

Sports Disability Officer Progress to Date

February 2008—March 2009



This report has been compiled by the Sports Inclusion Disability Officer

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As Coordinator of Co. Carlow Sports Partnership, it gives me great pleasure to present to you the Sports Inclusion Development Officer Progress Report 2009. The report gives a detailed summary of the significant progress made in this area since the appointment of the Sports Inclusion Development Officer in February 2008. Co Carlow Sports Partnership coordinates and supports the development of sport in the county through effective partnerships and quality programmes based on identified needs. The main aim of the sports partnership is to increase opportunities for participation in physical activity for all.



Martha Jane Duggan
Sports Coordinator

Jenna Doyle was appointed as Sports Inclusion Development Officer on a two year contract in February 2008, through funding secured under the Dormant Accounts Grant Scheme, to increase the participation of people with a disability in physical activity and sport. Since taking up employment, the Sports Inclusion Development Officer has developed recreational and competitive opportunities for individuals with disabilities, co-ordinated training programmes for leaders, and developed and delivered disability awareness training sessions. Ms. Doyle has also assisted the development of a number of local sports and community groups and provided individual supports and referrals on a one-to-one basis.

The Disability Officer has a very challenging brief, facing a number of constraints such as transport, funding, facilities, volunteers, the varied nature of the groups etc. I would like to take this opportunity to congratulate Jenna on her achievements as outlined in this document and to commend her on her continuous dedication and hard work. I would also like to thank the board of management of the sports partnership, the members of the sports ability sub-committee and indeed all those who have supported and participated in the initiatives to date.

Yours in sport,

MJ Duggan

Martha Jane Duggan
Sports Partnership Coordinator

**THE
IRISH SPORTS
COUNCIL**



*Carlow County
Development
Board*

Sports Inclusion Disability Officer

Background:

In 2006, The Dormant Accounts earmarked €2million nationally for projects which address the imbalance in opportunities for people with physical, learning and sensory disabilities to participate in sport and physical activity. The Irish Sports Council, in collaboration with the network of Local Sports Partnerships identified the need to appoint a dedicated Sports Inclusion Disability Officers (SIDOs) at county level in order to address current gaps in provision in sport and recreation for this target group.

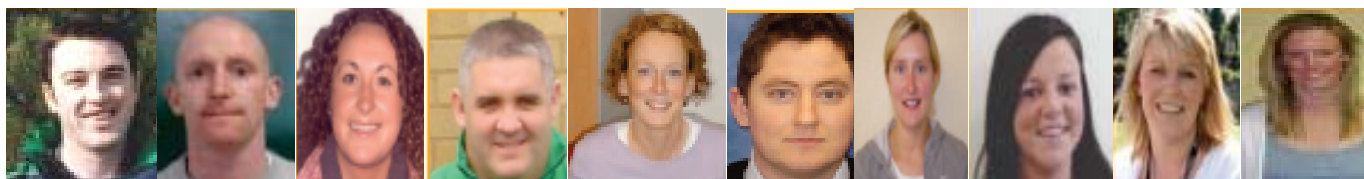


Jenna Doyle
Sports Inclusion
Disability Officer

Local Sports Partnerships and Local Authorities made applications to Dormant Accounts for funding towards the employment of SIDOs. County Carlow Sports Partnership is among 21 other sports partnerships that were successful in its funding bid.

Jenna Doyle commenced work as Carlow's Sports Inclusion Disability Officer in February 2008. This post is for a 2-year period (2008-2009), in accordance with funding allocated by the Dormant Accounts.

Please meet the 20 other Sports Inclusion Disability Officers



From L to R: Liam Mc Donagh (Kerry), Shane Hays (Sligo) Annette Mc Geeney (Roscommon), Garrett Culliton, Joanne Wall (Laois), Paddy O'Reilly (Meath), Jennifer Hill (Cavan/Monaghan) Clarie Greahan (Offaly), Phena O'Connor (Dun-Laoighre-Rathdown) and Siobhan O'Malley (Limerick City)



From L to R: Katie Kelly (Waterford), Therese Lavery (Donegal), Sinead Costello (Cork), Lisa Kelly (Louth), Aine Coogan (Kildare), Kathleen Finn (North Tipp), James Murrhy (Clare), Ray Mc Namara (Mayo), Mary Duignan (Westmeath), Niamh Spratt (Kilkenny),

Role of the Sports Inclusion Disability Officer

1. Training and Development
2. Participation Opportunities
3. Information Sharing & Support

A Co-ordinated Approach



In November 2007, supported by the Irish Sports Council and the Institute of Technology Tralee, The CARA Adapted Physical Activity centre was established. The main aim of the CARA Adapted Physical Activity (APA) centre is to facilitate and increase in the number of people with disabilities participating in sport and physical activity, through increasing opportunities to participate, improving access, providing information on and organising/delivering training.



Additionally the CARA APA Centre will undertake and coordinate research, support APA developments at third level institutions and other relevant courses and assist in the developments of both local and national sport and physical activity strategies.

