nominated for the Kilkenny/Carlow Garda Youth Awards and won the Group Award category, with staff and volunteers attending the presentation ceremony in Carlow.

In December, KRSP hosted a Volunteer Education and Appreciation Evening in Kilkenny to recognise the dedication and commitment of its volunteers. Attendees included Chairperson of Kilkenny County Council Mary Hilda Cavanagh, Mayor of Kilkenny John Coonan and other local representatives. Guest speaker Damien Vereker, double Paralympian cyclist, highlighted the important role volunteers play in supporting participation and achievement in sport. Volunteers were presented with certificates in recognition of their contribution.

Feedback from volunteers and parents continues to be extremely positive, reinforcing the value of the volunteer programme and its importance to the ongoing success of KRSP's inclusive activities.

DAF (Dormant Account Funding) 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.

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Bainisteoir Beag: Innovation for Sports Inclusion - DAF

KRSP is preparing to move Bainisteoir Beag into its next phase of development through the creation of a digital platform for the programme's activities and resources. With support and mentoring from Kilkenny Local Enterprise Office (LEO), preparations are underway for the procurement process. Given the scale of the project, it will be advertised through the eTenders platform, with a tender expected to issue in early 2026.

Safeguarding

KRSP facilitates Sport Ireland safeguarding training courses for people who are involved in the organisation of sport for children and young people throughout Kilkenny. All courses are 3 hours in duration and are available in both an online and classroom environment.

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

143 **SG1 Adults**
14 Workshops

15 **SG1 U18**



DAF Urban Outdoor Adventure Programme - REC 3 training

The Rescue Emergency Care (REC) Level 3 course equips outdoor leaders with the skills and confidence to manage medical emergencies in remote locations where professional assistance may be delayed.

In May, KRSP facilitated a REC 3 course for Urban Outdoor Adventure (UOA) clubs in Kilkenny, with 12 participants from three clubs achieving certification. A one-day REC 3 refresher course was also delivered in November, attended by 12 participants from three clubs. The training meets the requirements of national governing bodies, including Mountaineering Ireland and Canoe Ireland.

First Aid Courses

KRSP delivered two one-day First Aid training courses for sports club volunteers in 2025. One course was provided for clubs involved in the Community Sports Hub, with nine participants completing the training, while a second course attracted 10 participants. The training covered essential first aid skills, including CPR, AED use and the treatment of common sports-related injuries, helping to improve safety and preparedness within local sports clubs.



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

DAF - Urban Outdoor Adventure/Initiative (UOA)

KRSP successfully secured funding through the Urban Outdoor Adventure Initiative, supported by Dormant Accounts. This funding has enabled the development of inclusive and engaging outdoor programmes throughout Kilkenny. The initial stream of funding focused on school-based participation, but further streams were secured to include people with disabilities, as well as women and girls, with a particular emphasis on water-based activities.

Each stream of funding is structured around three core elements: a capital component to support the purchase of equipment for clubs and providers; a capacity-building element that facilitates training and education for coaches, leaders and volunteers; and a programme activation element to increase participation in outdoor adventure sports. With a strong focus on engaging individuals from disadvantaged areas, KRSP delivers these programmes in Kilkenny City, Castlecomer, Graiguenamanagh, and Thomastown, helping to bring outdoor adventure opportunities to local communities.

UOA - Get Going Get Rowing

KRSP delivered two Get Going Get Rowing programmes with Duiske College in February and November, in partnership with Rowing Ireland and Graiguenamanagh Rowing Club. A total of 12 Transition Year students took part. The programme trains TY students to coach indoor rowing using ergometers based in their school. The students then put their skills into practice by coaching first-year students during PE classes over a six-week period, earning a TY Coaching Certificate on completion.



UOA - HEROutdoors

HEROutdoors is a national Sport Ireland campaign that encourages women and girls to get active outdoors. In 2025, the campaign took place from 11-17 August under the theme “Embrace Your Space”, promoting participation in outdoor activity within local communities.

KRSP delivered eight HEROutdoors initiatives across the county, providing more than 70 women and girls with opportunities to try new activities and connect with local clubs and outdoor groups, with KRSP also promoting local events through Kilkenny Community Radio.

Get Her Kayaking

In partnership with Kilkenny Aqua Canoe Club, seven teenage girls participated in a four week series of kayaking, canoeing and stand-up paddleboarding sessions during August. Participants were introduced to a variety of water-based activities and were provided with information on how to continue their involvement through the club.

A separate programme for adult women was delivered with Graiguenamanagh Canoe Club. Eight participants completed the course, achieved their Level 1 Kayaking qualification and were introduced to opportunities for ongoing participation. Demand was high, with a waiting list for places.



Reaching New Heights

Delivered in partnership with Mountaineering Ireland, this four-week hillwalking programme gave 12 women the opportunity to build confidence and develop outdoor skills while exploring a range of local walking locations, culminating in a walk on Brandon Hill.

Rock Up and Climb

KRSP, in partnership with Mountaineering Ireland, delivered introductory rock-climbing sessions for women and girls in Ballykeeffe Quarry. Participants learned basic climbing and safety techniques under the guidance of qualified instructors and had the opportunity to experience both rock climbing and abseiling.

The adult session attracted six participants and received positive feedback. A separate session for teenage girls was planned but was cancelled due to insufficient registrations.

Castlecomer Discovery Park Adventure Programme

For the fifth consecutive year, KRSP partnered with Castlecomer Discovery Park to deliver a four-week outdoor adventure programme for teenage girls. Twelve participants took part in activities including archery, raft building, zip-lining and team-building exercises, while also building confidence and making new friendships.

Come Try Orienteering

A beginner-friendly orienteering session was held in Castle Park, Kilkenny, where ten women learned basic map-reading and navigation skills while taking part in a range of fun activities. Feedback was very positive, with potential to expand the programme in future years.

