



# SPORTS INCLUSION DISABILITY OFFICER PROGRAMME

## TWO YEAR REPORT

February 2008 to February 2010



*This report has been compiled by:  
Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports Partnership.*



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## Foreword

**Rosarie Kealy,  
Sports Co-ordinator,  
Waterford Sports Partnership.**



As co-ordinator of Waterford Sports Partnership it gives me great pleasure to present to you the Sports Inclusion Disability Officer Two Year Report 2008-2010.

The impact of the Sports Inclusion Disability Officer (SIDO) programme in Waterford in the two year period from February 2008 to February 2010 has been significant in terms of the increase in opportunities for people with a disability to participate in sport and physical activity. New and inclusive sporting programmes have been established, encouraging participation by people with a disability in mainstream and disability specific sports and activities. A variety of education and training initiatives have been facilitated empowering clubs and organisations to be more inclusive. Central to the success of the project has been the partnership approach adopted in the development and delivery of initiatives which has involved networking with people with a disability, disability organisations, local statutory bodies, governing bodies of sport, sports clubs, schools and community organisations.

I would like to acknowledge the key role played by our Sports Inclusion Disability Officer, Katie Kelly, in leading and co-ordinating all this activity. Katie's enthusiasm, professionalism and commitment to her challenging brief have been central to the ongoing success of the initiative and I would like to take this opportunity to thank Katie for her dedication and hard work.

Funding at national level from Pobal and the Dormant Accounts was the catalyst for the establishment of the network of 21 Sports Inclusion Disability Officers. In addition, support from the Irish Sports Council and the CARA centre in IT Tralee supported the overall co-ordination and structure for the initiative. Waterford Sports Partnership received programme support and funding from local agencies including the HSE and Waterford City and County Councils which enhanced the quality and extent of programming available. The extension of the programme for a year from February 2010 was made possible by the support of a grant from the Irish Sports Council. Our significant challenge now is to work collectively to ensure future funding for the long term sustainability of this worthwhile project. There is great uncertainty in the current economic climate and therefore continued support at both local and national level is vital for the continuation of the SIDO programme and for the continued inclusion of people with disabilities in sport and physical activities.

**Rosarie Kealy**  
Sports Co-ordinator  
Waterford Sports Partnership



## Foreword

**Katie Kelly,  
Sports Inclusion Disability Officer (SIDO),  
Waterford Sports Partnership.**



The Sports Inclusion Disability Officer (SIDO) Two Year Report, February 2008 - February 2010, shows the impact of the Sports Inclusion Disability initiative to date with regard to programmes, events and training. The report reflects the work carried out by the SIDO in Waterford, acknowledging the assistance and cooperation of the key local, regional and national agencies which have helped contribute to its success. Through the SIDO programme, Waterford Sports Partnership has made significant progress in the provision of sport and physical activity opportunities for people with a disability throughout the county of Waterford.

As Sports Inclusion Disability Officer, I have been privileged to have worked with a significant number of people with disabilities through their involvement in the various sport and physical activity programmes. I have also had the pleasure of working with a range of local agencies and clubs from the disability and sporting sector and I would personally like to thank them for their continued interest and support for the project. I would particularly like to thank the many new volunteers, disability staff members and parents who have become involved in the various programmes and events, as without them the success of the project would not be possible.

Finally, I would like to thank everyone who has contributed to the two years of the SIDO programme, it has been deeply appreciated.

**Katie Kelly**  
Sports Inclusion Disability Officer (SIDO)  
Waterford Sports Partnership



## Sports Inclusion Disability Officer Programme

*This report has been prepared to highlight the work of the Sports Inclusion Disability Officer, Katie Kelly, in Waterford Sports Partnership from commencement of the position, which was funded under Dormant Accounts, from February 2008 to February 2010. This report aims to highlight the improvement in the provision of sport and physical activities in addressing the needs of people with a disability in Waterford City and County. It will also highlight the need to continue developing this programme in order to address the gaps that are still evident in the inclusion of people with a disability in sport and physical activity.*

### Background to the Sports Inclusion Disability Officer Programme:

In 2006, the Dormant Accounts Fund earmarked €2.5 million nationally for projects to address the imbalance in opportunities for people with physical, intellectual, sensory and mental health disabilities to participate in sport and physical activity. This was following a successful programme of sport for people with a disability in Co. Laois co-ordinated by Paralympic athlete Garrett Culliton.

The Dormant Accounts Disbursement Fund allocated significant funding to facilitate 20 Local Sports Partnerships to each employ a dedicated Sports Inclusion Disability Officer (SIDO) for a period of two years.