To enable the CARA APA Centre achieve its main aim the following objectives were developed;

- To coordinate and support the 21 Sports Inclusion Disability Officers (SIDOs) throughout Ireland
- To develop as a National Resource Centre working in partnership with Local Sports Partnerships, the National Coaching and Training Centre, National Governing Bodies, Disability Organisations, National Disability Authority, Schools, International links and other relevant sporting organisations.

Sports Partnership Board of Management

The Sports Inclusion Disability Officer reports back to the co-coordinator of County Carlow Sports Partnership and to the Sports Partnership Board of Management.

A Local Ability Forum is to be established to support and advise the work of the SIDO. The Ability Forum will operate as a sub-committee of the Sports Partnership Management Committee for 2009

Members of Sports Partnership Board Of Management: includes representation from the Sports Sector, Third Level Sector, Health Services Executive, Voluntary Section and the Statutory Sector:



Board of Management 2008

Back: L to R: Tracey Byrne, Olive Fanning, Garry Coady, Jenna Doyle, Mary Meaney, Aidan Maher, Cecil Whelean, Margaret Moore, Bernie O' Brien, Emily Wathchorn representing Dan Mc Donnell.

Front: L to R: Liam O'Brien, Martha Jane Duggan, Pat Bolger, Sandra Corrigan, Tom Geoghegan

Disability in Carlow

According to the Census 2006, the Central Statistics Office (CSO) conclude that there are 4,739 persons with a disability living in County Carlow. That represents 9.4% of the overall population. Below is a table breakdown of persons with a disability by age group.

Persons with a disability by age group – Census 2006

Age Group	0-14 yrs	15-24 yrs	25-44 yrs	45-64 yrs	65+ yrs	Total
Carlow County	437	372	929	1,471	1,530	4,739



Ladies in Pink

Some of the ladies having a rest during the “Come and Try it Day”, Carlow IT

25th July 2008

Research conducted in Carlow

County Carlow published its “*Sport and Recreation Needs Analysis for County Carlow*” (2005) CCSP carried out consultation with the various groups, agencies and organisations in the community and voluntary sector, schools and services working with people with a disability.

These reports will form the strategic direction of the work of the SIDO.

Some of the issues highlighted by the reports include:

- Lack of opportunities to engage in activities
- Difficulties in access facilities
- Discrimination / lack of awareness of the needs of people with a disability
- Lack of funding for sports equipment
- Coaches / leaders not competent or adequately qualified / trained
- Lack of accessible transport
- Cut in personal assistant hours, these hours are being used up to access mainstream activities which leaves no time to be assisted to participate in social and recreational activities.

Achievements and Progress

1. Training and Development

Specific Area of Responsibility:

Through the CARA APA Centre the SIDO is responsible for;

- Facilitating, developing and promoting the implementation of education programmes for teachers, coaches, fitness instructors etc.
- Providing recommendations for improving accessibility of sports facilities and access to services to encourage greater participation for people with a disability in sport and physical activity.
- Organise events, taster sessions etc. including any follow-up links with clubs, groups and schools and so on.
- Assisting with the set up of new clubs or activities for people with disabilities.
- Organising training for coaches, teachers, sports tutors, etc to promote a greater understanding of disability issues in sport.
- Develop and implement an education programme to create an understanding of the benefits of exercise for people with a disability.

Training Courses:

The Sports Inclusion Disability Officer organised a number of courses through funding sourced from the National Disability Strategy, and the HSE based on needs identified by parents, carers, workers and participants in the disability sector.

Please see details on these training courses on the next pages.

Event	Date	Venue	Number Attended
Disability Awareness Carlow Vocational School	17th September 2008	Carlow VEC	25 Transition Year Students
Disability Awareness Early Childhood Studies Carlow Institute of Technology	8th October 2008	Carlow IT (Wexford Campus)	25 Early Childhood Students
Disability Awareness Leisure Centres	29th October 2008	Mount Wolseley	2 participating leisure centres, 4 people attended
	15th April 2009	Talbot Hotel Carlow	2 participating leisure centres, 4 people attended
	6th May 2009	Eire Óg Gym	4 people attended

Continued on next page

Event	Date	Venue	Number Attended
Disability Awareness Carlow Vocational School and Irish Wheelchair Sport	25th March 2009	St Fiacc's Hall Graigcullen Carlow	20 Transition Year Students
Assistant Swim Teachers	4th, 5th, 11th October 2008	Talbot Hotel Carlow	12 people attended
Halliwick Foundation Swimming Course	20th-23rd October 2008	Delta Centre Carlow Holy Angels Hydrotherapy pool	25 people attended
Swim Helpers Course	7th March 2009	County Council Buildings Seven Oaks Greenbanks Leisure Centre	14 people attended
Buntus Start Pilot Holy Angels	15th September, 2nd November	Carlow Hurling Club	20 people
Buntus Start Pilot Saplings School	25th September, 2nd December	St Fiaccs Graigcullen Parish hall, Carlow Hurling Club	14 people
Buntus Start St Laserians	10th / 17th September, 10th December	St Laserians Hall	10 people
Total:			177 people