Inclusive HEROutdoors Programme

For the first time, KRSP delivered a dedicated HEROutdoors programme for adult women with disabilities. Six participants attended the four-week programme in Castlecomer Discovery Park, experiencing activities such as orienteering, archery, zip-lining and nature trails in a supportive and inclusive environment.

Teenage Girls & Women Mountain Biking programme

Following the success of the 2024 programme, KRSP offered an introductory mountain biking programme for teenage girls and women; however, due to low registration numbers and late cancellations, only one session proceeded, with four participants taking part.

Stretch and Stroll

Stretch and Stroll, a combined Pilates and walking initiative planned for Ferrybank during HEROutdoors Week, was cancelled due to insufficient registrations, with learnings from the programme informing future activity planning.



DAF Community Sports Hub – Urlingford and Johnstown

The CSH initiative was established to promote and encourage sports and physical activity in the Urlingford/Johnstown area by supporting and assisting local clubs and organisations. After conducting a needs analysis, KRSP collaborated with each community club and organisation to address their specific challenges and support them in offering high-quality sports and physical activity opportunities within the community.

Ladies Lets Move

KRSP delivered an eight-week Ladies Let's Move programme in St. Kieran's Community Hall, Johnstown. The programme attracted strong interest from the local community, with 27 women taking part in a variety of fitness and strength-based exercises.

Move Better, Walk Stronger

Move Better, Walk Stronger was a four-week programme combining fitness sessions with a local trail walk. Thirty women participated and provided positive feedback, while the planned men's programme did not proceed due to insufficient numbers.

Chair Based Pilates

Following community feedback, KRSP introduced Chair-Based Pilates for older adults. An initial four-week taster programme attracted 13 participants and was fully subscribed. Due to strong demand, a second programme was delivered with two class times, providing 28 additional places, all of which were filled. In total, 41 participants engaged with the programme across the two phases.

Safeguarding 1

At the request of Spa United, KRSP organised an in-person Safeguarding 1 course for coaches and volunteers. Eleven participants completed the training.

New Mum Movement

The New Mum Movement taster programme was developed in response to local demand for opportunities that support mothers to be active while accommodating childcare needs. Three participants took part in the four-week programme.

Community Programmes

Monday Night Walks

Monday Night Walks is a social walk-and-talk programme for adults in Kilkenny, offering participants the opportunity to improve their fitness while exploring different walking routes around the city. The programme ran twice in 2025, with approximately 23 participants taking part across the two programmes.

Men on the Move – Kilkenny City

Men on the Move is a beginner-friendly programme that supports men to become more active in a welcoming and supportive environment. Delivered over two programmes in 2025, participants took part in walking, fitness and strength-based activities at the Watershed running track, with an average of 29 men registered per programme.

Activator Poles in Libraries

KRSP continues to work in partnership with Kilkenny County Council Libraries to provide Activator Poles for loan through library branches in Castlecomer, Loughboy, Graiguenamanagh and Ferrybank. Available free of charge with a library card, the poles offer an accessible way for people of all ages and abilities to become more active and enjoy the benefits of walking in their own community.

Junior Parkrun

KRSP continues to support and promote Junior Parkrun in Dunmore Countryside Park. This free, inclusive 2km event for children aged 4-14 takes place every Sunday morning and is made possible through the commitment of a dedicated team of volunteers. In 2025 The Junior Parkrun saw 621 children take part in at least one run.

Bike Week 2025

Bike Week is a national celebration of cycling that encourages people of all ages and abilities to get on their bikes, develop cycling skills and discover local cycling opportunities. With funding support from Kilkenny County Council, KRSP delivered a range of activities during Bike Week 2025 aimed at building confidence, promoting safe cycling and encouraging greater participation.

KRSP Bike Week 2025 – Summary

Activity/ Programme	Participants
Children's Learn to Cycle	17
Greenway Family Cycle	17
Intro to Mountain Biking	14
School Bike Classes	280

Children's Learn to Cycle

KRSP delivered two Learn to Cycle programmes during Bike Week, with 17 children taking part. Delivered over three days by experienced cycling contractors, the programme provided a fun, safe and supportive environment where children could develop the skills and confidence needed to cycle independently.

Having two contractorss on each course ensured participants received plenty of individual attention and encouragement, while parents were encouraged to support their children with additional practice between sessions. The progress made over the three days was remarkable, with all participants successfully learning to cycle. On the final day, children had the opportunity to showcase their new skills through a range of cycling challenges, including slalom courses, balance beam cycling and signalling exercises. The older group also enjoyed a supervised cycle on local park and cycleway routes.

The programme was a rewarding experience for both the children and their families, with many delighted to see the confidence and independence gained over such a short period.

School Bike Safety Workshops

As part of Bike Week, KRSP delivered eight bike safety and maintenance workshops to 280 students in primary schools across Kilkenny. Aimed at 3rd and 4th class pupils, the interactive sessions focused on essential cycling skills, including the M-check, basic bike safety and the importance of looking after your bike.

The workshops were delivered by Ian from Kilkenny Cycle Clinic, whose engaging and hands-on approach helped bring the topic to life for students. To keep things fun, participants completed a short quiz at the end of each session, with successful students receiving a night off homework along with a water bottle and Bike Week merchandise. The workshops were very well received by both students and teachers, helping to build awareness, confidence and enthusiasm for cycling among young people across the county.

Bike Maintenance Classes

A bike maintenance workshop was planned as part of Bike Week and attracted eight registrations. Unfortunately, the session had to be cancelled due to an unforeseen venue issue and could not be rescheduled.

