# **Activity Report 2018**

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| Group | Programme | Duration | Locations | Start Date | Details | No. |
| General | Operation Transformation | 6-week | 9 locations across Galway | 13/01/2018 | Supported the coordination, promotion and delivery of the Operation Transform National and weekly walks across Galway | 1,524 |
| Women | Exercise and Nutrition | 8-week | Tuam & Loughrea | 17/01/2018 | Deliver exercise to two groups of Syrian refugees for one hour per week | 14 |
| Women | Meet & Train | 8-week | Letterfrack | January | Coordinated the continuation of the Meet and Train programme, delivered by LIT students | 20 |
| Youth | Basketball | Jan –Feb | Galway |  | Programme in-conjunction with Basketball Ireland and the Galway Basketball Board to promote participation of young people in refereeing basketball.  | 12 |
| Disadvantage Adults | AMIF Futsal League | 8 Weeks | City | January – March | Futsal League in conjunction with the FAI consisting of 6 teams and aimed at integration of asylum seekers and refugees.  | 60 |
| Disability | Physical Activity Prog. – Tigh Nan Dooley, Carraroe | Once weekly | Tigh Nan Dooley, Carraroe | Between 19th Feb - 2nd July 2018 | A physical activity programme for service users (children) of Tigh Nan Dooley in Carraroe | 12 |
| Off Shore Islands Community | Couch 2 5K  | 8 - week | Inis Mór | February - April 2018 | With a trained tutor, GSP help establish a Couch 2 5K programme on the island.  | 37 |
| Older Adults | Walking Football Programmes | 6-week | Mervue & Letterfrack | 13/04/2018  | Public demonstration of Walking Football in conjunction with FAI followed by a 6-week programme. Other locations planned. | 20 |
| Children | Active Homework Challenge | 3-week | Galway | 23/04/2018 | A 3-week physical activity programme which encourages children to be active after school by providing them with a ‘Daily Exercise’ to complete each day for three weeks as part of their homework | 3,945 pupils22 schools |
| Off-Shore Islands Community | Community Walking initiative | 6 -week | Inish Bofin | May /June | With a trainer local tutor, GSP helped establish a community walking initiative on the island | 30/40 |
| Women | Buggy Buddies | 12-week | SalthillGort & Clifden | 24/04/2018 | A mother and toddler exercise programme which incorporates walking and strength exercises. | 60 |
| Older Adults | Go For Life Multi Games | 6 sessions | Ballinasloe, Clifden, Tuam, Ballinfoile, Ballybane & Westide,  | May - June | Deliver 6 come ‘n’ try sessions in Go For Life Multi Games as part of Bealtine Festival leading to the GFL National Games in Dublin on 10th June | 34 |
| Schools | Sportshall Athletics | May  | Castlegar NS | April-May 2018 | Sportshall Athletics programme with Castlegar National School in-conjunction with Castlegar Athletics Club | 40 |
| Community | Bike Week 2018 | 10-day event | Community in Galway City and County | 9th to 17th June 2018.  | Cross Community cycling activities in City and County, some coordinated by Galway Sports Partnership in cooperation with Galway City & County Councils. Events included – trips to Mayo greenway (X 2) with 5 schools, one trip to Connemara greenway, 1 school, Family and Community fun cycles (X 5), Green Schools workshops, Mountain Bike Spins, Bike Buffet, Castle (Heritage) cycle | 1110 |
| Disability | Water Sports Inclusion Games | 25th – 26th Aug | Galway | 25th Aug. | Watersports activities for people with disabilities across a number of Watersports including rowing, canoeing, sailing, powerboating and paddle-boarding. Working with a number of National Governing Bodies. | 198 |
| Schools | Daily Mile | On going | All | Sept – present | Daily Mile is a programme for all national schools to do 20 minutes of walking, jogging or running every day. Galway is one of 3 pilot Counties. | 19 Schools |
| Various | European Week of Sport | 22nd -30th Sept | All | 22nd Sept. | Promoted and delivered a number of activities as part of the EWOS | 54 events |
| Women | Buggy Buddies | 6 to 12-week | SalthillBallybane & Doughiska | 10/09/2018 | A mother and toddler exercise programme which incorporates walking and strength exercises. Programmes delivered by Doughiska/Ballybane Sports Hub Coordinator Paula and CSDO Katie (Salthill). | 35-40 |