“The location of their changing facility requires me to go through the public area in my swimming togs”

- Barriers identified in the Sports and Recreation Needs Analysis for County Carlow 2005

Disability Awareness

Carlow VEC:

A joint project between Carlow Volunteer Centre, County Carlow Sports Partnership, Carlow Vocational Educational School and the Irish Wheelchair Association. Twenty-five Transition Year students participated in a 2 hour theoretical and practical workshop on Basic Disability Awareness on the 17th September 2008. Students then volunteered one hour a week over 6 weeks with the Irish Wheelchair Association participating and leading activity sessions including Boccia and New Age Kurling. Some of the students also volunteered at the Carlow/Kildare Boccia tournament on the 11th December 2008 in Old Leighlin Community Centre.

On the 25th March 2009, Students from Carlow Vocational Educational School attended further disability awareness training facilitated by Orla Dempsey, Sports Development Officer for Irish Wheelchair Sport. The students participated in a theoretical and practical workshop. Here the students came up with practical ideas on how to include individuals with a physical, sensory and intellectual disability into mainstream games, such as adapting the rules or using different equipment. The students also got an opportunity to play some wheelchair basketball.



Disability Awareness Workshop with Carlow VEC Transition Year Students 25th March 2009, St Fiacc's Hall, Graiguecullen. Activities include: Demonstration of New Age Kurling, Rounders, Wheelchair Basketball



Picture L to R: Carlow VEC Transition Year Students participating in Wheelchair Basketball

R: Carlow VEC Transition Year Students who volunteered at the Carlow/Kildare Boccia Tournament , 11th December 2008, Old Leighlin Community Centre ,Pictured here with Paralympic Athlete Mr Gabriel Shelly and Jenna Doyle (SIDO)

Early Childhood Studies

On the 8th October 2008, twenty-five Third Year students studying Early Childhood Studies from Carlow Institute of Technology (Wexford Campus) participated in a four hour interactive theoretical and practical workshop.

All the students present were preparing for their eight week work placement. Many of the students were going to work with children with special needs.

During the Workshop students engaged with material relevant to their course of work including:

- How we view disabilities
- Categories of disabilities
- Guidelines for working with various disabilities
- Importance of physical activity
- Your role in the class
- How to adapt activities



“Very informative, easily understood”

“Adapt games to be more inclusive for children with a disability

- Some of the feedback from the Disability Awareness for Early Childhood Studies

Public / Private Leisure Centers:

Five private leisure centers have sent staff to participate in Basic Disability Awareness training, Centers that have participated include:

October 2008

- Mount Wolseley Hotel and Leisure Centre Tullow Carlow
- Millrace Hotel and Leisure Centre Bunclody Wexford

April 2009

- Talbot Hotel and Leisure Centre Carlow
- Ramada Killerig Hotel and Leisure Centre Tullow Carlow

May 2009

- Eire Óg Gym

The aim of the Workshop was to:

- Raise Awareness
- Assess your attitude
- Define Disability
- Identify Barriers to inclusion
- Identify Benefits to inclusion
- Inclusion potential
- Complete a basic audit of your facility



Focus on ABILITY not Disability

Jenna would like to thank all Leisure Centres for allowing their staff to attend the day and to Thank Mount Wolseley Hotel and Leisure Centre, Inspirit Health and Leisure Club Talbot Hotel Carlow and Eire Óg Health and Leisure Centre for kindly hosting the mornings.

Disability Awareness for leisure centre staff will be taking place in 2009. Jenna will once again be contacting all the private and public leisure centres and local gymnasiums informing them on the venue and date. Please contact Jenna Doyle on 059 9172450 to ensure that you are included on the list.

REMEMBER

The Universal Sign for Disability

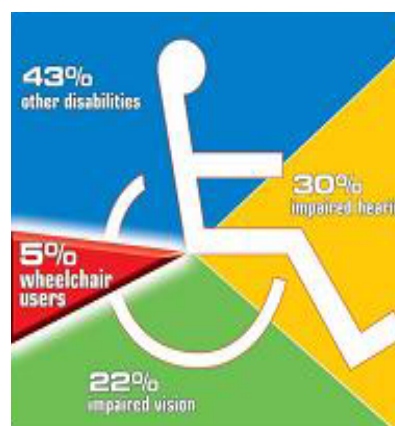
Represents:

30% Impaired Hearing

22% Impaired vision

5% Wheelchair users

43% Other Disabilities



Assistant Swim Teachers Disability Level 1 Course:

On completion of the Assistant Swim Teachers Disability Level 1 Course, participants can work with up to three individuals with a disability in the water under the guidance of a qualified Swim Teacher.

Twelve people consisting of parents, carers, physiotherapists and workers within the disability sector attended and completed a three-day course on how to teach and assist people with disabilities in the water to swim. This course took place on the 4th /5th and the 11th of October 2008. The Talbot Hotel and Leisure Centre kindly hosted the training course. The course was delivered by Bernie Kearney of Swim Ireland. All the participants passed and will receive their certificates in the near future.

Evaluations from the course were extremely positive including; the most rewarding part of the course;

“Getting to experience some of the problems people with a disability have to overcome”,

I will now have a greater understanding of teaching people with a disability”.

County Carlow Sports Partnership will be running similar courses in 2009, Please contact Jenna Doyle for more information.



**Some of the participants sharing a joke
Halliwick Foundation Swimming Course
Holy Angels Pool
22nd October 2008**

Swim Helpers Course:

On completion of the Swim Helpers course, a candidate will be able to support an individual swimmer in the water with significant learning, physical or sensory disabilities under the supervision of a qualified teacher.

After completing a swim helper's course participants may have an opportunity to go on to complete Assistant Swim Teachers Level 1 for People with disabilities.

The course is particularly useful for individuals who work on a one to one basis with members in the water.

Fourteen individuals consisting of special needs assistants and carers completed this one day course that is accredited to Swim Ireland. The course took place on Saturday the 7th March 2009. Carlow Sports Partnership would like to thank the Greenbanks Leisure Centre staff and management for kindly facilitating the practical element of the course.

The course was delivered by Bernie Kearney of Swim Ireland. All participants will receive their certificates in the near future.

Evaluations from the course included;

"I am more aware of experiencing what it is like for the services users to be helped into the pool"

"Bernie helped us to learn in a fun way".



Some of the participants practicing their skills under the guidance of International Halliwick Tutor

Ms. Pamela Wood

Holy Angels Pool

22nd October 2008

Halliwick Foundation Swim Course:

Halliwick is different to assistant swim teachers with disabilities, this course is specifically designed for personal assistants, carers etc in mind.

Halliwick is a concept of teaching swimming or independent movement in water to people with special needs and is based on known scientific principles of hydrostatics, hydrodynamics and body mechanics. It is applicable to people of all ages, both those with disabilities and those without.

Swimmers are taught on a one-to-one ratio of instructor to swimmer, until the time when complete independence is achieved. The swimmer / instructor pair become a unit within a group activity, so that the swimmer gains the advantages of social interaction with his/her peers, whilst at the same time enjoying the unobtrusive but constant attention of an individual instructor. Through the medium of games / activities appropriate to age and ability, groups are made aware of the properties and behaviour of water and of how to control their own balance. Swimmers reach a stage where they experience complete independence of movement in water

Twenty-five individuals consisting of parents, carers, physiotherapists, community workers within the disability sector completed this four day intense course. The course took place from the 20th—23rd of October 2008. Carlow Sports Partnership would like to thank the Delta Centre and Holy Angels Day Care Centre for kindly hosting the training course.

The course was delivered by Pamela Wood and Alison Skinner both international tutors of Halliwick from the United Kingdom. It is envisaged that those who attended and completed the course from Carlow will assist CCSP to set up a Halliwick Club in the county.

Evaluations from the course were extremely positive including;

“I am now more aware of teaching people with disabilities how to swim”

“I am more confident working with people with disabilities now”

“I learnt how to be independent in water in four days”.

Carlow Sports Partnership aim to run similar training courses in 2009. If you wish to avail of this training please contact the Sports Inclusion Disability Officer.



Above: Some of the participants experiencing the Halliwick Swimming games in Holy Angels Pool on the 22nd of October 2008

Below: Some of the participants with their Foundation Swimming Certificates with International Halliwick Swimming Tutor, Ms Pamela Wood and Alison Skinner in the Delta Centre on the 23rd October 2008



Buntus

Buntús Programmes are exciting programmes developed to support teachers and childcare practitioners in introducing young people to sport and physical activity. The programmes are rolled out through The Irish Sports Council's network of Local Sports Partnerships. The Irish Sports Council recognises the major role that sport can play in the lives of young people. It is important that an enjoyable multi-sport and non-competitive model is used to introduce our children to sport that will complement and enhance both our school and community sport programmes.

All Buntús programmes offer

A large resource pack of equipment; Resource cards that offer a range of skill developmental and fun activities and training to assist teachers (Buntús Play, Sport & Sports Specific) and childcare practitioners (Buntús Start) implement the programme.

The three key components of the programme are designed to provide easy to understand, and accessible support to give children a fun, but high quality, introduction to sport and physical activity.



Buntús Start

Buntús Start is a comprehensive child centred physical activity programme for children aged 2-5 years old rolled out locally in partnership with County Childcare Committees and/or the HSE. CCSP set up a partnership between the Co Childcare Committee, HSE South and CCSP to facilitate the programme in Carlow. The Co Childcare Committee promote the programme, recruit participants and contribute funding to the project (approx. €20 per participating facility). The HSE contributes a substantial amount of funding and CCSP organise the tutors and provides the equipment.

It has been designed for use in pre-school settings to provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity.

Buntús Start offers a combination of adult-initiated and child-led activities.

Some of the equipment used in a creative manner by the staff of Holy Angels

15th September 2008

Carlow Hurling Club

Adapted Buntús Start

The Sports Disability Officer piloted an adapted version of the Buntus Start programme with a number of local special needs groups under the guidance and expertise of Buntús Start tutors Sylvia Gee and Bernie Downes. The participating groups were Holy Angels, Saplings and St Lascarians.

Some of the feedback from the participants included:

“Really enjoyed the training, found it very interesting”

“There were ideas on how to adapt activities for people with disabilities that I never thought of before”.

“Tutors were excellent”, “I now know that I need to include the O.T programme into our PE Classes”

“Was a very enjoyable day all round. Have come away with great ideas and looking forward to implementing them with the kids”.



**Some of St Laserians Staff,
School Hall**

Buntus Follow-Up

10th December 2008

**Below: An Example of Using
the equipment in a creative
manner**



**Holy Angels Staff with
their bag of equipment**

With Buntus Start Tutors

Sylvia Gee & Bernie Downes

Carlow Hurling Club



**Saplings Staff with their
bag of equipment**

**With Buntus Start Tu-
tors**

**Syvia Gee & Bernie
Downes**

**St Fiacc's Community
Hall**

25th September 2008



2. Participation Opportunities

The Table below outlines the participation programmes set up by the Sports Inclusion Disability

Event	Date	Time	Venue	Number Attended
Carlow Sports Ability Day	25th July	10am—2pm	Carlow Institute of Technology	60 participants (adults and children with Intellectual and Physical Disabilities)
IWA Swimming Programme	16 week project	10—12pm	Ramada Hotel and Leisure Centre	8 members of IWA
Carlow Day Care Centre Activity Morning	6 week programme	11 - 12pm	Carlow Cathedral Parish Centre	18 Older Adults with mobility difficulties attended for 1 hour a week for 6 weeks
Spina Bifida Activity Morning	19th August	10 – 12 pm	St Kireans College Kilkenny	20 Children with Spina Bifida from Carlow / Kilkenny
IWA Activity Morning	6 week programme	11 - 12 pm	Teach Failte	20 members of IWA
Boccia Tournament	30th September	10am - 4pm	Newbridge Sports Centre Kildare	20 people from Carlow participated in an inter-county Boccia tournament
GYM Programme	5 week programme	11—12 pm	Carlow Institute of Technology	15 adults with mild to moderate intellectual disabilities
Cheshire Boccia Training Sessions	5 week programme	7—8pm	Cheshire Home Tullow	10 people at training each evening
Cairdeas Activity Morning	5 week programme	10.30 – 11.30am	Cairdeas Centre Tullow	12 people each morning
Yoga	4 week pilot project	11 –12pm	St Catherine's Community Centre	10 children
Boccia Tournament	11th December	10am—4pm	Old Leighlin Community Centre	9 teams from Carlow, 2 teams from Kildare present
Gym Programme	8 weeks	11 –12pm	Mount Wolseley Leisure Centre Gym	8 adults from Cairdeas Centre
Powerchair Football	First Saturday of month	11—1pm	St Kieran's College Kilkenny	7 Power & Manual Chair users attended

Continued on next page

Participation Opportunities Continued:

Event	Date	Time	Venue	Number Attended
Archery in St Dympha's	5 week pilot project	3—4 pm	St Dympha's	10 participants
Archery in Hacketstown	8 week pilot project	6—8pm	Colaiste Eoin Hacketstown	10 participants
Cerebral Palsy Boccia League	Various dates	All day events	Various Locations around Lenister	2 teams representing Carlow
Yoga	5 week pilot	11 –12 pm	Tintean Community Centre	10 children
Yoga with Multiple Sclerosis Ireland	10 week pilot project	10am—1pm	Tintean Community Centre	15 people attended
Halliwick Pilot Swimming Project	6 week pilot project	Thursdays 4-5pm Saturdays 12-1pm	Holy Angles Hydrotherapy pool	6 Individuals regularly attend
Residential Activity Sessions	6 week programme	Tuesdays 5.30-8pm Thursday 5.30-6.30pm	Various houses around Carlow Town	18 adults attend
Rehab Care Boccia Sessions	20th March 2009	11.00-13.30	Old Leighlin Community Centre	27 individuals from Rehab Care Carlow / Kilkenny
Carlow Town Archery Sessions	6 week pilot project	10.00-12.00	Carlow Town Service	6 Individuals
Total:				334 people



Participants at the first Power Chair Football South East Regional Club

St Kieran's College Kilkenny

17th January 2009

Carlow Sports Ability Day

People from all over Carlow and Kilkenny visited the Institute of Technology Carlow on Friday the 25th of July for County Carlow Sports Partnership and Kilkenny Recreation Sports Partnership latest sports initiative "Sports Ability Day"

Participants, both young and old, sampled a multitude of different sports and activities. The Sports Ability Day was fully interactive and offered everyone who attended the chance to sample different sports and activities including, Archery, Boccia, Chair Aerobics New Age Kurling and Powersoccer. Trained instructors were on hand to give guidance on the different sports and encouraged all to participate. All the instructors and assistants on the day were voluntary and represented the F.A.I, Irish Wheelchair Association, CANDO, Carlow Volunteer Centre, CARA National Adapted Physical Activity Centre, Kildare Sports Partnership, Offaly Sports Partnership, Westmeath Sports Partnership, Wexford Sports Partnership, Cheshire Homes, Rehab Care and SOS Kilkenny and Community and Enterprise Carlow County Council.

In keeping with the inclusive theme of the day the participants' families were also encouraged to take part in the activities. The event was open to people with a physical disability, coaches, special needs assistants, parents, youth club leaders, personal assistants, facility managers and anyone with an interest in promoting sport and physical activity for people with a disability. On the day there were 40 people participating and over 60 people present. It is envisaged that many of the participants will continue to get involved in the sports they sampled on Friday.

Some pictures of the day:



Carlow Day Care Centre:

Carlow Sports Partnership and CANDO facilitated Askea Day Care Centre Activity Morning for 6 weeks beginning on the 14th August 2008.

18 Older Adults with mobility difficulties participated in physical activity for one hour per week for 6 weeks. Activities included Boccia, New age Kurling, Sit fit exercises and Parachute activities.

Participations were presented their certificates of attendance on the 16th October 2008 up in the Askea Day Care centre by Carlow Sports Partnership coordinator Ms. Martha Jane Duggan. An article was also published in the Carlow People.



Participants from Askea Day Care Centre

Participating in some parachute games

with Jenna Doyle (SIDO)

Spina Bifida Activity Morning:

Through discussions with the family support worker for The Irish Association for Spina Bifida and Hydrocephalus for the South East Region, Carlow and Kilkenny facilitated an activity morning for families on 14th August 2008 in St Kieran's College Kilkenny

20 participants (9 with Spina bifida & 11 siblings) took part in the activity morning that involved Boccia, New Age Kurling, Target Practice and Rounders.

Some parents have been referred to Carlow Sports partnership through links with relevant HSE staff and centres within the South Eastern region.

These mornings have strengthened links between Carlow Sports Partnership and the Irish Association for Spina Bifida and Hydrocephalus.

GYM Programme

Carlow Institute of Technology hosted and facilitated 15 adults made up of individuals from Rehab Care, National Learning Network and the Delta Centre Carlow

Participants were introduced to physical activity and good practice associated with this (warm-up techniques, cool-down and stretches)

This project began on the 16th October 2008 and ran for 5 weeks. This project will be evaluated in early 2009. Feedback from participants has been very positive.



Above: Participants at the Powersoccer FAI Day with Muscular Dystrophy Ireland

University of Limerick

16th August 2008

Cheshire Boccia Club

Visited the centre for 5 weeks for 1 hour a week training and introducing the members to the game of Boccia.

Members of Cheshire Home Tullow have now set up a Boccia Club that train regularly.

The Cheshire team were runner-ups at the Boccia Tournament on the 30th September 2008 at Newbridge Sports Centre Kildare.

Cheshire Home Tullow have also applied and secured funding from Carlow Sports Partnerships Local Grant Scheme to expand their social and recreational Club.



**St Patrick's Cheshire Team Tullow
With Paralympic Athlete
Mr. Gabriel Shelly
at the Boccia Tournament
11th December 2008
Old Leighlin Community Centre**

Cairdeas Activity Mornings

Visited Cairdeas Centre each Friday morning delivering activity sessions to the members present.

Activities included Boccia, new age kurling, outdoor games and parachute games.

Cairdeas had three teams complete in the Boccia tournament on the 11th December 2008.

They proved to be the underdogs on the day, having recently just started playing Boccia, this was their first competition. Cairdeas fought hard and reached the quarter finals only to be defeated by a stronger team from Rehab Care.



**Cairdeas Centre
with Paralympic Athlete
Mr. Gabriel Shelly
at the Boccia Tournament
11th December 2008
Old Leighlin Community Centre**

Yoga Pilot Programme:

Programme was organised as a result of a suggestion made by a parent of a child with Autism, the parent in question suggested relaxation activities.

Venue and tutor were sourced to deliver a yoga programme to children with Autism and their siblings for 1 hour a week over 4 weeks. The programme took place on Saturday mornings starting the 18th October in St Catherine's Community Centre. This project was financed through funds secured from the Health Services Executive. Participants also contributed a nominal fee to the project.

The project was evaluated in early January. The project was extremely successful, another five weeks were organised, this project will start in early March. Contact Jenna were more information



**Staff at Holy Angels
enjoying**

**the Adapted Buntus
Start Training**

15th September 2008

Carlow Hurling Club

Irish Wheelchair Association Swimming Programme

Staff at the Irish Wheelchair Association Carlow participated in Assistant Swim Teachers back in January 2008.

The Ramada Leisure Centre were approached to host a swimming programme in partnership with the Irish Wheelchair Association Carlow.

The project commenced the 7th August and ran for 16 weeks. This project is currently being evaluated

Rathanna Community Group

Club was organised as a result of a suggestion made by a parent of a child in the area who envisaged a club or activity sessions in the Ballymurphy / Rathanna /Borris area. Public meetings were organised and attended by a limited number of people.