Greenway Family Cycle

KRSP was pleased to partner with Wexford County Council and Sports Active Wexford to deliver a Greenway Family Cycle on the South East Greenway. The event encouraged families to enjoy cycling together in a safe and welcoming environment while showcasing this fantastic local amenity.

Seventeen participants registered for the event, with adults and children cycling either the 6km or 12km route at a relaxed pace.



Mountain Biking Taster Sessions

As part of BikeFest in Castlecomer Discovery Park, KRSP organised two beginner mountain biking taster sessions, one for teenagers and one for adults. A total of 14 participants took part, with six young people and eight adults introduced to the fundamentals of mountain biking, including basic skills, trail awareness and safety techniques.

Led by an experienced instructor, the sessions provided a fun and supportive introduction to the sport and encouraged participants to explore further mountain biking opportunities.

The cycle was supported by 17 volunteers from Barrow Wheelers and Wexford Wheelers Cycling Clubs, who assisted with marshalling, parking and route support. Participants enjoyed the opportunity to cycle together as a group and were treated to a complimentary hot drink at the finish. Feedback was very positive, and KRSP looks forward to working with its partners to further develop the event and grow participation in future years

Primary School Support Programme

Balance Bike Programme

The KRSP Balance Bike Loan Scheme provides preschools and primary schools with access to balance bikes and helmets to help young children develop cycling skills and confidence. Due to staffing changes during 2025, the scheme was delivered in two schools. A full relaunch of the programme is planned for 2026.

Date	School
January	St. Leonards Dunamaggin
May	Marymount NS

Sportshall Athletics Programme

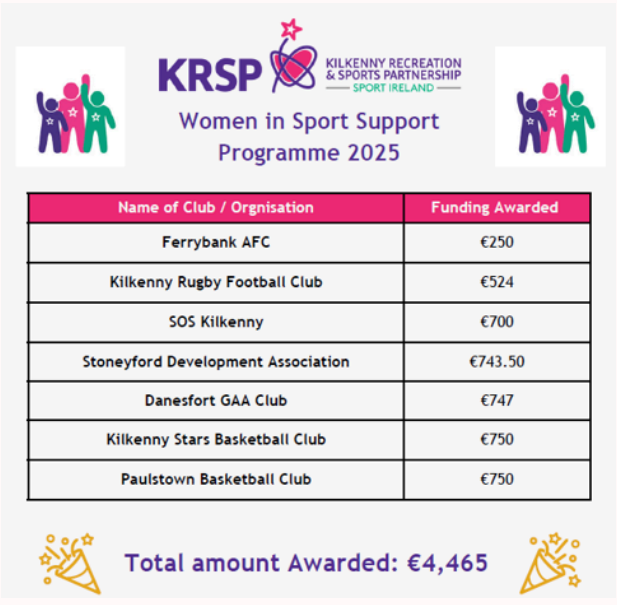
Sportshall Athletics is a school-based programme that develops children's running, jumping and throwing skills through fun, inclusive Track and Field-style activities.

KRSP provides on-site training for teachers and loans participating schools Sportshall Athletics equipment, purchased through Sport Capital funding from the Department of Transport, Tourism & Sport (now the Department of Culture, Communications and Sport). This allows schools to continue delivering the activities as part of their PE curriculum throughout the year.

In 2025, three schools participated in the programme, with 277 students taking part. The programme continues to build confidence, physical literacy and enjoyment of athletics among primary school children.

Women in Sport Initiatives

In 2025, KRSP supported the following club and community groups in providing additional sports and physical opportunities for girls and women through its Women in Sport Support Programme.



Through Sport Ireland Women in Sport funding, KRSP delivered a range of programmes in 2025 aimed at supporting women and girls to become more active, develop new skills and participate in sport in a welcoming and supportive environment.

Menopause Moves

Menopause Moves was a six-week programme designed to support women experiencing or approaching menopause, particularly those new to exercise or returning after a break. Delivered during February, the programme introduced participants to weighted exercises to support bone health, wellbeing and overall fitness. Seven women took part.

Buggy Buddies Programme

KRSP delivered a six-week Buggy Buddies programme in Kilkenny City for mothers who were six months or more post-partum. The programme provided an accessible and supportive opportunity for women to return to physical activity while bringing their babies along, removing childcare as a barrier to participation. Nine mothers took part in the programme, which was based in Canal Square.



TY Badminton Programme

KRSP partnered with Badminton Ireland to deliver a two-day Foundation Level 1 Coaching Course for 35 female Transition Year students from Presentation Secondary School during Women in Sport Week. Participants gained an accredited coaching qualification and developed the skills and confidence to support badminton activities in their school and community.

Building on the success of the programme, a second group of 29 Transition Year students completed the coaching course in September. These students subsequently supported KRSP's Multisport Programme for Adults with Disabilities over a four-week period, putting their coaching skills into practice while gaining valuable volunteering experience.

Older Adult Programmes

KRSP continues to provide a range of opportunities for older adults to stay active, social and connected within their local communities. These programmes focus on gentle physical activity, wellbeing and creating welcoming spaces where participants can enjoy being active together.

Older Adults Boccia and Bowling

This 12-week programme ran from January to Easter and attracted 10-12 participants each week. Activities included boccia, mat bowling, cornhole and skittles.

Stretch & Move

Stretch & Move combines gentle movement, walking and strength exercises using Activator Poles. The programme ran for 12 weeks from January to April and again for six weeks in November and December in the scenic surroundings of Kilkenny Castle Park. Between 12 and 15 participants took part, enjoying the benefits of regular outdoor activity in a supportive group setting.

Callan Community Chair Based Pilates

Delivered in partnership with Droichead Family Resource Centre, this inclusive programme welcomed older adults and people with disabilities. Twenty participants took part across two programme blocks, with the Centre continuing to provide its facilities free of charge.

