



LIMERICK SPORTS PARTNERSHIP

A Sport Ireland Initiative



Strategic Plan 2016 – 2020



In this document

The term physical activity is used to denote any body movement that requires energy expenditure and can include - physical activities of daily living - active transport to work or school - active play - physical recreation - exercise for fitness - organised sport.





Content



01-08



Who we are

The role of Local Sports Partnerships was outlined as to increase participation in sport by encouraging and enabling people to become involved in sport at a level of their choosing, regardless of their ability, gender or background.

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Where we are at

Limerick (including the City and County) has a population of almost 192,000 people. Overall Limerick experienced a population increase of 4.2% between 2006 and 2011.

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Where we are going

This Plan is not intended to be a detailed prescriptive document but sets out strategic themes and broad objectives on which more detailed and specific Operational Plans can be developed annually by Limerick Sports Partnership and relevant partner providers across the city and county.

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How we will get there

The Local Sports Partnership network is an initiative of Sport Ireland and central to its Participation Strategy. Sport Ireland will play a number of important roles in regard to the delivery of this Strategic Plan.



LIMERICK SPORTS PARTNERSHIP

A Sport Ireland Initiative





Dr. Jaimie McMullen
BEd Physical Education

As Chairperson of the Limerick Sports Partnership it is with great pleasure that I introduce the 2016-2020 Limerick Sports Partnership Strategic Plan! Participation in physical activity across the lifespan is an extremely important element of living a healthy and happy lifestyle. Not only can physical activity improve your physical health, but the impact of physical activity participation on mental and emotional health is also well documented. Since the formation of the new Limerick Sports Partnership in 2014 – we have been very busy making Limerick a more physically active county. This Strategic Plan provides direction for us to continue the work we have been doing and to create even more successful and engaging physical activity programmes for the people of Limerick!

The development of this Strategic Plan was a truly collaborative process that included deliberations with staff and Board members, consultation with key stakeholders and providers, analysis of results of research into participation levels and patterns at national and local level, consideration of national and local plans and policy documents which have relevance in increasing participation in physical activity and evaluation and feedback from Sport Ireland. The Strategic Plan is underpinned by six guiding principles: equality, partnership, capacity, evidence-base, sustainability and accountability. It is our intention to consider these principles as we continue to serve the people of Limerick with the intention of fulfilling our mission of “Getting Limerick Active Together!”

I would like to take this opportunity to thank the members of the Board and specifically of the Strategic Plan working group for the time, energy and expertise that was invested in this process: Bedelia Collins, Cora Foley, Gearoid Prendergast and Mick Kelliher.

Looking forward, the Limerick Sports Partnership and the programmes we offer are in great hands. I look forward to seeing the implementation of this plan unfold lead by Coordinator, Phelim Macken and his outstanding staff

(Mairead Fitzgerald, Kathleen Kennedy, Tracy Mahedy, Elaine Shea, Ciara McLnerney and Liam Cantwell). Additionally, the support from the many service providers, tutors and physical activity facilitators will undoubtedly contribute to successfully achieving the outcomes of the 2016-2020 Limerick Sports Partnership Strategic Plan!

Finally, on a personal note, I would like to thank the Board and the staff of the Limerick Sports Partnership for enriching my life during my tenure as Chairperson. As someone who truly believes in the many benefits of sport and physical activity participation, I am extremely proud of this Strategic Plan and its impact potential. It is said that the journey begins with a single step, and I hope that the launch of this Strategic Plan will provide structure and direction for the people of Limerick to begin or continue their journey to a lifetime of physical activity participation!

Jaimie McMullen
Lecturer in Physical Education



Mr. John Treacy
CEO
Sport Ireland

I would like to congratulate Limerick Sports Partnership on this innovative and visionary strategic plan as this strategy continues to build on the excellent work achieved to date. This development of a new strategic plan and vision for Limerick Sports Partnership is based on leveraging off past successes and adopting a new innovative framework for increasing participation in sport and physical activity across Limerick.

In line with Local Government reform Limerick City & County LSP merged in January 2014 to form Limerick Sports Partnership. Since the merger Limerick Sport Partnership has successfully delivered a number of visionary projects including the creation of a community sports hub, which will foster community engagement in social sport, active recreation and physical activity. The successful Volunteer Inspired Participation (VIP) programme has resulted in a large number of young people pursuing further education in sports and health related fields.

The achievement of the overall strategy aims to build on the benefits accrued over the life of the first strategy and to ensure that the Local Sports Partnership grows in strength and is the key agency in providing opportunities for more people to become involved in sport and physical activity in the next few years and beyond.

As with all strategic planning processes, the published document is simply the final phase and it is the consultation, evaluation and debate carried out during the process which gives life and value to this strategy. It is a culmination of the work of several partner agencies striving to create a more active local population.

I would like to thank all those who contributed to the strategy process and I wish everybody involved in Limerick Sports Partnership all the best for the future in implementing this plan.

John Treacy
CEO Sport Ireland



Mr. Phelim Macken
Sports Coordinator

The Board and Staff of Limerick Sports Partnership are delighted to present this Strategic Plan for Limerick. This Strategy is the first Strategic Plan for Limerick City and County following the merger of the two Partnerships in 2014.

While the plan outlines the many functions and priorities of the LSP, our commitment to increasing participation in Sport and Physical Activity remains the key outcome sought from this Strategy.

We want to continue to provide quality participation opportunities which are inclusive of all ages, abilities and fitness levels. By achieving this we hope to inform, educate and enable the people of Limerick to live a positive, healthy and balanced lifestyle.

This Strategy was developed following extensive consultation with key Stakeholders and a review of current research and trends around participation in Physical Activity. The Strategic Sub Committee was also guided by the new National Physical Activity Plan for Ireland which was launched by Healthy Ireland in January 2016. As we have entered into a consolidation phase in an ever-changing environment, this Strategy is guided in developing a more robust monitoring and evaluation framework to inform, support and demonstrate the impact of our work.

Central to the success of Limerick Sports Partnership has been the strong involvement, support and investment by our partners, agencies, stakeholders and community organisations. A partnership approach to the planning, delivering and resourcing of LSP projects and programmes has resulted in a greater impact within the communities. We also greatly value the contribution of volunteers within sports clubs and community groups. These people are crucial in providing regular Physical Activity and Sporting Opportunities throughout Limerick.

I would like to thank the Board of Directors and the Strategic Sub Committee for their unstinting support and contribution of time and effort to the workings of Limerick Sports Partnership.

Thanks to Sport Ireland also and in particular the staff in the Participation Unit for their ongoing financial and practical support including knowledge and leadership. Thank you to Mr. Frank Fahey of Fizzical Consulting for his valued support and professional consultation on this Plan.

Finally, I would like to thank the staff of Ciara McInerney, Kathleen Kennedy, Mairead Fitzgerald, Elaine Shea, Tracy Mahedy and Liam Cantwell. Their outstanding drive, dedication and commitment guided by the Plan will assist in realising our goal of increased participation in Physical Activity across Limerick City and County.

Is Mise le Meas,

Phelim Macken
Sports Coordinator

Who we are

About Limerick Sports Partnership



The term physical activity is used to denote any body movement that requires energy expenditure



How we came about

In its first strategic plan (A New Era for Sport 2000-2002) Sport Ireland proposed the creation of a network of Local Sports Partnerships to coordinate and promote the development of sport at local level. By the end of 2004 Sport Ireland had established sixteen Local Sports Partnerships and committed to further expansion.

The Role



Increase participation in sport by encouraging and enabling people to become involved in sport.

The role of Local Sports Partnerships was outlined as, to increase participation in sport by encouraging and enabling people to become involved in sport at a level of their choosing, regardless of their ability, gender or background.

Coordinate & Promote



The role was summarised under the three headings as follows



Information

Key elements under this heading include

- Assistance and advice in the development of annual Operational Plans.
- The establishment of a consultative forum.
- Promoting the benefits of sporting activity.
- Disseminating information in relation to opportunities for participation.
- Initiating research for knowledge.
- Compiling a sports directory and database.
- Identifying needs and resources to form the basis of local planning.

Education

Key elements under this heading include

- Providing quality opportunities for education and training at local level.
- Providing training courses targeting volunteers.
- Providing access to sport-specific courses through the National Governing Bodies of Sport.

Implementation

Key elements under this heading include

- The development of a strategic plan for local sport.
- The development and/or delivery of programmes geared at increasing participation in physical activity.