Contacted the relevant centres (Delta / Beam/ Rehab Care/ NLN) etc where individuals are attending was made and the appropriate information was sent out . Information regarding setting up an Activity / Social club in the area was also distributed through the local health nurses in Bagenalstown and Borris.

Rathanna Community Group has since applied for the County Carlow Local Sports Grant to purchase equipment and set up an Activity/Social club for people with intellectual needs in the community.

The Club has started and runs the first Wednesday of every month from Rathanna Community Centre. Please contact Jenna for more information.

Gym Programme



MOUNT WOLSELEY
HOTEL, SPA & COUNTRY CLUB

Kelly-Ann and her staff at Mount Wolseley Hotel Spa and Country Club were approached last year by Jenna Doyle (Sports Inclusion Disability Officer) and asked to host an eight week physical activity programme in the leisure centre.

Eight participants from Cairdeas Centre attended the Mount Wolseley Gym where they learnt how to use an array of cardiovascular machinery and the hydraulic toning circuit. Each of the participants worked extremely hard for the eight weeks, the project was a huge success.

Carlow sports partnership, The Cairdeas Centre and the staff from Mount Wolseley Leisure centre are discussing an extension of the project. Carlow Sports Partnership would like other private leisure centres in Carlow to take the lead from Mount Wolseley hotel and Leisure Centre.



Participants from Cairdeas with their certificates on the last day of the physical activity programme

6th March 2009

Mount Wolseley Hotel, Spa & County Club

Pictured here with Kelly-Ann Grout Manager of the Leisure Centre and Aoife Byrne

Powerchair Football

This action-packed team sport combines the skill of the wheelchair user with the speed and power of the chair itself to create an extremely challenging game very similar to soccer.

Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users but can be played also by people using manual chairs.

Two teams of four power chair users each attack, defend, and manoeuvre an oversized soccer ball in an attempt to score points on a goal. The ball, which is 18 inches in diameter, is manipulated by plastic formed soccer guards mounted on the front of each player's wheelchair.

The objective of the game of Power Soccer is to use the wheelchair to manoeuvre the ball so as to score on the opposing team's goal.

On the 17th January 2009, St Kieran's College Kilkenny was the venue for the first Power Soccer Sessions for people with a physical disability.

This is a new exciting sporting initiative to take place regionally incorporating the following counties; Carlow, Kilkenny, South Tipperary, Waterford and Wexford. The session was for people with a physical disability who use manual or powered wheelchairs.

The focus of the session on the day was to introduce the game of power and wheelchair soccer and soccer drills.



**One of the participants at the
first Powerchair football Session
for the
South Eastern Region
St Kieran's College Kilkenny
17th January 2009**

Halliwick Swimming Club

Following on from the training course in October, a group of volunteers and parents participated in a pilot initiative to practice their skills. Carlow Sports Partnership and Holy Angels Hydrotherapy Pool Management

Six individuals regularly are attending and practicing their skills. The swimmers ability has improved and are becoming stronger and more independent in water after each session.

Residential Activity Sessions

Sports Inclusion Disability Officer and management of the Delta Centre organised a pilot initiative with three residential houses around Carlow Town. The disability officer attended each house one evening a week for one hour delivering activities. The pilot is due to finish in early April. Activities that individuals participated in included; chair aerobics, modified toning exercise, new age kurling, target throwing, etc.



**Participants taking part in Parachute games
Residential activity sessions around Carlow
Town**

Rehab Care Inter service Boccia sessions

The Sports Inclusion Disability Officer for Kilkenny Ms. Niamh Spratt and the Sports Inclusion Disability Officer for Carlow Jenna Doyle organised an inter-service Boccia session with Rehab Care from Carlow and Kilkenny to come together for a morning. The morning session took place in Old Leighlin Community Centre on the 20th of March 2009 with 25 participants taking part. The staff from Rehab Care quickly recapped the rules for Boccia and refereed the games. This was a great chance for individuals to socialize and have fun in an non-competitive manner.



**Over view shot of Participants from
Rehab Care Carlow and Rehab Care
Kilkenny
Inter service Boccia sessions
20th March 2009
Old Leighlin Community Centre**

Archery Carlow Town

Approached the coordinator within a service in Carlow Town, presented an overview of work completed to date. Both the management and SIDO discussed potential projects that would enhance the participants current physical activity projects. Archery was suggested.

A tutor was organised and a five week activity project commenced with six participants. The project was extremely successful and all the participants enjoyed the activity.

Some of the comments from the participants include:

“ I enjoyed learning about archery and practicing archery. It was interesting to see how the technique and accuracy developed over the few weeks. I would recommend the archery course to other individuals and groups”

“My first time trying Archery I found that it as a pastime, I would try it again, it was easy to adapt....I would seriously think of making a hobby out of it”.