Ferrybank Chair-Based Yoga

KRSP partnered with Kilkenny Leader Partnership and Hillsfield Community Centre to deliver Chair-Based Yoga in Ferrybank. The programme ran across two blocks during the year, both of which were fully subscribed, providing participants with an enjoyable way to improve mobility, flexibility and wellbeing.

Programmes for People with a Disability

KRSP continues to provide a wide range of inclusive sport and physical activity opportunities for children and adults with disabilities. Supported through Healthy Ireland, Sport Ireland and HSE funding, these programmes help participants build confidence, develop skills, increase physical activity levels and connect with their local communities.

Sport Ireland & Healthy Ireland Funding

Summer Swim Camps

KRSP delivered a week of supported swim camps for 24 children with additional needs during July. Delivered by qualified swim teachers and supported by KRSP staff and volunteers, the camps provide an important bridge between the spring and autumn Supported Swimming Programmes.

Supported Swimming Lessons

Supported swimming lessons were delivered to 30 children with additional needs through two 12-week programme blocks in 2025. The programme was supported by 40 Transition Year Swim Buddy volunteers, providing participants with one-to-one support to develop their swimming skills, confidence and water safety.

Despite growing demand, opportunities for children with additional needs to access supported swimming remain limited, with few commercial providers offering suitable programmes. As a result, KRSP continues to play a vital role in meeting this need through the support of Healthy Ireland funding.



Adapted Cycling Programme

KRSP delivered 18 Adapted Cycling sessions at the Watershed Athletics Track during 2025, with up to 20 adults attending regularly. The programme also welcomed a group of teenage girls with disabilities from Loreto Secondary School, supported by their teacher and SNA. Healthy Ireland funding enabled KRSP to purchase three additional adapted bicycles, increasing capacity and ensuring the programme can continue to meet growing demand.

National Learning Network (NLN)

KRSP delivered 22 physical activity sessions to students attending the National Learning Network. The programme supports participants to understand the benefits of physical activity while developing the knowledge, skills and confidence to lead more active lifestyles.

Adult Summer Programme - Give It A Try Week

Give It A Try Week provided 14 adults with disabilities the opportunity to try a range of activities including Adapted Cycling, Football for All, Rugby for All, Pilates and a Community Nature Walk. The week encouraged participants to explore new sports and identify opportunities for ongoing participation.

HSE Funding

Task Group

In partnership with the HSE-supported TASK Group, KRSP delivered 18 weeks of sport and physical activity sessions in a relaxed and supportive environment. The programme focuses on participation, enjoyment and social connection, with consistently positive feedback from participants.

The Community Walk

The Community Walk Programme, developed in line with the Woodlands for Health model, provides supported walking opportunities for adults with disabilities in natural settings around Kilkenny City. During 2025, KRSP delivered 23 sessions, with participation ranging from 10 to 30 people.

Inclusive Summer Programme

KRSP's Inclusive Summer Programme provided four weeks of activities for almost 100 children with additional needs through GAA Inclusive Cúl Camp, KRSP Summer Camps and Swim Camp. The programme was supported by approximately 1,900 volunteer hours with youth and adult volunteers recruited, trained and supported. KRSP engaged several development officers of National Governing Bodies (Kilkenny based FAI Development Officer, Leinster Rugby Club Community Rugby Officer, Pitch & Putt Ireland Development Officers) and local clubs (Kilkenny Tennis Club and Kilkenny Aqua Canoe Club) to support the delivery of activities including rugby, soccer, tennis, athletics, cycling, pitch and putt, kayaking, canoeing, badminton, and arts and crafts. The programme provided children with opportunities to participate in activities that may not otherwise be available through mainstream summer camps.

Kilkenny Rugby Club generously provided its facilities for the two weeks of KRSP Inclusive Summer Camps programme and a volunteer training day.

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Football for All

Football for All provides adults with additional needs the opportunity to participate in soccer in a supportive and inclusive environment. The programme benefited greatly from the support of the local FAI Development Officer, whose involvement helped expand opportunities for participants and support the delivery of sessions for people with a wide range of abilities. The Development Officer also supported KRSP's Friday Multisport Programme and Inclusive Summer Programmes, making a valuable contribution to disability sport and inclusion across the county.



Get Rowing, Get Lifting

KRSP partnered with Rowing Ireland and Weightlifting Ireland to pilot Get Rowing, Get Lifting, a six-week programme for adults with disabilities. Nine participants learned basic rowing and weightlifting techniques, building confidence and developing skills that can be transferred to other sporting and gym environments.



Learn to Cycle

KRSP delivered two Learn to Cycle programmes for children of mixed abilities during Bike Week and the Halloween mid-term break. Twenty-four children took part, with the majority successfully learning to cycle through the support of experienced contractors and KRSP staff.

Through these programmes, significant strides were made towards creating a more inclusive society.

Multi-Sport Activities

KRSP's Friday Multi-Sport Programme continued to grow during 2025, with more than 30 adults with additional needs attending regularly across 22 weeks of activities. Demand for the programme has increased steadily since its introduction in 2023, with participant numbers now requiring the use of additional sports hall space to accommodate everyone attending.

Delivered by the KRSP SIDO, the programme is supported by a number of partners, including Badminton Ireland, Leinster Rugby and the local FAI Development Officer. A highlight of 2025 saw students from Presentation Secondary School who completed the BadminTEEN coaching programme assist with sessions alongside a Badminton Ireland coach, providing a positive experience for both the students and participants.

KRSP also partnered with Golf Ireland to introduce participants to indoor golf using specially adapted equipment. While the activity was very well received, KRSP continues to work with Golf Ireland to explore ways of making the programme more affordable and accessible in the future.


KRSP
GettingKilkennyActive!

