

SIDO Report 2023

Student Support

Our SIDO has supported the student on placement (Rhiann Heery) with Galway Sports Partnership since she began in January. Rhiann has assisted our SIDO on visits to older adult groups and disability groups and has learned about the supports, relationships, and programs that these groups have in place with Galway Sports Partnership. Rhiann has also learned about Boccia in all aspects – how to play the game, how to referee the game and how to train others on how to play. Rhiann has got an insight into the SIDO role and has planned and run an event for older adults and individuals with disabilities which is outlined below (Boccia Tournament).



Healthy Islands

In April our SIDO, CSDO and student between them visited the 4 Islands as part of Healthy Galway's Healthy Islands project. There was great engagement with the locals and the schools who visited the stand and asked questions along with giving suggestions of what activities they would like to see on the islands. From this there was interest in Activator Poles which and there is a training planned for September for all 3 Aran Islands and Open Water Swimming which may coincide with the Healthy Islands Hub.



Disability

Boccia Program & Tournaments

GSP, Galway City Council and Healthy Galway purchased Boccia sets in 2022 to loan out to groups in Galway city and county. GSP and Healthy Galway created booklets with instructions on how to referee and play the game. Groups are still being introduced to Boccia on a weekly basis by our SIDO.

Due to a storm in December 2022 the Boccia Tournament was postponed until January 2023. There were 33 participants from disability services and older adult groups across the city and county that took part in our pilot tournament.

Our second Boccia tournament took place in March and was planned by Rhiann who was on student placement with Galway Sports Partnership. There were over 60 players from all over Galway city and county taking place in the tournament and there was brilliant feedback from participants. There will be another tournament before Christmas.

Stand-up Paddleboarding

In July 2023 Galway Sports Partnership ran a Stand-up Paddleboarding program for Parents of Autism Loughrea (PALS). Children with autism and their families took part in taster sessions over a 5 week period and thoroughly enjoyed this program. The stand up paddleboarding was very beneficial in relaxing the participants and building on their confidence in the water and also their confidence to try something new.

Yoga in Special Schools

In late 2021 there was a pilot program ran in Galway City for a special school to take part in yoga. This was a massive success with teachers expressing how beneficial the yoga sessions were to the children. In early 2023 this program was run for a period of 6 weeks where the whole school took part in the sessions. Each week the students were very excited for the yoga sessions.



Inclusive Triathlon

Galway Sports Partnerships (GSP's) second annual Inclusive Triathlon took place on Tuesday 26th September as part of European Week of Sport. This event was a partnership between GSP, Healthy Galway County and Triathlon Ireland and was delivered to adults in Brothers of Charity Services on the grounds of Kilcornan Clarinbridge. There were 37 participants who took part in the event (11 teams of 3 (1x swimmer, 1x triker/biker and 1x walker/runner) and 2 individuals who completed the 3 elements themselves). There were supporters from each residential/day service present with posters to cheer on their teams. All participants received a medal and there were some spot prizes for individuals who were nominated and individuals who stood out on the day for their achievements.



Equestrian Programs

In 2023 Equestrian programs were again very popular in Galway. Through funding received through HSE funding Galway Sports Partnership ran programs for individuals with disabilities. During Easter 2023 we also ran a camp for teens with disabilities which was a big success. In 2024 we have secured funding through Healthy Galway City and will apply for HSE funding to assist in running this program for children with autism as well as adults with varying disabilities.



Cara Trainings

Sport Inclusion and Disability Awareness Online Training – 7th February – 17 participants took part.

Autism in Sport Online Training – 21st February & 13th June – 31 participants in total took part.

Disability Inclusion Online Training – 7th March & 15th June – 30 participants in total took part.

Support

GSP provided support to various events and programs that took part in Galway.

- An inclusive soccer camp took place in Athenry in June 2023 and GSP supported by supplying medals and certificates.
- An inclusive GAA Cúl camp took place in Pearse Stadium in July 2022. GSP provided inclusive equipment to the volunteers running the camp.
- Provided medals to an inclusive fitness program that ran from mid-November to Christmas 2023.
- Supported Brothers of Charity's Move for Life event with medals and refreshments.
- SIDO attended to deliver games and provided equipment to a Sports Day in Brothers of Charity Services in Galway City in September.
- Attended a Community Comeback after Covid in Monivea and had tasters of Boccia, Walking Football and Activator Poles.
- Presented at the PPN's Summer Plenary on the work of the Sports Partnership and in particular the SIDO role and attended their Winter Plenary.

Active Disability Ireland's Xcessible Program

Active Disability Ireland (formerly known as Cara – Sport Inclusion Ireland) have a program for LSP's and NGB's to be awarded for their commitments to being inclusive. Through this program Galway Sports Partnership will complete 20 actions under 5 areas as outlined below. The SIDO will be in touch with any requests for support or information on the program in 2024 when we hope to complete the program. This is the bronze level program and we hope to complete the silver and gold awards in the coming years.