| Older Adults | GFL Multi-Games | 25th Sept | Ballinfoile |  | Come ‘n’ Try event to launch and promote GFL multi Games in the Ballinfoile/Castlegar Area. | 11 |
| Schools | Walking | Various | Ballaghlea & Kiltormer NS | Sept/Oct to Dec | Both schools were given pedometers to help promote walking in the school (30 approx) in each school | 60 |
| Youth | Late Night Leagues | 6 Weeks | Ballinfoile, Ballybane, Bohermore & Westside | October - December | Each of the areas has targeted a certain age group to in a soccer programme designed to get children in the area active. In partnership with the FAI | 44 |
| Schools | Expression of Interest- Schools | - | Galway | 26/09/2018 | An email to all Primary and Secondary schools, highlighting all GSP and a sample of NGB or national programmes available for schools to participate in. | All Schools |
| Capacity Building | Tutor EOI | - | - | 28/09/2018 | An expression of interest was posted on GSP social media outlets for local instructors/health care professionals to express their interest in supporting GSP deliver a range of programmes. | 35 |
| Older Adults | Community Walking programme | 2 weeks, twice weekly | Ballymacward, Ballinasloe | 3rd October | A two week, twice week Community Walking programme in Ballymackward as part of the Git Ireland Walking (GIW) initiative.  | 14 |
| Information | Positive Parent Seminar  | Half-day | Tuam | 16/10/2018 | GSP provided an information stand with activity programme specifically of interest to parents for the Positive Parent Seminar in Tuam. | 200 |
| 2nd Level Schools | Outdoor Adventure Programme | Programme over 2 years | 2017/2018 | March 2017 | This was an outdoor adventure programme run in association with TY students from Scoil Pobal, Carna, Irish Sailing Ass., and Petersburg Adventure centre. Participants trained in mountaineering, sailing, kayaking.  | 24 |
| 2nd level Schools | Get Going, Get Rowing | 10 week programme | 3 schools | To begin, 2019 | We purchased 3 rowing machines to use in the Get Going, get Rowing’ programme in three second level schools – Merlin Woods, Claregalway and Calasanctious in Oranmore.  | To begin |
| Older Adults | Walking Football Taster | 1 Day | Duniry | 24/10/2018  | Taster session of Walking Football in conjunction with FAI | 12 |
| Schools | General | - | Galway | - | Liaised with primary schools regarding playground stencil rota, teacher training and other physical activity programme planned for 2019. | All schools |
| Older Adults | Bealtaine 2018 | Month of May | City & County | 1st May | GSP ran four (4) Tai Chi events for older adults in Oughterard, Mountbellew, Salthill and Ballybane. We also ran four (4) Low Intensity Physical Activity sessions for older adults in Annaghdown, Dunmore, Athenry and Knocknacarra.  | 76 |
| Girls | Girls Active(HSE Funded) | 4-week | 6 schools | 02/05/2018 | Girls-only exercise programme. Chosen activities include: cycling, boxercise, Zumba, tag rugby and yoga | ~150 |
| Men | Men on the Move(HSE Funded) | 12 week  | Clifden | 5th Sept to 5th Dec. | Men on the Move programme delivered to men in Clifden under guidance of trained physical activity tutor.  | 14 |
| Men | Men on the Move(HSE Funded) | 12 week | New Inn (Sarsfields) | 9th Oct - ongoing | Men on the Move programme delivered to men in New Inn under guidance of trained physical activity tutor. | 20 |
| Community | Couch 2 5K(HSE Funded) | 8 week  | Killimor | 2nd Oct to 4th Dec.  | Activity Programme that brings participants from sedentary lifestyles to doing a 5K walk or run at the end of week 8. Run under guidance of trained physical activity tutor | 25 |
| Community | Couch 2 5K(HSE Funded) | 8 week  | New Inn | 9th Oct to 9th Dec.  | Activity Programme that brings participants from sedentary lifestyles to doing a 5K walk or run at the end of week 8. Run under guidance of trained physical activity tutor | 50 |
| Girls | Girls Active(HSE Funded) | 12-week | 2 schools started – Glenamaddy and Taylors Hill  | October/November 2018 | School-based, girls-only exercise programme. Activities are chosen by students. Activities will include: cycling, boxercise, Zumba, circuits and yoga(Four more school to start in 2019 – see later in report) |  65 |