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 supported in bringing together groups from local disability services to view plans for the Community Water Sports facility. The plans were put on display for local disability services and potential facility users in January and comments and feedback were invited from those who attended.

Participation Nation and Amuigh Faoin Spéir

Funding of €60,000 was secured in 2024 by KRSP under the Participation Nation and Amuig Faoin Speir Funds, through Sport Ireland and the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.

The projects were delivered by Kilkenny County Council during 2025, with support from KRSP. As the projects were not awarded full funding, revised plans were developed in consultation with Sport Ireland.

Under the Participation Nation strand, €45,000 supported the development of outdoor exercise zones in Kilkenny Countryside Park and a boules court in Slieverue Linear Park and the Water Barracks, creating new opportunities for community participation in physical activity.

A further €15,000 was awarded under the Amuigh Faoin Spéir strand to support biodiversity planting initiatives in both locations, helping to create more attractive, welcoming and sustainable community spaces.

Bike Storage

KRSP has expanded its stock of adapted bikes so much so that the storage units rented in the Watershed no longer have the capacity to safely store them. KRSP have sought permission to site a 40ft container on a site in the Watershed and it is hoped to have this operational in Q1 of 2026.

Pillar 4: Active Promotion

Strategic Goal: *To create an increased awareness of KRSP and its mission to promote lifelong active recreation, sport and physical activity for all.*

Following the guidance of the LSP network communications project and our Regional Communications Officer, KRSP has taken big steps in 2025 to create and increase awareness of our mission to promote lifelong activity by Getting Kilkenny Active.

Promotion and Awareness

In 2025, we reviewed and strengthened our communications policy to place a clearer focus on growing engagement with our participants and stakeholders across the county. Our aim is to ensure that more people understand the role of KRSP and the positive impact of an LSP within their community. We have taken active steps to showcase the great work we do and to tell the story of our programmes through the voices of those who benefit most—our participants.

National LSP Communications Project

The LSP Communications Project continues to strengthen the communications capacity of the Local Sports Partnership (LSP) network, supporting more strategic, consistent, and locally relevant communications aligned with Sport Ireland's national objectives. The project is delivered across four pillars: Collaboration, Capacity Building, Resource Development, and Governance & Oversight.

Building on the strong foundations established in 2024, 2025 focused on scaling impact across the network. With a full team of three Communications Officers in place for over a year, the project has significantly increased its reach and level of support.

Strong relationships remain central to delivery. The team has maintained active engagement with all LSPs, including two one-to-one check-ins per LSP, ensuring tailored support and alignment with local priorities. Collaboration with the core Sport Ireland team has also strengthened, ensuring more coordinated and effective national and local messaging.

Key gaps identified across the network have been addressed through targeted investment. This includes securing funding for a comprehensive bank of LSP-specific photography, providing high-quality, relevant imagery to support local promotion. In addition, a Learning Management System (LMS) has been introduced to better structure and streamline communications training, improving consistency and access to learning.

Ongoing support is provided through templates, practical tools, and best practice guidance, enabling LSPs to enhance their communications and campaign delivery.

Overall, the project continues to build a more aligned, confident, and capable network. The availability of a dedicated team of three communications specialists ensures that all LSPs have access to expert guidance—strengthening communications, increasing visibility, and supporting participation at a local and national level.

Website

Following a full review of our website and workshops provided by Sport Ireland we made a number of enhancements to improve our website under the European Accessibility Act (EAA), including improved colour contrast and the introduction of photo tags.

Key Website Stats 2025:

- Unique Visitors: 48,000
- Average Time on Site: 1 minutes 32 seconds
- Average Pages per Visit: 5
- Top 5 Visited Pages:
  - Home
  - Events
  - Older Adults
  - Women & Girls

Working through EAA guidelines helps us pay particular attention to the accessibility of our website. This allows us to make our digital information & products more accessible to all.



Social Media

In 2025, we also shifted our approach to ensure timely and relevant social content delivery with a focus on personable content using video and pictures by aligning posts with key events and campaigns. This more strategic approach helps to ensure we prioritise quality over quantity, while also supporting better planning and resource management.

Facebook

Posts: 207
Followers: 7174

Instagram

Posts: 180
Followers: 1,823

X (Twitter)

Posts: 6
Followers: 459

We continue to prioritise Facebook and Instagram, while X remains a lower priority channel for us.

Canva and Branding

In 2025, we increasingly used Canva Pro's video editing tools to create dynamic, branded content that resonates with our audiences. These tools have allowed us to produce accessible, consistent videos quickly, tailored for different social media platforms, which has helped boost engagement and maintain a cohesive brand presence. Alongside developing our brand style and tone of voice, video content has become a key way to communicate our messages effectively, making our campaigns more engaging and visually impactful.

Database and E-mail Communications

We now have 2,383 active subscribers on our new MailerLite database, an increase supported by implementing a marketing opt-in on all programme sign-ups and adding a newsletter sign-up prominently in our website's main navigation. The MailerLite system has streamlined our communications, making it easier to manage contacts, segment audiences, and deliver targeted, engaging content.

In 2025, we sent 6 newsletters — roughly one every 1–2 months. This strikes a balance between keeping our audience informed and avoiding over-sending. Feedback has been positive, and open and click-through rates remain healthy, indicating we are sharing relevant and welcome content.

Text Messaging

We continue to use text messaging exclusively for programme-related communications, such as schedule reminders or updates. This approach respects participants' preferences by avoiding promotional messages and maintaining a focus on useful, programme-specific updates.

Media Engagement

This year, we made a conscious effort to engage more consistently with local media, recognising its value in reaching our community and telling our story.

Press Releases
2
Articles in Local Press
1
Local Radio Interviews
2



We are very grateful to KCLR, Kilkenny Community Radio, and the Kilkenny People for their ongoing support. With limited budget for paid advertising, this kind of local media engagement is invaluable.