Below is the outline of the Xcessible Areas and the number of Actions within each area. Galway Sports Partnership began our Xcessible Bronze program in July and we are almost halfway through the program after 5 months.

Area	Number of Actions within the area	Number of completed and approved Actions by the end of 2023
Openness	4	3
People	3	2
Activities	7	2
Facilities	2	0
Promotion	4	2
Total Actions:	20	9

Older Adults

Activator Poles

During 2023 there were many Activator Pole programs run by Galway Sports Partnership tutors, (some of which were in partnership with Healthy Galway) in Clarinbridge, Galway City, Claregalway and Corofin. There were also Activator sessions run in groups from Good2Go and new Activator tutor trainings in Tuam, Oughterard, Laurencetown, Ballinasloe, Ardrahan, Rossaveel, Gort and Inis Oírr. There will also be a pilot Activator program taking place in Casla in early January and the SIDO is constantly seeking new locations, participants and tutors to run programs around the county.



Activator Training

On the 7th October Galway Sports Partnership hosted an Activator Tutor training in SCCUL Sanctuary in Kilcornan Clarinbridge. This training was delivered by Frank Fahey in FitWalk Ireland. There were 13 participants taking part from local active retirement groups, ICA's and tutors who are looking to deliver these sessions for Galway Sports Partnership. This training was delivered through HSE funding received by Galway Sports Partnership. There was a great interest in Activator Poles from the participants with three participants starting to deliver sessions to their groups in the week following the training.



Positive Ageing Week

To celebrate Positive Ageing Week Galway Sports Partnership hosted 3 events along with partners where approximately 100 older adults from Galway city and county took part;

Tuesday 3rd October

In Clarinbridge we hosted a 'Health and Wellbeing Talk & Tasters' in partnership with Healthy Galway County, Galway Rural Development and FitWalk Ireland. There were 58 attendees from Laurencetown, Ardrahan, Gort, Craughwell, Claregalway and Clarinbridge. Frank Fahey from FitWalk Ireland spoke about the benefits of being active as we age along with some tips on how to incorporate movement into our everyday lives. There was a panel discussion with Karyn from Galway Rural Development, Aisling from Healthy Galway City (standing in for Andrew in Healthy Galway County), Ellie from Galway Sports Partnership, Eoin from Siel Bleu and Seline from Clarinbridge Cairde Club. The panel members spoke about how they could assist groups and individuals in setting up groups, registering groups for grants and training offerings and how they can assist in being active and healthy, attendees also asked questions to panel members. There was then a choice of taster sessions – Siel Bleu seated exercise session with Eoin or Outdoor Activator exercise session with Frank. All attendees had positive feedback and arrangements were made for Siel Bleu and Activator sessions from this day.



Wednesday 4th October

In Ballybane Community Resource Centre we hosted a 'Come and Try' in partnership with ARD Family Resource Centre and Galway City Partnership. There were demonstrations of Activator Poles, Boccia, Scooch and Go for Life Games. There were over 35 attendees from the area as well as the local Active Retirement groups.



Thursday 5th October

In Oughterard Community Centre we hosted a 'Come and Try' as a partnership between GSP, Healthy Galway County, Clann Resource Centre and Oughterard Community Centre. There were demo's of Activator Poles, Scooch, Boccia, Line Dancing, Indoor Bowls and an exercise taster from the gym in the community centre. There were over 30 participants that took part in the taster sessions and the feedback was positive in terms of the activities running in the community centre regularly.



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Good2Go in 3 locations

Good2Go was run in Clarinbridge, Caltra and Rossaveel throughout 2023 and we have almost 50 individuals across disability services and active retirement groups who have completed the trainings. These trainings were run by FitWalk Ireland and supported by the SIDO and was fully funded and part funded in some cases by Healthy Galway County. After the 5 weeks of training the SIDO supports the participants to get these activities running in their groups, to support with information on grants they can avail of and to loan equipment from Galway Sports Partnership and Healthy Galway.

The 5 weeks of training covers the following topics;

- Functional Fitness (tips on how we can be more active during the day and how you can encourage your peers in your group/persons you support)
- Activator Poles (walking poles and how you can use these for exercise also)
- Social Games (Boccia, Scooch, Flisk and Skittles)
- Step2TheBeat (Folk and social dances)
- Seated Exercises (some revision over the previous weeks and ways we can make changes to include individuals who are sitting)

In January we hosted the final 2 sessions of our Good2Go older adults training that began in late 2022 in Clarinbridge Parish Hall.

In April we hosted a 5 week Good2Go training in Moutbellew but after week 2 the location changed to Caltra Community Centre due to the venue in Moutbellew being too small for all of the activities.

In October we hosted Good2Go in Halla Pobail Ros an Mhíl and due to this location being accessible to the islands we had some participants from each of the islands in attendance along with individuals from the Rossaveel area.

For 2024 Good2Go will hopefully take place in the city and Gort/Portumna area.