A review of the Local Sports Partnership

A review of the Local Sports Partnership initiative was carried out to examine aims, functions, outcomes, governance structures and evidence of partnership. The Fitzpatrick Review made two key recommendations relating to the operation of partnerships as follows:

- The partnerships should be established under local authority structures.
- At least 50% of core costs of should be provided by local agencies after 2008.

From 2004 to 2014

National coverage was completed and, in line with the recommendations of the Fitzpatrick Review, most operate under the Local Authority structure.

Sport Ireland continued to provide support to Local Sports Partnerships including:

- Advice and guidance on strategic planning.
- Training and information updates for Coordinators.
- Development of programmes, courses and materials.
- Provision of grant-in-aid under the headings of

Core Funding (towards staff costs, development and local initiatives)

Programme Funding (towards specific, high priority, targeted programmes identified by the Local Sports Partnership).

In its Statement of Strategy (2012-2014) Sport Ireland prioritised the advancement of a Participation Strategy as one of three key areas of focus and the network of 29 Local Sports Partnerships proposed as a central element of this strategy. Sport Ireland commits to the sustainable development of the network by advising, assisting and monitoring progress - while following the principle that the Partnerships understand best what is required in their local areas.

Base



The partnership has its base in UL Sport Arena at the University of Limerick.

Establishment of Limerick Sports Partnership

In the period 2000-2006 Local Sports Partnerships were established in both Limerick City and County Limerick. Both developed strategic plans and delivered a range of initiatives and programmes designed to increase physical activity levels.

In line with Local Government reform both partnerships merged in January 2014 to form Limerick Sports Partnership. The Partnership is an inter-agency, multi-sector organisation established as a limited company with representatives from all the main statutory, community and voluntary fora represented on a Board of Directors.



Work To Date

Since the merger Limerick Sport Partnership has

- Established working relationships with key providers across Limerick including schools, sports clubs and organisations, voluntary organisations / groups and community development organisations.
- Implemented a range of programmes aimed at increasing participation levels amongst low-participation groups like older people, women and girls, people with a disability and the travelling community.
- Organised a number of mass participation events such as Operation Transformation National Walk Day, Feet on the Street, National Play Day, etc.
- Delivered a series of education and training courses for sports clubs and Continuous Professional Development seminars for coaches and teachers. (These included Safeguarding 1, Safeguarding 2, Active Leadership and Sports First Aid.)
- Identified sources of financial support (other than that provided by Sport Ireland) from local partners and agencies, which is used to deliver targeted physical activity programmes in association with the funders.
- Developed a website which provides a central hub to gather and disseminate information and to promote the breadth and scale of Sport and Physical Activity on-going throughout Limerick to the general public.
- Developed a comprehensive database of sporting clubs and organisations throughout Limerick.
- Established the Partnership as a limited company and formed a Board of Directors with representatives from key statutory agencies and from the community and voluntary sectors.

Agreed an overall aim of - **Getting Limerick Active Together!**

Why we do what we do

Physical Activity and the Individual

There is a large body of evidence that clearly points to the benefits of physical activity for the individual's physical, mental, emotional, and social wellbeing.

Physical Activity and the Individual

Physical

Better fitness
Improved posture
Enhanced cardiovascular fitness
Stronger muscles and bones
Better balance and coordination
Reduced risk of heart disease

Mental

More relaxed
Reduced depression
Better quality of sleep
Increased cognitive function
Better performance at school and work
Increased mental alertness
Feeling more energetic

Social

Better social interaction and integration
Positive family bonding
Enhanced social skills
Stronger relationships
Meeting new people
Building new friendships



Physical Activity and the Community

While the commonly promoted benefits of active living focus on the health of the individual, there is much evidence to show that an active living brings benefits to communities in social, environmental and economic terms.

Social Capital

Physical Activity is an important element of social interaction and in building stronger communities through networking, volunteering and individual friendships.

Active people participate more in community activities which in turn:

- Strengthens community cohesion
- Improves social capital and
- Reduces isolation.

Active living also supports a sense of place and connectedness to the community.

Community Development

Increasing physical activity levels in the community benefits individuals and families. Active people are more connected to their community and active communities are more vibrant, cohesive and productive.

Economic

Active communities reduce the need for medical intervention and the subsequent demand for health services resulting in lower health costs.

Physical activity has been proven to improve productivity and reduce absenteeism in the workplace - thereby supporting overall economic growth.

An active community increases the need for services and facilities in sport and recreation and has the potential to develop business in retail and activity tourism.

Impact on Environment

Active communities encourage modes of active transport such as walking and cycling. This reduces the need for vehicle dependence and the amount of noise and carbon emissions, improving the impact on the environment

Physical activity and the family

There is much evidence to suggest that incorporating physical activity into family life brings a range of benefits in the short, medium and longer term.

Benefits to Family

In today's busy world, many things get in the way of family physical activity and there is a growing preoccupation with screen time (television, computers, mobile phones, pads, etc). In most cases, these types of 'activities' are inactive or sedentary.

In addition to the physical, mental, social and emotional benefits physical activity can bring to young and older members research suggests that the promotion of 'active families' brings a range of benefits that include:

- Stronger connections and better bonding;
- More fun and excitement;
- Long-lasting, happy memories!

Parents that support and encourage their children's involvement in physical activity

- Give them healthy, active role models to follow.
- Help them learn valuable life skills (such as organisation, planning, communications, teamwork, fair play and good sportsmanship.
- Instil a healthy activity habit early in life, which increases the likelihood of the children remaining physically active as adults.

Is it not natural for children to be active with their parents?







Where we are at

Current Demographics

1. Population & Settlement

Limerick (including the City and County) has a population of almost 192,000 people.

Overall Limerick experienced a population increase of 4.2% between 2006 and 2011. Growth has not been evenly distributed, however, with

- The county's population experiencing a significant growth of 8.4% (higher than national average of 8.2%)
- The City experiencing a considerable decline of 4.5% in population in the same period.

Approximately 52% of the population now live in the City and suburban areas - and 48% in rural parts. A comparison with previous census results suggests:

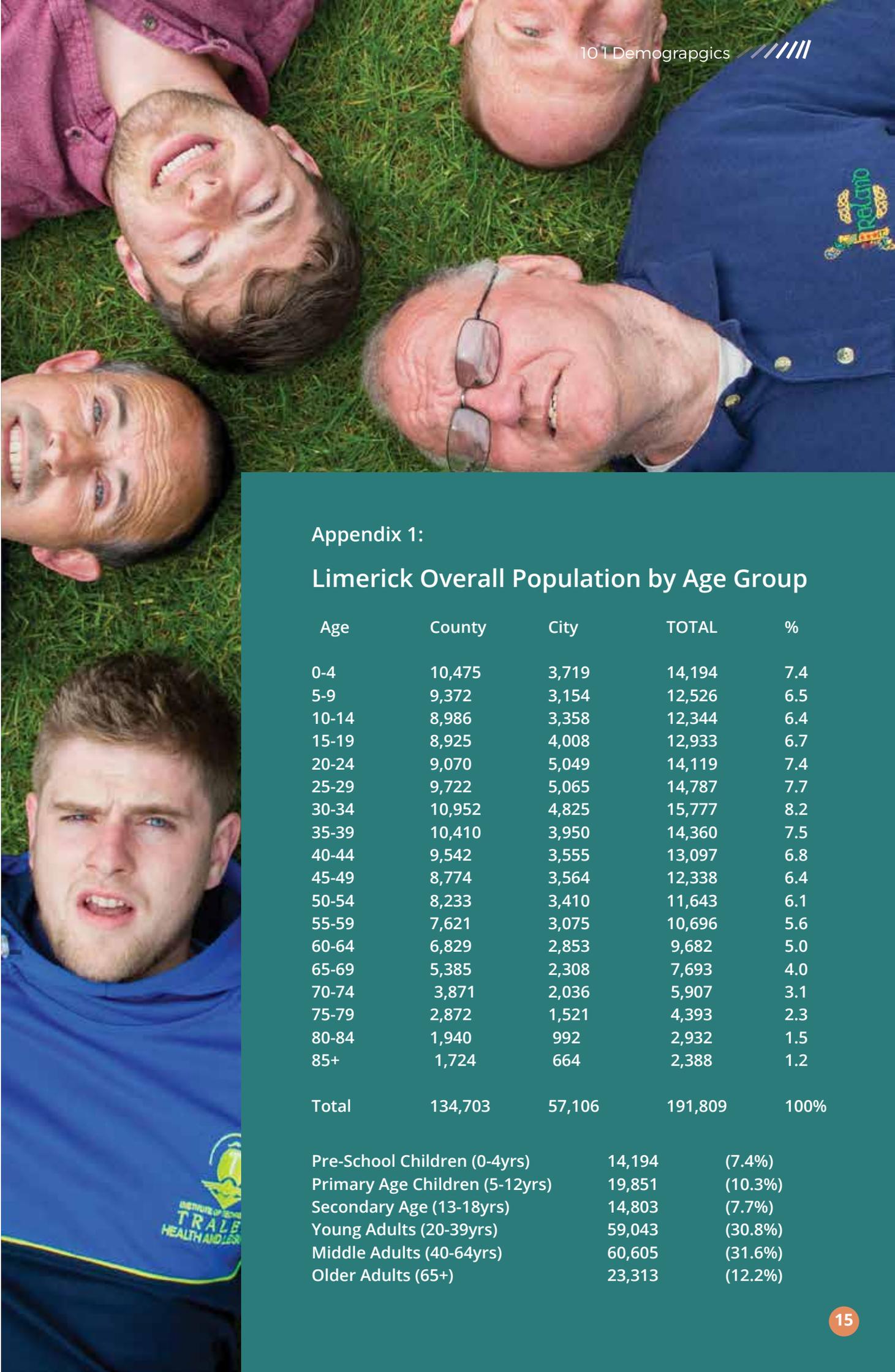
- High rate of growth in the environs of the City.
- Some population decline in some settlements and rural areas.