Run with Ray 5k

KRSP partnered with RTE Radio 1 (Ray Darcy show), Kilkenny Park Run and the Office of Public Works to promote the Run With Ray 5k. The event had 250 people registered and it took place in glorious sunshine in Kilkenny Castle Park.

The event was preceded by a Daily Mile event in CBS Kilkenny Primary school which was supported by KRSP also.

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:

Local networks or committees on which the LSP is represented:

- CYPSC- Health & Active Sub Group
- Healthy Ireland Kilkenny Committee
- Kilkenny Access Group
- Kilkenny Age Friendly Alliance
- Kilkenny Leader Partnership Evaluation Committee
- Kilkenny Watersports Hub Stakeholder Group
- Local Authority Integration Forum
- Trail Kilkenny (disbanded in October)

National networks or committees on which the LSP is represented:

- LSP Communications Working Group
- LSP Evaluation Committee
- LSP Evaluation Sub-Committee
- LSP Research & Evaluation Sub-Committee
- SIDO Network
- Women in Sport Stakeholder Group

Kilkenny Access Group (KAG)
KRSP continues to contribute to the work of Kilkenny Access Group and attended all the meetings of the group in 2025, contributing to discussion and providing information on KRSP programmes and updates.

Kilkenny Age Friendly Alliance
KRSP attended the Kilkenny Age Friendly strategy development workshop and also contributed to the development of a new strategy. The new strategy was launched in 2025 and KRSP attended the launch and subsequent meeting.

Kilkenny PPN
KRSP could not attend the 2025 Plenary Session due to a conflict with other work scheduled and staff availability.

Sport Ireland, LSP Network, NGBs and other Sport Sector Organisations

KRSP is committed to promoting inclusive participation and meaningful engagement across all sectors of the community. We collaborate with a wide range of organisations and partners to ensure that our programmes are accessible, impactful, and aligned with local needs. We work with disability organisations to ensure people of all abilities have opportunities to be active in a supportive environment. National Governing Bodies (NGBs) are vital in providing sport-specific expertise and structures to help deliver high-quality physical activity opportunities. We also partner with external agencies, schools, community groups, and local services to promote active lifestyles, create welcoming environments, and support long-term health and wellbeing for all.

Sport Ireland coordinates and administers several valuable networking groups and events, including the Sport Ireland Leadership Network. Specific networking and training opportunities are organised for LSP staff including CEOs/Coordinators, CSDOs, Sports Development Officers, Programme Managers, Administrators and Communications contacts. These networking opportunities allow knowledge sharing, expertise exchange, and collaboration among Local Sports Partnerships. Sport Ireland also engages with a variety of key organisations at training and networking events, such as Active Disability Ireland, NGBs, the Federation of Irish Sport, and others. These collaborations are instrumental in strengthening the collective efforts to improve sports participation and accessibility across the country.

KRSP Partner Engagement Overview 2025

Group	Partners	Purpose
Disability	IWA Sport, Vision Sports, Active Disability Ireland	To provide inclusive opportunities that support people of all abilities to take part in physical activity.
NGBs	Athletics Ireland, Badminton Ireland, Cricket Ireland, Cycling Ireland, Football Association of Ireland, Golf Ireland, Hockey Ireland, Irish Rugby Football Union, Mountaineering Ireland, Orienteering Ireland, Rowing Ireland, Swim Ireland, Table Tennis Ireland, Tennis Ireland, Weightlifting Ireland	To deliver sport-specific programmes and utilise national expertise in supporting participation at all levels.
Other Partners	An Garda Síochána, Community Centres & Clubs, Children and Young People Services Committee, Gyms, Health Service Executive, Local Community Development Committee, Leisure Centres, Local Authority, Men's Sheds, Parkrun, Public Participation Network, Primary & Secondary Schools, Sports Clubs, Third Level Institutions, Youth Services, Age & Opportunity, Active School Flag	To create strong local connections encourage cross-sector collaboration, and support community health and engagement.

Pillar 6: Active Governance

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

Governance and Finance

Funding Streams

KRSP continued to attract funding from a range of national and local sources during 2025, enabling the delivery of programmes and initiatives across all target groups and communities. Sport Ireland remained our principal funder, with additional support provided through partnerships with Kilkenny County Council, the HSE, Age & Opportunity and other organisations.

Careful financial planning and regular forecasting ensure KRSP can maximise available resources, respond to emerging opportunities and continue to deliver high-quality programmes throughout County Kilkenny.

Board

The KRSP Board continues to provide strategic leadership and oversight for the organisation. During 2025, actions arising from the KOSI governance audit were implemented, supporting the ongoing application of the Governance Code for Sport. Increased Board engagement throughout the year further strengthened governance, accountability and support for KRSP's strategic priorities.

KOSI Audit

As part of Sport Ireland's governance oversight, KRSP continued to progress the actions identified through the 2024 KOSI audit. Most actions were implemented during 2025 and reported to Sport Ireland throughout the year. While one action progressed more slowly due to support and resourcing requirements, overall, the audit process continued to strengthen KRSP's governance arrangements, internal controls and accountability framework.

Board Effectiveness Review & Skills Audits

Following the independent Board Effectiveness Review and Skills Audit undertaken by Boardmatch in 2024, the findings remained a standing consideration for the Board during 2025. Progress updates were presented throughout the year, ensuring the Board remained informed and engaged in considering the recommendations and future actions arising from the review.



Governance Code for Sport - Compliance
In 2025, KRSP continued to progress on its Governance Code for Sport (GCS) journey and formally reinstated compliance with the Code in December 2024.