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# **HSE Funding Programmes continuing into 2019**

**Men on the Move** – Caherlestraine, Lawerencetown, Ballybane

**Girls Active** – Salerno, Our Lady’s College (Galway City) Headford and St. Enda’s

**Swimming Programme** – This is ongoing in three centres, Galway City (Renmore), Ballinasloe and Tuam.

**Walking** - Fitsticks 15th December Ballinfoile, Castlegar Neighbourhood Centre.
 (Activator course postponed until January)

# **Activity Report – 2018. Sports Hub Coordinator, Ballybane/Doughiska**

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| Group | Programme | Duration | Locations | Start Date/ Finish Date | Details | No’s. |
| Females(Adults) | Buggy Buddies | 3 x 8 week  | Doughiska  | Aug – Cont. | An exercise programme for mothers and babies/toddlers. A combination of walking and strength exercises at your own pace. | 15 |
| Females(Adults) | Buggy Buddies | 1x 8 week | Ballybane | Sept – Oct. | An exercise programme for mothers and babies/toddlers. A combination of walking and strength exercises at your own pace. | 3 |
| Females(Adults) | Women on the Move | 2x 8 week | Ballybane | Sept – Cont. | An exercise programme for women. A combination of walking and strength exercise. | 12 |
| Males & Females(Adults) | Bally Ramblers | 2x 8 week | Ballybane | Sept – Cont. | A walking programme for older adults and people with a disability. | 10 |
| Males & Females (Adults) | Merlin Ramblers | 3x 8 week | Doughiska | Aug – Cont. | A walking programme for older adults and people with a disability. | 15 |
| Males & Females(Children) | Mid-term camp | 2 Days | Ballybane | 30th - 31st of Oct. | A two-day mid-term physical activity camp for children aged between 4-9 years of age, families from disadvantaged residential areas were targeted.  | 60 |
| Males & Females(Children) | Mid-term camp | 2 Days | Doughiska | 30th - 31st of Oct. | A two-day sporting activity camp for children aged between 5-12, families from disadvantaged residential areas were targeted.  | 40 |
| Males & Females(Children) | Active Homework Challenge | Weekly | Doughiska | Sept – Cont. | A weekly physical activity programme for children aged between 5 – 13 which is part of the weekly homework club.  | 25 |
| Males & Females(Adults) | Badminton Taster Session | 1 x evening | Ballybane  | 5th of Oct. | A beginner’s badminton taster session. | 10 |

**Sport Forums**

* Doughiska Sports and Physical activity forum working with local sports clubs
* Ballybane Sport and Physical activity forum working with local sports clubs

**Ongoing projects**

* Orienteering in Merlin Woods (Doughiska & Ballybane)
* Development of Mhuirlinne Estate Pitch (Ballybane)
* Cricket Club (Doughiska) – installation of cricket crease and temporary changing facilities.
* Healthy Ireland implementation of a walking route demonstrated by footprints on the footpath (Ballybane)