A breakdown of the population by age group (see table opposite) displays:

- Lower percentage than the State in the 0-14yrs and 25-49yrs age group.
- A higher percentage than the national average in the 15-24yrs year age group.
- The population is ageing with the number of people between 55-85yrs increasing by 13.4% between 2006 and 2011. There are a higher percentage of people in Limerick in all age groups over 50yrs than the national average. The average age of a person living in Limerick increased from 35.6yrs in 2006 to 36.5yrs in 2011.

Based on Central Statistics Office Household Survey (2011) Limerick (City and County)



Appendix 1:

Limerick Overall Population by Age Group

Age	County	City	TOTAL	%
0-4	10,475	3,719	14,194	7.4
5-9	9,372	3,154	12,526	6.5
10-14	8,986	3,358	12,344	6.4
15-19	8,925	4,008	12,933	6.7
20-24	9,070	5,049	14,119	7.4
25-29	9,722	5,065	14,787	7.7
30-34	10,952	4,825	15,777	8.2
35-39	10,410	3,950	14,360	7.5
40-44	9,542	3,555	13,097	6.8
45-49	8,774	3,564	12,338	6.4
50-54	8,233	3,410	11,643	6.1
55-59	7,621	3,075	10,696	5.6
60-64	6,829	2,853	9,682	5.0
65-69	5,385	2,308	7,693	4.0
70-74	3,871	2,036	5,907	3.1
75-79	2,872	1,521	4,393	2.3
80-84	1,940	992	2,932	1.5
85+	1,724	664	2,388	1.2
Total	134,703	57,106	191,809	100%
Pre-School Children (0-4yrs)			14,194	(7.4%)
Primary Age Children (5-12yrs)			19,851	(10.3%)
Secondary Age (13-18yrs)			14,803	(7.7%)
Young Adults (20-39yrs)			59,043	(30.8%)
Middle Adults (40-64yrs)			60,605	(31.6%)
Older Adults (65+)			23,313	(12.2%)

Census 2011 shows that there were close to 90,000 persons in the labour force in Limerick.



2. Employment & Labour Force

In 2011 the Census suggested that 21% of the labour force were unemployed compared to a national average of 19%. While more recent unemployment data is not available from the Central Statistics Office - it is suggested that the rate has declined substantially since 2011. The Mid West unemployment rate (which would be similar to Limerick's) was 13.2% in 2014 - just slightly higher than the national unemployment rate of 11.8%. The Live Register can be used as an indicator of recent unemployment performance. The number of persons on the Live Register in Limerick has declined by 4,850 persons from 2011 to 2014.



Over 30% of those in employment work outside Limerick.

Workers by Industry	%
Agriculture, Forestry and Fishing	5
Building and Construction	3
Manufacturing	16
Commerce and Trade	24
Transport and Communications	6
Public Administration	6
Professional Services	29
Other	11

The most popular means of travelling to work is by car (driver) with this mode accounting for 66% of all journeys. Almost 1,600 persons commute using public transport (bus or rail). The average journey time is 23mins and 17% of workers faced a commuting time in excess of 30mins.

Of the 63,167 persons outside the labour force

- 32% are students
- 22% are looking after the home/family
- 31% are retired.

3. Education

Primary Level

Almost 20,000 children (10% of overall population) attend Primary School.

Second Level

Approx. 15,000 young people (8% of overall population) attend Secondary School.

Third Level

An aggregate student population of approx 18,000 attend at Limerick's two major third level educational institutions (the University of Limerick including Mary Immaculate College; and Limerick Institute of Technology which includes Limerick School of Art and Design).



Ceased Education

Of those aged over 15yrs whose full-time education had ceased:

17% Were educated to primary level only

56% attained second level

27% of the population had a third level qualification

4. General health, levels of disability & caring

Almost 88% of persons stated they were in very good or good health - slightly less than the national average.

Only 2% stated they were in bad or very bad health - compared with 1.5% nationally.

30% of the overall population had a disability (34% of this total were over 65yrs)

Over 8,000 persons (3,000 males and 5,000 females) provided regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability. 22% of these provided care for more than 6 hours per day.

5. Broadband & Internet

In 2011, 59.4% of households had broadband connectivity compared with 63.8% nationally.

It is suggested that this percentage has increased significantly since then which is relevant and necessary in order to ensure all communities are informed and up to date with LSP activities.

6. Socio-Economic Profile

Based on a composite measure of deprivation, the Haase Pratschke Index, Limerick City is the most deprived of the five cities in the State.

7. Non-Irish Nationals

Non-Irish Nationals make up 11% of Limerick's population, and the percentage of foreign-born national residents in Limerick is 13%. The largest proportion of foreign-born national residents comes from EU countries, mainly;

- United Kingdom (5% of total population)
- Poland (3% of total population)

An Integration Strategy Towards Intercultural Limerick 2013-2016 commits to an intercultural approach to integration.



Current Provision of Physical Activity

Defining physical activity

Physical activity is defined as

'Any bodily movement produced by the skeletal muscles which causes energy expenditure greater than at rest and which is health enhancing.'

National Physical Activity Plan 2016

For the purposes of this strategy the term physical activity is used as an umbrella term to cover the wide-ranging menu of activities, which are the focus of Limerick Sports Partnership. The term includes;

- Active play
- Activities of daily living
- Active transport (e.g. walking/cycling to work/school, etc)
- Physical recreation (indoor and outdoor)
- Exercise for fitness (including gym, yoga, Pilates, etc)
- Organised sport



The Key Providers

Across Limerick physical activity is provided through a variety of settings and activities that include;

- Sports clubs where thousands of volunteers engage in administration, coaching in different codes which range from hurling to horse riding.
- Schools and colleges at many levels including Pre-School, Primary, Post-Primary and Third Level.
- Community groups and organisations. A mix of groups and organisations (such as Youth Clubs, Active. Retirement Associations and ICA Guilds) incorporate physical into their programmes, and professionals in the exercise and fitness area deliver a mix of exercise classes, aerobics sessions, yoga, Pilates, salsa dancing, etc.
- Exercise and fitness professionals. A large body of professionals in the exercise and fitness area deliver a mix of exercise classes, aerobics sessions, yoga, Pilates, salsa dancing, etc.
- Facilities (private, public and community) including indoors and outdoors (parks, swimming pools, walking routes, waterways, etc.)
- Statutory bodies and local development organisations including Dúchas (Waterways), Coillte Teoranta, Ballyhoura Failte, West Limerick Resources Ltd.

Hills and Mountains

Sports Clubs

Outdoor Education Centre

Golf Courses / Driving Ranges

Skate Parks

Exercise and Fitness

(Centres and Personnel)

Community Facilities

(Parish Halls, Community Centres, etc)

Cycling Routes

(On-Road and Off-Road)

Rivers and Lakes

Outdoor Amenity Areas

Childcare Services

Swimming Pools

Equestrian Centres

Community Groups and

Organisations

Higher Education Colleges

Walking Routes

(Slís, Loops, Trails and Ways)

Primary and Secondary Schools

Parks and Playgrounds



For a Listing see

www.limericksports.ie/directory



Samples of our Work

Examples of Our Work with Children

The following programmes are examples of our work with this target group.