Throughout 2025, the Board and staff continued to embed the Governance Code into the organisation's practices. This included integrating approved policies and procedures into daily operations and ensuring that governance standards were consistently upheld.

Systems and Policies
KRSP contracted or retained access to the following supports for engagement on an as-needed basis in 2025:

- 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 Management and Advice and Master Trust Services – WillisTowerWatson
- Poe Kiely Hogan Lanigan – Legal services
- Bluescope – Website support



Comply with CRO and Funder Requirements
All required documents were submitted to O' Neill Foley for filing with the CRO.

Funding requirements were met, 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

KRSP Strategic Plan 2022-2025: Interim Review

The KRSP Interim Strategy Review was presented to the Board during 2025. Prepared by the Strategy Committee and staff, the report reviewed progress under the KRSP Strategy 2022-2025, highlighting key achievements, challenges and emerging priorities to help inform future strategic planning and decision-making.

Sport Ireland: M1 Reporting

KRSP continued to implement Sport Ireland's M1 evaluation measure during 2025 to assess the impact of programmes on participants' physical activity levels, attitudes and behaviours. While challenges remain in collecting follow-up information after programme completion, progress was made in embedding the measure across programmes and improving data collection processes. The information gathered helps KRSP and Sport Ireland better understand participant outcomes and supports evidence-based planning for future programme delivery.

KRSP Programme Feedback

Alongside formal evaluation methods, KRSP places a strong emphasis on gathering feedback directly from participants, parents, carers, contractors and school staff. Regular conversations and participant feedback help us understand what is working well, identify areas for improvement and ensure programmes continue to meet the needs of the communities we serve. This qualitative feedback complements our formal monitoring and evaluation processes, providing valuable insight into the impact of KRSP programmes.

Programme Planning

The Annual Operational Plan (AOP) continued to guide KRSP's programme delivery and work planning throughout 2025. Regular progress updates were provided to the Board and reported to Sport Ireland, ensuring resources remained aligned with organisational priorities.

During the year, KRSP secured and recruited two additional positions, with internal promotions creating further staffing vacancies. While several recruitment processes were undertaken, only one additional position was filled by December 2025. As a result, staffing capacity remained a challenge in some areas and impacted the delivery of certain actions within the AOP.



Beneficiaries and Stakeholder Engagement

KRSP places a strong emphasis on listening to and engaging with participants, communities and partner organisations. Regular feedback, evaluations and ongoing conversations help us understand local needs, strengthen partnerships and ensure our programmes remain relevant, inclusive and responsive. This ongoing engagement plays an important role in shaping the services and opportunities we provide across County Kilkenny.

Sport Ireland Research Grant
In 2025, KRSP successfully secured the maximum award of €18,000 through the Sport Ireland Research and Evaluation Grant Scheme for Strong & Ready – Resistance Training for Self Defence.

The project was developed in response to concerns often expressed by adolescent girls around safety, confidence and fear of judgement when being physically active. Through a partnership with Atlantic Technological University (ATU), Transition Year girls from across Kilkenny will take part in a pilot programme combining self-defence and resistance training in a supportive, enjoyable and inclusive environment.

The research will explore how participation influences confidence, feelings of safety, physical competence and attitudes towards physical activity. Participants will also help shape the programme, create media content and design programme merchandise, before coming together for a celebration event at the conclusion of the project.

Bainisteoir Beag
KRSP continued to progress the development of the Bainisteoir Beag programme during 2025. Following the successful pilot phase with primary schools, preparations began for the next stage of development, which will see the programme and its activities transitioned to a digital platform.

With mentoring support from Kilkenny Local Enterprise Office (LEO), KRSP commenced the eTender procurement process during the year to identify a suitable development partner. The project is expected to progress to the next stage of development in 2026.



Challenges

While 2025 was another successful year KRSP continued to face a number of challenges. These challenges required significant staff time and resources and, in some cases, impacted our capacity to deliver planned actions. Despite this, every effort was made to minimise disruption and maintain high-quality programme delivery across the county.

Staffing

A significant achievement in 2025 was the securing and recruitment of two additional positions, increasing the overall capacity of the organisation. However, filling the resulting vacancies proved more challenging than anticipated. Recruitment processes highlighted ongoing difficulties in attracting suitable candidates, with factors such as commuting distances, accommodation costs and competition within the employment market impacting recruitment.

While every effort was made to minimise disruption to participants and programmes, staff vacancies placed additional pressure on the existing team and affected the delivery of some actions within the Annual Operational Plan. KRSP is grateful to all staff for their flexibility, commitment and willingness to support colleagues during this period.

Governance

KRSP remains fully committed to the principles of good governance and continued to implement the Governance Code for Sport throughout 2025. However, maintaining compliance presents a significant challenge for an organisation of our size. Many governance requirements are the same as those expected of much larger organisations with dedicated departments and specialist staff.

While developing, reviewing and updating policies is an important part of good governance, the administrative burden associated with ongoing compliance can be substantial. The challenge is not only having policies in place, but also ensuring they are implemented, monitored and regularly reviewed alongside the day-to-day delivery of programmes and services.

While strong governance is essential, there is a need to consider how governance requirements can be applied in a proportionate manner, recognising the size, scale and capacity of smaller organisations such as Local Sports Partnerships.

Part-Funded Positions

A continuing challenge for KRSP, and the wider LSP network, is securing sustainable funding for staffing. While programme funding opportunities are regularly available, funding to support employment and staffing resources is much more limited.

As demand for programmes continues to grow, so too does the need for staff capacity to coordinate, deliver, monitor and evaluate activities. Ensuring organisations are adequately resourced to support this work remains an important consideration for the future sustainability and development of the sector.