**EDUCATION & TRAINING**

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| Group | Programme | Duration | Locations | Start Date | Details | No. |
| Courses | **Courses** | **Courses** | **Courses** | **Courses** | **Courses** |  |
| Safeguarding 1 | Safeguarding 1 | 3 hrs  | GSP Office | 30 | Child Protection Course | 498 |
| Safeguarding 2 | Safeguarding 2 | 3 hrs  | GSP Office | 7 | Child Protection Course | 104 |
| Safeguarding 3 | Safeguarding 3 | 3 hrs  | GSP Office | 4 | Child Protection Course | 49 |
| First Aid | First Aid | 6 hrs | GSP Office | 3 | Sports Specific First Aid Course | 36 |
| SAQ | SAQ | 4 hrs | GSP Office | 1 | Speed Agility & Quickness  | 38 |
| Education | Exercise and Nutrition Talk | 1-hour | Udarás, Furbo | 23/01/2018 | Talk for Udarás staff to promote exercise and general nutrition. | 20 |
| Education | Sportshall Athletics Teacher Training | 3 Hours | Ballinfoile/Castle Centre | 19/4/2018 | GSP in conjunction with Athletics Association of Ireland held a training event for primary school teachers on Sportshall Athletics | 7 |
| General | Coaching Children Workshop Series | 4-week | Ballinfoyle Centre | 20/02/2018 | 12-hour Coaching Ireland course. The course focuses on providing coaches with the skills of developing children’s physical literacy. | 12 |
| General | Primary Teacher PE Conference | 1 Day | NUI Galway Kingfisher | 24/02/2018 | Delivery of two PE workshops to primary school teachers on the topic of fundamental movement skill development for children through games. | 41 |
| Education - Disability | PE Inclusion Training | 1-Day | Lettermore | 16/03/2018 | An inclusive PE session with an emphasis on including student who uses a wheelchair. Inclusive games resources and advice to teachers and SNA. | 19 |
| Education - Disability | Learn to Cycle Programme | 4-week | Westside Running Track | 17/05/2018 | A 4-week cycling programme for children with a disability. Cycling Ireland qualified instructors provide bikes and helmets and support children to learn to cycle independently in a safe and fun environment. | 30 |
| Education | Sport Leadership | 18-hours | Ballybane | 20/08/2018 | A qualification which enables learners to assist in leading purposeful and enjoyable sport/physical activity in their club, school or community under direct supervision. Minimum age: 12 years | 14 |
| Education - Disability | Disability Awareness Training (DAT) | 2-hour | City Hall | 21/08/2018 | A two-hour workshop designed to build awareness around people with disabilities participating in community sport and physical activity. | 9 |
| Education - Disability | DAT | 2-hour | Leisureland | 30/08/2018 | Same as above. Delivered to Leisureland staff. | 15 |
| Education - Disability | DAT | 2-hour | St Joseph’s (The Bish) | 05/09/2018 | Same as above. Delivered to TY students. | 44 |
| Education | Galway City Council Sports Club Grant Workshop | 2 Hours | Connacht Hotel | 11/09/2018 | Workshop on the City Council Sports Club Grant  | 60+ |
| Education | Public Talk: Exercise for your Health | 1 hour | Library Staff | 24/09/2018 | An information event for library staff around the importance of physical activity and healthy eating for staff in Galway | 50 |
| Education | Sports Capital Grant Workshop | 3 Hours | NUI Galway | 1/10/018 | Workshop on the National Sports Capital Grants in conjunction with NUI Galway and the Department of Transport Tourism & Sport  | 60+ |
| Tutor Training | Go For Life Multi-Games | 2 Hours | Ballinfoile/Castlegar Centre | 12/10/2018 | Train staff and volunteers of Ballinfoile Castlegar Neighbourhood Centre to deliver GFL Multi-Games to the lunch club and other groups. | 8  |
| Tutor Training | Physical Literacy | 2-day | UL | 13/10/2018 | A two-day tutor training course which prepares tutors for the delivery of the 2-hour Physical Literacy course. To be delivered in 2019. | 4 |
|   Education | Disability Awareness Training | 2-hour | Connacht Hotel | 15/10/2018 | A two-hour workshop designed to build awareness around people with disabilities participating in community sport and physical activity. | 12 |
| Education | Public Talk | 1 hour | Letterfrack, Tuam, Caherlistrane | 17/10/2018 | In conjunction with Croi, Katie delivered physical activity talks at public health screening events as part of Healthy Ireland initiative. | 70 |
| Education | Coaching Children Workshop | 12-hour | GTI (Level 6 Students) & public | 24/10/2018 | A 12-hour Coaching Ireland course. The course focuses on providing coaches with the skills of developing children’s physical literacy. These students will support the delivery of Sportshall Athletics programme in 2019. | 27 |