1. Sports Hall Athletics.
2. Great Limerick Run for Fun Training Programme.
3. Splash and Dash.
4. Fit Kidz Walking Challenge.
5. Be Active After Schools Activity Programme.
6. Physical Activity and Nutrition Presentation.

The Sports Hall Athletics Programme

Aim of Project

The programme focuses on fitness and multi-skill development providing a grounding for all sports. It is totally inclusive, encourages children to get fit and promotes friendship whilst having lots of fun.

Partner Agencies

- Limerick Institute of Technology.
- Local Community Centres.

Main Outcomes

Six week Athletics programme delivered in a number of local community hubs. Programme focuses on both track and field events. Participating schools have the opportunity to take part in Regional finals and National Finals held each year in the National Indoor Athletics Arena in Athlone Institute of Technology. Over 1500 children took part in the 2014/15 programmes.

Physical Activity & Nutrition Presentation

Aim of Project

Create awareness around healthy eating and physical activity.

Partners

- Primary Schools.
- Secondary Schools.
- Communities.

Main Outcomes - Participants learned.

- The extent of fat and sugar in foods and drinks.
- The key recommendations and benefits of physical activity.
- Practical ways on how to adopt a healthier lifestyle.

Examples of Our Work with Young People

The following programmes are examples of our work with this target group.

1. SportsTalk.
2. VIP Transition Year Training Programme.
3. Drugs and Alcohol Seminar.
4. World Marathon Challenge.

The SportsTalk Programme

Aim of Project

Participants partake in an activity session and a facilitated workshop on a mental health issue. Groups comprise of Senior Cycle Students who meet once a month for the academic year. A key feature is the availability of counselling should it be required by any of the participants or family members.

Partner Agencies

- Mid-West Regional Drug and Alcohol Forum.
- Resolve Counselling Ltd.

Main Outcomes

Amongst a range of outcomes for the participants are:

- Increased performance in sports/school/work.
- Improved concentration and motivation.
- Enhanced communication, decision-making and social skills.
- Decreased levels of stress, anxiety and depression
- Improved self-image, self-esteem, confidence & conflict resolution skills
- Increased team morale, co-operation and support.

Examples of Our Work with Adults

The following programmes are examples of our work with this target group.

1. Company Relay Marathon Challenge.
2. Company Desk to 5k Programme.
3. Fittest Company Challenge Training Programme.
4. Men on the Move.
5. Mother of all Tag.
6. Active Angels.
7. Summer Fitness Challenge.
8. New Year New Start.
9. Fit Steps – dance programme.

Company Relay Marathon Challenge

Aim of Project

To engage with companies promoting positive health through a sport and social event.

Partners - UL Sport Arena

Main Outcomes - Engage with seven companies through presentations, training sessions and main event.

140+ employees participated in the Company Relay Marathon Challenge where teams compete with each other in completing a full marathon in the shortest time.

Establish an annual event.

Mother of all Tag Women's Rugby

Aim of Project

To introduce women to Tag Rugby, develop local teams and increase usage of local facilities.

Partners - Local Sports Clubs

Main Outcomes - Organise teams of 12-15 women (18+yrs).

The 1hr sessions are held once a week in communities for approximately 15 weeks.

"You just want sport to be never ending really don't you? It should be never ending for young and old."

"Watching us training, our kids want to go do it as well. I mean they see the fun we had with the tag rugby."

Men on the Move with Men's Sheds

Aim of Project

To encourage men aged 30+ in disadvantaged and rural areas to become more active.

Partners

- Health Service Executive
- Men's Sheds Groups

Main Outcomes - Establish eight 1hr sessions (1 per week) in three locations.

Over 50 inactive men (ranging from 28-79yrs) took part in physical activity at least once a week during the programme. Following on from the programme:

- A walking group continued in Abbeyfeale.
- 8 men took part in the Great Limerick Run.
- Southhill Men's Shed group organised weekly activity sessions in a local centre.



Examples of Our Work with Older Adults

The following programmes are examples of our work with this target group.

1. Go for Life Games
2. Older Adult Gym & Exercise Class Programme
3. Come and Try Sports
4. Physical Activity Information Provision on gym sessions and Physical Activity class times
5. Fit Steps/Dance Programme

Older Adult Gym Programme

Aim of Project

Encourage older adults to get more active and to increase their strength, cardio-respiratory fitness and flexibility.

Partners

- University of Limerick Sports Arena
- Age & Opportunity

Main Outcomes

- Gym/exercise sessions provided for participants.
- Proper technique taught by a trained instructor - focus on development of strength and flexibility.
- Increase in the number of older adults taking part in regular physical activity.
- Opportunities for social interaction - particularly for those living in rural or isolated communities.

Current Physical Activity Levels

How much physical activity SHOULD we be doing?

It is well proven that physical activity is beneficial for a person's physical, mental, social and emotional health - regardless of age, gender or abilities. Over the past few decades there has been much research carried out into physical activity levels and patterns and in recent times recommendations have been put forward in relation to optimum amounts of physical activity.

Page 24 outlines a four-tier classification of physical activity levels using a number of factors including steps accumulated, time accumulated and intensity levels. The top (purple) level provides a target for those that want to promote or maintain physical health. These are based on the National Guidelines on Physical Activity for Ireland produced by the Department of Health and Children and the Health Service Executive in 2009.

In the sedentary category, a person spends a lot of time in inactive behaviour - and there is an abundance of research that demonstrates the negative consequences of this type of lifestyle for individuals, families and communities.

Highly Active

Accumulating substantial amounts of physical activity including;

- The equivalent of at least 10,000 steps per day;
- Activities that enhance aerobic fitness (by engaging in 30-60mins of moderately-intensive to vigorous activity) on five or more days per week.
- Activities that enhance other components of health-related fitness including mobility/flexibility, muscle/bone strength and balance/coordination.

Fairly Active

Accumulating substantial amounts of physical activity (in long or short sessions) on a regular basis including

- The equivalent of at least 8,000 steps per day.
- Partaking at least twice per week (for 30mins) in other forms of physical activity including recreation, play, exercise or sport

Just Active

Accumulating the equivalent of 5,000-8,000 steps per day by:

- Engaging in some activities of daily living (like gardening or housework) and active transport (such as walking to work or cycling to school).
- Partaking once per week (for 20mins) in other forms of physical activity including recreation, play, exercise or sport
- Mostly engaging at low levels of intensity.

Sedentary - Accumulating less than the equivalent of 5,000 steps of physical activity per day. Long periods of sitting or large accumulation of inactivity (e.g. children television viewing, adults seated at work.) Little engagement in physical activities of daily living (such as walking for transport), or participation in recreational activities, exercise or sport.

Relevant Research

A substantial amount of research into participation in physical activity in this country has been carried out nationally and locally in recent times - and the resulting data presents a good overview of current activity levels and patterns across the lifecycle. The key studies drawn upon in the formulation of our strategies include:

The key studies drawn upon in this section include:

General Adult Population

The Irish Sports Monitor (2013)

Since 2003 Sport Ireland has funded research on participation rates in sport by Irish adults (over 16yrs). The results are published in the Survey of Sport and Physical Exercise (2003) and a series of Irish Sports Monitor Surveys (2007/08/09/11/13). This body of research provides a means of tracking participation rates and patterns (regularity, popularity, etc.) among adults countrywide.

Sport and Physical Activity Among Those Aged Over-16 in County Limerick (2014)

Based on the findings of the Irish Sports Monitor surveys of 2011/2013 (see above), Sport Ireland has compiled an overview of current sports participation and patterns by Limerick adults.

Participation in Sport and Physical Exercise (2015)

The Central Statistics Office included a module on participation in the Quarterly National Household Survey in April-June 2013. The results present an overview of participation in physical activity by persons over 15yrs.

Children & Young People

The Children's Sport Participation and Physical Activity Study (2010)

This study assessed participation in physical activity, physical education, extra-curricular and extra-school sport among 10-18 year olds. Findings relating to 5,397 children are presented in the research report making it, perhaps, the most comprehensive available information in relation to physical activity behaviours in school-going children. The research painted a stark picture about levels of physical activity in Irish children.

Ireland's Report Card on Physical Activity (2014)

The Report Card on physical activity is a means of collating all data related to children's physical activity levels and 'grading' the evidence using a system like a school report card. This study explored indicators such as TV viewing, sport involvement, active transportation and play in key settings of the home, the school, the community and the built environment. Ireland received a D-Minus overall in their first report.

The Physical Activity Research Programme for Adolescent Females in County Limerick (2010)

Co. Limerick Local Sports Partnership and the Physical Education and Sport Sciences Department in the University of Limerick undertook a research study in 2011/12. The study examined the physical activity levels and attitudes of girls (15-17yrs) in County Limerick.

Older Adults

The Irish Longitudinal Study on Ageing (2014)

The Irish Longitudinal Study on Ageing is a study of community dwelling older Irish adults. The first phase (undertaken between 2009/2011) collected information on health, economic and social circumstances of 8175 participants over 50yrs. The second wave of the study was published in July 2014 and highlights high rates of obesity in this group.

Physical Activity and Sport Participation and Attitudes of Older People in Ireland (2011)

Carried out by Ipsos MRBI on behalf of Go for Life and the Irish Sports Council, this report investigated the participation of people over-50yrs of age. The survey was a repeat of 2006 and 2008 studies, which provide benchmarks.

All Age Groups

Keeping Them in the Game Taking Up and Dropping Out of Sport and Exercise in Ireland (2014)

This study provides evidence for policy from three surveys, covering everyone from primary school children to older adults. The findings imply a need to change the way we think about promoting physical activity. We are good at getting children involved – it's keeping people involved as they get older that is the problem. The evidence suggests we could focus more on the major transitions in people's lives and try to make it easier for them to continue to be active.

What the Research Says

Children & Young People

The most recent research studies in this area is a study called Keeping Them in the Game - Taking Up and Dropping Out of Sport and Exercise in Ireland, published by the Economic and Social Research Institute in September 2013. Amongst the main results relating to children and young people are:

Children (Primary School Age)

'The take-up of sporting activities among young children is almost universal. By the end of primary school 88 % are regular participants in either extra-curricular or extra-school sport, with no significant difference between girls and boys.'

'Based on comparison with previous research, the current generation of primary school children is probably more active in organised sporting activity than any that preceded it.'

'... even at this initial stage of taking up sport, gender and class differences are apparent - girls are more inclined towards individual sports, boys towards team sports.'

- Children from families in lower occupational classes have similar rates of participation in extra-curricular sport to middle-class children, but are less likely to play extra-school sport (i.e. to participate in clubs, at sports centres and at other locations not linked to their school)'

Young People (Secondary School Age)

'Rates of participation in sport and exercise drop when students leave primary school and go on to second level. The fall in participation is confined to the six most popular activities at primary school

- Gaelic football
- Soccer
- Swimming
- Hurling/Camogie
- Dance
- Basketball).

Participation in all other activities combined does not change significantly among either boys or girls.'

'The pattern of participation across the years of second-level school is distinctive. Team sports remain more attractive to boys and individual sports to girls, but participation in both falls substantially across the school years.'

'The only activity that increases its participation rate over the second-level years is personal exercise.'

'The overall decline in participation is

- Greater for extra-curricular sport at school than for activities undertaken outside of school.
- More severe for students who leave school early, i.e., those who do not go on to senior cycle.
- Sharper for females.'

There is a clear effect of public examinations; with participation falling off towards third year, and especially sixth year. Dropping out of sport during fifth and sixth year has a negative impact on the likelihood of continuing activities undertaken at school after leaving.'

'Overall, therefore, there is much greater volatility in female participation than male participation. Females are generally more likely to drop an activity when they leave.'

The Adult Population

Three pieces of recent research present a good overview of adult participation levels and patterns in the county. The main findings include:

Keeping Them in the Game - Taking Up and Dropping Out of Sport and Exercise in Ireland

(Economic and Social Research Institute, 2013)

'..... participation is strongly associated with socio-economic status (measured by educational attainment, income and occupational class), age and gender.'

'Only a few activities taken up at a young age show strong persistence. Swimming accounts for over 40% of activity undertaken by those aged over 40yrs that was first taken up at primary school. Cycling also persists into later adulthood, while participation in soccer continues farther than is the case for other popular team sports.'

'Activities taken up from age 18yrs onwards are dominated by personal exercise activities such as going to the gym or exercise classes (31%), golf (22%), swimming (12%) and jogging (7%).'

The Irish Sports Monitor

(Sport Ireland, Economic and Social Research Institute, 2013)

'Participation in sport has risen from 44.8% to 47.2%. The trend towards sports participated in on an individual basis continues in with almost four times as many people participating in individual sports (41.5%) than team based activities (10.9%).'

'Recreational walking remains the most popular form of physical activity ... with the percentage of people walking for recreation increasing marginally since 2011 from 63.9% to 64.6%.'

'A higher proportion of females (42.7%) are participating in sport than previously. Participation among males in general remains unchanged; however younger males are less likely to play sport than in 2011.'

'Those in employment are more likely to participate than those unemployed ... Those with higher levels of education or income are more likely to participate than lower education or income groups. Participation among those with an illness/disability (33.5%) are lower than those without an illness/disability (50.5%).'

Sport and Physical Activity Between Those Aged Over-16 in Co Limerick

(Sport Ireland, 2014)

'44.6% participate regularly in sport. More men (52%) than women (37%) participate....'

'One in 6 adults played more than one sport in the last seven days. Over 65% of people took a recreational walk at least once in the past week.'

'Individual sports dominate with swimming, exercise, running and cycling being particularly popular; soccer is the most popular team sport.'

'Social gradients continue to impact participation.'

'31.3% of people are highly active while 15.8% are sedentary. Sedentarism is particularly strong among those who have a long-term illness or disability.' Sedentarism among women is higher than the national average.... '

'A majority of respondents (53%) would like to take part in more activity such as swimming and walking.'

Participation Levels: Limerick vs. National

	Limerick		National	
	Male	Female	Male	Female
Participation in Walking	59%	71%	58%	70%
Participation Other Sport	52%	37%	52%	41%
Highly Active Participation	35%	28%	30%	31%
Sedentary	15%	17%	13%	13%

Older Adults

A number of studies have taken place in Ireland in recent years investigating the participation levels and patterns of older adults. Amongst the key studies and findings are:

Keeping Them in the Game - Taking Up and Dropping Out of Sport and Exercise in Ireland

(Economic and Social Research Institute, 2013)

Above 50 years of age, individuals' belief in the benefits to them of exercise is less strong than is the case for younger adults.

Keeping Active for Better Ageing - Encouraging Physical Activity in Older Adults

(Centre for Ageing Research and Development in Ireland, 2015)

'... physical activity declines with age. Adults aged 75+ years are on average 2.5 times more likely than 60-64 year olds to be insufficiently active. In addition, women are on average 75% less likely to be sufficiently active than men.'

Irish Longitudinal Study on Ageing

(Trinity College Dublin, 2014)

'The proportion of over-50s in Ireland who are overweight or obese is significantly higher than that of the general adult population.'

Physical Activity and Sport - Participation and Attitudes of Older People in Ireland (Ipsos MRBI, 2014)