The position of SIDO is designed to support the strategic development and implementation of disability sport within the Local Sports Partnerships (LSPs) and County Council structures and to contribute towards the national aims of the SIDO programme under the Dormant Account Scheme. The principle function of this position is to increase the participation of people with a disability in sport and physical activity and to ensure that local resources are used to best effect to facilitate inclusion.

The 21 SIDOs commenced work within their LSPs in 2008. Most of their contracts, together with the current allocation of Dormant Accounts funding expired in early 2010. Waterford Sports Partnership was among the 20 Local Sports Partnerships to secure funding and therefore a SIDO for 2 years from February 2008 to February 2010. In addition to the positioning of the SIDOs within a supportive LSP structure, all 21 SIDOs received technical assistance and coordination through the CARA APA Centre located in the Tralee Institute of Technology and were further supported by the Irish Sports Council.

In February 2010, funding was sourced through the Irish Sports Council and matching funding sourced at a local level to extend the contracts of many of the SIDOs for an additional period of one year. In February 2011, similar matching funding will need to be sourced at a local level in order to sustain the SIDO programme.

This report deals only with the initial two year programme funded by Dormant Accounts.



## Disability in Waterford

In 2005 the National Disability Authority report "Promoting the Participation of People with Disabilities in Physical Activities and Sport in Ireland" highlighted a number of challenges around the participation in sport and physical activity by people with disabilities and the possible means of addressing these. The report cited barriers for people with a disability such as; lack of opportunities, negative experiences, inadequate coaching, transport difficulties, poor provision in school, inadequate facilities, ad hoc structures and approaches, limited information and lack of expertise.

The report recommended that the Irish Sports Council assume a leadership role through strong national coordination and the development of appropriate local delivery systems. The Local Sports Partnership structure was evident as the ideal local delivery system due to the LSP's ethos of participation for all and the LSP's structure entrenched at a county level.

According to the 2006 Census figures from the Central Statistics Office (CSO), the total number of people with a disability in Waterford was estimated at 10,224. At that time, with an overall population in Waterford of 107,961, persons with a disability represented 9.5% of the overall population. This is a significant percentage of the population of Waterford who should have equal access to sport and physical activity opportunities. Appropriate access and the inclusion of people with a disability in Waterford in sport or physical activity are extremely important for health, social and societal reasons.

The aim of the SIDO in Waterford was and is to facilitate, as best possible, the inclusion of people with a disability in Waterford in sport and physical activities of their choosing.

### SIDO Objectives

Clear objectives were agreed nationally and predefined for the SIDO programme from the outset. Principal among these were:

- 1) To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.
- 2) To link with local disability organisations around the assessment of needs and the provision of opportunities for people with a disability.
- 3) To communicate with all relevant disability sports organisations to enhance participation at local, regional and national level.
- 4) To create effective working partnerships with sports bodies to encourage greater opportunities for people with a disability to participate.
- 5) To establish a disability sports forum of relevant stakeholders to guide and enhance the work of the SIDO.

The remainder of this report summarises the implementation of these five objectives.



**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

## Programmes for children who are Blind or Vision Impaired

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Athletics</b> Inclusion in mainstream athletics club	Waterford Athletics Club	1	January 2009
<b>Judo</b> Children with a visual impairment	Waterford Judo Club	4	November 2008
<b>Soccer</b> Regional soccer for children with a visual impairment	FAI, Clonmel AFC., Cappoquin AFC	12	July 2009
<b>Rowing</b> Inclusion in mainstream rowing club	Cappoquin Rowing Club	1	February 2010
<b>Total</b>		<b>*18</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

The activities for children with a vision impairment include a variety of individual type activities as well as mainstream group activities e.g. rowing, judo and athletics involve the inclusion in mainstream clubs. Soccer is one exception. It was designed as a disability specific sport aimed at children of a similar age, with similar needs who wished to learn fundamental soccer skills. Therefore, one of the challenges of these arranged activities is that they include many of the same children. Another challenge is location and numbers. There are few children in the Waterford region with a vision impairment therefore activities must be designed to be cross county activities, eg. the soccer was moved to Clonmel to encourage participants to attend from Tipperary and Waterford. The majority of children from Waterford involved in the activities continue to take part in a variety of sports and, with the exception of soccer, the children continue in mainstream clubs and sessions.

### LEARNING OUTCOMES

- The numbers attending programmes are always going to be small due to the age demographic and the number of children with a vision impairment.
- Individual sports in a mainstream setting has the greatest potential for sustainability.
- Timing and location of the programmes is always a challenge as the children are from various areas of Waterford and neighbouring counties.
- The children are also school going age so consideration of time to venue, homework, additional siblings etc. must be taken into consideration.

### FOCUS FOR 2010/2011

- Rowing within a mainstream club for individuals with a vision impairment in Cappoquin.
- Continuation of soccer for children with a vision impairment (Cork/Waterford Partnership)
- Horse Riding for children with a vision impairment with an aim to continue in a mainstream setting.



