

Name of the organisation: Waterford Sports Partnership CLG

Organisation Type: A company limited by guarantee

Sports Exemption Number: G.S. 001674

Company number: 378713

Registered Office: Civic Offices, Davitt's Quay, Dungarvan, Co. Waterford

Auditor: John B. White & Co., Church Street, Dungarvan, Co. Waterford

Principal Bankers: Bank of Ireland, Grattan Square, Dungarvan, Co. Waterford

Solicitors: Lanigan & Curran Solicitors, Cross Bridge St., Dungarvan, Co. Waterford

Directors: Mr. Neil O'Sullivan – Chairperson

Ms. Elaine Mullan – Vice Chairperson

Mr. Mark Fitzgerald – Company Secretary

Mr. Don Tuohy - Treasurer

Mr. Terry Hayes Ms. Elaine Dunne Ms Susan Scully Cllr. Pat Nugent Cllr. Joe Kelly

Mr. Stephen Whelan Mr. Liam O'Donnell Mr. Eoin Breathnach Mr. Michael O'Brien Mr. Austin Flavin

Mr. Donal Lehane (resigned Feb 2020)

Waterford Sports Partnership ORGANISATIONAL STRUCTURE



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Chairperson's Statement

Is mór an onóir dom an tuarascáil bhliantúil seo a chur i láthair thar ceann Chomhpháirtíocht Spóirt Phort Láirge.

2020 was a challenging year for not just WSP but the country and society in general. From March 2020 onwards, the country was placed in a series of rolling lockdowns which included restrictions on both indoor and outdoor gatherings of people. This clearly placed significant barriers in front of our staff team preventing them providing their excellent in person activities and events.



However, as Chairperson I am proud to record my appreciation to the staff team who rose above these challenges and delivered a wide range of initiatives including both live and recorded training, exercise and activity programmes. This involved significant additional workload for the staff involved but they willingly gave of their time and expertise to keep the 'show on the road' and for that they have the grateful appreciation of the Board of Directors.

There were some narrow windows of opportunity during the year to facilitate a limited amount of in-person group activity and these were grasped willingly with both hands!

We continue to review and implement our exciting Strategic Plan which spans the years 2018-2022. As a Board, we regularly engage with our Co-ordinator and her staff team to ensure that our Plan is informed and updated in light of their experiences and views.

As always, I would like to take this opportunity to extend my sincere gratitude to our Coordinator, Rosarie Kealy, all our staff members, tutors, board members and all our funding partners for making Waterford Sports Partnership the excellent organisation it is today and will be in the future. We continually strive to get more people, more active, more often.

We are also extremely conscious of our responsibility in delivering first class governance in all that we do and with the funds that we receive from all our funding partners. As well as our main board, two groups contribute enormously to our governance, namely our HR/Finance committee and our Child Safeguarding committee. A special thanks to these two groups. Thanks also to our Board members who have undertaken Governance training and who are committed to completing our journey to Governance compliance with Sport Ireland by December 2021.

A key challenge facing WSP in the past year and indeed future years is the management/matching of our ambitions, expectations and resources including staff, equipment and finances. We will need to review our structures and staffing levels and needs over the coming years to enable us to serve our many publics.

Gender and indeed diversity issues in general are very much on our radar as a board as well. We commend and support the 20x20 initiative which champions and aims to increase female participation in sport and physical activity in Ireland. This ambition must continue into future years. We are also very conscious of the gender imbalance at WSP Board level and we plan to address this issue in the coming year or two.

We also recognize the increase in mental health issues caused by the COVID-19 pandemic and we hope that WSP's many physical activity and sporting programmes and initiatives will go a long way to assisting those who have been weighed down by the restrictions put on their lives over the last year.

I look forward to another active and rewarding year for WSP in 2021.

Neil O'Sullivan Chairperson

Co-ordinator's Statement

I am delighted to introduce Waterford Sports Partnership's Annual Report 2020, in a year like no other. While 2020 was a very challenging year for sport, we also saw a deeper and increased appreciation of the value of sport and physical activity in all our lives, particularly as a support to our physical and mental health.



The year looks very different to the one we had planned and, indeed, to previous years. This report sets out the highlights under each of our strategic goal areas and shows that, despite the challenges in the external environment, we continued to deliver on the goals set out in our Strategic Plan 2018-2022 in an adapted, creative, inclusive and progressive way. We managed to keep moving forward despite the Covid 19 restrictions.

As the pandemic developed, we were very clear on our priorities - adapt to the circumstances; support those most impacted and most in need with creative solutions; advocate for support for clubs; support our staff; and create opportunities to support people to get active, within the restrictions, including the creation of new resources and the move to delivery of online programmes and training opportunities.

We will continue to support people to be active in 2021, as we emerge from the pandemic, by using a variety of communications and delivery platforms, focusing on what can be done and helping those individuals and organisations most in need to get back to activity.

We have committed to full adoption of the Governance Code for Sport by the end of 2021 and to achieving the CARA Bronze Xcessible Award to enable WSP to realise our vision of inclusion and to understand and reflect on our current provision and philosophy of inclusion for people with disabilities.

I would like to thank all our board members, their representative organisations and all our funders for their ongoing investment and support in 2020. A sincere thank you to Donal Lehane, who left the Board in 2020, for his valuable input and support in the last few years. I warmly acknowledge Sport Ireland for their constant support and guidance and the network of Local Sports Partnerships around the country for their positive contributions.

On behalf of Waterford Sports Partnership, I would like to acknowledge and sincerely thank all the partner agencies, organisations, schools and clubs, staff, volunteers and tutors, who contribute to the successful delivery and accessibility of sport and physical activity opportunities at a local community level. These individuals have played a vital role in connecting people and communities during unprecedented times.

I would like to finish by thanking the WSP staff for their passion, drive, resilience and commitment which was demonstrated over and over again in 2020.

Rosarie Kealy Co-ordinator

Roserie Kealy

SECTION 1 Governance & Structure



SECTION 1: GOVERNANCE & STRUCTURE

Our Governance Structure

Waterford Sports Partnership Company Limited by Guarantee, commonly known as Waterford Sports Partnership (WSP), was incorporated in November 2003.

The WSP constitution (last updated in 2016) deals primarily with the functioning of WSP as a legal entity i.e. as a company.

WSP is governed by a **Board of Directors** from local agencies and community organisations with representation and membership as set out in the WSP Constitution. The WSP Board is responsible for the strategic direction of the organisation and for monitoring and reviewing the delivery of the WSP Strategy.



The directors who served during 2020 were as follows:

ORGANISATION	NAME	APPOINTED/RESIGNED	SPECIFIC ROLE/COMMITTEE MEMBERSHIP
Co-opted Member	Mark Fitzgerald	16/06/2016	Company Secretary HR Finance Committee member
Co-opted Member	Neil O'Sullivan	05/02/2016	Chairperson of WSP Board HR Finance Committee member
Health Service Executive	Susan Scully	15/04/2005 (break 2009 to 2010)	
Waterford PPN - Community	Terry Hayes	03/10/2019	Chairperson of HR Finance Committee
Waterford PPN - Disability	Elaine Dunne	17/01/2007	HR Finance Committee member
Waterford PPN - Sport	Liam O'Donnell	16/06/2017	
Waterford PPN - Youth	Eoin Breathnach	15/04/2016	Safeguarding Committee Member
Waterford Area Partnership	Stephen Whelan	27/03/2019	Safeguarding Committee (Sub)
Waterford City & County Council - CEO nominee	Don Tuohy	06/09/2007	WSP Treasurer HR Finance Committee Member Safeguarding Committee Member
Waterford City & County Council - Elected Member	Joe Kelly	02/04/2020	
Waterford City & County Council - Elected Member	Pat Nugent	07/06/2019	
Waterford Institute of Technology	Elaine Mullan	15/04/2016	Vice Chairperson of WSP Board HR Finance Committee Member
Waterford Leader Partnership	Austin Flavin	01/09/2020	
Waterford Leader Partnership	Donal Lehane	03/02/2017 to 03/02/2020	
Waterford, Wexford Education & Training Board	Michael O'Brien	31/03/2020	



Pictured here (from I to r)

Top row: Rosarie Kealy (Co-ordinator), Elaine Dunne, Terry Hayes, Stephen Whelan Second row: Cllr Joe Kelly, Michael O'Brien,

Susan Scully, Cllr. Pat Nugent.

Third row: Don Tuohy, Eoin Breathnach,

Austin Flavin, Elaine Mullen.

Bottom row: Mark Fitzgerald, Neil O'Sullivan.

SECTION 1: GOVERNANCE & STRUCTURE

As the Constitution does not provide the level of detail required for the day-to-day operations of the organisation, policies and procedures must be put in place. During 2020, WSP, in partnership with the eight other incorporated Local Sports Partnerships (LSPs), appointed the Institute of Public Administration (IPA) to work with the group of LSPs to draft a suitable governance framework and associated policies. This process was well underway at the end of 2020 and agreed as a key priority for 2021.



The Governance Code for Sport, overseen by Sport Ireland, is the framework to which WSP has committed to be fully compliant by December 2021. This will ensure WSP is at the forefront of implementing best practice and statutory and legislative requirements as required.

The Board met on 7/2/20 (in person) and by zoom on 5/6/20, 25/9/20 (rescheduled AGM) and 27/11/20. The meeting scheduled for 3/4/20 was cancelled due to the pandemic.

The Board and staff also held its annual review/planning workshop on zoom on 9/10/20.

Two committees support the board in its work:

The HR/Finance Committee, supports the Board and the Co-ordinator regarding policy initiation, monitoring of operational plans and Finance/Human Resource support. The committee met on six occasions over the course of 2020 on 20/1/20, 9/4/20, 4/6/20, 17/9/20, 15/10/20 and 2/11/20.

The name of this committee was changed to Finance, Audit and Risk Committee in early 2021 and a new Terms of Reference was approved by the Board.

The **Safeguarding Committee** considers and makes decisions with respect to child and vulnerable persons safeguarding concerns. This includes allegations of a general nature in regard to children and vulnerable persons in addition to its role in considering vetting applications, disclosures and/or returns referred to the WSP Contact Person by Sport Ireland. The committee did not meet in 2020.

Responsibility for the day-to-day operations of the organisation rests with the Sports Co-ordinator and staff. The Sports Co-ordinator attends meetings of the Board, by invitation of the Board, and is not a Director of the Company. The Company Secretary is a member of the Board.

Financial and Operational Governance

WSP operates with the support, investment and leadership of Sport Ireland at National level. At local level, in addition to being responsible for strategic direction, the WSP Board is responsible for creating an environment for the cohesive development of sport and physical activity opportunities in Waterford.

We acknowledge our main funders; Sport Ireland, Dormant Accounts, WCCC, WWETB/Department of Children & Youth Affairs, Healthy Ireland and the HSE. In order to deliver on our strategy we need to, at a minimum, retain current funding levels while also securing increased resources from these and other potential funders. The implementation of the strategy is managed by the Co-ordinator with the support of the WSP team. WSP staff work closely with our partners to ensure the quality development of WSP activities. An Annual Budget and Operational Plan, informed by the overall goals and objectives of the strategy, was developed by the WSP team and approved by the Board and Sport Ireland. Strong leadership by the WSP Board and staff underpins implementation while collaboration and strong local and national partnerships is central to our approach. The WSP Board monitored and reviewed the delivery of the strategy taking into account any change in priorities or resources available.

As a company, WSP is required to be audited annually. Our 2020 Financial Statements set out our financial position and are included in Section 5 of this report.

SECTION 1: GOVERNANCE & STRUCTURE



Waterford Sports Partnership Team 2020

The **WSP Team** is employed to carry out the work of WSP and to work with our many partners to support and develop opportunities to participate in sport and physical activity in Waterford. We have two offices, one in the Civic Offices in Dungarvan and one in the Regional Sports Centre, Cork Road, Waterford.



Rosarie Kealy Sports Co-ordinator



Karen Phelan Communications Officer



Suzanne Baumann Administrator

Sports Development Team

Our Sports Development Team is responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to develop targeted initiatives with various community based organisations to promote the participation of young people, older adults, women and teenage girls, people with a disability, men and disadvantaged and minority groups in sport and physical activity. They also support local sports clubs and coaches with a particular focus on training and education.



Peter Jones Sports Development Officer & Rural Hub Development Officer



Pauline Casey Sports Development Officer & Sports Inclusion Disability Officer



Brian O'Neill Youth Sports Development Officer



Louise Barry Sports Development Officer & Hub Development Officer



Rachel Sinnott, Community Sports Development Officer



Sínead Brannigan Community Sports Development Officer



Lauren Walsh - Kett Sports Development Officer & Hub Development Officer (Maternity Leave Cover)

Thank you!

We would like to sincerely thank Lauren, who completed a maternity cover contract with WSP in July, Sinéad who left WSP in November to take up another position and Louise who is leaving for pastures new in early 2021. The individual and collective contributions made by Lauren, Sinéad and Louise during their time with WSP is greatly valued and appreciated. We wish them all the very best in the future.

SECTION 2 Our Purpose

OUR VISION, MISSION & GOALS



SECTION 2: Our Purpose

Our Vision: "Waterford – Active People, Active Place"

Our Mission Statement:

Our Mission is that, together, we make Waterford a place that has a positive culture of people playing sport and being active. We want people to enjoy participating and the many benefits it brings to their health, happiness and our community.



Goal 1 – Active People

To support the provision of a wide range of opportunities for people to participate in sport and physical activity in a variety of places.

Goal 2 - Active Network

To support and strengthen the capacity of the network of people and organisations who facilitate sport and physical activity in Waterford.

Goal 3 - Active Engagement

To communicate clear and consistent messages and positively promote sport and physical activity opportunities.

Goal 4 - Active Management

To lead and influence a culture of participation, good governance and competent operations.

Outcome - More Waterford people participating in sport and physical activity and enjoying that participation.

SECTION 2: Our Purpose

The context in which we work ...

WSP operates with the support, investment and leadership of Sport Ireland (SI) and we support SI to realise their sports participation objectives locally. We are also guided by the National Sports Policy 2018-2027, the National Physical Activity Plan for Ireland and the Healthy Ireland Framework. We are guided at local level by the WSP Strategic Plan 2018-2022 and the ongoing input of our partners.

The National Sports Policy and Local Sports Partnerships . . .

On the 25th July 2018, the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The 2020 programme for Government has clearly set out new and ambitious objectives for sport to deliver on, most notably in the sports participation goals, which increased from 50% of adults regularly playing sport, as set out in the 2018 National Sports Policy to 60% of adults regularly playing sport by 2027. To achieve this, the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key roles played by the Local Sports Partnerships in sports participation and how they can assist in the delivery of the participation actions set out in this Policy.

"The LSP network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength."

- National Sports Policy 2018-2027

The National Sports Policy has a total of 57 actions, 26 of which relate to sports participation. Fundamental to delivering on the Participation Actions of the National Sports Policy is increasing the capacity of the sports sector to deliver, especially the Local Sports Partnerships (LSPs) and the smaller National Governing Bodies of Sport (NGBs).



SECTION 3 What we achieved in 2020 . . .



With our partners our key achievements for 2020 include:







222 older adults took part in **7** initiatives

Schools/Young People:

1,097 students took part in 7 initiatives including:

650 students who took part in Sports Hall Athletics

348 youth at risk took part in 3 initiatives

14 Primary Schools availed of Playground Markings



105 people took part in 6 Carrickphierish Hub initiatives

353 took part in Waterford's OT Walks in Kilmacthomas



154 took part in Walk Waterford

354 took part in other public activity opportunities
(Bike Week, National Play Day, outdoor activity events)

Over 3800 participants in 55 initiatives including:



231 people with a disability took part in 5 initiatives



Cappoquin, Lismore, Villierstown Sport & Physical Activity Hub

176 took part in OT Walks in Cappoquin

15 men took part in Men's Health Week

12 men took part in Men on the Move

11 people from 9 schools/clubs took part in Sports Hall Athletics Training

28 participated in Positive Ageing Week Walks

29 participated in Come & Try It Events

Capacity Building and/or collaboration with over 180 organisations

120 Clubs/Groups provided with funding supports by WSP | 38 Clubs provided with club development/grant application assistance

157 attended 14 Safeguarding Courses

16 Student Sport Leaders attended WSP Learn to Coach Training to deliver training to 120 club members

Over 310

coaches, volunteers, community leaders and teachers supported in education and training including: **61** Teachers/Student Leaders attended

3 courses/workshops

33 attended community based training (*first aid*, *trishaw pilot & boat safety*).

27 attended Disability Awareness Training

20 attended Autism in Sport Training



33,067 visits to website



4,400 followers



1,221 followers



213



100+ Videos Produced | 10,957 Views



180 people downloaded our SportsAbility

Podcast Series

16 different types of sport & physical activity opportunities

20 NGBs engaged with to facilitate/support initiatives and development

WHO WE TARGET . . .

Young People & Youth at Risk | People with a Disability | Women & Girls | Men | Older Adults Disadvantaged People | Ethnic Minorities | Sport Club Coaches & Volunteers.

Over €885,000 of FUNDING secured for Waterford in 2020 including:

€464,698 : Sport Ireland | €228,190 : Dormant Accounts via Sport Ireland €93,800 : Waterford City & County Council | €62,244 : WWETB/DCYA €26,950 : Healthy Ireland | €7,650 : HSE | €2,000 : Go for Life

GOAL 1: ACTIVE PEOPLE -

Many Opportunities, Many Places.

To support the provision of a wide range of opportunities for people to participate in sport and physical activity in a variety of places.



We had a very comprehensive plan in place for 2020 to;

- ⇒ Provide and support opportunities for *everyone* to participate in sport and physical with a focus on low participation groups including people with a disability, women, men, older adults, ethnic minority groups and disadvantaged communities
- ⇒ Develop and support quality opportunities for children and young people to participate particularly children at pre-school and primary and for teenage girls and youth at risk. We also planned to create links and strengthen pathways between school, club and community
- ⇒ Support and enable more opportunities to participate in sport and physical activity in many *places* by working with sports clubs, community and commercial facility operators to develop opportunities. We also planned to develop our new rural hub and find ways to sustain Carrickphierish Sports Hub and to promote accessibility and inclusion in the usage of the natural and built environment and outdoor amenities
- ⇒ Support activities, events and initiatives with the capacity to trigger engagement and longer term participation in sport and physical activity
- ⇒ Provide information on opportunities and places to participate in sport and physical activity

Then COVID-19 arrived! The plan had to change quickly, however, on reflection, it really only changed in terms of *how* we delivered our plan and the *level* to which we were in a position to deliver.

PANDEMIC CHALLENGES

- Different protocols for different sectors eg Disability/ NGBs/Youth Sector/Education/LSPs
- Some service users/participants were vulnerable
- There were transport restrictions particularly for disability and youth services
- Indoor based services/activities were particularly challenged
- Access to venues, indoor and outdoor, was extremely limited or unavailable
- Increased responsibility on clubs and volunteers

- Lack of availability of tutors for programmes and courses
- Schools closed very limited direct contact/physical contact with schools, staff and students
- Restrictions on training and education opportunities for teachers and staff members
- Swimming pools closed
- Technology challenges for many
- People aged over 70 and the most vulnerable told to cocoon



GOAL 1: ACTIVE PEOPLE

The team adapted very quickly and moved online with programmes and events where possible using the WSP website, You Tube, etc.

Key highlights!

- ⇒ Worked with Sport Ireland and the LSP network to develop resources to help people stay active at home, particularly older adults and people with a disability.
- ⇒ Developed suitable online resources for people with a disability.
- ⇒ Distributed Activity packs to People with a Disability in individual services.
- ⇒ Developed the Waterford SportsAbility Podcast Series, a totally new platform for WSP! (See Page 17).
- ⇒ We adapted our offerings and provided various online resources including;

 For Children/Families: Fun Athletics at Home (resources & videos), Active Homework Challenge (resources & videos), WSP Workout Video Series. For Women/Girls: Virtual Couch to 5k (resources & videos), Mum & Me Online Fitness Programme (videos), Online Camogie Challenge (videos). For Men: Online Fighting Fit (videos), Online Men on the Move (videos & zoom sessions). For Older Adults: Gentle Exercises Video, Links to online third party exercise programmes. For People with a Disability: Adapted Exercise Videos, Waterford SportsAbility Podcast Series, Links to online third party exercise programmes. For Club Development: Links to numerous online webinars and training opportunities.

The positives...

- ⇒ Opportunity to explore new activities that will remain post pandemic e.g. Pitch & Putt.
- ⇒ Schools very receptive of support and exploring new approaches. Relationships strengthened and greater clarity around their needs and aspirations for physical activity for the future.
- ⇒ Playground Markings initiative a huge success (see page 18)
- ⇒ Time carved out to update and maintain our Permanent Orienteering Courses.
- ⇒ Smaller group sessions, more interaction, personal touch/ relationship building.
- \Rightarrow New focus on the outdoors presented new opportunities.
- \Rightarrow Increase in people interested in walking, running, cycling, hiking.

PROGRAMME TYPE	NO OF PARTICIPANTS	NO OF INITIATIVES
Pre-Schools/Schools	1,097	7
Youth at Risk	348	3
Women/Teenage Girls	521	6
Men	234	5
Older Adults	222	7
Disability	231	5
Public Events/Other	1,037	13
Community Sports Hubs	134	8
Workplace Activities	14	1
Total	3,838	55

2020 in summary...

- ⇒ Very different to what was planned.
- ⇒ Creative and innovative adaptations by all staff
- ⇒ New resources developed with a post COVID-19 legacy
- ⇒ New ways of working presented both opportunities and challenges.
- ⇒ Increased focus on health & safety, new layer of administration.
- ⇒ Resilient staff, partners and participants.
- ⇒ Lots and lots of content developed for our website and future programmes.
- ⇒ Sport and Physical Activity more important than ever.

Looking forward to 2021...

- ⇒ Focus on what we can do outdoors, adventure, walking, running, swimming, orienteering, rowing, etc
- ⇒ Look for the need how can WSP help?
- ⇒ Look for the opportunity there's always an opportunity!
- ⇒ Offer/develop practical supports useful resources, activity packs, online training, ideas, advice etc
- ⇒ Promote the outdoors local trails, family walks etc
- ⇒ Continue to skill-up as a team on new ways of working videos, podcasts, social media, webinars etc.
- ⇒ Consider a hybrid approach to programming where appropriate i.e. online and in person
- ⇒ Find ways to build on the positive habits developed during lockdown particularly for walking and cycling
- ⇒ Provide practical resources to support physical activity such as playground markings, activity resources, outdoor programmes.

Case Study: Waterford SportsAbility Podcast Series





OVERVIEW

The purpose of the Waterford SportsAbility Podcast was to replace the previously planned SportsAbility Weekend event which was postponed due to COVID-19. The six episode podcast series was developed as an opportunity to engage people in a number of conversations related to Disability Sport and Physical Activity from many perspectives, including parents, international and para athletes and coaches.

AIMS

- To actively promote inclusion and enable participation in sport and physical activity for people with a disability.
- To increase the awareness of physical activity opportunities for people with a disability.
- To increase the awareness of the positive impact that sport and physical activity has on the lives of a person with a disability and their family members.
- To raise awareness of the barriers that are in disability sport and solutions to overcome those barriers.
- To highlight athletes with a disability as role models for other young athletes in Waterford.

IMPLEMENTATION

WSP secured funding from Healthy Ireland to develop and produce a Waterford SportsAbility Podcast Series.

- The Waterford SportsAbility Podcast initiative was a collaboration between WSP and Waterford SportsAbility Forum
- Due to COVID-19, WSP took the lead in developing the podcast and consulted with members on a regular basis.
- Identifying suitable speakers was a key priority and the SIDO, Pauline Casey, and SportsAbility Forum members identified speakers for each episode ensuring there were several perspectives on the positive impact that sport has had on the lives of people with a disability and their families.
- The SIDO worked closely with WSP Tutor, Jamie Knox, who was instrumental on the production and promotional side of the podcast.
- Throughout the six episodes, speakers were interviewed by Pauline Casey or Karen Power (Author of the Butterfly Barn Series).
- Once the podcasts were produced and edited the focus moved to the promotional campaign. The promotional campaign included posters, press releases and a strong social media campaign with posts released in advance and throughout each episode release. Episode 1 of the Podcast was released on Friday 11th September 2020 with the next five episodes following on a fortnightly basis.

'The podcasts are positive and strengths focused. They reminded me (the listener) to remember to look to the possibilities and the potential in all of us. They showed how important it is to be creative and adapt the environment to support the person and how, when this happens, so many opportunities can be opened up for people.



OUTCOMES

It was clear from producing the podcast that the visibility of Waterford SportsAbility Forum and WSP increased. From download statistics, it would appear that the podcast reached more people with information than we might have reached if we held a face to face seminar series. Developing and producing a podcast series was a first for WSP. It was definitely a worthwhile learning opportunity for all involved and for the wider team in terms of potential future podcasting. This is another avenue that can be used to reach people in a more flexible way, giving the end user control around when and how they engage with the podcast. The podcast is also sustainable as it can be found on our website and we can continue to add additional episodes in the future.



NEXT STEPS

The podcast is a sustainable piece of work as the resource can be promoted or accessed at any time on WSP's Website as well as major podcast platforms. The Waterford SportsAbility Forum plan is to produce series two of the podcast in 2021.

Case Study: Playground Markings



OVERVIEW

Playground markings are painted designs on a school/centre grounds using lines, shapes and patterns to encourage children to play, have fun and engage with other children. The COVID-19 pandemic provided us with an opportunity to offer our Playground Markings Initiative to Primary and Pre-Schools across Waterford at a time when schools were closed and were looking for ways of enhancing their outdoor play facilities for children on their return.

AIMS

- To provide schools and pre-schools across Waterford with an opportunity to develop their outdoor facilities during the pandemic.
- To provide WSP with a way to keep connected with local pre-schools and primary schools.
- To provide young children with an exciting addition to their outdoor play area when they returned to the facility post-lockdown.
- To provide teachers with fun game ideas that can be played outdoors using the markings.

IMPLEMENTATION

- WSP provided a facilitator with a background in Athletics coaching and Sports Hall Athletics to roll out the Playground Markings in the school yard.
- The facilitator visited the school on two separate occasions; a consultation to select the markings and map the area, followed by installation of the Playground Markings in the area chosen by the school.
- All materials and supplies were sourced by WSP and provided to the school with the stencils. A specification of the spray paint used was provided for school records also.
- The facilitator and WSP staff member laid down the markings in consultation with the school. A demonstration of games and activities with a focus on Functional Movement Skills was provided to the staff of the school (organised at consultation stage). WSP also provided an activity resource booklet to support the school with the use of the markings.
- The facilitator ensured that the stencils were cleaned and sanitised before and after each installation and looked after the transportation of the stencils to and from the school.



OUTCOMES

We provided Playground Markings for twenty three primary schools, three pre-schools and three community groups in 2020.



PRIMARY SCHOOLS

- Aglish N.S. Ballyduff N.S.
- Carriglea N.S.
- Clashmore N.S
- Fenor N.S.
- Garranbane N.S.
- Glenbeg N.S.
- Kill N.S.
- Knockanore N.S
- Lismore Morchuda N.S.
- Passage East N.S.
- Scoil Lorcain N.S.
- Scoil Mhuire, Abbeyside
- St. Josephs Boys N.S., Dungarvan
- St. Marys, Tourneena N.S.
- St. Michael's N.S.
- Ursuline Primary School
- Waterford Educate Together N.S.
- Lismore Community Childcare
- The Growing Tree, Lismore
- Scallywags, Ballygunnar
- Central Avenue Lisduggan
- Ard Cluain, Carrickphierish
- Banardos Centre.

NEXT STEPS

There has been huge demand for this iniatitive and we wil continue to roll out Playground Markings across Waterford in 2021.



Case Study: Men's Programmes

OVERVIEW

At the end of 2019, we asked men for feedback on what activities they felt they needed to be physically active. We have had great success with cycling and our Men on the Move projects, but wanted to continue to vary the type of activities we offered to men to positively impact their lives. From the feedback we received, we put together a comprehensive range of activities for the men of Waterford for 2020.

AIMS

- To coordinate a wide variety of programmes for men to ensure men of all ages and abilities were catered for.
- To work to provide more sustainability for programmes by linking in with more partners.
- To host our first 'men only' Club on the Move programme, initially in conjunction with the GAA.
- To evaluate the impact and sustainability of our programmes and impact on people's lives.
- To continue to raise awareness of opportunities during Men's Health Week in Waterford.
- To deliver more programmes to rural/less populated areas.
- To understand more about how and why men engage (or not) with WSP programmes through different media channels.

IMPLEMENTATION

- 1. We were fortunate that we had a good base with a wide range of programmes and good tutors to deliver them.
- We had planned to deliver the following programmes in 2020: Men on the Move, Me and My Dad Do Gymnastics, Fighting Fit, Let's Swim, Learn to Row, Let's Sail, Pitch and Putt and Cycling Couch to 50km programme. All but two of these were planned to be delivered in partnership with clubs.
- 3. Pre-COVID, we successfully delivered Men on the Move programmes in four areas of the county, hitting West Waterford for the first time.
- In March, we had just delivered our first Fighting Fit session in partnership with WIT Arena, Dungarvan Boxing Club and Tramore Boxing club when the pandemic hit.
- As with everything, we then had to adapt and find ways to continue our programmes. This was in three stages. The first phase was to go online, using familiar faces to deliver specific programmes for our men. This occurred for Men on the Move and Fighting Fit programmes to give some continuity and familiarity. Phase two still involved the use of videos and socially distanced programmes and Men's Health Week and Bike Week allowed us to deliver socially distanced activities. Phase three involved social interaction via technology. We delivered Men on the Move via the zoom platform to enable that connection to occur.

SOME OF THE FEEDBACK WE RECEIVED

'Videos are great and it's great to chat with the guys on the whatsap group even managing to do the videos with my wife so thanks again';

'Omg, I'm dead after half hour but it was brilliant, and remember, I'm walking 17k a day at an average of 7.8km/hr I thought I was getting fit. Well done you and the tutors'

Brilliant to have these videos to have some encouragement to get active during this time. Thanks so much

'I did the first session today, great way to pass a wet evening, tough going but really enjoyable, thank you'

'The activity tracker kept me motivated and encouraged me to get my kilometres completed to reach my target of 60km'

'Zoom meetings were great, motivation and fitness in a comedy cocktail'



OUTCOMES

We continued to evolve our offerings. Initially the videos from our tutors provided the participants with familiarity and the motivation to exercise. The longer the lockdown went on, the more men craved interaction. Our socially distanced programmes were very successful, and, when we went back into lockdown, the use of zoom and ability of men to use this platform allowed 'artificial' face to face contact which was much needed.

In total, in 2020, we engaged with 162 men aged between 18 and 74 across a wide range of platforms.



Because of the pandemic, we did not manage to achieve all our targets. In 2021, we hope to be able to work more in partnership with facilities and clubs and in addition to our online content provide more opportunities for men to be active.

GOAL 2: ACTIVE NETWORK -

Strengthening the Network, Connecting People To support and strengthen the capacity of the network of people and organisations who facilitate sport and physical activity in Waterford.



NO OF

NO OF

Action Areas

Quality training and education opportunities for the providers of sport and physical activity:

- ⇒ Safeguarding Training Courses delivered in person pre COVID and moved online from August see page 23
- ⇒ Sports Inclusion & Disability Awareness Delivered two online workshops
- ⇒ **Autism in Sport Training** Held first Autism in Sport Workshop with 20 participants. There is a huge demand in this area with many schools and clubs looking for additional training.
- ⇒ **FAI Coach Education -** Started a Coach Education programme with the FAI and St. Paul's Soccer however sessions were suspended due to COVID-19.
- ⇒ **'Learn to Coach'** 10 students completed programme. Training included safeguarding, GAA dual course and warm up/cool down assistance. These 10 students began coaching in four clubs for 8 weeks beginning week of 2nd March. Students had completed the first two weeks of placement with their clubs with NGB/WIT/WSP staff being present at sessions before all activities were suspended due to COVID-19.
- ⇒ **Volunteer Support** Foundation Level Camogie Training was offered in West Waterford targeting as many female coaches as possible, 20 participants on course of which 17 were female. Four of the coaches are now coaches at the Camogie Initiative in Cappoquin.
- ⇒ **Ready to go Orienteering Teacher Training** Held in WIT Arena in March with 17 Teachers from 8 schools in attendance. These schools can now be mapped to further develop opportunities for orienteering.
- ⇒ **Safety Boat Launch Course** Waterford Boat Club ran a Safety Boat Launch Course in February, with assistance from Urban Outdoor Adventure Funding in order to increase club capacity.
- ⇒ Ride Leader training coordinated training for 6 leaders for AXA bike scheme in early March.
- ⇒ **Balance Bikes:** Delivered training to St. Joseph's Childcare Centre in March 2020.

	TRAINING TYPE	PARTICIPANTS	COURSES	
	Coach/Instructor Training	36	3	
	Disability Awareness Training	27	2	
	Autism in Sport	20	1	
	Orienteering Teacher Training - Primary	16	1	1
c.	Sportshall Athletics Teacher Training	16	1	
155	TrY Coaching - Rowing	29	1	
	First Aid Training	13	1	4
	Safeguarding 1	134	12	
5	Safeguarding 2	23	2	
	Total	314	24	
		ALLISTER .		
				SIL

GOAL 2: ACTIVE NETWORK

Support for sports clubs and volunteers

Club Development & Support

Many sports clubs were supported in 2020 in relation to governance, funding, COVID-19 safety protocols, programme and infrastructure development.

Clubs supported included:-

Dungarvan Rugby Club, Affane/Cappoquin GAA, Dungarvan Boxing Club, Lismore Tennis Club, Cappoquin AFC, Dungarvan Hockey Club, Cunnigar Pitch and Putt, Dungarvan Snooker Club, Munster Cricket, Waterford Badminton, West Waterford Hot Rod Club, Ballyduff Upper GAA/Community group, Dungarvan Cycling club, Cappoquin Rowing Club, Waterford City Rugby Club, Villierstown Boat Club, Villierstown Community hall, Cappoquin Camogie Club, St Oliver's Ladies Football, Causeway Tennis/Bowls club, Waterford Gymnastics Club, Waterford Orienteers Club, Dungarvan GAA Club, Ferrybank AC.



Many others clubs were supported with general information particularly in the area of sports capital and COVID-19 support grants.

Club Development Booklet

Work has commenced on the development of a club development booklet for general use for clubs under the areas of club set up, fundraising, GDPR, club roles, essential forms and club development plan.

Sport Ireland COVID-19 Club Small Grant Scheme

This scheme was launched in mid August for applications by the end of August, to support COVID related costs. Grants were allocated to 55 clubs in Waterford.

Empowered local networks and partner organisations

WSP actively engages in committee work and networking activities at local and national level. (See page 22)



Support a culture of shared and multi use facilities

WSP advocates for a shared, multi use and inclusive approach to all infrastructure development. WSP is a member of the WCCC Dungarvan Active Community working group which evolved into the WCCC Dungarvan Skatepark working group during 2020. This is an exciting project that will come to fruition in 2021.

Stronger relationships with sporting organisations

The following are some examples of how we linked with National Governing Bodies in 2020:

Waterford Camogie Association – supported with some practical training re: eventbrite set up Met with **Rowing Ireland** Development Officer to assess the needs of local clubs and put a plan in place for local schools.

Munster Cricket - Met with Munster Cricket Development Officer to discuss plans for cricket development in schools and communities in Waterford.

Weightlifting Ireland - Met with new WIS coordinator of Weightlifting Ireland regarding 2021 plans.

Orienteering Ireland – linked in with the Development Officer to promote orienteering and host events within the county

Triathlon Ireland – programme development meeting with Triathlon Ireland Munster Development Officer and Triathlon clubs regarding running a women's Try a Tri programme for both City and County in partnership with local Tri clubs and Triathlon Ireland.

GOAL 2: ACTIVE NETWORK

Networking, Advocacy and Awareness Raising

Building alliances and relationships with local and national partners is an important area of work for WSP, therefore WSP actively engages in committee work and networking activities at local and national level.

Overview of the type of actions WSP was involved with in 2020

TYPES OF ACTIONS	NUMBER OF ACTIONS
Campaigns and Lobbying Efforts	1
Local Networks or Committees participated in	11
Regional and National Networks participated in	9
Research projects involved in	1
Conferences attended	11
Policy/Strategy submissions made	1

Local networks and committees bring together community and sports organisations, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national level. These networking and awareness raising activities result in an increase in the reach of WSP and awareness of our work. They are also a sounding board for advice and recommendations as to what we can do to assist others to promote physical activity opportunities.

List of Committees & Boards with WSP representation 2020

Cappoquin, Lismore, Viillierstown Rural Hub Steering Group	Sport Ireland National In This Together CSDO Working Group
CARA SIDO network	Sport Ireland National In This Together SIDO Working Group
Carrickphierish Community Campus Steering Committee	Waterford Age Friendly Alliance
Healthy Waterford Steering Committee	Waterford Bike Week Steering Committee
Men's Health Week National Steering Group	Waterford COVID-19 Community Response Forum
National LSP Active Cities Network	WCCC Dungarvan Skatepark Working Group
SI Innovation Project Network	Waterford Comhairle na nÓg Steering Committee
SI National LSP Co-ordinator Network	Waterford COVID-19 Community Response Comms Sub Group
SI National LSP Evaluation Working Group	Waterford Link-up Group
SI National In This Together Co-ordinator's Working Group	Waterford SportsAbility Forum

Sport Ireland National LSP Co-ordinator Network met regularly online throughout 2020



Case Study: NEW! Online Safeguarding Training





OVERVIEW

In a 'normal' year, we would run fifteen to twenty Safeguarding Courses in Waterford, rotating the venues between city and county to facilitate people from clubs across Waterford. In March 2020 when government restrictions came in due to the COVID-19 pandemic we were faced with the challenge of how to continue to provide this important training for Waterford Clubs.

AIMS

- To continue to provide Safeguarding Training for Waterford Clubs.
- To ensure that the 'new' offering was easy and accessible for people to take part in.
- To ensure that the 'new' offering provided the participants with an experience as close to face-to-face as possible.



IMPLEMENTATION

ONLINE SAFEGUARDING 1 ATTENDANCE BY SPORT

SPORT	NO
Camogie	21
GAA	14
Soccer	7
Athletics	3
Gym	6
Badminton	2
Basketball	2
Cycling	2
Kayaking	2
Orienteering	2
Swimming	2
Surfing	2
Tennis	2
Boxing	1
Gymnastics	1
Golf	1
Gliding	1
LGFA	1
OAA	1
Kickboxing	1
Outdoor Adventure	1
Rowing	1
Sailing	1
Triathlon	1
Weightlifting	1
wccc	1
WSP	1

As a direct response to the COVID pandemic, Sport Ireland developed and piloted a new online Safeguarding Course. WSP Sports Development Officer, Peter Jones, was one of eight people involved in a national steering group to oversee this initial delivery and four of our Development Officers were trained to deliver this online course to the clubs of Waterford.



On Monday 24th August we delivered our first Zoom Safeguarding Course and by year end we had delivered eight online Safeguarding 1 Courses.

CHALLENGES!

Initially Zoom proved difficult. The interactive content was difficult to adapt to online delivery. Tutors had to adapt to using polls, screen share, breakout rooms and all the new functionality as did participants. However, with more familiarity the courses ran more smoothly

ONLINE SAFEGUARDING 1 COURSES 2020		
Courses Delivered	8	
Total Participants	81	
Male	42	
Female	39	
From Waterford	68	
From Rest of Ireland	13	

WHAT THE PARTICIPANTS SAID!

'Just a quick message to yourself Peter and Pauline, thanks so much for the course tonight, it was very interesting and has given me some extra knowledge to take with me into my new coaching hobby. I enjoyed it very much and found you both very easy to talk to and you explained yourselves very well. Thanks again and you never know I might be back to do safeguarding 2 and 3 some day'.

'Peter, just want to thank you & your team for tonight's Zoom meeting, your presentation was very professional & informative. Definitely not a waste of a Monday night!'

'Well done Peter and Pauline, well planned and plenty of interaction to keep us alert and interested!'

'Really enjoyed your well run and informative course, thanks again. I thought it was excellent for an online course. The use of breakout rooms, surveys and keeping everybody on their toes by directing the questions meant I stayed tuned in. If it was just a three hour presentation with optional interaction it would have slow, tedious boring. Also I am finding that having cameras on is very important in keeping the participants tuned in. Well done to you all for organising and setting up the course'.

'The course was very good and I like the way you split us into different groups throughout the two hours. Nice to hear ideas from others so there was good communication'.

'Many thanks I really enjoyed the course when it worked for me! I think you both did fantastic, kept it very relaxed for us'.

NEXT STEPS

We will continue to provide 'ONLINE' Safeguarding 1 training and also plan to rollout 'Online' Safeguarding 2 Training in 2021

Case Study: West Waterford Rural Hub

OVERVIEW

During 2019, we worked at brainstorming plans for a sustainable physical activity hub in West Waterford. Coming into 2020, we were excited to engage with the public and begin to deliver pilot programmes, develop partnerships and help in strengthening local clubs and organisations. Our steering group was in place with strong representation from the three local areas, and, we were looking forward, with their support, to widespread community engagement. Our needs analysis was out to tender, we had met all local schools and put in place a plan for the academic year linking all activities to local clubs. We had also identified and worked with some local organisations to provide community facilities such as walkways for all. Then in March 2020, COVID hit! We had two options, one to sit back and wait until things went back to normal, or adapt our approach to give the people of West Waterford what we had planned, ie. more opportunities to be physically active in their communities.

AIMS

- Host our first ever West Waterford Operation Transformation walk for the community
- Carry out a needs analysis through public consultation
- Deliver a comprehensive school/club/NGB programme allowing for sustained levels of physical activity
- Identify small scale capital projects that could assist in physical activity being available to all
- Deliver pilot programmes in the community for each of our target groups
- Host 'Come and Try' it weeks in each of the three areas engaging with local clubs/organisations
- To collate all the local activities available, identify any gaps and react to this need
- Establish a West Waterford Hub Facebook Page/social media presence

IMPLEMENTATION

The key to implementing something during a pandemic is having good relationships with people on the ground. As we were in the initial stages of our project, this proved challenging. However, as people became more aware and comfortable with technology available, we managed to engage with people in the following ways:-

- Hosted an inaugural Operation Transformation event for 173 local people aged 3 months to 86 years in partnership with Cappoquin GAA/Camogie Club
- Developed positive relationships with clubs and supported small scale capital projects to allow for community activity to take place. This involved work with Cappoquin AFC, Cappoquin GAA, Cappoquin Rowing Club, Villierstown Community Centre and Villierstown Boat Club.
- Community engagement; Our needs analysis went online. Through relationships with local clubs/organisations, we managed to ensure just over 10% of the population responded to our needs analysis.
- School development; our Sportshall Athletics programme went online with 324 families taking part. The video resources are now used as a teaching toolkit for delivery. We also liaised with schools for Bike Week and National Play Day
- Use of videos; we utilised our YouTube channel to deliver many programmes online for the locality. These included Sportshall Athletics online, National Play Day, Bike Week, Waterford Chamber focus on West Waterford, National Walking Day to name but a few
- walks during Positive Ageing Week, Come and Try it sessions with local community/national schools for European Week of Sport.



OUTCOMES

We embraced the challenges that COVID provided, and, have opened the eyes of the community to new ways of being physically active through our community and social media engagement. We will continue to work with National Governing Bodies of Sport and local sports clubs by delivering schools and community programmes to provide a sustainable pathway for physical activity for all.



GOAL 3:

ACTIVE ENGAGEMENT -

Clear Messages, Effective Communication.

To communicate clear and consistent messages and positively promote sport and physical activity opportunities.



'Everyone Active'

The most up to date advice, information and resources on social distancing can be found on www.hse.ie and www.health.gov.ie

- SPORT IRELAND -			
IN THIS ISSUE		COVID-19 #BeActive Upda	ate from WSP
r	PAGE	As the COVID-19 outbreak continues, our aim in Waterford Sport:	
9 #BeActive		supporting responsible sport and physical activity participation w	
e Team		COVID-19. Sport and physical activity is essential to our physical a of positivity and our long term health, now more than ever.	and mental wellbeing, our sense
ool/Primary School ime Update		Key Guidelines:	
s Update		Try your best to #BeActive for at least 30 minutes a day, or 60 minutes a day for children.	#BeActive
, Events & Programmes		Wash your hands before and after being active, to avoid	
ubs Charter		spreading or contracting the virus. Stay local and within a 5km radius of your home for	& Flatten the Curve
nd Community & Council		exercise. • Exercise with members of your household or a maximum	COVID-19

of 3 people from outside your household

Observe physical distancing by keeping at least 2 metres apar

The following are some of the key highlights for 2020....

Clear and consistent messages

- ⇒ Waterford SportsAbility Forum:
 - Logo we co-ordinated the development of a new Logo for Waterford SportsAbility Forum Podcast - developed WSP's first ever Podcast series, the Waterford SportsAbility Podcast, with 6 episodes. (see Case Study on Page 17).
- ⇒ **Video Guidelines:** we developed video guidelines for staff and tutors to ensure consistency and high standards as online programming became a new way of working for WSP.

Effective channels and platforms for communication

- ⇒ **Social Media:** Continued to develop and manage WSP's presence on the following social media platforms:
 - WSP Facebook, Instagram and Twitter
 - Waterford SportsAbility Facebook and Instagram
 - Carrickphierish Sports Hub Facebook
 - CLV Community Sports Hub Facebook
- ⇒ **WSP Website:** In addition to the normal website management and updating in 2020, our COVID-19 response resulted in the development of new #BeActive and Return to Sport sections and the associated new content as we endeavoured to drive people to useful resources and supports to get active.
- ⇒ **Resources**: 30+ resources were developed and promoted for a range of In person and Online **Programmes**

- ⇒ **Publications:** Three editions of the WSP Newsletter were produced and circulated.
- ⇒ **Keep Well Publication:** WSP worked in conjunction with WCCC, Waterford Libraries, Healthy Waterford, HSE and Creative Waterford to lead the production of a 12pg 'Keep Well Waterford' Publication to be distributed to 40,000+ Waterford homes in early January 2021.
- ⇒ **WSP Infograph:** This was designed and produced for the 2019 Annual Report and WSP communication platforms.
- ⇒ Video resources: 100+ videos created on the WSP YouTube account for our COVID-19 online programming response in 2020.
- ⇒ **Radio:** WSP staff held a number of interviews on WLRFM during 2020 including on interview for Men on the Move Be Your Personal Best for International Men's Day, Positive Ageing Week Radio Interview and four radio interviews and a panel discussion for our Women in Sport/20x20 Campaign radio campaign which was developed in partnership with WLRFM to promote the 20x20 project and girls/women in sport (see Case Study on Page 29).
- ⇒ Dungarvan & West Waterford Chamber Wellness Chest- we created two videos for the Chamber's 'Wellness Chest' initiative, one promoting WSP and benefits of physical activity and the second targeting men's health.



GOAL 3: ACTIVE ENGAGEMENT

Engaging effectively with current and new partners

- ⇒ National Collaboration with LSP network/Sport Ireland:
 - COVID-19 presented an opportunity to collaborate more effectively with Sport Ireland and the LSP network. This resulted in a number of positive and tangible outcomes as the zoom platform allowed easier and more regular communication than pre COVID. WSP was a member of the Sport Ireland 'In This Together' Co-ordinator and Development Officers Working Groups which had a number of outputs including the LSP network/SI resources developed (National Sports Day at Home, Older Adult resource and the disability resource) as well as the co-ordinated development and promotion of the LSP Network brand. Regular CSDO Network Meetings were held and LSP Co-ordinator/SI fortnightly meetings continue into 2021.
- ⇒ **Connection** In an effort to keep connected with all our participants and partners in the disability sector after a challenging year for all, personalised Christmas Cards were designed and sent to all service users who engaged with us in 2020. We also maintained regular contact with various youth workers, project workers, development officers and teachers, with regard to support and plans for return to activity.
- ⇒ An **exploratory meeting** held with the HSE Self-Management Support Coordinator in for Chronic Diseases February 2020 contributed to the successful development of the Dormant Account Innovation Fund application in April.
- ⇒ **Sport Ireland Dormant Accounts Innovation Project (PACC):** weekly meetings were held with the Carlow and Westmeath LSP Co-ordinators to develop the concept and shape the project.
- ⇒ All-Ireland Council & Community Awards The WSP YSDO project received three awards at the All-Ireland Council & Community Awards in Croke Park in February the Active Body Active Mind programme received Gold under Best Training/Education Initiative and Bronze awards went to the Soccer for Girls for Best Community Health project and to St. Paul's Boxing Club for Best Community Sports Club



Effective data management systems:

- ⇒ **Sports Club database and Website Directory** we reviewed and updated our local sports clubs database for the development of a new website directory which was launched in quarter 4.
- ⇒ **Adaptations** were made to how we communicated with participants based on new requirements under COVID-19 e.g. pre activity questionnaire etc.

GOAL 3: ACTIVE ENGAGEMENT

Some of the Sport Ireland Initiatives supported by WSP in 2020...



National BeActive Day 2020

Sport Ireland and the network of LSPs rolled out a National BeActive Day on the 28th June 2020. This initiative encouraged people to meet their physical activity guidelines in a fun way on the day. A resource was developed by Sport Ireland and a working group of LSP Coordinators and Community Sport Development Officers (CSDOs), which provided activities to be used on the day. National BeActive day was promoted through both a national and local organic media campaign. The campaign saw a press reach of 2,007,467, with a further 190,013 impressions on Sport Ireland's Twitter Account, 28,425 on Facebook and 1,938 on Instagram between the 16th and 29th of June.

Activities for All

A 4-week physical activity plan for people with a disability
 Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for people with a disability in October and November to empower them to be more active.

A resource was developed by Sport Ireland and a working group of LSP Sport Inclusion Disability Officers (SIDOs) in conjunction with Cara. The resource aims to improve an individual's Gross Motor Skills (core strength, balance, bilateral movement & ball skills) in a fun way while also helping people to reach their minimum recommended daily physical activity, as recommended in Ireland's National Physical Activity Plan

Older Adult Home Exercise Plan

Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for older adults in October as part of Positive Aging Week. A resource was developed by Sport Ireland and a working group of LSP CSDOs in conjunction with Age & Opportunity. The resource supports people in trying to reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan. The resource helps an individual's strength and confidence in their body, which will



support them to be more physically active as well as developing transferable skills for everyday life.



Your Personal Best – Men Over 45 Campaign

Sport Ireland's Your Personal Best Month took place over the month of November. The project, through support of Dormant Account Funding, encouraged men over 45 to stop making excuses and to engage in 30 minutes of moderate physical activity five days a week. It was supported by various sporting National Governing Bodies such as Cycling Ireland, Athletics Ireland, Get Ireland Walking and Swim Ireland, who provided information, advice and programmes for men who wanted to become more active with resources available on the dedicated Sport Ireland webpage to the campaign. The campaign was also supported by the nationwide network of Local Sport Partnerships, who provided practical support on the ground.

WSP supported all of these national campaigns at local level through involvement in their development, promotion and/or building programmes around them.



Case Study: WSP Response to COVID-19

OVERVIEW

When the COVID-19 pandemic hit in March 2020, we needed to react quickly to provide alternatives for people during these challenging times. We could no longer run our programmes and training courses face to face so, we needed to explore 'new' ways to connect and engage people and provide them with some respite through sport and physical activity. A challenge, but also, a great opportunity!

AIMS

- To provide online alternatives to face-to-face programmes.
- To provide online alternatives to face-to-face training.
- To promote sport and physical activity resources developed by Sport Ireland, the national LSP network, NGBs and other national organisations (eg: CARA, Age & Opportunity) to the people of Waterford.
- To stay connected with our target groups and offer them opportunities to 'BeActive' while cocooning or restricting their movements.

IMPLEMENTATION

We were lucky, we already had a robust system and a flexible team:

- > We have worked very hard over the past number of years to establish a solid communications base: Website, Social Media Platforms, CRM etc.
- > Our Annual Communications Plan is based largely on the work of the Sports Development Officers but is adaptable and flexible.
- > The skill and adaptability within the team enabled us to respond very quickly and offer alternatives to the people of Waterford during and since lockdown.
- > Within days of Lockdown we had developed a new #BeActive Section on our Website offering numerous resources and programmes for a range of target groups.

Fun Athletics at home:

'The activities were explained very well and there was a good variety. Nice bonding time for the family'

'They were quick and the content was well explained'

'You didn't need equipment or an athletics background to follow them.'

'The fact that it was adapted to different ages, it was structured & achievable. 'The kids had something to aim for with the score sheets.

Online Men on the Move

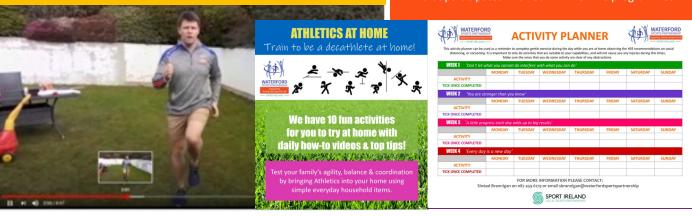
'Great video and easy to follow, thanks to all of the gang'
'Just completed the beginner session, very well spaced out, good breaks and far
more enjoyable and less life threatening than the advanced session!'

100+ Videos Created & 10,957 views on our You Tube Channel in 2020



OUTCOMES

- > There was a 30% increase in traffic to our Website from March to May 2020 compared with the same period in 2019.
- Whilst 'online' was very important and great for reaching some audiences, we continued our efforts to connect with some target groups using traditional methods: Newspapers, Local Radio and postal services.
- Our followers increased across all our social media platforms and many people in Waterford connected with WSP for the first time.
- > We strengthened our working relationships with Sport Ireland, the LSP Network, NGBs & other sporting organisations as we came together to respond to the need.
- > We received very positive feedback from the people that participated in all our FREE online programmes.



Case Study: Women in Sport Local Radio Campaign





OVERVIEW

When we signed-up to the 20x20 Charter one of the commitments we made was to increase media coverage for Women in Sport. The purpose of the Women in Sport Local Radio Campaign was to raise the profile of local female athletes and coaches and encourage conversations around the involment of Women in Sport in Waterford.

AIMS

- To promote female coaches and athletes.
- To promote opportunities for girls and women and highlight positives developments in Waterford
- To start a discussion in Waterford on the role of female coaches and athletes in sport, past, present and future.
- To build on an already positive relationship with Waterford's Local Radio Station.
- To raise awareness with local media on the importance of coverage of Women's Sport.

IMPLEMENTATION

With the support of Claire Power (WLR FM Digital & Creative Solutions Manager) four social media videos were created to support the campaign on social media platforms: Facebook, Instagram, and Twitter. The videos captured the views and experiences of a wide range of individuals involved in sporting organisations across Waterford, either through coaching, participating, clubs' structures and developing physical activity initiatives locally. The videos were produced with the intention that they would be suitable for parents, teachers, coaches, and volunteers in sports clubs to learn more about creating opportunities and supporting and encouraging girls to be physically active and play sport.

Lyne McEnery Interview: Sinéad Brannigan, WSP Community Sports Development Officer interviewed Lynne Mc Enery, three times National Elite Boxing Champion, World Kickboxing Champion, and boxing coach at St. Paul's Boxing Club. Lynne talked about her career and move into coaching in a mostly male dominated sport.

Jason King Interview: Jason King, Chairperson of Ballyduff AFC talked about what the club are doing to get girls involved in playing, coaching, and volunteering.

Fiona Crotty Interview: Fiona Crotty, former Waterford Ladies Gaelic Football and Ballymacarbry Ladies Football club footballer talked about her introduction to sport, and why she encourages and supports her daughter to play sport and be part of her local club.

WSP Development Officers Interview: Sports Development Officers, Louise Barry and Pauline Casey were also given the opportunity to shine a light on the work that they do to support and encourage teenage girls and women to be physically active in Waterford.

'On the Ball' Interviews: WLR FM's Saturday morning sports show 'On the Ball' presented by Nigel Kelly was another opportunity to highlight women's involvement in sport to a large listenership. The Interviewees were nominated by Waterford Sports Partnership and Nigel arranged the interviews.

Interviews were as follows:



OUTCOMES

The opportunity to partner with a local radio station gave us the chance to reach a wider audience, and reach people that may never, or only occasionally look for sporting information. All the social assets created with the support of WLR FM, radio interviews and social media videos are available on our website and can be used time and time again to share knowledge and information with clubs, coaches, parents and volunteers interested in supporting women and girls to be physically active.

What did we achieve?

According to WLR FM.....

71,074 individuals viewed our social media videos!

5,575 individual engagements on our social media videos – this is the measurement of comments, likes and shares and is the greatest measure of social media success!

We reached a very large audience on air. The station boosts a weekly listenership of 66,000, more than the capacity of the Aviva Stadium!

	Topic Area	Interviewee	Interview Title
Interview 1	Club Development	Glen Jones, Chairperson of Tramore Camogie Club	The Regeneration of Tramore Camogie Club
Interview 2	Paralympic Athlete	Hayley Fitzsimons	Life at 3ft 10" – one woman, one dream, one goal to succeed
Interview 3	Officiating	Louise Mc Sweeney	Sport in my World – Work, Life & Basketball Refereeing
Interview 4	Professional Athlete & Coach	Sinéad Lohan	Tramore Tennis Ace

'We were delighted to work with the team at Waterford Sports Partnership for the 20X20 Women in Sport Campaign. The multi-platform approach, which incorporated radio, online and social media, worked really well, Our thanks to Sinéad and all the team for their hard work on making sure the campaign was a success' Neil Gough, Sales Manager, WLRFM.

Sufficient Resources, Good Governance.

To lead and influence a culture of participation, good governance and competent operations.



The following are some of the key highlights for 2020....

Leadership, competency and effectiveness of Board and staff

Sport Ireland Organisational Review - In the first quarter of 2020, following a request from WSP, the Organisational Development & Change (ODC) Unit of Sport Ireland carried out an Organisational Development (OD) intervention for WSP. The OD intervention was focused primarily on an Organisational Assessment relating to Culture and Performance. There was also a focus on improving intergroup relations. Facilitated by Sport Ireland, a full team 'Current State' day, team building day and 'Future State' day was held in qtr 1. The Sport Ireland GAP Report was finalised in late 2020 and plans for next steps put in place for 2021.

Organisational Review and Restructure - In September 2020, the Board discussed the need for and potential approaches to an organisational review and restructure of staff reporting lines, roles and responsibilities in the context of organisational growth and development over recent years. An external HR consultant was appointed in late 2020 to assist WSP through this process in 2021.

Home working during COVID - The team moved to working from home in late March, held daily full team zoom meetings during the early part of first lockdown and moved to weekly zoom meetings thereafter. All staff were set up to work from home with necessary supports.

Staff training - There was a significant focus on staff training and development in 2020 with staff taking the opportunity to access online training in many areas including Sport Ireland Mentor Programme, online Sport Webinars by NGBs and Sport Ireland, Sport Ireland Return to Sport COVID Awareness and COVID Officer Certificate Training, Sport Ireland M1 training. Safeguarding and Disability courses tutor training for online delivery and the IPA Professional Certificate in Governance.



More key highlights for 2020....



Governance Training for Board and Staff - Sport Ireland provided a number of key training supports in 2020 which were attended by WSP Board members and staff including webinars on Board Roles & Responsibilities and Governance Enhancement Seminar. The Co-ordinator commenced the IPA Professional Certificate in Governance and five members of the Board attended Governance Training for Directors early in 2020 organised by the Dungarvan and West Waterford Chamber.

Board/Staff Annual Review and Planning session - Our annual review and planning session was held online in October and was a wonderful opportunity for staff and board members to communicate and discuss the highlights and challenges of 2020, with a view to informing 2021 planning.

New online HR system - We installed **HR Locker**, a new online HR system in January and this has streamlined recording of leave, timesheets, training etc. for the team.

Good Governance and Best Practice

The IPA Governance Project

- ⇒ The limited company LSPs co-ordinated the submission of a business case with regard to additional supports required in the area of governance, including HR and Health & Safety, as part of the 2020 budget process. This was successful and as a result, in January 2020, the limited company LSP co-ordinators met to discuss a coordinated approach to addressing governance in the context of the co-ordinated use of this additional resource.
- ⇒ In March 2020, the co-ordinators and chairpersons of the limited company LSPs, including Waterford, met in Dublin with representatives of the Institute of Public Administration (IPA) to discuss a possible approach to governance support.
- ⇒ The IPA was appointed by this group to review current governance standards and practices and to provide a framework of best practice policies and guidelines to support the LSPs in achieving compliance with the Governance Code for Sport.
- ⇒ A core deliverable of the IPA governance initiative was a governance compendium of key good practice policies and supporting governance documents that WSP could contextualise, as appropriate, for our organisation.
- ⇒ A board training session for the WSP Board was included as part of the initiative. WSP held the first part of this training in December 2020 with the second part to be scheduled for quarter 1 2021.
- ⇒ Draft framework documents and relevant policies were provided for review and feedback and the project steering group collated all the feedback and send collective, consensus response to the IPA in September 2020.
- \Rightarrow A final draft was issued in late December to be reviewed by the WSP board in early 2021.

SPORT IRELAND INTERNAL AUDIT

- ⇒ WSP was selected under Sport Ireland's 2020 internal audit plan as one of the organisations selected for audit review during early Q2 2020. In accordance with the 2020 Terms & Conditions of Sport Ireland grant funding, it was agreed to carry out a limited scope 'pulse' review of the governance and financial control framework of selected sporting bodies.
- ⇒ The objectives of this limited scope 'pulse' review was to provide a high-level assessment of the governance arrangements (with reference to the Governance Code and financial control framework).
- ⇒ The findings concluded that there were 3 medium level findings and 4 low level findings. There were no high level findings. All the recommendations had been previously identified by management and the Board as areas for improvement and were highlighted to the IPA during the IPA governance review. They have been included in the action plan for the journey to full compliance with the Governance Code for Sport in 2021.

Health & Safety – the COVID impact ...

COVID-19 brought with it a new layer of health and safety related work in addition to normal activity in this area including:



COVID-19 Risk & Opportunity Register

A risk and opportunity register specifically in relation to COVID-19 was compiled for Sport Ireland and WSP use with inputs from the full team and Board members.



LSP Return to Sports Protocols

WSP was a member of the national working group developing and finalising the Return to Sport Protocols for the LSP network with Sport Ireland.

Return to Office Protocols

Protocols were put in place for the safe return to the WSP offices including adherence to relevant WCCC SOGs regarding hygiene, contact tracing log, Clean Desk Policy, Pre Return to Work questionnaire etc. This also included providing additional safety supplies and agreeing rota systems for office use.



COVID Officer Training

All staff and tutors were required to attend online COVID Awareness Training as well as COVID Officer Training where relevant.

COVID Officer Packs

COVID Officer packs were put together and distributed for staff and tutors to ensure COVID compliance for 'in person' activities.





Risk Assessments

Risk assessments were adapted to include COVID related risk for all activities.

Home working

Temporary Home Working Self Assessment completed by staff and additional supports put in place.

Securing resources for effective operations

2020 was a very busy year in terms of funding applications, securing resources and attracting new initiatives. In addition to the detail provided on funding secured in 2020 on page 35, another key focus in 2020 was advocating to Sport Ireland for the need for additional staff resource in the area of finance and administration to address the current under resourcing. This advocacy has been successful in the form of additional HR resource funding approved for 2021 and we look forward to adding to our team in that regard.

Evaluation

Sport Ireland, through the support of Dormant Account Funding, established an evaluation team to oversee the evaluation of national projects and the work of LSPs and NGBs. The team has developed a systemic evaluation framework through national level monitoring using a combination of demographic and physical activity measures. In 2020, the team undertook project evaluations on the Community Sports Development Officers, Active Cities, Innovation and Urban Outdoor Adventure Initiative, with a number of these ongoing into 2021. A holistic review of the LSP network was also undertaken in the form of an LSP Insights Report.

2020 Systemic Evaluation

In order to assess the impact of their work, LSPs have adopted the use of a Single Item Measure (M1). M1 is an internationally validated self-report measure that allows an organisation to track an individual's rates of participation in sport and physical activity. The question asks participants to recall how many days they were active for 30 minutes or more (in line with the National Physical Activity Guidelines) in the last 7 days. The question is asked of participants at programme registration, on the last day of the programme, and at 3 month follow up. Those active for 0-1 day are classified as being inactive, 2-4 days as being somewhat active and 5+ days as active.



The role of WSP and other Sport Ireland funded organisations is to move participants from the inactive bracket towards the somewhat active and active brackets. To be able to demonstrate this movement over the lifetime of a range of programmes will mean that Sport Ireland can present strong visual evidence of the benefits of its work to government, partners and the funded bodies.

Sport Ireland continue to support Local Sports Partnerships and National Governing Bodies to collect impact evaluation data for their participation programmes using M1. These guidelines have now been expanded to include a validated two-item questionnaire for measuring physical activity levels in children aged 10-15 years called PACE+. Sport Ireland are now receiving M1 data on an ongoing basis from LSPs. This data improves our understanding of what makes a physical activity initiative successful (or not), which will influence how we meet the National Sports Policy targets.

The M1 data collected to date demonstrates that LSP initiatives are targeting the right people with 7 out of 10 participants not meeting the National Physical Activity Guidelines at registration and almost 20% of them being classified as inactive. Further, the data demonstrates that the LSP initiatives are successful in sustainably moving a significant percentage of people from inactivity towards activity.

WSP adapted its online registration forms to capture the required information for M1 and follows up with consenting participants at the end of a programme and three months later.



Sport Ireland LSP Funding

Core Investment

Sport Ireland supports the 29 Local Sports Partnerships to co-ordinate and promote the development of sport at local level and increase levels of participation in sport and physical activity. The core investment supports the core work of the LSP network; including the delivery of National Programmes, Education & Training initiatives, Strategic Development, Community Sports Development Officers (CSDO), the Sports Inclusion Disability programme, Women in Sport programmes and general participation programmes. In 2020, WSP secured €327,272 through Sport Ireland core funding which is approximately 80% Staff salaries, 14% Non Staff administration and 6% Programmes and Training & Education.

Dormant Account Investment

Sport Ireland has worked with the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media on developing a series of measures under the Dormant Accounts Action Plan since 2015. Under Dormant Accounts, Sport Ireland delivers on a range of sport and physical activity programme opportunities for LSPs and NGBs under the following measures which align with the National Sports Policy and the National Physical Activity Plan (NPAP).

Summary of Dormant Accounts Funding Secured by WSP in 2020

Dormant Accounts Funding Secured 2020	Amount
Innovation Fund	€100,000
Active Cities	€70,000
CLV Rural Sports Hub Phase 3	€30,000
Urban Outdoor Adventure	€15,590
Youth Leadership	€4,000
Volunteer Training & Supports Programme	€8,600
TOTAL	€228,190

All projects funded by Sport Ireland through Dormant Accounts target:

- 1. The personal and social development of persons who are economically or socially disadvantaged;
- 2. The educational development of persons who are educationally disadvantaged;
- 3. Persons with a disability (within the meaning of the Equal Status Act 2000).

Dormant Account investment in Local Sports Partnerships has been increasing year on year from €1.7M in 2015 to €4.1M in 2020 to deliver on a range of innovative projects at a local level. WSP secured funding a total of €228,190 in 2020 as outlined in Table 1 above. In 2020, we were particularly happy to be successful under the new Innovation and Active Cities strands and look forward to the development of these projects in 2021.

COVID- 19 Restart and Renewal Fund

In response to the COVID-19 pandemic, Sport Ireland invested €4.1 Million in the Local Sports Partnership network through a COVID-19 Restart and Renewal Fund. WSP was allocated €67,081 to administer a COVID-19 Club Small Grant Scheme designed to reduce the risk of COVID-19 infection in club and community sports settings.

The fund was developed to support clubs, which may not have the finances to implement COVID-19 related hygiene and social distancing protocols. 1,637 clubs were allocated

Breakdown of COVID Support Grant Secured 2020

COVID-19 Support Grant	Amount
Club Small Grants Scheme	€67,081
School 'GET Active programme	€10,730
Activity Resources project	€5,775
Virtual Walking/Running Resource Development	€3,840
Additional Covid 19 Club/Community Supports	€15,000
TOTAL	102,426

funding through this scheme nationally. A further €35,345 was allocated to WSP to run COVID-19 Restart and Renewal Programmes to promote and develop new programmes that can advance sport and physical activity in the COVID-19 public health era. The table above provides a breakdown of the funding secured.

Sport Ireland also invested in a Community Support Scheme which will be used to activate targeted programmes to support local communities remaining active during COVID-19. Supporting clubs in maintaining, recruiting and activating their membership and volunteer bases during COVID-19 will be critical for local participation to remain viable. WSP secured €25,000 under the Community Support Scheme and a further €10,000 under the Sport Ireland Keep Well campaign.

Other WSP Funding Sources

A total of €885,532 was secured by WSP during 2020 to increase participation in sport and physical activity from multiple sources including: Sport Ireland; Dormant Accounts (via Sport Ireland), Waterford City & County Council; Waterford & Wexford ETB (on behalf of Department of Children & Youth Affairs), HSE; Healthy Ireland and relevant government departments. The table below provides a full breakdown of grants and income secured by WSP during 2020. A significant portion of this funding was secured in the fourth quarter of the year and has been ring fenced for planned expenditure in 2021.

Grants & Funding Secured by WSP during 2020	Amount
Sport Ireland Core Funding 2020	€327,272
Health Service Executive	€7,650
DCYA – National Recreation Week/Play Day	€2,000
Dormant Accounts 2020 Innovation Fund	€100,000
Dormant Accounts 2020 Active Cities	€70,000
Dormant Accounts 2020 Urban Outdoor Adventure	€15,590
Dormant Accounts 2020 Youth Leadership	€4,000
Dormant Accounts CLV Rural Sports Hub Phase 3	€30,000
Dormant Accounts Volunteer Training & Supports Programme	€8,600
Sport Ireland COVID-19 Support Grant - Club Small Grants Scheme	€67,081
Sport Ireland COVID-19 Support Grant - School 'GET Active programme	€10,730
Sport Ireland COVID-19 Support Grant - Activity Resources project	€5,775
Sport Ireland COVID-19 Support Grant - Virtual Walking/Running Resource Development	€3,840
Sport Ireland COVID-19 Support Grant - Additional Covid 19 Club/Community Supports	€15,000
Sport Ireland LSP Community Support Fund – Covid 19 Supplementary Support for Clubs & Community	€25,000
Sport Ireland & Healthy Ireland Keep Well Campaign	€10,000
Waterford City & County Council - Annual	€54,800
Waterford City & County Council – Rural Hub	€8,000
Waterford City & County Council – SIDO/Disability	€16,000
Waterford City & County Council – YSDO/Youth at Risk	€15,000
Waterford & Wexford ETB/DCYA - YSDO Project	€49,445
Waterford & Wexford ETB/DCYA – Capital Funding Scheme	€9,049
Waterford & Wexford ETB/DCYA – ICT Capital	€1,750
Healthy Ireland	€26,950
Go For Life	€2,000
Total	€885,532

Benefit in Kind Investment by our Partners

We continue to have a considerable and extremely important benefit in kind investment from many of our stakeholders. In particular, and in addition to the significant financial supports outlined above, **Waterford City and County Council** has supported WSP since its inception with office space for all our staff, IT supports, payroll support and other key administration support. In addition to the significant financial and practical benefits this brings to WSP, of equal importance has been the development and strengthening of relationships and understanding between WSP and Waterford City & County Council over the years due, in part, to the proximity of operations. We also acknowledge the investment of time by all our board members, and their wider organisations, NGB and sports club partners, school and community partners and all other stakeholders.

Funding approved for two exciting new projects!

During the first lockdown of 2020, WSP put its energy into applying for funding for two new Dormant Account funds, via Sport Ireland, i.e. the Active Cities Fund and the Innovation Fund. We were delighted to be successful in both, attracting €70,000 for Waterford as an Active City and €100,000 towards a jointly lead Innovation project with Carlow and Westmeath LSPs. See below for more information on both....

Sport Ireland Active City - Waterford

A Sport Ireland Active City strives to create social norms about the benefits of sport and physical activity, create programmes and opportunities for its citizens regardless of ability or age, work in partnership to increase physical activity and decrease inactivity, and create/maintain environments where sport and physical activity can happen ultimately working toward healthier lifestyles of their citizens. The Sport Ireland Active Cities (SIAC) concept is built on the principles of the Global Action Plan for Physical Activity GAPPA developed by the WHO in 2018. Using the GAPPA framework a Sport Ireland Active City Strategy can be broken down in to four key pillars:

- **1. Active Societies:** Enhance the knowledge, understanding and appreciation for the multiple benefits of regular sport and physical activity, for all abilities and ages.
- **2. Active Environments:** Create and maintain safe places and spaces in which citizens can engage in regular sport and physical activity.
- **3. Active People:** Promote and create access to programmes and opportunities to assist people of all ages and abilities to engage in regular sport and physical activity as communities, families and individuals.
- **4. Active Systems:** Implement coordinated international, national and sub-national actions to increase physical activity and reduce sedentary behaviour.

The SIAC Cities fund is investing in sport and physical activity initiatives in Ireland's eight city based LSPs i.e. Dublin City, Fingal, South Dublin, Dun Laoghaire Rathdown, **Waterford**, Cork, Limerick and Galway. While each SIAC will be unique in how they carry out actions under the four guiding pillars, partnership working and multi city collaboration will be key. In 2021, the eight Active City LSPs will come together with a view to developing a nationwide approach to the Active Cities Project with the initial focus on Communications and Marketing, Staffing and Action Planning. The initial focus for Active Cities Waterford will be to recruit a Waterford Active Cities Officer and to establish the Waterford Active Cities Steering Group. We look forward to working with our partners and the local community to roll out this exciting project.

Innovation Project - Physical Activity for People with Chronic Conditions (PACC)

PACC is a project that was developed by Carlow, Waterford and Westmeath LSPs and is one of eleven successful projects funded in late 2020 under the Dormant Accounts Innovation Fund via Sport Ireland.

The project evolved from a recognition of:

- the personal and therapeutic benefits of physical activity for people experiencing ongoing, chronic conditions; and
- limited opportunities for people with chronic conditions in Ireland to access physical activity that meets their needs.

PACC will set out to remove barriers to the participation of people with chronic conditions in physical activity through the creation of a collaborative initiative that generates learning and builds on good practice. The participating LSPs will work alongside the HSE, representatives from Athlone, Carlow and Waterford Institutes of Technology and representatives of services and end users. This core stakeholder group will lead the project over two phases. Phase 1 (early 2021) will involve a developmental and consultation process that will inform the design and implementation of a series of pilot initiatives in Phase 2 (second half of 2021). These pilot initiatives will test new ways of working with a view to developing more effective and more integrated approaches to increasing physical activity opportunities for people with chronic conditions.

The overarching vision for this initiative is to increase opportunities for people with chronic health conditions to access regular, appropriate, supported and high quality physical activity in accordance with their needs and interests, by establishing, planning, implementing and evaluating an innovative project that will:

- generate understanding of the obstacles to physical activity that affect people with chronic conditions;
- test and establish sustainable physical activity pathways for people with chronic health conditions;
- enhance collaboration among health, community, academic and service sectors in enabling physical activity for people with chronic conditions
- create an integrated, multidisciplinary model of good practice in respect of physical activity for people with chronic conditions that will have the potential for future replication in multiple locations across the country and in respect of multiple chronic conditions.

SECTION 4 Future Plans



SECTION 4: FUTURE PLANS

The WSP Strategic Plan 2018-2022 will continue to provide direction and focus for WSP in 2021. Sustaining the resources within the Partnership to deliver on the strategy, will require WSP, partner agencies and the community to continue to work together in conjunction with Sport Ireland in order to sustain and develop additional opportunities for participation.



WSP will focus on supporting a **safe return to 'in person'** sport and physical activity as restrictions allow as well as building on the virtual opportunities developed in 2020. We will particularly **focus on those most affected by the challenges of the COVID-19**

pandemic including older adults, people with a disability and young people. The pandemic has reduced the



services and supports available to people with a disability. WSP's Sports Inclusion Disability Programme will continue to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. WSP will commit to achieving the CARA Xcessible Bronze Award, a programme which aims to support and empower LSPs and other organisations to provide positive and meaningful participation opportunities for people with disabilities, in 2021.

We anticipate a huge need for **support to sports clubs and communities around Waterford** as they return to sport in 2021 and attempt to recruit and activate their members, participants and volunteers. Sport Ireland increased the investment into the club and community development fund so that LSPs will be in a position to provide supports at a local level. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding will support the delivery of WSP and National Sports Policy actions.

We will grow our **investment in outdoor sport and physical activity** and prioritise sports like walking, cycling, running and swimming which is in line with the objectives of the National Sports Policy and is seen as having the greatest potential for generating higher levels of active participation across the life course.

The National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this, the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community. WSP has an ongoing commitment to supporting these target groups and in doing so addressing the gradients in sport in Waterford. As Sport Ireland Participation investments target population groups who are at the lower end of the sports participation gradients, WSP will continue to actively pursue funding opportunities for these areas of work.







SECTION 4: FUTURE PLANS

The following has also been identified by the WSP Board as key priorities for 2021:

Full Compliance with the Governance Code for Sport by December 2021

The Government's National Sports Policy, published in July 2018, tasks Sport Ireland with overseeing a process whereby all NGBs and LSPs are fully compliant with the Governance Code for Sport by the end of 2021. WSP has committed to being fully compliant by December 2021.





Gender Diversity for WSP Board

The WSP board currently has 21% female representation (3 of 14). A plan will be put in place in 2021, using Sport Ireland's Gender Diversity Toolkit as a key resource and support, to move to a minimum 30% gender representation with a view to increasing this in the coming years using a combination of cultural, tactical and structural approaches.

Organisation Restructure and Recruitment

WSP has grown significantly since its formation in 2002. As the organisation has grown, so too have the responsibilities and administrative workload. The Board has identified the need for an organisation restructure and approved the commencement of that process towards the end of 2020. A business case for additional resources was submitted to Sport Ireland in this regard. In addition to any new posts that may emerge from the organisation review, WSP will also need to fill any vacant posts and any posts arising from funding approved towards the end of 2020 for two new projects.

Waterford City and County Development Plan

During 2020, WSP engaged with Waterford City and County Council planners in relation to the early stages of the development of the next City and County Development Plan. We will continue to engage and contribute to the process in 2021 to ensure sport and physical activity developments are prioritised.

WATERFORD CITY AND COUNTY DEVELOPMENT PLAN 2022-2028



have an important role to play in furthering our embitions around participation.

Developing Local Sports Plans
Recognising the bivotal role of the Local Authorities and in light of the participation in the selection of the sel

representation is earn more widespread among other groups where woursethy have an anything the property of the control of the

Local Sports Plan

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of the National Sports Policy. Sport Ireland has allocated budget in the 2021 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans. WSP will continue to strengthen its working relationship with Waterford City & County Council in line with the National Sports Policy objective regarding the development of Local Sports Plans while close collaboration with regard to facility development and usage will also be pursued.

SECTION 5

Waterford Sports Partnership CLG

Financial Statements

for year ended 31st December 2020



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DIRECTORS AND OTHER INFORMATION

Board of Directors as at 11 June 2021

Don Tuohy
Mark Fitzgerald
Elaine Dunne
Susan Scully
Neil O'Sullivan
Eoin Breathnach
Elaine Mullan
Liam O'Donnell
Stephen Whelan
Pat Nugent

Terry Hayes Austin Flavin Joe Kelly Solicitor

Lanigan & Curran Cross Bridge Street Dungarvan Co. Waterford

Secretary and Registered Office

Mark Fitzgerald Civic Offices Dungarvan Co. Waterford

Michael O'Brien

Bankers

Bank of Ireland Grattan Square Dungarvan Co. Waterford

GS Number

Statutory Auditors

JBW Accountants UC Certified Public Accountants and Statutory Auditors Dungarvan Co. Waterford

Company Number

378713 1674

STATEMENT OF DIRECTORS' RESPONSIBILITIES

Irish company law requires the directors to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. Under that law the directors have elected to prepare the financial statements in accordance with Irish Generally Accepted Accounting Practice (accounting standards issued by the Financial Reporting Council and Irish law). In preparing the financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- · make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the statutory financial statements and directors report comply with the Companies Act 2014 and enable the statutory financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The company secretary is responsible for all company secretarial work. This includes recording minutes of all meetings, the Annual General Meeting and notice of these meetings, in the company register, the maintenance of all statutory records, including submission of the Annual Return to the Companies Registration Office, and ensuring that the company complies with all of the Companies Act, 2014.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Each of the directors is aware of no relevant audit information of which the company's statutory auditor is unaware and has taken the necessary steps to establish that the auditor is aware of all relevant audit information.

Disclosure of information to the auditors

So far as each person who was a director at the date of approving this report is aware, there is no relevant audit information, being information needed by the auditor in connection with preparing its report, of which the auditor is unaware. Having made enquiries of fellow directors and the company's auditor, each director has taken all the steps that he/she is obliged to take as a director in order to made himself/herself aware of any relevant audit information and to establish that the auditor is aware of that information.

On behalf of the board

Neil O'Sullivan Chairperson / Director Mark Fitzgerald
Secretary / Director

Date: 11th June 2021

DIRECTORS' REPORT

The directors present herewith their report and the audited financial statements for the year ended 31 December 2020.

Incorporation

The company was incorporated as a company limited by guarantee and not having a share capital on 27th November 2003

Principal Activities

The company was established to enhance opportunities to participate in sport and physical activity. The main sources of financial assistance received by the company to assist in delivering services to support these objectives are from:-

- Sport Ireland, Sponsoring body Dept. of Tourism, Culture, Arts, Gaeltacht, Sports and Media (DTCAGSM) formerly Dept. of Transport, Tourism and Sport (DTTS)
- Dormant Accounts via Sport Ireland
- Health Service Executive (HSE)
- HSE National Lottery Funding
- Dept. of Children, Equality, Disability, Integration & Youth (DCEDIY) formerly Dept. of Children & Youth Affairs (DCYA) Via WWETB
- Go For Life
- Waterford City & County Council
- Dept. of Tourism, Culture, Arts, Gaeltacht, Sports and Media (DTCAGSM)
- Department of Justice

Review of the business and future developments

The Directors acknowledge the result for the year and consider it to be in line with expectations. The Directors are confident that the company will match its expenditure costs with appropriate income streams in the next financial year and that the company can continue to operate successfully for the foreseeable future.

Results for the year and state of affairs as at 31 December 2020

The income and expenditure account for the year and the balance sheet as at 31 December 2020 are set out on pages 10 and 11. The surplus on ordinary activities before taxation amounted to $\le 12,122$. After deducting taxation of ≤ 7 an amount of $\le 12,115$ has been retained by the company.

Principal Risks and Uncertainties

The directors confirm that there is an ongoing process for identifying, evaluating and managing the significant risks faced by the company and that there has been in place for the year under review and up to the date of approval of these financial statements. Waterford Sports Partnership CLG is reliant on funding from the socio-economic schemes and would find it difficult to continue in existence in the event of this funding being withdrawn. The contracts under which the company secures the principal sources of funding are renewed as follows:-

SOURCE	SCHEME	FREQUENCY
Sport Ireland – Sponsoring body: Dept. of Tourism, Culture, Arts, Gaeltacht, Sports & Media	Local Sports Partnership	Annual
Sport Ireland	Dormant Accounts	Annual
Health Service Executive	National Lottery / South East Grant	Annual
Dept. of Children & Youth Affairs Via WWETB	Capital Funding	Annual
Dept. of Children & Youth Affairs Via WWETB	Targeted Youth Funding Scheme	Annual
Dept. of Children, Equality, Disability, Integration & Youth Via WWETB	UBU Your Place Your Space Scheme	Annual
Dept. of Children, Equality, Disability, Integration & Youth Via WWETB	Capital Funding	Annual
Dept. of Children, Equality, Disability, Integration & Youth Via WWETB	ICT Grant	Annual
Go For Life	Go For Life	Annual
Department of Tourism, Culture, Arts, Gaeltacht, Sports & Media	Sports Capital Programme	Annual
Cycling Ireland	Dormant Accounts	Annual
Department of Justice & Equality	Communities Integration Fund	Annual
Waterford City & County Council	Various	Annual
Healthy Ireland via Waterford City & County Council	Core	2019/2021

DIRECTORS' REPORT

On the basis of existing contracts in place with the respective bodies, the directors are hopeful of securing funding in the coming year. However, there is no certainty regarding how government policy will impact on the future administration of some schemes detailed above. A change in government policy may adversely affect the ability of the company to plan and resource its work. The board of directors are aware of these issues and continue to monitor and assess the impact of any changes. The ongoing scale of operations of the company is dependent on existing contracts being renewed at similar funding levels.

COVID-19

The ability of government and medical agencies to contain the spread of the COVID-19 virus will be important in preventing unexpected disruptions to delivery of programmes and activities which could result in restrictions on attendances and in the delivery of these activities in the usual format. While appropriate deferred income funds are in place for some schemes and the company has the capacity to deliver some services remotely nonetheless a prolonged period of restrictions may impact the income of the company and may have negative consequences for the resources and reserves of the company.

The support schemes put in place to date by the Government to assist the citizens of Ireland to cope with the unprecedented restrictions may also have a negative impact on the government finances. Over a prolonged period, these economic measures may result in a reduction in funding supports for the company.

Reserves Policy

The Board of the Company has set a reserves policy which requires:

- Reserves be maintained at a level which ensures that the Company's core activities could continue during a
 period of unforeseen difficulty.
- A proportion of reserves be maintained in a readily realisable form.

This takes into account:

- Risks associated with income and expenditure being different from that budgeted
- Planned activity level and potential opportunities
- The organisation's contractual commitments
- The cost associated with potentially having to make staff redundant in an emergency situation

The directors have examined the company's requirement to maintain an appropriate level of reserves in light of the main risks to the organisation and have reviewed its policy to generate unrestricted funds not committed or invested in specific programmes/initiatives, chiefly by way of maximising other income. The company has received minimal income of a discretionary nature since its incorporation. The directors continue to consider other activities/programmes that may contribute to the company's reserve.

Directors

The directors are appointed to the board as nominees of representative organisations and public bodies as laid down in the Constitution and remain as directors until that nomination is rescinded. The board may also co-opt up to three other directors whose term of office is one year, which may be renewed on a year by year basis thereafter by the board. The directors of the company during the year ended 31 December 2020, all of whom were directors of the company for the year unless otherwise stated, were:-

Don Tuohy, Elaine Dunne, Susan Scully, Neil O'Sullivan, Eoin Breathnach. Elaine Mullan, Mark Fitzgerald, Donal Lehane (resigned 07/02/20), Liam O'Donnell, Stephen Whelan, Pat Nugent, Terry Hayes, Austin Flavin (appointed 01/09/20), Joe Kelly (appointed 02/04/20) and Michael O'Brien (appointed 31/03/20).

Governance

The company was incorporated, under Irish Company Law, as a company limited by guarantee and not having a share capital, on 27th November 2003. The liability of the members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up, such amounts as may be required, not exceeding €1 each. The company was established under a Memorandum of Association (amended under Special Resolution dated 28th November 2014) which established the objects and powers of the company and is governed under the Articles of Association and managed by a board of directors.

The Company has a staff team based in Dungarvan and Waterford and is headed by a manager who reports directly to the board through the Chairperson. Decisions reserved for the board to make include:

- The Company's strategic plans and annual operating budgets;
- Projects outside the scope of the strategic plan;
- Litigation;

DIRECTORS' REPORT

- Appointment / Removal of Auditors;
- Approval of Borrowing / Finance Facilities;
- Approval of Contracts with term exceeding one year or any financial liability on the Company;
- Annual Review of Risk and Internal Controls; and
- · Approval of new staff positions.

Although the board of directors is ultimately responsible for the Company and for the above list, certain duties and responsibilities are delegated from the Board of Directors to the manager and through her to the staff team. This includes; leading and managing the Company's staff members, programmes, projects, and all other administrative aspects so that the Company's ongoing mission, vision, and strategies are fulfilled within the context of the Company's values as approved by the Board of Directors. The manager and the Chairman are responsible for preparing materials for Board consideration and for preparing materials for any strategic planning process. The Board is committed to implementing the Code of Governance for Sporting Bodies by 31 December 2021.

Directors' liabilities

The company has granted an indemnity to one or more of its directors against liability in respect of proceedings brought by third parties, subject to the conditions set out in the Companies Act, 2014. Such qualifying third party indemnity provision remains in force as at the date of approving the directors' report. No claims have been made under this indemnity during the year.

Related Party Transactions

The company did not enter into any transactions in which the directors had a beneficial interest during the year.

Research & Development

The company did not engage in any research and development activity during the year.

Proper Books and Records

To ensure that proper books and accounting records are kept in accordance with Sections 281 to 285 of the Companies Act, 2014, appropriately experienced personnel maintain the accounting records on a computerised accounting system. The books are located at The Civic Offices, Dungarvan, Co. Waterford.

Political Contributions

The company did not make any disclosable political donations or contributions in the current year.

Going Concern

In the opinion of the directors, the company has sufficient financial resources together with medium-term contracts with a number of grant bodies across different activities, and as a consequence, they believe that the company is well placed to manage its business risks successfully despite the current economic uncertainties. After making enquiries, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future.

In the period between the end of the financial year and the date of signing of the financial statements, the Covid-19 pandemic caused disruption to activities, and while the funding was in place to finance programmes, the company had to temporarily cease face to face delivery of programmes. The board believe all activities will recommence, albeit with adaptations, once restrictions have been removed, and, accordingly, they continue to adopt the going concern basis in preparing the annual report and accounts.

Post Balance Sheet Events

No events have occurred subsequent to the Balance Sheet date, which require disclosure in the financial statements.

Statutory Auditors

The auditor, JBW Accountants UC, have expressed their willingness to continue in office in accordance with the provisions of Sections 380 to 385 of the Companies Act, 2014.

On behalf of the board

Neil O'Sullivan

Chairperson / Director

Mark Fitzgerald
Secretary / Director

Date: 11th June 2021

INDEPENDENT AUDITORS' REPORT To the members of Waterford Sports Partnership CLG

We have audited the financial statements of Waterford Sports Partnership CLG for the year ended 31 December 2020 on pages 10 to 20, which comprise the Income & Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes to the financial statements, including the summary of significant accounting policies. The financial reporting framework that has been applied in the preparation of the financial statements is Irish law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland issued in the United Kingdom by the Financial Reporting Council".

In our opinion, the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the assets, liabilities and financial position of the company as at 31 December 2020 and of its financial performance for the financial year then ended; and
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act, 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) ISA's (Ireland) and applicable law. Our responsibilities under those standards are further described in the 'responsibilities of the auditor for the audit of the financial statements' section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA) concerning the integrity, objectivity and independence of the auditor, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information in the annual report. Other information comprises information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies in the financial statements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

- Based solely on the work undertaken in the course of our audit, we report that:
- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.
- In our opinion the financial statements are in agreement with the accounting records.
- In our opinion the information given in the directors' report is consistent with the financial statements.
- In our opinion, the directors' report has been prepared in accordance with the requirements of the Companies Act 2014

Matters on which we are required to report by exception

Based on our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report. Under the Companies Act 2014 we are required to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by sections 305 to 312 of the Act have not been made. We have no exceptions to report arising from this responsibility.

INDEPENDENT AUDITORS' REPORT To the members of Waterford Sports Partnership CLG

Responsibilities of directors for the financial statements

As explained more fully in the directors' responsibilities statement set out on page 3, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so. Those charged with governance are responsible for overseeing the company's financial reporting process.

Responsibilities of the auditor for the audit of the financial statements

The auditor's objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes their opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISA's (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISA's (Ireland), the auditor will exercise professional judgment and maintain professional scepticism throughout the audit. The auditor will also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for their opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the director's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If they conclude that a material uncertainty exists, they are required to draw attention in the auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify their opinion. Their conclusions are based on the audit evidence obtained up to the date of the auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation. The auditor communicates with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that may be identified during the audit.
- Comply with the Auditing Practices Board's [APB's] Ethical Standards for Auditors, including the circumstances set out in note 10 to the financial statements

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act, 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

John B. White, FCPA

For and on behalf of:

JBW Accountants UC, Certified Public Accountants and Statutory Audit Firm, Dungarvan, Co. Waterford

Date: 11th June 2021

INCOME & EXPENDITURE ACCOUNT & STATEMENT OF COMPREHENSIVE INCOME

INCOME & EXPENDITURE ACCOUNT

Year ended 31 December 2020

	€
€ 579,076	€ 531,305
(77,845)	(78,527)
(489,132	(440,774)
12,099	12,004
23	50
(-)	(-)
12,122	12,054
(7)	(17)
12,115	12,037
	(77,845) (489,132 12,099 23 (-) 12,122 (7)

All activities are considered to be continuing.

STATEMENT OF COMPREHENSIVE INCOME

Year Ended 31 December 2020

	Year ended	Year ended
	31 December	31 December
	2020	2019
	€	€
Surplus on ordinary activities after taxation	12,115	12,037
Other income		
Total Recognised Surplus relating to the year	12,115	12,037

Note of historic cost profits

There is no difference between the surplus on ordinary activities before taxation and the surplus retained for the year stated above and their historical cost equivalents.

On behalf of the board

Neil O'Sullivan Chairperson / Director Mark Fitzgerald
Secretary / Director

BALANCE SHEET & STATEMENT OF CHANGES IN EQUITY

BALANCE SHEET
Year ended 31 December 2020

	Notes	2020	2019
		€	€
Fixed assets			
Tangible assets	5	59,774	59,983
Current assets			
Debtors	6	71,987	20,656
Bank		912,422	565,035
	_	984,409	585,691
Creditors	_		
Amounts falling due within one year	7 -	(857,329)	(470,728)
Net current assets		127,080	114,963
Total assets less current liabilities	-	186,854	174,946
Creditors			
Amounts falling due after more than one year		-	-
Capital Grants	15	(59,779)	(59,986)
Net Assets	- -	127,075	114,960
Capital and reserves			
Accumulated (Deficit)	11	(76,042)	(88,157)
Other Reserves	12	203,117	203,117
		127,075	114,960
STATEMENT OF CHANGES IN EQUITY			
·	Capital	Retained	Total
	Reserve	Earnings	
	€	€	€
At 31 December 2018	203,117	(100,194)	102,923
Surplus for the year ended 31 December 2019		12,037	12,037
At 31 December 2019	203,117	(88,157)	114,960
Surplus for the year ended 31 December 2020		12,115	12,115
At 31 December 2020	203,117	(76,042)	127,075

On behalf of the board

Neil O'Sullivan Chairperson / Director Mark Fitzgerald Secretary / Director

STATEMENT OF CASH FLOWS

STATEMENT OF CASH FLOWS Year ended 31 December 2020

	Notes	2020	2019
		€	€
Cash flows from operating activities			
Operating surplus		12,099	12,004
Depreciation charge		25,334	20,380
Amortisation		(25,332)	(20,428)
(Increase) in debtors		(51,331)	(3,708)
Increase in creditors		386,601	88,406
Cash generated from operations		347,371	96,654
Corporation tax (paid)		(7)	(17)
Net cash generated from operating activities		347,364	96,637
Cash flows from investing activities:			
Interest received		23	50
Payments to acquire tangible fixed assets		(25,125)	(36,738)
Net cash generated from investing activities		(25,102)	(36,688)
Cash flows from financing activities			
Capital Grants Received		25,125	36,738
New Short Term loan (repaid) / drawdown		-	-
Net cash generated from financing activities		25,125	36,738
Net increase in cash and cash equivalents		347,387	96,687
Opening cash and cash equivalents		565,035	468,348
Cash and cash equivalents at 31 December	14	912,422	565,035
			-

On behalf of the board

Neil O'Sullivan Chairperson / Director Mark Fitzgerald Secretary / Director

SIGNIFICANT ACCOUNTING POLICIES

Statement of compliance

The financial statements have been prepared on the going concern basis and in accordance with Irish statute, comprising the Companies Act, 2014, and comply with the Financial Reporting Standard applicable in the Republic of Ireland (FRS 102). Accounting standards generally accepted in Ireland in preparing financial statements giving a true and fair view are those promulgated by the Institute of Certified Public Accountants in Ireland and issued by the Financial Reporting Council.

Basis of preparation

The financial statements have been prepared under the historical cost convention. Historical cost is generally based on the fair value of the consideration given in exchange for assets and comply with the Financial Reporting Standards of the Accounting Standards Board (FRS102), except for the company invoking the true and fair view override with regard to the exceptions as detailed hereunder. The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Exceptions, as permitted by Section 3.4 of FRS102 and Section 291(5) of the Companies Act 2014

In order for the financial statements to show a true and fair view the directors have determined the following format changes to be appropriate:

Income and Expenditure Account - the profit and loss format be renamed to an Income & Expenditure account detailing the income and expenditure by nature. As the company is a company limited by guarantee the capital and reserves section of the balance sheet has been adapted accordingly.

General Information

The company is a company limited by guarantee and not having a share capital and is incorporated in the Republic of Ireland. The financial statements are presented in Euro, which is the functional currency of the company. The registered office is shown in the Directors and Other Information page. The principal activity of the company is disclosed in the Directors' Report.

Income

Funding Received - Restricted

Funds received from various funding agencies are credited to the Funding – Restricted Account in the year of receipt. Where funds received have not been distributed to Projects or allocated to administrative expenses they are included under creditors in the balance sheet as deferred income.

Funding Received - Unrestricted

Unrestricted funds represent amounts which are expendable at the discretion of the directors in furtherance of the objectives of the company and which have not been designated for other purposes. Such funds may be held in order to finance working capital, capital expenditure or creation of Reserves under its Reserves Policy.

Expenditure

Projects - Expenditure is recognised when payment is made to the project promoters following receipt of funding from the funding agency.

Administrative Costs – Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes Value Added Tax (VAT) which cannot be recovered and is reported as part of expenditure to which it relates.

Tangible assets

Tangible assets are shown at cost or valuation less accumulated depreciation and accumulated impairment losses. Such cost includes costs directly attributable to making the asset capable of operating as intended. Depreciation is calculated with reference to the above value to write off the asset over their expected useful lives on a straight line basis at the following annual rates:-

Rate
Fixtures, Fittings & Equipment 15% SL
Computers 33.3% SL
Sports Equipment 20% SL

SIGNIFICANT ACCOUNTING POLICIES - continued

Debtors

Known bad debts are written off and specific provision is made for any material amounts, the collection of which is considered doubtful.

Taxation

The company has exemption under Section 235 TCA '97 from corporation tax on operating income.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Grants

Government grants are recognised when it is reasonable to expect that the grants will be received and that all related conditions will be met, usually on submission of a valid claim for payment. Government grants in respect of capital expenditure are credited to a deferred income account and are released to profit over the expected useful lives of the relevant assets by equal annual instalments. Grants of a revenue nature are credited to income so as to match them with the expenditure to which they relate.

Pensions

The company operates a defined contribution scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The charge to the profit and loss account represents contributions payable by the company to the fund.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method, unless the effect of discounting would be immaterial, in which case they are stated as cost.

Provisions

Provisions are recognised when the company has a present legal or constructive obligation arising as a result of a past event and it is probable that an outflow of economic benefits will be required to settle the obligation and a reliable estimate can be made. Provisions are measured at the present value of the expenditures expected to be required to settle the obligation using a pre-tax rate that reflects current market assessments of the same value of money and the risks specific to the obligation. The increase in the provision due to the passage of time is recognised as an interest expense.

Revenue recognition

Revenue is recognised to the extent that the company obtains the right to consideration in exchange for its performance. Revenue is measured at the fair value of the consideration received, excluding discounts and rebates. The following criteria must also be met before revenue is recognised:

Sale of goods

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have passed to the buyer, usually on dispatch of the goods, the amount of revenue can be measured reliably, it is probable that the economic benefits associated with the transaction will flow to the entity and the costs incurred or to be incurred in respect of the transaction can be measured reliably.

Rendering of services

Revenue from the rendering of services is recognised by reference to the stage of completion. Stage of completion is measured by reference to labour hours incurred to date as a percentage of total estimated labour hours for each contract. Where the contract outcome cannot be measured reliably, revenue is recognised only to the extent of the expenses recognised that are recoverable.

Interest income

Revenue is recognised as interest accrues using the effective interest method.

Dividends

Revenue is recognised when the company's right to receive payment is established.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for revenues and expenses during the year. However, the nature of estimation means that actual outcomes could differ from those estimates. The estimates and assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or the period of the revision and future periods if the revision affects both current and future periods.

SIGNIFICANT ACCOUNTING POLICIES - continued

Judgements and key sources of estimation uncertainty - continued

The following judgements (apart from those involving estimates) have had the most significant effect on amounts recognised in the financial statements:-

Accruals - accrual for costs incurred at the year-end date for which invoices had not been received at the time of approval of these financial statements are provided based on management's best estimate of the cost arising.

Long-lived assets useful lives – the annual depreciation charge depends primarily on the estimated lives of each type of asset class and their estimated residual values. The directors review these assumptions in light of prospective economic utilisation and physical condition for each asset. Changes in the assumptions can have a significant impact on depreciation and amortisation charges for a period.

Impairment of assets

Assets that are subject to amortisation and depreciation are reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. An impairment loss is recognised for the amount by which the asset's carrying amount exceeds its recoverable amount. The recoverable amount is the higher of (a) an asset's fair value, less costs to sell, and (b) its value in use. For the purposes of assessing impairment, assets are grouped at the lowest level for which there is separately identifiable cash flows.

Related parties

For the purposes of these financial statements a party is considered to be related to the company if:-

- The party has the ability, directly or indirectly, through one or more intermediaries to control the company or exercise significant influence over the company in making financial or operating decisions;
- The company and the party are subject to common control;
- The party is a member of key management personnel of the company or a close family member of such an individual or is an entity under the control, joint control, or significant influence of such individuals. A close family member of an individual are those family members who may be expected to influence, or be influenced by, that individual in their dealings with the company.

Financial Instruments

The company only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors, loans from banks and third parties, loans to related parties and investments in non-puttable ordinary shares.

Financial assets that are measured at cost and amortised cost are assessed at the end of each financial reporting period for evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the Profit & Loss Account.

NOTES TO THE FINANCIAL STATEMENTS

1	Operating surplus	Year ended 31 December 2020	Year ended 31 December 2019
	Operating surplus is stated after charging / (crediting):	€	€
	(i) Directors' remuneration		
	(ii) Depreciation	25,334	20,380
	(iii) Amortisation of capital grants	(25,332)	(20,428)
2	Interest receivable	Year ended 31 December 2020 €	Year ended 31 December 2019 €
	Deposit interest received & receivable Other investment income	23	50 - 50
3	Taxation	Year ended 31 December 2020	Year ended 31 December 2019
	DIRT paid/payable Corporation tax	€ 7 -	€ 17 -
		7	17

Under Section 235 of the Taxes Consolidation Act 1997, the income of the company is exempt from corporation tax. The company is not exempt from DIRT taxes.

4 Employees and remuneration

The average number of persons contracted by the company during the financial year was as follows:

	Year ended 31 December 2020	Year ended 31 December 20 19
Management	1	1
Administration / Sports Development Officers	8	7.5
	9	8.5
	Year ended 31 December 2020	Year ended 31 December 2019
The employee costs comprise of:	€	2015
Wages and salaries	368,355	346,688
Social Welfare	38,873	37,908
Social Welfare Receipts	(2,494)	(7,693)
Staff Pension Costs (see note 16)	24,681	22,439
	429,415	399,342

NOTES TO THE FINANCIAL STATEMENTS - continued

5	Tangible fixed assets	Sports Equipment	Fixtures, Fittings & Equipment	Computers	Total
		€	€	€	€
	Cost				
	At 31 December 2019	68,966	35,583	13,491	118,040
	Additions	18,883	3,322	2,920	25,125
	Disposals				
	At 31 December 2020	87,849	38,905	16,411	143,165
	Depreciation				
	At 31 December 2019	34,782	14,059	9,216	58,057
	Charge for year	17,285	4,750	3,299	25,334
	Disposals	-	-	-	-
	At 31 December 2020	52,067	18,809	12,515	83,391
	Net book amounts				
	At 31 December 2019	34,184	21,524	4,275	59,983
	Net book amounts				
	At 31 December 2020	35,782	20,096	3,896	59,774
6	Debtors			31 December 2020	31 December 2019
				€	€
	Amounts falling due within one year				
	Other Debtors & Grants Receivable			71,987	20,656
				71,987	20,656
7	Creditors			31 December 2020	31 December 2019
				€	€
	Amounts falling due within one year			-	-
	Other Creditors			121,417	47,780
	Accruals			25,310	39,014
	Deferred income (see note 8)			710,602	383,934
	. ,			857,329	470,728

NOTES TO THE FINANCIAL STATEMENTS - continued

8 Deferred Income	31 December 2020	31 December 2019
	€	€
SI Challenge Fund	16,559	15,504
SI Women in Sport	8,605	9,836
SI Core Funding	38,666	37,318
SI Get Ireland Active	1,357	1,791
SI Covid Supports	134,790	-
SI Keep Well	3,084	-
SI Dormant Accounts - Beat the Street	414	413
SI Dormant Accounts – Community Hub	39,037	52,704
SI Dormant Accounts – Sport/ Youth Leader	13,811	11,110
SI Dormant Accounts – Community Coaching	448	448
SI Dormant Accounts – Urban Adventure	39,813	44,683
SI Dormant Accounts – Rural Hub	78,967	94,300
SI Dormant Accounts – Volunteer Training & Support	29,411	22,359
SI Dormant Accounts – SIDO Capital Supports	9,000	10,000
SI Dormant Accounts – Innovation	100,000	-
SI Dormant Accounts – Active Cities	70,000	-
Partner Funding	112,526	71,608
Go For Life	4,161	3,079
DCEDIY – ICT Grant	1,750	-
DCEDIY (UBU Y.P.Y.S.) formerly DCYA (T.Y.F.S.)	8,203	8,781
	710,602	383,934

9 Limited by guarantee and not having a share capital

The company is limited by guarantee and does not have a share capital. Under the Memorandum of Association of the Company, all income and property of the company shall be applied solely towards the promotion of the objects of the Company. The liability of the members is limited to an amount not exceeding €1 each.

10 APB Ethical Standards – Provisions Available to Smaller Entities

In common with many other businesses of our size and nature we use our statutory auditors to assist with the preparation of the financial statements.

11	Accumulated Deficit	Year ended 31 December 2020	Year ended 31 December 2019
		€	€
	Opening Balance	(88,157)	(100,194)
	Surplus Retained for the year	12,115	12,037
	Closing Balance	(76,042)	(88,157)
12	Other Reserves	Year ended 31 December 2020 €	Year ended 31 December 2019 €
	Opening balance Movement during the year Closing balance	203,117	203,117

This reserve represents the surplus arising on the acquisition of the assets and liabilities of the unincorporated entity at 27 November 2003.

NOTES TO THE FINANCIAL STATEMENTS - continued

€ Increase in cash during the year (Increase) / Decrease in term loans -	€ 96,687 - 96,687 468,348
• ,	96,687 468,348
(Increase) / Decrease in term loans	468,348
(increase)/ Decrease in term loans	468,348
Movement in net funds 347,387	
Opening net funds 565,035	
Net funds at 31 December 912,422	565,035
14 Analysis of changes in net funds 31 December 31 D	ecember
2019 Cash flows Other Changes	2020
€ €	€
Cash in hand and at bank 565,035 347,387 -	912,422
Net funds 565,035 347,387	912,422
15 Capital Grants Year ended Year	ended
31 December 31 Dec	ember
2020 20	19
€	€
Opening Balance 59,986	43,676
Received during the year – Sport Ireland, Dormant Accounts 18,882	21,937
Received during the year – Sport Ireland, LSP 2,920	984
Received during the year – Department of Children & Youth Affairs, Capital Programme -	600
Received during the year – Department of Children, Equality, Disability, Integration & Youth Capital Programme 3,323	-
Received during the year – Waterford City & County Council, Community Enhancement Programme	2,761
Received during the year – Waterford City & County Council	10,456
Amortised to the Profit & Loss Account (25,332)	(20,428)
Closing Balance 59,779	59,986

The sponsoring body for Sport Ireland funding is the Dept. of Tourism, Culture, Arts, Gaeltacht, Sports & Media and Dormant Account funding.

Grants are recognised at their fair value where there is a reasonable assurance that the grant will be received and the company will comply with all attached conditions. Capital grants are treated as deferred credits and are credited to the profit and loss account on the same basis as the related tangible assets are depreciated. The directors confirm that all grants receivable were expended for the purposes for which they were intended.

16 Pension Costs

When one year's service is completed, Waterford Sports Partnership CLG make pension contributions to a defined contribution scheme at the rate of 7.5% of gross salary on behalf of each employee for the full term of employment, should funding resources allow. Pension costs amounted to €24,681 (2019: €22,439) during the year.

17 Contingent Liabilities

Funds received or receivable from funding agencies could be repayable if certain circumstances set out in the grant agreements occur. Under agreements between the Company and government funding agencies, various restrictions have been placed on the distribution of funds and non-compliance with the terms of agreements may result in the reimbursement to or withholding of funds by the various agencies.

Bank of Ireland holds an unspecified guarantee from the company in the amount of €40,000 dated 30/02/2013.

18 Income

	31 December 2020	31 December 2019
	€	€
Sport Ireland LSP Grants	334,260	313,694
Sport Ireland Dormant Accounts Funding	63,424	36,984
Local Government Funding	93,286	70,054
Other Receipts	88,106	110,573
	579,076	531,305

The sponsoring body for Sport Ireland funding is the Dept. of Tourism, Culture, Arts, Gaeltacht, Sports & Media and Dormant Account funding.

19 Approval of financial statements

The financial statements were approved by the board of directors on 11th June 2021.

ABBREVIATIONS

CEO	Chief Executive Officer	ОТ	Operation Transformation
CLG	Company Limited by Guarantee	PACC	Physical Activity for People with Chronic Conditions
CLV	Cappoquin, Lismore, Villierstown.	PPN	Public Participation Network
COVID	Coronavirus Disease	SDO	Sports Development Officer
CRM	Customer Relationship Management	SIDO	Sports Inclusion Disability Officer
CSDO	Community Sports Development Officer	SI	Sport Ireland
DCYA	Department of Children and Youth Affairs	SIAC	Sport Ireland Active City
DCEDIY	Department of Children, Equality, Disability Integration and Youth	WAP	Waterford Area Partnership
GDPR	General Data Protection Regulation	WCCC	Waterford City & County Council
HR	Human Resources	WIT	Waterford Institute of Technology
HSE	Health Service Executive	WLP	Waterford Leader Partnership
IPA	Institute of Public Administration	WSP	Waterford Sports Partnership
LSP	Local Sports Partnership	WWETB	Waterford, Wexford Education & Training Board
NGB	National Governing Body	YSDO	Youth Sports Development Officer