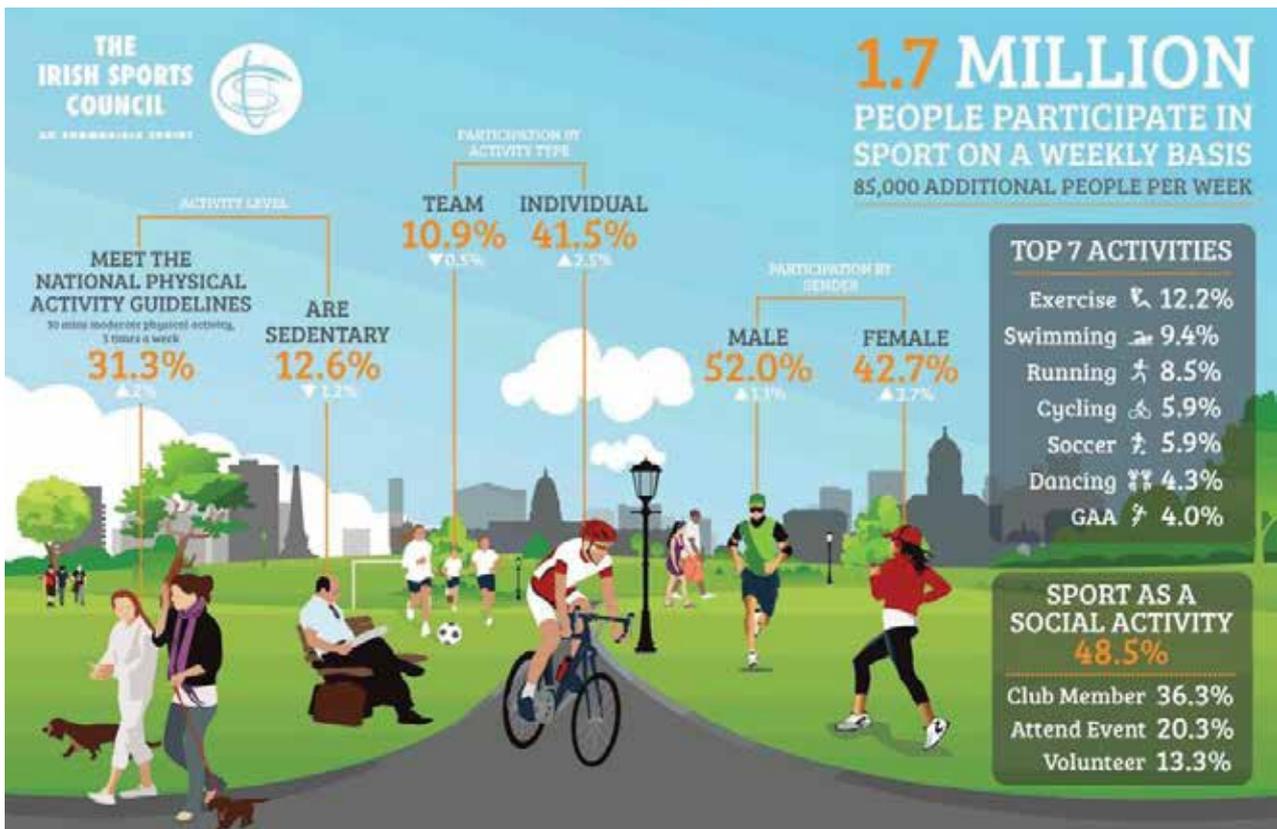
'Overall participation levels are similar to previous surveys ... 40% of older people have participated in sport or recreational physical activity in the last four weeks...'

'The quality of participation in recreational physical activity (including walking) among older people continues to improve.'

'... a strong correlation exists between membership of a group or club i.e. being socially active and likelihood to participate in sport or recreational activity.'

'Walking continues to be critical to the achievement of the national physical activity guidelines amongst older people 12% of older people are meeting health guidelines through walking and a further 2% do so when combining walking with sporting activity.'





Ipsos MRBI Data taken from the Irish Sports Monitor (ISM) 2013. Comparisons are made with ISM 2011. The ISM provides information on active participation in sport and physical activity, club membership, volunteering and attendance at sporting events among a representative sample of 9,390 adults (aged 16+) in the Republic of Ireland.

Activities Participated In once per month

Walking	70%
Golf	9%
Swimming (indoors or outdoors)	9%
Keep Fit (Aerobics, Gym, etc.)	4%
Cycling	4%
Dancing	4%
Yoga	< 2%
Bowls	< 2%
Jogging/Running	< 2%
Tennis	< 2%
Aqua Aerobics	< 2%



The plan is not intended to be a detailed prescriptive document but sets out strategic themes and broad objectives on which more detailed and specific Operational Plans can be developed annually by Limerick Sports Partnership and relevant partner providers across the city and county.



Where we are going

Introduction

This plan is the product of a process, which involved

- Deliberations with staff and Board members.
- Consultation with key stakeholders and providers.
- Evaluation and feedback from Sport Ireland.
- Analysis of results research into participation levels and patterns at national and local level.
- Consideration of national and local plans and policy documents which have relevance in increasing participation in physical activity.

The plan is intended

- To give direction to those involved in the promotion and provision of physical activity in Limerick over the 2016-2020 period.
- To complement the work being done at present, enthusiastically led by a variety of clubs, organisations and agencies.
- To coordinate the efforts of the various providers and many stakeholders involved in the promotion of physical activity in Limerick and through this, to add value to current provision.



Our belief, vision, mission and roles

Our Core Belief

- Is that physical activity is good for people, families, communities and the development in quality of life in Limerick.

Our Vision

- Is of a Limerick where everybody lives and works in an environment that promotes physical activity and facilitates an active way of life.

Our Mission

- Is to encourage and enable Limerick people to partake in physical activity on a regular basis regardless of age or ability. Getting Limerick active together.



Our key roles over the period 2016 to 2020

- To support the people of Limerick in a professional, proactive and accessible manner.
- To oversee & coordinate the implementation of this plan.
- To foster partnership amongst key providers and stakeholders and to build the capacity of providers.
- To involve and include providers and stakeholders in monitoring progress and in informing the future direction of the Sports Partnership.



Our guiding principles

The preparation and implementation of this plan is underpinned by the following guiding principles

Equality

- We will promote a 'physical activity for all and by all' approach. We will focus on inclusion and on providing equality of opportunities for participation.
- We recognise that targeted interventions are sometimes required to overcome inequalities that may be experienced by marginalised communities and population groups.

Partnership

- We believe partnership and collaboration will make best use of available resources.
- We will foster cross-sectorial relationships and cooperation with our partner agencies on the Board, local organisations, national agencies and other Local Sports Partnerships.

Capacity

- We will build our own capacity and that of other providers in the county, to play a positive role in realising our vision.
- We aim to enable, in particular, voluntary activity and active citizenship.

Evidence base

- We have adopted an evidence-based approach to the development of this plan - and selected strategies that are backed by relevant research.
- We aim to use scientific research methods to monitor and evaluate our performance and impact.

Sustainability

- We will increase our focus on sustainability in the selection and promotion of activities, programmes and events in order to achieve greatest impact in the longer term.

Accountability

- We will put in place structures to ensure clear direction, good governance and accountability to underpin all our actions.

Our SCOT analysis

Key Strengths

- Our links to the University of Limerick Sport Arena.
- Working relationships established with local bodies and organisations.
- Our proven ability to source matching funding for programme development and implementation.

Key Challenges

- The need for continued access to funding.
- Sustaining involvement by participants once programmes have ended
- Retention of equal focus on the more dispersed rural population and city population, now that the organisation has amalgamated.

Key Opportunities

- Launch and implementation of National Physical Activity Plan.
- Continued and growing interest by the general public in healthy lifestyles and physical activity.
- Association of Limerick as a sporting City and County (e.g. links with successful persons and teams).
- Increase in range and variety of physical activities providing new opportunities for people who may not have typically got involved in more traditional sports.
- Signs of an improving economy and potential for increased funding for promotion and development of physical activity.

The Threats

- Prevalence of sedentarism and associated increase in overweight/obesity in certain population groups.
- Lack of facilities in certain areas, may also be further hindered by reduced funding in other external programmes e.g. Rural Development Programme.
- Concern of decreasing levels of volunteerism which is key to sustained development of physical activity at community level.

Related plans

This strategy will be implemented with consideration of a wide range of other policies, strategies and plans at national and local level - all of which have relevance in the context of increasing participation in physical activity.

Limerick Sports Partnership Strategic Plan 2016-2020

National

Get Ireland Active - The National Physical Activity Plan for Ireland.
 Changing Cardiovascular Health - National Cardiovascular Health Policy.
 National Cycle Policy Framework - Department of Transport.
 National Policy Framework for Children & Young People - Children & Youth Affairs.
 National Sports Facilities Strategy - Department of Tourism, Transport & Sport.
 National Disability Strategy - Implementation Plan.
 National Programme for Government - Department of Taoiseach.
 Statement of Strategy - Department of Tourism, Transport & Sport.
 Get Active - Dept. Education & Skills.
 Statement of Strategy - Sport Ireland.
 National Women's Strategy.

Local

Local Economic and Community Plan for Limerick City and County 2015
 Local Community Development Committee.

Corporate Plan 2015 - 2020
 Limerick City & County Council.

National plans

The two national plans most relevant in the context of our work over the next four years are:

Irish Sports Council Statement of Strategy 2012

In its most recent strategic statement the Irish Sports Council prioritises advancement of a Participation Strategy as a key area of strategic focus. The Local Sports Partnerships are seen as a key mechanism to create opportunities to suit people of all ages and backgrounds. According to the statement, the Local Sports Partnerships offer, on a very cost effective basis, services that had not previously been provided on such a comprehensive basis and would not be undertaken by other agencies or organisations due primarily to resource constraints. The Council states that the Local Sports Partnerships have been 'hugely successful and remain a strategic priority.' It commits the sustainable development of the national network by assisting and monitoring progress - while following the principle that Local Sports Partnerships understand best what is required in their local areas. On this basis they can generate the best results and greatest impact from the available resources.

Healthy Ireland - a Framework for Improved Health and Wellbeing 2013-2025 Department of Health

The Healthy Ireland plan proposes a vision of 'a country where everyone can enjoy physical and mental health and wellbeing to their full potential and where wellbeing is valued and supported and at every level of society'. Three goals are particularly relevant in the context of the work of Limerick Sports Partnership:

1. Proposes promoting factors to increase the proportion of people who are healthy at all stages of life.
2. Seeks to reduce health inequalities including inequalities in participation in physical activity.
3. Aims to create an environment where every individual and sector of society can play his or her part in achieving a healthy Ireland.

In 2016 Healthy Ireland produced the National Physical Activity Plan for Ireland. The National Physical Activity Plan promotes a vision of an Ireland where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity and an active way of life and outlines a main aim to increase physical activity levels across the entire population. The plan sets two key targets that have relevance to the work of Limerick Sports Partnership as follows:

1. Increase the proportion of the population across each life stage undertaking regular physical activity by 1% per annum.
2. Decrease by 0.5% per annum in the proportion of the population who do not take any weekly physical activity.
3. On the basis of knowledge and experience around delivering physical activity in this region, this plan is hugely relevant in the context of the work of Limerick Sports Partnership.



Local plans

Two local plans are particularly important in terms of the implementation of this strategic plan.

Limerick City and County Corporate Plan (2015-2020) Limerick City and County Council

This corporate plan sets out to define the Limerick we all desire to live, work, invest in and enjoy over the coming five years. Some objectives included under Aim 4, which seeks to promote a Socially Integrated, Healthy and Safe Limerick are particularly relevant in the context of this Strategic Plan.

Objective 4.1.

- Provide attractive and safe facilities and public spaces, which are fully accessible to all in our community.

Objective 4.7.

- Promote health and well being by supporting the development and implementation of a Healthy Ireland Strategy and through programmes such as Intercultural Cities and Age-Friendly Programmes.

Objective 4.8.

- Inform, enable and educate communities across Limerick to increase their participation in physical activity through the implementation of the Limerick Sports Partnership Strategic Plan (2016-2020).

Local Economic and Community Plan for Limerick City and County (2015) Local Community Development Committee

The overarching aim of this plan is to promote the wellbeing and quality of life of citizens and communities.

The community elements of the plan were developed by the Local Community Development Committee - a partnership-based structure of public, private and community and voluntary sector interests with the majority of its members drawn from outside public agencies. The elements include a wide range of social, environmental and physical development issues and policies that affect local communities.

Our themes, goals, objectives and outcomes

The four strategic themes that follow have been selected on the basis of factors such as:

- Consultations with the Board and staff of Limerick Sports Partnership and key stakeholders.
- Extensive deliberations with the Strategic Planning Group appointed by the Board.
- Analysis of local and national research (including demographic projections, physical activity levels and trends).
- Priority target groups as identified by Sport Ireland and the National Physical Activity Plan.
- The main thrust and focus of the Corporate Plan and Local, Economic and Community Plan for the county.
- Resources available to us in terms of staffing levels and expertise and financial resources.

For each strategic theme, a number of priority objectives and associated outcomes have been identified which give focus to what we want to achieve over the next five years.

Theme 1 - Creating Solid Foundations Goal

Goal

To provide children and young people with a positive introduction to physical activity, which promotes and supports lifelong involvement.

Theme 2 - Building Community Capacity Goal

Goal

To improve the capacity of communities to facilitate sustained increases in physical activity levels and, thereby, enhance wellbeing and improve quality of life.

Theme 3 - Promoting Equality of Opportunity Goal

Goal

To contribute to equality of opportunity by supporting people of all ages and abilities to access physical activity throughout their lifecycle.

Theme 4 - Implementing in Partnership Goal

Goal

To develop the combined potential of physical activity providers and stakeholders to get Limerick Active together.



Theme 1 - Creating Solid Foundations

Goal

To provide children and young people with a positive introduction to physical activity which promotes and supports lifelong involvement.

Objectives

1.1.

To facilitate to schools introduce children and young people to physical activity and advocate for lifelong participation in physical activity.

1.2.

To enable clubs and organisations working with young people to effectively engage in physical activity and sport.

1.3.

Promote the concept of child-active-friendly environments in the city and across the county.

1.4.

Increase the involvement of young people in leadership roles in physical activity.

Outcomes

- Broadening the range of physical activities on offer to children at pre-school, Primary, and Secondary schools across Limerick.
- Increased number of clubs and organisations for young people offering opportunities for participation in physical activity to their members.
- Improving the range of outdoor facilities and amenities for children and young people in the city, and rural towns and villages.
- More young people engaged in planning and organising physical activity sessions and programmes in schools, clubs and communities.

Actions

For each outcome, measurable actions and performance indicators will be outlined in annual Operation Plans. These will help us define, measure and monitor progress towards our strategic vision and goals.



Theme 2 - Building Community Capacity

Goal

Build capacity in communities to facilitate sustained increases in physical activity levels thereby enhancing wellbeing and improve quality of life.

Objectives

2.1.

To engage communities in increasing physical activity levels across their whole populations.

2.2.

To promote participation in lifetime activities and by identified low-participation target groups.

2.3.

Facilitate the provision of relevant training for voluntary leaders organising community-based physical activity.

2.4.

Support the development and usage of the natural and built environment for physical activity.

Outcomes

- Number of communities involved in planning, development and implementation of programmes and events.
- Sustained participation in lifetime activities and by targeted population groups.
- Increased numbers of trained volunteers involved in planning and leading a wider range of events and programmes.
- Increased opportunities for participation by all ages and abilities in outdoor physical activity.

Actions

For each outcome, measurable actions and performance indicators will be outlined in annual Operation Plans. These will help us define, measure and monitor progress towards our strategic vision and goals.



Theme 3 - Promoting Equality of Opportunity

Goal

Support equality of opportunity, and facilitate people of all ages and abilities to access physical activity, throughout their lifecycle.

Objectives

3.1.

To support initiatives to enable low-participation populations and marginalised groups partake in physical activity.

3.2.

Contribute to the concept of ageing well and the creation of an age-friendly Limerick through participation in physical activity.

3.3.

Facilitate people with disabilities develop their potential in physical activity.

Outcomes

- Increased levels of participation in physical activity by identified low-participation and marginalised groups.
- Bring about a culture of active participation in a wide range of physical activities by older people across Limerick.
- Improve participation for people with disabilities in a choice of physical activities and in a variety of settings.

Actions

For each outcome, measurable actions and performance indicators will be outlined in annual Operation Plans. These will help us define, measure and monitor progress towards our strategic vision and goals.



Theme 4 - Implementing in Partnership

Goal

To develop the combined potential of physical activity providers and key stakeholders to get Limerick active together.

Objectives

4.1.

Promote a partnership approach to the implementation and evaluation of this Strategic Plan and guiding the future direction of Limerick Sports Partnership.

2.2.

GOVERNANCE!!!

Outcomes

- A regular organised communication between staff and Board of Limerick Sports Partnership.
- Successful collaboration between Limerick Sports Partnership
 - o Existing and new providers
 - o Key local stakeholders
 - o Sport Ireland
 - o Other Local Sports Partnerships
- Limerick City and County Council's Corporate Plan and the Local Economic and Community Plan, which have potential to achieve our vision

Actions

For each outcome, measurable actions and performance indicators will be outlined in annual Operation Plans. These will help us define, measure and monitor progress towards our strategic vision and goals.





How we will get there
Governance & Management



How we will get there

Governance and Management

The Local Sports Partnership network is an initiative of Sport Ireland and central to its Participation Strategy.