**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for adults who are Blind or Vision Impaired

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Athletics</b> Inclusion in mainstream athletics club	Waterford Athletics Club	2	January 2009
<b>Cycling</b> Sean Kelly Tour participation	Comeragh Cycling Club	4	July 2009
<b>Gym/Fitness</b> Spinning for adults with a visual impairment	NCBI	2	April 2009
<b>Swimming</b> Adults with a visual impairment - Youghal	NCBI	3	April 2009
<b>Walking</b> Guided walks for individuals with a visual impairment	Mountain Zone, NCBI	6	January 2009/ May 2009
<b>Total</b>		<b>*17</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

The activities for adults with a vision impairment had mixed results. The numbers from the programme were quite small. This may have been due to transport issues and awareness raising of activities. On a positive note many of the adults who attended the programmes have continued to participate and attend mainstream sessions. The clubs that they are linked with have also sourced additional volunteers to support the athletes or have fundraised for equipment to include the adults with a vision impairment within their mainstream club.

### LEARNING OUTCOMES

- Location and access to a local venue is extremely important when designing a programme for adults in particular.
- The numbers attending programmes are always going to be small due to the age demographics, amount of people with a vision impairment and issues regarding accessibility and transport.
- Individual sports in a mainstream setting has the greatest potential for sustainability.
- Timing the programmes is always a challenge as some adults with a vision impairment are working during day time hours, whilst some would rely on day time transport. A potential solution to this issue may be to arrange programmes on Saturdays.
- Promotion of activities through NCBI, Irish Blind Sport and other partners are fundamental to the potential success of a programme

### FOCUS FOR 2010/2011

- Swimming programme for adults with a vision impairment and follow on in a mainstream setting
- Golf for adults with a vision impairment with opportunities to continue in the Municipal Golf Course, Waterford
- Tandem Cycling to continue through Comeragh Cycling Club.



**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for children with a physical/neurological disability

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Boccia</b> Children with a physical disability	Fun4All Club	8	October 2008 July 2009
<b>Membership</b> New members in the Fun4All Club as a result of SIDO support	Fun4All Club	5	Ongoing
<b>Multi Sport</b> 8 week physical activity programme for children with a physical disability	Fun4All Club, other	21	June 2008
<b>Swimming</b> 4 week swimming support programme for individuals with a physical disability	Fun4All Club, Kingfisher Club	8	June 2009
<b>Wheelchair/Powerchair Football</b> for children with a physical disability – Waterford & Cappoquin	Fun4All Club, Other	10	Waterford October 2008 Cappoquin April 2009
<b>Total</b>		<b>*52</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)



### PROGRAMMES

The activities available for children with a physical disability have had mixed results. While initial numbers have been quite high for the Multi Sport programme or Boccia, these programme did not continue due to falling numbers and minimal participation. Some of the issues raised by parents of children with a disability were in relation to the inclusion of children with a disability who were not wheelchair users, others cited that the time/day was unsuitable. With the Fun4All Club, numbers increased following the Multi-Sport programme but over subsequent months dwindled. Feedback from the CRC staff indicated that parents felt that this club was a wheelchair club for children 10+.

### LEARNING OUTCOMES

- The number of powerchair users has been consistently low. CRC informed the SIDO that there are few powerchair users in the Waterford area.
- Contrary to the belief that parents of children with a physical disability will travel, parents wanted activities in their locality and parents from West Waterford were less likely to travel to Waterford weekly for activities. So activities needed to be arranged locally.



### FOCUS FOR 2010/2011

- To arrange a meeting in CRC to ask parents of children with a physical disability what they would like to see developed in the Waterford area and what their children would attend regularly.
- Assist CRC with the summer camp programmes to further understand the needs of children in the Waterford region.
- Set up a regular activity based on the outcome of the meeting and summer camp programme.

**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for adults with a physical/neurological disability

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Aqua Aerobics</b> Adults with a physical or neurological disability	Spirit Leisure Centre, MS Society, Parkinson's Association of Ireland, Arthritis Ireland	9	April 2009
<b>"Come and Try it Evening"</b> Adults with a physical disability	Pat Furlong (Paralympic Athletics Coach), FAI, Eddie Walsh (Basketball)	16	September 2009
<b>Fishing open day</b> Adults with a physical disability	Der Casey, St. Paul's Fishing Club. Fisheries Board	6	September 2009
<b>Nordic Walking Course</b> Adults with a physical or neurological disability	Freedom Surf and Adventure	4	September 2009
<b>Physical disability sports club</b> Adults with a physical disability	Sports Development Officers	8	October 2009
<b>Yoga</b> Adults with MS	HSE (women in sport funding), MS Society, Alphazone Yoga Studio.	12	February 2009
<b>Total</b>		<b>*55</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

Some of the programmes developed had a more positive outcome than others. As with many of the disability programmes the number of attendees who started a programme was large enough to run a class but dwindled to two or three attending a class. These numbers are not enough to run an ongoing class e.g. aqua aerobics. However, activities such as the Fishing open day or the Nordic walking programme have educated adults with a physical disability in particular skills and are continued at an individual level in the mainstream community.



### LEARNING OUTCOMES

- Some of the activities take longer to become sustainable than others e.g. MS Yoga ran with varying numbers for three 8-week programmes before the course was viable. The programme is now running independently with Alphazone Yoga Studio and the adults who have continued to take part thoroughly enjoy the yoga and the benefits it has on their health and wellbeing.
- Activities that are arranged through an organisation seem to have a great chance of continuing due to staffing and transport support. For example, the Fishing open day was attended by IWA staff members and service users and to date the staff members continue to travel to New Ross to the accessible fishing venue.



### FOCUS FOR 2010/2011

- Continue to assist in the development of a sustainable yoga programme for adults with M.S.
- Link adults with a physical or neurological disability into the mainstream aqua aerobics programmes taking place in the Park Hotel, Dungarvan during daytime hours. (These classes are lower impact and pace as many of the attendees are older adults. )
- Wheelchair Basketball club for teenagers and adults with a physical disability
- Boccia competition structures for adults with a physical disability.

## CASE STUDY

**Name:** Seamus Walsh

**Age:** 70

**What type of disability do you have?:** MS (Multiple Sclerosis)

**Have you always had this disability?** No

**Were you involved in sport and/or physical activity before the SIDO programme?:** Yes

**Do you feel the SIDO programme has helped you in becoming more active?:** Yes

**What activity/sport have you been involved in as a result of the SIDO programme?:**

Walking Properly

**Has there been any impact on your life as a result of participating in the SIDO programme?**

I have been encouraged to attempt to improve/recover with greater hope. A change from hopelessness to cheerful effort.



## CASE STUDY

**Name:** Hazel Cleary

**Age:** 33

**What type of disability do you have?:** Cerebral Palsy

**Have you always had this disability?** Yes

**Were you involved in sport and/or physical activity before the SIDO programme?:** No

**Do you feel the SIDO programme has helped you in becoming more active?:** Yes, it has offered me many opportunities to become active

**What activity/sport have you been involved in as a result of the SIDO programme?:**

Wheelchair soccer and Boccia

**Has there been any impact on your life as a result of participating in the SIDO programme?**

It makes me happy and I have great fun participating. I get to meet new people and represent my county. I love the fact that I can participate in sport and the example I am giving my son about living an active life. He was so proud when I showed him my medal/certificates and so was I!

**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/ Fitness and Swimming.**

CONT/D

## Programmes for children with an intellectual disability

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Multi-Sport</b> Children with special needs	Down Syndrome Ireland, Sesame Pre-School, Local Special Needs School	13 – City 6 – County	October 2008- June 2009
<b>Soccer</b> 6 week summer soccer programme for children with an intellectual disability	FAI, Local Special Schools	6 - City 10 - County	Summer 2008
<b>Soccer</b> For children with an intellectual disability/ autism spectrum disorder	FAI, Parents	12 + 5 volunteers	April 2009
<b>Special Olympics Club Dungarvan</b> Children with an intellectual disability aged 8-16yrs	Special Olympics, Parents, Volunteers	6 (from soccer programme in County)	January 2009
<b>Swimming</b> 4 week summer swimming programme for children with a disability	No Specific disability group	6	August 2008
<b>Swimming</b> 8 week swimming programme for children with Down Syndrome	Down Syndrome Ireland	12	February 2010
<b>Total</b>		<b>*76</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)



### PROGRAMMES

The programmes for children with an intellectual disability had varied successes. The 6-week soccer programmes in themselves had not enough interest/participants to continue but have since developed into two separate clubs, the Special Needs Soccer Club in Ferrybank and the Special Olympics Club in Dungarvan. The short swimming programme in August is another example of how such a programme can be marginally successful in itself but develop into something more substantial at a later stage. The multi-sport programme was an example of a programme with limited success. There was an articulated need by parents for such a club but then little interest in continuing it once it had started for a variety of reasons including: the time, which was changed a number of times to try to facilitate parents; the activities, which were changed by two different tutors; and the interest levels of parents bringing their children.

### LEARNING OUTCOMES

- Some programme started off slowly and seem unsuccessful but have the potential to develop into substantial programmes. This is dependent on a number of factors. The parents involved in the programme must have the interest in developing a new sustainable club/session. The children must also express an interest in attending the sessions.
- Other factors include the recruitment of volunteers and supporting the parents/committee members in further developing the club/session with the aim of long-term sustainability.
- Special Olympics currently provide a wide range of sporting opportunities for children with an intellectual disability in the Waterford area and activities should only be developed where there is a gap or an identified need. This will avoid duplication of activities and programmes.

### FOCUS FOR 2010/2011

- Swimming for children with an intellectual disability
- Possible evolution of the Special Needs Soccer Club into a new Special Olympics Soccer Club.
- Other programme as needs emerge

**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for adults with an intellectual disability

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Athletics</b> Walking/Running training for adults with a disability	Rehabcare, National Learning Network	20	April-June 2009
<b>Boccia</b> For adults with an intellectual disability (Munster League)	Rehabcare	12	January 2010
<b>Dance/Fitness</b> For adults with a disability	Brothers of Charity, Spring Garden, Rehabcare, Carriglea Cairde Services, WIDA	40	April 2009
<b>Soccer</b> Monthly Social Soccer League	FAI, National Learning Network, Brothers of Charity, Carriglea Cairde Services, Rehabcare, Spring Garden WIDA	60+	November 2008 - Present
<b>Yoga</b> Weekly yoga sessions for adults with an intellectual disability	Alphazone yoga studio, Spring Garden, Brothers of Charity	10	January 2010 - Present
<b>Total</b>		<b>* 142</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

Adults with an intellectual disability have access to a number of sporting opportunities through special Olympics. The activities that developed from 2008-2010 attempted to meet the needs of those individuals who do not attend Special Olympics activities. All of the programmes developed have had some successes. The athletics programme is continuing independently at an organisational level. The inclusion of Waterford teams in the Munster Boccia League is proving to be a great boost for the organisation involved and gives some representation from Waterford. The fitness and dance programme has had limited success in Waterford City but was taken on and developed further in Dungarvan with two/three programmes being regularly attended by adults with an intellectual disability. The social soccer league has also been a great success and met the needs of adults with varying disability levels. The participants have the opportunity to meet with former classmates and friends as well as make new friendships. Yoga has been a successful programme for adults who are not interested in other forms of sports and it allows adults with a lower ability to take part also.



### FOCUS FOR 2010/2011

- Fishing programme for adults with an intellectual disability through local fishing clubs—this 6-week course will enable adults to learn the skills required to fish independently.
- Continue to develop Boccia and alternative exercise programmes.

### LEARNING OUTCOMES

- The structures in place for adults with an intellectual disability help to facilitate a programmes success.
- Programme for adults who are less interested in taking part in Special Olympics events are more likely to succeed as they are not duplicating an already existing programme.
- Programme or activities are most successful when there is a buy in from the disability organisations as they arrange staffing support and transport to coordinate the attendance of their services users.
- Activities such as dance, yoga and boccia are fantastic for including adults with a lower ability or who are not interested in mainstream sports.
- Special Olympics currently provide a wide range of sporting opportunities for children with an intellectual disability in the Waterford area and activities should only be developed where there is a gap or an identified need, this will avoid duplication of activities and programmes.

**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for children with an Autism Spectrum Disorder

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Surfing</b> Children with an Autism Spectrum Disorder	Surf to Heal, Freedom Surf and Adventure	8	Summer 2009
<b>Swimming</b> Children with an Autism Spectrum Disorder	Kingfisher Club	14	April 2009
<b>Yoga</b> Children with an Autism Spectrum Disorder	Alphazone Yoga Studio	9	October 2008
<b>WASSA</b> New organisation for children with an Autism Spectrum Disorder	Waterford Autism Sport and Social Action	40+	May 2009
<b>Total</b>		<b>*71+</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

Parents of children with an Autism Spectrum Disorder (ASD) originally contacted the SIDO in 2008 to discuss the need for activities for children with an ASD. Parents felt that there were too few opportunities for sport and physical activity for children with an ASD available in the Waterford area. To combat this lack of provision of activities available in Waterford; surfing, swimming and yoga programmes were developed. All of these programmes were a success with children being involved on a regular basis.

From the original informal meeting with parents fundraising for activities was discussed, in time this evolved from quiz nights to a new parent led charity organisation. This charity was set up to fundraise for new sport and social programmes for children with an ASD. The charity organisation WASSA (Waterford Autism Social and Sports Action) arranges the following activities; swimming, yoga, bowling, dance, horse-riding, surfing, play and games etc. There are 40+ children on the database who are now actively involved in sport, physical activity or games. This organisation would be an ideal template for other counties in Ireland.



### LEARNING OUTCOMES

- With some support, parents working collectively can achieve much more than a SIDO working alone to develop programmes. The WASSA organisation is an ideal outcome of the SIDO Programme and has the capacity for long-term sustainability.

### FOCUS FOR 2010/2011

- Work with WASSA to develop social outdoor walking group.
- Work with WASSA and Comeragh Cycling Club to develop cycling skills programme.
- The SIDO will continue to support the WASSA organisation but is not needed to run or develop many programmes.

**OBJECTIVE 1: To establish new and sustainable clubs/sessions with particular (but not exclusive) focus on Boccia, Powerchair Football, Athletics, Gym/Fitness and Swimming.**

CONT/D

## Programmes for adults with a mental health disability

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Swimming</b> Adults with a Mental Health Disability	St. Otterans, Spirit Leisure Centre	9	October 2009
<b>Swimming</b> Adults with Multi Disabilities including mental health disability	Waterford Crystal Leisure Centre	6	September 2009
<b>Walking for All</b> Walking for adults with a disability	St. Otterans, Arthritis, Women's Housing Programme, NLN, Brothers of Charity	32	January 2010
<b>Total</b>		<b>*47</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

Mental Health Disability Organisations and Adults with a mental health disability have taken part in an increased number of activities in 2009 and 2010. This has been a relatively slow progress and it can take time for an organisation and the service users to engage in disability specific and mainstream programmes.

However, the participants are now more open to taking part in mainstream activities as well as socialising with other groups. St Otterans have also worked independently with information provided by the SIDO to organise activities such as Yoga for service users and a yoga programme for staff members. Programmes such as these will have longer term sustainability as they are organised through the disability organisation so the 'buy in' to a programme is no longer a factor.



### LEARNING OUTCOMES

- Working with adults with a mental health disability generally takes a lot of time as many of the adults have been institutionalised and others as a result of their disability have been disengaged from mainstream society. The uptake of a sport or physical activity is a hugely significant and often a daunting prospect for these adults. Also, continuing participation can be difficult due to their own confidence and motivational levels. As a result a high level of support and guidance is required from both the Mental Health Disability Organisations and the SIDO.
- The programmes with any chance of success or longevity need to arise from the articulated needs of the individuals with a mental health disability.

### FOCUS FOR 2010/2011

- Re-establish the swimming programme in Spirit Leisure Centre.
- Work closely with St. Otterans and other Mental Health Disability Organisations to develop programmes based on the needs of the individuals.

## OTHER PROGRAMMES/EVENTS

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>Come and Try it Day</b>	FAI, GAA, Cycling Ireland, Abbey Community College	16	March 2008
<b>Gym/Fitness</b> Individuals attending the gym as a result of the reduced membership rate initiative	Local Leisure Centres	20+	2008/2009
<b>John Treacy</b> Participation in the John Treacy 5K Run	National Learning Network, Deise Link	10	May 2009
<b>Summer Camp</b> SNA Supported summer camps	WIT, WAP, FAI, GAA	16 - 2008 20 - 2009	Summer 2008 & 2009
<b>Total</b>		<b>*82+</b>	

(\* please note these totals are based on programme numbers and some individuals may attend more than one programme)

### PROGRAMMES

- The 'Come and Try it Day' was held shortly after the commencement of the SIDO programme to introduce the SIDO to the wider community and to begin engaging with people with a disability in Waterford. This was an opportunity to speak with individuals with a disability and parents to assess what activities needed to be developed in the Waterford area. The vast majority of the children who attended the open day continue to take part in disability sport in Waterford.
- The SIDO negotiated disability rates with and gave advice on improving disability access to local leisure centres in the Waterford area. As a result, a number of people with a disability, who would not have been gym members previously, have joined local leisure centres. As the numbers vary from year to year this is difficult to measure but there has been a marked improvement.
- The John Treacy Run is a Waterford Sports Partnership led event and the SIDO worked with disability organisations and local amenities in order to make the inclusion of adults with a disability easier.
- In partnership with Waterford Area Partnership, GAA, FAI and WIT, children with a disability are included in mainstream summer camps through the funding of a Special Needs Assistant (SNA). The numbers attending the summers camps have grown from year to year.



### FOCUS FOR 2010/2011

- Continue to support the SNA Summer Camp Programme and increase the number of children accessing summer camps in the Waterford area.
- Support the increase of people with a disability attending the John Treacy Run and the Sean Kelly Tour in 2010/2011
- Continue to work with local leisure centres towards the inclusion of people with a disability in sport and fitness. This may be through access, staff disability awareness training or through feasible membership rates.

## CASE STUDY

**Name:** David Supple

**Age:** 33

**What type of disability do you have?:** Mild Intellectual Disability

**Have you always had this disability?** Yes

**Were you involved in sport and/or physical activity before the SIDO programme?:** Football with Rehabcare

**Do you feel the SIDO programme has helped you in becoming more active?:** Yes it gets me out in the fresh air

**What activity/sport have you been involved in as a result of the SIDO programme?:** Football and Boccia

**Has there been any impact on your life as a result of participating in the SIDO programme?**

Meeting new people and getting to know each other through playing football and boccia.



## CASE STUDY

**Name:** Joseph O'Shea

**Age:** 41

**What type of disability do you have?:** Cerebral Palsy

**Have you always had this disability?** Yes—but I used to use walking sticks but as my condition got worse a wheelchair

**Were you involved in sport and/or physical activity before the SIDO programme?:** No only as a spectator

**Do you feel the SIDO programme has helped you in becoming more active?:** Yes

**What activity/sport have you been involved in as a result of the SIDO programme?:** Wheelchair soccer

**Has there been any impact on your life as a result of participating in the SIDO programme?**

I really enjoy it! I've found out I'm a pretty good goalkeeper.

**Any other comment?**

I really enjoy the experience of playing on a team and also the opportunity of meeting new people.

## Training Programmes/Awareness Sessions/Presentations

Sport	Other Organisations/ Partners	Participants	Month/Year
<b>TRAINING PROGRAMMES</b>			
<b>Assistant Swim Teachers Course</b>	WIT, Splashworld	16 participants	May 2008
<b>Badminton Training</b>	Badminton Ireland, Rehabcare	4	May 2009
<b>Boccia training for disability staff</b>	Rehabcare, IWA, Brothers of Charity, Spring Garden, Waterford Intellectual Disability Association (WIDA)	9	November 2008 & January 2009
<b>Disability Awareness Coaching Course</b> November 2008 & May 2009	Local Clubs	8 – November 5 - May	November 2008 May 2009
<b>Physical Activity Resource Training</b> Rehabcare, IWA, Comeragh Training Centre (Brothers of Charity)	IWA, WIDA, Brothers of Charity	8	November 2008-March 2009
<b>Teacher training</b> – inclusion of children with a disability in sport and physical activity	Killea Boys School	4	November 2008
<b>Total</b>		<b>54</b>	
<b>PRESENTATION ON SIDO ROLE &amp; DISABILITY AWARENESS</b>			
<b>Arthritis Ireland</b>		16	June 2009
<b>Disability &amp; Advocacy Degree Course</b>		12	November 2009
<b>MS Society (Individuals with MS and their families)</b>		30	May 2009
<b>National Learning Network</b>		25	May 2008
<b>Open evening for individuals with a Sensory Disability</b>		9	December 2008
<b>Parkinson's Association of Ireland</b>		9	April 2009
<b>SOUL Training Course</b>		11	June 2009
<b>WIT Health Promotion Students</b>		18	March 2009
<b>Total</b>		<b>130</b>	



## OBJECTIVE 2:

### To link with local disability organisations around the assessment of needs and provision of opportunities

*One of the main priorities in Waterford was to liaise with the local disability organisations when designing or developing the programmes. This led to an increased "buy in" to the activities available.*

- There has been increased effort of the part of the disability organisations to encourage their service users/students to take part in physical activity and promote active living in Waterford. Without the 'buy in' and promotion of programmes through disability organisations, information is not passed on to the relevant persons and the programmes are likely to struggle if not fail.
- Service users attending disability organisations in Waterford each have different needs, therefore working with each organisations individually was a vital competent of the SIDO role. Following meetings with organisations activities have been developed accordingly. Some of these developments fall outside the 5 priority sports for example; fitness & dance, social soccer league, yoga, aqua aerobics etc. but suit the service users attending these alternative programmes.
- Another important development is enabling disability organisations to work together on similar sporting objectives. A prime example of this is in relation to the social soccer league where six organisations work together to increase social interaction and to create balanced soccer sessions. The participants have thoroughly enjoyed themselves and the disability staff members have an improved working relationship. There are plans to continue this process in relation to walking/running in the near future.

## FOCUS FOR 2010/2011

- To continue supporting local disability organisations to continue the programmes started in 2008-2010 and to further develop new opportunities for people with a disability.
- To create stronger relationships with organisations who have not fully engaged with the SIDO as of yet e.g. deaf or hard of hearing community.



### OBJECTIVE 3:

**To communicate with all relevant disability sports organisations to enhance participation at local, regional and national level**

*Through working with disability sports organisations new activities have emerged. The main disability sports organisations have been essential in developing new clubs /activities as well as supporting existing initiatives.*

- Through working in partnership with Special Olympics Munster and as a result of a summer soccer programme run by the SIDO, a new Special Olympics club has started in Dungarvan for children with special needs aged 8-16 years.
- Irish Wheelchair Association Sport has been instrumental in setting up and helping to sustain the wheelchair sports club Fun4All Club. IWS Sport continue to develop and promote programmes with the assistance of the SIDO.
- The FAI Football for All Development Programme has been essential in Waterford for the successful development of a wide range of soccer programmes for people with a disability. Social soccer league was set up and partially financed by the Football for All Programme. The development officer and the local FAI development officer were key in supporting the development of a soccer club for children with an intellectual disability and/or autism spectrum disorder. FAI have also been one of the lead organisations in planning a blind/vision impaired soccer programme.
- Irish Blind Sport have linked in with many of the planned activities for individuals who are blind or vision impaired in Waterford. They have also been supportive of the programmes run and have given sound advice and information when requested.
- Cerebral Palsy Sport have assisted the SIDO to promote and develop Boccia in Waterford for people with a physical disability through open days and 'Come and Try it' type programmes.

### LEARNING OUTCOMES

- Working with disability sports organisations creates a more solid support and management structure within the new clubs and activities e.g. Special Olympics have a set up process in place to streamline each of the Special Olympics Clubs that are set up. They also provide start up grants for equipment etc. to get the clubs off the ground.
- The disability sports organisations also have the expertise for disability special sports or have knowledge of local persons to support the clubs and/or activities.

### FOCUS FOR 2010/2011

- Work with Irish Deaf Sports, CP Sport, IWA Sport, NCBI and Irish Blind Sports to create more opportunities for adults with a physical or sensory disability.



#### OBJECTIVE 4:

**To create effective working partnerships with sports bodies to encourage greater opportunities for people with disability to participate**

*As one of the objectives of the SIDO role, developing a key working relationship with the sports bodies was instrumental when creating training opportunities or developing new activities in Waterford. This was mainly achieved through working with the local or regional development officers and local sporting clubs such as; FAI, GAA, Cycling Ireland, Badminton Ireland, local cycling, local judo, local walking and fishing clubs etc.*

- Badminton Ireland provided training and equipment to Rehabcare Staff members. This training was designed to equip the staff members with the knowledge and skills to play and develop Badminton within their own organisation.
- FAI (as mentioned in Objective 3.) both locally and Nationally have been very supportive of all of the soccer activities run in the Waterford region.
- GAA have supported the SIDO at “Come and Try it Days” and in the support of the summer camp programme.
- Cycling Ireland and Comeragh Cycling Club have supported the tandem cycling initiative, inclusion of adults with a vision impairment in the Sean Kelly Tour 2009 and the “Come and Try it Day”.
- Local athletics clubs West Waterford Athletics Club and Waterford Athletics Club have supported the inclusion of people with a disability in their clubs by offering their expertise and coaching skills.
- Mountain Zone have arranged volunteers and led walks in the Comeragh Mountain area.
- Waterford Judo Club ran a course for children with a vision impairment and continue to support the inclusion of the children in their mainstream club.
- Alphazone Yoga Studio run courses for adults with M.S., adults with an intellectual disability, adults with a mental health disability and the staff, children with an autism spectrum disorder etc.
- Waterford Fishing Clubs and the Fisheries Board have helped at ‘come and try it sessions’ for adults with a disability and are interested in designing a coaching course to support the inclusion of people with a disability in fishing.
- Local martial arts organisations have run programmes or lent their support to “Come and Try It” initiatives.

#### FOCUS FOR 2010/2011

- Continue to work with local clubs and sports bodies to promote the inclusion of people with a disability in mainstream sport settings.



**OBJECTIVE 5:**

**To establish a disability sports forum of relevant stakeholders to guide the work of the SIDO.**

*A local "Sportsability Forum" was established in May 2008. The Sportsability Forum allows disability organisations to come together to discuss current issues and opportunities in the area of sport and physical activity. Approximately 18 local disability organisations are represented at the forum. With some staff members, and, in certain cases, services users representing their local organisations. The forum also includes individuals with a disability and parents of children with a disability. Three meetings were held in 2008 and four were held in 2009.*

*The Sportsability forum has allowed organisations to come together to discuss important issues and in certain cases to work together on similar objectives. This initiative has potential for collaboration on further projects and programmes and an opportunity to create an improved working relationship between disability organisations.*

*This forum also has the additional benefit of informing the SIDO of the needs of people with a disability in the Waterford Region.*

**LEARNING OUTCOMES**

- There were some difficulties in creating an independent sportsability forum and it was highly reliant on the administration work of the SIDO e.g. arranging meetings, venues, minutes, agenda etc. Nationally the consensus is to evaluate the effectiveness of the sportsability forum and potentially link in with existing structures such as SIMs or other local forums.

**FOCUS FOR 2010/2011**

- To assess the need for a sportsability forum in Waterford and potentially link in with existing structures such as SIMs or other local forums.







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