**Galway Sports Partnership Programme Funding 2018 - funded by Sport Ireland.**

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| **Ref. No.**  | **General Programme Funding.** | **Amount**  | **Present Status** |
| GSP18/01 | **Westside Youth Project** | **€1,660** |  |
| GSP18/04 | **Galway City School of Judo** | **€500** |  |
| GSP18/08 | **Club Cadhcáil Clomhar Chuigéal** | **€1,500** |  |
| GSP18/11 | **Portumna Lawn Tennis Club** | **€800** | **Programme complete, paid in full** |
| GSP18/13 | **Loughrea ICA** | **€500** | **Programme complete, paid in full** |
| GSP18/17 | **Annaghdown/Corndolla Active Aged** | **€700** | **Programme complete, paid in full** |
| GSP18/18 | **Ballinasloe Rugby Football Club** | **€600** |  |
| GSP18/19 | **Tuam Camogie Club** | **€560** |  |
| GSP18/21 | **Galway LTC/Parks Tennis** | **€900** |  |
| GSP18/24 | **Maree Comm. Dev. Co. Ltd** | **€650** |  |
| GSP18/30 | **Tribesmen Rowing Club** | **€2,000** | **Programme complete, paid in full** |
| GSP18/32 | **Galway Area Basketball Board** | **€2,000** |  |
| GSP18/35 | **Ballybane Sports & Comm. Dev. Ltd** | **€1,500** |  |
| GSP18/37 | **St. Joseph's Court Residents Ass.** | **€240** |  |
| GSP18/39 | **Port of Galway Sea Scouts** | **€1,500** |  |
| GSP18/43 | **Corrib Athletic Club** | **€1,000** | **Programme complete, paid in full** |
| GSP18/44 | **Tuam/Cortoon LGFA** | **€1,100** |  |
| GSP18/46 | **Active in Age, Oranmore** | **€1,000** | **Programme complete, paid in Full** |
| GSP18/48 | **Corrib GYM** | **€1,290** | **Programme Complete, payment in train** |
|   | **TOTAL** | **€20,000** |  |

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| **Ref. No.**  | **Club Development Funding.** | **Amount**  | **Present Status** |
| **GSP18/15** | **Pres. College Athenry Basketball** | **€600** | **Paid in Full** |
| **GSP18/41** | **Headford Walking Football Club** | **€600** | **Paid in Full** |
| **GSP18/40** | **Tuam Tennis Club** | **€600** | **Paid in Full** |

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| **Ref No.**  | **Disability Funding** | **Amount** | **Present Status.**  |
| **GSP18/03** | **Galway West Special Olympics Equestrian** | **€900** |  |
| **GSP18/07** | **Galway Corinthians RFC Mixed Ability** | **€500** |  |
| **GSP18/16.** | **Brothers of Charity Services, Galway** | **€1,000** |  |
| **GSP18/23** | **MS Ireland Services in Galway** | **€1,000** |  |
| **GSP18/28** | **Spinal Injuries Ireland** | **€1,200** |  |
| **GSP18/29** | **Horses Connect** | **€840** | **Programme complete, paid in full** |
| **GSP18/38** | **Ballinasloe & District Tennis Club** | **€500** |  |
| **GSP18/47** | **Tuam Branch IWA** | **€1,000** |  |
| **GSP18/50** | **Galway Swimming Club** | **€580** |  |
|   | **TOTAL** | **€7,520** |  |

*****Michael Curley Jason Craughwell*

**Michael Curley, Coordinator. Programme Coordinator**

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