Contracted Activity Providers

The engagement of contracted activity providers continues to be an area of focus for KRSP. As guidance and requirements in this area continue to evolve, KRSP is reviewing its processes and arrangements to ensure compliance with Revenue guidelines and to support consistent, transparent and appropriate engagement practices across all programmes.



5. Finances - Income & Expenditure

Funding & Support

In 2025, KRSP secured funding from Sport Ireland to support the ongoing operations of the Partnership, with additional financial contributions from partner agencies, grants, and income generated through course fees and interest on deposits. Kilkenny County Council also continued to provide office space, utilities, and storage for KRSP at a reduced cost as a benefit-in-kind contribution.

KRSP's financial accounts are audited annually, with the audited accounts reviewed and approved by the Board during its AGM. O'Neill Foley Accountants carried out the audit for the 2025 accounts.

The full KRSP Annual Report and Financial Statements for the financial year ended 31 December 2025 is available on the KRSP website.

2025 € 2022 €

INCOME AND EXPENDITURE ACCOUNT

for the financial year ended 31 December 2025

	Notes	2025 €	2024 €
Income	6	**597,405**	561,214
Expenditure		**(595,202)**	(599,922)
Surplus before Interest		**2,203**	1,292
Interest Receivable and Similar Income		**484**	291
Surplus before Tax		**2,687**	1,583
Tax on Surplus		**-**	-
Surplus for the Financial Year		**2,687**	1,583
Total Comprehensive Income		**2,687**	1,583
Retained Surplus Brought Forward		**115,618**	114,035
Retained Surplus Carried Forward		**118,305**	115,618

TRADING STATEMENT

for the financial year ended 31 December 2025

	Schedule	2025 €	2024 €
Income			
Sport Ireland - Core Funding		**486,109**	433,116
Sport Ireland - Women in Sport		**5,965**	6,257
Kilkenny Local Authorities		**27,647**	28,828
Health Service Executive (HSE)		**7,833**	9,801
Course Programme Fees		**16,236**	26,808
Other Funders		**90**	5,818
Sport Ireland - Dormant Account Programmes		**31,691**	30,379
Pobal - Healthy Ireland		**15,770**	4,475
		591,341	545,482
Gross Surplus Percentage		**100%**	100%
Overhead Expenses	1	**(595,202)**	(559,922)
		(3,861)	(14,440)
Miscellaneous Income	2	**6,548**	16,023
Net Surplus		**2,687**	1,583

SCHEDULE 1 : OVERHEAD EXPENSES

for the financial year ended 31 December 2025

	Notes	2025 €	2024 €
Administration Expenses			
Wages and Salaries		**325,607**	326,892
Social Welfare Costs		**36,010**	35,663
Sport Ireland Programme Costs		**29,513**	47,097
Women in Sport Programme Costs		**5,965**	6,258
HSE Programme Costs		**7,834**	9,510
KRSP Programme Costs		**606**	4,539
Kilkenny CoCo Programme Costs		**2,647**	3,828
Other Funders Programme Costs		**90**	887

	Notes	2025 €	2024 €
Sport Ireland Dormant Account Programme Costs		**31,691**	30,067
Pobal - Healthy Ireland		**15,770**	9,928
Staff Defined Pension Contribution Costs		**24,150**	23,514
Staff Training		**876**	1,177
Rent Payable		**10,569**	10,270
Insurance		**6,319**	5,231
Repairs and Maintenance		**4,570**	745
Database		**855**	443
Printing, Postage and Stationery		**1,404**	1,135
PR & Branding Costs		**-**	2,854
HR Support		**1,698**	3,698
Telephone		**1,739**	1,539
Website		**974**	1,291
IT Support and Software		**5,759**	6,614
Travel and Subsistence		**8,847**	8,416
Legal and Professional		**6,107**	6,781
Bank Charges		**386**	317
General Expenses		**97**	(9,081)
Subscriptions		**724**	350
Auditor's Remuneration		**6,089**	6,089
Depreciation of Tangible Assets		**11,643**	13,071
Amortisation of Tangible Assets		**799**	799
		595,202	559,922

SCHEDULE 2 : MISCELLANEOUS INCOME

for the financial year ended 31 December 2025

	Notes	2025 €	2024 €
Miscellaneous Income			
Amortisation of Government Grants		**6,064**	15,732
Bank Interest		**484**	291
		6,548	16,023



6. FUTURE PLANS

Future Plans

Looking ahead to 2026, KRSP will focus on building capacity, strengthening partnerships and laying the foundations for the next phase of development under a new Strategic Plan for 2026–2030. This forthcoming strategy will set a clear direction for the organisation over the next five years, with an emphasis on inclusion, participation, good governance and sustainable growth.

Engagement with stakeholders during 2025 has informed priority areas, ensuring the new strategy reflects both community needs and sectoral developments.

Looking ahead to 2026, KRSP will focus on creating more inclusive and accessible opportunities for people of all ages, abilities and backgrounds to be active. Priority areas will include LGBTQ+ inclusion, volunteer development, and increasing opportunities for young people to participate and lead. KRSP will also continue to strengthen pathways into lifelong participation in sport and physical activity and progress the development of the Bainisteoir Beag platform.

KRSP will continue to strengthen organisational capacity through the recruitment of a Community Sports Development Officer (CSDO). Following the appointment of a new Sports Inclusion Disability Officer (SIDO) at the end of 2025, a key focus will be on supporting their integration into the organisation and ensuring all staff have the skills, knowledge and capacity to respond to the evolving needs of communities across County Kilkenny.

Overall, we look to 2026 as being a year of transition and progression, ensuring that KRSP remains responsive, inclusive and strategically focused while continuing to deliver high-quality supports to clubs, communities and partners across Kilkenny by Getting Kilkenny Active!



KRSP

KILKENNY RECREATION
& SPORTS PARTNERSHIP

SPORT IRELAND

SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS