



## Mid-Year Report 2018

### New wheelchair accessible steam train in Stradbally

On Sunday 17th June the Stradbally Steam Train Committee launched the new wheelchair accessible steam train in Stradbally where we welcomed the Brennan family from Ballylinan to try out the new ramp onto the train. Aimee was very impressed and thoroughly enjoyed the experience. A big thank you to Pascal McEvoy CC for funding this project and Stradbally Steam Train Committee who worked long hours throughout the winter to make this possible. The work of this committee is all on a voluntary basis. Thank you Sean, Alfie and all the crew. A big thank you also to Majella Fennelly & James McGovern. Here are a few pictures from the very talented Adrian Hogan Photographer.



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Laois Sports Partnership

## Laois Sports Partnership

Portlaoise Leisure Centre,  
 Moneyballytyrrell,  
 Portlaoise,  
 Co. Laois

**SPORT IRELAND**  
 LOCAL SPORTS PARTNERSHIPS



## School Programmes

### Primary School Basketball

St. Mary's Hall Portlaoise has been the venue for many a thrilling basketball match over the years, and the primary schools children who took part in our annual tournaments this May can be very proud to say they are now part of this great tradition!

May sees the culmination of the Laois Sports Partnership basketball programme for primary schools. Having grown from a series of one day blitzes, it is now one of our most keenly anticipated schools programmes each year.

Laois Sports Partnership has worked to promote participation in basketball by forging links between primary schools and local clubs. Over the last 6 years we have developed a programme where coaching sessions are delivered in schools by coaches from clubs in the county. Seamus Dooley from Portlaoise Panthers Basketball Club has been

volunteering with the programme for the last number of years. His coaching skills and passion for the sport have been a

contributing factor in the popularity of the programme and growth in numbers taking part year on year.

Coaching is offered to the schools over a 4 week period to pupils from 3<sup>rd</sup> – 6<sup>th</sup> class. Pupils in 3<sup>rd</sup> class can potentially receive the coaching for up to 4 years before they move on to secondary school. A record 19 schools took part in our coaching programme this year. Once the coaching has been delivered, all of the schools in the county are invited to take part in our tournaments run over 6 days in St. Mary's Hall Portlaoise. The tournament days give schools an opportunity to play against each other and use their new skills, in a friendly, non-competitive environment. All schools from around the county are invited with over 1,000 children taking part over the two weeks.

Part of the appeal of our Basketball Programme is due to its inclusive nature. We deliver the coaching and tournaments in such a way that everyone gets to take part, not just the most proficient players who normally get picked for teams. Children get to represent their school and wear their school colours – in many cases for the first time. They get to experience the atmosphere of a large scale sporting event, mixing with pupils from other schools around the county. The emphasis is on friendly competition, so no scores are displayed. Everyone receives a certificate for representing their schools. Our aim is to encourage participation and hopefully see children get involved with their local club.

We would like to thank all of the schools and teachers for their participation in this programme. We would also like to thank Seamus Dooley, Jack Dooley and Portlaoise Panthers for their support, and all of the TY students from local schools who helped us to referee our matches, helping to make the tournaments such a success again this year.



### Sports Leader Award Secondary School Programme

We have completed 5 Level 1 courses with 126 participants in Rathdowney, Clonaslee, Colaiste Iosagain, Heywood, Mountmellick and 1 Level 2 Sport Leader Award in SVT Activity & Wellness Hub with 22 people receiving their award.



## GDPR Sports Clubs 7 Do's

### 1. GDPR Compliance

The **General Data Protection Regulation (GDPR)** is a legal framework that sets guidelines for the collection and processing of personal information of individuals within the European Union (EU).

**Increase Awareness** GDPR will benefit all of us, it will ensure that our Personal Information is protected from misuse by any organisation.

### 2. Ensure Understanding

Clubs need to understand exactly what Personal Information it holds and is responsible for. **Make an inventory of the personal data** that is held and examine it under the following headings: 1. Why is it being held? 2. How was it obtained? 3. Why was it originally gathered? 4. How long is it being retained for? 5. How secure is it? 6. Is it shared with any third parties?

### 3. Record Keeping

Organisations will be required to keep records of the data they process and the legal basis on which they process it. Consider whether and how any sensitive data is processed within the organisation and whether appropriate systems are in place to safeguard them.

### 4. Transparency

Data capture forms and privacy policies of sports organisations will need to be updated in order to fall in line with the minimum transparency requirements of the GDPR. Consider whether an appropriate system is in place such that a data access request/ exercise of a right of **erasure can be dealt with quickly** and satisfactorily. Chapter 3 Rights of the Data Subject

### 5. Consent

They must give their consent for their data to be used. **Consent must be 'freely given, specific, informed and unambiguous'**

Consider if consent is required and, if so, how consent is obtained from the individual players, members etc. and whether it is collected appropriately in line with Article 7 GDPR "Conditions for consent"

Identify Data Protection Officers

### 6. Right to Access

Access to all information held about an individual (Subject Access Request)

This allows for any member to request a copy of all information held about them. This must be provided within one month.

Notification of Breaches

If unauthorised access to Personal Data occurs or Personal Data is lost or stolen, this must be notified to the Data Protection Commissioner within 72 Hours of being identified.

### 7. Review

**Review** the privacy policy and fair processing notices of the club/ organisation to ensure that the transparency requirements are appropriately satisfied.

For further information on GDPR – Data Protection Commissioner – Ireland visit [www.dataprotection.ie](http://www.dataprotection.ie)

To view Laois Sports Partnership Data Protection FAQ Sheet visit <https://www.laoissports.ie/about-us/publications/>



Laois Sports Partnership in partnership with the Office of the Data Protection Commission held a Data Protection Workshop for Clubs and Community Organisations in February 2018 with over 54 people attending from 45 organisations.



## Get Active

### Active Community Walking Programme

The Active Community Walking Programme, is part of the Get Ireland Walking initiative set up by Sport Ireland. It is designed to encourage communities to get together & get walking. It is as much a social event, as a fitness one. It is suitable for all fitness levels and is open to anybody to join at any stage.

The active participation of community members is vital to the success of the programme and to the establishment of a walking group within the communities that will continue to enable people to stay active and continue to enjoy their walking.

There are currently have 9 walking groups in Laois Mountmellick Walking Group, Mountrath Ramblers Walking Group, Portlaoise Stepping Out Walking Group, Stradbally Little Steps of Hope, Port Trail Walking Group, Rathdowney Walking Group, Ballybrittas Walks, Cullohill Walking Group and Swan Walkers.



If your community is interested in setting up a walking group contact Majella Fennelly Laois Sports Partnership for further details..

**Click on link for full listing of walking groups in Laois**

<http://www.getirelandwalking.ie/findgroup/#counties>

“Get Ireland Walking is a national initiative that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland “.

**BLAZING SADDLES**  
3 Day Cycle Activity Camp  
Join Our Fun Filled Activity Cycling Camp, Make New Friends, Enjoy A Leisurely Cycle, Den Building & Al Fresco Dining In The Forest!

DATES: Tuesday, July 24th, Wednesday, July 25th, & Thursday, July 26th  
TIME: 10AM - 2PM  
VENUE: Emo Community Hall  
COST: €50 Per Child  
Family Discount Available

To Book Or For More Information Please Contact [info@laoissports.ie](mailto:info@laoissports.ie) / 057 867 1248

GET THEM MOVINI! LAOIS SPORTS PARTNERSHIP LAOIS SPORTS PARTNERSHIP LAOIS SPORTS PARTNERSHIP

SPORT ÉIREANN SPORT IRELAND

### 17th Annual Walks Festival

The 17th Annual Walks Festival will take place throughout Laois from 1<sup>st</sup> - 31<sup>st</sup> July 2018. The Festival will take walkers on 27 walks at 27 different locations, with walking grades ranging from Moderate to Strenuous.



To download full list of walks visit [www.laoispartnership.ie/laois-walks-festival](http://www.laoispartnership.ie/laois-walks-festival)



### Sports Hall Athletics Programme 2018 & National Sports Hall Athletics Schools Finals

The fundamentals of athletics, running, jumping, throwing are the core building blocks for participation in all sporting activities. Unfortunately many children do not learn how to do these properly, resulting in many children dropping away from sport from an early age.