Sports Ireland

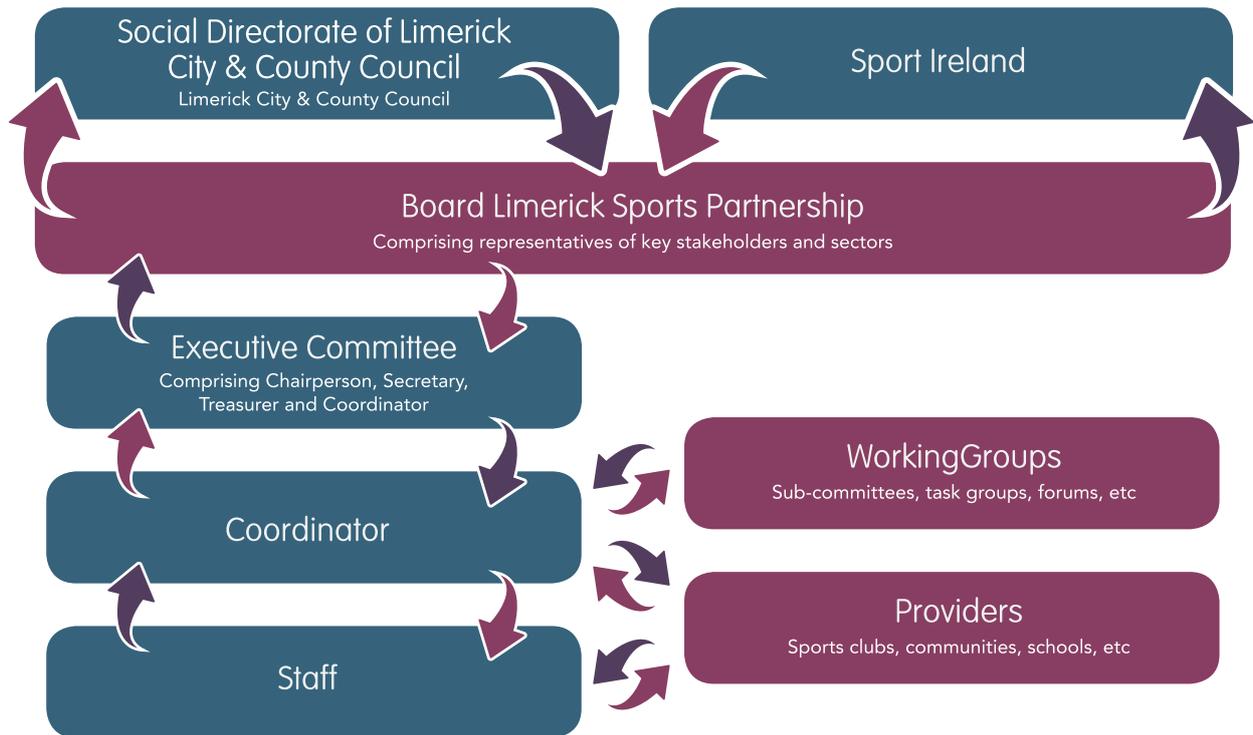
The Council will play a number of important roles in regard to the delivery of this Strategic Plan including

- Assistance and advice in the development of annual Operational Plans.
- Provision of technical advice, training and support to our Board and staff.
- Provision of core and programme funding to assist the implementation of our annual Operational Plans.
- Monitoring and evaluating our performance and impact including planning, governance, financial expenditure, etc.

Limerick City and County Council

Limerick Sports Partnership is a company wholly owned by the Limerick City and County Council. The LSP unit sits under the Social Directorate. The Council plays a number of important roles in our ongoing work including:

- Overseeing the implementation of our Strategic Plan through its representation on our Board.
- Responsibility for the employment of some of our staff.
- Implementing policies which govern our daily operations (e.g. HR, financial, Health & Safety)



Limerick Sports Partnership

Limerick Sports Partnership will lead the development of physical activity in the county with the support of key stakeholders and providers. There are three interrelated elements to the Partnership

- The Board is an inter-agency group comprising representatives from some of the key stakeholders and sectors - including statutory bodies, community development organisations, schools, sports bodies, and the voluntary community sector. The Board has overall responsibility for strategic direction and for the implementation of this Strategic Plan through annual Operational Plans.
- The Executive Committee comprises the Chairperson, Secretary, Treasurer, and Coordinator. Meeting as needed to take responsibility for operations, finance and governance.
- Working Sub-Groups such as forums or project teams may be established as necessary to advance specific programmes, projects or initiatives. The Board will determine membership and terms of reference for all working groups and a member of the Executive Committee will chair them.

Professional Staff

The Coordinator is responsible for the day-to-day management of the Partnership and will form the main link between the Board and staff. The Coordinator will support the staff in developing and delivering annual work plans. The Partnership employs a team of professional staff who will be allocated key portfolios and will work closely with the Coordinator, the Board and other providers to develop and deliver programmes and events. Student work placements may be employed on a part-time basis to carry out research or oversee development and delivery of specific programmes. Tutors/facilitators may be employed on a sessional basis to deliver various programmes (e.g. Buntús, Community Walking Facilitator, Club Development).

Planning and Resourcing

Planning

The four themes and associated objectives of this Strategic Plan will form the basis for our work for the next five years. It is recognised that new opportunities and ideas will evolve over the course of the plan and that the plan is subject to external factors and constraints such as personnel, funding and policy change. In order to manage the delivery of this Strategic Plan most effectively, the professional staff will produce annual Operational Plans at the beginning of each year. Under each theme and objective, these Operational Plans will outline

- Actions (programmes, events, etc.) for development and implementation
- Lead / support partners where appropriate
- Measureable targets and indicators.

The actions will be informed by our key principles (equality, partnership, capacity, evidence based, sustainability and accountability). Each Operational Plan will be subject to the scrutiny and approval of the Board.



Resourcing

Funding the implementation of this Strategic Plan will be sourced in a number of ways that include Sport Ireland. Sport Ireland provides funding on an annual basis to all Sports Partnerships under these headings

Core Funding

This funding relates to costs associated with

- Staffing.
- Overheads and administration.
- Communications.
- National participation programmes.
- Education and training.

Programme Funding

We can apply for part funding of

- Targeted local participation programmes
- Employment of a Sports Inclusion Development Officer

Other Resources

In order to deliver on our annual Operational Plans we will need to complement the core and programme funding provided by Sport Ireland. In line with the recommendation of a national review of Sports Partnerships, match funding (in cash or in kind) of at least 50% of that provided by Sport Ireland is ordinarily required. This will be sourced in a number of ways that include:

Partner Agencies

Effective partnering arrangements will be required to maximise the impact of limited resources and we will seek assistance (in cash or in kind) of our partner agencies toward the cost of initiatives relevant to their remit.

External Funding

Opportunities for external funding become available on occasion through (for example) statutory bodies, Government Departments, Dormant Accounts, Go for Life Grant Scheme and the National Physical Activity Plan. We will continue to monitor such opportunities and to seek assistance to support our work.

Participation Fees

In certain situations it will be necessary and appropriate to charge participation fees to individuals/organisations partaking in initiatives such as coach education, information workshops or participation programmes.

Sponsorship

We will explore the potential to secure appropriate corporate sponsorship for some of our initiatives.

Monitoring and Evaluation

Monitoring

We are committed to ongoing monitoring as we progress the implementation of this Strategic Plan and we propose to develop a formal system to measure our progress, which will include:

Compilation of qualitative and quantitative feedback from participants in our programmes, events and activities.

Presentation of an Activity Report at all Board meetings and a Progress Report at our Annual General Meeting. The Progress Report will be checked against the targets of the Operational Plan and published on our website.

Gathering feedback from lead agencies in all our joint initiatives.

Preparation (and production on our website) of an annual Strategic Planning, Evaluation and Knowledge (SPEAK) Report which is operated by Sport Ireland to review and assess the impact of Sports Partnerships nationally.

These Reports provide an overview of the work of the Partnerships, assesses their impact and proposes areas for future focus. The LSP will carry out an independent mid-term review of this Strategic Plan in 2018.

Evaluation

We will undertake a comprehensive external evaluation (in quantitative and qualitative terms) of the impact of this Strategic Plan in 2020 and the outcomes will form the basis for the period 2020 forward. In seeking to measure our impact we will develop a final evaluation mechanism, which will take account of

- Our success in achieving the targets outlined in Annual Operational Plans.
- The outcomes of a Performance Evaluation by Sport Ireland

Sport Ireland operates a Performance Evaluation process designed to appraise the operation of Sports Partnerships under headings including governance, management and staffing, planning, monitoring and evaluation.

We will place a particular focus on

- Any increase in the number of Limerick people partaking in physical activity at least once per week.
- Any decrease in the proportion of the population of Limerick that is sedentary.
- Formal input from our partner agencies, stakeholders, providers and participants.
- The results from research into participation levels at national and local level.





The logo consists of several curved, overlapping shapes in red, orange, blue, and green, resembling stylized motion or a flame.

LIMERICK SPORTS PARTNERSHIP

A Sport Ireland Initiative

www.limericksports.ie

info@limericksports.ie

Phone: (061) 333 600

UL Sports Arena, University Of Limerick, Castletroy, Limerick