“It got the mind and body in sink together it made you think of what you are doing....there’s more to the sport than you think, thank you”



Participants that took part

In a six week Archery Course

Pictured here with Coach Darren Daly from Dolmen Archers

3. Information and Support

Specific Area of Responsibility:

Through the CARA APA Centre the SIDO is responsible for;

- Assessing levels of participation of people with a disability in sport and physical activity in the area taking account of socio-economic, gender, demographic and other factors
- Assessing levels of programme and service provision by relevant agencies targeted at encouraging increased participation by people with disabilities in sport and physical activity
- Reviewing and making recommendations on County Carlow Sports Partnership strategic plan re inclusion of people with a disability
- Assessing levels of accessibility of sport and physical activity facilities for people with a disability.
- Identify level of uptake of sporting opportunities created, additional members to clubs, membership of clubs created, etc.

Feedback into CARA National Objectives

Complete and submit baseline data as required by the CARA Centre

Submitted project evaluations and photographs (permission obtained from participants) on behalf of County Carlow Sports Partnership for the 3rd National Adapted Physical activity Conference on the 17th & 18th of November

Attend and participate in training provided by the CARA Centre:

- Induction training organised by the National coordinator March 2008 in Limerick
- Conference on Adapted Physical Activity in March 2008 in Limerick
- Radio Interview Skills Workshop organised by the HSE in April 2008 in Kilkenny
- Powersoccer Development Conference facilitated by the FAI in the University of Limerick August 2008
- Training organised by the National coordinator February 2009 in Dublin
- Regular meetings with regional and neighboring SIDO's (Kilkenny, Waterford, Kildare & Laois) is paramount to develop inter-county relationships etc.



Networking & Professional Development

Special Needs Childcare Committee: Attended and coordinated the attendance of the regional SIDO's to attend Childcare Conference in the Lord Bagnel Hotel on Friday 10th October 2008

Here SIDO promoted the work of the Sports Partnership and the SIDO role, also made contact with parents of people with disabilities.

Regularly attend regional meetings organised by disability organisations around Carlow and the South East to promote the work of the Sports Inclusion Disability Officers and the Sports Partnership. Have met with various state and voluntary organisations to promote a collaborate approach to the social inclusion of disability and sport / physical activity. Organisations include; Down Syndrome Ireland, Irish Association for Spina Bifida and Hydrocephalus Ireland, Spinal Injuries Ireland, HSE, Special Olympics Ireland, People with Disabilities Ireland, Disability Federation of Ireland, Paralympic Council of Ireland, Cerebral Palsy Sport Ireland, Irish Wheelchair Association amongst others.



SIDO pictured in front with members of the organising committee for the Special Needs Conference

Lord Bagnel Hotel

10th October 2008

Conclusion

The work of the Sports Inclusion Disability Officer is very challenging and rewarding. There is a significant amount of work completed to date however there is a considerable amount of work to be done.

- Funding to assist programmes to continue and to establish clubs
- Getting mainstream clubs to see the benefits of including PwD
- Accessing local and private leisure centres (5 centres Mount Wolseley, Millrace Bunclody, Talbot Hotel Carlow, Ramada Hotel, Eire Óg attended Disability Awareness training provided by the Sports Inclusion Disability Officer)
- Lack of volunteers to run after hour programmes
- Getting third level colleges who provide special needs training to include sessions on the importance of physical activity.
- Changing how we view “disability” from the medical model to the social model
- Trying to provide physical activity opportunities for every disability group and categories within each group. (very small numbers in Carlow)
- Lack of Transport / Public Transport; unless an activity runs locally, participants won't come or are not able to come.

The Sports Inclusion Development Officer was an addition to existing services because there was no one employed in County Carlow with the remit of organising and facilitating sporting opportunities for people with a disability. There are regional officers that work with specific groups e.g. Special Olympics, IWA etc, however the areas that they cover are so far reaching that they have limited impact on the ground. The impact of the Sports Inclusion Disability in Carlow and the work achieved to date is substantial within a relatively small time frame. This report shows there are a number of individuals that have been assisted through the work of the Sports Inclusion Disability Officer either directly or indirectly,

County Carlow Sports Partnership seeks your support to maintain the role of the Sports Inclusion Disability Officer in County Carlow.

Proposed Work Plan 2009

The 2009 Operational Work plan is available from the office and is currently being implemented. The plan has been devised by Jenna Doyle Sports Inclusion Disability Officer with regards to the needs of the community and with the input from the sports partnership coordinator and local sports ability forum.



Some of the younger participants enjoying chair aerobics / parachute games with Tracey Byrne of CANDO

“Come and Try it Day”

July 25th

Carlow IT

I would like to thank of the following for their support & guidance;

My colleagues in community and enterprise, county Carlow sports partnership, state and voluntary organisations, the local sports partnership board of management and the sports ability forum members for their assistance and collaboration on the delivery of programmes

And finally to all the participants who took part either directly or indirectly in programmes coordinated by the Sports Inclusion Disability Officer,

A huge thank you to you all!!!

We look forward to working with you throughout 2009

Jenna Doyle

Sports Inclusion Disability Officer