One of the core objectives of the programme, is overall inclusion. The aim is to reach out to the many children who find themselves on the fringe of the mainstream sports clubs, like the G.A.A. and local soccer clubs, either by choice or by lack of local facilities or special needs.

So far this year our programme reached out to over 1,000 children, and included 22 schools in Co. Laois covering Ballacolla, St. Abban's, The Rock.

The Sports Hall Athletics Programme is aimed at teaching children basic athletic skills which will hopefully keep them involved in sport longer.

The National Sports Hall Athletics Final took place in Athlone I.T. on Wednesday 9<sup>th</sup> March with 48 students from Shanganmore N.S. representing Laois.



### Teenscene

Scoil Christ Ri & Mountrath Community School had 150 students participate in events such as Zumba, Kickboxing.

Teenscene is a programme from Laois Sports Partnership aimed at 12-17 year old girls. It incorporates weekly, 1 hour sessions of indoor fitness activities.



The aim of the programme is to highlight the importance of physical activity for female adolescents & to encourage a greater participation amongst them. The programme also allows for variety with students having a say in what they would like to partake in.



## Education & Training

### Sport & Physical Activity Grant Scheme

LSP Sport & Physical Activity Grants Scheme benefits many local communities in Laois. This year, there were two categories under which candidates could apply: Social & Community Groups and Individual Sports Clubs & Organisations

The criteria to be matched by applicants included the following:

- Innovation
- Sustainability
- Ability to meet objectives
- Number of participants in target groups,
- Partnerships within the organisation
- Support materials.

Grants have been awarded to a total of €2,000.



### Safeguarding

Since Christmas, we have held 6 Safeguarding 1 courses with 103 participants, 1 Safeguarding 2 course with 15 participants and 1 Safeguarding 3 course with 14 people participants from a range of clubs and organisations.



### "Safe Sport" App

Sport Ireland has launched a "Safe Sport" app, based on their Code of Ethics & Good Practice for Children's Sport courses.

It is an information and guidance tool for everyone involved in sport for children and young people. The app is aimed at creating greater awareness and understanding about safeguarding and best practice principles in children's sport.

There are four key areas of the app which can be accessed from the home screen:

- Leader/Coach Parent/Guardian Club/Organisation Child/ Young Person

Within each section information and guidance is provided on "Fair Play"; "Good Practice"; "A Child Centred Approach"; and "Should or Should Not". The app addresses how to report child welfare and protection concerns of suspected child abuse to TUSLA Child and Family Agency and poor practice to the Club Children's Officer or National Children's Officer.

One of the features of the App is a 'Travel Tracker' function. This allows parents and coaches who are driving someone else's child/children home, for example after a training session, to permit the child's parent or guardian to view and have oversight of their location for a specified period of time while they are traveling on a journey.

For more information go to [https://www.sportireland.ie/Participation/Code\\_of\\_Ethics/](https://www.sportireland.ie/Participation/Code_of_Ethics/)

### Go For Life Fun Day

Approximately 135 Older Adults participated in the Go for Life Fun Day held in St. Mary's Hall, Portlaoise on the 14th May as part of the Bealtaine Festival. Great fun was had by all.



The Go for Life Games, adapted by Go for Life, involve three sports that can be played in Singles, Pairs and Teams:

- **Lobbers:** adaption of Petanque & Boules
- **Flisk:** adaption of Frisbee & Horseshoe Pitching
- **Scidil:** adaption of Ten-Pin Bowling & Skittles

It is important to remember that the emphasis of the Games is on participation & fun and they are to be played in as non-competitive a way as possible.

The 7<sup>th</sup> Annual Go for Life Games was held in DCU on Saturday, 9<sup>th</sup> June 2018. Laois was represented by 12 players from Fifty-Plus Active Age Group

### Activator Poles

We ran 4 weeks of activator poles in the Gandon Inn in Emo, this was very successful. Participants from our Older Adult Groups, Laois Parkinson's Group, Laois Arthritis & other Disability Groups took part. We are in the process of applying for funding to role this program out in 4 different venue in Laois next Spring. Walking with ACTIVATOR Poles improves stability, reduces impact on hip and knee joints, improves core strength and posture helps promote a functional gait pattern. The poles may be suitable for post/hip knee surgery, Multiple Sclerosis, Parkinson's Disease, Osteoarthritis & Fall Prevention.



### Tandem Cycling

Tandem Cycling sessions are taking place for June July & August on Tuesday evenings from 7 to 8pm in Vicarstown. This activity is open to People with Visual Impairments and children or adults with Autism, dyspraxia or any lack of balance. (Only requirement is to be able to reach the pedals). Anyone interested in assisting as a pilot is very welcome to attend the session.



### Balance Bike Training

We purchased 15 balance bikes in different sizes through the Healthy Ireland funding. The bikes have been used at the LOFFA camp (children with autism) over Easter in which 18 children took part. For Active School week we brought the bikes to The Swan NS where all the junior classes got to do activities on the balance bikes, Kolbe Special School, St. Francis School, Rath NS also got to use the bikes. In the next school year the bikes will be given on loan to the schools for a 4-5 week period. We have a learn to cycle/balance bike camp organised on 18<sup>th</sup> & 19<sup>th</sup> July in Emo, we have had a lot of This camp is ideal for children who want to learn how to cycle and for children who want to improve their balance.

### Wrestling

Congratulations to Sean Conlon who competed in the Ulster Wrestling Championships in Barbarians Wrestling Club in Carrickfergus. Sean took up wrestling about 6 months ago and is part of Portlaoise Combat Academy. NCBI also have a group that are taking part in wrestling and have taken part in the first ever visually impaired wrestling





## S.I.D. Programme



### Laois Lions Wheelchair Rugby Team

Weekly training sessions take place every Tuesday from 7pm to 7pm in Vicarstown Community Hall. The team continues to go from strength to strength. Competing in the Irish Wheelchair Rugby League keeps the guys focused on working hard and gelling well as a team. The Lions hosted the latest league day on June 16th. 2 played two closely fought games against Gaelic Warriors & Munster.

### Tag Rugby, GAA, Fishing & Canoeing

NLN Clients took part in another 6 week program of both Tag Rugby & Gaelic Football sessions. They also took part in Fishing at Stradbally lake & Canoeing in Vicarstown. Getting to try a variety of different sports helps the guys to improve all sorts of skills like their hand-eye coordination and gives them a good understanding of playing in a team environment while trying out canoeing fears were overcome and a great sense of accomplishment achieved. Thanks to the GAA & Leinster Rugby RDOs, Stradbally Lake &



SVT Kayak & Canoe club.



### Multi Activity Session

The Weekly Multi Activity sessions take place every Monday from 2 to 3pm in St Marys Hall. Clients from Rehabcare, Rowanberry, Oak House, Mountmellick Acorn Out Reach, Dove House, IWA and Nua Healthcare take part each week. Anything up to 30 participants attend each week. Activities include some team games as well as individual activities such as indoor javelin and discus throwing & Fun n Run



### Laois Athletics Championships

The Laois Athletics Championships took place on June 16th in St Abbans Athletics grounds. These games are part of the IWA Sports Grand Prix that takes place every year. Approximately 25 athletes competed in the event this year.



### Boccia

The 2018 all Laois boccia league has been ongoing since the beginning of the year. Round 1 is in progress at the moment. Round 2 and the finals will take place later in the year.



## General Participation Programmes

### Operation Transformation

400 participants turned out to a lovely morning in Cosby Hall Stradbally and Derrycastle Portarlinton on the 13th January 2018. Supports were provided by SVT Activity & Wellness Hub, Laois Civil Defence, Zumba Laois, Cosby Family and Port Trail Walking Group



### True Transformation

Funded by Health Service Executive and delivered by True Fitness we were able to deliver 2 courses this year with 48 participants. The aim of the programme is to translate research findings into a simple, practical and effective community based lifestyle intervention that leads to long term improvements in body weight, body composition and metabolic and cardiovascular health.



Operation Transformation National Walk 2018 Fun for all the family



### Try With TriLaois

18 people participated in the 2018 Try with TriLaois programme. These were first time participants who participated in an 8-week coaching sessions, which provided training in Swimming, Running and Cycling all based from Portlaoise Leisure Centre.

All participants of the programme completed the TriLaois Triathlon on the 9<sup>th</sup> April 2016 and over half have since joined the club.

This year 4 races were on offer:

- Try ( new in 2018)
- Sprint
- Intervarsity
- Junior Aquaton.

There were approximately 300 participants in the TriLaois Triathlon.

Since the introduction of the Try with TriLaois programme and the TriLaois Triathlon, the Trilogy Triathlon Club has seen a surge in membership numbers.





## LCDC Healthy Ireland Funding

### Inclusive Cycling

With funding received we were able to purchase 15 balance bikes in different sizes and 15 helmets. The bikes have been used at the LOFFA camp (children with autism) over Easter in which 18 children taking part. For Active School week we brought the bikes to The Swan NS where all the junior classes got to do activities on the balance bikes. Kolbe Special School are also rolling out the balance bike programme at the moment. St. Francis School are starting to roll out the programme this week. In the next school year, the bikes will be given on loan to the schools for a 4-5-week period. We have a learn to cycle/balance bike camp organised on 18<sup>th</sup> & 19<sup>th</sup> July in Emo, we have had a lot of interest in this from the autism units in the local schools. This camp is ideal for children who want to learn how to cycle and for children who want to improve their balance.



Learning to ride a bike is a milestone in every child's life. Learning to ride a bike however is sometimes a frightening experience for some children. Somehow, they are able to overcome it soon enough and before long are showing off their biking skills. Smarter Laois Sports Partnership recognizes the need to familiarize children with bikes and cycling at an early stage. Each school may use the bikes for this period and then return the bikes (in good condition) to Laois Sports Partnership. Balance bikes are suitable for children aged between 5 and 8 years and prepare children for their first 'big bike'.

### Why use a Balance Bike?

Balance bikes do not have unstable training wheels; training on balance bikes removes the safety hazards of crank sets and chains that can initially confuse a small child; more importantly, they can help the child understand and get to grips with balance and coordination skills. The young child will be unfamiliar with pedals and so will not use them. Trouble is, when not in use, pedals still rotate within the vicinity of the child's legs. Often the unused pedals end up scratching the child's legs or slamming against the child's shins. Enter the balance bike! A first bike needs to be a positive experience because it will help shape their relationship with cycling; it should appeal to the child, be easy to handle, be safe and fun to ride. It is probably going to be used in controlled environments, in the garden, the park, on traffic free trails / cycle paths, on the footpath under close supervision

## Rathdowney Erill Activity Hub



### 3K 5K Walk Run 15<sup>th</sup> of April in Rathdowney

On the day over 200 participants participated in the event, which raised in excess of €2500 for Crumlin Children's hospital. At this point I extend our appreciation to the Participants, Volunteers and Organisers for all their efforts.

As this event which was planned and organised by all involved to exacting standards, particularly in relation to Health and Safety. The expert advice and assistance, which was sought and given freely, to all involved, must be acknowledged in this report; in particular the local Fire Service and Gardai deserve our immense gratitude. Some of the notable feedback on our survey monkey has been about the organisation, programme and subsequent event. The following testimonials are taken directly from the survey at the time of report compilation.

"I am so happy with myself for achieving it. I never thought in I would be able to do something like this. Thank you "



### Couch to 5k/Boot-camp

The preparation commenced on 23/2/18 in the Astro Turf at the Soccer Club at As part of an 8 week programme facilitated by all4Fitness a Local Gym in Rathdowney, each participant were be charged €2 each week which will go towards the running costs of each session.

From the above event the re-energized idea of a boot-camp sprung up. The core group of cross over participants is around 15 Ladies. The over all number registered for boot-camp is 40, this allows for absentees each week and for the group to maintain healthy weekly numbers

### Line Dancing

Was a great success with 19 constant dancers each week and became Self sustainable, each week dancers had the options of 2 dance offerings, which was defined by time, 1 hour for beginners, 2 hours for moderate to advanced dancers..

### Rounder's Rathdowney

Trial sessions in Rounders have commence on 28/5/18 and continue each Monday until 18/6/18 At 8pm in the Rathdowney G.A.A club. This is a family event open to adults with children. These sessions have had 40 plus participants with a genuine interest in establishing a club to compete in competitions and run local recreational events within the parish.





**Urban Outdoor Adventure Initiative**

Laois Sports Partnership secured funding of €47,000 from Sport Ireland Dormant Accounts to deliver this initiative. This project will be lead by Laois County Council, supported by ourselves. This programme will focus specifically on 5 key areas which each participant will experience during the programme of activities. The five key areas are challenge, activity, nature, guided experience, social/cultural change

The aim is to establish 3 Urban Outdoor Adventure initiatives in Portlaoise, Portarlington and Mountrath which have high deprivation index and host DEIS schools and target which will operate as follows.

**A Monthly Adventure Club (MAC)** a year round outdoor adventure programme for youths aged 13 to 18 which will be delivered in all three urban Parks in each of the 3 selected towns and will feature a high instructor to youth ratio allowing the young people to learn from highly skilled leaders. Young people will be involved in the planning of all their activities and outings. An award ceremony at year end for those who have participated in a minimum of 80% of activities. Additionally we aim to provide pathways for training and access to further education in outdoor recreation by establishing links to further education college specialising in Outdoor Recreation and youth work for young people who demonstrate an interest in progressing further.

**A Schools Adventure Club (SAC).** To develop 3 Schools Adventure Clubs in a DEIS Secondary School in the three urban settings. This will operate as an extra curricular afterschools programme on the school grounds monthly which will link to the Home School Liaison person. A high instructor to youth ratio allowing the young people to learn from highly skilled leaders. Young people will be involved in the planning of all their activities and outings. An award ceremony at year end for those who have participated in a minimum of 80% of activities. Additionally we aim to provide pathways for training and access to further education in outdoor recreation by establishing links to further education college specialising in Outdoor Recreation and youth work for young people who demonstrate an interest in progressing further.

**Junior Adventure Club (JAC)** This programme will target younger youths from disadvantaged communities via the Homework Clubs and Community Development Projects. This programme will run for 8 weeks each in the 3 urban areas and will link directly with the SICAP delivered by Laois Partnership.

Our 3 outdoor programmes will include the following

**Adventure Activities:** Stand up Paddle Boarding, Kayaking, Canoeing, Orienteering, Climbing, Absailing

**Experimental Education:** Team Building and Initiatives, Environmental Education, Camp Craft, Water Safety

**Traditional Outdoor Sports/ Recreation:** cycling, walking/trail walking/hiking, archery, fishing, swimming, Outdoor Yoga, Open water swimming,

**Special Park Programmes:** Disc Golf, Green Gym Programme, Luminary Trail Walk Trail runs



**How does it work?**

The child strides the bike, then walks and steers with it. He/she uses her legs to obtain mobility. Since there are no pedals, her/his legs are able to move without obstruction. As time goes on, and after several practices, the child's momentum increases, her/his steering capabilities improve. Eventually she/he will feel more confident at her/his ability to balance on the bike without her feet touching the ground. To obtain mobility, she/he will instead push off with her legs and allow the bike to glide down the path.

Balance bikes are mainly targeted for children as young as 18 months to as old as 6 years old.

**Outcomes of training**

- Understand why Balance Bikes are beneficial for pre-school children.
- Be familiar with Balance Bikes and how they work.
- Be able to guide a Balance Bike user in a safe and fun way.
- Spatial Awareness through
- Motor Skills development
- Co-ordination and Control

**Balance Bikes benefits**

Children as young as 2 can have a go on balance bikes. Balance bikes are a great first step to helping kids learn to ride their own bike. A bike with no gears and no pedals may sound like a recipe for disaster but is in fact a great recipe for learning to steer and balance. Once they've mastered these two critical skills they will find it much easier to progress to learning how to control a 'proper' bike with pedals and brakes.

- Balance bike gives control to a child by teaching them how to ride safely, with awareness of other people and the environment.
- Balance bikes are small and light so you can always pick them up and carry them if the child gets tired
- Balance bikes can be used on grass.
- Adjust the saddle and handlebars if necessary to fit the child! Ensure the child's feet are flat on the ground and both knees have a slight bend in them when seated. Set the handlebar height with respect to the saddle. If the saddle is at its lowest setting, set the handlebar also to its lowest setting.
- Be a Cheerleader, Not a Coach. Children will instinctively want to cycle. Encourage them to do this and give them praise for any amount of time they spend on the bike.
- Some kids jump on the bike and go. Other kids are more cautious; some may not even sit on the seat at first. The main thing is that they feel secure. As they get more comfortable they will begin to walk around with the bike and soon they'll be moving.
- Support the child – NOT the bike! It is best to walk next to the child and allow them to tilt sideways. Hold onto their clothing to help them gain balance.



## LCDC Healthy Ireland Funding

### SVT Canoeing & Kayaking Club

Born in 2017 as an initiative of the SVT (Stradbally, Vicarstown & Timahoe) Community Sports Hub and officially launched 29th April 2018 we are delighted to finally utilise the amenities on our doorstep thanks to the support and funding received from Healthy Ireland. Our activities take place on the Grand Canal at Vicarstown, Co. Laois .

In addition, the SVT committee, which has representatives from Stradbally, Vicarstown and Timahoe, has arranged a fantastic series of events for the summer including the ever-popular Beat the Barge weekend water festival and 4k race in August. We have organised a Waterways Ireland and Canoeing Ireland Paddles up finale which was held on 25<sup>th</sup> May. There was two Dublin groups participating in the finale day – one from Clongowes and one from Finglas to join our 24 newly trained SVT Club members.

We did the Canal Run, from Fisherman's Bridge to Vicarstown we intend to be in the water for 10:30 am – and after a 10-minute briefing all paddle for Vicarstown.

Canoe Ireland brought their Pop-Up tents to enable all students to change clothes comfortably and for future funding to come our way we would hope to purchase Pop-Up tents also as we have no premises and other additional equipment. We are so thankful to Healthy Ireland for our funding that we have received to-date, our club will be a

casual club creating a way of life for people to switch off and enjoy family time and connect, for young and the young at heart to become more confident on the water.

The photos below are from our weekend launch we have used our healthy Ireland funding wisely by purchasing paddle boards, Canadian canoes, kayaks, oars and other essential equipment for our club.



## Sport Ireland Dormant Account Funding

### Sport Leader Award

Laois Sports Partnership in association with Sport Ireland and Dormant Accounts secured funding to roll out an exciting sport and physical activity award programme – **Sports Leadership**, suited for students of secondary schools and youth clubs.

The level 1 Award in Sports Leadership is accredited by Sport Ireland partners – Sports Leader UK. For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway.

The Level 1 Award in Sports Leadership (which is ideally suited to students of transition year) provides the ideal starting point for learners aged 13 years plus who wish to develop their leadership skills, whilst under the direct supervision of their Tutor. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner.

#### The Programme:

The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity.

The award consists of 2 Units of work (22 guided hours) as follows:

#### **Unit 1**

*Establishing leadership skills (8 hours guided learning)*

#### **Unit 2**

*Plan, assist in leading and review sport/physical activity sessions (14 hours guided learning)*

*On completion of the 2 units, students must also log a minimum of one hour demonstration of leadership in order to receive the award.*

#### Programme Design:

Each course is designed for 20 (max) students per tutor, schools may opt to work with 20 students on one course or we can provide 2 tutors and deliver to 40 pupils simultaneously. This may work better for TY groups. The 22 hours will typically be delivered over 3.5 school days in total –which may be spread out over the course of 6- 8 weeks.

We have completed 5 Level 1 courses with 126 participants in Rathdowney, Clonaslee, Colaiste Iosagain, Heywood, Mountmellick and 1 Level 2 Sport Leader Award in SVT Activity & Wellness Hub with 22 people receiving their award.



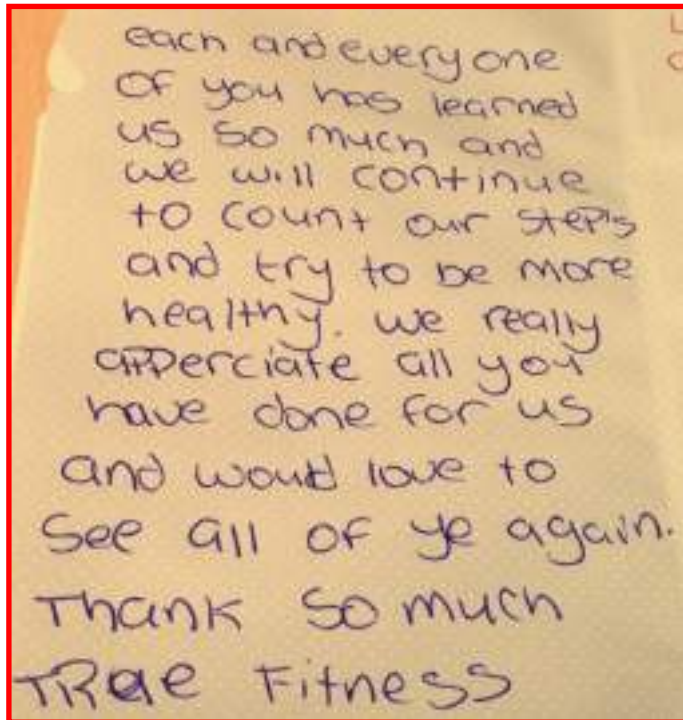


## LCDC Healthy Ireland Funding

but also the families of those who completed the programme.

In the case of one participant, she displayed huge development in regard to interest and receptiveness throughout the 12 weeks, she enjoyed the programme and learning experience so much that she applied to carry out a Health and Fitness course in Portlaoise College. This is an excellent and important change and development in the case of this individual as furthering her education on Health will benefit her and her family to a great extent.

*"Hi Sharon, just wanted to pop by to say thank you for everything you Ciara, Laura, John and Claire done for us. ye all have been such a good help to us all. I'll keep up the hard work and we will follow on the plan starting from Monday evening me myself I have learned so much tbh and all your help and the girls and John's will also bring me to want to achieve more. ill pop yah a message to let u know how we are keeping every few weeks and once again to all of you"*



each and everyone  
of you has learned  
us so much and  
we will continue  
to count our steps  
and try to be more  
healthy. we really  
appreciate all you  
have done for us  
and would love to  
see all of ye again.  
Thank so much  
TRAE Fitness



## LCDC Healthy Ireland Funding

### Lifestyle Intervention Programme

As part of the Healthy Ireland initiative 2018, work was carried out with Adults, children and young people of O'Moore Place/Lakeglen, Portlaoise and Cullenwood/Silverglen, Mountmellick. 6 lifestyle intervention programmes were

completed..

Aim

To design a physical activity and health programme specifically for children and deliver it in a fun, practical and creative manner in order to increase overall physical activity levels and to develop essential fundamental movement skills such as jumping, catching, agility, balance and co-ordination.

Objectives

Deliver a fully funded 6-week physical activity and health programme in O'Moore Place, Portlaoise, Co. Laois.

Assess physical and functional characteristics of participants pre- and post intervention to quantify changes in physical fitness.

The aim of this intervention was to improve physical fitness and essential fundamental movement skills such as jumping, catching, agility, balance, co-ordination and speed in this group of children.



There was a substantial increase in the distance participants were able to walk in 6-minute walk test pre- and post intervention. During the period of the 12 weeks, there was multiple non-tangible but very important observations. It was observed during the 12-week period that the group were extremely receptive and interested in the content of the programme, each week the group would display signs of excitement prior to the sessions. The environment within the sessions throughout the 12 weeks was perceived to be pleasant, enjoyable and interactive, the communication level between the team and the group increased week by week, as did the interest level with the content of the programme.

The group showed signs of investment in the programme as they began recording their daily steps and dietary habits in order to try improve their lifestyles. This made it evident that the group were extremely receptive to the information they were receiving and also that their knowledge was increasing in regards to their health and well-being.

Physically, the group were perceived to be more energetic as the weeks progressed, the general morale of the group also increases noticeably throughout the programme.

Throughout the programme, the social interaction within the group improved, this was witnessed through the improvement of team work and communication between group members. The group members would work together throughout the week to ensure they achieved their daily steps and motivate each other throughout the programme to improve their lifestyles. The participants expressed that they shared the exercises and information they learnt with family members. In particular, they taught their siblings exercise circuits and exercise challenges that we set for them. This is a beneficial development and outcome for the participants and their families, the programme not only benefiting the participants but also the families of those who completed the programme.